

Bib	First Name	Last Name	Club	Category	Gender	Gun Finish	Overall Pos	Cat Pos	Gen Pos	Chip Time
359	Mark	Roberts	Swansea Harriers	VM	M	00:58:04.25	1	1	1	00:58:03.70
355	Geraint	Lewis	Porthcawl Runners Life	SM	M	01:00:35.65	2	1	2	01:00:32.25
299	Matthew	Wells	Bridgend A.C	SM	M	01:01:00.10	3	2	3	01:00:58.60
60	Stephen	Thomas	Islwyn R.C	VM40	M	01:01:26.00	4	1	4	01:01:24.60
385	Carwyn	Thomas	Sarn Helen	SM	M	01:01:40.65	5	3	5	01:01:36.95
260	Gareth	Ayres	Port Talbot Harriers	SM	M	01:01:59.10	6	4	6	01:01:56.85
298	Matthew	Symes	Mynydd Du	SM	M	01:02:03.95	7	5	7	01:02:02.40
185	Glyn	Price	Sarn Helen	VM40	M	01:02:08.50	8	2	8	01:02:06.20
386	Daryll	Barnby	Fairwater	SM	M	01:03:32.35	9	6	9	01:03:30.70
104	Chris	Fulcher	Port Talbot Harriers	VM40	M	01:03:49.20	10	3	10	01:03:47.25
234	Alan	Davies		VM	M	01:03:57.85	11	2	11	01:03:56.15
126	Richard	Dando	Bridgend A.C	SM	M	01:04:02.55	12	7	12	01:04:00.90
125	Paul	Murrin	Chepstow Harriers	VM35	M	01:04:08.65	13	1	13	01:04:07.25
43	Matthew	Hurford	Les Croupiers	SM	M	01:04:18.75	14	8	14	01:04:15.55
361	Chris	Parker	Port Talbot Harriers	VM	M	01:04:29.55	15	3	15	01:04:25.40
287	Bernd	Kulesa	3M Gorseinon Road Runners	VM	M	01:04:31.75	16	4	16	01:04:27.60
252	Michael	Davies	Sarn Helen	VM	M	01:04:48.75	17	5	17	01:04:46.65
133	Kevin	Griffiths	N/A	VM48	M	01:04:59.90	18	1	18	01:04:57.00
303	John	Morris	Amman Valley Harriers	SM	M	01:05:01.85	19	9	19	01:04:58.45
4	Alex	Williams	Port Talbot Harriers	VM40	M	01:05:22.85	20	4	20	01:05:20.55
82	Matthew	Reynolds	N/A	SM	M	01:05:26.70	21	10	21	01:05:21.60
248	Martin	Williams	Les Croupiers	VM	M	01:05:31.80	22	6	22	01:05:28.75
368	Paul	Reismann	Swansea Harriers	SM	M	01:05:36.55	23	11	23	01:05:32.30
332	Ian	Webb	Llanelli AC	VM	M	01:06:04.75	24	7	24	01:06:02.45
110	Steve	Davies	Griffithstown Harriers	VM	M	01:06:07.85	25	8	25	01:06:05.45
111	Robert	Hunt	Bridgend A.C	VM45	M	01:06:13.80	26	1	26	01:06:11.95
5	Richard	Self	Les Croupiers	VM45	M	01:06:24.85	27	2	27	01:06:20.85
68	Simon	Lewis	Parc Bryn Bach R.C	VM45	M	01:06:43.10	28	3	28	01:06:39.15
269	Daniel	Thomas	Swansea Harriers	SM	M	01:06:48.80	29	12	29	01:06:47.60

274	Neil	Jones	Amman Valley Harriers	SM	M	01:07:18.35	30	13	30	01:07:15.30
285	Paul	Rees	Port Talbot Harriers	VM	M	01:07:25.25	31	9	31	01:07:18.70
32	Stuart	Crees	Les Croupiers	SM	M	01:07:43.10	32	14	32	01:07:41.85
83	Dan	Gregory	Evesham Vale	VM35	M	01:07:55.55	33	2	33	01:07:53.00
97	Justin	Ham	N/A	VM40	M	01:07:58.95	34	5	34	01:07:54.50
343	Gethin	Jones	Sarn Helen	SF	M	01:08:00.25	35	1	35	01:08:00.25
239	Andrew	Dawe	Lliswerry Runners	VM	M	01:08:11.75	36	10	36	01:08:05.75
279	Dean	Johns	TROTS	VM	M	01:08:13.25	37	11	37	01:08:07.85
280	Mike	Evans	TROTS	SM	M	01:08:16.55	38	15	38	01:08:11.05
275	Mark	Allen	SWP Triathlon Club	SM	M	01:08:21.70	39	16	39	01:08:14.85
161	James	Blore	Chepstow Harriers	SM	M	01:08:43.05	40	17	40	01:08:39.65
333	Jack	Tremlett	TROTS	SM	M	01:08:46.25	41	18	41	01:08:40.00
76	Simon	Osbourne	Bridgend A C	VM50	M	01:08:47.60	42	1	42	01:08:40.30
347	Chris	Allton	Swansea Harriers	VM	M	01:08:49.95	43	12	43	01:08:45.95
48	Paula	Dodd	Cheptow Harriers	VM50	M	01:08:56.15	44	2	44	01:08:53.85
24	Kristian	Evans	Team Deviant	SM	M	01:09:07.05	45	19	45	01:08:55.95
213	Steve	Thomas	3M Gorseinon Road Runners	VM35	M	01:09:08.05	46	3	46	01:09:01.70
277	Ian	Ogilvie	Brackla Harriers	VM	M	01:09:13.60	47	13	47	01:09:08.40
159	Geriant	Williams	Aberdare	VM35	M	01:09:15.45	48	4	48	01:09:15.45
193	Mark	Dunscombe	Sarn Helen	VM50	M	01:09:27.75	49	3	49	01:09:27.50
141	Steven	Harries	Chepstow Harriers	SM	M	01:09:32.30	50	20	50	01:09:27.75
209	Miles	Thomas	Lliswerry Runners	SM	M	01:09:37.05	51	21	51	01:09:29.05
284	David	Parfitt	Port Talbot Harriers	MV	M	01:09:37.55	52	1	52	01:09:30.35
221	Nigel	Lawerence	Parc Bryn Bach	VM40	M	01:09:42.55	53	6	53	01:09:37.20
305	John	Morgan	Bridgend A.C	VM	M	01:09:45.95	54	14	54	01:09:43.20
28	Michael	Murphy	Les Croupiers	VM55	M	01:09:46.85	55	1	55	01:09:43.95
266	Kevin	Taylor	Amman Valley Harriers	VM	M	01:09:55.10	56	15	56	01:09:48.30
219	Pari	Thomas	N/A	SM	M	01:10:06.55	57	22	57	01:09:57.15
199	Matthew	Lawson	Chepstow Harriers	VM40	M	01:10:22.10	58	7	58	01:10:17.50
170	Lee	Davies	N/A	VM35	M	01:10:29.80	59	5	59	01:10:25.55
153	Christopher	Jenkins	Porthcawl Runners Life	SM	M	01:10:34.85	60	23	60	01:10:28.50
283	Gareth	Davey	Llanelli AC	SM	M	01:10:43.65	61	24	61	01:10:39.65
37	James	Bruce	Les Croupiers	VM35	M	01:10:53.25	62	6	62	01:10:48.85

241	Keith	Powell	Cornelly Striders	VM	M	01:11:12.85	63	16	63	01:11:08.10
270	Chris	Lodge		SM	M	01:11:26.25	64	25	64	01:11:18.25
381	Eric	Rees	Sarn Helen	VM	M	01:11:31.05	65	17	65	01:11:31.05
349	Darren	Stevens		VM	M	01:11:37.15	66	18	66	01:11:31.95
243	Nick	Griffiths		VM	M	01:11:37.90	67	19	67	01:11:32.30
313	Tony	Hall	Sarn Helen	VM	M	01:11:38.10	68	20	68	01:11:33.10
160	Lisa	Jones	Aberdare	VF35	F	01:11:44.30	69	1	1	01:11:39.10
96	Michael	Ramsey	N/A	VM45	M	01:12:04.05	70	4	69	01:11:58.05
226	Andrew	Thompson	Griffithstown Harriers	VM	M	01:12:14.80	71	21	70	01:12:06.00
230	Scott	Frame	Outdoor Fitness	SM	M	01:12:15.45	72	26	71	01:12:07.45
294	Kevin	Lewis	Neath Harriers	VM	M	01:12:37.65	73	22	72	01:12:33.20
276	Jonathan	Wright		VM	M	01:12:40.00	74	23	73	01:12:33.40
342	Phillip	Tucker		SM	M	01:12:44.55	75	27	74	01:12:37.65
198	Richard	James	Rhedwyr Emlyn Runners	VM45	M	01:12:45.70	76	5	75	01:12:39.50
178	Lou	Summers	Chepstow Harriers	VF40	F	01:12:55.40	77	1	2	01:12:50.65
264	Paul	Jelley	Port Talbot Harriers	VM	M	01:12:58.10	78	24	76	01:12:52.85
259	Bernard	Henderson	Port Talbot Harriers	VM	M	01:13:02.25	79	25	77	01:12:54.65
144	Keith	James	Lliswerry	VM35	M	01:13:04.50	80	7	78	01:12:55.40
278	Rob	Hook	Chepstow Harriers	VM	M	01:13:08.60	81	26	79	01:12:57.70
196	David	Proud	Les Croupiers	VM40	M	01:13:09.80	82	8	80	01:12:58.70
251	Andrew	Mundy	Brackla Harriers	SM	M	01:13:16.15	83	28	81	01:13:02.50
194	Phillip	Turner	N/A	VM40	M	01:13:20.15	84	9	82	01:13:10.15
317	Simon	Hall	Sarn Helen	SM	M	01:13:22.45	85	29	83	01:13:10.75
44	Ian	Wellings	N/A	SM	M	01:13:25.55	86	30	84	01:13:15.30
100	Paul	Rees	3M Gorseinon Road Runners	VM45	M	01:13:27.80	87	6	85	01:13:17.15
306	Paul	Butcher	Amman Valley Harriers	VM	M	01:13:29.55	88	27	86	01:13:17.55
122	Thomas	Guy	Griffithstown Harriers	VM35	M	01:13:46.05	89	8	87	01:13:36.80
227	Mike	Lindsay		VM	M	01:13:54.15	90	28	88	01:13:44.15
378	Nick	Williams		SM	M	01:14:07.70	91	31	89	01:13:49.70
364	Hywel	Jones	Amman Valley Harriers	VM	M	01:14:19.45	92	29	90	01:14:12.35
334	Nick	Mackay		SM	M	01:14:42.10	93	32	91	01:14:42.10
331	Elizabeth	Goodwin Jones	TROTS	SF	F	01:14:50.30	94	2	3	01:14:50.30
74	Barri	Edwards	N/A	VM40	M	01:14:59.00	95	10	92	01:14:51.00

34	Mike	Tate	Celtic TRI	VM35	M	01:15:00.45	96	9	93	01:14:55.65
94	Claire	Beatty	Les Croupiers	SF	F	01:15:03.45	97	3	4	01:14:56.30
180	Gary	Howe	3M Gorseinon Road Runners	VM50	M	01:15:09.15	98	4	94	01:15:02.60
50	Nicky	McWilliam	Les Croupiers	VF35	F	01:15:19.90	99	2	5	01:15:05.05
257	Gerard	Crispie	Les Croupiers	VM	M	01:15:22.50	100	30	95	01:15:13.30
45	Steven	JOnes	N/A	VM40	M	01:15:26.60	101	11	96	01:15:16.25
337	Gary	Allen		VM	M	01:15:33.70	102	31	97	01:15:16.60
59	Karine	Davies	Pembrokeshire Triathlon Club	VF35	F	01:15:35.05	103	3	6	01:15:22.90
218	Andy	Evans	N/A	VM60	M	01:15:38.50	104	1	98	01:15:31.70
249	Huw	Price	Sarn Helen	VM	M	01:15:39.40	105	32	99	01:15:33.50
320	Neil	Morgan		VM	M	01:15:41.20	106	33	100	01:15:34.00
131	Mark	Terry	TROTS	VM50	M	01:15:44.30	107	5	101	01:15:35.90
229	Cheryl	Hudgell		SF	F	01:15:56.10	108	4	7	01:15:48.10
371	Alex	Lewis		SM	M	01:16:05.20	109	33	102	01:15:51.75
300	Jonathan	Hancock	TROTS	VM	M	01:16:10.35	110	34	103	01:16:00.15
301	John	Owen		VM	M	01:16:10.45	111	35	104	01:16:00.15
304	Stuart	Davies	Transplant Sports UK	VM	M	01:16:37.20	112	36	105	01:16:27.95
267	Alun	Rees		SM	M	01:16:38.75	113	34	106	01:16:38.75
113	Alan	Jones	Brackla Harriers	VM55	M	01:16:49.70	114	2	107	01:16:42.70
316	Stephen	Alexander	Les Croupiers	VM	M	01:17:04.70	115	37	108	01:16:49.10
25	Howard	Kent	Les Croupiers	VM55	M	01:17:06.75	116	3	109	01:17:01.25
387	Claire	Davies		VF	F	01:17:06.90	117	1	8	01:17:03.50
108	Mary	Bowen Rees	TROTS	VF45	F	01:17:23.70	118	1	9	01:17:06.75
205	Sandra	Pinkham	Port Talbot Harriers	VF45	F	01:17:25.75	119	2	10	01:17:20.65
134	Paul	Harmes	Lliswerry	VM40	M	01:17:27.35	120	12	110	01:17:21.40
223					N	01:17:31.35	121	1	1	01:17:22.90
289	Geraint	Jenkins	Amman Valley Harriers	VM	M	01:17:32.25	122	38	111	01:17:27.35
154	Caroline	Jones	TROTS	VF50	F	01:17:33.75	123	1	11	01:17:29.15
253	Charlotte	Johns	Brackla Harriers	VF	F	01:17:35.35	124	2	12	01:17:32.00
282	Eric	Davey	Llanelli AC	VM	M	01:17:36.40	125	39	112	01:17:35.35
344	Hannah	McBrom	Outdoor Fitness	SF	F	01:17:43.50	126	5	13	01:17:36.00
179	Rob	Taylor	Chepstow Harriers	SM	M	01:17:52.60	127	35	113	01:17:42.70
245	Andy	Creber	Chepstow Harriers	VM	M	01:17:53.35	128	40	114	01:17:43.05

263 Phillip	Thomas	Brackla Harriers	VM	M	01:18:04.70	129	41	115	01:17:50.25
42 Stuart	Wellings	N/A	SM	M	01:18:07.35	130	36	116	01:17:53.05
271 Mark	Davies	Port Talbot Harriers	VM	M	01:18:08.05	131	42	117	01:17:57.25
85 Kevin	Walker-Curran	N/A	VM45	M	01:18:15.55	132	7	118	01:17:59.60
10 Stephen	Owen	Les Croupiers	VM50	M	01:18:16.40	133	6	119	01:17:59.65
107 Mario	Rabaiotti	Port Talbot Harriers	VM45	M	01:18:19.35	134	8	120	01:18:10.40
200 Vanessa	Lawson	Chepstow Harriers	VF40	F	01:18:41.15	135	2	14	01:18:28.80
290 Gareth	Bishop		SM	M	01:18:48.70	136	37	121	01:18:29.50
380 Stuart	Prendiville	SWP Triathlon Club	SM	M	01:18:56.40	137	38	122	01:18:29.90
318 Wayne	Bevan		SM	M	01:18:57.65	138	39	123	01:18:41.20
140 Lee	Davies	The Dragons	VM45	M	01:19:01.25	139	9	124	01:18:45.15
291 John	Williams		SM	M	01:19:01.70	140	40	125	01:18:49.35
292 Terry	Mills		VM	M	01:19:03.95	141	43	126	01:18:53.75
365 Andrew	Ellison	Rhondda Valley Runners	SM	M	01:19:06.70	142	41	127	01:18:53.95
322 Paul	Wallis		VM	M	01:19:06.85	143	44	128	01:18:55.35
369 Julian	Lewis		SM	M	01:19:08.40	144	42	129	01:18:57.25
321 Mark	Eakins		VM	M	01:19:08.45	145	45	130	01:18:59.25
354 Ian	Williams	Port Talbot Harriers	VM	M	01:19:17.25	146	46	131	01:19:00.80
46 Helen	Jones	N/A	VF40	F	01:19:20.10	147	3	15	01:19:08.40
237 Peter	Rodger	Griffithstown Harriers	VM	M	01:19:20.75	148	47	132	01:19:09.00
84 Adrian	Corbett	Outdoor Fitness	VM50	M	01:19:41.30	149	7	133	01:19:27.80
69 Nicholas	Jones	N/A	VM35	M	01:19:51.55	150	10	134	01:19:40.35
35 Mike	Griffiths		VM40	M	01:19:51.80	151	13	135	01:19:41.45
38 Stewart	Thomson	Griffithstown Harriers	VM45	M	01:19:55.45	152	10	136	01:19:43.55
207 Sara	Thomas	Swansea Harriers	SF	F	01:20:04.35	153	6	16	01:19:50.00
325 Dean	Evans		SM	M	01:20:11.05	154	43	137	01:19:58.10
366 Owen	Lewis	3M Gorseinon Road Runners	VM	M	01:20:11.15	155	48	138	01:19:59.90
146 Gareth	Lawrence	N/A	VM35	M	01:20:15.50	156	11	139	01:20:00.10
102 Wayne	Cross	N/A	VM45	M	01:20:16.25	157	11	140	01:20:05.15
330 Catherine	Bleasdale	TROTS	VF	F	01:20:20.15	158	3	17	01:20:11.50
13 Julie	Scholey	Les Croupiers	VF50	F	01:20:29.95	159	2	18	01:20:20.75
256 Gareth	Jones	Sarn Helen	VM	M	01:20:32.55	160	49	141	01:20:22.85
121 Huw	Durham	Pontypridd Roadents	SM	M	01:20:36.70	161	44	142	01:20:26.40

56	Angharad	Rhys	Les Croupiers	SF	F	01:20:52.40	162	7	19	01:20:44.35
268	John	Thomas		SM	M	01:20:59.75	163	45	143	01:20:52.20
191	Simon	Williams	WFRA	VM40	M	01:21:03.20	164	14	144	01:20:55.70
208	Gerry	Ashton	Chepstow Harriers	VM55	M	01:21:08.15	165	4	145	01:20:59.75
64	Michael	Rothwell	N/A	VM50	M	01:21:10.45	166	8	146	01:21:08.15
95	Neil	Lewis	N/A	VM40	M	01:21:19.65	167	15	147	01:21:12.85
203	Paul	Davies	N/A	SM	M	01:21:22.70	168	46	148	01:21:14.70
326	Stuart	Howells		VM	M	01:21:36.90	169	50	149	01:21:17.55
72	David	Williams	Les Croupiers	VM45	M	01:21:38.35	170	12	150	01:21:26.40
171	Celia	Boothman	N/A	VF35	F	01:21:41.85	171	4	20	01:21:26.80
272	Tony	Burt	Brackla Harriers	VM	M	01:21:48.45	172	51	151	01:21:32.45
127	Jan	Morris	Chepstow Harriers	VF40	F	01:21:52.90	173	4	21	01:21:41.55
244	Daniel	Yarnold	TROTS	SM	M	01:21:53.85	174	47	152	01:21:43.05
188	Keith	Treharne	Brackla Harriers	VM65	M	01:21:57.25	175	1	153	01:21:45.00
341	Kyra	Kirkham	Rhedwyr Emlyn Runners	SF	F	01:22:01.05	176	8	22	01:21:46.95
101	Richard	Long	Cardiff AAC	VM40	M	01:22:02.00	177	16	154	01:21:47.50
17	Claire	Richardson	N/A	VF35	F	01:22:04.80	178	5	23	01:21:49.45
323	David	Williams		VM	M	01:22:05.10	179	52	155	01:21:51.40
172	Beverley	Lewis	Cardiff Triathletes	VF45	F	01:22:11.05	180	3	24	01:22:01.50
232	Colin	Anthony	Port Talbot Harriers	VM	M	01:22:23.00	181	53	156	01:22:15.50
39	Janet	Richards	Griffithstown Harriers	VF46	F	01:22:43.75	182	1	25	01:22:23.15
190	Megan	Mullins	N/A	VF35	F	01:22:48.35	183	6	26	01:22:36.60
8	Stephen	Quin	Les Croupiers	VM40	M	01:22:54.40	184	17	157	01:22:37.65
195	Greg	King	N/A	VM44	M	01:23:03.80	185	1	158	01:22:50.45
346	Michael	Terry	TROTS	VM	M	01:23:04.95	186	54	159	01:22:51.60
145	Peter	Deacon	Swansea Harriers	VM50	M	01:23:13.45	187	9	160	01:23:03.70
262	Libby	Lavis	Brackla Harriers	VF	F	01:23:16.40	188	4	27	01:23:07.70
235	Christina	Smith	3M Gorseinon Road Runners	VF	F	01:23:22.85	189	5	28	01:23:09.05
22	Phillip	Miles	Parc Bryn Bach Runners	VM60	M	01:23:24.15	190	2	161	01:23:13.30
23	Jacky	Miles	Parc Bryn Bach Runners	VF55	F	01:23:25.20	191	1	29	01:23:14.60
231	David	Oak	Port Talbot Harriers	VM	M	01:23:26.30	192	55	162	01:23:22.80
297	Sharon	Woods	Mynydd Du	VF	F	01:23:30.65	193	6	30	01:23:23.50
204	Pauline	Williams	Port Talbot Harriers	VF50	F	01:23:31.10	194	3	31	01:23:28.50

80	Mark	Sutton	Griffithstown Harriers	VM50	M	01:23:49.15	195	10	163	01:23:29.55
87	Malin	Falck	Les Croupiers	VF35	F	01:23:54.95	196	7	32	01:23:35.70
288	Graham	Vyner	Celtic TRI	VM	M	01:24:10.35	197	56	164	01:23:53.30
155	Vanessa	Turnbull	N/A	VF45	F	01:24:17.05	198	4	33	01:24:05.45
173	Julia	Becker	Les Croupiers	VF35	F	01:24:25.25	199	8	34	01:24:08.85
206	Mandy	Morris	Port Talbot Harriers	VF35	F	01:24:30.05	200	9	35	01:24:26.90
261	John	Ayres	Port Talbot Harriers	VM	M	01:25:18.70	201	57	165	01:25:07.20
372	Julie	Thomas	3M Gorseinon Road Runners	VF	F	01:25:34.45	202	7	36	01:25:19.85
281	Simon	Reynolds		VM	M	01:25:37.40	203	58	166	01:25:21.85
81	Wouter	Poortinga	N/A	VM35	M	01:25:50.65	204	12	167	01:25:31.00
33	Caroline	Dallimore	Les Croupiers	VF55	F	01:25:50.70	205	2	37	01:25:33.55
319	Greg	Davies		VM	M	01:26:12.40	206	59	168	01:25:52.05
211	David	Naylor	N/A	VM75	M	01:26:12.75	207	1	169	01:25:57.60
242	Andrew	Sedgmond	Les Croupiers	VM	M	01:26:24.65	208	60	170	01:26:00.70
329	Lee	Morris	3M Gorseinon Road Runners	SM	M	01:26:27.35	209	48	171	01:26:07.45
66	Gwawr	Lloyd	N/A	SF	F	01:26:28.40	210	9	38	01:26:13.70
169	Jodie	Grove	N/A	SF	F	01:26:36.40	211	10	39	01:26:16.90
315	Cordelia	Jones	3M Gorseinon Road Runners	SF	F	01:26:42.35	212	11	40	01:26:24.00
216	Jonathan	Hayes	N/A	VM45	M	01:26:42.95	213	13	172	01:26:27.15
62	Jeffrey	Aston	Les Croupiers	VM60	M	01:26:46.75	214	3	173	01:26:28.10
149	Chris	Dix	N/A	VM40	M	01:26:46.90	215	18	174	01:26:29.30
20	Richard	Evans	N/A	VM45	M	01:26:50.85	216	14	175	01:26:35.60
147	Andrew	Matthews	N/A	VM45	M	01:26:53.40	217	15	176	01:26:36.40
49	Joyce	Dodd	Cheptow Harriers	VF55	F	01:27:00.10	218	3	41	01:26:45.30
138	Carolyn	Thomas	The Dragons	VF45	F	01:27:02.85	219	5	42	01:26:51.85
254	Tammy	Raz-Nick	Brackla Harriers	SF	F	01:27:12.20	220	12	43	01:27:00.60
16	Michael	Howell	N/A	VM45	F	01:27:16.55	221	16	44	01:27:02.15
215	Catherine	Hayes	Cardiff AAC	VF40	F	01:27:19.30	222	5	45	01:27:11.90
168	Andrew	Rotwell	N/A	VM50	M	01:27:26.55	223	11	177	01:27:12.40
382	Gareth	Thomas		SM	M	01:27:42.45	224	49	178	01:27:16.55
312	Ray	James	Port Talbot Harriers	VM	M	01:27:50.10	225	61	179	01:27:33.10
212	Dewi	West	3M Gorseinon Road Runners	VM45	M	01:27:56.20	226	17	180	01:27:35.00
7	Gareth	Rees	Les Croupiers	VM45	M	01:27:59.40	227	18	181	01:27:42.75

314 Lisa	Williams	3M Gorseinon Road Runners	SF	F	01:28:07.35	228	13	46	01:27:51.35
324 Ivor	Hopkins		VM	M	01:28:08.35	229	62	182	01:27:52.85
91 Owen	Thomas	N/A	VM40	M	01:28:21.65	230	19	183	01:27:53.20
379 Graham	Adams		VM	M	01:28:21.80	231	63	184	01:27:55.35
92 Allan	McCall	Chepstow Harriers	VM40	M	01:28:29.40	232	20	185	01:28:17.95
78 Paula	Bigmore	Brackla Harriers	VM55	M	01:28:46.55	233	5	186	01:28:34.80
163 Steven	Wickwar	Sart Running	VM35	M	01:28:50.80	234	13	187	01:28:37.15
383 Andrew	Procter		SM	M	01:28:51.90	235	50	188	01:28:37.50
162 Richard	Morgan	Sart Running	SM	M	01:28:57.35	236	51	189	01:28:41.20
114 Simon	Painter	Bynea CC	VM50	M	01:29:06.55	237	12	190	01:28:43.95
228 Raymond	Lewis		VM	M	01:29:07.85	238	64	191	01:28:47.30
109 Craig	Nutty	Pems Triathlon Club	SM	M	01:29:10.35	239	52	192	01:28:52.05
156 Keith	Coleman	N/A	VM40	M	01:29:13.70	240	21	193	01:28:55.30
120 Donna	Thomas	N/A	VF35	F	01:29:14.15	241	10	47	01:28:57.25
15 Natalie	Hern	Griffithstown Harriers	VF40	F	01:29:18.45	242	6	48	01:28:57.35
250 David	McDonald	Les Croupiers	VM	M	01:29:23.30	243	65	194	01:28:59.40
345 Alun	Williams	Les Croupiers	SM	M	01:29:25.80	244	53	195	01:29:00.60
352 Rhidian	Griffiths		VM	M	01:29:27.45	245	66	196	01:29:01.95
54 Kwok	Lee	Glamorgan Health & Racquet	VM35	M	01:29:31.55	246	14	197	01:29:02.45
265 Vicki	Hopkins	Brackla Harriers	VF	F	01:29:35.75	247	8	49	01:29:19.05
258 Ian	Stratton	Brackla Harriers	VM	M	01:29:45.35	248	67	198	01:29:19.70
236 Aneurin	James	Sarn Helen	VM	M	01:29:46.05	249	68	199	01:29:26.70
119 Carol	Rees	N/A	VF40	F	01:29:46.85	250	7	50	01:29:27.10
174 Martin	Davies	N/A	VM45	M	01:29:51.80	251	19	200	01:29:36.20
53 Amy	Holland	Les Croupiers	SM	F	01:30:09.15	252	54	51	01:29:46.00
182 Dawn	Howes	Barry & Vale	VM40	F	01:30:19.20	253	22	52	01:29:57.90
183 John	Lewis	N/A	VM45	M	01:30:19.80	254	20	201	01:30:00.65
217 Tracy	Edwards	Rhondda Valley Runners	VF45	F	01:30:25.45	255	6	53	01:30:09.95
360 Tanya	Howells		SF	F	01:30:36.70	256	14	54	01:30:14.30
19 Daune	Green	Griffithstown Harriers	VF35	F	01:30:37.05	257	11	55	01:30:19.05
358 Kelly	Gipson	Team Deviant	VF	F	01:30:48.00	258	9	56	01:30:21.55
222 Simon	Cox	N/A	VM45	M	01:30:50.45	259	21	202	01:30:28.60
70 Mark	Davies	N/A	SM	M	01:30:52.65	260	55	203	01:30:34.00

293 Paul	Jones	Mumbles Milers	SM	M	01:30:54.60	261	56	204	01:30:35.15
376 Simon	John		VM	M	01:30:56.45	262	69	205	01:30:35.45
61 Dave	Bassett	Griffithstown Harriers	VM60	M	01:30:57.75	263	4	206	01:30:36.45
132 Gary	Phillips	N/A	VM40	M	01:30:59.05	264	23	207	01:30:39.15
51 Steve	Jones	Swansea Harriers	VM50	M	01:30:59.65	265	13	208	01:30:45.85
124 Matthew	George	N/A	VM35	M	01:31:02.05	266	15	209	01:30:49.60
105 Gillian	McCue	Outdoor Fitness running club	SF	F	01:31:12.70	267	15	57	01:30:51.60
117 Dave	Andrews	Chepstow Harriers	VM60	M	01:31:14.80	268	5	210	01:30:54.60
240 Raymond	Boyce	Cornelly Striders	VM	M	01:31:16.65	269	70	211	01:31:01.60
197 Henlwen	James	Rhedwyr Emlyn Runners	VF40	F	01:31:17.95	270	8	58	01:31:06.25
225 Philip	Jones	Presteione Pacers	VM	M	01:31:36.90	271	71	212	01:31:12.25
98 John	Bailey	N/A	VM50	M	01:31:37.15	272	14	213	01:31:24.55
99 Linda	Rees	3M Gorseinon Road Runners	VF50	F	01:31:54.65	273	4	59	01:31:42.00
115 Fiona	Drysdale	N/A	VF40	F	01:32:01.80	274	9	60	01:31:46.90
116 Mark	Griffiths	N/A	VM45	M	01:32:01.85	275	22	214	01:31:47.05
255 Gareth	Phillips	SWP Triathlon Club	SM	M	01:32:47.60	276	57	215	01:32:24.40
2 Angela	Champion	Village Vipers	VF35	F	01:32:52.65	277	12	61	01:32:38.40
47 Alastair	Johnson	N/A	VM40	M	01:32:53.10	278	24	216	01:32:39.20
112 Patricia	Jones	Brackla Harriers	VF55	F	01:33:09.40	279	4	62	01:33:00.45
135 Tony	Dally	Dragons	VM45	M	01:33:22.35	280	23	217	01:33:05.40
58 Joanna	Ottenson	3M Gorseinon Road Runners	VF40	F	01:33:45.00	281	10	63	01:33:23.05
148 Bill	Bewg	Chepstow Harriers	VM70	M	01:33:55.05	282	1	218	01:33:33.55
123 Brenda	Avery	Chepstow Harriers	VF60	F	01:33:55.45	283	1	64	01:33:44.60
93 Judith	Austerberry	Chepstow Harriers	VF35	F	01:34:00.85	284	13	65	01:33:48.20
357 Paul	Symons		VM	M	01:34:27.75	285	72	219	01:33:56.55
210 Denise	Evans	Chepstow Harriers	VF45	F	01:34:35.65	286	7	66	01:34:14.85
302 Toni	Walters		VF	F	01:34:47.80	287	10	67	01:34:18.25
384 Huw	Williams		VM	M	01:34:54.40	288	73	220	01:34:26.40
129 Sarah	Fish	N/A	VF35	F	01:35:03.50	289	14	68	01:34:40.55
128 Colin	Fish	N/A	VM40	M	01:35:03.50	290	25	221	01:34:43.05
57 Owain	Griffiths	Les Croupiers	VM35	M	01:35:04.00	291	16	222	01:34:44.55
340 Oona	Crawford	TROTS	VF	F	01:35:04.75	292	11	69	01:34:44.55
137 Donna	Hunkin	The Dragons	VF35	F	01:35:05.65	293	15	70	01:34:46.75

350	Barrie	Desmond	Griffithstown Harriers	VF	F	01:35:05.75	294	12	71	01:34:52.20
286	Sally	Reid	3M Gorseinon Road Runners	VF	F	01:35:15.70	295	13	72	01:35:02.55
118	Gobind	Kanda	Village Vipers	VM40	M	01:35:39.30	296	26	223	01:35:11.55
377	Paul	Whittaker		VM	M	01:35:44.85	297	74	224	01:35:26.90
75	Michael	O'Shea	N/A	VM65	M	01:36:25.80	298	2	225	01:35:59.80
67	Ian	Swanson	Port Talbot Harriers	VM60	M	01:36:28.40	299	6	226	01:36:10.25
130	Bernadette	Wilkinson	San Domenico	VF45	F	01:36:35.95	300	8	73	01:36:16.15
139	Mark	Thomas	The Dragons	VM45	M	01:36:43.30	301	24	227	01:36:23.80
187	Geoffrey	Bayliss	Chepstow Harriers	VM65	M	01:36:52.25	302	3	228	01:36:30.75
363	Fran	Knight		VF	F	01:37:13.20	303	14	74	01:36:54.50
14	Rob	Evans	N/A	VM35	M	01:37:15.85	304	17	229	01:36:55.95
375	Dean	Perkins		VM	M	01:37:41.10	305	75	230	01:37:22.85
9	Julie	Burchell	N/A	VF40	F	01:37:47.50	306	11	75	01:37:24.95
362	Janice	Harvey	Glamorgan Health & Racquet	VF	F	01:37:50.15	307	15	76	01:37:31.40
152	Roxanne	Welham	N/A	SF	F	01:37:52.45	308	16	77	01:37:37.15
136	Louise	Ward	The Dragons	SF	F	01:37:58.10	309	17	78	01:37:40.80
1	Rachel	Woolley	Village Vipers	SF	F	01:38:18.40	310	18	79	01:37:50.05
73	Tom	Furners	TROTS	VM60	M	01:38:23.80	311	7	231	01:37:56.90
106	Sharon	Trotman	N/A	VF40	F	01:38:26.35	312	12	80	01:37:59.85
40	John	Higgon	N/A	VM60	M	01:38:26.65	313	8	232	01:38:02.75
214	Nigel Leighton	Jones	N/A	VM55	M	01:38:51.95	314	6	233	01:38:36.65
309	John	James		VM	M	01:39:22.85	315	76	234	01:39:05.35
201	Andrea	Jones	N/A	VF40	F	01:39:22.90	316	13	81	01:39:08.70
296	Bernadette	John	Pontypridd Roadents	VF	F	01:39:35.05	317	16	82	01:39:09.05
55	Clare	Johnson	Les Croupiers	VF65	F	01:39:53.40	318	1	83	01:39:30.10
373	Angie	James		SF	F	01:39:58.15	319	19	84	01:39:30.30
374	David	Montenegro		SM	M	01:39:58.20	320	58	235	01:39:30.45
181	Karen	Elders	Chepstow Harriers	VF35	F	01:40:17.35	321	16	85	01:39:54.15
356	Elizabeth	Stokes	Griffithstown Harriers	SF	F	01:40:18.10	322	20	86	01:39:56.50
335	Andrew	Evans		VM	M	01:40:32.25	323	77	236	01:40:06.05
238	Craig	Thomas		VM	M	01:40:40.55	324	78	237	01:40:18.50
328	Ceri	Duenas		SM	M	01:40:47.15	325	59	238	01:40:18.65
327	Lizzie	Greenway		SF	F	01:40:47.45	326	21	87	01:40:24.50

21	Caroline	Boote	N/A	VF35	F	01:41:09.25	327	17	88	01:40:52.35
52	Brett	Regulski	Cheptow Harriers	VM50	M	01:41:14.30	328	15	239	01:40:55.25
26	H Dilwen	Thonger	Griffithstown Harriers	VF60	F	01:41:36.30	329	2	89	01:41:13.25
186	Jane	Bayliss	Chepstow Harriers	VF55	F	01:41:52.95	330	5	90	01:41:31.40
166	Mark	Rymer	Chepstow Harriers	VF45	F	01:41:53.05	331	9	91	01:41:34.10
79	Claire	Sutton	Griffithstown Harriers	VF40	F	01:41:56.10	332	14	92	01:41:52.95
233	Catherine	Llewellyn		VF	F	01:42:10.15	333	17	93	01:41:57.70
388	Simon	Williams		SM	M	01:42:31.60	334	60	240	01:42:03.40
36	Keith	Richardson	N/A	VM65	M	01:42:49.90	335	4	241	01:42:24.50
3	Christopher	Hockley	N/A	VM40	M	01:43:02.85	336	27	242	01:42:39.85
6	Amanda	Thompson	Les Croupiers	VF50	F	01:43:20.15	337	5	94	01:42:55.35
88	Kate	Reilly	N/A	SF	F	01:43:42.30	338	22	95	01:43:17.50
370	Celia	Griffiths	Team Deviant	SF	F	01:44:13.95	339	23	96	01:43:46.35
307	Gail	Smith		VF	F	01:44:45.40	340	18	97	01:44:18.30
150	Judy	Terry	N/A	VF40	F	01:44:59.60	341	15	98	01:44:30.05
164	Tyler	Davies	Sart Running	JM	M	01:45:37.35	342	1	243	01:45:22.00
165	Andrew	Davies	Sart Running	VM40	M	01:45:37.35	343	28	244	01:45:22.05
348	Sandra	Stevens		VF	F	01:45:43.15	344	19	99	01:45:23.55
351	Helen	Desmond	Griffithstown Harriers	VF	F	01:45:45.95	345	20	100	01:45:24.85
11	Wendy	Rees	Griffithstown Harriers	VF45	F	01:45:48.75	346	10	101	01:45:26.30
192	Barbara	Graham	Griffithstown Harriers	VF55	F	01:46:06.10	347	6	102	01:45:44.30
273	Jonathan	Davies		SM	M	01:46:06.65	348	61	245	01:45:53.80
29	Gillian	Murphy	Les Croupiers	VF55	F	01:46:07.95	349	7	103	01:45:56.60
151	Rebecca	Richards	Bridgend A.C	VF35	F	01:47:00.85	350	18	104	01:46:30.85
336	Elaine	Sutherland	Pontypridd Roadents	SF	F	01:47:53.20	351	24	105	01:47:27.30
18	Caroline	Morgan	N/A	VF40	F	01:48:14.90	352	16	106	01:47:52.15
30	Karen	Dusgate	N/A	VF45	F	01:48:14.95	353	11	107	01:47:52.95
310	Jayne	Price		SF	F	01:49:42.45	354	25	108	01:49:15.95
353	Graham	Singer		VM	M	01:49:53.75	355	79	246	01:49:32.95
246	Cara	James		SF	F	01:49:59.70	356	26	109	01:49:38.95
247	Nick	James		SM	M	01:50:00.10	357	62	247	01:49:40.55
339	Helen	Welch	Pontypridd Roadents	VF	F	01:50:04.35	358	21	110	01:49:43.55
367	Paul	Warburton	Rhondda Valley Runners	VM	M	01:50:04.45	359	80	248	01:50:00.10

308	Anita	James		VF	F	01:53:54.10	360	22	111	01:53:27.75
176	Leona	Shanley	Rhondda Valley Runners	VF40	F	01:54:36.00	361	17	112	01:54:10.30
175	Peter	Shanley	N/A	VM45	M	01:54:36.10	362	25	249	01:54:12.35
220	Peter	Browne	Griffithstown Harriers	VM55	M	01:55:13.00	363	7	250	01:54:50.25
63	Lee	Raymond	Pembrokeshire Harriers	VM35	M	01:55:32.75	364	18	251	01:55:04.55
27	John	Thonger	Griffithstown Harriers	VF65	M	01:55:41.60	365	2	252	01:55:19.45
311	Cindy	Coombes		VF	F	01:57:22.00	366	23	113	01:56:54.90
143	Sian-Eleri	Jones	Outdoor Fitness	SF	F	01:59:03.05	367	27	114	01:58:38.65
77	Lesley	Bigmore	Brackla Harriers	VF50	F	02:11:50.10	368	6	115	02:11:20.85
12	Yusuf	Hashem	N/A	VM45	M					DNS
31	Leslie	Pugh	M.D.C	VM65	M					DNS
41	Paula	Taylor	Griffithstown Harriers	VF35	F					DNS
65	Mike	Jones	N/A	VM51	M					DNS
71	Trevor	Hay	N/A	VM50	M					DNS
86	Philip	Huckle	N/A	VM50	M					DNS
89	Bruce	Vesey	Pems Triathlon Club	VM40	M					DNS
90	Sarah	Vesey	Pems Triathlon Club	VF35	F					DNS
103	Michael	Davies	Les Croupiers	VM60	M					DNS
142	Clare	Phillips	Port Talbot Harriers	VF40	F					DNS
157	Jayne	Arnold	Celtic TRI	VF40	F					DNS
158	Paul	Arnold	Celtic TRI	VM40	M					DNS
167	Vincent	Oak	N/A	VM50	M					DNS
177	Mark	Harvey	Chepstow Harriers	SM	M					DNS
184	Sian	Williams	Pembrokeshire Triathlon Club	VF40	F					DNS
202	Alun	Evans	Amman Valley Harriers	SM	M					DNS
295	Stephen	Hames	Neath Harriers	VM	M					DNS