

2012 Richard Burton Heritage Run

08 April 2012

| Gun Pos | Gun Time | No | Name | M/F | Cat | Club | Chip Pos | Chip Time |
|---------|----------|-----|--------------------|-----|-----|------------------------------|----------|-----------|
| 1 | 0:30:56 | 113 | Dewi Griffiths | M | | Swansea Harriers | 1 | 0:30:56 |
| 2 | 0:31:10 | 64 | Adam Bitchell | M | | Cardiff AAC | 2 | 0:31:10 |
| 3 | 0:31:25 | 1 | Ieuan Thomas | M | | Cardiff AAC | 3 | 0:31:25 |
| 4 | 0:32:24 | 106 | Michael Kershaw | M | | Cardiff AAC | 4 | 0:32:23 |
| 5 | 0:32:27 | 121 | Michael Kallenberg | M | | Cardiff AAC | 5 | 0:32:27 |
| 6 | 0:32:32 | 2 | Kyran Hale | M | | Severn AC | 6 | 0:32:31 |
| 7 | 0:32:56 | 136 | James Thie | M | | Cardiff AAC | 7 | 0:32:55 |
| 8 | 0:33:20 | 122 | Johnathan Morgan | M | | Newport Harriers | 8 | 0:33:20 |
| 9 | 0:33:25 | 91 | Martin Rees | M | 55 | Swansea Harriers | 9 | 0:33:24 |
| 10 | 0:33:48 | 143 | James Hunt | M | | Cardiff AAC | 10 | 0:33:47 |
| 11 | 0:33:53 | 4 | Caryl Mair Jones | F | | Swansea Harriers | 11 | 0:33:52 |
| 12 | 0:33:58 | 139 | Peter Coles | M | 45 | Pontypridd Roadents | 12 | 0:33:57 |
| 13 | 0:34:25 | 128 | Andrea Whitcombe | F | 40 | Swansea Harriers | 13 | 0:34:23 |
| 14 | 0:34:27 | 140 | Gareth Ayres | M | | Port Talbot Harriers | 14 | 0:34:25 |
| 15 | 0:34:47 | 134 | Adam Davies | M | | | 15 | 0:34:46 |
| 16 | 0:34:53 | 148 | James Hockin | M | | Celtic Tri | 16 | 0:34:52 |
| 17 | 0:34:56 | 81 | Richard Dare | M | | CLC striders | 17 | 0:34:55 |
| 18 | 0:35:01 | 90 | Paul Talbot | M | | Neath Harriers | 18 | 0:35:00 |
| 19 | 0:35:28 | 224 | Paul Speyer | M | | Brackla Harriers | 19 | 0:35:26 |
| 20 | 0:35:33 | 120 | Alan Davies | M | 55 | | 20 | 0:35:32 |
| 21 | 0:36:12 | 99 | Geraint Lewis | M | | Porthcawl Runners | 21 | 0:36:09 |
| 22 | 0:36:13 | 144 | Robert Hunt | M | 45 | Bridgend AC | 22 | 0:36:11 |
| 23 | 0:36:17 | 12 | Thomas Burden | M | | | 23 | 0:36:16 |
| 24 | 0:36:30 | 6 | Gwenno Brown | F | | Cardiff AAC | 24 | 0:36:28 |
| 25 | 0:36:42 | 147 | Elinor Kirk | F | | Swansea Harriers | 25 | 0:36:40 |
| 26 | 0:36:45 | 82 | Eamonn Kirk | M | 40 | Swansea Harriers | 26 | 0:36:42 |
| 27 | 0:36:58 | 7 | Gareth Lynch | M | | Les Croupiers | 27 | 0:36:54 |
| 28 | 0:37:07 | 3 | Matthew Drury | M | | Cardiff AAC | 28 | 0:37:06 |
| 29 | 0:37:11 | 127 | Simon Wilson | M | 45 | Swansea Harriers | 29 | 0:37:10 |
| 30 | 0:37:15 | 126 | Holly Lawrence | F | | Swansea Harriers | 30 | 0:37:14 |
| 31 | 0:37:29 | 150 | Andrew Cleverly | M | | Swansea Harriers | 31 | 0:37:27 |
| 32 | 0:37:39 | 10 | Elysia Ridley | F | | Swansea Harriers | 32 | 0:37:37 |
| 33 | 0:37:41 | 11 | Shaun Harrison | M | | Witney Road Runners | 33 | 0:37:39 |
| 34 | 0:37:42 | 156 | Dean Johnston | M | | Neath Harriers | 34 | 0:37:40 |
| 35 | 0:38:03 | 104 | Dee Buchanan | M | | San Domenico | 35 | 0:37:59 |
| 36 | 0:38:49 | 200 | Lynsey Christopher | M | 40 | TATA Multisports | 36 | 0:38:46 |
| 37 | 0:39:28 | 137 | Derek Scarborough | M | 50 | Bridgend AC | 37 | 0:39:24 |
| 38 | 0:39:31 | 94 | Greg Millard | M | | | 38 | 0:39:28 |
| 39 | 0:39:33 | 175 | Ashley Jones | M | | | 39 | 0:39:29 |
| 40 | 0:39:36 | 187 | Peter Miskell | M | | Reading Roadrunners | 40 | 0:39:34 |
| 41 | 0:39:39 | 110 | Phil Meyer | M | 55 | Pontypridd Roadents | 41 | 0:39:37 |
| 42 | 0:39:44 | 62 | Leon Murnieks | M | | Royal Navy Reserve | 42 | 0:39:40 |
| 43 | 0:39:47 | 151 | Kevin McIntosh | M | 45 | Port Talbot Harriers | 43 | 0:39:40 |
| 44 | 0:39:58 | 9 | Samantha Ayers | F | 40 | Keswick AC | 44 | 0:39:54 |
| 45 | 0:40:05 | 204 | Alun Evans | M | 45 | | 45 | 0:40:03 |
| 46 | 0:40:23 | 80 | Keith Powell | M | 55 | Cornelly Striders | 46 | 0:40:21 |
| 47 | 0:40:31 | 58 | Sharon Leech | F | 40 | Carmarthen Harriers | 47 | 0:40:28 |
| 48 | 0:40:45 | 83 | Nathan Dare | M | | | 48 | 0:40:39 |
| 49 | 0:40:46 | 69 | Andrew Brain | M | | | 49 | 0:40:41 |
| 50 | 0:41:05 | 98 | Angela Jones | F | 45 | Islwyn | 50 | 0:41:01 |
| 51 | 0:41:13 | 123 | Ronald Morris | M | 60 | San Domenico | 51 | 0:41:11 |
| 52 | 0:41:23 | 177 | Daryn David | M | | | 52 | 0:41:19 |
| 53 | 0:41:35 | 24 | Michael Hill | M | 40 | | 53 | 0:41:30 |
| 54 | 0:41:39 | 15 | Kristo Holm | M | | Swansea University Triathlon | 54 | 0:41:32 |
| 55 | 0:41:46 | 213 | Jason Griffiths | M | 40 | TATA Multisports | 55 | 0:41:40 |
| 56 | 0:41:47 | 222 | Anthony Cullinane | M | 40 | Pontypridd Roadents | 56 | 0:41:44 |
| 57 | 0:42:07 | 13 | Dave Lowthian | M | 45 | Severn AC | 58 | 0:42:02 |
| 58 | 0:42:08 | 95 | Wayne Morgan | M | 40 | | 57 | 0:42:02 |
| 59 | 0:42:15 | 201 | Colin Price | M | 50 | TATA Multisports | 59 | 0:42:09 |
| 60 | 0:42:24 | 117 | Ashley Furlong | M | | | 60 | 0:42:18 |
| 61 | 0:42:27 | 8 | Brian Dias | M | | Cardiff AAC | 61 | 0:42:23 |
| 62 | 0:42:34 | 63 | Jacqueline Brace | F | 50 | Bridgend AC | 62 | 0:42:30 |
| 63 | 0:42:43 | 192 | Neil Harris | M | | | 63 | 0:42:37 |
| 64 | 0:42:44 | 160 | Mario Rabaiotti | M | 45 | Port Talbot Harriers | 64 | 0:42:37 |
| 65 | 0:42:45 | 196 | Craig Trotman | M | | Yellow Cabs | 65 | 0:42:41 |
| 66 | 0:42:49 | 180 | Michelle Grey | F | | Port Talbot Harriers | 67 | 0:42:44 |
| 67 | 0:42:50 | 169 | Dion Wright | M | | | 66 | 0:42:41 |
| 68 | 0:42:54 | 168 | Darren Stevens | M | 40 | | 68 | 0:42:51 |
| 69 | 0:42:58 | 203 | John Hopkins | M | 45 | Port Talbot Harriers | 69 | 0:42:52 |
| 70 | 0:43:04 | 179 | Lisa Cleary | F | 45 | Penarth & Dinas Runners | 70 | 0:42:59 |
| 71 | 0:43:06 | 129 | James Delaney | M | 55 | San Domenico | 71 | 0:43:03 |
| 72 | 0:43:15 | 70 | Damian Cuke | M | | | 72 | 0:43:12 |
| 73 | 0:43:20 | 18 | Carl Colwill | M | 50 | | 73 | 0:43:18 |
| 74 | 0:43:28 | 193 | David Cornish | M | 45 | Port Talbot Harriers | 74 | 0:43:20 |
| 75 | 0:43:32 | 178 | Simon Heatman | M | 45 | | 75 | 0:43:27 |

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| Gun Pos | Gun Time | No | Name | M/F | Cat | Club | Chip Pos | Chip Time |
|---------|----------|-----|----------------------|-----|-----|-------------------------|----------|-----------|
| 76 | 0:43:55 | 159 | David Evans | M | | | 77 | 0:43:52 |
| 77 | 0:43:57 | 21 | Nicola Perry | F | 35 | | 76 | 0:43:48 |
| 78 | 0:43:57 | 23 | Malcolm Bradley | M | 60 | Penarth & Dinas Runners | 78 | 0:43:52 |
| 79 | 0:43:58 | 219 | Caroline Jones | F | 50 | TROTS | 79 | 0:43:54 |
| 80 | 0:43:59 | 141 | Dave Hughes | M | 45 | Bridgend AC | 80 | 0:43:55 |
| 81 | 0:44:04 | 108 | Robert Bamsey | M | 55 | Neath Harriers | 81 | 0:44:01 |
| 82 | 0:44:09 | 92 | Aris Koulizakis | M | | | 82 | 0:44:01 |
| 83 | 0:44:13 | 109 | Mark Wotton | M | 50 | Teignbridge Trotters | 85 | 0:44:11 |
| 84 | 0:44:15 | 27 | Terry O'Brien | M | 55 | | 83 | 0:44:03 |
| 85 | 0:44:16 | 125 | Gary John | M | 55 | Les Croupiers | 84 | 0:44:10 |
| 86 | 0:44:22 | 17 | David Hill | M | | | 86 | 0:44:17 |
| 87 | 0:44:30 | 138 | Graham Vyner | M | 40 | Celtic Tri | 87 | 0:44:21 |
| 88 | 0:44:38 | 185 | Peter Deacon | M | 55 | Swansea Harriers | 88 | 0:44:31 |
| 89 | 0:44:47 | 208 | Geraint Jones | M | | | 89 | 0:44:39 |
| 90 | 0:44:55 | 19 | Carl Edwards | M | 40 | Pontypridd Roadents | 90 | 0:44:51 |
| 91 | 0:45:08 | 25 | Paul Carman | M | 55 | Port Talbot Harriers | 91 | 0:45:02 |
| 92 | 0:45:08 | 16 | Amanda Parry | F | 35 | Port Talbot Harriers | 92 | 0:45:02 |
| 93 | 0:45:12 | 214 | Ceri Brambley-Tucker | F | 40 | Port Talbot Harriers | 93 | 0:45:07 |
| 94 | 0:45:16 | 111 | Andy Davies | M | 45 | Pontypridd Roadents | 94 | 0:45:12 |
| 95 | 0:45:31 | 118 | Leigh Watkins | M | | | 95 | 0:45:25 |
| 96 | 0:45:31 | 153 | Mandy Morris | F | 35 | Port Talbot Harriers | 96 | 0:45:26 |
| 97 | 0:45:35 | 194 | David Miskell | M | | | 97 | 0:45:28 |
| 98 | 0:45:46 | 132 | Ross Poiner | M | | 3Ms | 100 | 0:45:41 |
| 99 | 0:45:47 | 85 | Anthony Thomas | M | 40 | | 98 | 0:45:35 |
| 100 | 0:45:47 | 171 | Patrick O'Brien | M | 40 | | 99 | 0:45:35 |
| 101 | 0:45:57 | 84 | Rhys Roberts | M | | Celtic Tri | 103 | 0:45:51 |
| 102 | 0:45:57 | 93 | Eliot Evans | M | | | 101 | 0:45:50 |
| 103 | 0:46:00 | 209 | John Powell | M | | | 102 | 0:45:51 |
| 104 | 0:46:02 | 124 | Scott Johnson | M | | TATA Multisports | 104 | 0:45:56 |
| 105 | 0:46:12 | 223 | Alan Perkins | M | 60 | Port Talbot Harriers | 105 | 0:46:01 |
| 106 | 0:46:14 | 154 | Pauline Williams | F | 50 | Port Talbot Harriers | 106 | 0:46:09 |
| 107 | 0:46:57 | 197 | Steve John | M | | Yellow Cabs | 108 | 0:46:49 |
| 108 | 0:46:57 | 133 | Geraint Giles | M | 40 | | 107 | 0:46:48 |
| 109 | 0:47:00 | 112 | Andrew Price | M | 45 | Brecon AC | 109 | 0:46:54 |
| 110 | 0:47:14 | 152 | Conor McIntosh | M | | | 110 | 0:47:07 |
| 111 | 0:47:32 | 105 | Bradley Aseon | M | | | 113 | 0:47:27 |
| 112 | 0:47:33 | 86 | Michael Pascoe | M | | | 111 | 0:47:21 |
| 113 | 0:47:38 | 36 | Evans Emrys | M | 45 | | 114 | 0:47:29 |
| 114 | 0:47:44 | 31 | Huw Edwards | M | | | 115 | 0:47:32 |
| 115 | 0:47:44 | 39 | Simon Westlake | M | 45 | | 117 | 0:47:36 |
| 116 | 0:47:44 | 186 | Darren Edwards | M | | | 116 | 0:47:32 |
| 117 | 0:47:44 | 102 | Gavin Richards | M | | Celtic Tri | 112 | 0:47:26 |
| 118 | 0:47:58 | 33 | Stephen Wood | M | | | 118 | 0:47:49 |
| 119 | 0:48:02 | 184 | Nick Wiffen | M | 40 | | 119 | 0:47:52 |
| 120 | 0:48:07 | 130 | Bill Leslie | M | 40 | | 120 | 0:47:52 |
| 121 | 0:48:08 | 29 | Jan Edwards | F | 40 | | 121 | 0:48:03 |
| 122 | 0:48:20 | 189 | Sian Phillips | F | 50 | Swansea Harriers | 122 | 0:48:11 |
| 123 | 0:48:33 | 22 | Stephen Parslow | M | 45 | | 123 | 0:48:26 |
| 124 | 0:48:48 | 149 | John Ayres | M | 55 | Port Talbot Harriers | 124 | 0:48:42 |
| 125 | 0:48:49 | 26 | Barry Griffiths | M | 45 | Brecon AC | 125 | 0:48:43 |
| 126 | 0:49:06 | 199 | Cheryl Griffiths | F | 40 | | 126 | 0:48:58 |
| 127 | 0:49:16 | 198 | Tim Shaw | M | | | 127 | 0:49:07 |
| 128 | 0:49:29 | 97 | Andrew Evans | M | 45 | | 128 | 0:49:18 |
| 129 | 0:49:49 | 34 | Keith Lewis | M | 50 | | 129 | 0:49:44 |
| 130 | 0:49:58 | 28 | Paul Gillard | M | 50 | | 131 | 0:49:48 |
| 131 | 0:50:00 | 166 | Dean Cronin | M | 40 | | 130 | 0:49:47 |
| 132 | 0:50:04 | 155 | Paul Simmons | M | 45 | | 132 | 0:49:53 |
| 133 | 0:50:10 | 20 | Gavin Lee Hopkin | M | | | 134 | 0:50:03 |
| 134 | 0:50:12 | 173 | Paul Jones | M | | Mumbles Milers | 133 | 0:50:02 |
| 135 | 0:50:29 | 182 | Nigel Hunt | M | 40 | TATA Multisports | 135 | 0:50:16 |
| 136 | 0:50:29 | 183 | David Kayes | M | | | 136 | 0:50:16 |
| 137 | 0:50:35 | 195 | Wayne Harris | M | 50 | Yellow Cabs | 137 | 0:50:27 |
| 138 | 0:50:47 | 59 | Dean Robinson | M | | | 139 | 0:50:41 |
| 139 | 0:50:48 | 66 | Mark Davies | M | 45 | | 138 | 0:50:37 |
| 140 | 0:50:54 | 188 | Andrew Rothwell | M | 50 | | 140 | 0:50:45 |
| 141 | 0:51:09 | 32 | Yvonne Williams | F | 55 | Penarth & Dinas Runners | 141 | 0:51:04 |
| 142 | 0:51:21 | 40 | Iain Mccallum | M | 50 | Swansea Harriers | 143 | 0:51:12 |
| 143 | 0:51:23 | 101 | Kristian Davies | M | | | 142 | 0:51:11 |
| 144 | 0:51:37 | 221 | William Davies | M | | | 144 | 0:51:23 |
| 145 | 0:51:38 | 30 | Steven Evans | M | | | 146 | 0:51:32 |
| 146 | 0:51:40 | 216 | Chris Griffiths | M | | | 147 | 0:51:33 |
| 147 | 0:51:45 | 50 | Stuart Lewis | M | | | 145 | 0:51:29 |
| 148 | 0:52:01 | 107 | Ian Swanson | M | 60 | Port Talbot Harriers | 148 | 0:51:50 |
| 149 | 0:52:01 | 103 | Carl Edwards | M | 40 | | 149 | 0:51:54 |
| 150 | 0:52:09 | 135 | Aaron Jones | M | | Baglan Boxing Club | 151 | 0:52:01 |

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| Gun Pos | Gun Time | No | Name | M/F | Cat | Club | Chip Pos | Chip Time |
|---------|----------|-----|-----------------------|-----|-----|-----------------------------|----------|-----------|
| 151 | 0:52:10 | 119 | Kelly Watkins | F | | | 152 | 0:52:04 |
| 152 | 0:52:14 | 131 | Huw Joseph | M | | | 150 | 0:51:56 |
| 153 | 0:52:29 | 60 | Rachel Dare | F | | | 153 | 0:52:20 |
| 154 | 0:52:29 | 61 | Ian Rutter | M | | | 155 | 0:52:21 |
| 155 | 0:52:35 | 89 | Ella Baxter | F | | | 154 | 0:52:20 |
| 156 | 0:52:41 | 226 | Stephen Garvey | M | 55 | | 157 | 0:52:31 |
| 157 | 0:52:43 | 212 | Gavin Jenkins | M | | | 156 | 0:52:27 |
| 158 | 0:52:56 | 172 | Fran Knight | F | 50 | | 158 | 0:52:47 |
| 159 | 0:53:13 | 37 | Jeffrey Stephens | M | 40 | | 159 | 0:53:04 |
| 160 | 0:53:25 | 225 | Julia Rees | F | | Port Talbot Harriers | 160 | 0:53:14 |
| 161 | 0:53:45 | 142 | Allan-Spencer Smith | M | 75 | 3Ms | 162 | 0:53:41 |
| 162 | 0:53:47 | 46 | Ted Powell | M | | | 161 | 0:53:38 |
| 163 | 0:53:58 | 54 | Stephen Calvert | M | 45 | | 163 | 0:53:47 |
| 164 | 0:53:58 | 68 | Alison Morgan | F | 40 | | 164 | 0:53:47 |
| 165 | 0:54:06 | 158 | Robert Jones | M | 40 | | 165 | 0:53:55 |
| 166 | 0:55:03 | 42 | Alys Carlisle | F | 40 | | 166 | 0:54:50 |
| 167 | 0:55:23 | 164 | Gemma O'Brien | F | | | 167 | 0:55:10 |
| 168 | 0:55:55 | 100 | Rhys Woolcock | M | | Cwmafan RFC | 168 | 0:55:42 |
| 169 | 0:56:00 | 215 | Rebecca Gardner | F | | | 169 | 0:55:53 |
| 170 | 0:56:13 | 163 | Catherine Llewellyn | F | 45 | | 171 | 0:56:06 |
| 171 | 0:56:15 | 206 | Nina Skubala | F | | | 170 | 0:56:04 |
| 172 | 0:56:23 | 167 | Sandra Stevens | F | 60 | | 172 | 0:56:13 |
| 173 | 0:56:38 | 96 | Nigel Plummer | M | 50 | | 173 | 0:56:22 |
| 174 | 0:57:10 | 52 | Tim Morris | M | 40 | | 174 | 0:56:58 |
| 175 | 0:57:25 | 162 | Thomas Williams | M | | | 175 | 0:57:09 |
| 176 | 0:57:38 | 190 | Julie Samuel | F | 45 | TATA Multisports | 176 | 0:57:26 |
| 177 | 0:57:39 | 191 | Neil Samuel | M | 55 | TATA Multisports | 177 | 0:57:27 |
| 178 | 0:57:45 | 41 | Andrew Cadmore | M | 40 | | 180 | 0:57:35 |
| 179 | 0:57:46 | 170 | Frances Smithson | F | | | 178 | 0:57:31 |
| 180 | 0:57:46 | 174 | Richard Howe | M | 40 | | 179 | 0:57:31 |
| 181 | 0:58:42 | 220 | Nigel Leighton Jones | M | 55 | Llanelli Strollers | 181 | 0:58:33 |
| 182 | 0:58:44 | 114 | Ryan Hancock | M | | Sandfield & Baglan Bulldogs | 182 | 0:58:37 |
| 183 | 0:59:09 | 146 | Scott Turner | M | | | 183 | 0:58:56 |
| 184 | 0:59:40 | 202 | Carly McCreech | F | | | 184 | 0:59:26 |
| 185 | 0:59:47 | 176 | Gareth Thomas | M | 40 | | 185 | 0:59:32 |
| 186 | 1:00:02 | 211 | Emma Adams | F | | | 186 | 0:59:52 |
| 187 | 1:00:02 | 210 | Mandy Powell | F | 35 | | 187 | 0:59:52 |
| 188 | 1:00:40 | 181 | David Morgan | M | | | 188 | 1:00:30 |
| 189 | 1:02:58 | 205 | Kay Barnes | F | 40 | Port Talbot Harriers | 189 | 1:02:42 |
| 190 | 1:03:54 | 157 | Rhys Gronow | M | | | 190 | 1:03:44 |
| 191 | 1:05:24 | 116 | Amy Hines | F | 35 | | 191 | 1:05:10 |
| 192 | 1:05:25 | 115 | Martin Hines | M | 40 | | 192 | 1:05:11 |
| 193 | 1:05:37 | 67 | Michael Davies | M | | Welsh Transport Regiment | 193 | 1:05:20 |
| 194 | 1:05:37 | 78 | Vicki Wilkinson | F | 45 | Welsh Transport Regiment | 194 | 1:05:20 |
| 195 | 1:05:37 | 74 | Simon Martin | M | | Welsh Transport Regiment | 199 | 1:05:22 |
| 196 | 1:05:37 | 71 | Steven Hutchines | M | | Welsh Transport Regiment | 196 | 1:05:22 |
| 197 | 1:05:37 | 75 | Darren Evans | M | | Welsh Transport Regiment | 197 | 1:05:22 |
| 198 | 1:05:38 | 72 | Matthew James Radmore | M | | Welsh Transport Regiment | 202 | 1:05:23 |
| 199 | 1:05:38 | 73 | Ian Robinson | M | | Welsh Transport Regiment | 195 | 1:05:22 |
| 200 | 1:05:38 | 79 | Anthony Williams | M | 40 | Welsh Transport Regiment | 198 | 1:05:22 |
| 201 | 1:05:38 | 76 | Anthony Gibbins | M | 40 | Welsh Transport Regiment | 201 | 1:05:23 |
| 202 | 1:05:38 | 77 | Dylan Owen | M | | Welsh Transport Regiment | 200 | 1:05:22 |
| 203 | 1:06:28 | 55 | Sarah Joseph | F | 45 | | 203 | 1:06:17 |
| 204 | 1:07:08 | 161 | Amie Taylor | F | | | 204 | 1:06:52 |
| 205 | 1:08:50 | 165 | Marc Andrews | M | | | 205 | 1:08:37 |
| 206 | 1:16:37 | 217 | Jenny Jones | F | | | 206 | 1:16:21 |
| 207 | 1:16:38 | 218 | Richard Jones | M | | | 207 | 1:16:21 |