

Pos	Race					Cat	Ascent			Ascent			Ascent	Descent		Descent			Descent	Total	
	No	Forename	Surname	Gender	Class		Pos	Halfway	rank	Clogwyn	rank	Summit		rank	Time	Clogwyn	rank	Halfway			rank
1	2	Tim	Davies	Male	Int	1	00:20:53	3	00:09:27	2	00:13:16	3	00:43:36	00:05:51	1	00:04:22	1	00:12:46	1	00:22:59	01:06:37
2	12	William	Levett	Male	Int	2	00:20:29	1	00:09:20	1	00:13:09	1	00:42:58	00:06:05	3	00:04:35	5	00:13:39	8	00:24:19	01:07:20
3	24	Alessio	Rinaldi	Male	Int	3	00:20:53	4	00:09:44	7	00:13:31	4	00:44:08	00:06:11	5	00:04:30	3	00:13:33	6	00:24:14	01:08:24
4	10	Ian	Holmes	Male	Int	4	00:21:35	8	00:09:57	10	00:13:47	8	00:45:19	00:06:05	2	00:04:25	2	00:12:47	2	00:23:17	01:08:39
5	25	Silvio	Gatti	Male	Int	5	00:20:54	5	00:09:37	3	00:13:40	5	00:44:11	00:06:11	4	00:05:07	32	00:13:18	3	00:24:36	01:08:49
6	21	Julien	Rancon	Male	Int	6	00:20:37	2	00:09:40	6	00:13:15	2	00:43:32	00:06:22	10	00:05:04	27	00:14:20	19	00:25:46	01:09:20
7	16	Lloyd	Taggart	Male	Int	7	00:21:05	6	00:09:37	4	00:13:44	6	00:44:26	00:06:18	6	00:04:42	8	00:14:15	17	00:25:15	01:09:44
8	479	Craig	Roberts	Male	M40	1	00:21:54	13	00:09:50	8	00:13:57	11	00:45:41	00:06:56	33	00:04:58	23	00:13:28	4	00:25:22	01:11:06
9	177	Mark	Croasdale	Male	M40	2	00:21:49	12	00:10:08	13	00:14:21	14	00:46:18	00:06:36	17	00:04:40	6	00:13:43	9	00:24:59	01:11:20
10	11	Rob	Hope	Male	Int	8	00:21:18	7	00:09:57	9	00:14:19	12	00:45:34	00:06:37	18	00:04:43	10	00:14:36	27	00:25:56	01:11:32
11	27	Euan	Jardine	Male	Int	9	00:22:11	16	00:10:07	12	00:13:55	10	00:46:13	00:06:36	16	00:04:43	9	00:14:05	13	00:25:24	01:11:39
12	113	Tim	Austin	Male	SM	1	00:22:24	21	00:10:28	17	00:14:35	17	00:47:27	00:06:24	11	00:04:34	4	00:13:32	5	00:24:30	01:11:59
13	115	Rob	Baker	Male	SM	2	00:22:12	17	00:10:28	20	00:14:42	18	00:47:22	00:06:32	13	00:04:43	11	00:13:36	7	00:24:51	01:12:16
14	1	Matthew	Collins	Male	Int	10	00:22:00	14	00:10:01	11	00:13:51	9	00:45:52	00:06:53	27	00:05:16	38	00:14:27	21	00:26:36	01:12:30
15	23	Mattia	Curtoni	Male	Int	11	00:21:45	10	00:09:37	5	00:13:46	7	00:45:08	00:07:12	43	00:05:18	41	00:15:07	38	00:27:37	01:12:46
16	22	Paul-Henri	Valour	Male	Int	12	00:22:43	24	00:10:30	21	00:14:31	15	00:47:44	00:06:22	8	00:04:44	12	00:14:51	29	00:25:57	01:13:43
17	20	Alain	Gillet	Male	Int	13	00:22:54	26	00:10:28	18	00:14:44	19	00:48:06	00:06:35	14	00:04:57	20	00:14:07	14	00:25:39	01:13:47
18	374	Robert	Little	Male	SM	3	00:22:23	20	00:10:23	15	00:14:45	20	00:47:31	00:06:22	9	00:04:46	14	00:15:19	48	00:26:27	01:14:00
19	15	Seb	Shepley	Male	Int	14	00:22:10	15	00:10:25	16	00:14:32	16	00:47:07	00:06:47	23	00:05:01	25	00:15:04	36	00:26:52	01:14:02
20	607	Phillip	Winskill	Male	SM	4	00:21:48	11	00:10:45	27	00:15:17	32	00:47:50	00:06:54	29	00:04:49	16	00:14:52	30	00:26:35	01:14:27
21	365	Christopher	Leigh	Male	SM	5	00:22:17	18	00:10:18	14	00:14:21	13	00:46:56	00:07:07	38	00:05:23	48	00:15:59	72	00:28:29	01:15:27
22	568	Andrew	Ward	Male	SM	6	00:22:17	19	00:10:38	23	00:15:09	28	00:48:04	00:06:46	20	00:05:28	56	00:15:16	45	00:27:30	01:15:36
23	5	Andrew	Jones	Male	Int	15	00:22:47	25	00:10:39	24	00:15:04	25	00:48:30	00:06:55	32	00:05:13	34	00:15:00	34	00:27:08	01:15:40
24	32	Eddie	Hanna	Male	Int	16	00:22:42	23	00:10:53	29	00:14:52	22	00:48:27	00:06:53	28	00:05:14	36	00:15:08	39	00:27:15	01:15:45
25	122	Stephen	Barlow	Male	SM	7	00:23:39	34	00:10:34	22	00:15:05	26	00:49:18	00:06:49	25	00:04:58	21	00:14:48	28	00:26:35	01:15:55
26	558	Peter	Vale	Male	SM	8	00:23:15	30	00:11:00	32	00:16:03	44	00:50:18	00:06:46	21	00:04:55	17	00:14:03	12	00:25:44	01:16:04
27	33	Des	Woods	Male	Int	17	00:23:40	35	00:11:01	33	00:15:07	27	00:49:48	00:07:10	41	00:04:55	18	00:14:15	16	00:26:20	01:16:10
28	26	Ronnie	Gallacher	Male	Int	18	00:23:41	36	00:10:54	31	00:15:42	37	00:50:17	00:06:49	26	00:04:56	19	00:14:27	23	00:26:12	01:16:32
29	37	Giovanni	Tacchini	Male	Int	19	00:23:56	39	00:10:49	28	00:15:15	31	00:50:00	00:06:36	15	00:05:00	24	00:15:01	35	00:26:37	01:16:38
30	348	Kevin	Keane	Male	SM	9	00:23:06	27	00:10:28	19	00:14:52	21	00:48:26	00:07:21	55	00:05:26	50	00:15:34	54	00:28:21	01:16:50
31	492	Richard	Rodger	Male	M40	3	00:23:07	28	00:10:43	26	00:15:03	24	00:48:53	00:07:30	64	00:05:34	71	00:14:53	32	00:27:57	01:16:54
32	245	Roberto	Gobbi	Male	SM	10	00:23:14	29	00:10:39	25	00:15:09	29	00:49:02	00:07:11	42	00:05:27	55	00:15:14	42	00:27:52	01:16:56
33	28	Simon	Peachey	Male	Int	20	00:24:13	42	00:11:06	36	00:15:43	38	00:51:02	00:06:42	19	00:04:58	22	00:14:33	25	00:26:13	01:17:17
34	547	Richard	Thomas	Male	SM	11	00:23:54	37	00:11:11	37	00:15:52	40	00:50:57	00:06:58	36	00:05:05	28	00:14:23	20	00:26:26	01:17:26
35	311	John	Hunt	Male	SM	12	00:23:54	38	00:11:23	42	00:15:59	41	00:51:16	00:06:47	22	00:05:38	75	00:13:56	10	00:26:21	01:17:38
36	19	Mary	Wilkinson	Female	Lint	1	00:24:44	53	00:11:20	40	00:15:32	36	00:51:36	00:06:55	31	00:05:02	26	00:14:09	15	00:26:06	01:17:44
37	488	Andrew	Robertshaw	Male	SM	13	00:24:29	45	00:11:18	39	00:15:19	33	00:51:06	00:07:24	59	00:05:12	33	00:14:27	22	00:27:03	01:18:11
38	293	Klaas	Hofstra	Male	M40	4	00:23:31	33	00:10:53	30	00:14:57	23	00:49:21	00:07:36	72	00:05:48	94	00:15:48	61	00:29:12	01:18:34
39	30	Gary	Bailey	Male	Int	21	00:24:10	41	00:11:41	50	00:16:36	55	00:52:27	00:07:14	45	00:04:47	15	00:14:28	24	00:26:29	01:18:59
40	503	Graham	Schofield	Male	M40	5	00:25:47	72	00:11:29	46	00:16:11	46	00:53:27	00:06:47	24	00:04:45	13	00:14:19	18	00:25:51	01:19:21
41	471	Mark	Richards	Male	M40	6	00:24:19	44	00:11:05	35	00:15:24	35	00:50:48	00:07:38	76	00:05:31	61	00:15:49	62	00:28:58	01:19:48
42	440	Russell	Owen	Male	M40	7	00:24:30	46	00:11:46	54	00:16:02	43	00:52:18	00:07:33	68	00:05:37	74	00:14:53	31	00:28:03	01:20:23
43	118	Lewis	Banton	Male	SM	14	00:23:26	32	00:11:26	44	00:16:09	45	00:51:01	00:08:18	131	00:05:54	105	00:15:10	40	00:29:22	01:20:26
44	611	Jonathan	Wright	Male	SM	15	00:24:14	43	00:11:41	51	00:17:21	82	00:53:16	00:07:14	44	00:05:18	40	00:15:21	49	00:27:53	01:21:11
45	368	Arwel	Lewis	Male	M40	8	00:24:57	55	00:11:38	48	00:16:22	49	00:52:57	00:07:37	73	00:05:27	52	00:15:19	47	00:28:23	01:21:20
46	420	David	Naughton	Male	M40	9	00:27:00	102	00:12:06	65	00:17:05	69	00:56:11	00:06:30	12	00:04:42	7	00:13:59	11	00:25:11	01:21:24
47	559	Dimitri	Vorres	Male	M40	10	00:25:43	69	00:11:46	56	00:16:14	48	00:53:43	00:07:16	48	00:05:21	46	00:15:15	43	00:27:52	01:21:37

48	486	Richard H.	Roberts	Male	SM	16	00:25:06	57	00:12:56	100	00:16:12	47	00:54:14	00:06:58	35	00:05:14	35	00:15:18	46	00:27:30	01:21:46
49	104	Ben	Amesbury	Male	SM	17	00:25:23	63	00:11:51	60	00:16:38	56	00:53:52	00:07:07	39	00:05:14	37	00:15:36	56	00:27:57	01:21:52
50	255	Ian	Greenwood	Male	M40	11	00:25:10	59	00:11:36	47	00:16:27	51	00:53:13	00:07:38	77	00:05:36	72	00:15:26	52	00:28:40	01:21:55
51	615	Andrew	Yapp	Male	M40	12	00:24:07	40	00:11:46	55	00:16:45	60	00:52:38	00:07:27	61	00:05:34	69	00:16:17	80	00:29:18	01:21:59
52	219	David	Finn	Male	SM	18	00:24:53	54	00:11:55	61	00:16:41	59	00:53:29	00:07:22	56	00:05:17	39	00:15:55	68	00:28:34	01:22:06
53	238	Mark	Garratt	Male	SM	19	00:24:31	48	00:11:23	41	00:15:44	39	00:51:38	00:08:30	146	00:06:03	118	00:16:12	76	00:30:45	01:22:26
54	4	Tim	Higginbottom	Male	Int	22	00:24:59	56	00:12:25	79	00:17:56	99	00:55:20	00:06:55	30	00:05:06	29	00:15:05	37	00:27:06	01:22:27
55	557	Stuart	Underwood	Male	SM	20	00:24:39	51	00:11:40	49	00:15:59	42	00:52:18	00:07:28	63	00:06:14	134	00:16:44	92	00:30:26	01:22:46
56	527	Kevin	Spilman	Male	M40	13	00:25:44	70	00:12:29	82	00:17:32	86	00:55:45	00:07:15	47	00:05:18	43	00:14:33	26	00:27:06	01:22:53
57	383	John	MacEnri	Male	SM	21	00:25:31	66	00:12:13	73	00:16:59	67	00:54:43	00:07:33	69	00:05:28	57	00:15:11	41	00:28:12	01:22:57
58	411	Barry	Minnock	Male	SM	22	00:26:22	87	00:11:47	58	00:16:40	57	00:54:49	00:07:23	58	00:05:33	68	00:15:23	51	00:28:19	01:23:11
59	17	Christine	Howard	Female	Lint	2	00:26:25	89	00:12:08	67	00:16:34	53	00:55:07	00:07:27	62	00:05:18	42	00:15:21	50	00:28:06	01:23:16
60	29	Ian	Wellock	Male	Int	23	00:25:06	58	00:12:33	86	00:16:49	64	00:54:28	00:07:17	49	00:05:51	101	00:15:52	64	00:29:00	01:23:32
61	441	Gwynfor	Owen	Male	M50	1	00:25:14	60	00:11:43	53	00:16:28	52	00:53:25	00:08:07	113	00:05:48	92	00:16:17	79	00:30:12	01:23:39
62	148	Giuseppe	Buzzetti	Male	SM	23	00:25:36	67	00:12:09	68	00:17:20	80	00:55:05	00:07:14	46	00:05:34	70	00:15:53	65	00:28:41	01:23:48
63	103	Phil	Adams	Male	M40	14	00:27:01	103	00:11:41	52	00:16:36	54	00:55:18	00:07:35	70	00:05:31	65	00:15:41	58	00:28:47	01:24:07
64	31	Steve	Cunningham	Male	Int	24	00:25:17	61	00:12:20	76	00:17:19	79	00:54:56	00:07:32	67	00:05:25	49	00:16:14	77	00:29:11	01:24:09
65	429	Peter	O'Farrell	Male	SM	24	00:26:32	94	00:11:24	43	00:16:49	63	00:54:45	00:07:19	51	00:05:26	51	00:16:53	96	00:29:38	01:24:26
66	574	Karl	Webster	Male	SM	25	00:26:49	100	00:12:22	78	00:17:16	74	00:56:27	00:06:57	34	00:05:18	44	00:15:53	66	00:28:08	01:24:38
67	425	James	Senior	Male	SM	26	00:26:32	95	00:13:00	106	00:17:52	95	00:57:24	00:07:01	37	00:05:07	31	00:15:15	44	00:27:23	01:24:51
68	133	Colin	Bishop	Male	SM	27	00:25:24	64	00:12:03	64	00:16:52	66	00:54:19	00:07:20	54	00:05:33	66	00:17:40	128	00:30:33	01:24:56
69	448	Nick	Peplow	Male	SM	28	00:25:59	75	00:12:15	74	00:17:16	75	00:55:30	00:07:40	79	00:05:28	58	00:16:21	81	00:29:29	01:25:01
70	519	Andy	Smith	Male	M40	15	00:25:21	62	00:12:43	90	00:17:17	76	00:55:21	00:07:37	75	00:05:53	104	00:16:09	75	00:29:39	01:25:02
71	487	Tegid	Roberts	Male	M40	16	00:24:37	50	00:11:12	38	00:15:13	30	00:51:02	00:09:48	255	00:07:06	232	00:17:14	108	00:34:08	01:25:13
72	351	Michael	Kelly	Male	SM	29	00:26:03	78	00:12:11	71	00:16:50	65	00:55:04	00:07:56	98	00:05:52	103	00:16:26	86	00:30:14	01:25:19
73	614	David	Yanez	Male	SM	30	00:25:44	71	00:11:29	45	00:16:24	50	00:53:37	00:07:40	78	00:06:02	113	00:18:11	153	00:31:53	01:25:31
74	414	Thomas	Morgan	Male	M40	17	00:25:30	65	00:13:20	119	00:18:19	112	00:57:09	00:07:09	40	00:05:22	47	00:15:54	67	00:28:25	01:25:35
75	251	Andy	Gore	Male	SM	31	00:24:30	47	00:12:42	89	00:18:49	131	00:56:01	00:07:37	74	00:05:33	67	00:16:23	84	00:29:33	01:25:37
76	223	John	Fleetwood	Male	M40	18	00:27:20	111	00:13:02	108	00:17:54	96	00:58:16	00:07:24	60	00:05:07	30	00:14:54	33	00:27:25	01:25:45
77	603	Dafydd Wyn	Williams	Male	SM	32	00:26:30	92	00:12:09	69	00:17:18	78	00:55:57	00:08:10	115	00:05:48	93	00:15:57	71	00:29:55	01:25:55
78	292	Pete	Hodges	Male	SM	33	00:24:36	49	00:12:25	80	00:17:08	71	00:54:09	00:07:30	65	00:05:57	108	00:18:18	160	00:31:45	01:25:56
79	248	Shaun	Godsman	Male	SM	34	00:26:00	76	00:12:52	97	00:18:07	106	00:56:59	00:07:40	81	00:05:31	62	00:15:45	60	00:28:56	01:25:57
80	18	Natalie	White	Female	Lint	3	00:26:49	99	00:12:46	94	00:17:20	81	00:56:55	00:07:51	89	00:05:40	80	00:15:39	57	00:29:10	01:26:08
81	324	Craig	Jones	Male	SM	35	00:26:05	80	00:12:21	77	00:17:10	72	00:55:36	00:07:43	82	00:05:49	97	00:17:21	114	00:30:53	01:26:31
82	353	Andrew	Keron	Male	SM	36	00:24:41	52	00:11:59	62	00:16:41	58	00:53:21	00:08:27	140	00:06:10	124	00:18:44	183	00:33:21	01:26:44
83	437	Dylan	Owen	Male	M40	19	00:26:26	90	00:12:39	87	00:18:05	105	00:57:10	00:08:00	102	00:05:39	78	00:15:57	70	00:29:36	01:26:48
84	169	Turlough	Conway	Male	SM	37	00:26:59	101	00:11:46	57	00:16:46	62	00:55:31	00:07:47	88	00:07:10	242	00:16:28	87	00:31:25	01:26:58
85	228	Ken	Fotherby	Male	M50	2	00:25:38	68	00:12:30	83	00:17:18	77	00:55:26	00:08:50	172	00:06:29	160	00:16:22	82	00:31:41	01:27:09
86	601	Richard Wyr	Williams	Male	SM	38	00:26:23	88	00:13:01	107	00:17:44	87	00:57:08	00:07:45	85	00:05:41	81	00:16:43	91	00:30:09	01:27:20
87	227	Warwick	Fortescue	Male	M40	20	00:26:39	97	00:12:57	101	00:17:56	100	00:57:32	00:08:14	126	00:05:47	90	00:16:01	73	00:30:02	01:27:37
88	398	Gary	McMahon	Male	M50	3	00:27:06	104	00:12:17	75	00:18:10	108	00:57:33	00:08:31	147	00:06:12	130	00:15:36	55	00:30:19	01:27:54
89	201	Iwan	Edgar	Male	M40	21	00:26:31	93	00:12:32	84	00:17:52	93	00:56:55	00:08:02	104	00:05:51	102	00:17:14	107	00:31:07	01:28:03
90	443	Iwan	Parry	Male	SM	39	00:27:09	105	00:12:10	70	00:17:23	83	00:56:42	00:07:56	96	00:06:01	112	00:17:22	115	00:31:19	01:28:04
91	146	David	Burton	Male	M40	22	00:26:11	81	00:12:25	81	00:17:08	70	00:55:44	00:08:35	154	00:06:31	166	00:17:26	118	00:32:32	01:28:19
92	593	Don	Williams	Male	M60	1	00:27:14	108	00:12:33	85	00:17:16	73	00:57:03	00:08:07	114	00:06:07	121	00:17:05	101	00:31:19	01:28:24
93	507	Duncan	Shea-Simms	Male	SM	40	00:26:12	82	00:12:07	66	00:17:47	89	00:56:06	00:08:14	123	00:06:12	129	00:17:55	141	00:32:21	01:28:30
94	329	Haydon	Jones	Male	M40	23	00:27:40	122	00:13:29	127	00:18:20	113	00:59:29	00:07:18	50	00:05:28	59	00:16:14	78	00:29:00	01:28:32
95	265	Kevin	Hagley	Male	M40	24	00:27:34	119	00:13:12	113	00:17:52	94	00:58:38	00:07:59	101	00:05:57	107	00:15:56	69	00:29:52	01:28:33
96	609	Andrew	Wood	Male	SM	41	00:27:25	116	00:13:21	121	00:18:22	114	00:59:08	00:07:32	66	00:05:31	63	00:16:41	90	00:29:44	01:28:54

97	156	Simon	Cash	Male	SM	42	00:27:21	112	00:13:04	110	00:17:50	92	00:58:15	00:07:52	90	00:05:39	76	00:17:09	103	00:30:40	01:28:57
98	101	Rhys	ab Elwyn	Male	M40	25	00:26:42	98	00:12:12	72	00:17:02	68	00:55:56	00:09:48	256	00:06:51	203	00:16:23	83	00:33:02	01:29:00
99	222	Gary	Fleet	Male	M40	26	00:26:36	96	00:12:44	92	00:18:46	128	00:58:06	00:08:15	127	00:06:02	114	00:16:47	94	00:31:04	01:29:13
100	136	Mark	Bradbury	Male	SM	43	00:28:32	137	00:13:15	115	00:18:07	107	00:59:54	00:07:44	83	00:05:44	87	00:15:51	63	00:29:19	01:29:15
101	504	Mike	Scott	Male	SM	44	00:26:17	84	00:12:57	102	00:18:26	115	00:57:40	00:08:14	124	00:06:09	123	00:17:13	106	00:31:36	01:29:19
102	129	Stewart	Bellamy	Male	SM	45	00:28:04	128	00:13:04	109	00:18:04	103	00:59:12	00:07:19	52	00:06:02	116	00:16:44	93	00:30:05	01:29:20
103	186	Edward	Davies	Male	M50	4	00:27:23	113	00:13:17	117	00:18:46	127	00:59:26	00:07:22	57	00:05:31	64	00:16:59	98	00:29:52	01:29:21
104	413	Richard	Moore	Male	M40	27	00:27:51	127	00:12:57	103	00:18:44	126	00:59:32	00:07:35	71	00:05:28	60	00:16:57	97	00:30:00	01:29:36
105	467	Marc	Reeves	Male	SM	46	00:27:15	109	00:12:43	91	00:17:56	98	00:57:54	00:08:06	110	00:05:48	95	00:17:56	143	00:31:50	01:29:46
106	517	Chris	Smallman	Male	M40	28	00:28:07	129	00:12:41	88	00:17:28	85	00:58:16	00:08:11	116	00:06:08	122	00:17:20	112	00:31:39	01:29:56
107	340	Stephen	Jones	Male	SM	47	00:28:21	134	00:13:59	157	00:18:43	125	01:01:03	00:07:46	86	00:05:27	53	00:16:02	74	00:29:15	01:30:20
108	406	Andrew	Middleditch	Male	SM	48	00:25:48	73	00:13:20	120	00:17:47	90	00:56:55	00:07:19	53	00:06:43	189	00:19:27	213	00:33:29	01:30:27
109	243	Ian	Gladwell	Male	M40	29	00:27:38	120	00:13:15	116	00:18:29	117	00:59:22	00:07:55	95	00:06:13	132	00:17:05	100	00:31:13	01:30:38
110	289	Darryl	Hilliar	Male	SM	49	00:26:28	91	00:12:53	98	00:18:02	102	00:57:23	00:09:57	268	00:06:55	210	00:16:32	88	00:33:24	01:30:50
111	415	Carl	Moriarty	Male	M40	30	00:27:18	110	00:12:46	95	00:18:05	104	00:58:09	00:08:26	139	00:06:38	182	00:17:47	134	00:32:51	01:31:03
112	450	Huw	Percy	Male	SM	50	00:27:11	107	00:13:24	122	00:18:41	124	00:59:16	00:08:30	145	00:05:59	110	00:17:15	109	00:31:44	01:31:03
113	155	Eddy	Casey	Male	SM	51	00:29:18	160	00:13:33	130	00:18:58	135	01:01:49	00:08:06	112	00:05:37	73	00:15:32	53	00:29:15	01:31:06
114	107	Charles	Ashley	Male	M40	31	00:27:23	114	00:12:59	105	00:18:30	118	00:58:52	00:08:45	167	00:06:22	147	00:17:11	104	00:32:18	01:31:12
115	560	Ashley	Wager	Male	M40	32	00:29:13	157	00:13:07	111	00:18:37	121	01:00:57	00:08:04	108	00:05:43	82	00:17:08	102	00:30:55	01:31:55
116	385	Phillip	Manning	Male	M40	33	00:28:10	130	00:13:28	125	00:18:15	109	00:59:53	00:08:13	120	00:06:23	152	00:17:30	121	00:32:06	01:32:01
117	299	John	Hosie	Male	SM	52	00:28:42	144	00:12:49	96	00:17:24	84	00:58:55	00:08:58	185	00:06:38	180	00:17:44	130	00:33:20	01:32:17
118	402	John	Mees	Male	M50	5	00:28:44	146	00:13:43	141	00:18:34	119	01:01:01	00:08:34	151	00:06:17	140	00:16:38	89	00:31:29	01:32:32
119	387	Trevor	Marshall	Male	M50	6	00:28:46	147	00:13:35	135	00:19:08	139	01:01:29	00:07:54	92	00:05:48	96	00:17:19	111	00:31:01	01:32:34
120	584	Dave	Wilby	Male	SM	53	00:28:57	151	00:13:57	153	00:18:18	110	01:01:12	00:07:40	80	00:05:46	89	00:18:12	154	00:31:38	01:32:54
121	591	Bryn	Williams	Male	SM	54	00:27:40	121	00:14:11	170	00:20:03	179	01:01:54	00:07:55	93	00:05:21	45	00:17:54	140	00:31:10	01:33:05
122	592	Dewi	Williams	Male	SM	55	00:28:19	133	00:14:21	182	00:19:48	171	01:02:28	00:07:59	100	00:05:44	85	00:16:53	95	00:30:36	01:33:06
123	500	Susan	Samme	Female	F40	1	00:28:42	145	00:13:43	140	00:18:50	132	01:01:15	00:07:46	87	00:05:51	100	00:18:13	157	00:31:50	01:33:08
124	166	Cedric	Clemerson	Male	M50	7	00:27:10	106	00:12:46	93	00:17:47	88	00:57:43	00:08:55	182	00:06:46	197	00:19:44	231	00:35:25	01:33:09
125	267	Andrew	Hall	Male	M50	8	00:29:40	168	00:13:36	136	00:20:03	181	01:03:19	00:08:04	107	00:05:27	54	00:16:25	85	00:29:56	01:33:18
126	128	Paul	Beeson	Male	M40	34	00:29:08	153	00:13:47	143	00:18:58	136	01:01:53	00:08:06	111	00:05:51	99	00:17:34	125	00:31:31	01:33:27
127	360	Gerry	Lalor	Male	M40	35	00:28:11	131	00:13:54	151	00:18:48	130	01:00:53	00:08:22	135	00:05:59	111	00:18:19	161	00:32:40	01:33:36
128	490	Chris	Robinson	Male	SM	56	00:27:48	124	00:12:53	99	00:17:55	97	00:58:36	00:08:02	105	00:06:10	127	00:20:46	280	00:34:58	01:33:37
129	130	Stephen	Bellis	Male	M50	9	00:27:27	117	00:13:58	156	00:19:51	174	01:01:16	00:08:25	136	00:06:14	133	00:17:46	132	00:32:25	01:33:43
130	367	Andrew	Lewis	Male	M50	10	00:28:41	143	00:13:49	146	00:19:36	159	01:02:06	00:08:14	122	00:06:14	135	00:17:13	105	00:31:41	01:33:50
131	332	Iolo W.	Jones	Male	SM	57	00:29:14	158	00:13:48	145	00:19:24	150	01:02:26	00:08:01	103	00:05:47	91	00:17:40	127	00:31:28	01:33:56
132	468	Tim	Reynolds	Male	SM	58	00:30:26	197	00:14:04	161	00:19:12	142	01:03:42	00:08:20	133	00:06:15	137	00:15:43	59	00:30:18	01:34:02
133	7	Jenny	Hemming	Female	Lint	4	00:29:33	166	00:14:06	164	00:19:31	156	01:03:10	00:07:54	91	00:05:39	79	00:17:21	113	00:30:54	01:34:07
134	224	Paul	Foot	Male	SM	59	00:30:05	183	00:13:35	132	00:18:37	120	01:02:17	00:08:58	184	00:06:10	125	00:17:00	99	00:32:08	01:34:26
135	499	Gordon	Rowson	Male	M40	36	00:29:47	175	00:13:08	112	00:17:48	91	01:00:43	00:09:28	225	00:06:29	162	00:18:08	151	00:34:05	01:34:51
136	370	Neil	Lewis	Male	SM	60	00:30:44	204	00:14:12	174	00:18:37	122	01:03:33	00:08:05	109	00:05:43	83	00:17:34	123	00:31:22	01:34:58
137	563	Shaun	Walker	Male	SM	61	00:28:39	141	00:13:25	123	00:19:21	147	01:01:25	00:08:34	152	00:06:38	183	00:18:23	165	00:33:35	01:35:02
138	143	Ishmael	Burdeau	Male	SM	62	00:26:13	83	00:12:01	63	00:16:45	61	00:54:59	00:10:02	275	00:08:04	319	00:21:56	331	00:40:02	01:35:04
139	386	Rhys	Mannning	Male	SM	63	00:27:42	123	00:13:53	150	00:18:02	101	00:59:37	00:08:32	150	00:06:35	174	00:20:23	261	00:35:30	01:35:09
140	528	Paul	Spurge	Male	M50	11	00:28:56	149	00:14:05	162	00:19:18	145	01:02:19	00:08:17	130	00:06:16	138	00:18:21	163	00:32:54	01:35:15
141	151	Marcus	Cane	Male	SM	64	00:27:51	126	00:13:58	155	00:18:46	129	01:00:35	00:07:59	99	00:06:15	136	00:20:28	267	00:34:42	01:35:20
142	9	Jackie	Lee	Female	Lint	5	00:30:06	184	00:14:12	173	00:19:59	176	01:04:17	00:07:45	84	00:05:44	86	00:17:43	129	00:31:12	01:35:33
143	349	Dennis	Kearns	Male	M60	2	00:28:30	135	00:13:28	124	00:19:44	166	01:01:42	00:09:15	202	00:06:39	184	00:18:33	173	00:34:27	01:36:11
144	526	Cristina	Speziale	Female	SF	1	00:28:59	152	00:13:43	139	00:19:45	167	01:02:27	00:09:11	197	00:06:49	199	00:17:53	138	00:33:53	01:36:23
145	171	Martin	Cortvriend	Male	M50	12	00:30:05	182	00:14:45	204	00:19:45	168	01:04:35	00:07:55	94	00:06:03	117	00:17:51	137	00:31:49	01:36:27

146	376	Gwyn	Lloyd	Male	M40	37	00:29:28	165	00:14:00	158	00:19:26	151	01:02:54	00:09:04	190	00:06:18	143	00:18:16	159	00:33:38	01:36:35
147	174	Noel	Craine	Male	M40	38	00:28:38	139	00:14:10	169	00:20:09	186	01:02:57	00:08:53	178	00:06:22	149	00:18:22	164	00:33:37	01:36:37
148	433	Adrian	Orringe	Male	M50	13	00:27:48	125	00:13:56	152	00:19:13	144	01:00:57	00:08:54	180	00:06:42	186	00:20:04	249	00:35:40	01:36:40
149	153	Michael	Case	Male	M40	39	00:30:24	195	00:13:18	118	00:18:29	116	01:02:11	00:09:36	234	00:06:50	201	00:18:05	147	00:34:31	01:36:45
150	321	Arwyn	Jones	Male	SM	65	00:30:25	196	00:15:13	232	00:19:13	143	01:04:51	00:08:20	132	00:05:58	109	00:17:34	124	00:31:52	01:36:45
151	419	Leo	Murray	Male	SM	66	00:30:45	207	00:14:10	168	00:18:39	123	01:03:34	00:08:40	157	00:07:02	220	00:17:29	120	00:33:11	01:36:47
152	217	Oliver	Fielden	Male	SM	67	00:28:39	140	00:13:33	129	00:18:53	133	01:01:05	00:09:28	226	00:06:56	211	00:19:18	204	00:35:42	01:36:49
153	594	Jason	Williams	Male	SM	68	00:26:21	86	00:11:51	59	00:18:18	111	00:56:30	00:08:52	174	00:08:18	338	00:23:09	371	00:40:19	01:36:52
154	590	Arwel V.	Williams	Male	SM	69	00:29:24	163	00:13:58	154	00:20:11	187	01:03:33	00:08:37	156	00:06:10	126	00:18:42	179	00:33:29	01:37:04
155	306	Geran	Hughes	Male	SM	70	00:26:00	77	00:13:28	126	00:19:31	155	00:58:59	00:09:59	269	00:06:53	207	00:21:23	312	00:38:15	01:37:17
156	373	Scott	Lewis	Male	M40	40	00:30:07	185	00:14:30	190	00:20:13	188	01:04:50	00:08:16	128	00:06:05	120	00:18:07	149	00:32:28	01:37:21
157	523	Michael	Smith	Male	M40	41	00:29:45	173	00:13:49	147	00:19:26	152	01:03:00	00:08:54	181	00:06:30	164	00:19:05	196	00:34:29	01:37:32
158	502	Nicholas	Sanderson	Male	SM	71	00:28:40	142	00:13:30	128	00:18:57	134	01:01:07	00:09:02	188	00:07:01	218	00:20:26	264	00:36:29	01:37:38
159	270	Karl	Halliday	Male	SM	72	00:29:22	161	00:14:55	218	00:19:49	173	01:04:06	00:08:20	134	00:06:24	153	00:18:51	186	00:33:35	01:37:44
160	432	Gordon	Orme	Male	M60	3	00:30:10	187	00:13:35	134	00:19:46	170	01:03:31	00:08:26	138	00:06:35	172	00:19:13	200	00:34:14	01:37:48
161	390	Phillip	Matthews	Male	SM	73	00:29:52	177	00:14:11	172	00:19:22	148	01:03:25	00:08:42	161	00:07:07	238	00:18:38	176	00:34:27	01:37:56
162	178	Jason	Cropton	Male	SM	74	00:30:54	213	00:15:03	225	00:19:40	164	01:05:37	00:08:29	141	00:06:02	115	00:17:46	133	00:32:17	01:37:56
163	369	John	Lewis	Male	M50	14	00:29:45	174	00:15:20	235	00:20:49	213	01:05:54	00:08:13	121	00:05:45	88	00:18:04	146	00:32:02	01:37:58
164	534	Max	Taylor	Male	SM	75	00:29:12	155	00:13:52	149	00:19:59	177	01:03:03	00:09:14	201	00:06:53	205	00:18:45	184	00:34:52	01:37:58
165	564	Catherine	Walkley	Female	SF	2	00:30:54	214	00:14:37	198	00:19:27	153	01:04:58	00:09:16	203	00:06:31	165	00:17:25	117	00:33:12	01:38:13
166	328	Gwyn	Jones	Male	M40	42	00:29:15	159	00:14:39	200	00:20:58	219	01:04:52	00:08:30	142	00:06:25	154	00:18:33	172	00:33:28	01:38:21
167	297	Richard	Hornsby	Male	SM	76	00:30:18	191	00:14:55	217	00:20:30	199	01:05:43	00:08:25	137	00:06:12	131	00:18:03	145	00:32:40	01:38:25
168	210	Simon	Elliott	Male	M40	43	00:30:33	201	00:14:33	193	00:20:30	200	01:05:36	00:08:35	153	00:06:25	156	00:17:49	136	00:32:49	01:38:28
169	481	Fred	Roberts	Male	M50	15	00:30:15	189	00:14:37	197	00:19:46	169	01:04:38	00:08:43	164	00:06:28	159	00:18:38	177	00:33:49	01:38:30
170	505	Richard	Scottney	Male	M50	16	00:30:33	200	00:15:22	237	00:21:22	241	01:07:17	00:08:13	119	00:05:44	84	00:17:16	110	00:31:13	01:38:32
171	229	Lliffon	Foulkes	Male	SM	77	00:28:18	132	00:13:47	142	00:19:59	175	01:02:04	00:08:31	148	00:06:22	150	00:21:38	323	00:36:31	01:38:37
172	544	Dyfed W.	Thomas	Male	SM	78	00:27:29	118	00:13:14	114	00:19:05	137	00:59:48	00:09:56	266	00:07:31	273	00:21:20	309	00:38:47	01:38:38
173	380	Alan	Lucker	Male	SM	79	00:30:56	218	00:14:16	177	00:19:42	165	01:04:54	00:08:30	144	00:06:22	148	00:18:56	191	00:33:48	01:38:43
174	423	Adrian	Netherwood	Male	M40	44	00:30:28	198	00:14:27	186	00:19:23	149	01:04:18	00:09:08	193	00:07:05	228	00:18:12	155	00:34:25	01:38:45
175	285	Terry	Hellings	Male	M50	17	00:30:18	192	00:14:31	191	00:20:17	191	01:05:06	00:08:52	175	00:06:26	157	00:18:26	167	00:33:44	01:38:53
176	34	Clare	Mckenna	Female	Lint	6	00:31:13	229	00:14:18	179	00:20:01	178	01:05:32	00:08:42	162	00:06:30	163	00:18:10	152	00:33:22	01:38:56
177	339	Steffan	Jones	Male	SM	80	00:30:03	181	00:14:09	165	00:19:38	162	01:03:50	00:08:40	158	00:07:07	237	00:19:20	207	00:35:07	01:39:00
178	403	Jane	Mellor	Female	SF	3	00:30:48	209	00:14:35	195	00:20:20	194	01:05:43	00:08:31	149	00:06:21	144	00:18:28	169	00:33:20	01:39:06
179	8	Angela	Jones	Female	Lint	7	00:30:19	193	00:14:26	185	00:19:20	146	01:04:05	00:09:36	235	00:07:19	255	00:18:20	162	00:35:15	01:39:23
180	273	Katherine	Harvey	Female	F40	2	00:31:31	244	00:14:53	214	00:20:05	182	01:06:29	00:08:54	179	00:06:37	177	00:17:23	116	00:32:54	01:39:25
181	240	Richard	Gilbert	Male	SM	81	00:31:08	226	00:14:11	171	00:19:11	141	01:04:30	00:09:43	247	00:07:09	239	00:18:07	148	00:34:59	01:39:30
182	36	Alwynne	Shannon	Female	Lint	8	00:30:49	210	00:14:18	180	00:19:36	158	01:04:43	00:08:45	166	00:06:32	168	00:19:31	219	00:34:48	01:39:32
183	124	Simon	Barnes	Male	SM	82	00:28:56	150	00:14:13	175	00:20:20	195	01:03:29	00:10:04	277	00:07:02	219	00:18:55	189	00:36:01	01:39:33
184	549	Shaun	Thompson	Male	SM	83	00:29:56	179	00:14:23	183	00:19:37	161	01:03:56	00:09:13	200	00:06:53	206	00:19:35	224	00:35:41	01:39:40
185	341	Stephen LL.	Jones	Male	M50	18	00:29:23	162	00:13:35	133	00:19:37	160	01:02:35	00:09:27	223	00:07:53	310	00:19:50	238	00:37:10	01:39:47
186	213	Clifford	Evans	Male	M40	45	00:28:32	136	00:14:09	166	00:20:08	184	01:02:49	00:09:18	205	00:07:32	277	00:20:09	251	00:36:59	01:39:51
187	112	Lee	Aston	Male	SM	84	00:29:10	154	00:14:15	176	00:20:15	190	01:03:40	00:08:57	183	00:06:51	202	00:20:26	265	00:36:14	01:39:57
188	551	Martin	Thomson	Male	SM	85	00:29:42	171	00:14:10	167	00:19:33	157	01:03:25	00:09:25	220	00:06:58	214	00:20:12	254	00:36:35	01:40:02
189	304	Mar	Huddleston	Male	M40	46	00:30:17	190	00:14:38	199	00:20:37	207	01:05:32	00:08:37	155	00:06:29	161	00:19:24	210	00:34:30	01:40:05
190	257	Glyn A	Griffiths	Male	M40	47	00:28:48	148	00:14:54	215	00:22:14	275	01:05:56	00:08:48	169	00:06:50	200	00:18:34	175	00:34:12	01:40:10
191	262	Chris	Gurney	Male	SM	86	00:30:55	217	00:14:46	205	00:20:08	185	01:05:49	00:08:40	159	00:06:32	169	00:19:19	206	00:34:31	01:40:23
192	194	Roger	Dowley	Male	SM	87	00:30:56	220	00:13:38	138	00:20:06	183	01:04:40	00:09:38	241	00:06:53	208	00:19:10	198	00:35:41	01:40:24
193	179	Tony	Crossley	Male	M50	19	00:30:55	215	00:14:58	221	00:21:02	222	01:06:55	00:09:22	218	00:06:17	139	00:17:54	139	00:33:33	01:40:29
194	271	Erik	Hampton	Male	SM	88	00:29:40	169	00:14:18	178							00:56:31		454		01:40:31

195	220	Alistair	Fitzgerald	Male	SM	89	00:29:58	180	00:14:34	194	00:20:34	203	01:05:06	00:09:00	186	00:06:59	215	00:19:32	220	00:35:31	01:40:39
196	548	John	Thompson	Male	SM	90	00:31:17	232	00:14:43	202	00:20:40	209	01:06:40	00:09:21	213	00:06:40	185	00:18:00	144	00:34:01	01:40:43
197	335	Malcolm	Jones	Male	M50	20	00:30:35	202	00:15:13	233	00:20:52	216	01:06:40	00:08:49	171	00:06:32	167	00:18:44	182	00:34:05	01:40:49
198	491	Steven	Robst	Male	SM	91	00:27:24	115	00:14:01	159	00:20:23	197	01:01:48	00:09:45	250	00:08:13	331	00:21:08	297	00:39:06	01:40:54
199	145	Mark	Burnley	Male	SM	92	00:28:33	138	00:13:51	148	00:21:08	226	01:03:32	00:10:20	298	00:07:16	249	00:19:47	235	00:37:23	01:40:56
200	545	Michael D.	Thomas	Male	M40	48	00:31:19	233	00:15:30	247	00:22:50	306	01:09:39	00:08:12	118	00:05:39	77	00:17:27	119	00:31:18	01:41:00
201	608	David	Wood	Male	M50	21	00:31:23	236	00:14:28	187	00:19:05	138	01:04:56	00:09:27	224	00:07:09	240	00:19:28	215	00:36:04	01:41:03
202	427	Cormac	O Ceallaigh	Male	SM	93	00:30:51	211	00:15:24	241	00:21:07	225	01:07:22	00:09:09	195	00:06:45	194	00:17:45	131	00:33:39	01:41:03
203	388	Karen	Mather	Female	F40	3	00:31:25	238	00:14:52	212	00:20:48	211	01:07:05	00:09:22	217	00:06:22	151	00:18:16	158	00:34:00	01:41:06
204	508	Claire	Shea-Simm	Female	SF	4	00:31:05	222	00:13:37	137	00:19:10	140	01:03:52	00:10:46	322	00:07:33	278	00:19:08	197	00:37:27	01:41:21
205	333	John K.	Jones	Male	SM	94	00:30:13	188	00:15:34	255	00:21:41	252	01:07:28	00:09:01	187	00:06:38	178	00:18:23	166	00:34:02	01:41:32
206	525	Stephen	Smithies	Male	SM	95	00:29:28	164	00:14:05	163	00:20:37	206	01:04:10	00:09:09	194	00:07:05	229	00:21:17	305	00:37:31	01:41:43
207	530	Jason	Stott	Male	SM	96	00:31:35	250	00:14:42	201	00:20:34	204	01:06:51	00:09:20	208	00:06:43	190	00:19:02	195	00:35:05	01:41:59
208	375	Stephen	Littlewood	Male	M50	22	00:29:38	167	00:13:34	131	00:19:38	163	01:02:50	00:10:08	281	00:07:54	312	00:21:04	294	00:39:06	01:41:59
209	294	Ian	Holmes	Male	SM	97	00:33:14	292	00:15:51	273	00:20:49	214	01:09:54	00:08:12	117	00:06:04	119	00:17:47	135	00:32:03	01:41:59
210	362	Chris	Lane	Male	SM	98	00:29:55	178	00:15:39	258	00:21:28	243	01:07:02	00:08:30	143	00:06:18	142	00:20:22	260	00:35:10	01:42:15
211	159	Les	Chesterton	Male	M50	23	00:31:14	230	00:15:05	227	00:21:15	233	01:07:34	00:09:25	219	00:06:53	204	00:18:28	168	00:34:46	01:42:23
212	494	Michel	Roiu	Male	SM	99	00:29:40	170	00:15:42	261	00:20:58	220	01:06:20	00:10:00	270	00:07:02	221	00:19:00	194	00:36:02	01:42:25
213	493	Roderick	Rogers	Male	M40	49	00:31:15	231	00:16:50	340	00:22:04	267	01:10:09	00:08:41	160	00:06:12	128	00:17:38	126	00:32:31	01:42:41
214	484	Llyr Bryn	Roberts	Male	SM	100	00:30:21	194	00:15:42	262	00:21:14	231	01:07:17	00:09:21	211	00:06:46	195	00:19:16	203	00:35:23	01:42:42
215	272	Kelly	Harrison	Female	SF	5	00:33:19	296	00:15:27	243	00:21:18	237	01:10:04	00:08:49	170	00:06:21	146	00:17:31	122	00:32:41	01:42:47
216	261	Sylvain	Guillerm	Male	SM	101	00:31:05	224	00:14:54	216	00:20:20	193	01:06:19	00:10:04	276	00:07:02	222	00:19:23	209	00:36:29	01:42:50
217	327	Gwyn	Jones	Male	M40	50	00:30:56	219	00:14:20	181	00:20:03	180	01:05:19	00:10:13	287	00:07:18	254	00:20:12	255	00:37:43	01:43:04
218	599	Peter C.	Williams	Male	SM	102	00:30:32	199	00:14:49	210	00:21:13	230	01:06:34	00:09:26	221	00:06:21	145	00:20:48	283	00:36:35	01:43:12
219	358	John	Korowajczyk	Male	SM	103	00:31:26	240	00:15:52	278	00:21:09	227	01:08:27	00:09:20	209	00:06:42	187	00:18:43	180	00:34:45	01:43:15
220	315	Peter	Jagan	Male	M50	24	00:30:51	212	00:15:23	238	00:22:09	271	01:08:23	00:08:47	168	00:06:33	170	00:19:42	228	00:35:02	01:43:27
221	123	Mike	Barne	Male	SM	104	00:31:37	252	00:15:20	236	00:21:26	242	01:08:23	00:09:08	192	00:06:35	173	00:19:30	218	00:35:13	01:43:39
222	185	Brian	Davies	Male	M60	4	00:30:59	221	00:15:27	244	00:22:40	298	01:09:06	00:09:52	263	00:06:46	196	00:17:55	142	00:34:33	01:43:42
223	160	Enrico	Chiorando	Male	SM	105	00:33:10	289	00:15:23	239	00:20:22	196	01:08:55	00:09:09	196	00:07:10	243	00:18:34	174	00:34:53	01:43:51
224	497	Ben	Rowlands	Male	SM	106	00:33:02	282	00:15:41	260	00:21:20	239	01:10:03	00:09:03	189	00:06:37	175	00:18:07	150	00:33:47	01:43:53
225	350	Neil	Kelly	Male	SM	107	00:30:55	216	00:14:56	219	00:20:31	201	01:06:22	00:09:12	198	00:06:48	198	00:21:44	328	00:37:44	01:44:08
226	604	Ian	Williams	Male	M40	51	00:32:00	261	00:15:08	228	00:20:27	198	01:07:35	00:09:34	231	00:07:06	231	00:19:52	240	00:36:32	01:44:09
227	147	Scott	Butterworth	Male	SM	108	00:32:17	269	00:14:59	222	00:21:09	228	01:08:25	00:09:52	261	00:07:03	225	00:18:50	185	00:35:45	01:44:13
228	595	Keith	Williams	Male	SM	109	00:31:44	255	00:14:29	188	00:20:45	210	01:06:58	00:09:22	215	00:06:37	176	00:21:19	307	00:37:18	01:44:17
229	578	Phillip	Western	Male	M50	25	00:30:09	186	00:13:48	144	00:19:27	154	01:03:24	00:10:59	332	00:08:50	374	00:21:06	296	00:40:55	01:44:21
230	300	Gareth	Howard	Male	SM	110	00:31:27	241	00:15:47	268	00:20:56	218	01:08:10	00:09:43	245	00:07:10	244	00:19:24	211	00:36:17	01:44:29
231	233	Julie	Gardner	Female	F40	4	00:31:32	245	00:15:02	223	00:20:55	217	01:07:29	00:10:18	295	00:07:20	256	00:19:25	212	00:37:03	01:44:34
232	597	Martin G.	Williams	Male	M50	26	00:31:40	253	00:15:04	226	00:21:37	250	01:08:21	00:09:39	243	00:07:07	235	00:19:36	225	00:36:22	01:44:45
233	239	Tony	Garratt	Male	SM	111	00:32:23	271	00:14:46	207	00:20:34	202	01:07:43	00:10:47	323	00:07:40	286	00:18:40	178	00:37:07	01:44:52
234	372	Ricky	Lewis	Male	M50	27	00:31:07	225	00:15:23	240	00:21:47	256	01:08:17	00:10:27	302	00:07:43	293	00:18:32	171	00:36:42	01:45:01
235	359	Pierre	Lacrouts	Male	SM	112	00:33:08	288	00:15:46	266	00:22:22	279	01:11:16	00:07:56	97	00:06:25	155	00:19:42	227	00:34:03	01:45:21
236	536	Mark	Taylor	Male	M40	52	00:31:34	248	00:14:30	189	00:20:19	192	01:06:23	00:10:14	288	00:07:44	295	00:20:58	291	00:38:56	01:45:22
237	506	Mike	Blake	Male	M50	28	00:33:51	311	00:16:07	294	00:22:29	289	01:12:27	00:08:14	125	00:05:50	98	00:18:55	190	00:32:59	01:45:29
238	260	Sandra	Grimes	Female	F40	5	00:32:09	265	00:15:59	285	00:21:52	259	01:10:00	00:09:26	222	00:07:03	226	00:18:57	192	00:35:26	01:45:30
239	135	Gianpietro	Botta	Male	M50	29	00:32:52	279	00:15:10	229	00:21:55	260	01:09:57	00:09:48	254	00:06:54	209	00:18:52	187	00:35:34	01:45:33
240	119	Andy	Bardsley	Male	M40	53	00:30:45	205	00:14:36	196	00:20:37	208	01:05:58	00:10:18	296	00:07:44	297	00:21:35	321	00:39:37	01:45:37
241	187	Gari	Davies	Male	M50	30	00:35:10	350	00:15:56	281	00:22:24	284	01:13:30	00:08:02	106	00:05:55	106	00:18:13	156	00:32:10	01:45:42
242	512	Andrew	Sinclair	Male	M40	54	00:32:28	273	00:14:57	220	00:21:14	232	01:08:39	00:10:16	289	00:07:29	269	00:19:23	208	00:37:08	01:45:49
243	612	Nick	Wright	Male	SM	113	00:31:08	227	00:14:50	211	00:21:32	245	01:07:30	00:10:28	303	00:07:29	268	00:20:29	269	00:38:26	01:45:58

244	445	Neil	Parry	Male	SM	114	00:31:26	239	00:14:46	206	00:20:59	221	01:07:11	00:10:34	312	00:07:58	316	00:20:14	256	00:38:46	01:45:59
245	225	Michael	Ford	Male	M50	31	00:31:33	246	00:14:52	213	00:20:51	215	01:07:16	00:10:13	286	00:07:31	276	00:21:16	303	00:39:00	01:46:18
246	392	Jon	Mayhew	Male	M40	55	00:31:20	235	00:15:57	283	00:23:04	322	01:10:21	00:09:21	212	00:06:44	191	00:19:57	244	00:36:02	01:46:25
247	379	Tim	Lord	Male	M40	56	00:32:05	262	00:16:34	324	00:22:35	296	01:11:14	00:09:38	240	00:06:57	212	00:18:43	181	00:35:18	01:46:34
248	106	Carmen	Anthony	Female	SF	6	00:29:51	176	00:15:11	230	00:21:30	244	01:06:32	00:09:37	238	00:08:03	318	00:22:24	350	00:40:04	01:46:37
249	180	Trevallyan	Cumming	Male	SM	115	00:32:21	270	00:16:02	288	00:23:47	351	01:12:10	00:08:43	165	00:06:17	141	00:19:29	217	00:34:29	01:46:42
250	352	Seaton	Kennerley	Male	SM	116	00:33:52	312	00:15:48	272	00:21:02	223	01:10:42	00:09:05	191	00:06:42	188	00:20:10	252	00:35:57	01:46:42
251	149	Carl	Byrne	Male	SM	117	00:29:12	156	00:15:02	224	00:22:32	292	01:06:46	00:11:13	345	00:06:45	193	00:22:03	336	00:40:01	01:46:49
252	325	Dei	Jones	Male	M50	32	00:35:06	347	00:16:08	295	00:21:18	238	01:12:32	00:08:50	173	00:06:35	171	00:18:53	188	00:34:18	01:46:52
253	426	Scott	Nolan	Male	SM	118	00:30:47	208	00:14:49	209	00:21:17	236	01:06:53	00:10:02	274	00:07:55	313	00:22:12	345	00:40:09	01:47:05
254	307	Graham	Hughes	Male	M40	57	00:31:12	228	00:15:43	264	00:22:05	268	01:09:00	00:10:23	299	00:07:52	308	00:19:51	239	00:38:06	01:47:10
255	288	Sean R.	Hill	Male	SM	119	00:33:26	298	00:16:20	309	00:22:27	288	01:12:13	00:08:43	163	00:06:59	216	00:19:15	201	00:34:57	01:47:13
256	571	Peter	Warner	Male	M40	58	00:32:13	267	00:15:31	250	00:21:16	234	01:09:00	00:10:44	321	00:07:38	285	00:19:49	236	00:38:11	01:47:14
257	396	Mac	McGarry	Male	M40	59	00:32:46	277	00:16:11	298	00:21:57	262	01:10:54	00:09:43	246	00:07:02	223	00:19:36	226	00:36:21	01:47:17
258	279	Andrew	Hearle	Male	M50	33	00:33:07	287	00:16:15	303	00:22:23	282	01:11:45	00:09:52	260	00:07:11	245	00:18:31	170	00:35:34	01:47:22
259	126	Emma	Bayliss	Female	SF	7	00:33:23	297	00:15:48	269	00:20:37	205	01:09:48	00:09:52	262	00:07:42	292	00:20:04	247	00:37:38	01:47:28
260	211	Bill	Evans	Male	M40	60	00:31:29	243	00:15:30	248	00:21:35	247	01:08:34	00:09:56	267	00:07:44	296	00:21:11	301	00:38:51	01:47:28
261	296	Stephen	Hopkins	Male	M40	61	00:31:37	251	00:14:33	192	00:21:17	235	01:07:27	00:11:30	354	00:08:37	364	00:19:59	246	00:40:06	01:47:35
262	446	Andy	Peet	Male	SM	120	00:29:44	172	00:15:26	242	00:21:39	251	01:06:49	00:12:31	407	00:08:25	349	00:20:06	250	00:41:02	01:47:53
263	540	Dafydd W.	Thomas	Male	M50	34	00:31:29	242	00:14:03	160	00:20:48	212	01:06:20	00:10:16	292	00:07:34	281	00:23:42	380	00:41:32	01:47:54
264	35	Anne	Sandford	Female	Lint	9	00:31:59	260	00:15:40	259	00:21:51	258	01:09:30	00:10:44	319	00:07:49	306	00:19:54	242	00:38:27	01:48:00
265	134	Stephen	Botham	Male	M40	62	00:33:01	281	00:16:20	308	00:22:58	317	01:12:19	00:09:33	230	00:07:00	217	00:19:10	199	00:35:43	01:48:04
266	202	David	Edmondson	Male	SM	121	00:33:11	290	00:15:46	265	00:21:43	254	01:10:40	00:09:13	199	00:07:33	279	00:20:39	277	00:37:25	01:48:07
267	336	Martin	Jones	Male	M40	63	00:31:34	249	00:15:30	249	00:22:52	308	01:09:56	00:10:54	329	00:07:25	265	00:19:54	241	00:38:13	01:48:11
268	455	Matthew	Pixton	Male	SM	122	00:30:45	206	00:15:34	253	00:21:41	253	01:08:00	00:09:32	229	00:07:34	283	00:23:04	366	00:40:10	01:48:12
269	102	Richard	Aczel	Male	SM	123	00:32:07	263	00:16:11	299	00:22:50	305	01:11:08	00:10:07	280	00:07:21	257	00:19:45	232	00:37:13	01:48:23
270	476	Aled	Roberts	Male	M50	35	00:32:26	272	00:15:59	284	00:22:14	273	01:10:39	00:09:50	258	00:07:26	266	00:20:31	272	00:37:47	01:48:28
271	170	Jim	Cooke	Male	M40	64	00:32:16	268	00:17:37	373	00:23:17	333	01:13:10	00:08:17	129	00:06:26	158	00:20:36	274	00:35:19	01:48:30
272	399	Andy	McPherson	Male	SM	124	00:32:40	275	00:15:12	231	00:21:44	255	01:09:36	00:10:06	278	00:07:25	263	00:21:23	313	00:38:54	01:48:31
273	290	Robert	Hind	Male	M50	36	00:34:22	322	00:16:14	301	00:21:36	248	01:12:12	00:09:39	244	00:07:17	253	00:19:57	245	00:36:53	01:49:07
274	583	Ben	Whittaker	Male	SM	125	00:31:47	257	00:16:28	317	00:23:39	348	01:11:54	00:09:18	204	00:07:17	251	00:20:46	281	00:37:21	01:49:17
275	280	Guy	Heath	Male	M40	65	00:32:10	266	00:15:35	256	00:20:15	189	01:08:00	00:10:48	324	00:08:07	321	00:22:28	353	00:41:23	01:49:26
276	515	Paul	Skidmore	Male	M40	66	00:33:18	294	00:15:52	275	00:22:22	280	01:11:32	00:09:30	227	00:07:51	307	00:20:34	273	00:37:55	01:49:27
277	208	Neil O.	Elias	Male	SM	126	00:31:19	234	00:14:47	208	00:21:07	224	01:07:13	00:09:37	237	00:08:09	324	00:24:34	398	00:42:20	01:49:35
278	410	Stephen	Milner	Male	M40	67	00:34:30	324	00:16:03	289	00:22:32	294	01:13:05	00:09:55	265	00:07:17	252	00:19:46	233	00:36:58	01:50:04
279	465	David S.	Prytherch	Male	SM	127	00:31:24	237	00:15:29	245	00:23:05	323	01:09:58	00:10:52	327	00:07:42	291	00:21:31	318	00:40:05	01:50:05
280	263	Paul	Gwynne	Male	M40	68	00:31:41	254	00:15:20	234	00:21:33	246	01:08:34	00:11:40	370	00:08:42	366	00:21:10	300	00:41:32	01:50:08
281	105	Yvonne	Amesbury	Female	SF	8	00:34:55	337	00:16:29	318	00:23:17	335	01:14:41	00:09:19	207	00:06:38	179	00:19:29	216	00:35:26	01:50:09
282	513	Dewi	Sinclair	Male	M60	5	00:35:01	344	00:16:58	347	00:23:06	325	01:15:05	00:08:52	176	00:06:38	181	00:19:34	222	00:35:04	01:50:11
283	345	Gareth D.	Jones	Male	SM	128	00:34:51	334	00:15:31	251	00:22:29	290	01:12:51	00:08:53	177	00:07:06	233	00:21:22	311	00:37:21	01:50:16
284	183	Philip	Dakin	Male	SM	129	00:33:38	304	00:16:17	306	00:22:14	274	01:12:09	00:09:31	228	00:07:31	275	00:21:08	299	00:38:10	01:50:22
285	274	Andrew	Harwood	Male	M40	69	00:34:17	320	00:14:45	203	00:21:57	261	01:10:59	00:10:50	325	00:08:25	350	00:20:20	258	00:39:35	01:50:36
286	498	Dilwyn	Rowlands	Male	SM	130	00:31:57	259	00:16:33	323	00:23:10	329	01:11:40	00:10:28	304	00:08:08	322	00:20:22	259	00:38:58	01:50:41
287	469	Neil	Rhodes	Male	M40	70	00:32:40	274	00:15:48	271	00:22:24	285	01:10:52	00:10:44	320	00:07:47	302	00:21:19	308	00:39:50	01:50:44
288	264	Chris	Hack	Male	M50	37	00:33:27	299	00:15:33	252	00:22:02	266	01:11:02	00:10:55	330	00:07:56	315	00:20:50	285	00:39:41	01:50:45
289	277	Edward	Hawliczek	Male	M50	38	00:34:03	314	00:16:23	313	00:22:02	265	01:12:28	00:11:03	338	00:07:49	304	00:19:27	214	00:38:19	01:50:49
290	110	David	Askew	Male	SM	131	00:36:22	378	00:16:46	335	00:22:38	297	01:15:46	00:09:19	206	00:06:44	192	00:18:59	193	00:35:02	01:50:50
291	209	Peter	Elliott	Male	M40	71	00:33:47	308	00:15:43	263	00:22:54	310	01:12:24	00:11:02	336	00:07:35	284	00:19:49	237	00:38:26	01:50:51
292	117	Dave	Ballard	Male	SM	132	00:31:05	223	00:15:47	267	00:22:06	269	01:08:58	00:11:51	380	00:08:53	379	00:21:08	298	00:41:52	01:50:52

293	541	Darren	Thomas	Male	SM	133	00:33:34	302	00:16:36	326	00:23:20	337	01:13:30	00:09:39	242	00:07:10	241	00:20:55	290	00:37:44	01:51:15
294	401	Marty	McVeigh	Male	M50	39	00:33:04	283	00:16:50	341	00:23:32	346	01:13:26	00:10:09	282	00:07:28	267	00:20:12	253	00:37:49	01:51:17
295	516	Mick	Small	Male	M40	72	00:33:05	284	00:17:24	365	00:23:22	340	01:13:51	00:10:31	307	00:07:44	299	00:19:19	205	00:37:34	01:51:28
296	214	Maldwyn	Evans	Male	M40	73	00:32:58	280	00:16:05	292	00:23:15	331	01:12:18	00:10:16	290	00:08:23	344	00:20:51	287	00:39:30	01:51:49
297	109	Keiron	Ashworth	Male	M40	74	00:35:14	352	00:16:30	320	00:22:55	312	01:14:39	00:09:21	214	00:07:06	234	00:20:41	278	00:37:08	01:51:50
298	431	Maggie	Oliver	Female	F50	1	00:35:09	349	00:16:37	328	00:22:26	286	01:14:12	00:09:46	253	00:07:05	230	00:20:50	286	00:37:41	01:51:57
299	543	Daniel R.	Thomas	Male	M40	75	00:33:32	301	00:16:04	291	00:22:32	293	01:12:08	00:11:02	337	00:07:53	309	00:20:58	292	00:39:53	01:52:03
300	434	Eryl	Owain	Male	M50	40	00:35:04	345	00:16:37	327	00:22:32	291	01:14:13	00:09:44	249	00:07:13	248	00:21:05	295	00:38:02	01:52:17
301	461	Nigel	Pratten	Male	M60	6	00:35:32	363	00:15:57	282	00:22:06	270	01:13:35	00:10:32	310	00:07:41	288	00:20:38	276	00:38:51	01:52:28
302	275	Kay	Hatton	Female	F40	6	00:33:44	307	00:15:52	276	00:21:36	249	01:11:12	00:11:30	355	00:08:36	360	00:21:12	302	00:41:18	01:52:32
303	606	Martin	Winning	Male	M50	41	00:34:38	328	00:16:45	334	00:22:45	301	01:14:08	00:10:18	294	00:07:23	260	00:20:46	279	00:38:27	01:52:39
304	195	Colin	Downey	Male	M40	76	00:34:16	319	00:16:20	310	00:22:27	287	01:13:03	00:09:34	232	00:08:22	342	00:21:39	324	00:39:35	01:52:41
305	181	Susan	Cumming	Female	SF	9	00:35:24	357	00:16:17	307	00:22:55	313	01:14:36	00:10:11	285	00:07:21	258	00:20:30	271	00:38:02	01:52:41
306	460	Kate M.	Pratten	Female	SF	10	00:34:57	340	00:16:15	304	00:22:48	304	01:14:00	00:10:40	315	00:07:34	280	00:20:28	266	00:38:42	01:52:44
307	230	Andrea	Fowler	Female	SF	11	00:35:29	361	00:16:53	344	00:23:10	328	01:15:32	00:10:27	301	00:07:12	247	00:19:34	221	00:37:13	01:52:48
308	205	Michael.H	Edwards	Male	M60	7	00:36:52	391	00:17:05	352	00:22:45	300	01:16:42	00:09:21	210	00:07:04	227	00:19:42	229	00:36:07	01:52:52
309	346	Terry	Kavanagh	Male	SM	134	00:31:49	258	00:16:49	338	00:24:28	368	01:13:06	00:11:34	362	00:08:09	323	00:20:18	257	00:40:01	01:53:10
310	480	Dylan Bryn	Roberts	Male	SM	135	00:32:08	264	00:16:27	316	00:23:21	339	01:11:56	00:10:10	283	00:08:13	332	00:23:10	372	00:41:33	01:53:32
311	165	John	Clayton	Male	M40	77	00:34:39	329	00:16:57	346	00:23:12	330	01:14:48	00:09:36	236	00:07:23	259	00:21:45	329	00:38:44	01:53:34
312	298	Mike	Horwood	Male	M60	8	00:33:49	310	00:16:01	287	00:22:22	281	01:12:12	00:11:17	347	00:08:16	335	00:21:56	332	00:41:29	01:53:44
313	566	Martin	Walsh	Male	M50	42	00:35:14	353	00:17:29	367	00:23:47	352	01:16:30	00:09:35	233	00:07:25	264	00:20:24	262	00:37:24	01:53:57
314	163	Mandy	Clarke	Female	SF	12	00:33:15	293	00:15:48	270	00:22:57	316	01:12:00	00:12:22	398	00:08:49	371	00:20:47	282	00:41:58	01:54:01
315	249	Chris	Good	Male	M40	78	00:36:24	380	00:17:05	351	00:22:54	309	01:16:23	00:09:55	264	00:07:16	250	00:20:26	263	00:37:37	01:54:02
316	539	Alison	Thomas	Female	SF	13	00:35:18	354	00:17:21	362	00:23:56	356	01:16:35	00:09:45	251	00:07:11	246	00:20:28	268	00:37:24	01:54:03
317	361	Ken	Lamb	Male	M40	79	00:35:08	348	00:17:07	353	00:24:15	361	01:16:30	00:10:33	311	00:07:24	262	00:19:35	223	00:37:32	01:54:04
318	182	Phil	Dade	Male	M50	43	00:33:18	295	00:15:29	246	00:21:50	257	01:10:37	00:11:51	379	00:08:45	368	00:23:00	364	00:43:36	01:54:14
319	206	Stephen	Edwards	Male	SM	136	00:33:40	305	00:16:53	343	00:24:10	358	01:14:43	00:09:43	248	00:07:46	301	00:22:01	334	00:39:30	01:54:16
320	496	John	Rowe	Male	M40	80	00:33:13	291	00:16:26	314	00:22:47	302	01:12:26	00:11:38	367	00:08:22	341	00:22:03	337	00:42:03	01:54:31
321	535	Brandon	Taylor	Male	SM	137	00:33:36	303	00:16:36	325	00:22:56	314	01:13:08	00:09:37	239	00:07:03	224	00:24:49	403	00:41:29	01:54:40
322	131	Richard J	Birch	Male	SM	138	00:34:13	316	00:16:48	337	00:23:25	342	01:14:26	00:10:10	284	00:08:25	351	00:21:43	327	00:40:18	01:54:47
323	121	Joe	Barlow	Male	M40	81	00:34:11	315	00:16:05	293	00:22:14	276	01:12:30	00:10:35	313	00:07:44	294	00:23:58	389	00:42:17	01:54:49
324	338	Sheila	Jones	Female	F40	7	00:35:57	369	00:16:45	332	00:22:57	315	01:15:39	00:11:33	359	00:07:53	311	00:19:46	234	00:39:12	01:54:53
325	458	Gary	Porter Jones	Male	SM	139	00:34:18	321	00:17:30	369	00:24:17	363	01:16:05	00:10:16	291	00:06:57	213	00:21:40	325	00:38:53	01:55:00
326	314	Hilary	Jacques	Female	F50	2	00:34:47	331	00:16:01	286	00:22:23	283	01:13:11	00:11:36	363	00:08:36	362	00:21:37	322	00:41:49	01:55:02
327	198	Craig	Dunlop	Male	SM	140	00:34:55	338	00:16:21	312	00:21:59	263	01:13:15	00:11:26	350	00:08:11	327	00:22:15	347	00:41:52	01:55:10
328	337	Phil	Jones	Male	M50	44	00:36:42	390	00:16:09	297	00:22:01	264	01:14:52	00:10:17	293	00:07:45	300	00:22:17	348	00:40:19	01:55:13
329	203	Jason	Edwards	Male	SM	141	00:31:34	247	00:16:08	296	00:22:47	303	01:10:29	00:12:53	415	00:09:48	414	00:22:01	335	00:44:42	01:55:14
330	204	Juliet	Edwards	Female	F40	8	00:35:36	364	00:17:11	354	00:23:30	345	01:16:17	00:10:31	305	00:07:41	290	00:20:52	288	00:39:04	01:55:24
331	291	Robert	Hirst	Male	M50	45	00:36:09	372	00:17:41	378	00:24:11	360	01:18:01	00:10:19	297	00:07:40	287	00:19:57	243	00:37:56	01:56:00
332	555	Malcolm	Troy	Male	M40	82	00:36:07	371	00:16:12	300	00:21:12	229	01:13:31	00:11:33	360	00:08:31	356	00:22:24	351	00:42:28	01:56:02
333	447	Mark	Pendlebury	Male	M40	83	00:35:01	343	00:15:34	254	00:23:33	347	01:14:08	00:10:42	317	00:07:44	298	00:23:55	385	00:42:21	01:56:30
334	579	Dale	Western	Male	SM	142	00:35:13	351	00:17:17	359	00:24:50	377	01:17:20	00:10:52	328	00:08:23	345	00:20:04	248	00:39:19	01:56:41
335	132	Neill	Bird	Male	SM	143	00:37:37	403	00:15:51	274	00:22:21	278	01:15:49	00:11:09	342	00:08:19	339	00:21:30	316	00:40:58	01:56:49
336	150	Debra	Campbell	Female	SF	14	00:35:04	346	00:17:11	355	00:23:23	341	01:15:38	00:11:15	346	00:08:26	352	00:21:29	315	00:41:10	01:56:51
337	397	Alayne	McGarry	Female	F40	9	00:34:44	330	00:16:54	345	00:22:58	318	01:14:36	00:12:12	394	00:08:47	370	00:21:17	306	00:42:16	01:56:54
338	282	Terry	Hefferman	Male	M50	46	00:36:30	384	00:17:36	372	00:24:30	369	01:18:36	00:10:24	300	00:07:34	282	00:20:29	270	00:38:27	01:57:05
339	598	Owen M.	Williams	Male	M40	84	00:35:21	356	00:17:46	381	00:24:38	374	01:17:45	00:09:49	257	00:07:30	272	00:22:07	339	00:39:26	01:57:12
340	620	Spare	Entry	Male	TBC	1	00:35:25	358	00:16:30	319	00:23:10	327	01:15:05	00:11:34	361	00:07:55	314	00:22:38	356	00:42:07	01:57:13
341	305	Gareth	Hughes	Male	SM	144	00:36:04	370	00:17:52	387	00:25:31	394	01:19:27	00:09:46	252	00:07:07	236	00:21:02	293	00:37:55	01:57:25

342	330	Hugh P.	Jones	Male	M50	47	00:35:30	362	00:16:42	331	00:23:29	344	<b>01:15:41</b>	00:10:51	326	00:08:06	320	00:22:49	361	<b>00:41:46</b>	<b>01:57:29</b>
343	430	Paul	Oldfield	Male	M40	85	00:33:42	306	00:16:03	290	00:22:55	311	<b>01:12:40</b>	00:11:52	383	00:09:53	416	00:23:04	365	<b>00:44:49</b>	<b>01:57:31</b>
344	259	Vaughan	Griffiths	Male	M40	86	00:35:01	342	00:16:45	333	00:25:12	381	<b>01:16:58</b>	00:10:43	318	00:08:22	343	00:21:31	317	<b>00:40:36</b>	<b>01:57:37</b>
345	320	Arwel	Jones	Male	M40	87	00:34:14	317	00:17:22	363	00:25:22	386	<b>01:16:58</b>	00:10:42	316	00:07:31	274	00:22:30	354	<b>00:40:43</b>	<b>01:57:43</b>
346	384	Daniel	Maline	Male	SM	145	00:33:48	309	00:17:00	349	00:25:40	397	<b>01:16:28</b>	00:12:27	403	00:09:06	388	00:19:42	230	<b>00:41:15</b>	<b>01:57:47</b>
347	550	Stephen	Thompson	Male	M40	88	00:34:56	339	00:17:46	383	00:24:18	364	<b>01:17:00</b>	00:10:32	309	00:08:23	346	00:21:57	333	<b>00:40:52</b>	<b>01:57:54</b>
348	191	Stella	Denniss	Female	SF	15	00:35:27	359	00:16:31	321	00:22:41	299	<b>01:14:39</b>	00:11:58	387	00:08:20	340	00:22:57	363	<b>00:43:15</b>	<b>01:57:56</b>
349	371	Peter JR	Lewis	Male	M40	89	00:31:46	256	00:16:27	315	00:23:09	326	<b>01:11:22</b>	00:15:21	440	00:10:39	430	00:20:49	284	<b>00:46:49</b>	<b>01:58:13</b>
350	344	William	Jones	Male	SM	146	00:34:59	341	00:16:53	342	00:23:00	319	<b>01:14:52</b>	00:11:30	356	00:08:10	326	00:23:43	382	<b>00:43:23</b>	<b>01:58:18</b>
351	470	Emma	Richards	Female	SF	16	00:34:48	332	00:17:05	350	00:23:06	324	<b>01:14:59</b>	00:12:31	406	00:09:25	402	00:21:28	314	<b>00:43:24</b>	<b>01:58:25</b>
352	158	Paul	Channing	Male	M40	90	00:36:30	385	00:17:40	377	00:24:34	371	<b>01:18:44</b>	00:10:02	272	00:07:30	270	00:22:10	343	<b>00:39:42</b>	<b>01:58:28</b>
353	521	Colin	Smith	Male	M50	48	00:35:52	367	00:17:40	376	00:24:40	376	<b>01:18:12</b>	00:11:12	343	00:08:11	329	00:20:53	289	<b>00:40:16</b>	<b>01:58:32</b>
354	268	David	Hall	Male	M60	9	00:37:38	405	00:16:21	311	00:22:34	295	<b>01:16:33</b>	00:10:31	308	00:08:15	333	00:23:18	374	<b>00:42:04</b>	<b>01:58:39</b>
355	482	Iorwerth	Roberts	Male	M60	10	00:37:46	408	00:16:14	302	00:22:10	272	<b>01:16:10</b>	00:12:06	391	00:08:44	367	00:21:42	326	<b>00:42:32</b>	<b>01:58:43</b>
356	355	John	King	Male	M50	49	00:36:14	375	00:16:47	336	00:23:21	338	<b>01:16:22</b>	00:12:05	389	00:08:49	372	00:22:07	341	<b>00:43:01</b>	<b>01:59:26</b>
357	474	William	Richmond	Male	M40	91	00:34:16	318	00:17:33	370	00:24:37	373	<b>01:16:26</b>	00:12:25	402	00:08:36	361	00:22:05	338	<b>00:43:06</b>	<b>01:59:36</b>
358	127	Yvonne	Beckwith	Female	SF	17	00:36:29	383	00:16:41	330	00:22:52	307	<b>01:16:02</b>	00:11:37	365	00:09:41	407	00:22:19	349	<b>00:43:37</b>	<b>01:59:40</b>
359	192	Alison	Donnelly	Female	SF	18	00:36:15	376	00:18:03	389	00:25:23	388	<b>01:19:41</b>	00:10:07	279	00:07:41	289	00:22:27	352	<b>00:40:15</b>	<b>01:59:58</b>
360	287	Mike	Hill	Male	M50	50	00:36:27	381	00:17:49	386	00:25:01	380	<b>01:19:17</b>	00:11:01	335	00:08:40	365	00:21:21	310	<b>00:41:02</b>	<b>02:00:22</b>
361	120	Alan	Barlow	Male	M50	51	00:35:52	366	00:16:58	348	00:23:18	336	<b>01:16:08</b>	00:14:18	432	00:10:41	432	00:19:16	202	<b>00:44:15</b>	<b>02:00:25</b>
362	533	Christine	Tanner	Female	F40	10	00:37:44	407	00:17:14	356	00:23:45	350	<b>01:18:43</b>	00:11:51	381	00:08:37	363	00:21:16	304	<b>00:41:44</b>	<b>02:00:29</b>
363	190	Tom	Davies	Male	M50	52	00:35:29	360	00:17:46	384	00:24:25	366	<b>01:17:40</b>	00:11:43	374	00:08:54	380	00:22:48	360	<b>00:43:25</b>	<b>02:01:08</b>
364	167	Peter	Coleman	Male	M60	11	00:37:10	393	00:17:38	375	00:24:35	372	<b>01:19:23</b>	00:11:43	375	00:08:11	328	00:22:08	342	<b>00:42:02</b>	<b>02:01:28</b>
365	600	Rhodri	Williams	Male	SM	147	00:36:23	379	00:17:14	357	00:23:01	321	<b>01:16:38</b>	00:11:41	371	00:09:35	405	00:23:50	384	<b>00:45:06</b>	<b>02:01:46</b>
366	573	John	Weaver	Male	M40	92	00:34:31	325	00:17:37	374	00:25:20	385	<b>01:17:28</b>	00:11:48	378	00:08:57	382	00:23:43	383	<b>00:44:28</b>	<b>02:01:58</b>
367	462	Alan	Price	Male	M50	53	00:32:44	276	00:17:47	385	00:23:50	353	<b>01:14:21</b>	00:14:21	434	00:10:28	425	00:23:09	369	<b>00:47:58</b>	<b>02:02:21</b>
368	226	Bruce	Forshaw	Male	SM	148	00:34:33	326	00:16:49	339	00:23:55	355	<b>01:15:17</b>	00:13:28	427	00:09:43	410	00:23:58	388	<b>00:47:09</b>	<b>02:02:29</b>
369	322	Berwyn	Jones	Male	TBC	2	00:34:53	335	00:17:21	361	00:24:39	375	<b>01:16:53</b>	00:12:20	397	00:09:08	391	00:24:08	392	<b>00:45:36</b>	<b>02:02:32</b>
370	175	Terry	Craven	Male	M50	54	00:35:40	365	00:17:16	358	00:24:16	362	<b>01:17:12</b>	00:12:32	408	00:09:13	394	00:23:43	381	<b>00:45:28</b>	<b>02:02:41</b>
371	454	Philip	Pilbeam	Male	SM	149	00:36:39	389	00:18:04	391	00:26:10	408	<b>01:20:53</b>	00:11:03	339	00:08:28	353	00:22:33	355	<b>00:42:04</b>	<b>02:03:00</b>
372	253	Steven	Green	Male	M40	93	00:34:25	323	00:16:31	322	00:24:00	357	<b>01:14:56</b>	00:12:23	401	00:09:43	409	00:26:00	424	<b>00:48:06</b>	<b>02:03:04</b>
373	188	Phil	Davies	Male	M40	94	00:30:38	203	00:14:25	184	00:19:48	172	<b>01:04:51</b>	00:09:50	259	00:13:03	440	00:35:23	452	<b>00:58:16</b>	<b>02:03:10</b>
374	152	John	Carson	Male	M60	12	00:39:35	435	00:18:08	393	00:24:32	370	<b>01:22:15</b>	00:10:56	331	00:07:48	303	00:22:11	344	<b>00:40:55</b>	<b>02:03:12</b>
375	236	Michael J.	Garnett	Male	M50	55	00:36:20	377	00:17:44	379	00:24:28	367	<b>01:18:32</b>	00:11:28	353	00:09:14	395	00:24:07	391	<b>00:44:49</b>	<b>02:03:23</b>
376	435	Alan W.	Owen	Male	SM	150	00:37:20	395	00:18:40	406	00:26:13	409	<b>01:22:13</b>	00:10:35	314	00:07:49	305	00:22:51	362	<b>00:41:15</b>	<b>02:03:30</b>
377	221	Mark	Fitzgerald	Male	SM	151	00:38:40	412	00:18:25	400	00:25:15	382	<b>01:22:20</b>	00:11:42	372	00:08:52	376	00:20:38	275	<b>00:41:12</b>	<b>02:03:33</b>
378	197	Andrew M.	Dugdale	Male	M40	95	00:34:48	333	00:17:29	368	00:25:50	400	<b>01:18:07</b>	00:12:19	396	00:09:19	398	00:23:56	386	<b>00:45:34</b>	<b>02:03:43</b>
379	537	Barry	Tennyson	Male	M50	56	00:38:51	418	00:18:15	396	00:24:10	359	<b>01:21:16</b>	00:11:31	357	00:08:17	336	00:22:40	357	<b>00:42:28</b>	<b>02:03:46</b>
380	189	Terri	Davies	Female	F40	11	00:36:12	374	00:17:18	360	00:24:19	365	<b>01:17:49</b>	00:12:41	412	00:09:10	392	00:24:05	390	<b>00:45:56</b>	<b>02:03:47</b>
381	234	Sarah	Gardner-Hal	Female	SF	19	00:33:56	313	00:15:55	279	00:22:15	277	<b>01:12:06</b>	00:11:32	358	00:12:29	439	00:27:41	431	<b>00:51:42</b>	<b>02:03:48</b>
382	395	Joanne	McDonough	Female	SF	20	00:36:33	386	00:19:27	428	00:25:55	403	<b>01:21:55</b>	00:12:05	390	00:08:16	334	00:21:32	319	<b>00:41:53</b>	<b>02:03:49</b>
383	451	Anthony	Phillips	Male	M40	96	00:33:07	286	00:15:52	277	00:23:17	334	<b>01:12:16</b>	00:14:59	439	00:11:34	438	00:25:13	413	<b>00:51:46</b>	<b>02:04:05</b>
384	565	Paul	Walsh	Male	M60	13	00:37:37	404	00:19:37	435	00:25:27	392	<b>01:22:41</b>	00:11:27	351	00:08:10	325	00:21:46	330	<b>00:41:23</b>	<b>02:04:06</b>
385	542	Dean	Thomas	Male	SM	152	00:32:50	278	00:16:16	305	00:24:57	379	<b>01:14:03</b>	00:11:24	348	00:08:46	369	00:31:01	447	<b>00:51:11</b>	<b>02:05:17</b>
386	531	Alberto	Gavazzi	Male	M40	97	00:36:11	373	00:17:35	371	00:26:46	418	<b>01:20:32</b>	00:11:28	352	00:08:24	348	00:25:20	415	<b>00:45:12</b>	<b>02:05:46</b>
387	200	Nathan	Earl	Male	SM	153	00:35:52	368	00:18:35	404	00:27:44	434	<b>01:22:11</b>	00:11:44	376	00:08:02	317	00:23:57	387	<b>00:43:43</b>	<b>02:05:57</b>
388	449	Mike	Pepper	Male	M50	57	00:38:41	413	00:19:45	441	00:27:22	428	<b>01:25:48</b>	00:10:01	271	00:07:30	271	00:22:44	359	<b>00:40:15</b>	<b>02:06:06</b>
389	323	Brenda	Jones	Female	F60	1	00:39:24	432	00:18:54	415	00:25:51	401	<b>01:24:09</b>	00:11:12	344	00:08:28	354	00:22:14	346	<b>00:41:54</b>	<b>02:06:07</b>
390	424	Barrie J	Nicholas	Male	M60	14	00:37:33	402	00:17:22	364	00:24:53	378	<b>01:19:48</b>	00:12:23	399	00:09:02	386	00:24:57	407	<b>00:46:22</b>	<b>02:06:13</b>



391	295	Christopher	Holt	Male	M50	58	00:33:06	285	00:15:36	257	00:23:00	320	01:11:42	00:13:26	426	00:10:42	433	00:30:25	445	00:54:33	02:06:18
392	404	Roger	Merour	Male	SM	154	00:37:29	399	00:17:56	388	00:25:27	391	01:20:52	00:12:38	411	00:08:53	377	00:24:17	394	00:45:48	02:06:42
393	553	Rob	Tresidder	Male	M50	59	00:36:38	388	00:17:45	380	00:23:26	343	01:17:49	00:12:23	400	00:09:19	399	00:27:17	428	00:48:59	02:06:51
394	173	Alastair	Craig	Male	SM	155	00:39:09	428	00:19:37	436	00:29:06	446	01:27:52	00:10:02	273	00:07:24	261	00:21:33	320	00:38:59	02:06:54
395	552	Andy	Titley	Male	M40	98	00:34:37	327	00:17:26	366	00:23:16	332	01:15:19	00:11:01	334	00:09:08	390	00:31:41	448	00:51:50	02:07:10
396	616	David	Yetton	Male	M50	60	00:37:04	392	00:18:10	394	00:27:39	431	01:22:53	00:12:29	404	00:09:01	384	00:23:18	373	00:44:48	02:07:41
397	428	Andrzej	Oborski	Male	M40	99	00:37:29	400	00:18:32	403	00:23:51	354	01:19:52	00:14:20	433	00:09:59	418	00:23:28	377	00:47:47	02:07:42
398	382	Mark	Lynock	Male	SM	156	00:38:54	421	00:19:06	418	00:25:59	404	01:23:59	00:11:40	369	00:09:10	393	00:23:08	368	00:43:58	02:08:00
399	554	Gordon	Trevor	Male	M50	61	00:40:18	444	00:18:10	395	00:25:25	389	01:23:53	00:11:51	382	00:08:50	373	00:23:42	379	00:44:23	02:08:19
400	475	Stephen R	Roach	Male	M50	62	00:34:54	336	00:16:38	329	00:23:43	349	01:15:15	00:15:23	441	00:10:28	424	00:27:32	430	00:53:23	02:08:40
401	619	Dylan	Hughes	Male	SM	157	00:38:52	419	00:18:43	408	00:26:18	410	01:23:53	00:11:25	349	00:08:17	337	00:25:09	411	00:44:51	02:08:46
402	453	Steve	Pilbeam	Male	M40	100	00:39:06	425	00:19:32	433	00:27:30	429	01:26:08	00:11:06	340	00:08:30	355	00:23:27	376	00:43:03	02:09:12
403	235	Ben	Gardner-Hal	Male	SM	158	00:38:47	416	00:18:15	398	00:25:48	399	01:22:50	00:12:06	392	00:09:14	396	00:25:07	410	00:46:27	02:09:20
404	417	Tony	Murphy	Male	M40	101	00:37:21	396	00:18:03	390	00:25:37	395	01:21:01	00:13:45	429	00:09:48	413	00:24:55	406	00:48:28	02:09:30
405	605	Stephen J.	Windsor	Male	M40	102	00:37:40	406	00:18:54	414	00:25:45	398	01:22:19	00:12:45	413	00:09:24	401	00:25:00	409	00:47:09	02:09:30
406	242	Wayne	Girdlestone	Male	M40	103	00:37:27	398	00:18:28	402	00:26:51	421	01:22:46	00:11:44	377	00:09:29	403	00:25:31	418	00:46:44	02:09:33
407	381	Damien	Lutman	Male	SM	159	00:36:35	387	00:19:52	444	00:25:26	390	01:21:53	00:12:34	410	00:10:32	428	00:24:50	404	00:47:56	02:09:52
408	139	Richard	Bromwell	Male	M40	104	00:36:29	382	00:17:46	382	00:26:09	406	01:20:24	00:14:37	436	00:10:09	420	00:24:47	401	00:49:33	02:09:58
409	164	Laura	Clay	Female	F40	12	00:39:11	429	00:19:08	420	00:26:19	411	01:24:38	00:11:00	333	00:08:23	347	00:26:12	425	00:45:35	02:10:15
410	518	Alison	Smith	Female	F40	13	00:38:20	411	00:18:56	416	00:26:41	415	01:23:57	00:13:16	423	00:10:31	427	00:22:42	358	00:46:29	02:10:28
411	308	Ian	Hughes	Male	SM	160	00:39:08	426	00:19:49	442	00:28:10	438	01:27:07	00:11:39	368	00:08:35	358	00:23:08	367	00:43:22	02:10:31
412	439	Kevin	Owen	Male	SM	161	00:38:57	423	00:18:49	411	00:29:15	448	01:27:01	00:11:43	373	00:08:35	359	00:23:09	370	00:43:27	02:10:31
413	457	Phil	Pollard	Male	M60	15	00:37:22	397	00:19:28	429	00:28:40	445	01:25:30	00:12:09	393	00:09:01	385	00:24:32	397	00:45:42	02:11:13
414	215	John	Feegan	Male	M40	105	00:38:20	410	00:18:57	417	00:26:54	422	01:24:11	00:13:05	419	00:11:01	437	00:23:21	375	00:47:27	02:11:41
415	111	Sharon	Askew	Female	SF	21	00:38:42	414	00:19:20	425	00:26:30	414	01:24:32	00:13:16	424	00:09:45	412	00:24:29	395	00:47:30	02:12:04
416	463	Ken	Price	Male	M50	63	00:40:57	449	00:19:07	419	00:25:52	402	01:25:56	00:11:37	366	00:08:53	378	00:25:38	420	00:46:08	02:12:06
417	125	Glen	Batchelor	Male	M40	106	00:39:16	430	00:20:34	450	00:27:38	430	01:27:28	00:11:36	364	00:08:33	357	00:24:29	396	00:44:38	02:12:09
418	444	Jane	Parry	Female	SF	22	00:38:05	409	00:19:17	424	00:27:00	425	01:24:22	00:12:33	409	00:09:39	406	00:25:39	421	00:47:51	02:12:15
419	495	Mauro	Rossini	Male	SM	162	00:39:50	440	00:18:49	412	00:26:01	405	01:24:40	00:13:01	418	00:09:51	415	00:24:49	402	00:47:41	02:12:23
420	459	Richard	Power	Male	M40	107	00:38:51	417	00:19:45	440	00:25:23	387	01:23:59	00:13:39	428	00:10:36	429	00:24:13	393	00:48:28	02:12:29
421	309	Llion H.	Hughes	Male	SM	163	00:38:56	422	00:19:15	422	00:28:10	439	01:26:21	00:12:02	388	00:09:23	400	00:24:41	400	00:46:06	02:12:31
422	617	Paul	Yuill	Male	M40	108	00:40:43	447	00:19:16	423	00:26:49	420	01:26:48	00:11:55	385	00:08:51	375	00:24:58	408	00:45:44	02:12:34
423	142	Julie	Burchall	Female	SF	23	00:37:31	401	00:18:07	392	00:26:48	419	01:22:26	00:14:46	437	00:10:19	422	00:25:16	414	00:50:21	02:12:50
424	207	Kevin	Egerton	Male	M50	64	00:40:33	445	00:19:22	426	00:26:22	412	01:26:17	00:12:12	395	00:09:29	404	00:25:13	412	00:46:54	02:13:12
425	485	Paula	Roberts	Female	SF	24	00:39:53	441	00:19:51	443	00:26:45	417	01:26:29	00:12:46	414	00:09:05	387	00:24:54	405	00:46:45	02:13:15
426	394	Mike	McDonald	Male	M60	16	00:39:48	439	00:19:23	427	00:26:09	407	01:25:20	00:12:55	416	00:09:41	408	00:25:51	422	00:48:27	02:13:49
427	256	Victor	Gretton	Male	M60	17	00:40:54	448	00:19:28	430	00:27:01	426	01:27:23	00:11:57	386	00:08:56	381	00:25:55	423	00:46:48	02:14:14
428	269	Leslie	Hall	Male	M50	65	00:41:52	457	00:19:35	434	00:26:57	424	01:28:24	00:13:09	421	00:09:44	411	00:23:41	378	00:46:34	02:14:59
429	510	Graham	Sheen	Male	M50	66	00:40:07	443	00:19:29	431	00:26:41	416	01:26:17	00:12:57	417	00:10:28	426	00:25:23	417	00:48:48	02:15:07
430	587	Steffan	Williams	Male	SM	164	00:39:20	431	00:18:17	399	00:27:13	427	01:24:50	00:11:07	341	00:09:56	417	00:29:14	441	00:50:17	02:15:09
431	407	Andrew	Middleton	Male	M50	67	00:41:16	453	00:18:37	405	00:25:29	393	01:25:22	00:14:29	435	00:10:10	421	00:25:21	416	00:50:00	02:15:24
432	456	Trevor	Platts	Male	M60	18	00:41:48	456	00:20:13	448	00:29:19	449	01:31:20			00:22:39	447	00:22:07	340	00:44:46	02:16:08
433	313	Geoff	Jackson	Male	M50	68	00:40:05	442	00:18:41	407	00:26:56	423	01:25:42	00:12:31	405	00:09:18	397	00:28:54	437	00:50:43	02:16:27
434	378	Wynford	Lloyd-Hughe	Male	M40	109	00:37:12	394	00:18:46	410	00:30:59	453	01:26:57	00:13:52	431	00:10:06	419	00:25:38	419	00:49:36	02:16:35
435	436	Colin	Owen	Male	SM	165	00:35:21	355	00:18:15	397	00:27:47	435	01:21:23	00:16:21	442	00:10:28	423	00:28:21	436	00:55:10	02:16:35
436	302	Neil	Howell	Male	M50	69	00:38:58	424	00:18:46	409	00:27:40	433	01:25:24	00:13:17	425	00:10:40	431	00:27:54	433	00:51:51	02:17:17
437	184	Angella	Davidson	Female	SF	25	00:39:40	438	00:19:40	437	00:27:39	432	01:26:59	00:14:57	438	00:10:49	434	00:24:40	399	00:50:26	02:17:27
438	377	Harvey	Lloyd	Male	M60	19												02:18:03	457		02:18:03
439	567	Michael	Walton	Male	M40	110	00:38:54	420	00:19:42	438	00:25:15	383	01:23:51	00:13:51	430	00:10:55	436	00:29:23	442	00:54:09	02:18:03





561	Andrew	Walker	Male	M50	10
562	John	Walker	Male	SM	33
569	Gabby	Waring	Female	F40	3
570	Trevor	Warman	Male	SM	34
572	Michael	Watson	Male	M50	11
575	Robbie	Webster	Male	M60	3
576	Ian	Wellock	Male	SM	35
577	Jenny	Wells	Female	SF	9
580	Natalie	White	Female	SF	10
581	Matt	Whitfield	Male	SM	36
582	Bob	Whitfield	Male	M50	12
585	David	Wilcox	Male	M40	16
586	Robyn	Wilford	Male	SM	37
588	Alan Tudur	Williams	Male	M40	17
589	Alun	Williams	Male	SM	38
596	Martin	Williams	Male	M40	18
602	Stephen	Williams	Male	SM	39
610	Andrew	Wright	Male	SM	40
613	Julie	Wyant	Female	SF	11
618	Primo	Zavoli	Male	M50	13

