

2010 San  
Domenico  
20M  
'Sunday  
28 March  
2010.  
10:00 am

Provisional  
Results

Pos.	Time	Name	Team	Category	Pace	Number	Pos.
1	1:52:58	GARDINER, Richard	Cardiff A.A.C.	Senior Male	05:38.8	565	1
2	1:57:36	LEANEY, Stuart	Unaffiliated	Senior Male	05:52.7	717	2
3	1:58:00	PATERSON, Stephen	San Domenico R.R.C.	Senior Male	05:53.9	969	3
4	1:58:10	CREES, Stuart	Les Croupiers R.C.	Senior Male	05:54.4	981	4
5	2:00:02	COALES, David	Team Bath A.C.	Male Vet 40-49	06:00.0	980	5
6	2:00:29	WILLIAMS, David	Les Croupiers R.C.	Senior Male	06:01.3	707	6
7	2:01:05	THOMAS, Stephen	Islwyn Running Club	Male Vet 40-49	06:03.1	925	7
8	2:06:18	ROSE, Paul	Yeovil Town R.R.C.	Male Vet 40-49	06:18.8	857	8
9	2:08:58	AGGLETON, Hugh	Cardiff Harlequins	Senior Male	06:26.8	549	9
10	2:09:25	ROYLE, Peter	Great Western Runners	Male Vet 40-49	06:28.1	918	10
11	2:09:46	PARKER, Chris	Swansea Harriers	Male Vet 40-49	06:29.2	552	11
12	2:10:46	JACKLIN, Matthew	Unaffiliated	Senior Male	06:32.2	912	12
13	2:11:04	ELLIS, Matt	Westbury Harriers	Senior Male	06:33.1	802	13
14	2:11:14	HEADON, David	Les Croupiers R.C.	Male Vet 40-49	06:33.6	991	14
15	2:11:33	TERRY, John	Westbury Harriers	Senior Male	06:34.5	796	15
16	2:12:08	GRIFFITHS, Barrie	Pembrokeshire Harriers	Male Vet 40-49	06:36.3	942	16
17	2:12:26	DANDO, Richard	Bromsgrove & Reddich A.C.	Senior Male	06:37.2	934	17
18	2:12:51	HICKS, Robert	T.A.C.H.	Senior Male	06:38.4	949	18
19	2:13:46	GOULDING, Stephen	Swindon Harriers	Male Vet 40-49	06:41.2	952	19
20	2:14:16	PASCOE, Dominic	Unaffiliated	Senior Male	06:42.7	867	20
21	2:14:22	PHILLIPS, Dan	Clevedon A.C.	Senior Male	06:43.0	844	21
22	2:15:29	HOOPER, Steve	Pontypridd Roadents	Male Vet 40-49	06:46.3	739	22
23	2:15:41	HARRIS, Daniel	Les Croupiers R.C.	Senior Male	06:46.9	771	23
24	2:15:45	SCHOLZ, Steffen	Les Croupiers R.C.	Male Vet 40-49	06:47.1	979	24
25	2:15:53	BEARD, Michael	Swindon Harriers	Senior Male	06:47.5	748	25
26	2:16:26	SMITH, Richard	Clevedon A.C.	Male Vet 40-49	06:49.2	927	26
27	2:16:26	HANCOCK, Simon	Clevedon A.C.	Senior Male	06:49.2	864	27
28	2:16:27	HAVARD, Mickey	San Domenico R.R.C.	Male Vet 40-49	06:49.2	926	28
29	2:16:37	D'ALTON, Emma	Westbury Harriers	Senior Female	06:49.7	915	29
30	2:17:16	WATTS, Lee	Unaffiliated	Senior Male	06:51.7	757	30
31	2:17:34	DAWE, Andrew	Pembrokeshire Harriers	Male Vet 40-49	06:52.6	853	31
32	2:17:47	JOHNSON, Colin	Westbury Harriers	Male Vet 40-49	06:53.2	797	32
33	2:18:04	DAVIES, Peter	Bridgend	Male Vet 50-59	06:54.1	987	33
34	2:18:18	JONES, Gemma	Lliswerry Runners	Senior Female	06:54.8	824	34
35	2:18:54	MORRIS, Lee	Unaffiliated	Senior Male	06:56.6	988	35

36	2:19:35	PHILLIPS, Justin	Unaffiliated	Senior Male	06:58.6	962	36
37	2:19:45	DUNSCOMBE, Mark	Sarn Helen	Male Vet 40-49	06:59.1	890	37
38	2:20:34	DAVISON, Andy	Unaffiliated	Senior Male	07:01.6	556	38
39	2:21:08	WILLIAMS, Rhys	Fairwater Runners	Senior Male	07:03.3	810	39
40	2:21:17	DAWES, Paul	San Domenico R.R.C.	Male Vet 40-49	07:03.7	974	40
41	2:21:51	GRIGOR, Iain	Metro Running Club Aberdeen	Senior Male	07:05.4	570	41
42	2:22:01	FROST, David	Parc Bryn Bach R.C.	Male Vet 40-49	07:05.9	784	42
43	2:22:05	HILLIER, Will	Great Western Runners	Male Vet 40-49	07:06.1	879	43
44	2:22:08	TEMPLER, Mark	Clevedon A.C.	Male Vet 40-49	07:06.3	869	44
45	2:22:56	THOMPSON, K	Islwyn Running Club	Male Vet 40-49	07:08.7	793	45
46	2:23:50	EVANS, Daniel	Rhondda Valley Runners	Senior Male	07:11.4	561	46
47	2:23:53	HALE, Laura	Unaffiliated	Senior Female	07:11.5	781	47
48	2:23:55	PEMBERTON, Steve	Lliswerry Runners	Senior Male	07:11.6	840	48
49	2:24:03	LOCKYER, Paul	Tewkesbury A.C.	Senior Male	07:12.0	772	49
50	2:24:42	NEADS, Kevin	Clevedon A.C.	Male Vet 50-59	07:14.0	764	50
51	2:25:00	WALSH, Nicholas	Griffithstown Harriers	Senior Male	07:14.9	906	51
52	2:25:34	LEWIS, Neil	Unaffiliated	Male Vet 40-49	07:16.6	832	52
53	2:25:40	BIRCH, Sean	Islwyn Running Club	Male Vet 40-49	07:16.9	893	53
54	2:25:48	SPENCER, Andrew	Fairwater Runners	Male Vet 40-49	07:17.3	913	54
55	2:26:07	HARDMAN, Gareth	Bridgend	Male Vet 40-49	07:18.2	550	55
56	2:26:19	BRIDGES, Steven	Unaffiliated	Male Vet 40-49	07:18.8	804	56
57	2:26:41	MORGAN, Kelly	Pontypridd Roadents	Senior Female	07:19.9	958	57
58	2:26:57	SYNGE, Tim	Westbury Harriers	Male Vet 40-49	07:20.7	858	58
59	2:27:01	JONES, Kelvin	South Wales Police	Male Vet 40-49	07:20.9	572	59
60	2:27:10	STEVENS, Darren	Unaffiliated	Senior Male	07:21.4	571	60
61	2:27:14	EDWARDS, Barri	Unaffiliated	Male Vet 40-49	07:21.6	704	61
62	2:27:27	HUGHES, Craig	Unaffiliated	Senior Male	07:22.2	951	62
63	2:27:31	THATCHER, Andy	Bitton Road Runners	Male Vet 40-49	07:22.4	563	63
64	2:27:35	GUNNING, Debbie	Unaffiliated	Female Vet 35-44	07:22.6	763	64
65	2:27:39	LOVETT, Brian	San Domenico R.R.C.	Male Vet 40-49	07:22.8	973	65
66	2:28:00	DAVIES, Mark	Unaffiliated	Senior Male	07:23.9	998	66
67	2:28:03	DAVIES, Jonathan	Islwyn Running Club	Male Vet 40-49	07:24.0	899	67
68	2:28:10	HOARE, Julian	Unaffiliated	Senior Male	07:24.4	782	68
69	2:28:49	DAVIES, Paula	Islwyn Running Club	Female Vet 35-44	07:26.3	898	69
70	2:28:49	ANTHONY, Michael	Lliswerry Runners	Male Vet 50-59	07:26.3	839	70
71	2:28:57	WHITE, Ade	Islwyn Running Club	Male Vet 40-49	07:26.7	938	71
72	2:29:02	NELLINS, Christopher	Penarth and Dinas Runners	Male Vet 50-59	07:27.0	830	72
73	2:29:31	WILLIAMS, Neil	Unaffiliated	Male Vet 40-49	07:28.4	1000	73
74	2:30:30	WANG, Ian	Unaffiliated	Senior Male	07:31.4	559	74
75	2:30:41	WIDDUP, Matthew	Great Western Runners	Senior Male	07:31.9	823	75
76	2:30:43	JONES, Neil	Unaffiliated	Senior Male	07:32.0	976	76
77	2:30:52	MCPOLAND, James	Unaffiliated	Senior Male	07:32.5	817	77
78	2:31:56	PICKLES, Joe	Great Western Runners	Senior Male	07:35.7	885	78
79	2:32:20	ROBERTS, Dean	Glenwood Active	Male Vet 40-49	07:36.9	868	79

80	2:32:27	JONES, Caroline	TROT.s.	Female Vet 45-54	07:37.2	904	80
81	2:32:45	POUNDER, Nicholas	Pontypridd Roadents	Senior Male	07:38.1	855	81
82	2:32:54	PROCTOR, Andrew	Unaffiliated	Senior Male	07:38.6	990	82
83	2:33:08	REESE, Tim	Llisbury Runners	Male Vet 40-49	07:39.3	767	83
84	2:33:16	BAYLISS, Nick	Unaffiliated	Senior Male	07:39.7	742	84
85	2:33:35	SAUNDERS, Alun	Unaffiliated	Senior Male	07:40.6	555	85
86	2:33:36	MORGAN, John	Brackla Harriers	Male Vet 40-49	07:40.7	983	86
87	2:33:37	BUTLER, Rob	Bitton Road Runners	Male Vet 40-49	07:40.7	755	87
88	2:33:48	POWELL, Paul	Unaffiliated	Male Vet 40-49	07:41.3	994	88
89	2:34:05	FLEMMINGS, Richard	Great Western Runners	Senior Male	07:42.1	544	89
90	2:34:05	TABOR, Ros	Dulwich Runners	Female Vet 55+	07:42.1	738	90
91	2:34:14	MURRAY, Andy	Dulwich Runners	Male Vet 50-59	07:42.6	737	91
92	2:34:15	JEHU, Gareth	Aberdare Valley A.A.C.	Male Vet 40-49	07:42.6	564	92
93	2:34:16	HAYES, Richard	Taff Ely Tri	Senior Male	07:42.7	562	93
94	2:34:17	HARGREAVES, John	Great Western Runners	Male Vet 50-59	07:42.7	911	94
95	2:35:04	DAVIES, Stuart	Unaffiliated	Senior Male	07:45.1	775	95
96	2:35:22	WELSH, Chris	Unaffiliated	Male Vet 40-49	07:46.0	551	96
97	2:35:35	HUGHES, Hugh	Unaffiliated	Senior Male	07:46.6	895	97
98	2:36:00	CHARLTON, Michael	Unaffiliated	Senior Male	07:47.9	999	98
99	2:36:03	DAY, Richard	Pontypridd Roadents	Male Vet 40-49	07:48.0	546	99
100	2:36:17	DOWNER, Neil	South Devon A.C.	Male Vet 40-49	07:48.7	548	100
101	2:36:30	HAWKINS, Vanessa	Bitton Road Runners	Female Vet 45-54	07:49.4	947	101
102	2:36:35	SAWYER, Keith	Bitton Road Runners	Male Vet 50-59	07:49.6	961	102
103	2:36:36	WALTON, Alan	San Domenico R.R.C.	Male Vet 40-49	07:49.7	970	103
104	2:36:43	EVANS, Martyn	Team Wecori	Male Vet 40-49	07:50.0	567	104
105	2:36:45	BROWN, Chris	Bitton Road Runners	Senior Male	07:50.1	900	105
106	2:36:49	TERRY, Mark	TROT.s.	Male Vet 50-59	07:50.3	732	106
107	2:37:07	MILLER, Phil	Unaffiliated	Senior Male	07:51.2	954	107
108	2:37:48	CAHILL, Rhys	Unaffiliated	Senior Male	07:53.3	779	108
109	2:37:53	TOWNSEND, John	Unaffiliated	Senior Male	07:53.5	553	109
110	2:38:09	THOMAS, David	Sarn Helen	Male Vet 40-49	07:54.3	996	110
111	2:38:17	LAUDER, Sarah	Unaffiliated	Senior Female	07:54.7	734	111
112	2:38:26	JENKINS, Geraint	Amman Valley Harriers	Male Vet 40-49	07:55.2	978	112
113	2:39:03	FLETCHER, Steve	Cobra R.C.	Male Vet 50-59	07:57.0	759	113
114	2:39:19	VAUGHAN, Richard	Unaffiliated	Senior Male	07:57.8	861	114
115	2:39:27	JONES, Garfield	Islwyn Running Club	Male Vet 50-59	07:58.2	916	115
116	2:39:30	SHIELDS, Dominic	San Domenico R.R.C.	Male Vet 40-49	07:58.4	971	116
117	2:39:31	HOOPER, Geoffrey	Unaffiliated	Male Vet 60+	07:58.4	886	117
118	2:40:27	FAULKNER, Simon	Portishead R.C.	Male Vet 40-49	08:01.2	766	118
119	2:40:49	WARRELL, Stephen	Unaffiliated	Male Vet 40-49	08:02.3	838	119
120	2:41:18	COLES, Marcus	Les Croupiers R.C.	Senior Male	08:03.7	923	120
121	2:41:35	ORME, Paul	Cobra R.C.	Senior Male	08:04.6	758	121
122	2:41:57	BUNSTON, Michael	Islwyn Running Club	Male Vet 40-49	08:05.7	812	122
123	2:41:59	PRITCHARD, Alan	Port Talbot Harriers	Male Vet 40-49	08:05.8	818	123
124	2:42:03	JONES, Mandy	Islwyn Running Club	Female Vet 45-54	08:06.0	710	124

125	2:42:19	THOMAS, Phillip	Brackla Harriers	Male Vet 40-49	08:06.8	986	125
126	2:43:17	BROOKMAN, Chris	Cotswold All Runners	Senior Male	08:09.7	794	126
127	2:43:36	JONES, Neil	Unaffiliated	Senior Male	08:10.6	754	127
128	2:43:50	PARKER, Neill	Islwyn Running Club	Male Vet 40-49	08:11.3	803	128
129	2:44:09	LAM, Johnny	Unaffiliated	Senior Male	08:12.3	935	130
130	2:44:21	PEDLER, Ian	Unaffiliated	Senior Male	08:12.9	847	131
131	2:44:29	FLETCHER, Adam	Unaffiliated	Senior Male	08:13.3	770	132
132	2:44:47	HARVEY, Jonathan	Unaffiliated	Senior Male	08:14.2	774	133
133	2:45:01	ALLEN, Rachel	Griffithstown Harriers	Senior Female	08:14.9	939	134
134	2:45:50	LLOYD, Clare	Unaffiliated	Senior Female	08:17.3	545	135
135	2:46:17	THOMAS, Andrew	Brackla Harriers	Male Vet 40-49	08:18.7	984	136
136	2:47:08	KINDLUND, Ola	Unaffiliated	Senior Male	08:21.2	968	137
137	2:47:08	GRIMES, Rachel	Unaffiliated	Female Vet 35-44	08:21.2	776	138
138	2:47:20	HUMPHREYS, Daniel	Unaffiliated	Senior Male	08:21.8	791	139
139	2:47:21	GOWARD, Lynn	Village Vipers	Female Vet 45-54	08:21.9	909	140
140	2:47:21	MORRIS, Sarah	Village Vipers	Female Vet 35-44	08:21.9	936	141
141	2:47:32	DAVID, Cedric	Vegan Runners UK	Senior Male	08:22.4	941	142
142	2:47:55	JONES, Jennifer	Ledbury and District Harriers	Female Vet 35-44	08:23.6	806	143
143	2:48:05	COULTART, Sharon	Bitton Road Runners	Female Vet 35-44	08:24.1	921	144
144	2:48:08	BOWE, Richard	Fairwater Runners	Male Vet 40-49	08:24.2	920	145
145	2:48:10	HURMAN, Andrea	Penarth and Dinas Runners	Female Vet 35-44	08:24.3	715	146
146	2:48:20	ATTWOOD, Howard	Liswerry Runners	Male Vet 60+	08:24.8	768	147
147	2:48:42	TOPHAM, Rebecca	Dursley & District A.C.	Female Vet 35-44	08:25.9	924	148
148	2:49:16	PRICE, Julian	Unaffiliated	Male Vet 40-49	08:27.6	700	149
149	2:49:20	COCKWELL, Steve	Unaffiliated	Senior Male	08:27.8	946	150
150	2:49:24	GOULDING, Julie	Swindon Harriers	Female Vet 35-44	08:28.0	749	151
151	2:49:29	ROGERS, Mark	Glenwood Active	Male Vet 40-49	08:28.3	873	152
152	2:49:46	SHANKLYN, Edward	Unaffiliated	Senior Male	08:29.1	729	153
153	2:49:58	RICHARDS, Maria	Islwyn Running Club	Female Vet 35-44	08:29.7	836	154
154	2:50:03	TUCKER, Philip	Unaffiliated	Senior Male	08:30.0	745	155
155	2:50:10	SUTTON, Mark	Griffithstown Harriers	Male Vet 40-49	08:30.3	703	156
156	2:50:18	TERRY, Michael	TROT.S.	Male Vet 50-59	08:30.7	993	157
157	2:50:42	TURNER, Phillip	Llanelli Tri Club	Male Vet 40-49	08:31.9	966	158
158	2:50:47	ANGOVE, Emma	Corsham R.C.	Senior Female	08:32.2	721	159
159	2:52:07	OSBORN, Matthew	Unaffiliated	Male Vet 40-49	08:36.2	808	160
160	2:52:07	PROBERT, Timothy	Unaffiliated	Male Vet 40-49	08:36.2	809	161
161	2:53:03	SEAMAN, Carl	Rhondda Valley Runners	Male Vet 40-49	08:39.0	778	162
162	2:53:10	GARDINER, Bob	Team Wecori	Male Vet 50-59	08:39.3	568	163
163	2:53:37	MEARS, Christian	Unaffiliated	Male Vet 40-49	08:40.7	882	164
164	2:54:09	CRAMP, Fiona	Bitton Road Runners	Female Vet 35-44	08:42.3	919	165
165	2:54:09	AGUILAR-STONE, Shan	Bitton Road Runners	Female Vet 45-54	08:42.3	878	166
166	2:54:09	DRAKE, Dawn Allison	Bitton Road Runners	Female Vet 35-44	08:42.3	819	167
167	2:54:09	BROWN, Janet	Bitton Road Runners	Female Vet 45-54	08:42.3	901	168

168	2:54:43	MORGAN, Andrew	Unaffiliated	Senior Male	08:44.0	995	169
169	2:55:04	MYALL, Tim	Unaffiliated	Senior Male	08:45.0	982	170
170	2:55:09	DAVIES, Jeff	Unaffiliated	Male Vet 40-49	08:45.3	780	171
171	2:55:11	JONES, Terry	Celtic Tri	Male Vet 50-59	08:45.4	829	172
172	2:55:15	TERRY, Gareth	Unaffiliated	Senior Male	08:45.6	992	173
173	2:56:20	WOOD, Paul	Cardiff Triathletes	Male Vet 40-49	08:48.8	950	174
174	2:56:27	HARRISON, George	Wye Valley Runners	Male Vet 40-49	08:49.2	943	175
175	2:56:35	BIGMORE, Paul	Brackla Harriers	Male Vet 50-59	08:49.6	985	176
176	2:56:36	WILLIAMS, Stephen	Les Croupiers R.C.	Male Vet 50-59	08:49.6	931	177
177	2:57:08	ROBERTS, Osian	Glenwood Active	Senior Male	08:51.2	945	178
178	2:57:11	HAYMONDS, Colin	Ledbury and District Harriers	Male Vet 40-49	08:51.4	965	179
179	2:57:20	DAVIDSON, Andrew	Unaffiliated	Senior Male	08:51.8	975	180
180	2:57:30	JOHNS, Karl	Les Croupiers R.C.	Senior Male	08:52.3	875	181
181	2:57:30	JOHNS, Paul	Axe Valley Runners	Senior Male	08:52.3	876	182
182	2:58:20	EDWARDS, Tracy	Rhondda Valley Runners	Female Vet 35-44	08:54.8	964	183
183	2:58:28	TANNA, Laura	Westbury Harriers	Senior Female	08:55.2	960	184
184	2:58:49	HORNER, James	Les Croupiers R.C.	Senior Male	08:56.3	814	185
185	2:59:10	STICKLAND, Anna	Unaffiliated	Female Vet 35-44	08:57.3	907	186
186	2:59:22	BASSETT, David	Griffithstown Harriers	Male Vet 60+	08:57.9	706	187
187	2:59:42	LEWIS, Jamie	Unaffiliated	Senior Male	08:58.9	963	188
188	2:59:43	NEWELL, John	Unaffiliated	Male Vet 50-59	08:59.0	702	189
189	2:59:43	NEWELL, Claire	Unaffiliated	Female Vet 45-54	08:59.0	701	190
190	2:59:51	TRAVAGLIA, Jane	Unaffiliated	Female Vet 35-44	08:59.4	835	191
191	3:00:06	BEESLEE, Paul	Unaffiliated	Male Vet 40-49	09:00.1	783	192
192	3:00:35	COOK, Simon	Unaffiliated	Senior Male	09:01.6	727	193
193	3:00:40	QUIN, Stephen	Les Croupiers R.C.	Senior Male	09:01.8	560	194
194	3:00:55	LUFFRUM, Vicky	Unaffiliated	Female Vet 35-44	09:02.6	743	195
195	3:00:56	TANNER, Peter	Great Western Runners	Male Vet 40-49	09:02.6	845	196
196	3:01:43	DAVEY, David	Almost Athletes	Male Vet 40-49	09:05.0	807	197
197	3:02:27	GUY, Thomas	Griffithstown Harriers	Senior Male	09:07.2	910	198
198	3:02:38	CROUCHER, Annabel	Unaffiliated	Senior Female	09:07.7	722	199
199	3:02:58	NICHOLS, Barry	Unaffiliated	Senior Male	09:08.7	837	200
200	3:03:05	BROOKES, Pauline	Unaffiliated	Female Vet 35-44	09:09.1	953	201
201	3:03:08	TUCKER, Kirsten	Swansea Harriers	Senior Female	09:09.2	865	202
202	3:03:37	POPE, Kim	Bitton Road Runners	Female Vet 45-54	09:10.7	881	203
203	3:03:51	HUTCHINSON, Keri	Cardiff Triathletes	Female Vet 35-44	09:11.4	843	204
204	3:03:57	HIRD, Linda	Bitton Road Runners	Female Vet 45-54	09:11.7	863	205
205	3:04:02	TOON, Royston	Chepstow Harriers	Male Vet 60+	09:11.9	787	206
206	3:04:03	JAMES, Nicola	Unaffiliated	Female Vet 35-44	09:12.0	852	207
207	3:04:51	COX, Simon	Unaffiliated	Senior Male	09:14.4	566	208
208	3:04:53	ANDERSON, Robert	Liswerry Runners	Male Vet 60+	09:14.5	848	209
209	3:04:59	DAVIES, Karen	Corsham R.C.	Female Vet 45-54	09:14.8	725	210
210	3:05:15	EDMONDS, Ros	Unaffiliated	Female Vet 45-54	09:15.6	955	211
211	3:05:41	TREHARNE, Ruth	Islwyn Running Club	Female Vet 45-54	09:16.9	733	212
212	3:05:41	BIRCH, Coleen	Islwyn Running Club	Female Vet 35-44	09:16.9	892	213

213	3:06:05	COULTART, Gary	Bitton Road Runners	Male Vet 40-49	09:18.1	922	214
214	3:06:12	JONES, Craig	Unaffiliated	Senior Male	09:18.4	554	215
215	3:07:26	SPARTON, Caroline	Griffithstown Harriers	Senior Female	09:22.1	547	216
216	3:08:56	MAHER, Chris	Unaffiliated	Male Vet 50-59	09:26.6	718	217
217	3:09:05	CHAMPION, Angela	Village Vipers	Senior Female	09:27.1	736	218
218	3:09:05	MORGAN, Lucy	Village Vipers	Senior Male	09:27.1	569	219
219	3:09:24	DOHENY, Laura	Parc Bryn Bach R.C.	Female Vet 45-54	09:28.0	785	220
220	3:10:05	PAYNE, Karen	Caerleon R.C.	Female Vet 35-44	09:30.1	877	221
221	3:10:09	ROCHE, Julie	Fairwater Runners	Female Vet 35-44	09:30.3	997	222
222	3:10:36	PHILLIPS, Steffan	Unaffiliated	Senior Male	09:31.6	989	223
223	3:10:37	DAVIES, Caryl	Sarn Helen	Senior Female	09:31.7	891	224
224	3:10:38	TAY, Allison	Swansea Harriers	Senior Female	09:31.7	917	225
225	3:10:42	WOODSFORD, Victoria	Unaffiliated	Senior Female	09:31.9	856	226
226	3:11:49	STREDWICK, Lisa	Unaffiliated	Female Vet 35-44	09:35.3	834	227
227	3:11:50	COOK, Natalie	Unaffiliated	Senior Female	09:35.3	726	228
228	3:12:41	LUCAS, Clare	Unaffiliated	Senior Female	09:37.9	728	229
229	3:12:59	FARRAR, Mark	Les Croupiers R.C.	Senior Male	09:38.8	889	230
230	3:13:14	THORNTON, Jane	Westbury Harriers	Female Vet 35-44	09:39.5	558	231
231	3:13:17	GERBIER, Annelies	Unaffiliated	Female Vet 35-44	09:39.7	846	232
232	3:13:39	OST, Andy	Chepstow Harriers	Senior Male	09:40.8	930	233
233	3:18:03	DRAPER, Sarah	Unaffiliated	Senior Female	09:54.0	948	234
234	3:19:44	BENZIMRA, Ruth	100 Marathon Club	Female Vet 35-44	09:59.0	792	235
235	3:20:16	KING, Rachael	Team Bath A.C.	Female Vet 45-54	10:00.6	815	236
236	3:20:43	CHADWELL, Karen	Womens Running Network	Female Vet 35-44	10:02.0	888	237
237	3:20:49	GILL, Simon	Unaffiliated	Senior Male	10:02.3	735	238
238	3:21:54	BAKER, Julian	Unaffiliated	Male Vet 40-49	10:05.5	967	239
239	3:22:23	JONES, Stephen	Islwyn Running Club	Male Vet 50-59	10:07.0	709	240
240	3:23:00	BURCHELL, Julie	Griffithstown Harriers	Female Vet 35-44	10:08.8	724	241
241	3:23:44	MCDONOUGH, Stuart	Unaffiliated	Male Vet 40-49	10:11.0	851	242
242	3:24:32	GIPSON, Kelly	Unaffiliated	Female Vet 35-44	10:13.4	798	243
243	3:25:24	MORRIS, Carl	Unaffiliated	Senior Male	10:16.0	800	244
244	3:25:25	HODGES, Rachael	Team AVS	Female Vet 35-44	10:16.1	751	245
245	3:25:34	GARBETT, Adrian	Cobra R.C.	Male Vet 40-49	10:16.5	905	246
246	3:26:13	EVANS, Jamie	Unaffiliated	Senior Male	10:18.5	753	247
247	3:26:43	EVANS, Debbie	Bitton Road Runners	Female Vet 35-44	10:20.0	752	248
248	3:26:43	DAVISON, Ros	Unaffiliated	Female Vet 35-44	10:20.0	557	249
249	3:27:00	JONES, Rhiannydd	Unaffiliated	Senior Female	10:20.8	959	250
250	3:27:06	JONES, Jacqueline	Unaffiliated	Female Vet 35-44	10:21.1	902	251
251	3:27:31	NEW, Steve	100 Marathon Club	Male Vet 40-49	10:22.4	897	252
252	3:27:40	ROGERS, Abigail	Glenwood Active	Female Vet 35-44	10:22.8	874	253
253	3:27:42	THOMAS, Janet	Glenwood Active	Female Vet 35-44	10:22.9	908	254
254	3:27:42	LAMBERT, Pip	Unaffiliated	Senior Female	10:22.9	827	255
255	3:28:57	JAMER, Michael	Les Croupiers R.C.	Male Vet 60+	10:26.7	756	256
256	3:29:37	HERDMAN, Gareth	Unaffiliated	Male Vet 40-49	10:28.7	883	257
257	3:30:47	BISHOP, Philip	Glenwood Active	Male Vet 50-59	10:32.2	720	258
258	3:31:10	HATHAWAY, Marc	Unaffiliated	Male Vet 40-49	10:33.3	956	259

259	3:31:56	RUSSELL, Cathryn	Unaffiliated	Female Vet 45-54	10:35.6	929	260
260	3:32:01	FRAMPTON, Caroline	Brecon A.C.	Female Vet 45-54	10:35.9	801	261
261	3:32:45	EVANS, Paul	Brecon A.C.	Senior Male	10:38.1	741	262
262	3:32:45	JOHNSON, James	Unaffiliated	Male Vet 60+	10:38.1	822	263
263	3:33:05	JONES, Linda	Womens Running Network	Female Vet 45-54	10:39.1	813	264
264	3:36:42	MCTAVISH, Alastair	Unaffiliated	Senior Male	10:49.9	788	265
265	3:37:07	SHORT, Lynette	Glenwood Active	Female Vet 35-44	10:51.2	871	266
266	3:37:42	CROWE, Doug	Cobra R.C.	Male Vet 50-59	10:52.9	760	267
267	3:38:34	LAMBERT, Jo	Unaffiliated	Senior Female	10:55.5	826	268
268	3:41:00	PHILLIPS, Lowri	Bad Tri	Senior Female	11:02.8	841	269
269	3:41:08	WORLAND, Lisa	Unaffiliated	Senior Female	11:03.2	903	270
270	3:41:27	FORSEY, Yvonne	Lliswerry Runners	Female Vet 45-54	11:04.2	769	271
271	3:42:07	MURPHY, Jacqueline	Fittleworth Flyers	Female Vet 35-44	11:06.2	730	272
272	3:42:26	HEXTALL, Lucyann	Unaffiliated	Senior Female	11:07.1	854	273
273	3:42:57	JONES, Tina	Unaffiliated	Female Vet 45-54	11:08.7	805	274
274	3:45:24	REES, Wendy	Griffithstown Harriers	Female Vet 45-54	11:16.0	711	275
275	3:47:47	SHORT, Mark	Glenwood Active	Male Vet 40-49	11:23.2	872	276
276	3:53:03	SINGER, Graham	Unaffiliated	Male Vet 50-59	11:39.0	914	277
277	3:53:32	STONEMAN, Dawn	Unaffiliated	Female Vet 35-44	11:40.4	777	278
278	3:53:32	HEXTALL, Emily	Unaffiliated	Senior Female	11:40.4	957	279
279	4:05:50	HAVELOT, Tracey	Griffithstown Harriers	Female Vet 35-44	12:17.3	723	280