

Surname	First name	Club	Category	Race Number	Position	Category Position	Time
Moss	Chris	Bridgend ac	sm	226	1	1	35.39
Davies	Steve	Bridgend ac	sm	227	2	2	36.09
Aggleton	Hugh	MDC	sm	49	3	3	37.10
Allen	Rob	Bridgend ac	sm	36	4	4	37.29
Wilder	Richard	reading road runners	sm	160	5	5	37.58
Stott	Matthew	Chepstow harriers	sm	51	6	6	38.01
Murrin	Paul	Chepstow harriers	sm	156	7	7	38.11
Hunt	Robert	Bridgend ac	vm	479	8	1	38.57
Woods	Adrian	Griffithstown harriers	vm	501	9	2	39.22
Teed	Iuan	Chepstow harriers	sm	65	10	8	39.24
Caldwell	Stephen	Chepstow harriers	sm	154	11	9	39.30
Hicks	Robert	TACH	sm	112	12	10	39.35
Beech	Joseph		sm	171	13	11	39.39
Harvey	Matthew	neath harriers	sm	28	14	12	39.47
Saunders	Mark	islwyn	vm	403	15	3	39.49
Bisson	John		vm	486	16	4	39.52
Griffiths	Kevin	trots	vm	305	17	5	39.58
Harvey	Mark	Chepstow harriers	sm	181	18	13	40.06
Saile	Patrick	wimbledon windmilers	sm	69	19	14	40.55
Pascoe	Dominic		sm	174	20	15	40.56
Blore	James	Chepstow harriers	sm	138	21	16	41.03
Lynch	Gareth	Les Croups	sm	7	22	17	41.05
Williams	Martin	Les Croups	vm	317	23	6	41.31
Jenkins	Philip	Bridgend ac	vm	432	24	7	41.33
Blackmore	Chris	cardiff harlequins	sm	40	25	18	41.38
Anderson	Mark	pewsey vale rc	vm	424	26	8	41.41
Bryant	MArk	MDC	vm	356	27	9	41.44
Jones	Matthew		sm	141	28	19	41.52
Griffiths	Bryn	Bridgend ac	sm	180	29	20	41.58
Self	Richard	Les Croups	vm	320	30	10	42.06
Williams	geraint		sm	120	31	21	42.10
Hall	Tom		vm	367	32	11	42.22
Harris	steven	Chepstow harriers	sm	215	33	22	42.28
Sullivan	Liam		vm	417	34	12	42.29
Davies	Keith		sm	71	35	23	42.31
Searle	Leigh		vm	492	36	13	42.31
Williams	Paris		sf	683	37	2	42.33
Lidgett	Paul	Chepstow harriers	vm	854	38	14	42.37
Samuel	Richard	cardiff harlequins	sm	153	39	24	42.43
Diffey	John	Les Croups	vm	315	40	15	42.45
Edwards	Jerome	san domenico	sm	195	41	25	42.46
Andrew	Thomas	sospan road runners	vm	491	42	16	42.47
Strange	Bethan	cardiff	sf	624	43	3	42.50
Chamberlain	Roger	sri chinmoy ac	vm	467	44	17	42.53
Allerton	Capucine		sf	614	45	4	42.56
Williams	Alex	RRC	vm	330	46	18	42.57
Dando	Martin		sm	151	47	26	43.01
Williams	Jonathan		sm	102	48	27	43.19

Ayres	Gareth	port talbot harriers	sm	96	49	28	43.21
Davis	Anthony	brackla harriers	sm	214	50	29	43.23
Raffill	Jason		sm	75	51	30	43.28
Mcdonald	Ian	san domenico	vm	351	52	19	43.34
Thomas	Jeff	Bridgend ac	vm	507	53	20	43.39
Murray	Knill	Penarth and dinas	vm	362	54	21	43.48
Falconer	Robert		vm	542	55	22	43.52
Leech	Sharon	aman valley	vf	805	56	1	44.00
Dunscombe	Mark	sarn helen	vm	465	57	23	44.09
Phillips	Tim		sm	208	58	31	44.14
Moon	Ben		sm	203	59	32	44.17
woods	Bethan	UWIC	sf	675	60	5	44.20
Maclean	Andrew	cardiff tri	sm	172	61	33	44.36
Butler	Neirin		sm	68	62	34	44.38
Scott	Rob	Les Croups	sm	25	63	35	44.39
Rose	Dave	brackla harriers	vm	521	64	24	44.39
Aggleton	John	MDC	vm	357	65	25	44.42
Hughes	Dave	Bridgend ac	vm	430	66	26	44.43
Evans	Huw	cardiff tri	sm	162	67	36	44.47
Bridges	Katy	aberdare	sf	650	68	6	44.49
Minshull	Melissa		sf	664	69	7	44.50
O'shea	John	Les Croups	vm	406	70	27	44.52
Gittoes	Marianne	Chepstow harriers	sf	672	71	8	44.54
Holder	Philip	cardiff harlequins	vm	522	72	28	45.06
Slade	Jonathan			229	73		45.07
Evans	John	southville RC	sm	74	74	37	45.12
Thompson	Anthony		sm	26	75	38	45.18
Trebilcock	Dean		sm	126	76	39	45.21
Halsall	Michael	llanelli	sm	122	77	40	45.21
Jellyman	Keith	Team Deviant	sm	34	78	41	45.23
Green	Edwin	Chepstow harriers	vm	526	79	29	45.32
Davies	Richard		sm	170	80	42	45.33
Heath	Rhys		sm	193	81	43	45.35
Morgan	Lloyd	san domenico	sm	104	82	44	45.37
Probert	Philip		vm	383	83	30	45.37
Edwards	David		sm	148	84	45	45.40
Stott	Andy	Chepstow harriers	vm	361	85	31	45.44
Price	Paul		vm	528	86	32	45.53
Lucas	Martin	mynyddwyr de cym rc	vm	481	87	33	45.58
Aziz	Abyd	Penarth and dinas	vm	390	88	34	46.02
Davies	Gary	MDC	sm	165	89	46	46.02
Hartley	Gregory		vm	371	90	35	46.03
Jones	Richard	cornelly striders	sm	108	91	47	46.06
Mason	Howard	caerleon rc	vm	435	92	36	46.09
Lewis	Alex		sm	105	93	48	46.14
Bayliss	Nick		sm	45	94	49	46.18
Brown	Patrick		sm	212	95	50	46.21
Osmond	Clive	Les Croups	vm	502	96	37	46.22
Evans	John Geraint	llandoverly rodents	sm	218	97	51	46.24
Allerton	Fergus		sm	35	98	52	46.27

Powell	Matthew		sm	192	99	53	46.31
Garside	Paul		sm	42	100	54	46.34
Williams	Michael		sm	157	101	55	46.41
Jones	Jack		vm	482	102	38	46.45
Cox	Alan		vm	313	103	39	46.47
Johns	Peter		vm	500	104	40	46.50
Morris	David		sm	143	105	56	46.51
Grant	Neil	Chepstow harriers	vm	511	106	41	46.56
Walters	Cyril	trots	vm	382	107	42	46.58
Davies	Simon		sm	185	108	57	47.04
Murphy	Mike	Les Croups	vm	529	109	43	47.08
Chesterfield	Ian		vm	515	110	44	47.08
Dickinson	Barrie		sm	186	111	58	47.15
Shields	Dominic	san domenico	vm	453	112	45	47.16
Weaver	Michelle		vf	873	113	2	47.17
Jenkins	Daymion		sm	8	114	59	47.20
Webster	Dean	3M road runners	sm	173	115	60	47.27
Pilkington	Lewis		sm	67	116	61	47.27
Williams	Christopher		sm	12	117	62	47.28
Battersby	Nick	Chepstow harriers	vm	350	118	46	47.30
Davies	Clive	sospan road runners	vm	398	119	47	47.30
Day	Paul	Lliswerry runners	vm	401	120	48	47.30
Prout	Greg	Bridgend ac	sm	166	121	63	47.34
West	Lyndon		sm	47	122	64	47.36
				nil	123		47.38
Davies	Jason		sm	196	124	65	47.39
Shanahan	John		vm	328	125	49	47.41
Salter	Jenny	Les Croups	sf	903	126	9	47.47
Lucy	Edward		sm	2	127	66	47.56
Overton	Mark		vm	342	128	50	47.58
Wehden	Kim	islwyn	vm	882	129	51	48.01
Rees	Robert		sm	200	130	67	48.06
Bedwell	Alice	islwyn	vf	871	131	3	48.08
Phillips	David		sm	56	132	68	48.11
Shadick	Owen		sm	80	133	69	48.11
Jones	Sam		sm	211	134	70	48.15
Shanahan	Andy		sm	188	135	71	48.16
Burne	Peter		sm	18	136	72	48.17
Morgan	Niki	Chepstow harriers	vf	815	137	4	48.19
Cross	Wayne		vm	446	138	52	48.27
Barrett	Esther	Chepstow harriers	vf	907	139	5	48.28
Gardner	Keith		sm	27	140	73	48.36
Cockram	Nigel John		vm	306	141	53	48.36
Thayer	Stephen		sm	197	142	74	48.37
Delaney	James	san domenico	vm	478	143	54	48.39
Brown	Miles		vm	464	144	55	48.40
Williams	Chris		vm	518	145	56	48.44
Mundy	Andrew	brackla harriers	sm	225	146	75	48.46
Davies	Andy	pontypridd rodents	vm	412	147	57	48.53
Pollard	Joanne	Chepstow harriers	sf	689	148	10	48.55

Boldero	Richard		sm	119	149	76	48.56
Beatty	Claire	Les Croups	sf	651	150	11	48.57
Peacock	David		sm	201	151	77	48.58
Littlewood	John		sm	164	152	78	49.03
Reese	Tim	Lliswerry runners	vm	327	153	58	49.04
Beauvois	Bastien		sm	155	154	79	49.07
Barnes	Richard		sm	209	155	80	49.07
Williams	Dilwyn		sm	135	156	81	49.11
Hudgell	Cheryl	Les Croups	sf	631	157	12	49.12
Clatworthy	Joanne		sf	678	158	13	49.17
Phillips	Jenny	llanelli	vf	896	159	6	49.25
Owen	Eifion		vm	473	160	59	49.29
Williams	David		vm	463	161	60	49.33
Heuze	Joanne	village vipers	sm	77	162	82	49.33
Alexander	stephen	Les Croups	vm	488	163	61	49.34
Webster	Richard	3M road runners	vm	483	164	62	49.46
Williams	Bethan		sf	662	165	14	49.50
Morgan	Piers	mumbles milers	sm	221	166	83	49.50
Beynon	Wayne		sm	95	167	84	49.53
Rawes	Victoria		sf	604	168	15	49.54
Declaire	Richard		vm	386	169	63	49.56
Jones	Gideon		vm	433	170	64	49.56
Summers	Sarah	Chepstow harriers	vf	948	171	7	50.00
Sewards	Rick		vm	373	172	65	50.04
Griffiths	Gareth		sm	179	173	85	50.06
Rees	Gareth	sospan road runners	sm	125	174	86	50.07
goodger	Mark	newport harriers	sm	182	175	87	50.08
Beasley	Richard		vm	506	176	66	50.08
Webb	Matthew		sm	9	177	88	50.10
Perons	Rod		vm	301	178	67	50.10
Hall	Darren		sm	189	179	89	50.13
Crudwell	Charles		sm	22	180	90	50.14
Davies	Michael		sm	133	181	91	50.17
Sutton	Mark	Griffithstown harriers	vm	343	182	68	50.19
Hughes	Richard		sm	216	183	92	50.21
Roberts	Aled Rhys		vm	326	184	69	50.28
Lott	Andrew	Lliswerry runners	vm	402	185	70	50.29
Allen	Mark		sm	52	186	93	50.33
Stott	Jill	Chepstow harriers	vf	839	187	8	50.36
Prentice	Richard		sm	177	188	94	50.40
Lucas	Ian		sm	66	189	95	50.44
Stovold	Neil		sm	76	190	96	50.47
Pearce	Mark		vm	409	191	71	50.48
Cahill	Rhys		sm	169	192	97	50.48
Braun	James		sm	194	193	98	50.53
Wilton	Matt		sm	187	194	99	50.57
Rothwell	Andrew		vm	370	195	72	51.01
Thomas	Simon		sm	5	196	100	51.03
Davies	Keith		vm	505	197	73	51.22
Sparkes	simon		sm	399	198	101	51.24

Riddler	Steve	pencoed tri	vm	359	199	74	51.25
Davies	Jeffrey		vm	333	200	75	51.42
Hendry	Neil	Penarth and dinas	vm	381	201	76	51.47
Phillips	Sian	swansea harriers	vf	849	202	9	51.48
Welpton	Richard	Lliswerry runners	sm	121	203	102	51.51
Finch	Dick	Chepstow harriers	vm	466	204	77	52.00
Hughes	Nicola	sospan road runners	vf	905	205	10	52.03
Palmer	Andrew	Penarth and dinas	sm	37	206	103	52.03
Jones	Paul		vm	504	207	78	52.03
Majer	Ray	sospan road runners	vm	462	208	79	52.11
Lynch	Geoffrey		vm	509	209	80	52.12
Parker	Steve	pencoed tri	vm	493	210	81	52.13
Owen	stephen	Les Croups	vm	346	211	82	52.20
North	Jeff		vm	510	212	83	52.23
Moore	David		sm	190	213	104	52.24
Cray	Stephen	Penarth and dinas	vm	363	214	84	52.26
Keeping	Stuart		vm	474	215	85	52.28
Mcdonough	John	TACH	vm	441	216	86	52.29
				nil	217		52.31
Scholey	Julie	Les Croups	vf	890	218	11	52.37
Richards	Roy		vm	358	219	87	52.43
Ryland	Rhys		vm	532	220	88	52.43
Fitzgerald	Lyndsay		sf	659	221	16	52.46
Goodwin	Gavin		sm	98	222	105	52.51
Cowan	Nigel		vm	407	223	89	52.52
Padmisimha	Dharmacari		vm	405	224	90	52.55
Phillips	Martin	llandoverly rodents	vm	688	225	91	52.55
Evans	Fiona		vf	897	226	12	52.58
Miller	Lee		sm	134	227	106	53.01
Martin	Ben		sm	11	228	107	53.01
Henson	Gareth		vm	538	229	92	53.01
Dix	Michael	Les Croups	vm	423	230	93	53.07
Rabaiotti	Mario	port talbot harriers	vm	316	231	94	53.10
Winter	Steven	pewsey vale rc	vm	408	232	95	53.15
Davies	simon		sm	83	233	108	53.17
Chichester	Lisa		vf	852	234	13	53.26
Earnshaw	Gavin		sm	207	235	109	53.27
Perrott	Liam		sm	103	236	110	53.34
				nil	237		53.36
Powell	Pauline		vf	804	238	14	53.38
Brown	Celia		sf	679	239	17	53.41
Jones	Steve		vm	455	240	96	53.47
Phillips	Gillian	sospan road runners	vf	921	241	15	53.49
Griffiths	Sian	Chepstow harriers	sf	623	242	18	53.50
Newbould	Rachel	village vipers	sf	601	243	19	53.51
Mogg	Shona	village vipers	sf	616	244	20	54.04
Ferguson	William		vm	331	245	97	54.05
Armstrong	Sarah	amazing feet rc	vf	947	246	16	54.06
Furlong	Antony		sm	54	247	111	54.12
Harmes	Paul		vm	387	248	98	54.15

Davies	Jeff		vm	337	249	99	54.15
Hymphreys	Daniel Wyn		sm	33	250	112	54.19
Griffiths	Mike	Team Deviant	sm	16	251	113	54.19
Naylor	David		vm	496	252	100	54.21
Mac	Davina		sf	642	253	21	54.22
Oakley	Judith	port talbot harriers	vf	891	254	17	54.30
Henderson	Kirsty		vf	825	255	18	54.32
Aston	Jeffrey	Les Croups	vm	531	256	101	54.33
Powell	Alun		vm	307	257	102	54.35
Davey	Eric	llanelli	vm	438	258	103	54.36
Jones	Malcolm	brackla harriers	vm	545	259	104	54.39
Harris	Jon		vm	449	260	105	54.44
Tucker	Matthew		sm	111	261	114	54.48
Ash	Gareth	road runners club	vm	419	262	106	54.50
Donovan	Martin		vm	411	263	107	54.54
Cumines	Steven		vm	416	264	108	54.55
Morgan	steve		sm	85	265	115	54.57
Buckley	Paul	hogmeed trotters	vm	431	266	109	54.59
Williams	Dave	glam health and RC	sm	150	267	116	55.04
Abraham	Adam	Les Croups	sm	127	268	117	55.06
Lewis	Julie	islwyn	vf	809	269	19	55.07
Thomas	Jane		vf	902	270	20	55.16
Lipton	Sybil		vf	886	271	21	55.17
Potter	Mark		sm	73	272	118	55.17
Jones	Becca		sf	682	273	22	55.24
Jones	Teg		vm	520	274	110	55.31
Kwok	Lee	glam health and RC	sm	206	275	119	55.34
Phillips	Leyton		vm	374	276	111	55.34
Ridgeway	Leigh		sm	92	277	120	55.42
Jones	Allan	brackla harriers	vm	523	278	112	55.44
Cornelius	Thomas		sm	13	279	121	55.50
Hill	Steve	Penarth and dinas	vm	336	280	113	55.54
Sedgmond	Andrew	Les Croups	vm	348	281	114	55.58
Rees	Gary		vm	434	282	115	55.59
Webb	Dough	village vipers	vm	321	283	116	56.01
Furlong	Paul		vm	364	284	117	56.02
Palmer	Daniel		sm	81	285	122	56.02
Mitchell	Dave		vm	456	286	118	56.05
Green	Darren	mumbles milers	sm	222	287	123	56.07
Chanfi	Alaoudine		sm	159	288	124	56.08
Hannigan	Ben	pontypridd rodents	vm	335	289	119	56.09
Williams	Dean		sm	64	290	125	56.15
Luke	Emma	Penarth and dinas	sf	612	291	23	56.20
Deans	Andrew	cardiff	vm	534	292	120	56.21
Cox	Simon		vm	457	293	121	56.23
Andrews	Dave	Chepstow harriers	vm	355	294	122	56.24
Long	Richard		vm	314	295	123	56.25
Phillips	Robert		sm	146	296	126	56.26
Came	Daniel		sm	6	297	127	56.27
McWilliams	Billy		vm	368	298	124	56.30

Turnbull	Vanessa	womens running net	vf	875	299	22	56.35
Travers-Jones	Joe		sm	100	300	128	56.36
Cram	Geoffrey	Chepstow harriers	vm	422	301	125	56.40
Brown	Michael		vm	413	302	126	56.45
Hiscox	Aaron		sm	94	303	129	56.45
Scroggs	Debbie	Chepstow harriers	vf	835	304	23	56.46
Jones	Paul	mumbles milers	sm	219	305	130	56.47
Houghton	clare	Penarth and dinas	sf	629	306	24	56.48
Thomas	David		sm	55	307	131	56.49
Leadbeater	Rhi		sm	198	308	132	56.53
Wilson	Jonathan		sm	101	309	133	56.56
Lewis	Beverly		vf	802	310	24	56.58
Curle	Dave		vm	393	311	127	56.58
Curle	John		vm	392	312	128	57.03
Morgan	Robert		sm	163	313	134	57.04
Jones	Gareth	Chepstow harriers	vm	451	314	129	57.09
Simon	Scott		sm	97	315	135	57.20
Buckley	Melissa		sf	685	316	25	57.23
Martin	John		vm	508	317	130	57.23
Sutton	Nia		sf	610	318	26	57.31
Wood	Lisa	wimbledon windmilers	sf	686	319	27	57.34
Brown	Naomi		sf	665	320	28	57.36
Thomas	Ian		vm	377	321	131	57.43
O'callaghan	Gareth		sm	184	322	136	57.43
Annetts	Tom		sm	46	323	137	57.51
Jones	Rob		vm	537	324	132	58.10
Canning	Jason		sm	89	325	138	58.17
Jenkins	Philip		vm	341	326	133	58.19
Williams	Andrea	RRC	vf	817	327	25	58.21
Hart	Robert John		vm	302	328	134	58.24
Owen	Rhys Tudur		sm	210	329	139	58.34
Bond	Stephen		vm	468	330	135	58.34
Hunt	stephen		vm	410	331	136	58.40
Harlly	Alan	hay hotfooters	vm	443	332	137	58.47
Wilson	Benjamin		sm	60	333	140	58.48
Bisson	Elsbeth		sf	670	334	29	58.49
Hicks	Glyn	islwyn	vm	517	335	138	58.51
Arnold	Gareth		sm	44	336	141	58.51
Evans	Sian		sf	674	337	30	58.57
Brown	Rhodri		vm	499	338	139	59.00
Diez	Lester		sm	176	339	142	59.07
Roberts	David Frazer		vm	546	340	140	59.08
Ezard	Andrew		vm	547	341	141	59.09
Davies	Michael		sm	142	342	143	59.09
				nil	343		59.11
Clinch	Mike		vm	369	344	142	59.13
Prosser	Colin	Chepstow harriers	vm	527	345	143	59.15
Edwards	Tracy	Rhondda valley	vf	823	346	26	59.18
Davies	sara		vf	853	347	27	59.18
Lewis	Neil	mumbles milers	vm	540	348	144	59.20

Bodenham	Lee		sf	626	349	31	59.26
Hobby	Andrew		sm	57	350	144	59.26
Woolley	Andrew		sm	58	351	145	59.27
Ward	Robert	caerleon rc	sm	107	352	146	59.30
Lewis	Jeffrey		vm	442	353	145	59.30
Hughes	Gwenllian		sf	660	354	32	59.41
Bell	Jennifer	Chepstow harriers	vf	847	355	28	59.47
Yeomans	Joanne		vf	949	356	29	59.51
Baggott	Michael		vm	404	357	146	59.54
Hayward	Geraldine		vf	930	358	30	59.56
Moles	Christian	village vipers	sm	17	359	147	59.56
Shorney	Michelle	brackla harriers	vf	953	360	31	59.57
Ash	Jane	Les Croups	sf	673	361	33	59.58
Harries	John		vm	365	362	147	59.59
Lord	Jo		vf	868	363	32	60.10
Lewis	Tony		vm	425	364	148	60.12
Lister	Robert	pewsey vale rc	vm	444	365	149	60.19
Cleverly	Lucy Ann		sf	609	366	34	60.21
Kahan	Gwen		vf	856	367	33	60.26
Alsworth	Michael	100 marathon club	vm	494	368	150	60.26
Grandon	Tony		vm	379	369	151	60.29
Pickles	Christopher		vm	378	370	152	60.30
Floyd	Rhys		sm	145	371	148	60.32
Sullivan	Rebecca		vf	866	372	34	60.37
Machin	Fran	Les Croups	sf	658	373	35	60.38
				nil	374		60.39
Harpin	Mike		vm	550	375	153	60.39
Treharne	Ruth	islwyn+F700	vf	476	376	35	60.44
Williams	Rebecca		sf	605	377	36	60.46
Willams	Andrew		vm	539	378	154	60.48
Hughes	Nerys	monmouth tri	sf	657	379	37	60.52
Martin	Rhian		sf	603	380	38	60.52
Fevre	Ralph		vm	360	381	155	60.54
				nil	382		60.57
Proffitt	David	newport harriers	vm	396	383	156	60.58
Munn	Tim		sm	79	384	149	60.59
Padget	Lloyd		sm	87	385	150	60.59
johns	Martin		vm	394	386	157	61.15
Bisson	Jocelyn		sf	671	387	39	61.15
Bulbeck	Lynn		vf	832	388	36	61.20
George	Andy	Chepstow harriers	vm	309	389	158	61.21
Bracey	Gary		sm	88	390	151	61.23
Thomas	cecilia		vf	865	391	37	61.24
Davies	Dawn		vf	952	392	38	61.25
Birch	Coleen	islwyn	vf	845	393	39	61.36
Lawson	Venessa	Chepstow harriers	vf	124	394	40	61.42
Bayliss	Jane	Chepstow harriers	vf	833	395	41	62.05
Irving	Graham		vm	536	396	159	62.11
Vine	John		vm	514	397	160	62.13
Llewellyn	Nicola	cardiff tri	sf	617	398	40	62.13

Johnson	Clare	Les Croups	vf	942	399	42	62.14
Hobbs	James		vm	388	400	161	62.23
Hunt	Catrin		sf	625	401	41	62.27
Lloyd	Gareth		sm	137	402	152	62.37
Bayliss	Geoffrey	Chepstow harriers	vm	349	403	162	62.44
Cole	Aleqi		sf	620	404	42	62.46
Morris	Alun		sm	131	405	153	62.52
Ashwin	James		sm	130	406	154	62.52
Lear	Jason		sm	205	407	155	62.55
Robertson	Alun		vm	421	408	163	62.55
Farrar	Mark		sm	110	409	156	63.07
Veysey	Emma		sf	641	410	43	63.14
James	Ray	port talbot harriers	vm	480	411	164	63.17
Wheeler	Syd	Chepstow harriers	vm	470	412	165	63.22
Oatley	Andrew		vm	544	413	166	63.49
Thomas	Ceri	Bridgend ac	vf	929	414	43	63.56
Humphreys	John		vm	519	415	167	63.58
Lavelle	Tina	hay hotfooters	vf	857	416	44	64.09
Brown	P. Keith	road runners club	vm	498	417	168	64.09
Moore	Jonathan		vm	347	418	169	64.27
Heery	catherine		sf	648	419	44	64.28
Matthews	Roland	brackla harriers	vm	513	420	170	64.29
Vince	Roger		vm	418	421	171	64.32
Sheppard	Paul		sm	4	422	157	64.39
Gallop-Evans	Eve		vf	841	423	45	64.41
Helsing	Anna	Penarth and dinas	vf	877	424	46	64.42
Gentley	Jackie		vf	934	425	47	64.43
Spice	Richard		sm	118	426	158	64.43
Williams	Iwan		sm	161	427	159	64.44
Cole	frankie		sf	619	428	45	64.59
Vrubleskis	John	team bath ac	vm	477	429	172	64.59
Schelkle	Bettina		sf	639	430	46	65.04
Morris	Brian		vm	448	431	173	65.08
Burford	Larry	pegasus rc	vm	459	432	174	65.08
Donne	Richard	3M road runners	vm	414	433	175	65.15
Johnson	James		vm	311	434	176	65.17
Jones	Matthew		vm	310	435	177	65.29
Harrett	Stephen		vm	334	436	178	65.29
Jenkins	Sarah		vf	822	437	48	65.48
Thomas	Huw		vm	318	438	179	65.51
Birchwell	Debbie		vf	846	439	49	65.52
Pearce	Kathy	sospan road runners	vf	843	440	50	65.53
Gott	Andrew		sm	149	441	160	65.53
Morris	Jan	Chepstow harriers	vf	864	442	51	65.53
Fletcher	Denise		vf	954	443	52	66.04
Arbutnot	Sophie		sf	663	444	47	66.05
Samuel	Kevin	Bitton Road Runners	vm	325	445	180	66.13
Tucker	Kate		vf	883	446	53	66.27
McCardle	Alan	hay hotfooters	vm	354	447	181	66.30
Evans	Kathleen	brackla harriers	vf	920	448	54	66.34

Williams	Matthew		sm	128	449	161	66.40
Edwards	Neil		vm	525	450	182	66.52
Jones	Patricia	brackla harriers	vf	933	451	55	66.58
Brown	Emma		vf	878	452	56	67.00
Russell	Cathryn		vf	807	453	57	67.03
Lewis	Steven	port talbot harriers	sm	24	454	162	67.04
Hodgson	Simon		sm	223	455	163	67.10
Phillips	Paul		vm	461	456	183	67.15
Sullivan	Judd		sm	109	457	164	67.15
Scrivens	Philip	Chepstow harriers	vm	340	458	184	67.50
Emms	Shaun	hay hotfooters	vm	389	459	185	67.55
johns	Colin		sm	152	460	165	68.07
Frazer	Stuart		sm	53	461	166	68.09
Widdrington	Peter		vm	304	462	186	68.10
Chappelle	Jane		vf	831	463	58	68.11
Battersby	Elisabeta	Chepstow harriers	vf	834	464	59	68.14
Ashford	Dorothy		vf	919	465	60	68.19
Hafner	caroline		vf	909	466	61	68.32
Griffiths	Nicola	sospan road runners	vf	829	467	62	68.38
Ridge	Julia		vf	904	468	63	68.39
Hunt	Helen		vf	876	469	64	68.40
Gething	Julie	womens running net	vf	908	470	65	68.41
Heery	Edmund		vm	420	471	187	68.46
Haines	Carl		vf	899	472	66	68.46
Goward	Lynn		vf	900	473	67	68.52
Lynch	Paul		sm	41	474	167	69.07
Williams	Lisa		sf	681	475	48	69.09
Simon	Alison		vf	870	476	68	69.10
Morgan	Huw		sm	91	477	168	69.15
Owen	John		vm	471	478	188	69.16
Collier	Paul		sm	228	479	169	69.16
Jones	Luned		sf	690	480	49	69.19
Kavanagh	Vivienne	3M road runners	vf	926	481	69	69.19
Derrick	Joanne		sf	677	482	50	69.20
Edwards	Sian		sf	669	483	51	69.21
Munn	Kirsten		vf	862	484	70	69.31
Wood	Dionne		sf	653	485	52	69.31
Morris	Sarah	village vipers	vf	810	486	71	69.31
Newbould	Garry	village vipers	vm	303	487	189	70.11
Gentley	Victor		vm	524	488	190	70.23
Wile	Ian		vm	397	489	191	70.26
Newman	Edward	coffin dodgers	vm	385	490	192	70.36
Rowson	Marilyn	Les Croups	vf	863	491	72	70.38
Leonard	Emma		vf	819	492	73	70.43
Dunn	Mairi		vf	927	493	74	70.43
Donald	Anne	Les Croups	vf	940	494	75	70.45
Hafner	Muala		sf	666	495	53	70.53
Davies	Julie		vf	895	496	76	70.56
Roberts	Sian	womens running net	sf	647	497	54	70.56
Hopkins	Helen		sf	607	498	55	71.05

McCarthy	Roxanne		vf	928	499	77	71.14
jones	Nick		vm	376	500	193	71.32
Spiller	Karen		vf	931	501	78	71.32
Churton	Julia		vf	932	502	79	71.37
Lewis	Andrew		sm	30	503	170	71.38
Keates	Richard		sm	31	504	171	71.41
Spiller	Jacqui		vf	923	505	80	71.47
Pitt	Gerard		sm	43	506	172	72.00
Mcperson	Andre		sm	136	507	173	72.07
Blackshaw	Rachel		sf	622	508	56	72.07
Cook	Alison	Penarth and dinas	sf	630	509	57	72.08
Baydoun	Judith		vf	939	510	81	72.13
Shanahan	Alison		sf	676	511	58	72.25
Weatley	Garath		sm	84	512	174	72.25
Lloyd	David		vm	452	513	194	72.37
Winter	Julie	pewsey vale rc	vf	874	514	82	72.48
Ashford	Martin		vm	489	515	195	73.09
Taylor	Gary	mumbles milers	sm	220	516	175	73.17
Brown	Beatrix		vf	888	517	83	73.23
Evans	Dyfed		sm	204	518	176	73.23
Melhuish	Molly		vf	850	519	84	73.28
Thomas-Clelan	Jaqueline		vf	830	520	85	73.28
Cleland	Mark		sm	38	521	177	74.14
Hand	Polly		sf	654	522	59	74.21
Larrett	Damian		sm	117	523	178	74.21
Clifton-Hadley	Matthew		sm	113	524	179	74.21
Buselle	Michelle		sf	652	525	60	74.21
Sutton	Claire	Griffithstown harriers	vf	826	526	86	74.24
Jones	Peter		vm	490	527	196	74.24
Rees	Wendy	Griffithstown harriers	vf	828	528	87	74.33
Wyndham	Annette		vf	821	529	88	74.33
Wyndham	Steven		sm	32	530	180	75.29
Alexis	Errol		vm	497	531	197	75.34
Wolley	Rachel	village vipers	sf	602	532	61	75.37
Champion	Angela	village vipers	sf	608	533	62	75.51
Whitworth	Vicky		vf	922	534	89	75.51
Whitworth	Mick		vm	495	535	198	75.57
Powell	Sarah		vf	859	536	90	75.57
Powell	Mandy		sf	627	537	63	76.52
Thomas	Miriani	sospan road runners	vf	914	538	91	77.04
Evans	Scott	sospan road runners	sm	191	539	181	77.04
George	Martin	sospan road runners	sm	132	540	182	77.13
Evans	Jennifer		sf	640	541	64	77.15
Smith	Linda		vf	894	542	92	77.24
Jones	Fleur		sf	606	543	65	77.24
Scriven	Laura		sf	633	544	66	77.56
Nunnery	Margenna		vf	818	545	93	77.56
Nunnery	Christopher		vm	338	546	199	77.56
Loosemore	Elizabeth		sf	646	547	67	77.56
Williams	Natasha	Chepstow harriers	vf	881	548	94	77.58

Thomas	Kevin		vm	344	549	200	78.45
Hiscox	Andrew		sm	93	550	183	78.48
Cahill	Helen		vf	913	551	95	78.48
Lewis	David		vm	512	552	201	78.56
Thomas	Gwen		sf	684	553	68	78.57
Grest	Julia		sf	632	554	69	79.49
Stone	Jennifer		vf	801	555	96	80.00
Howells	Wayne		vm	469	556	202	80.08
Howells	Nicola		vf	910	557	97	80.08
Thomas	Alice	sospan road runners	sf	621	558	70	80.12
Morgan	Alison		vf	869	559	98	80.12
Slack	John		vm	400	560	203	81.03
Hall-Edwards	Jayne	womens running net	vf	879	561	99	81.15
Hall-Edwards	Toni		sf	644	562	71	81.15
Llewellyn	Carolyn	Les Croups	vf	944	563	100	83.39
Neal	Angela	Les Croups	vf	945	564	101	83.39
Llewellyn	Sian	Les Croups	vf	946	565	102	83.39
Llewellyn	Rhian	Les Croups	sf	687	566	72	83.39
Neal	Sue	Les Croups	vf	943	567	103	83.39
Lynch	Amanda		vf	827	568	104	85.36
Thomas	Rhys		sm	15	569	184	85.43
Bigmore	Lesley		vf	951	570	105	88.34
Johnson	Jenny		vf	915	571	106	89.21
Davies	Joy	Les Croups	vf	937	572	107	89.21
Murphy	Gill	Les Croups	vf	936	573	108	89.21
Newman	Tracey	Les Croups	vf	824	574	109	89.21
Phillips	Karen	Les Croups	vf	872	575	110	89.21
Beavon	Joy	Les Croups	vf	912	576	111	89.21
Allison	Louise		vf	816	577	112	90.03
Grostate	Rhiannon		sf	636	578	73	93.57
Morgan	Angela		vf	842	579	113	94.09
Roberts	Michelle		sf	667	580	74	94.34
Wright	Kate		sf	668	581	75	94.34
Hall	Roger		vm	440	582	204	98.02
Martin	Fiona		vf	892	583	114	98.02