

Bib No.	FirstName	LastName	Team Name	Club	Category	Gender	Finish	Overall Pos	Cat Pos
389	Corwyn	Thomas		Sarn Helen	MS	M	1:00:07	1	1
355	Daniel	Thomas		Swansea HAC	MS	M	1:00:49	2	2
98	Glyn	Price		Sarn Helen	MV	M	1:01:13	3	1
18	Andrew	Reynolds	Port Talbot Harriers	Port Talbot Harriers	MS	M	1:02:29	4	3
371	Chris	Parker	Port Talbot Harriers	Port Talbot Harriers	MV	M	1:02:36	5	2
249	MIKE	EVANS		TROTS	MV	M	1:02:59	6	3
281	LAURENCE	HUMPHREYS			MS	M	1:03:32	7	4
146	STEFAN	SIMMS		GriFFithstown Harriers	MV	M	1:03:37	8	4
33	Gareth	Green		San DoMenico	MS	M	1:03:41	9	5
9	Chris	Fulcher	Port Talbot Harriers	Port Talbot Harriers	MV	M	1:04:15	10	5
68	Matthew	Wells	Brackla Harriers	Brackla Harriers	MS	M	1:04:17	11	6
241	DARYL	JOHN			MV	M	1:04:33	12	6
318	Kevin	GriFFiths		TROTS	MV	M	1:05:46	13	7
99	Haydn	Hartnell		Islwyn R.C.	MV	M	1:05:53	14	8
133	MARTIN	WILLIAMS		Les Croupiers	MV	M	1:06:16	15	9
374	Gareth	Ayres	Port Talbot Harriers	Port Talbot Harriers	MS	M	1:06:23	16	7
176	PAUL	SPEYER		Brackla Harriers	MV	M	1:06:27	17	10
360	Steve	Davies		Griffiths town harriers	MV	M	1:06:41	18	11
39	Alex	WilliaMS		Port Talbot Harriers	MV	M	1:07:16	19	12
104	RICHARD	SELF		Les Croupiers	MV	M	1:07:31	20	13
279	CARYL	JONES		TROT'S	FS	F	1:07:45	21	1
216	JAMES	BRUCE		Les Croupiers	MV	M	1:08:26	22	14
288	DiMitre	Vorres	GRIFFITHSTOWN HARRIERS	GriFFithstown Harriers	MV	M	1:08:39	23	15
232	KEVIN	LEWIS		Neath Harriers	MV	M	1:08:45	24	16
58	Kevin	Taylor		AMMan Valley Harriers	MV	M	1:08:56	25	17
107	ANTHONY	HAYES			MV	M	1:09:01	26	18
246	NEIL	MORGAN			MV	M	1:09:05	27	19
372	PAUL	REES			MV	M	1:09:08	28	20
136	RHODRI	EVANS		Pontypridd Roadents	MS	M	1:09:17	29	8
261	GLYN	SANSOM		San DoMenico	MV	M	1:09:17	30	21
17	John	Morgan	Brackla Harriers	Brackla Harriers	MV	M	1:09:20	31	22
364	Chris	Allten		Swansea Harriers	MV	M	1:09:23	32	23

361	MATT	HOPKINS		LES CROUPIERS RUNNING CLUBS	MS	M	1:09:32	33	9
367	Jack	Tremlett			MS	M	1:09:32	34	10
250	JONATHAN	JONES		CARMARTHEN HARRIERS	MV	M	1:09:46	35	24
296	Tony	Hall		Sarn Helen	MV	M	1:09:55	36	25
81	Ronald	Morris	San DoMenico	San DoMenico	MV	M	1:10:16	37	26
10	Steve	Walsh		Port Talbot Harriers	MV	M	1:10:17	38	27
306	Mark	DunscoMbe		Sarn Helen	MV	M	1:10:26	39	28
297	SiMon	Hall		Sarn Helen	MS	M	1:10:38	40	11
319	Tudor	Harries	Neath Harriers	Neath Harriers	MV	M	1:10:40	41	29
49	David	ParFitt		Port Talbot Harriers	MV	M	1:10:48	42	30
67	Charlotte	Wells	Brackla Harriers	Brackla Harriers	FS	F	1:11:05	43	2
109	SANDRA	PINKHAM	PORT TALBOT HARRIERS	Port Talbot Harriers	FV	F	1:11:43	44	1
363	Shan	Roberts		Ingli Club	FV	F	1:11:59	45	2
19	Robert	Warlow		Port Talbot Harriers	MV	M	1:12:00	46	31
358	Calvin	Williams		Sarn Helen	MV	M	1:12:08	47	32
362	John	Brinbridge			MS	M	1:12:09	48	12
89	Phillip	Miles	Parc Bryn Bach	Parc Bryn Bach	MV	M	1:12:12	49	33
377	Darren	STEVENS			MV	M	1:12:20	50	34
112	MICHAEL	MURPHY		Les Croupiers	MV	M	1:12:22	51	35
272	CHRIS	LODGE			MV	M	1:12:27	52	36
242	GERARD	CRISPIE	LES CROUPIERS	Les Croupiers	MV	M	1:12:29	53	37
60	Phil	Meyler	Pontypridd Roadents	Pontypridd Roadents	MV	M	1:12:41	54	38
185	KEVIN	PUGH			MV	M	1:12:57	55	39
386	GARETH	PHILLIPS			MS	M	1:12:57	56	13
70	Eric	Davey		Llanelli AC	MV	M	1:12:57	57	40
208	MARTIN	FLEAR	LEG_IT		MS	M	1:13:05	58	14
388	Chris	Doyle			MS	M	1:13:07	59	15
226	ROB	SCOTT		Les Croupiers	MV	M	1:13:16	60	41
170	PAUL	JELLEY		Port Talbot Harriers	MV	M	1:13:18	61	42
108	MARK	TERRY	TROTS	TROTS	MV	M	1:13:23	62	43
351	Jason	Dickinson		TROTS	MV	M	1:13:39	63	44
383	Paul	Flynn			MV	M	1:13:46	64	45
234	PETER	CURRAN			MV	M	1:14:19	65	46

16	David	Cornish		Port Talbot Harriers	MV	M	1:14:26	66	47
248	IAN	HARRIS			MS	M	1:14:31	67	16
255	BERNARD	HENDERSON		Port Talbot Harriers	MV	M	1:14:39	68	48
43	Terry	Caveney		Les Croupiers	MV	M	1:14:43	69	49
44	Ieuan	Davies			MV	M	1:14:55	70	50
26	Caroline	Jones	TROTS	TROTS	FV	F	1:15:09	71	3
29	Clive	OsMond		Les Croupiers	MV	M	1:15:13	72	51
110	CHARLES THOMAS	WALSH	PORT TALBOT HARRIERS	Port Talbot Harriers	MV	M	1:15:13	73	52
134	ALAN	MASON		Les Croupiers	MV	M	1:15:16	74	53
50	Brian	Russell		Cardigan	MV	M	1:15:23	75	54
270	SIMON	PARTRIDGE	NEATH HARRIERS VETS	NEATH HARRIERS AC	MV	M	1:15:50	76	55
36	Runner	Runner				N	1:15:58	77	1
182	LIZ	ASHTON		LES CROUPIERS RUNNING CLUBS		F	1:16:10	78	3
83	Richard	Long			MV	M	1:16:13	79	56
307	Wayne	Cross			MV	M	1:16:25	80	57
222	STEPHEN	OWEN		Les Croupiers	MV	M	1:16:34	81	58
314	Simon	Scurrrell		TROTS	MS	M	1:16:49	82	17
237	LESLEY	CHAPMAN		AMMan Valley Harriers	MV	M	1:16:50	83	59
55	Philip	Jones		Presteigne Pacers	MV	M	1:16:50	84	60
156	AILEEN	LYONS		Les Croupiers	FS	F	1:16:52	85	4
381	Clair	Dacies		Pembs Tri	FV	F	1:16:56	86	4
148	JONATHAN	OWEN			MV	M	1:16:58	87	61
158	JULIE	DAVIES		GRIFFITHSTOWN	FV	F	1:17:01	88	5
301	KEVIN	Joyce		PeMbs Harriers	MV	M	1:17:03	89	62
247	MARK	JONES			MV	M	1:17:09	90	63
97	Andrew	ThoMas			MV	M	1:17:14	91	64
357	Stacy	Farnell		3M Gorsinon Road Runners	MS	M	1:17:17	92	18
6	Andrew	Herbert		Corus Multports	MV	M	1:17:22	93	65
184	MICHELLE	GREY		PORT TALBOT HARRIERS & AC	FS	F	1:17:29	94	5
183	DAVID PAUL	REES	KIDWELLY		MS	M	1:17:38	95	19
287	RICHARD	Sewell		Les Croupiers	MV	M	1:17:44	96	66
299	Paul	Arnold		Celtic Tri	MV	M	1:17:56	97	67
135	MICHAEL	BRYANT			MV	M	1:18:03	98	68

368	Richard	James		Emlin Runners	MV	M	1:18:14	99	69
188	JON	BELCHER			MS	M	1:18:18	100	20
157	THOMAS	GUY		GRIFFITHATOWN HARRIERS	MV	M	1:18:19	101	70
309	JiM	Hewitt		Gloucestershire - Esporta	MV	M	1:18:27	102	71
12	Stewart	ThoMSon		GriFFithstown Harriers	MV	M	1:18:33	103	72
370	Carol	Mosley		Port Talbot Harriers	FS	F	1:18:41	104	6
114	MATTHEW	GWENTER		SERPENTINE	MS	M	1:18:51	105	21
221	TIM	JOHN		TROTS	MV	M	1:18:57	106	73
66	Neil	Davies			MS	M	1:18:58	107	22
51	Allan	Jones		Brackla Harriers	MV	M	1:19:05	108	74
143	RHODDY	DAVIES			MS	M	1:19:12	109	23
380	Andrew	Phillips			MV	M	1:19:15	110	75
385	Gyir	Mcadie		Team Deivant	MS	M	1:19:17	111	24
102	MICHAEL	JONES			MV	M	1:19:18	112	76
373	Steve	Jones		Swansea Harriers	MV	M	1:19:19	113	77
210	JOANNE	TUCKER		LES CROUPIERS RC	FV	F	1:19:24	114	6
122	PAUL	CARMAN			MV	M	1:19:51	115	78
128	NIGEL	EVANS		TROTS	MV	M	1:19:56	116	79
194	Runner	Runner				N	1:20:03	117	2
294	Cyril	Walters		TROTS	MV	M	1:20:06	118	80
280	LINDY	EYNON		TROT	FV	F	1:20:07	119	7
359	Graham	Vyner		Celtic Tri	MV	M	1:20:18	120	81
275	MARK	STEVENS			MS	M	1:20:25	121	25
7	Julie	Scholey	Les Croupiers	Les Croupiers	FV	F	1:20:29	122	8
300	Jayne	Arnold		Celtic Tri	FV	F	1:20:33	123	9
42	Andrew	Lucas		3M Gorseinon	MV	M	1:20:34	124	82
366	Emma	Lynch		Brackla Harriers	FS	F	1:20:41	125	7
190	NICHOLAS	POUNDER		Pontypridd Roadents	MV	M	1:20:44	126	83
233	SIMON	WILLIAMS			MV	M	1:21:02	127	84
267	GARETH	DAVEY			MS	M	1:21:06	128	26
214	PAUL	DAVIES			MS	M	1:21:07	129	27
121	HELEN	JONES			FV	F	1:21:08	130	10
27	Mario	Rabaiotti		Port Talbot Harriers	MV	M	1:21:11	131	85

353	Mike	Nash		3M Gorsinon Road Runners	MV	M	1:21:14	132	86
147	Julian	PRICE			MV	M	1:21:16	133	87
86	Sian	Tossell		Brackla Harriers	FV	F	1:21:31	134	11
106	PATRICK	LORD			MV	M	1:21:38	135	88
240	ALWYN	WILLIAMS			MV	M	1:21:48	136	89
268	GWYN	GREENSLADE			MV	M	1:21:51	137	90
76	Sian	Phillips		Swansea Harriers	FV	F	1:22:09	138	12
384	JONATHAN	Thomas		Team Deivant	MV	M	1:22:12	139	91
144	RACHEL	BANFIELD		Les Croupiers	FS	F	1:22:22	140	8
317	Clive	WILLIAMS		Aberystwyth	MV	M	1:22:45	141	92
228	MATHEW	WILLIAMS		AMMan Valley Harriers	MS	M	1:22:47	142	28
235	KEN	KNIGHTS			MV	M	1:22:58	143	93
127	MARK	SUTTON		GriFFithstown Harriers	MV	M	1:23:03	144	94
152	PETER	ROBERTS		GriFFithstown Harriers	MV	M	1:23:06	145	95
149	JUSTIN	BROWN			MV	M	1:23:06	146	96
90	Jacky	Miles	Parc Bryn Bach	Parc Bryn Bach	FV	F	1:23:20	147	13
313	lestyn	ThoMas			MS	M	1:23:25	148	29
71	Tony	Burt		Brackla Harriers	MV	M	1:23:29	149	97
223	PAULINE	WILLIAMS	PORT TALBOT HARRIERS	Port Talbot Harriers	FV	F	1:23:36	150	14
308	David	Naylor			MV	M	1:23:43	151	98
191	ANDREW	PARKES	TEAM 6		MV	M	1:24:05	152	99
276	MIKE	CATLING		ROAD RUNNERS	MV	M	1:24:05	153	100
212	ADRIAN	CORBETT		OUTDOOR FITNESS	MV	M	1:24:07	154	101
145	TAMMY	RAZ-NICK		Brackla Harriers	FV	F	1:24:07	155	15
14	Ray	JaMes		Port Talbot Harriers	MV	M	1:24:10	156	102
192	ABI	HOWARD			FS	F	1:24:10	157	9
352	Louise	Miskell		3M Gorsinon Road Runners	FV	F	1:24:30	158	16
65	Judi	Rhys		Les Croupiers	FV	F	1:24:30	159	17
80	Paul	BigMore		Brackla Harriers	MV	M	1:24:33	160	103
57	Vanessa	Turnbull		WoMens Run Network	FV	F	1:24:41	161	18
159	MICK	GRANT		ROAD RUNNERS CLUB	MV	M	1:25:13	162	104
74	Paul	HarMes			MV	M	1:25:22	163	105
5	Craig	Rees			MV	M	1:25:27	164	106

229	ALLAN	DAVIES			MV	M	1:25:28	165	107
11	Janet	Richards		GriFFithstown Harriers	FV	F	1:25:43	166	19
30	Caroline	DalliMore	Les Croupiers	Les Croupiers	FV	F	1:25:52	167	20
375	John	Ayres	Port Talbot Harriers	Port Talbot Harriers	MS	M	1:25:58	168	30
92	Judith	Oakley	Port Talbot Harriers	Port Talbot Harriers	FV	F	1:26:14	169	21
251	YVONNE	BROWN		Port Talbot Harriers	FV	F	1:26:18	170	22
166	CARLOS	LAND			MV	M	1:26:18	171	108
22	SiMon	Cogger			MV	M	1:26:25	172	109
139	LIAM	ANDREWS			MS	M	1:28:07	173	31
123	MIKE	RIDOUT		Brackla Harriers	MV	M	1:28:44	174	110
286	JaMes	THOMAS		Brackla Harriers	MV	M	1:28:46	175	111
327	MEGAN	MULLINS			FV	F	1:28:57	176	23
379	Paul	Clarke		Mumbles Milers	MV	M	1:29:02	177	112
227	ALUN	WILLIAMS		Les Croupiers	MV	M	1:29:04	178	113
284	SiMon	Cox			MV	M	1:29:07	179	114
292	David	Mitchell		SBOC	MV	M	1:29:10	180	115
120	STEVEN	JONES			MV	M	1:29:10	181	116
78	Joanna	Rothwell			FS	F	1:29:14	182	10
37	Diane	Brownhill			FV	F	1:29:21	183	24
311	GeoFF	Baxter			MV	M	1:29:21	184	117
88	Lee	Kwok	Esporta GlaMorgan	GlaM Health&Racquet	MV	M	1:29:22	185	118
103	KEITH	HOBBS			MV	M	1:29:22	186	119
265	TONY	HOLLING		PORT TALBOT HARRIERS & AC	MV	M	1:29:24	187	120
211	GILLIAN	MCCUE		Les Croupiers	FS	F	1:29:27	188	11
189	RACHEL	BOWEN			FS	F	1:29:28	189	12
63	Jane	Ash		Les Croupiers	FV	F	1:29:30	190	25
378	Paul	Jones		Mumbles Milers	MV	M	1:29:31	191	121
138	ANTHONY	PHILLIPS	GRIFFITHSTOWN HARRIE	GriFFithstown Harriers	MV	M	1:29:34	192	122
305	Matthew	Mahoney			MV	M	1:29:37	193	123
164	JOHN	PARSONS			MV	M	1:29:38	194	124
77	Andrew	Rothwell			MV	M	1:29:50	195	125
20	Ian	BaMFord			MV	M	1:29:54	196	126
32	Alan	Roberts		Port Talbot Harriers	MV	M	1:30:10	197	127

325	IAN	PRICE			MV	M	1:30:26	198	128
238	GWEN	SMITH		Swansea Harriers	FV	F	1:30:31	199	26
172	JULIA	REES		Port Talbot Harriers	FS	F	1:30:36	200	13
295	Gregory	King			MV	M	1:30:37	201	129
382	Michael	Howell			MV	M	1:30:38	202	130
187	ANDREW	SEDGMOND		Les Croupiers	MV	M	1:30:48	203	131
269	CYNTHIA	GREENSLADE			FV	F	1:30:50	204	27
93	Wayne	Jones			MV	M	1:31:30	205	132
209	DAVID	WILLIAMS		LES CROUPIER RUNNING CLUB	MV	M	1:32:10	206	133
40	Anwen	Jones			FS	F	1:32:12	207	14
168	NICOLA	LLEWELYN	CARDIFF TRI	CARDIFF TRIATHLETES	FS	F	1:32:13	208	15
119	HOWARD	JONES		Brackla Harriers	MV	M	1:32:17	209	134
282	CHRIS	PURNELL		CARDIGAN RUNNING CLUB	MV	M	1:32:19	210	135
161	VICKI	HOPKINS		Brackla Harriers	FV	F	1:32:28	211	28
285	Keith	Treharne		Brackla Harriers	MV	M	1:32:32	212	136
48	Lizzie	Evans			FS	F	1:32:44	213	16
47	Greig	Wilkinson			MS	M	1:32:45	214	32
283	JANICE	HARVEY		Esporta	FV	F	1:32:50	215	29
160	KIRSTEN	TUCKER		Port Talbot Harriers	FS	F	1:32:52	216	17
95	Donna	ThoMas			FV	F	1:33:12	217	30
197	FRAN	MACHIN		Les Croupiers	FV	F	1:33:35	218	31
256	BRIAN	HENDERSON		MALVERN HASH HARRIERS	MV	M	1:33:49	219	137
321	Ann	Rowell	TROTS	TROTS	FV	F	1:33:51	220	32
96	Carol	Rees			FV	F	1:33:53	221	33
316	HELEN	WILLIAMS		Aberystwyth	FV	F	1:34:00	222	34
204	LISA	DURSTON			FS	F	1:34:25	223	18
262	RACHEL	SNOOK		CARDIFF TRI	FS	F	1:34:29	224	19
171	PAUL	DAVIES		CARDIFF TRI	MV	M	1:34:31	225	138
258	ANDY	EVANS			MV	M	1:34:33	226	139
199	ROSS	OWEN			MS	M	1:34:44	227	33
73	JaMes	Hobbs			MV	M	1:34:57	228	140
45	Tracy	Edwards		Rhondda Valley Runners	FV	F	1:34:58	229	35
278	OWEN	LEWIS			MV	M	1:35:19	230	141

273	ANGELA	DAVIES		FS	F	1:35:19	231	20
236	JAMES	REED		MV	M	1:36:07	232	142
328	JULIAN	FRENCH		MV	M	1:36:13	233	143
369	Heulweu	James	Emlin Runners	FV	F	1:36:16	234	36
289	Christine	Vorres	GRIFFITHSTOWN HARRIERS	FV	F	1:36:31	235	37
206	IAN	STRATTON	Brackla Harriers	MV	M	1:36:39	236	144
225	ADELE	AVERY		FV	F	1:36:51	237	38
243	OONA	CRAWFORD	TROTS	FV	F	1:36:54	238	39
84	Clare	Johnson	Les Croupiers	FV	F	1:37:11	239	40
54	Ian	Swanson	Port Talbot Harriers	MV	M	1:37:14	240	145
131	JAMES	BREWSTER-LIDDLE		MV	M	1:37:37	241	146
28	Rachel	Woolley	Village Vipers	FS	F	1:37:46	242	21
254	BERNADETTE	WILKINSON	San DoMenico	FV	F	1:37:47	243	41
203	RHIANNON	KINGSLEY		FV	F	1:38:02	244	42
202	PAUL	WHITTAKER		MV	M	1:38:12	245	147
230	MICHAEL	WARNER	TRAIL RUNNERS ASSOCIATION	MV	M	1:38:17	246	148
224	RAYMOND	BOYCE	CORNELLY STRIDERS AC	MV	M	1:39:21	247	149
61	John	Higgon		MV	M	1:39:32	248	150
82	Caroline	Gardiner		FV	F	1:39:35	249	43
52	Patricia	Jones	Brackla Harriers	FV	F	1:39:54	250	44
387	Garry	Allen		MV	M	1:40:00	251	151
165	JANE	PARSONS		FV	F	1:40:13	252	45
356	Michelle	Hoey		FS	F	1:40:15	253	22
354	Steve	Will	Penath Dynas	MV	M	1:40:18	254	152
290	KATHLEEN	EVANS	Brackla Harriers	FV	F	1:40:46	255	46
23	Stephen	PalterMan		MV	M	1:40:54	256	153
264	ANDREA	BRABROOK	EMLYN RUNNERS	FV	F	1:41:03	257	47
257	RACHEL	EVANS		FV	F	1:41:19	258	48
142	KAREN	DUSGATE		FV	F	1:41:19	259	49
271	SIAN	ENGLAND		FV	F	1:41:30	260	50
59	Angharad	Hull		FS	F	1:42:35	261	23
111	GILLIAN	MURPHY	Les Croupiers	FV	F	1:43:01	262	51
310	Nigel	Jones	Llanelli Strollers	MV	M	1:43:30	263	154

85	Tina	Lavelle	Hay HotFooters	FV	F	1:43:57	264	52
302	Catherine	LLEWELLYN		FV	F	1:44:24	265	53
293	Hugh	EVANS	Llanelli AC	MV	M	1:44:43	266	155
181	BERNARD	KILBRIDE		MV	M	1:44:53	267	156
207	RICHARD	RIBY		MV	M	1:44:54	268	157
155	JULES	KILBRIDE	GRIFFTHTOWN HARRIERS	FV	F	1:44:55	269	54
376	Sandra	STEVENS		FV	F	1:45:14	270	55
25	Christopher	Hockley		MV	M	1:45:47	271	158
215	ALUN	POWELL		MV	M	1:46:11	272	159
303	GRAHAM	Singer		MV	M	1:47:30	273	160
125	PETER	BROWNE	GriFFithstowm Harriers	MV	M	1:48:37	274	161
291	Shaun	EMMS	Hay HotFooters	MV	M	1:49:00	275	162
178	LESLIE	PUGH		MV	M	1:49:10	276	163
126	CLAIRE	SUTTON	GriFFithstowm Harriers	FV	F	1:49:32	277	56
231	ZOE	JESSOPP		FS	F	1:50:11	278	24
186	JODIE	GROVE		FS	F	1:50:25	279	25
253	LISA	PRICE		FS	F	1:50:58	280	26
252	STACEY	MEDWAY		FS	F	1:51:05	281	27
244	PAULINE	THOMAS	TROTS	FV	F	1:52:44	282	57
87	Caroline	Morgan		FV	F	1:53:36	283	58
219	JOHN	THONGER	GriFFithstowm Harriers	MV	M	1:58:05	284	164
129	MICHAEL	MCCORMACK		MV	M	1:59:41	285	165
130	Runner	Runner			N	1:59:41	286	3
245	CLAIRE	MILNER	Hay HotFooters	FV	F	2:00:32	287	59
304	Janine	LEWIS		FV	F	2:01:07	288	60
196	LEE	RAYMOND		MS	M	2:01:15	289	34
390	Dean	Andrews		MS	M	2:05:49	290	35
140	EMMA	SANDERS		FS	F	2:06:18	291	28
79	Lesley	BigMore	Brackla Harriers	FV	F	2:14:29	292	61
274	SUZANNE	WILLIAMS		FV	F	2:19:52	293	62
2	Phil	Turner	Llanelli Tri	MV	M	DNS		
3	SaM	McKenzie		FS	F	DNS		
4	Stephen	Jones		MV	M	DNS		

8	Christine	Larkin			FV	F	DNS
13	Stephen	Paterson		Les Croupiers	MS	M	DNS
15	Calvin	WilliaMS		Sarn Helen	MV	M	DNS
21	Steve	Riddler			MV	M	DNS
24	Katherine	Higgins			FS	F	DNS
31	Rhian	Bowen		Brackla Harriers	FS	F	DNS
34	Sian	Jones			FS	F	DNS
35	Matthew	BenjaMin			MS	M	DNS
38	Andrea	WilliaMS		Port Talbot Harriers	FV	F	DNS
46	Richard	Evans			MV	M	DNS
53	Del	Eyre		3M Gorseinon	FV	F	DNS
56	Julian	Price			MV	M	DNS
62	Clive	Evans			MV	M	DNS
64	Jonathan	Crane			MV	M	DNF
69	SiMon	Osborne		Bridgend	MV	M	DNF
72	Matthew	Page		TeaM Wiggle	MS	M	DNS
75	Rob	Evans			MV	M	DNS
91	Charlotte	Johns	Brackla Harriers	Brackla Harriers	FV	F	
94	John	SMewing		Swansea Harriers	MV	M	DNS
100	LEONA	SHANLEY		Rhondda Valley Runners	FV	F	DNS
101	PETER	SHANLEY		Rhondda Valley Runners	MV	M	DNS
105	JIM	HOLLAND	FOR CLAIRE		MV	M	DNS
113	DAVID	SPINNER	FORCES FITNESS		MV	M	DNS
115	KERRITH	ASHBY			MV	M	DNS
116	RHIDIAN	EDWARDS			MS	M	DNS
117	TIM	JONES			MV	M	DNS
118	RICHARD	LEWIS			MS	M	DNS
124	DEE	BUCHANAN		San DoMenico	MS	M	DNS
132	GARETH	KLOET			MV	M	DNS
137	CRAIG	BAXTER		STAFFORD HARRIERS	MV	M	DNS
141	NEIL	JONES			MV	M	DNS
150	Runner	Runner				N	DNS
151	JOHN	O'SHEA		Les Croupiers	MV	M	DNS

153	KATHLEEN	EVANS		Brackla Harriers	FV	F	DNS
154	MICHAEL	HOWELL			MV	M	DNS
162	JON	BERRIDGE			MS	M	DNS
163	ALEXANDRA	PATERSON			FS	F	DNS
167	PETER	THOMAS			MV	M	DNS
169	PETE	SUEREF			MS	M	DNS
173	GRAHAM	JOHNSON		SERPENTINE RC	MV	M	DNS
174	RICHARD	DAVIES			MV	M	DNS
175	PAUL	REES		Port Talbot Harriers	MV	M	DNS
177	RICHARD	SELF		Les Croupiers	MV	M	DNS
179	LOWRI	WILLIAMS			FS	F	DNS
180	JAN	HALL		Les Croupiers	FV	F	DNS
193	CLAIRE	BEATTY		Les Croupiers	FS	F	
195	SIMON	DALLING			MV	M	DNS
198	GARETH	BRUCE			MS	M	DNS
200	SCOTT	ELLIS			MS	M	DNS
201	CHRIS	SIMONSON			MV	M	DNS
205	LYNDON	TUDOR-MAISEY		Les Croupiers	MS	M	DNS
213	DEAN	LLEWELYN	SOUTH WALES POLICE	SOUTH WALES POLICE	MS	M	DNS
217	TIM	O'SULLIVAN		LES CROUPIERS RC	MV	M	DNS
218	DILWEN	THONGER		GRIFFITSTOWN HARRIERS	FV	F	DNS
220	ANDREW	CLEVES	LES CROUPIERS	Les Croupiers	MV	M	DNS
239	MATTHEW	REYNOLDS			MS	M	DNS
259	MICHELLE	SLEE			FV	F	
260	PETER	SLEE			MV	M	
263	JULIAN	FRENCH		LLISWERRY	MS	M	DNS
266	NICOLA	LLEWELYN		CARDIFF TRIATHLETES	FS	F	DNS
277	YUSUF	HASHEM			MV	M	DNS
298	Mark	Davies	PORT TALBOT HARRIERS	Port Talbot Harriers	MV	M	DNS
312	Colin	Anthony	PORT TALBOT HARRIERS	Port Talot Harriers	MV	M	DNF
315	ToM	Larkin			MS	M	DNS
320	David	MORGAN			MS	M	
322	ThoMas	Davies			MV	M	

323	Libby	O'DuFFy	Les Croupiers	FV	F	DNS
324	Gary	Robertson		MV	M	DNS
326	GABRIELLE	JONES		FV	F	DNS
365	Elizabeth	Goodwin Jones		FS	F	

Gender Pos Comments

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