

Pos	Time	No	Name	M/F	Cat	Club
1	0:28:55	2	Patrick Makau	M		Kenya
2	0:30:26	3	Simon Kasmili	M		Kenya
3	0:30:51	4	Lezan Kimtai	M		Kenya
4	0:30:54	40	Ben Fish	M		North Of England
5	0:31:04	26	Matt Janes	M		Wales Team
6	0:31:12	2274	Jonathan M Phillips	M		Wales Team
7	0:31:18	3187	John Ward	M		Bristol & West A C
8	0:31:25	24	Marc Hobbs	M		Wales Team
9	0:31:29	38	Daniel Agustus	M		North Of England
10	0:31:42	25	Ian Williams	M		Wales Team
11	0:31:59	37	Carl Hardman	M		North Of England
12	0:32:00	2475	Philip Parry	M	40	Midlands
13	0:32:10	23	Martin Rees	M	50	Wales Team
14	0:32:20	357	Daniel Moore	M	40	Midlands
15	0:32:24	29	Gwyn Bellamy	M		Wales Team
16	0:32:29	505	Ieuan Thomas	M	20	Wales B Team
17	0:32:33	1425	Daniel Mark Gurmin	M		Swansea Harriers
18	0:32:37	1867	Andrew Fergus	M		
19	0:32:37	2470	Stephen John Male	M	40	Oxford City A C
20	0:32:39	39	Matthew Clough	M	20	North Of England
21	0:32:41	2648	Peter Hockin	M	45	Bideford A A C
22	0:32:48	36	Adam Osborne	M		North Of England
23	0:32:53	328	Shaun Whelan	M	40	London Fronrunners
24	0:33:02	43	Patrick Kavanagh	M		Midlands
25	0:33:12	2192	Darran John Hiscox	M		Bridgend A C
26	0:33:13	1489	Clive P Bromhal	M	40	Midlands
27	0:33:25	2546	Paul Richards	M	40	Neath Harriers
28	0:33:34	75	Clive West	M		Buckley Runners
29	0:33:35	1667	Richard Bullen	M	45	Les Croupiers
30	0:33:42	952	Afan John Humphries	M	20	Wales B Team
31	0:33:47	1594	Paul Griffiths	M		Neath Harriers
32	0:33:47	1946	George McCourt	M		A F D
33	0:33:47	1342	Rob Sheen	M	45	Leicester Coritarians
34	0:33:50	7	Caroline Cheptanui	F		Kenya
35	0:33:55	2330	Malcolm Eustace	M	45	Tipton Harriers
36	0:33:57	2568	Sammy Neil Rashic	M	40	Liverpool Pemborne And Sefton
37	0:34:03	2117	Tim Lewis	M		Bridgend A C
38	0:34:04	993	Gregory Alan Wilson	M	50	Telford A C
39	0:34:13	2706	Mark Roberts	M		
40	0:34:15	1586	Peter Fraser Coles	M	40	Pontypridd Rodents A C
41	0:34:23	87	Brendan Rothery	M		Eyri Harriers
42	0:34:29	2914	Iain Campbell	M	45	Met Police
43	0:34:31	905	Lee Aherne	M	40	Club 69
44	0:34:32	2276	Peter David Thompson	M	45	Nene Valley Harriers
45	0:34:35	1236	Phillip M Matthew	M		
46	0:34:36	2282	Mike Weedall	M	50	Wrexham A A C
47	0:34:44	70	Christopher Discombe	M		Les Croupiers
48	0:34:46	1168	Gareth Jones	M		
49	0:34:49	77	Shaun Tobin	M	40	Swansea Harriers
50	0:34:50	1140	Stephen Thomas	M		Islwyn Running Club
51	0:34:51	2193	Dave Cox	M	50	Woodford Green A C
52	0:34:54	2291	Chris Friend	M	20	
53	0:34:59	2571	Ronald S Robinson	M	45	Cheltenham Harriers
54	0:35:00	2231	Matthew Cook	M	20	U W I C
55	0:35:00	1390	Philip Kendrick	M	45	Brecon A C
56	0:35:04	2572	Stanley Owen	M	50	Nene Valley Harriers
57	0:35:11	11	Petros Rezen	M	20	
58	0:35:11	2709	Andrew Goodair	M		
59	0:35:16	2123	Alun Wood	M		Bridgend A C
60	0:35:19	1939	Gavin Hanrahan	M	20	Cwmbran Harriers
61	0:35:20	2419	John Rye	M	50	Thames Hare & Hound
62	0:35:21	1479	Ian Aunger	M	40	Nene Valley Harriers
63	0:35:22	3090	Philip Crane	M	45	Neath Harriers
64	0:35:22	381	Stephen Whiting	M		London Fronrunners
65	0:35:25	2577	Dickie Wythe	M	45	Wells City Harriers
66	0:35:27	971	Carwyn Jones	M		U W A Harriers
67	0:35:32	34	Mary Wilkinson	F		North Of England
68	0:35:33	89	Michael Robbins	M	40	Wrexham A A C
69	0:35:36	2535	Jeremy E Hogan	M	45	Bristol & West A C
70	0:35:40	2344	Sean Beard	M	40	Nene Valley Harriers
71	0:35:43	2600	Peter Parker	M	50	Royal Sutton Coldfield
72	0:35:43	73	John Exley	M	55	Oxford City A C
73	0:35:47	2845	David Kehoe	M		

## Admiral Swansea Bay 10k

Sunday 24th September, 2006

Pos	Time	No	Name	M/F	Cat	Club
74	0:35:50	1221	Nicholas Dukes	M		Les Croupiers
75	0:35:53	2984	Robert K Jones	M	45	Les Croupiers
76	0:35:54	1634	Michael John Davies	M		U W A Harriers
77	0:35:59	42	Debbie Walters	F	35	Midlands
78	0:36:02	791	Michael W Rix	M		Farnham Runners
79	0:36:06	2151	Andrew Rimmer	M		Multisport
80	0:36:06	1322	Nicki Nealon	F	35	Midlands
81	0:36:06	1165	Chris Parker	M	40	Harriers Sx
82	0:36:07	2440	Huw Roberts	M	45	Bridgend A C
83	0:36:08	2418	Charles Dickinson	M	55	Belgrave Harriers
84	0:36:11	229	Paul Reynolds	M		3m's Running Club
85	0:36:15	1484	John Glyn Price	M		Sarn Helen Running Club
86	0:36:18	1677	S Sheard	M		Cardiff A A C
87	0:36:20	28	Mark Davies	M	20	Wales B Team
88	0:36:24	83	Ifan Lloyd	M	45	Swansea Harriers
89	0:36:29	768	Les Hewitson	M	40	Inqli Runners
90	0:36:29	798	Desmond Michael	M	55	Barnet & District A C
91	0:36:30	2355	Graham John Williams	M	50	Nene Valley Harriers
92	0:36:30	10	Chris Davies	M		Swansea Harriers
93	0:36:34	88	Darren Wyn Rowlands	M		Wrexham A A C
94	0:36:35	797	Steven Rhys Davies	M		Swansea Harriers
95	0:36:37	2439	Michael Barnsdale	M	50	Nene Valley Harriers
96	0:36:37	35	Nicky Archer	F		North Of England
97	0:36:40	2581	Andrew Noel Henderson	M	40	Quakers R C
98	0:36:44	1411	Adam Lewis	M	20	Aberdare
99	0:36:45	2263	Paul John Jelley	M	40	
100	0:36:47	33	Alex Donald	M		Cardiff A A C
101	0:36:48	2630	Steve Brace	M	45	Bridgend A C
102	0:36:55	317	David Hodgins	M		
103	0:36:57	1151	Carl Stuart Phelps	M		
104	0:36:57	1042	James Robert O'Callaghan	M		
105	0:36:58	45	Derek Donaghy	M	50	Birchfield Harriers
106	0:37:01	2541	Gareth A Jones	M	60	Oxford City A C
107	0:37:02	2902	Kevin Normal Griffiths	M	40	Trots
108	0:37:03	1929	Paul Harris	M		
109	0:37:05	1254	Jason Scanlon	M		Pontypridd Rodents A C
110	0:37:11	1045	Andrew M Davies	M		
111	0:37:11	1452	Kevin Lewis	M	45	Neath Harriers
112	0:37:12	41	Kate Goodhead	F		Midlands
113	0:37:14	2487	Andrew Baker	M	40	
114	0:37:17	2021	Melanie Ellis	F	40	Wales Team
115	0:37:20	1552	Dean Houlton	M	40	Nene Valley Harriers
116	0:37:21	295	Lee Watkins	M		
117	0:37:21	2632	Peter John Crane	M	40	Neath Harriers
118	0:37:21	451	Steve Coupe	M	55	Sospan Road Runners
119	0:37:22	2711	Matthew L Parkes	M	20	Bridgend A C
120	0:37:24	1485	Jon Embling	M	50	Bridgend A C
121	0:37:27	1855	Peter Kellam	M	40	Les Croupiers
122	0:37:29	2275	John Williams	M	45	Neath Harriers
123	0:37:31	1937	Scott Evans	M		Sospan Road Runners
124	0:37:32	2570	Peter Giles	M	60	Hercules Wimbledon
125	0:37:34	1314	Mick Tabor	M	50	Les Croupiers
126	0:37:36	2554	Dean House	M	40	Pegasus
127	0:37:37	1237	John F Batchelor	M	65	Iford A C
128	0:37:40	1678	Richard John Marks	M	55	Sarn Helen Running Club
129	0:37:42	1595	Robert W Basey	M	50	Neath Harriers
130	0:37:44	9	John Williams	M		Swansea Harriers
131	0:37:44	2416	Carl Ellis	M		Port Talbot Harriers
132	0:37:47	1323	Matthew C Hurford	M		Les Croupiers
133	0:37:52	2987	Runner 2987	M		
134	0:37:53	2670	Kent Ross-Davies	M	55	Invicta East Kent A C
135	0:37:53	1665	Philip John Meyler	M	50	Pontypridd A C
136	0:37:55	2277	Stephen Beardsell	M	55	Holmfirth Harriers
137	0:37:57	443	Owain Jones	M		
138	0:37:59	674	Tomos Whitmarsh-Knight	M		
139	0:38:00	1090	Clem Clement	M	45	Penarth & Dinas Runners
140	0:38:02	1645	Steffan Hughes	M		Carmarthen Harriers
141	0:38:06	492	Paul Shackleton	M	40	Tipton Harriers
142	0:38:08	383	Matt Tooze	M		
143	0:38:09	1957	Jeff Kettle	M		Swansea Harriers
144	0:38:13	659	Robert Pearce	M		Brackla Harriers
145	0:38:14	1967	Nick Frost	M	45	Pontypridd Rodents A C
146	0:38:15	19	Sian Davies	F		Wales Team

## Admiral Swansea Bay 10k

Sunday 24th September, 2006

Pos	Time	No	Name	M/F	Cat	Club
147	0:38:18	1241	Malcolm John Renyard	M	60	Hardley Runners
148	0:38:18	2892	Angela Tyrrel	F		San Domenico R R C
149	0:38:20	2551	Martin C Ford	M	60	Cheltenham Harriers
150	0:38:21	887	Matthew J Townsend	M		Les Croupiers
151	0:38:23	351	Carl Hamer	M		Club 69
152	0:38:27	2131	Paul Llewellyr	M	40	
153	0:38:28	873	Gerry Bell	M	55	Bingley Harriers
154	0:38:30	3179	Dylan Owen	M	40	Eryri Harriers
155	0:38:30	2942	Michael Murphy	M	50	Les Croupiers
156	0:38:33	1019	Jamie Bedford	M		
157	0:38:34	2083	Mark Reynolds	M		Neath Harriers
158	0:38:39	874	Andrea Dennison	F	40	North Of England
159	0:38:40	1532	Jim Rothman	M	45	Leamington C & A C
160	0:38:41	542	Damian Williams	M	40	Club 69
161	0:38:41	2476	Sian Monahan	F	45	Bristol & West A C
162	0:38:43	2916	Angela Allen	F	35	Horwich R M I Harriers
163	0:38:43	486	Martin George	M		Sospan Road Runners
164	0:38:45	1051	Ann Thomas	F	35	Trots
165	0:38:48	2944	Paul Dyson	M	45	Swansea Harriers
166	0:38:49	802	William Tod Allan	M	60	Tadcaster Harriers
167	0:38:50	1128	Stephen L Williams	M	45	Neath Harriers
168	0:38:50	670	Ian Hall	M	40	
169	0:38:51	1206	David G Bembo	M	40	
170	0:38:52	1490	Louise Copp	F	40	Neath Harriers
171	0:38:55	2161	Andrew Reynolds	M		Neath Harriers
172	0:38:55	946	Martin Paul Williams	M	40	
173	0:38:58	531	Knill Baird Murray	M	45	Penarth & Dinas Runners
174	0:38:59	2625	Martin Webborn	M	40	
175	0:39:00	1243	Adam M Marshall	M	20	Neath Harriers
176	0:39:01	2557	Mark Bentley Taylor	M	50	Tunbridge Wells
177	0:39:05	1466	William D Thomas	M		3m's Running Club
178	0:39:06	807	Charles Thomas	M		Port Talbot Harriers
179	0:39:06	1160	Emily Jane Brown	F		U W I C / Cardiff A C
180	0:39:07	512	Gail Duckworth	F	50	Leighton Buzzard A C
181	0:39:08	2504	Howard A Carpenter	M	50	Neath Harriers
182	0:39:09	359	Phil Miles	M	50	Club 69
183	0:39:12	1272	Richard N Harper	M	20	Leamington C & A C
184	0:39:13	2972	Paul William Dawes	M	40	San Domenico R R C
185	0:39:14	2726	Ryan James	M		
186	0:39:15	2005	Emyr Morgan	M		Team Southampton
187	0:39:16	567	Geraint Williams	M		Pontypridd Rodents A C
188	0:39:16	2414	Peter Turner	M	55	Cornelly Striders
189	0:39:16	1166	Simon Wiltshire	M		City Of Salisbury A R C
190	0:39:17	1071	Nigel Barnes	M	40	Port Talbot Harriers
191	0:39:17	1058	Christopher D Bradshaw	M	40	Brackla Harriers
192	0:39:17	13	Frances Gill	F	45	Neath Harriers
193	0:39:18	3115	Gareth E Richards	M		
194	0:39:20	815	Robin Bereza	M	55	Wye Valley Runners
195	0:39:23	2496	Dominique Lamour	M	50	S C Orvault
196	0:39:25	1609	Keith Thompson	M	40	Islwyn Running Club
197	0:39:27	3074	Cornelius L Corcoran	M		Pontypridd Rodents A C
198	0:39:28	1263	Rob Falconer	M	45	
199	0:39:28	2675	Mitchell T Aspland	M	20	Neath Harriers
200	0:39:28	2772	Jonathan Bailey	M		Team Deviant
201	0:39:29	2174	Peter Morton	M	20	
202	0:39:30	1310	Christopher O'Brien	M	40	
203	0:39:31	1349	Martin Davies	M	45	Lliswerry Runners
204	0:39:32	1533	Monica Williamson	F	45	Leamington C & A C
205	0:39:32	2889	Matt Jacklin	M		
206	0:39:33	173	Gerard Howells	M	40	Chippenham Harriers
207	0:39:33	378	Huw Arthur	M		
208	0:39:34	2196	Ivan Teed	M		
209	0:39:35	2497	Michael Bonner	M	50	S C Orvault
210	0:39:38	3054	John Diffey	M	40	Les Croupiers
211	0:39:39	2301	Emma Parry	F		Wales Team
212	0:39:42	514	Anthony Wilton	M		
213	0:39:45	837	Brian Campbell	M	60	Clydesdale
214	0:39:49	2237	Mark Carroll	M		
215	0:39:52	1247	Andy Murray	M	50	Dulwich Runners
216	0:39:52	2678	Richard Bowen	M	60	Neath Harriers
217	0:39:56	1441	Paul Ezard	M		Brackla Harriers
218	0:40:00	44	Lee Ladd	M	20	Wales B Team
219	0:40:01	671	Giancarlo Bianchi	M		

Pos	Time	No	Name	M/F	Cat	Club
220	0:40:01	1468	Mark Nelson	M	40	
221	0:40:03	2933	Robert Sandles	M	40	3m's Running Club
222	0:40:05	2339	Nicola H Hill	F	40	Newton Abbot
223	0:40:05	1483	Huw Micholas Price	M	40	Sarn Helen Running Club
224	0:40:05	2226	Rhodri Evans	M	45	Multisport
225	0:40:05	2788	David Proud	M		Les Croupiers
226	0:40:07	2501	Janet Ross	F	50	Winchester & District A C
227	0:40:10	1755	Roy John Pascoe	M	45	
228	0:40:11	2651	Mary Bowen Rees	F	40	Trots
229	0:40:19	1799	Steve Morris	M		
230	0:40:21	2538	Gary Wynne Irving	M	45	Swansea Harriers
231	0:40:24	1603	Lynn Emmett	F	35	City Of Norwich A C
232	0:40:28	90	Helen Davies	F	35	Wrexham A A C
233	0:40:29	2159	Michael Rimmer	M	50	
234	0:40:30	1052	Paul Bouston	M		Wye Valley Runners
235	0:40:32	2687	Alan Rich	M	55	Walthamstow A C
236	0:40:32	2136	Robert Smith	M	40	
237	0:40:33	966	Stephen Littlewood	M	50	Hereford Couriers
238	0:40:37	1316	Peter James Lloyd	M		3m's Running Club
239	0:40:39	781	Leighton J Gardner	M	40	Swansea Harriers
240	0:40:40	1353	David Garlick	M	50	
241	0:40:40	1492	Marcus Neil Coles	M		Les Croupiers
242	0:40:41	889	Ian Jones	M	45	
243	0:40:41	2299	Jane F Lindley	F	40	Buckley Runners
244	0:40:42	1996	Peter Spriggs	M		Swansea Harriers
245	0:40:44	1633	Martin Edwards	M		
246	0:40:45	1180	Alan Wyn Jones	M	40	
247	0:40:46	833	Eifion Wyn Owen	M	50	Pencoed Tri
248	0:40:46	927	Michael Davies	M	55	Les Croupiers
249	0:40:49	2505	Andrew John Carpenter	M		
250	0:40:50	931	Graeme Donnan	M	50	Les Croupiers
251	0:40:52	2014	Paul Rees	M	40	3m's Running Club
252	0:40:55	792	Russell Bal	M		
253	0:40:56	2993	Graham Barlow	M	45	3m's Running Club
254	0:40:57	2617	Sue Cariss	F	55	Bingley Harriers
255	0:41:03	1525	Andrew Mark Spencer	M	40	Fairwater Runners
256	0:41:08	115	Christopher Matthews	M	40	
257	0:41:11	3089	Jay Antony Goulding	M		Pontypridd Rodents A C
258	0:41:11	2368	Robert G Rees	M	50	
259	0:41:11	2650	James Lilley	M	20	
260	0:41:11	2692	Jonathan M Smith	M	40	Les Croupiers
261	0:41:12	3072	Andrew G Davies	M	40	Pontypridd Rodents A C
262	0:41:13	2458	Robert R Davies	M	55	Wye Valley Runners
263	0:41:13	2495	David Yves	M	40	S C Orvault
264	0:41:14	1147	Jon Sizer	M	45	
265	0:41:15	1083	Robin Jones	M		
266	0:41:15	766	Peter Wirtzfeld	M	45	Worthing Striders
267	0:41:16	990	Noel Stephen Evans	M		3m's Running Club
268	0:41:16	547	Colin Smith	M		
269	0:41:16	1386	Fred Gibbs	M	65	Bingley Harriers
270	0:41:18	1576	Ross Lloyd Poiner	M		3m's Running Club
271	0:41:19	2974	David Millei	M	45	Les Croupiers
272	0:41:22	1087	Brian A Griffiths	M	50	Ellesmere Port Runners
273	0:41:24	20	Elinor Kirk	F	20	Wales B Team
274	0:41:25	2316	Graham John Colvin	M	40	3m's Running Club
275	0:41:28	1906	Howard Thomas	M	40	Club 69
276	0:41:29	259	Robin Spacie	M	20	
277	0:41:30	829	Michael A Thomas	M	40	
278	0:41:30	3080	Louise Brooks	F		
279	0:41:30	3073	Ceri-Anne Davies	F	35	Pontypridd Rodents A C
280	0:41:32	135	C Walters	M	55	Trots
281	0:41:32	1117	Robert C King	M	40	
282	0:41:32	876	Leslie Evans	M	55	Rhondda Valley Runners
283	0:41:33	2317	James Delaney	M	50	San Domenico R R C
284	0:41:35	1036	Lindsay F Emyr	F	35	Les Croupiers
285	0:41:36	737	Steve McCarthy	M		
286	0:41:37	1538	Ned Gill	M		
287	0:41:37	1959	Simon Johnson	M		
288	0:41:38	1763	Alex Bamford	M		
289	0:41:41	991	Walter D Ryder	M	65	Morpeth Harriers
290	0:41:41	2188	Daman Jukes	M		Club 69
291	0:41:42	1965	Jonathan Gouldsmith	M	20	
292	0:41:43	3079	Timothy J Pengilly	M		

Pos	Time	No	Name	M/F	Cat	Club
293	0:41:43	2089	Daniel Matthews	M		
294	0:41:44	2272	Aled M Evans	M	45	C R H A P
295	0:41:44	503	Ian Clark	M		
296	0:41:45	1348	Malcolm Howells	M	60	Sospan Road Runners
297	0:41:45	1858	Alan Mann	M	45	Les Croupiers
298	0:41:47	2681	Daniel Greenwel	M		
299	0:41:50	1845	Michael Cooke	M	40	
300	0:41:51	672	John Morris	M		
301	0:41:52	2235	Andrew Charles	M		
302	0:41:53	688	Gareth Jehu	M		
303	0:41:55	1015	Jonathan E Kersting	M	65	W M A A
304	0:41:56	2262	Christopher Carter	M		
305	0:41:57	690	Helen Lodder	F	35	Islwyn Running Club
306	0:41:58	509	Stephen Paterson	M		Pegasus
307	0:41:59	2462	Keith Paterson	M	60	Pegasus
308	0:42:00	2982	James N Moncrieff	M		
309	0:42:01	1520	Robert S Jones	M	50	Swansea Harriers
310	0:42:01	1120	John Stanford	M	50	
311	0:42:01	2011	Stuart Jones	M		Penarth & Dinas Runners
312	0:42:02	803	Timothy A Jones	M		Multisport
313	0:42:05	969	Leon Murnieks	M		
314	0:42:06	2753	Darryn McAtee	M	45	Newport Harriers
315	0:42:08	368	Kelvyn Pearce	M		
316	0:42:08	2596	Stephen John Powell	M	40	Port Talbot Harriers
317	0:42:09	2924	Dewi West	M	40	3m's Running Club
318	0:42:09	2822	Gerwyn Williams	M	40	Club 69
319	0:42:09	1408	Sandra Pinkham	F	40	Neath Harriers
320	0:42:12	1535	Brian John Gough	M	65	Pontypridd A C
321	0:42:14	1282	Brinley Mainwaring	M	60	Rhondda Valley Runners
322	0:42:14	409	Brian Richardson	M	45	
323	0:42:14	826	Julie Anne Scholey	F	45	Les Croupiers
324	0:42:14	2804	Caroline Rimmer	F		
325	0:42:15	2300	Gareth Williams	M		Vale Royal A C
326	0:42:15	716	Claire Cleatherc	F		Trots
327	0:42:17	2658	Negabelay Berak	M	40	
328	0:42:18	2673	Robert Fowler	M	60	Amman Valley Harriers
329	0:42:19	1736	Alison Sloane	F	45	South West Vets A C
330	0:42:22	839	Robert Young	M	60	Clydesdale
331	0:42:22	537	Mark Perry	M		
332	0:42:23	2691	Mark Carpanini	M	40	Newport Harriers
333	0:42:24	917	Philip L Bamsey	M	50	Neath Harriers
334	0:42:25	1288	Susie C Tweney	F	45	Leamington C & A C
335	0:42:28	765	Susan Ogilvie	F	50	Stourbridge
336	0:42:29	2539	Andrew Glover	M	50	Bideford A A C
337	0:42:30	2550	John McDonald	M	50	Fujitsu
338	0:42:32	1588	Lynsey Christopher	M		M P & L
339	0:42:32	899	Gareth Hill	M		
340	0:42:33	1966	David Williams	M		Sheffield Hallamshire Harriers
341	0:42:34	1725	Allan Loveday	M	55	Newquay Road Runners
342	0:42:34	1229	Lou Lyness	F	55	Barrow & Furness Striders
343	0:42:35	1718	Elizabeth Pearce	F	35	Brackla Harriers
344	0:42:35	2385	Carol F Glover	F		Swansea Harriers
345	0:42:35	907	Stephen Murphy	M	45	Rising Sun Club
346	0:42:35	1244	Michael S Marshal	M	45	
347	0:42:36	632	Kristian Evans	M		
348	0:42:37	1557	Mark Terry	M	45	
349	0:42:37	2847	Anthony Holling	M	50	Port Talbot Harriers
350	0:42:37	3114	Heath Jones	M		Activa
351	0:42:38	1482	Mike Smith	M		
352	0:42:41	1648	Stuart Macdonald	M		
353	0:42:43	1795	Malcolm Edwards	M		Wye Valley Runners
354	0:42:43	3185	Ian Stephen Milne	M	60	Bournville Harriers
355	0:42:44	838	Pete Cartwright	M	60	Clydesdale
356	0:42:45	3028	Steve Sanders	M		Admiral
357	0:42:46	74	Antony Oliver	M	20	Swansea Harriers
358	0:42:47	748	Colin Rees	M		
359	0:42:48	1115	Christopher J Rees	M	20	
360	0:42:48	1444	Andrew Lucas	M	40	3m's Running Club
361	0:42:48	1359	Anthony J Deacy	M	45	
362	0:42:49	2997	John Kelvin Thomas	M	55	
363	0:42:49	2246	Richard Holland	M		Pontypridd Rodents A C
364	0:42:51	1239	Martin Slee	M	40	
365	0:42:51	747	Joanne Numford	F	35	Avon Valley Runners

Pos	Time	No	Name	M/F	Cat	Club
366	0:42:52	136	Paul Mumford	M	40	Avon Valley Runners
367	0:42:52	548	Matt Hixx	M		
368	0:42:53	1700	John Rogers	M	40	
369	0:42:54	1699	Kelvin Jones	M	40	
370	0:42:54	21	Leigh James	F		Wales B Team
371	0:42:54	2164	Gokul Patel	M	50	
372	0:42:54	1338	Anna David	F	35	Neath Harriers
373	0:42:55	2279	Stephen R Keogh	M		Swansea Harriers
374	0:42:55	1544	Liz Clarke	F	45	Les Croupiers
375	0:42:57	693	Antony Furlong	M		
376	0:42:59	2612	Richard John Bettridge	M		
377	0:43:00	169	Calvin Hold	M		
378	0:43:00	3083	Alexander Thomas	M	20	
379	0:43:03	1816	Lee Williams	M	40	
380	0:43:04	1439	Gareth Ayres	M		Port Talbot Harriers
381	0:43:05	1301	David James Crockford	M		
382	0:43:06	2421	Tony Morris	M	45	
383	0:43:07	2861	Darren Williams	M		
384	0:43:07	3094	Dave Wright	M		
385	0:43:09	2012	Christopher Driscoll	M	20	Neath Harriers
386	0:43:12	369	James Kent	M		Team Bago
387	0:43:14	385	Mandy Jones	F	45	Islwyn Running Club
388	0:43:16	1143	Andrew Paul Grint	M		
389	0:43:16	1518	Mark David Broom	M	40	
390	0:43:17	2357	Alvin T Phillips	M		
391	0:43:18	215	Mat Turner	M		
392	0:43:19	1654	Wendy May Boon	F	45	Les Croupiers
393	0:43:20	2415	Paul Phillips	M	45	
394	0:43:20	256	Will Edwards	M		
395	0:43:21	282	Peter Jones	M	45	
396	0:43:21	386	Jamie Seekings	M		
397	0:43:25	1050	Michael R Halsal	M		
398	0:43:25	2893	Gawain Barnard	M		
399	0:43:27	146	Philip Dawson	M		
400	0:43:28	3112	Jonathan Green	M		
401	0:43:29	1511	Sean Robert Birch	M		Islwyn Running Club
402	0:43:32	2186	Owain Strange	M		
403	0:43:32	963	Dorian P Rees	M	40	
404	0:43:33	813	Lorraine Dalglish	F	45	Luton A C
405	0:43:34	1989	Neil Middleton	M	55	Trentham
406	0:43:36	1682	Leighton Anthony	M	40	
407	0:43:36	2060	Warren Tilke	M		Pontypridd Rodents A C
408	0:43:36	1261	Gareth Bryer	M		
409	0:43:37	1706	Chris Fulcher	M		Port Talbot Harriers
410	0:43:37	1598	Stuart S Rees	M		
411	0:43:38	1442	Michael Dix	M	50	Les Croupiers
412	0:43:38	2022	E Feil	M		City Of Bath A C
413	0:43:38	750	Dawn Lesley Kenwright	F	50	Sarn Helen Running Club
414	0:43:40	590	Sue Tagg	F	35	Club 69
415	0:43:40	2384	Thomas M Alexander	M		Swansea Harriers
416	0:43:41	2599	Val Carter	F	40	Royal Sutton Coldfield
417	0:43:42	1109	Sharon L Leech	F	35	Amman Valley Harriers
418	0:43:47	472	Ian Henry	M		
419	0:43:49	783	Michael A Gibbs	M	40	Bitton Road Runners
420	0:43:50	1803	Gerard Crispie	M	40	Les Croupiers
421	0:43:52	2392	Toby N Warren	M		
422	0:43:53	1217	Benjamin E Bowen	M		
423	0:43:54	967	Jayne Littlewood	F	45	Hereford Couriers
424	0:43:54	1360	Dean Pennell	M		
425	0:43:55	1970	Tom Bourton	M		
426	0:43:55	1741	Angharad Mason	F		
427	0:43:55	3037	Gareth Rhys Rowlands	M		Admiral
428	0:43:55	2950	Mathew John Richards	M	20	
429	0:43:55	821	Clive Morgan	M	40	San Domenico R R C
430	0:43:56	158	Paula Ham	F	35	Les Croupiers
431	0:43:56	1983	Kelly Morgan	F		Pontypridd Rodents A C
432	0:43:56	1515	Peter Beynon	M	50	
433	0:43:58	2322	Christopher R Ryan	M	55	Retford Ac
434	0:43:59	1167	Gordon Wiltshire	M	70	City Of Salisbury A R C
435	0:44:00	72	Eric Barber	M	70	Torbay Athletic Club
436	0:44:00	1705	Kevin Corcoran	M	40	Swansea Harriers
437	0:44:01	2260	Anthony M Higgins	M		
438	0:44:02	2998	Zina Marchant	F	55	City Of Bath A C

Pos	Time	No	Name	M/F	Cat	Club
439	0:44:07	1523	Grant Howells	M	40	Swansea Harriers
440	0:44:08	2238	Richard Lewis	M		
441	0:44:08	2469	Kenneth Ian Buckle	M	65	Cheltenham And County Harriers
442	0:44:10	2715	Clive W Cooksey	M	60	Club 69
443	0:44:14	1567	Bernie Monk	M	60	Club 69
444	0:44:17	2367	Marcus Eyre	M	45	3m's Running Club
445	0:44:17	956	Jenny Phillips	F	40	Llanelli A A C
446	0:44:20	2566	Jeffrey R Aston	M	55	Les Croupiers
447	0:44:21	1451	Stephen John Davies	M		Port Talbot Harriers
448	0:44:21	2417	Adrian B Powell	M		
449	0:44:21	1154	Raymond Owen James	M	45	Port Talbot Harriers
450	0:44:23	1683	Simon Kerry Clarke	M	40	
451	0:44:24	111	Simon Thomas	M		
452	0:44:26	1146	Stephen Martin	M	40	
453	0:44:28	3147	Michael A Roderick	M	20	
454	0:44:29	629	Richard Bracken	M		
455	0:44:30	2537	Nicholas Bingham	M	45	
456	0:44:31	1463	John Lee	M	55	Tunbridge Wells
457	0:44:31	1213	David Howard Proffitt	M	50	Newport Harriers
458	0:44:32	1467	Michael Johns	M		
459	0:44:34	384	Steve Jones	M	45	Islwyn Running Club
460	0:44:35	3084	Andrew R Thomas	M	40	
461	0:44:36	107	Bert Glover	M		
462	0:44:38	1264	Catherine Gardner	F	35	Les Croupiers
463	0:44:39	1749	Lindy Eynon	F	45	Trots
464	0:44:40	94	Cerith Lewis	M	40	
465	0:44:41	1377	Geraint Mark Higgins	M		Swansea Harriers
466	0:44:42	1453	Walter McCaskey	M	70	Scottish Veteran Harriers
467	0:44:44	2573	Barry Wayne Morgan	M		Fairwater Runners
468	0:44:45	603	Robert Rees	M		
469	0:44:47	1332	Huw Meredydd Davies	M	40	C R H A P
470	0:44:49	816	Christina Smith	F	45	3m's Running Club
471	0:44:49	1839	Adam McMeeking	M		
472	0:44:52	3086	Robert Ford	M	50	Pontypridd Rodents A C
473	0:44:53	1627	Raymond Mathias	M		
474	0:44:53	1500	Alun Smith	M	45	Rhondda Valley Runners
475	0:44:53	2613	Clive L Morgan	M	40	
476	0:44:54	1681	Gareth Paul Higgins	M		
477	0:44:56	2147	Chris Lewis	M		
478	0:44:57	2163	Ian Perryment	M		
479	0:44:58	2758	Luke Keegan	M		Stourbridge Running Club
480	0:44:58	1287	Phillip Huw Davies	M		
481	0:44:58	686	Andrew Owen	M	40	Avon & Somerset Police
482	0:45:00	894	Richard I Evans	M	40	
483	0:45:00	2281	Mary Tavener	F	40	Vale Royal A C
484	0:45:00	1830	Stephen Cray	M	45	Penarth & Dinas Runners
485	0:45:02	2695	Helen C Mansfield	F	40	Carmarthen Harriers
486	0:45:02	786	Peter Smith	M	55	Wye Valley Runners
487	0:45:04	2289	Stuart Moyse	M	40	
488	0:45:04	2631	Michael Lyons	M	45	
489	0:45:05	2842	James Walker	M		
490	0:45:06	487	Ben Seabourne	M		
491	0:45:06	2683	Wayne L Davies	M		
492	0:45:08	2062	Richard Mugford	M		
493	0:45:09	1593	Nicola Y Cable	F	35	
494	0:45:09	2725	Bethan Strange	F	20	Cardiff / U W I C
495	0:45:10	2971	Gwion Evans	M		
496	0:45:10	953	Glyn Williams	M	60	3m's Running Club
497	0:45:10	2989	Laurence J Hopes	M	55	
498	0:45:11	647	Greg Lord	M		Celtic Tri
499	0:45:13	1668	Yvonne Bullen	F	40	Les Croupiers
500	0:45:13	1986	Richard Bebell	M		
501	0:45:14	2784	Matt Leathard	M		
502	0:45:14	1672	Robert Hughes	M		
503	0:45:15	1610	Philip A Williams	M	45	Multisport
504	0:45:17	2382	Richard S Davies	M	40	
505	0:45:19	848	William W Holmes	M	40	
506	0:45:19	2694	Simon Mansfield	M	45	Carmarthen Harriers
507	0:45:19	1188	Stuart Ian Mann	M		
508	0:45:20	2983	Timothy S Clarke	M	45	Swansea Harriers
509	0:45:21	2187	Russell Crocker	M		
510	0:45:21	2175	Andy Morton	M	45	
511	0:45:22	1744	Andrew Wallis	M		

## Admiral Swansea Bay 10k

Sunday 24th September, 2006

Pos	Time	No	Name	M/F	Cat	Club
512	0:45:24	1669	Melville N Morgar	M		
513	0:45:24	2287	John Sterio	M	45	
514	0:45:24	3049	Mark Trotman	M		Admiral
515	0:45:25	2769	Becki Ansfield	F		Wye Valley Runners
516	0:45:26	1004	Ian Sparks	M		
517	0:45:27	1730	Mark Picton	M	40	
518	0:45:27	448	Mark Edwards	M		
519	0:45:27	314	David Caswel	M	40	
520	0:45:28	1473	Anthony J Phillips	M	45	
521	0:45:28	2097	Lee Draper	M		
522	0:45:29	490	Chris Johns	M	40	
523	0:45:30	2628	Richard C Barnes	M	45	Road Runners Club
524	0:45:30	2422	Julian Alan Smith	M		Mumbles Milers
525	0:45:30	1326	Stephen B New	M	40	100 Marathon Club
526	0:45:31	209	Meinir Jones	F		
527	0:45:32	577	Christian Rees	M		
528	0:45:32	2698	Darren Jason Porter	M		
529	0:45:33	1064	Neil Edward Thomas	M	55	
530	0:45:33	1297	Michael D Jones	M	40	
531	0:45:35	2244	Mat Dorn	M		
532	0:45:36	879	Stuart T Haden	M		
533	0:45:36	1793	John Ayres	M	50	Port Talbot Harriers
534	0:45:38	1997	Derek Jarvis	M	55	Andover A C
535	0:45:39	331	Jamie Evans	M		
536	0:45:39	668	Emma Hawthorne	F		
537	0:45:40	943	Wayne Preece	M	50	
538	0:45:43	1900	Andrew Richards	M		
539	0:45:46	1380	David Brian Curzon	M	45	
540	0:45:48	1953	Graeme Manning	M	45	
541	0:45:52	1189	Matthew Lloyd	M		
542	0:45:54	1580	Richard Yea	M	50	
543	0:45:54	1513	Rod Huw Harris	M	40	
544	0:45:54	2047	Gareth Goddard	M		
545	0:45:55	1968	Mandy Peace	F	40	Sospan Road Runners
546	0:45:57	987	Neil Davies	M		
547	0:45:57	360	Jacky Austin	F	50	Club 69
548	0:45:58	869	Philip John Smith	M	50	Wye Valley Runners
549	0:45:58	1238	Brian Brookes	M	55	
550	0:45:59	2702	Mark Gosney	M		
551	0:46:00	185	Mike Allen	M		
552	0:46:00	1592	Michael Alan Lane	M		
553	0:46:01	3071	Maureen Coffey	F	55	Westbury Harriers
554	0:46:05	522	Ian Smith	M	45	Wye Valley Runners
555	0:46:05	1194	Andrew D Baker	M		
556	0:46:06	583	Stuart Davidson	M	50	Bridgend A C
557	0:46:06	2137	Stephen Israel	M		
558	0:46:06	864	Jack Newton	M	20	
559	0:46:07	1276	Raymond A Dowricks	M	55	
560	0:46:10	2293	Haldon Eddolls	M	60	
561	0:46:10	3043	Stuart Coope	M		Admiral
562	0:46:11	2722	Jeremy Osborne	M	40	
563	0:46:12	382	Gavin Roberts	M	40	Swansea Harriers
564	0:46:13	1454	James S Kelleher	M		
565	0:46:14	82	Sharon M Bromage	F		
566	0:46:15	210	Dan Raynor	M		Envirogonch Unlimited
567	0:46:15	760	Richard Howe	M		
568	0:46:15	1960	Chris Herdman	M		
569	0:46:15	1179	Brinley J Aherne	M	55	
570	0:46:18	1848	Steve Chambers	M	45	
571	0:46:19	622	Daniel Picton	M		
572	0:46:20	1563	Helen Howells	F	45	Leamington C & A C
573	0:46:21	2069	Jason Foley	M		
574	0:46:22	1908	Nigel Pitt	M	45	3m's Running Club
575	0:46:22	2898	Andrew Thomas	M		
576	0:46:24	2990	John David Hopkins	M	40	Port Talbot Harriers
577	0:46:24	2991	Sally Hopkins	F	40	
578	0:46:25	635	Alistair Macdonald	M		
579	0:46:26	1549	Harry George Franklin	M	70	Wye Valley Runners
580	0:46:31	2723	Mark Bennewith	M		3m's Running Club
581	0:46:31	2676	Amanda Evans	F	35	3m's Running Club
582	0:46:32	2211	Adam Holder	M		
583	0:46:32	1123	Arfon Rees	M		
584	0:46:33	2058	Alex Egan	M		



Pos	Time	No	Name	M/F	Cat	Club
585	0:46:35	2004	Howard Leamon	M		
586	0:46:36	597	Stephen Riseley	M	40	
587	0:46:37	238	Simon O'Brien	M	40	
588	0:46:39	1053	Mark Gawain Joseph	M	40	
589	0:46:39	2269	Darren L Roberts	M		
590	0:46:41	2672	Michael D Jones	M	20	
591	0:46:41	1270	Richard Hood	M		
592	0:46:42	405	Nicholas Webster	M		
593	0:46:42	2816	Peter Harrop	M	45	
594	0:46:44	1094	Richard Owen Bevan	M	40	
595	0:46:44	84	Sian Phillips	F	45	Swansea Harriers
596	0:46:45	2999	Dennis Marchant	M	55	City Of Bath A C
597	0:46:45	2827	Anne Follan	F	35	Pontypridd Rodents A C
598	0:46:46	2252	Louise Miskell	F	35	3m's Running Club
599	0:46:47	426	Mark Aston	M	45	
600	0:46:47	2396	Mark Anthony Brier	M		
601	0:46:47	1814	Lloyd Griffiths	M		
602	0:46:47	1072	Neil Pearce	M		
603	0:46:49	2266	Michael John Williams	M	40	
604	0:46:52	2100	Malcolm Bradley	M		C O L A P S
605	0:46:53	936	Danielle R Williams	F	35	
606	0:46:53	1278	Donald Prosser	M	45	
607	0:46:53	2048	Amanda Elias	F	35	
608	0:46:53	309	Ralph Lloyd	M	40	Wye Valley Runners
609	0:46:54	2688	Pauline Rich	F	60	Serpentine
610	0:46:55	582	Kerry Evans	M		
611	0:46:55	2249	Mike Nash	M	45	
612	0:46:56	692	Paul Furlong	M	55	
613	0:46:56	915	Dawn Bullock	F		
614	0:46:57	2829	Michael Cosgrove	M	40	
615	0:46:58	1020	Gethin Jenkins	M	20	Sarn Helen Running Club
616	0:46:58	994	David Eric Hebbes	M	55	
617	0:46:58	2988	Frank W Rott	M	60	
618	0:46:59	2128	Richard Saunders	M		
619	0:47:00	3154	Jamie Rewbridge	M		Activa
620	0:47:00	1915	Del Matthews	M		
621	0:47:02	1589	Judi Bowsher	F	45	Les Croupiers
622	0:47:02	2479	Neil Davies	M		
623	0:47:03	434	Richard Brooks	M		
624	0:47:05	1577	Simon John Cowlshaw	M	40	
625	0:47:07	1333	Anne Marie Evans	F	35	C R H A P
626	0:47:09	468	Bryan O'Leary	M		Amman Valley Harriers
627	0:47:09	323	Liam Kelleher	M		
628	0:47:09	1414	Richard H Lawrence	M	45	
629	0:47:11	1761	Marc Charles	M		
630	0:47:12	1481	Michael Smith	M	45	
631	0:47:12	1817	Terry Jones	M	55	Visteon
632	0:47:13	2474	David Bryer	M		
633	0:47:13	1257	Owain Rhys Heaven	M		
634	0:47:14	2240	Karen Dewar	F	35	
635	0:47:14	3029	Geraint Jones	M		Admiral
636	0:47:15	614	Levon Sandercock	M		
637	0:47:15	380	Gary Thorne	M	40	
638	0:47:16	2912	John Davies	M	55	Port Talbot Harriers
639	0:47:17	1119	Gill Stanford	F	50	
640	0:47:19	102	Amanda John	F	40	Amman Valley Harriers
641	0:47:20	625	Stephen Hughes	M		Celtic Tri
642	0:47:21	1432	Dave Sherwood	M	45	Wye Valley Runners
643	0:47:22	1491	Mario Rabaiotti	M	40	
644	0:47:23	1660	Ross Alun Lewis	M		
645	0:47:24	2908	Keith Brooks	M		
646	0:47:26	2254	Andrew W Lewis	M	40	
647	0:47:26	3174	Matthew Dumelow	M		
648	0:47:27	891	John Robert Bibby	M		
649	0:47:28	986	Jason Dacking	M		
650	0:47:28	1561	Martyn Woolfall	M		
651	0:47:28	1887	Simon Vass	M	40	
652	0:47:29	1233	Dave Sdavies	M	50	
653	0:47:29	682	John Bailey	M	45	
654	0:47:29	350	Penri Evans	M		
655	0:47:30	2341	David Alun Rees	M		
656	0:47:30	2904	Alun Davies Kurmaully	M		
657	0:47:31	2121	Alun Williams	M		

## Admiral Swansea Bay 10k

Sunday 24th September, 2006

Pos	Time	No	Name	M/F	Cat	Club
658	0:47:31	1184	Andrew Mark Sedgmond	M	50	Les Croupiers
659	0:47:32	898	Christopher F Jones	M	40	
660	0:47:33	545	Paul Rowlands	M	50	
661	0:47:34	2949	Ian Jones	M		
662	0:47:35	1530	Clive Denton	M		
663	0:47:36	867	Tyrone Williams	M		
664	0:47:36	393	Bill Beynon	M	40	
665	0:47:36	2598	Kevin Eynon	M	45	
666	0:47:37	395	Richard M Jones	M		
667	0:47:37	2679	Michael John Williams	M		
668	0:47:39	883	Peter Young	M	50	Aberdare
669	0:47:39	491	David Strange	M		Stragglers
670	0:47:39	1631	Aled Rhys James	M		
671	0:47:40	430	Catrin Daniels	F		Barnet & District A C
672	0:47:40	85	Andrew Rothwell	M	45	
673	0:47:41	249	Geoff Rainsbury	M	55	
674	0:47:41	2323	Howard John Brown	M	55	Les Croupiers
675	0:47:42	910	Jenny Hughes	F	45	Arena 80
676	0:47:42	613	Andrew Jones	M		
677	0:47:43	2093	Bobby Gardiner	M	45	Team Wecori
678	0:47:43	1770	David Stone	M		
679	0:47:43	2329	Byron Measday	M		
680	0:47:43	1553	Clare Lloyd	F		
681	0:47:44	599	Jeremy Forshaw	M		
682	0:47:44	366	Michelle K Witham	F		Mumbles Milers
683	0:47:45	225	Chris Wathan	M		
684	0:47:45	602	Sarah McCarthy	F		Les Croupiers
685	0:47:45	541	Steve Press	M		Wecori
686	0:47:48	2459	Mark Davis	M	45	
687	0:47:50	467	Geraint Dawe	M		B B C Runners
688	0:47:50	267	Matthew Griffiths	M		
689	0:47:50	428	Helen Jones	F	35	
690	0:47:51	2265	Timothy S Soar	M	40	
691	0:47:51	2890	Joanna Crosier	F		
692	0:47:54	1805	Michelle Cole	F		
693	0:47:54	2013	Thierry Maffeis	M		
694	0:47:54	2719	Caroline Dallimore	F	50	Les Croupiers
695	0:47:54	2583	Edit Walsh	F		
696	0:47:55	1207	David Raisbeck	M		
697	0:47:56	2934	Caroline Sandles	F	35	3m's Running Club
698	0:47:56	2781	Ian Haines	M		Islwyn Running Club
699	0:47:57	333	Andrew Fall	M	40	
700	0:47:58	3096	Desmond Paul McNeill	M		
701	0:47:59	406	Christopher Griffiths	M	20	Neath Harriers
702	0:47:59	3055	David Frank Mitchel	M	45	S B O C
703	0:48:00	2862	Jeffrey Harvey	M	55	
704	0:48:00	297	Martin Hilton	M		
705	0:48:01	2759	David Webb	M	40	
706	0:48:01	924	Theresa Taylor	F	40	Womens Running Network
707	0:48:01	2724	Bruce Morgan	M	50	Llanelli A A C
708	0:48:02	828	Andrew Rhys Jones	M		
709	0:48:03	884	Alan W Geddes	M	45	
710	0:48:04	3146	Jason Radford-Gardiner	M		
711	0:48:05	2895	Jon Lear	M	40	
712	0:48:05	2119	Darrell Swain	M		
713	0:48:06	2036	Marcus Charles	M		
714	0:48:06	1391	Richard L Mainwaring	M		
715	0:48:07	322	Dewi Hughes	M	50	
716	0:48:09	1007	Marc Batcup	M		
717	0:48:10	342	James Barraclough	M		
718	0:48:12	1076	Kevin Paul Doyle	M	40	
719	0:48:12	1825	John Ivins	M	40	
720	0:48:13	2511	Joshua James Sanders	M	20	
721	0:48:14	477	Michael Shaw	M	55	Wye Valley Runners
722	0:48:16	1605	Simon Peter Franks	M	40	Swansea Harriers
723	0:48:16	661	Christopher Jones	M	40	Port Talbot Harriers
724	0:48:16	2374	Jonathan Clarke	M		Swansea Harriers
725	0:48:17	595	Cennydd Amos	M		
726	0:48:18	840	William John Davies	M	70	Winchester & District A C
727	0:48:19	412	Melanie Colburn	F	40	
728	0:48:19	2324	Kimberley Anthony	F		
729	0:48:20	1623	Wesley Umbojo	M	45	
730	0:48:20	2294	Carley Lynn Evans	F		

Pos	Time	No	Name	M/F	Cat	Club
731	0:48:20	1267	Stephen Daniels	M	40	
732	0:48:21	710	Kate Evans	F		
733	0:48:21	1403	Raymond Neil Greenhouse	M	40	
734	0:48:22	3013	Neil Fenn	M	40	
735	0:48:22	172	Anthony Parsons	M	45	
736	0:48:23	1192	Simon M Lewis	M	40	
737	0:48:24	2782	Eurwyn Davies	M	40	
738	0:48:24	2332	Christopher D Davies	M		
739	0:48:24	1894	Gareth Jones	M		
740	0:48:25	400	Julia Grassl	F		
741	0:48:26	619	Andrew Daniel	M		
742	0:48:27	1220	Gwylim Wynne Griffiths	M	50	Trots
743	0:48:27	2932	Gafin Griffiths	M		
744	0:48:27	983	Geoffrey R Johnson	M	55	
745	0:48:27	1302	Simon John Cox	M	40	
746	0:48:28	2315	Becky Wakeham	F		
747	0:48:28	1312	Richard Crook	M	40	
748	0:48:28	1370	Sarah E Gibby	F	20	
749	0:48:29	2833	Leighton Roach	M	40	
750	0:48:29	636	Stuart Prenderville	M		
751	0:48:30	960	Robert A Sanders	M	50	
752	0:48:31	2028	Lesley Woodward	F	55	
753	0:48:33	2185	Mark Hutchings	M	40	
754	0:48:33	307	James Harris	M	45	
755	0:48:34	1101	Chris Kidwell	M	20	
756	0:48:34	1480	Nigel Hugh Davies	M	45	
757	0:48:35	1743	Andrew Griffiths	M		
758	0:48:36	3093	Richard Theo Powell	M		
759	0:48:36	1061	Anthony P Savage	M	40	
760	0:48:38	274	Leigh Williams	M		Team Bago
761	0:48:38	103	Andrew Lycett	M	40	
762	0:48:38	3030	Leigh A Manley	M		Admiral
763	0:48:39	1114	John Wilson Rees	M	50	
764	0:48:39	2567	Stephen Whitmarsh-Knight	M	60	
765	0:48:39	2518	Jamie Bevan	M	40	
766	0:48:40	2801	Marianne Gittoes	F		
767	0:48:43	2696	Tony Baker	M	40	
768	0:48:43	589	Stephen Mellalieu	M		
769	0:48:44	1279	Gwion Llwyd	M		
770	0:48:44	1636	Arthur John Phillips	M	70	Sospan Road Runners
771	0:48:44	1739	Alison Morgan	F		
772	0:48:45	920	Stuart James	M		
773	0:48:46	2241	Iwan Griffiths	M		
774	0:48:46	474	Hywel Tomos	M		
775	0:48:47	2113	Mark Wade	M		
776	0:48:48	1417	Brian John Blandford	M	70	Neath Harriers
777	0:48:49	2232	William Strong	M	55	
778	0:48:49	2453	Oliver Simon Lewis	M		
779	0:48:50	1421	Alex K Arnold	F		Swansea University Running Clu
780	0:48:51	2590	Kurt Jones	M		
781	0:48:51	2398	Elizabeth Vaughan	F	40	
782	0:48:51	1054	Robert Wollacott	M		
783	0:48:52	1704	Steve Champion	M	50	
784	0:48:53	2178	Julian Price	M		
785	0:48:53	3163	Ralph Lewis	M		Activa
786	0:48:54	1878	Elaine Hillary	F	45	Newland Girl Boozers
787	0:48:55	3019	Runner 3019	M		
788	0:48:56	1674	Deborah A Hope	F	40	
789	0:48:57	2718	David Broadbent	M		Poole A C
790	0:48:57	3156	Kraig Dhar	M	20	Activa
791	0:48:58	3000	Rebecca Dietzig	F		
792	0:48:58	1829	Christopher Rymer	M		
793	0:48:59	1186	Dafydd M Jones	M		
794	0:49:01	2156	Fiona Davies	F	50	Bridgend A C
795	0:49:01	1504	Martin Bishop	M	40	Rhondda Valley Runners
796	0:49:02	3116	Kyra Kirkham	F		
797	0:49:02	2068	Robert Jones	M		
798	0:49:02	3001	Bernie Dietzig	M		
799	0:49:04	985	David Comery	M	40	
800	0:49:05	601	Barry Weston	M	45	Enfield Runners
801	0:49:07	388	Kirsten Tucker	F		Swansea Harriers
802	0:49:07	1923	Martyn Lewis	M		
803	0:49:07	780	Derek R Davies	M	45	

Pos	Time	No	Name	M/F	Cat	Club
804	0:49:07	2130	Sean Granville	M		
805	0:49:07	279	Keith Starr	M	55	
806	0:49:07	1584	Raymond Majer	M	50	
807	0:49:08	569	Arwel Jones	M		
808	0:49:09	2519	John Paul Griffiths	M		
809	0:49:09	3026	Amanda Francesco	F		Admiral
810	0:49:09	1497	Richard John Cadogan	M		Rhondda Valley Runners
811	0:49:12	76	Steve Evans	M		Swansea Harriers
812	0:49:13	3119	Matthew D Crowcombe	M		
813	0:49:13	3189	Emma Carpenter	F		
814	0:49:15	2618	Roger Opie	M	55	
815	0:49:15	875	David W Gates	M	45	
816	0:49:16	1498	Vernon T McCarthay	M	55	Rhondda Valley Runners
817	0:49:16	1430	Graham Jones	M	60	
818	0:49:16	2390	Darren Lee Sanders	M		
819	0:49:17	868	Raymond Boyce	M	45	Cornelly Striders
820	0:49:18	422	Ann Rowell	F	50	Trots
821	0:49:19	275	James Samuel	M		Team Bago
822	0:49:19	1990	Brian Clarke	M	40	
823	0:49:20	823	Sheila Jane James	F	35	
824	0:49:21	1564	Richard J Harris	M		
825	0:49:21	305	Elaine Newman	F		
826	0:49:22	975	Peter Chowdhury	M		
827	0:49:22	877	Aidan T Davies	M		
828	0:49:22	1013	Wilfred Paul Phillips	M	55	
829	0:49:23	705	Matthew Giles	M		
830	0:49:24	2824	Mark Weeds	M	45	
831	0:49:24	348	Andrew Biston	M	40	
832	0:49:25	1658	Jeffrey Keen	M	45	
833	0:49:25	832	Martin C Lawrence	M		
834	0:49:27	513	Matthew Wilton	M		
835	0:49:27	563	Kathleen Bradbury	F	45	Amman Valley Harriers
836	0:49:27	2820	Suzanne Wells	F		
837	0:49:28	2701	Huw James	M	40	Activa
838	0:49:30	1131	Emyr Wyn Thomas	M		
839	0:49:30	2967	Linzi C Palmer	F		Swansea Ladies A F C
840	0:49:30	1715	Iain Burns	M		
841	0:49:31	2565	Edward Mark Davies	M		
842	0:49:31	1431	Allan Broadbent	M	60	Poole A C
843	0:49:32	2149	Neil Pugh	M		
844	0:49:33	2813	Anthony Simoncini	M		
845	0:49:33	1367	John A Hughes	M	45	
846	0:49:33	446	Colin Saunders	M	40	
847	0:49:33	3150	Matthew Evans	M		
848	0:49:33	1948	Stephen Rees	M	45	
849	0:49:34	1917	James Roberts	M		
850	0:49:34	2172	Sarah Ganderton	F	35	
851	0:49:34	2383	Clive Tucker	M	45	
852	0:49:34	2629	Jarad David Seale	M	20	
853	0:49:35	1852	Tomos Williams	M		
854	0:49:35	2092	Llyr Evans	M	45	
855	0:49:36	2652	Mervyn Huggins	M	70	Midland Masters
856	0:49:36	1289	Brenda E Jones	F	65	Bro Dysywi A C
857	0:49:36	729	Ryan Orton	M		
858	0:49:37	2489	Karen McGeoch	F	45	Mumbles Milers
859	0:49:37	3016	Kim Provis	M	45	
860	0:49:38	1635	Paul Jan Evans	M	45	
861	0:49:38	834	Michael Owen	M		
862	0:49:38	3075	Lisa Cleary	F	40	Penarth & Dinas Runners
863	0:49:39	1714	Andrew Burns	M		
864	0:49:40	2045	Marcus Beard	M	45	
865	0:49:40	2938	Hendrik A Innemee	M	55	
866	0:49:41	908	Geoffrey Davies	M	55	Ford Bridgend R C
867	0:49:42	1735	Phil Littlejohns	M		
868	0:49:42	465	Simon Jenkins	M	45	
869	0:49:43	1268	Kwok Lee	M		Glamorgan H & R
870	0:49:43	2552	Adrian Read	M		
871	0:49:44	2580	Camilla J Darwin	F	35	Serpentine
872	0:49:44	1698	Rhys Edward Merrell	M	20	
873	0:49:44	1787	Andy Silk	M	45	Chepstow Harriers
874	0:49:45	2815	Ian Duggan	M		
875	0:49:48	1378	Jason Bowden	M		
876	0:49:48	2379	Bethan Jane Williams	F	20	

Pos	Time	No	Name	M/F	Cat	Club
877	0:49:49	2891	Chris Davis	M		
878	0:49:49	332	Mark Thompson	M		
879	0:49:51	779	Michael John Wade	M	45	
880	0:49:51	1651	Richard Dando	M		
881	0:49:51	1650	Georgie Fleming	F		
882	0:49:55	3113	Stephen Davies	M	40	Activa
883	0:49:55	1556	Steve McLelland	M	50	3m's Running Club
884	0:49:56	1853	Robert Royce	M	45	
885	0:49:56	2381	Christine A Davies	F	40	
886	0:49:56	1501	Neil Crosby	M		R V R
887	0:49:57	649	Eugene O'Sullivan	M		
888	0:49:57	397	Steve Loqan	M		
889	0:49:59	1891	Matt Deeley	M		
890	0:49:59	620	Neale Wood	M	45	
891	0:50:00	2922	Stephen Lewis	M		
892	0:50:00	2978	Daniel Drewson	M		
893	0:50:00	336	Baldwin Jon	M		
894	0:50:00	3191	Simon Cogger	M	40	
895	0:50:01	2029	Mark Lintern	M		
896	0:50:02	494	Adam Hilton	M		Basingstoke & Deane
897	0:50:02	253	Philippa Francis	F	40	
898	0:50:03	356	Graham Coult	M		Serpentine
899	0:50:03	2574	Robin Thorndyke	M	60	Wye Valley Runners
900	0:50:03	1003	Ian Dobby	M	55	
901	0:50:03	2109	Caroline Wade	F		
902	0:50:04	1768	Darren Walker	M		Les Croupiers
903	0:50:04	1152	Janice Ann Harvey	F	50	
904	0:50:04	2582	John Walsh	M	45	
905	0:50:05	2264	Andrew L Jones	M	40	Serpentine
906	0:50:06	1358	Richard Donne	M	40	3m's Running Club
907	0:50:06	812	Jonathan D Wilson	M		
908	0:50:07	570	David Stephens	M		
909	0:50:07	738	Gill Spencer	F	45	
910	0:50:08	1347	Carl Lawrence	M	40	
911	0:50:09	2720	Gary James Clayton	M		
912	0:50:09	831	Dean Bryan Israe	M	40	
913	0:50:10	2191	Alastair Wilson	M		
914	0:50:10	560	Sharon David	F	45	
915	0:50:11	344	James Dawson	M		
916	0:50:11	3155	David Vaughan	M		Activa
917	0:50:11	223	Nigel Jenkins	M	40	Caerleon R C
918	0:50:12	2961	Gabriel Fernandez	M		
919	0:50:13	1537	Judy Potter	F	60	Bungay Black Dog R C
920	0:50:13	2481	David White	M	40	
921	0:50:15	204	Suzanne Bevan	F	40	
922	0:50:16	374	Ray Fisher	M	45	
923	0:50:16	2923	Paul Hughes	M	50	
924	0:50:17	123	Mark Turner	M		
925	0:50:17	2145	Bev Dowrick	F		Plymstock Road Runners
926	0:50:17	168	Russell Bailey	M		
927	0:50:18	918	Angharad R Roberts	F		
928	0:50:18	2219	Kevin Greenwel	M		
929	0:50:19	1545	Stuart Ballinger	M		
930	0:50:19	2620	Richard Bilton	M		
931	0:50:19	1785	Richard Noon	M		
932	0:50:21	2494	Pascal Forreau	M	45	S C Orvault
933	0:50:22	3111	Leighton Quinn	M	45	
934	0:50:22	1930	Philippa Williams	F		
935	0:50:22	3039	Byron Wayne Davies	M		Admiral
936	0:50:22	303	Mick Aston	M	45	Leamington C & A C
937	0:50:22	2250	Robin Wilson	M		Fire Service S A A
938	0:50:22	2686	Lisa Wood	F		Wimbledon Windmilers
939	0:50:23	1402	Andrea Davies	F		
940	0:50:23	2864	Leigh Wrona	M		Wronas Rockets
941	0:50:24	300	Dennis Blunt	M	55	
942	0:50:24	1657	David Rhys Morgan	M	40	Vale Harriers
943	0:50:25	1487	Alun Ivor Lewis	M	55	
944	0:50:25	2713	Andrea Butcher-Wood	F	35	Bitton Road Runners
945	0:50:25	1639	Ian Gareth Moss	M		
946	0:50:26	1379	Anthony M Rees	M	40	
947	0:50:26	1464	Simon McMail	M		
948	0:50:27	3092	Gareth Picton	M	45	
949	0:50:27	1460	Anthony N Young	M		

Pos	Time	No	Name	M/F	Cat	Club
950	0:50:28	2361	Paul Bevan	M	50	Port Talbot Harriers
951	0:50:28	2148	Rebecca Townley	F	35	
952	0:50:28	337	Adrian Hearne	M		
953	0:50:29	524	Julie Webster	F		
954	0:50:31	981	Russell Pullen	M	60	Neath Harriers
955	0:50:32	1255	Katherine Jones	F	20	
956	0:50:32	1516	Phillip Tarr	M	40	
957	0:50:33	878	Lindsay T Davis	M	45	Totton Running Club
958	0:50:37	2432	Ian Evans	M	40	
959	0:50:38	1691	Graham Vyner	M		
960	0:50:42	3194	Tracey Edwards	F		
961	0:50:42	1546	Roger Piers Morgan-Harvey	M		Mumbles Milers
962	0:50:43	3076	Adrian C Mathias	M	40	
963	0:50:43	1433	Michael Newman	M	55	Neath Harriers
964	0:50:43	2449	Sandra Irvine	F	35	
965	0:50:43	2406	Roger David Fawke	M	50	Islwyn Running Club
966	0:50:44	410	Alen Sparrow	M	55	Plymouth Harriers
967	0:50:44	847	Gail Colley	F	40	Wye Valley Runners
968	0:50:45	896	Colin Leslie Williams	M	65	Wye Valley Runners
969	0:50:45	281	David Fletcher	M	45	Wye Valley Runners
970	0:50:46	1582	Janice Wyn Davies	F	45	C R H A P
971	0:50:47	2223	Katherine Wilson	F	35	
972	0:50:47	2409	Andrew George	M		
973	0:50:47	2841	Richard Amos	M		
974	0:50:48	3018	Lea Farrington	M		
975	0:50:48	2605	Jennifer Sleath	F	35	
976	0:50:49	167	Chris Purnell	M	40	
977	0:50:49	665	Hayley Swaine	F		
978	0:50:50	822	Geoffrey Evans	M	45	
979	0:50:50	1585	Rhodri Aled Rees	M		
980	0:50:51	404	Nigel Best	M	45	
981	0:50:51	1733	Michael Burns	M	55	San Domenico R R C
982	0:50:52	92	Alex Worthing	M		
983	0:50:52	1354	Anthony J Rees	M	40	
984	0:50:52	1568	Margarett Monk	F	55	Club 69
985	0:50:53	1171	Darien Jones	M		
986	0:50:54	2806	Sarah Hallett	F	35	
987	0:50:56	790	Susan A Pretty	F	50	Wye Valley Runners
988	0:50:56	787	Leslie Chamberlain	M	55	Wye Valley Runners
989	0:50:58	763	Phillip Doel	M	45	
990	0:50:58	1679	Abigail Reynolds	F		Wolves & Bilston
991	0:51:00	2500	Wayne Admond	M	55	
992	0:51:00	1684	Sion Slaymaker	M		
993	0:51:02	1601	Stephen R Davies	M	45	
994	0:51:02	2785	Sarah Packer	F	35	
995	0:51:02	2786	Dean Packer	M		
996	0:51:03	997	Jack Maclachlan	M	45	
997	0:51:04	1628	Benjamin S Raichoudhury	M	55	
998	0:51:06	965	Carlos Land	M		
999	0:51:07	2712	Leah Williams	F		
1000	0:51:07	1783	Anthony Kavanagh	M	60	Cornelly Striders
1001	0:51:08	230	Gareth Hart	M		
1002	0:51:08	2522	Richard Griffiths	M		RFC
1003	0:51:08	470	Martin Neal	M		
1004	0:51:09	2212	Bethan Reynolds	F		
1005	0:51:10	684	Lyn Brown	F	40	Amman Valley Harriers
1006	0:51:10	1443	Keith Clash	M	45	
1007	0:51:10	1274	Mark Blackmore	M		
1008	0:51:10	127	Les Ainscough	M	45	
1009	0:51:11	2008	Paul Hammacott	M	45	
1010	0:51:11	1158	Simon Davies	M		
1011	0:51:13	1604	Steven Glyn Williams	M		
1012	0:51:13	961	Michael G Shellard	M	60	
1013	0:51:13	1994	Monika Bhagobati	F	35	
1014	0:51:14	1319	Phil Goss	M		
1015	0:51:14	2446	Megan R Thomas	F	20	
1016	0:51:14	2107	Kathryn Morgans	F		
1017	0:51:15	520	Richard Hesketh	M		
1018	0:51:16	2796	Lindon Joshua	M		
1019	0:51:18	942	Alun Lloyd Harris	M	45	
1020	0:51:19	2256	Nicholas J McGinn	M		Neath Harriers
1021	0:51:20	2809	K Viant	M	40	
1022	0:51:20	1428	Andrew Meyrick	M	40	

Pos	Time	No	Name	M/F	Cat	Club
1023	0:51:21	2370	Michael Parrish	M	45	
1024	0:51:22	152	Ian Storrar	M	40	
1025	0:51:23	1141	Wayne Phillips	M	40	
1026	0:51:24	2335	Heidi Lea	F		
1027	0:51:24	2611	Leigh De Vulgt	M		
1028	0:51:25	327	Malcolm Maskell	M	40	
1029	0:51:25	2393	Angela Dawn Delaney	F	35	Womens Running Network
1030	0:51:26	2750	Caryl James	F		
1031	0:51:26	808	Michael Deadman	M	60	
1032	0:51:27	1030	Christopher C Stanford	M		
1033	0:51:27	151	James Storrar	M	45	
1034	0:51:28	2623	Alex Marsh	M		Great Western Runners
1035	0:51:28	257	Stephen Ware	M	40	
1036	0:51:28	2180	Melanie Youngs	F		
1037	0:51:28	1879	Angharad Fury	F		
1038	0:51:28	1148	David Thomas Jones	M	50	
1039	0:51:29	1031	Anthony C Stanford	M	20	
1040	0:51:29	1313	Andrew Evan Rockley	M		
1041	0:51:29	1035	Neil James Lewis	M	45	Mumbles Milers
1042	0:51:30	624	Richard Baker	M		
1043	0:51:30	1475	Helen F Phillips	F	45	Amman Valley Harriers
1044	0:51:31	1496	Clare Ac Wood	F		
1045	0:51:31	236	Tim Boothby	M		
1046	0:51:31	2303	Terry Shore	M	55	
1047	0:51:32	438	Tom Denman	M		
1048	0:51:32	2954	Mark Thomas	M		
1049	0:51:32	2056	Simon Grogan	M	40	
1050	0:51:32	1835	Stephen Brown	M		
1051	0:51:33	1331	Gareth Ash	M	40	Road Runners Club
1052	0:51:33	1531	Kelvin Rees Phillips	M		
1053	0:51:33	440	Andrew Davies	M		
1054	0:51:33	2621	Paul Douglas Rowley	M	45	
1055	0:51:34	892	Huw Worman Elliott	M	45	
1056	0:51:34	2143	Noel Williams	M	40	Llandoverly Roadents
1057	0:51:36	1291	Kevin John Williams	M	50	
1058	0:51:37	3105	Stephen Woods	M	45	
1059	0:51:38	1769	John McIntyre	M		
1060	0:51:38	727	Nicholas Thomas	M		
1061	0:51:39	108	Paul Culliford	M		
1062	0:51:39	1175	Isabel Mary Evans	F	35	
1063	0:51:41	1438	Richard J Pennell	M		Glamorgan
1064	0:51:42	2173	Sally Jones	F		
1065	0:51:42	546	Paul Harry	M		South Wales Police.
1066	0:51:42	2837	Janika Maiwald	F		Brackla Harriers
1067	0:51:43	2222	Lee Hickman	M		
1068	0:51:44	1571	Angela C Watkins	F		
1069	0:51:45	2823	Stuart West	M	40	
1070	0:51:46	2641	Jonathan Parker	M		Admiral
1071	0:51:48	2529	John Colin Burridge	M	40	
1072	0:51:49	1410	Jane Banks	F		
1073	0:51:50	1193	Jeffrey Vaughan	M	55	
1074	0:51:50	970	Dorian Higgins	M		
1075	0:51:51	298	Michael Williams	M		
1076	0:51:51	2337	Helen Eve	F	35	
1077	0:51:51	1826	Iwan Thomas	M		
1078	0:51:51	160	Jody Clark	M		
1079	0:51:52	3020	Julia C Demery	F		
1080	0:51:52	1653	Ian Andrew Swanson	M	55	Port Talbot Harriers
1081	0:51:53	2790	Sarah Vye	F	35	Womens Running Network
1082	0:51:55	992	Richard W Davies	M	40	
1083	0:51:56	1284	Jonathan Jones	M		
1084	0:51:57	2179	Marc Jones	M	40	
1085	0:51:57	452	Steve Woolridge	M	55	L V Fleet Feet
1086	0:51:57	1059	Catherine L Bradshaw	F	40	Brackla Harriers
1087	0:51:57	932	Malcolm Parker	M	60	Islwyn Running Club
1088	0:51:58	1976	Robert Evans	M		
1089	0:51:58	2312	Rebecca Evans	F		
1090	0:51:59	955	Anne Wesson	F	35	
1091	0:52:00	2116	Chris Besley	M		
1092	0:52:00	2027	Nigel Morse	M		Celtic Tri
1093	0:52:01	1495	Antonio J Gil Ruiz	M		
1094	0:52:02	2210	Gareth Williams	M		
1095	0:52:04	2867	Samantha Ward-Jones	F	35	Womens Running Network

Pos	Time	No	Name	M/F	Cat	Club
1096	0:52:04	2795	S Viant	F		
1097	0:52:05	1449	Paul Edwin Lewis	M	40	
1098	0:52:07	1566	Martin Carroll	M	45	
1099	0:52:07	2165	Leigh Besley	M	20	
1100	0:52:08	2768	Nigel French	M		
1101	0:52:09	2955	Ross Quick	M		
1102	0:52:09	1400	Pamela Jones	F	70	Ilford A C
1103	0:52:09	2189	Richard Simpson	M		
1104	0:52:10	824	Sidney Evans	M	55	
1105	0:52:10	2345	Jim Loft	M	50	
1106	0:52:11	1142	Lawrence Gilbert	M	55	
1107	0:52:12	1692	Robert Ewan Mainwaring	M		
1108	0:52:12	1293	Roger Banks	M	60	3m's Running Club
1109	0:52:13	2973	Mel Bailey	M	55	San Domenico R R C
1110	0:52:13	294	Scott Maddock-Ellis	M		
1111	0:52:13	1596	Edward Lewis Davies	M	40	
1112	0:52:14	1522	Gwyn Jones	M	70	
1113	0:52:14	3045	Peter Ellison	M		Admiral
1114	0:52:14	3104	Samantha Grove	F		
1115	0:52:15	1493	Suncan S Smith	M		
1116	0:52:15	324	Katie Kelleher	F		
1117	0:52:16	1587	Samantha Houston	F	35	Reading Joggers
1118	0:52:17	1389	Suzanne Kendrick	F	40	Spartans
1119	0:52:18	897	Frank Neil Griffiths	M	50	
1120	0:52:18	3170	Cindy Jayne Loosemore	F	40	
1121	0:52:19	2365	Richard Neil Davies	M	45	Cornelly Striders
1122	0:52:19	1512	Coleen Birch	F		Islwyn Running Club
1123	0:52:19	1005	Timothy Nichols	M		
1124	0:52:21	2359	David Martin Phillips	M	55	
1125	0:52:22	1098	Mark Vivian	M	40	
1126	0:52:23	921	Gary Daniel Marshal	M	45	
1127	0:52:24	782	Mark Gareth McDowall	M	40	
1128	0:52:24	1169	John Lovell	M	50	
1129	0:52:25	1572	Steve Williams	M		
1130	0:52:26	202	Adrian Luckman	M	40	
1131	0:52:27	1130	Douglas M Jones	M	50	Brackla Harriers
1132	0:52:27	1802	Gareth Howell	M		
1133	0:52:27	1613	Melanie Mallon	F	40	
1134	0:52:28	2857	Emma Fox	F		
1135	0:52:28	2846	Jonathan Ward	M		
1136	0:52:29	3082	Morgan W James	M	20	
1137	0:52:29	398	Mark Thynne	M		
1138	0:52:30	1409	Kenneth Milligan	M	45	
1139	0:52:30	416	Anthony Booth	M	45	Road Runners Club
1140	0:52:30	844	Julian Wake	M		
1141	0:52:31	1304	Anthony P Barron	M		
1142	0:52:31	3081	Anthony Malkus	M	40	
1143	0:52:32	2318	Lisa Phillips	F		
1144	0:52:32	653	John Cronin	M	45	
1145	0:52:32	2644	Grant Mitchell	M		Admiral
1146	0:52:32	463	Rachel Phillips	F	35	Bitton Road Runners
1147	0:52:33	1351	Richard Ian Ellison	M		
1148	0:52:34	1325	Richard W Davies	M		
1149	0:52:34	1661	Simon Andrew Kinsey	M		
1150	0:52:36	364	Andrew Oram	M		
1151	0:52:36	1548	Anthony P Hall	M	55	
1152	0:52:37	2428	Simon Clemens	M		
1153	0:52:38	863	Paul Darby	M		
1154	0:52:38	3197	Stephen T Miles	M	40	
1155	0:52:41	186	Ian Walford	M		
1156	0:52:42	2463	John Stephen Griffiths	M	60	Ford Bridgend R C
1157	0:52:42	265	Paul Rowland	M		
1158	0:52:43	1716	Christopher Webber	M		
1159	0:52:43	1200	Justin Tamlin	M		
1160	0:52:43	697	Peter Norris	M	40	
1161	0:52:46	1034	Gregory J Sandles	M		
1162	0:52:47	2290	Martin John Davies	M	40	
1163	0:52:47	260	Tim McKay	M	45	Wessex Road Runners
1164	0:52:48	2456	James Thomas Davies	M		3m's Running Club
1165	0:52:48	767	Dawn Badman	F	45	
1166	0:52:48	1719	Julie Owen	F	40	
1167	0:52:49	2255	Dennis Michael	M	50	
1168	0:52:50	687	Alison Howell	F	40	Leamington C & A C



## Admiral Swansea Bay 10k

Sunday 24th September, 2006

Pos	Time	No	Name	M/F	Cat	Club
1169	0:52:52	937	Raymond Williams	M	60	Poole A C
1170	0:52:53	1089	Janice Clement	F	45	Penarth & Dinas Runners
1171	0:52:54	1808	David Phillips	M	45	
1172	0:52:55	1413	Sue Lawrence	F	45	
1173	0:52:55	1685	Alan John	M		
1174	0:52:56	508	Patricia Jones	F	50	
1175	0:52:57	517	Eamon Murphy	M	40	
1176	0:52:57	1335	Paul Bubear	M	45	
1177	0:52:57	1022	Kevin John Davies	M		
1178	0:52:58	1203	Richard J Parry	M	50	
1179	0:53:00	733	Jeremy Thomas	M		
1180	0:53:03	1560	Michael Peach	M	45	
1181	0:53:03	2575	Gavin John Earnshaw	M		
1182	0:53:03	2376	Jan Davies	F	40	Rhayader
1183	0:53:06	1931	Aled Ap Iwan	M		
1184	0:53:08	1111	Alan Daniel Morris	M	40	
1185	0:53:09	1372	Roger D Stein	M	50	S B O C
1186	0:53:09	2585	Keith Parson	M	45	
1187	0:53:11	2731	Alexandria Wainwright	F		
1188	0:53:12	371	Thomas Jackson	M		
1189	0:53:13	2295	Rhona Jane Woodward	F		
1190	0:53:14	2071	Richard Chivers	M		
1191	0:53:15	1854	Janet Allen	F		
1192	0:53:16	1895	Alwyn Thomas	M	50	
1193	0:53:17	1995	Jason Jones	M		
1194	0:53:18	2844	Hannah Stapley	F		
1195	0:53:18	973	Helen E Griffiths	F		Les Croupiers
1196	0:53:18	1106	Neale Davies	M	40	
1197	0:53:20	2420	Paul Hedley Jones	M		Mumbles Milers
1198	0:53:21	3103	Craig Cooley	M		
1199	0:53:21	1765	Chris Spiller	M	45	
1200	0:53:22	564	James Bradbury	M	45	
1201	0:53:24	482	Eddie Tucker	M	45	
1202	0:53:25	721	Roger Jones	M	50	
1203	0:53:27	1472	Devsj Davies	M		
1204	0:53:28	2031	Buddug Saer	F		
1205	0:53:29	2051	Jacqueline L Jones	F	35	Islwyn Running Club
1206	0:53:30	976	Stephanie M Jones	F		
1207	0:53:30	1486	Emma Cownie	F	35	
1208	0:53:32	2224	Eryn Cookson	F		
1209	0:53:33	1355	David Thomas	M	40	Team Deviant/swansea Universi
1210	0:53:33	2744	Mike Staqq	M	40	
1211	0:53:34	2482	Aled Wyn Gruffydd	M		
1212	0:53:34	189	Richard Payne	M	40	
1213	0:53:35	2592	Matthew Hulmes	M		
1214	0:53:35	1885	Jacky Tyrie	F		
1215	0:53:36	788	John Kevin O'Driscoll	M	50	Wye Valley Runners
1216	0:53:36	1695	Melloney L Beynon	F	40	
1217	0:53:37	654	Edward Ian James	M	40	
1218	0:53:37	1746	Christopher Evans	M		
1219	0:53:39	485	Eric Frew	M	40	
1220	0:53:41	316	Colin Child	M	65	Swindon Striders
1221	0:53:42	402	Bethan Williams	F	35	
1222	0:53:43	2937	Johanna C Innemee	F		
1223	0:53:43	1344	Donna Marie Steel	F		
1224	0:53:45	3035	Nicholas Wengkan	M		Admiral
1225	0:53:45	561	Joanne Phillips	F	35	
1226	0:53:46	1675	Patricia K McFarlane	F	45	Penarth & Dinas Runners
1227	0:53:47	1708	Michael Davies	M	45	
1228	0:53:48	2533	David Evans	M		
1229	0:53:48	1159	Rhian Elin Williams	F		Brackla Harriers
1230	0:53:49	2218	Bethan Thomas	F		
1231	0:53:49	2799	Terrance Powell	M		
1232	0:53:51	2839	Liz Steed	F	45	
1233	0:53:51	2194	Sian Griffith	F		
1234	0:53:52	2780	Chris Lane	M	45	
1235	0:53:53	3031	Kevin Chidwick	M	40	Admiral
1236	0:53:54	1818	Donna Parry	F		
1237	0:53:55	1271	Neil Chambers	M		
1238	0:53:56	680	Rhian Davies	F		
1239	0:53:57	2360	Elizabeth A Coxwel	F	55	
1240	0:53:57	3181	Malcolm Williams	M	50	
1241	0:53:58	2876	Andrea Parker	F		

Pos	Time	No	Name	M/F	Cat	Club
1242	0:53:58	2007	Ian Rees	M		
1243	0:53:59	926	Caroline J Boote	F		
1244	0:53:59	2177	Jennie Drake	F		
1245	0:54:00	192	Megan Rosser	F	45	
1246	0:54:02	3140	Alan Rose	M	45	
1247	0:54:03	1779	Lynne Hodgetts	F	45	Womens Running Network
1248	0:54:03	2619	Claire Cowel	F	20	
1249	0:54:03	1368	Mark John Stevens	M		
1250	0:54:07	2514	Stephen Hughes	M	20	
1251	0:54:08	1987	Victoria Marke	F		Merok
1252	0:54:08	1962	Sarah Hutchings	F		
1253	0:54:08	1909	Sarah Tudor	F	35	
1254	0:54:09	2576	Joanne Earnshaw	F		
1255	0:54:09	638	Alan Winstone	M	45	
1256	0:54:09	479	Kazem Yadollah	M	45	
1257	0:54:09	2805	Shona Langridge	F	35	
1258	0:54:10	473	Sian Tomos	F	35	
1259	0:54:11	2614	Alan Thompson	M		
1260	0:54:11	1721	Ronald Davies	M	55	
1261	0:54:13	1440	Philip Ian Price	M	45	
1262	0:54:13	3052	Carol Jones	F	40	
1263	0:54:15	1689	Jackie E Evans	F		Sospan Road Runners
1264	0:54:15	1228	Richard Lewis	M		
1265	0:54:16	2305	Kristina M Williams	F		Team Deviant/swansea Universi
1266	0:54:16	2559	Alun James Barfoot	M	50	
1267	0:54:16	1227	Delyth Non Williams	F		
1268	0:54:16	2445	William L Davies	M	20	
1269	0:54:16	1792	Jackie Blyth	F	45	
1270	0:54:17	2490	David Mark Price	M		
1271	0:54:22	2870	Kevin Chappell	M	40	
1272	0:54:23	1916	Malcolm Tebb	M		
1273	0:54:23	2373	Deborah J Price	F	40	
1274	0:54:23	1223	Michael J Steeds	M	45	
1275	0:54:24	2041	Joanne Powell	F		
1276	0:54:24	1102	Jeffery Follant	M		
1277	0:54:24	663	Tony Harris	M	40	
1278	0:54:26	326	Malcolm Maskell	M	40	
1279	0:54:26	618	Caroline Jones	F	35	Womens Running Network
1280	0:54:28	1303	Antonio R Cirillo	M	20	Swansea Harriers
1281	0:54:28	1469	Nigel L Jones	M	50	
1282	0:54:29	2737	Heather Osborne	F	45	
1283	0:54:29	2957	Jamie Robert Slee	M		
1284	0:54:29	1796	Dylan Morris	M		
1285	0:54:30	1676	Mary Jane Wright	F		
1286	0:54:31	2685	David Clive Wood	M		Wimbledon Windmilers
1287	0:54:31	1210	Nigel Paul Michae	M		
1288	0:54:32	2377	E Christine Davies	F	40	Sospan Road Runners
1289	0:54:32	1932	Chris Anderson	M	40	
1290	0:54:33	2078	Rhian Jones	F		
1291	0:54:34	3012	Rhodri John Rowlands	M		
1292	0:54:35	2190	Carol Ransom	F	35	
1293	0:54:35	2699	Robert Derek Skelton	M	50	
1294	0:54:38	789	Christine Motteram	F	60	Wye Valley Runners
1295	0:54:39	1898	Daniel Rees	M		
1296	0:54:39	3025	Alex Deen	M		Admiral
1297	0:54:40	2734	Len Williams	M	40	
1298	0:54:40	2099	Neil Skelton	M		
1299	0:54:42	2460	Philip Neil Langstone	M	40	
1300	0:54:42	1671	Marcus Gale	M	45	
1301	0:54:42	2910	Ken Joseph Rogers	M	40	
1302	0:54:43	3199	Nicky Honeyman	F		Admiral
1303	0:54:43	290	Ruth Henderson	F	35	
1304	0:54:43	679	Sarah Hartrey	F		Brackla Harriers
1305	0:54:45	2560	Kevin D Bygate	M	45	
1306	0:54:45	2532	Joanne Cunningham	F	40	
1307	0:54:45	2531	Natalie Parsons	F		
1308	0:54:46	3108	Andrew Gronert	M	45	
1309	0:54:46	3085	Ian Janes	M		
1310	0:54:46	536	Huw Maddock	M	40	
1311	0:54:47	1321	Glyn Hicks	M	55	Islwyn Running Club
1312	0:54:49	1926	Neil Caswel	M		
1313	0:54:49	2465	Haydn Davies	M	65	
1314	0:54:49	1405	Richard W Green	M		

Pos	Time	No	Name	M/F	Cat	Club
1315	0:54:50	1565	Bernard J Carroll	M	50	
1316	0:54:51	2493	Lionel Pennetier	M	55	S C Orvault
1317	0:54:52	752	Anthony Davies	M	45	
1318	0:54:53	3148	Linda Limbrick	F	40	
1319	0:54:53	1305	Alun Powell	M	55	
1320	0:54:53	1137	Tracey Newman	F	35	Les Croupiers
1321	0:54:54	2852	Stephen Hadley	M		
1322	0:54:54	2284	Alun Wyn Jones	M		
1323	0:54:55	80	Mark Roberts Jenkins	M		
1324	0:54:55	79	Debrah M Davies	F		
1325	0:54:56	1954	Josephine Ross	F	50	
1326	0:54:57	2905	Robert Kieth Thomas	M	45	
1327	0:54:57	851	Tom Hall	M		
1328	0:54:58	1062	Kelly Gipson	F	35	Deviants
1329	0:54:58	2671	Jamie Leigh Trollope	M		
1330	0:54:59	2674	Julian Mark Williams	M		Team Deviant/swansea Universi
1331	0:55:00	893	Nicola Roberts	F	35	
1332	0:55:01	99	Rob McArthey	M		
1333	0:55:02	1040	Jason Evans	M		
1334	0:55:03	2209	Jason McIntosh	M		
1335	0:55:03	2473	Eiry Miles	F		
1336	0:55:03	121	Lyn Edwards	M		
1337	0:55:04	957	Samantha E Lovegrove	F		
1338	0:55:07	559	Stephen Palmer	M	40	
1339	0:55:08	1346	Vivienne A Makin	F	50	
1340	0:55:09	2162	Anthony Williams	M	60	
1341	0:55:10	825	Andrew C John	M	45	
1342	0:55:10	2351	Mark Griffiths	M	40	
1343	0:55:11	2380	Paula Murphy	F	35	Womens Running Network
1344	0:55:11	849	Neil Femandel	M		
1345	0:55:11	133	Sarah Stevens	F		
1346	0:55:11	1694	Clare Helen Stevens	F	35	
1347	0:55:11	1616	Joanne M Knight	F		
1348	0:55:12	2776	Lloyd Watkin	M		
1349	0:55:13	702	Fran Knight	F	45	Womens Running Network
1350	0:55:14	154	Dean Thomas	M		
1351	0:55:15	1624	Edward Allan Harris	M		
1352	0:55:17	1259	Sian Weybridge	F		
1353	0:55:17	1392	Mark Anthony Kemp	M		
1354	0:55:17	627	Gareth Harris	M	40	
1355	0:55:18	1260	Ian David Broom	M	40	
1356	0:55:19	2342	Owen Gilson	M		
1357	0:55:20	2700	Gregory J Hutton	M	40	
1358	0:55:23	2391	Sarah L Morris	F		
1359	0:55:23	2267	Dylan Owain Hughes	M		
1360	0:55:23	974	Bethan Wyn Hughes	F		
1361	0:55:24	370	Rebecca Kent	F		
1362	0:55:24	3011	Dean C Packer	M		
1363	0:55:24	1009	Tony Nakonecznyj	M	50	
1364	0:55:24	1437	Jason David Lewis	M		
1365	0:55:25	1418	Ryan Kelly	M		
1366	0:55:25	1945	Kevin Ryan	M		
1367	0:55:26	1366	David Rideout	M		
1368	0:55:26	2111	John Evans	M	40	
1369	0:55:26	1611	Sarah L Baugh	F		
1370	0:55:26	2727	Mark Gardener	M	40	
1371	0:55:27	1240	Tracey Jane McIntosh	F	35	Wye Valley Runners
1372	0:55:27	2591	Joanne Pudner	F		
1373	0:55:28	392	Sandra Beynon	F	45	
1374	0:55:29	1889	Zoe Morris	F		
1375	0:55:30	2034	Sue Vass	F	55	
1376	0:55:30	1162	Gary William Collie	M	60	
1377	0:55:31	1253	John Holdroyd	M	50	Wye Valley Runners
1378	0:55:31	2659	Jean M Archer	F	50	
1379	0:55:32	1488	Elaine P Lewis	F	55	
1380	0:55:32	998	Wendy Lawrence	F	50	Forest Of Dean
1381	0:55:32	277	Melanie Bowman	F	40	
1382	0:55:33	2791	Horne David	M		
1383	0:55:33	2364	Donna Kumari	F		
1384	0:55:33	2622	Nicola J Powell	F		
1385	0:55:34	1204	Gwyneth M Parry	F	55	
1386	0:55:34	774	Elizabeth Whitwell	F	40	
1387	0:55:34	1827	Stuart Constantine	M	40	

## Admiral Swansea Bay 10k

Sunday 24th September, 2006

Pos	Time	No	Name	M/F	Cat	Club
1388	0:55:35	481	Linda Tucker	F	40	
1389	0:55:35	483	Anthony Williams	M	40	
1390	0:55:35	2375	Adrian John Rees	M		
1391	0:55:36	372	Matthew Owen	M		
1392	0:55:37	2023	Jessica O'Sullivan	F	20	
1393	0:55:37	1849	Alex Cunningham	M		
1394	0:55:39	1547	Paul Anthony Shuttleworth	M		
1395	0:55:40	2039	Paula Kennedy	F	35	
1396	0:55:40	1073	Eluned Jones	F	35	
1397	0:55:41	2451	Wendy E Richards	F	40	
1398	0:55:41	1393	Michael Haste	M	45	
1399	0:55:42	1329	Jonathan Davies	M		
1400	0:55:42	2243	Caroline Gardiner	F		
1401	0:55:43	1529	Alison Donald	F		
1402	0:55:43	299	Timothy Williams	M		Team Bago
1403	0:55:43	984	Sali Davies	F		3m's Running Club
1404	0:55:43	1190	Gary Taylor	M		
1405	0:55:43	1509	Rachel E Ace	F	35	
1406	0:55:44	2125	Duncan Christian	M		
1407	0:55:44	725	Tracey Jandrell	F	35	Wye Valley Runners
1408	0:55:46	2199	Hayley L Martir	F		
1409	0:55:47	1756	Pete Oldfield	M	40	
1410	0:55:48	2610	Barry John Davies	M		
1411	0:55:49	1809	Jennifer Cann	F	45	
1412	0:55:50	1737	David Roberts	M		Brecon A C
1413	0:55:51	769	Lynn Green	F	45	Ingli Runners
1414	0:55:53	2350	Beth Griffiths	F	40	
1415	0:55:54	2963	Caroline A Griffiths	F	40	
1416	0:55:54	1940	Gareth Parry	M		
1417	0:55:54	2761	Eleri Wyn Lougher	F		Team Wecori
1418	0:55:54	2877	Mark Turp	M	40	
1419	0:55:55	159	Andrew Woodhouse	M		
1420	0:55:55	2774	Ian Capon	M	50	
1421	0:55:55	951	William G Morgan	M	45	
1422	0:55:55	2077	Bernard Murphy	M		
1423	0:55:56	2985	Jonathan S Carter	M		
1424	0:55:58	922	Deborah Marshall	F	40	
1425	0:55:58	1872	Mike Dobbs	M	55	
1426	0:55:58	696	Timothy Lenaerts	M		
1427	0:55:59	809	Paul Fredric Brain	M	60	
1428	0:56:00	1214	Christine Slee	F	45	
1429	0:56:02	1327	Claire Morgan	F	40	Fodac
1430	0:56:04	437	Huw Griffiths	M	45	
1431	0:56:05	2146	Alun Powell	M		
1432	0:56:05	1842	David Jarman	M		
1433	0:56:06	1465	Susan McMail	F	35	
1434	0:56:09	1235	David Tucker	M		
1435	0:56:09	1069	Philip John Stone	M	55	
1436	0:56:09	1161	Alan James Sargeant	M	45	
1437	0:56:09	2637	David Halliday	M		Admiral
1438	0:56:10	345	Alan Thomas	M	40	Ciwb Triathlon Llanel
1439	0:56:10	675	Jo Davies	F	35	
1440	0:56:10	2150	Sue Bennett	F	40	Mumbles Milers
1441	0:56:11	2547	Lee Tregoning	M		
1442	0:56:11	2444	Geraint John Davies	M	45	
1443	0:56:12	2604	Darryl Sleath	M		
1444	0:56:12	1947	Amy Williams	F		
1445	0:56:13	219	Neil Price	M	40	
1446	0:56:14	1811	Carly Llewellyr	F		
1447	0:56:14	1938	Stuart Barrow	M		
1448	0:56:15	1471	Peter A Clark	M	50	
1449	0:56:15	3003	Allen Evans	M	40	
1450	0:56:16	3101	Anthony James	M	40	
1451	0:56:16	2797	Simon Morris	M	45	
1452	0:56:17	2602	Lyndon Lewis	M	40	
1453	0:56:18	1196	Berian J Davies	M	50	
1454	0:56:19	681	Jane Griffiths	F		
1455	0:56:21	1973	Ian Gill	M		
1456	0:56:21	1290	Matthew J Spittles	M	45	
1457	0:56:22	1118	Jacqueline King	F	35	
1458	0:56:23	935	Robert James Sandry	M	55	
1459	0:56:23	1026	Jason Lewis	M		
1460	0:56:23	429	Caroline Thomas	F		

Pos	Time	No	Name	M/F	Cat	Club
1461	0:56:23	2789	Elin Davies	F		
1462	0:56:23	778	Gavin Watts	M		
1463	0:56:25	2327	Michael A O'Shea	M	60	
1464	0:56:26	1896	Phil Allen	M		
1465	0:56:26	1011	Richard G Jones	M		
1466	0:56:27	999	Bethan Johnson	F	40	
1467	0:56:27	996	William G Hall	M	65	
1468	0:56:30	1981	Beverley J Lewis	F	40	
1469	0:56:31	1759	Linda Rees	F	45	
1470	0:56:32	2169	David McKenna	M	40	
1471	0:56:33	376	Jose Cifuentes	M	55	
1472	0:56:33	1687	Denise S Brennan	F	35	
1473	0:56:33	1330	Nicola T Davies	F	35	
1474	0:56:34	1551	Andrew Mark Fekulak	M	40	
1475	0:56:35	911	David Langley	M	60	
1476	0:56:35	2773	Pete Regan	M	40	
1477	0:56:36	1615	Claire L Ricketts	F		
1478	0:56:36	544	Emma Richards	F		
1479	0:56:38	1308	David Justin Jones	M		
1480	0:56:39	1164	Kathryn Jones	F	35	
1481	0:56:39	1163	John Paul Jones	M		
1482	0:56:40	2863	John Brooks	M	40	
1483	0:56:40	2018	Keith Powell	M	50	
1484	0:56:41	777	John Clarke	M	55	
1485	0:56:42	2849	Paul Davies	F	55	
1486	0:56:43	2144	Michael Jones	M		
1487	0:56:43	2986	William T Davies	M	50	
1488	0:56:44	558	Rachel Evans	F	35	
1489	0:56:46	2499	Geraint L Griffiths	M		
1490	0:56:46	726	Sarah Bowen	F		
1491	0:56:47	642	Andrew Garvey	M		
1492	0:56:48	1285	Howard Davies	M	40	
1493	0:56:49	1884	Sara Morgan	F	35	
1494	0:56:51	2090	Deborah Jenkins	F		
1495	0:56:52	1732	Richard Bibb	M		Dudley Kingswinford R F C
1496	0:56:52	1740	Stephen Rees	M	55	
1497	0:56:52	1017	Jonathan C Kinnear	M	40	
1498	0:56:52	1252	Catherine Holdroyd	F	45	Wye Valley Runners
1499	0:56:54	1922	Allyson Lipp	F	45	
1500	0:56:55	1607	Stephen R Hughes	M	40	
1501	0:56:57	2448	Gavin Lewis	M		Port Talbot Harriers
1502	0:56:59	2283	Haf G Jones	F		
1503	0:57:00	2347	Julia Harvey	F		
1504	0:57:00	3142	Rebecca Jones	F	35	Activa
1505	0:57:00	460	Angela Jolly	F		
1506	0:57:02	2708	Neil Phillips	M	45	
1507	0:57:03	2747	Rose McArthur	F		Lady Long Legs
1508	0:57:03	1375	Bryan King	M	45	
1509	0:57:03	2749	Bronwen Fisher	F		Lady Long Legs
1510	0:57:04	2333	Robert J Jones	M	45	
1511	0:57:05	2589	Peter Morse	M	55	Gowerton R F C
1512	0:57:09	1608	Alan Bladen	M	70	Les Croupiers
1513	0:57:10	1753	Gwynfor Davies	M	50	
1514	0:57:11	231	Sian Jones	F		
1515	0:57:12	543	Aileen Griffiths	F	50	Forest Of Dean
1516	0:57:12	1745	Kate Deveril	F		
1517	0:57:13	2534	Kavin John Palmer	M		
1518	0:57:14	1023	Ann Mogford	F	40	Amman Valley Harriers
1519	0:57:14	2405	Elizabeth M Harris	F	35	
1520	0:57:15	1606	Howard L Eaves	M	55	
1521	0:57:16	1861	Catherine Lyons	F		Pontypridd Rodents A C
1522	0:57:17	1001	Elena Zarate	F	55	
1523	0:57:20	276	Steve Green	M		
1524	0:57:21	1637	Jane E Tonks	F	45	
1525	0:57:21	1864	Cathy Chamberlain	F	35	
1526	0:57:21	2943	Neil Murphy	M	20	
1527	0:57:21	2154	Michael John	M		
1528	0:57:23	1365	Rhidian Morgan	M	45	
1529	0:57:23	2830	Christopher Evans	M		
1530	0:57:24	835	Simon John Locke	M		
1531	0:57:25	630	Jayne James	F	35	
1532	0:57:26	2285	David Andrew Evans	M		
1533	0:57:27	1833	Jill Davies	F	45	

Pos	Time	No	Name	M/F	Cat	Club
1534	0:57:27	722	Victoria Austin	F	40	
1535	0:57:27	1832	Karen Ford	F	40	
1536	0:57:28	1420	Henry Hayward	M	45	3m's Running Club
1537	0:57:28	1956	Nerys Roberts	F		
1538	0:57:29	1066	Paul Newton	M	50	
1539	0:57:29	1836	Richard Facey	M		
1540	0:57:30	3107	Runner 3107	M		
1541	0:57:30	1539	Derrick T Harris	M	65	
1542	0:57:32	2197	Rachel Owen	F	40	
1543	0:57:32	177	Jenny Wyatt	F	40	Womens Running Network
1544	0:57:32	387	Helen Jones	F	40	
1545	0:57:33	2793	Andrew Richards	M		
1546	0:57:33	2520	Geraint Huw Jenkins	M		
1547	0:57:34	2309	Vicki Helen Broad	F	35	
1548	0:57:35	3139	Debbie Lloyd	F		
1549	0:57:35	800	Janet Edwards	F	50	Wye Valley Runners
1550	0:57:35	2913	Emlyn Paul Gray	M		
1551	0:57:35	799	Barry Young	M	50	Wye Valley Runners
1552	0:57:36	1450	Stephen M Kent	M	40	
1553	0:57:38	2472	Janet V Langdon	F	50	
1554	0:57:38	1569	Catherine L Evans	F		
1555	0:57:40	3168	Keiron Dunning	M	40	Activa
1556	0:57:40	2217	Jaime Blythe	F		
1557	0:57:41	633	Mitch Evans	M		
1558	0:57:41	1456	Ian Brice	M	40	
1559	0:57:43	977	Esme Hill	F		
1560	0:57:43	1191	Emma Davies	F		
1561	0:57:44	735	Matthew Williams	M		
1562	0:57:45	2556	John Gethin Williams	M	40	
1563	0:57:46	608	Brendan Walker	M	40	
1564	0:57:46	794	Rhys Haydn Gibbon	M		
1565	0:57:46	1865	Nicola Jones	F	35	
1566	0:57:48	1234	Alexander J Murison	M		
1567	0:57:49	2050	Marc Evans	M	20	
1568	0:57:50	1275	Ronald G Franklin	M	70	Barnet & District A C
1569	0:57:52	341	Lee Jenkins	M		
1570	0:57:52	2945	Vyvyan Clive Smitt	M	45	
1571	0:57:52	2523	Pete Orphan	M		RFC
1572	0:57:56	2155	Jayne Stone	F	35	
1573	0:57:57	1600	Richard M Collins	M	20	
1574	0:57:59	1903	Melanie Hil	F		
1575	0:57:59	1950	Hywel Daniels	M	20	
1576	0:57:59	1097	Haydn Williams	M		Amman Valley Harriers
1577	0:58:00	2334	Peter A Moryc	M	50	
1578	0:58:00	3186	Donna L Williams	F	40	Amman Valley Harriers
1579	0:58:04	228	Amanda Beer	F	45	Womens Running Network
1580	0:58:06	604	Mererid Jones	F		
1581	0:58:08	1153	Lowri A James	F		
1582	0:58:12	1079	Grant Logan Duncan	M	45	
1583	0:58:13	856	Peter K Jones	M	55	
1584	0:58:13	171	Fay Parsons	F	20	
1585	0:58:13	1992	Philip Richardson	M		
1586	0:58:14	805	Paul Skinner	M		
1587	0:58:15	2358	Linos Y Phillips	F		
1588	0:58:15	1690	Carol Vyner	F	35	3m's Running Club
1589	0:58:16	1352	Connie Norgate	F	45	Wye Valley Runners
1590	0:58:16	1975	Sian Collyer	F		
1591	0:58:16	1912	Alwyn Morgan	M	50	
1592	0:58:17	1781	Mike Haines	M	40	
1593	0:58:18	1374	Diane Williams	F	35	
1594	0:58:18	1764	Brenda Spiller	F	50	
1595	0:58:18	678	Jane Lane	F	35	
1596	0:58:19	1652	Helena Parry	F		
1597	0:58:19	450	Julianne Davies	F	50	
1598	0:58:22	1789	Catherine Isaac	F	35	
1599	0:58:22	2488	Anwar Paul Najjar	M		
1600	0:58:23	211	Liz Raynor	F		Envirogonch Unlimited
1601	0:58:24	2061	Kim Dufty	M	45	
1602	0:58:25	2208	Sian Ebden	F	20	
1603	0:58:26	1286	Rebecca Williams	F		
1604	0:58:26	1813	Nina Bowen	F		
1605	0:58:27	3143	Ceri Jones	M		Activa
1606	0:58:27	2366	Shirley E Davies	F	40	Cornelly Striders

## Admiral Swansea Bay 10k

Sunday 24th September, 2006

Pos	Time	No	Name	M/F	Cat	Club
1607	0:58:27	2307	Paul Anthony Evans	M	40	Celtic Tri
1608	0:58:29	2564	Wayne Leslie Curtis	M		
1609	0:58:29	2206	Michael Pinkerton	M	40	
1610	0:58:30	3033	Wendy Owen	F	35	Admiral
1611	0:58:30	1964	Peter Beams	M	20	
1612	0:58:33	1907	Karen Grey	F		3m's Running Club
1613	0:58:34	484	Debbie Williams	F	40	
1614	0:58:34	1132	Geoffrey D Stevenson	M		
1615	0:58:34	3175	Liam Jones	M	20	
1616	0:58:34	2544	Linzi A Johnstone	F	45	
1617	0:58:35	2464	Benjamin M Sherwood	M	20	
1618	0:58:36	861	Richard Rogers	M	50	
1619	0:58:36	557	Tony Paget	M	45	
1620	0:58:38	1863	Keith Harries	M	45	
1621	0:58:39	2562	Lyndon Hier	M	45	
1622	0:58:40	306	Michael Williams	M	40	
1623	0:58:42	751	Sean O'Leary	M		
1624	0:58:43	958	John William Parke	M	40	
1625	0:58:43	1300	Gary C Smith	M	50	
1626	0:58:43	2872	Adam Richards	M		
1627	0:58:45	117	Lucy Roberts	F		
1628	0:58:45	1621	William R Carter	M	20	
1629	0:58:45	1174	Yvette N Sutton	F	55	Wye Valley Runners
1630	0:58:46	2745	Victoria Anderson	F		
1631	0:58:46	914	Jenny Johnson	F	40	Les Croupiers
1632	0:58:46	188	Melanie Jehu	F	35	
1633	0:58:47	1620	Christopher R Carter	M	45	
1634	0:58:47	2429	Chris Hughes	M	40	
1635	0:58:47	2310	Irene E Mann	F	55	
1636	0:58:48	1728	Alison Maddocks	F	55	
1637	0:58:49	354	Louise Foulkes	F		
1638	0:58:49	457	Rebecca Davies	F		
1639	0:58:51	1880	Lisa Williams	F		
1640	0:58:52	1873	Bronwen Morgan	F		
1641	0:58:52	2242	Samantha Dorn	F	35	
1642	0:58:52	916	David Hughes	M	40	
1643	0:58:53	1991	Lisa Owen	F		
1644	0:58:53	3141	Michael Richards	M	60	
1645	0:58:53	296	Ann Baldwin	F		
1646	0:58:54	1767	Mac Smith	M	40	
1647	0:58:55	3190	Sheila Duggan	F		
1648	0:58:56	2340	Steve Whyte	M	40	
1649	0:58:57	3173	Jordan Discombe	M	20	Activa
1650	0:58:57	184	Helena Sykes	F		
1651	0:58:57	2043	Jane Greenwell	F		
1652	0:58:58	712	Ceys Ash	F	35	
1653	0:58:58	2951	Richard Rimmer	M	45	
1654	0:58:59	1477	Izelle Van Rensburg	F		
1655	0:58:59	1478	Maude Van Rensburg	F	45	
1656	0:59:02	3165	Laura Roberts	F		Activa
1657	0:59:05	1928	Liz Hope	F	40	
1658	0:59:05	469	Chris Hight	M	40	
1659	0:59:05	3015	Christine M Norman	M		
1660	0:59:08	313	Donna Caswell	F	35	Womens Running Network
1661	0:59:08	3058	Philip Hywel Jones	M		C I S S
1662	0:59:09	1376	Mark Jones	M	40	The Rams
1663	0:59:10	1838	Ken Maddocks	M	60	
1664	0:59:11	459	Owen Thomas	F	35	
1665	0:59:12	2831	Samantha Gleeson	F	35	
1666	0:59:13	1138	Lyn Williams	M	60	Neath Harriers
1667	0:59:14	3200	Ffion Eleri Thomas	F		
1668	0:59:15	1731	Susan Pendleton	F	35	Womens Running Network
1669	0:59:15	756	Helen McDaid	F	35	Womens Running Network
1670	0:59:16	128	Rachel Thomas	F		
1671	0:59:17	880	Anthony Jenkins	M	45	Aberdare
1672	0:59:17	579	Kathryn Thomas	F		
1673	0:59:18	1709	Rosie Amesbury	F	60	
1674	0:59:18	216	Chloe Heywood	F		
1675	0:59:18	2512	Daniel Merry	M		
1676	0:59:19	2471	John Langdon	M	55	
1677	0:59:19	2717	Sally A Griffiths	F	35	
1678	0:59:19	2762	Helen Griffiths	F	35	
1679	0:59:19	1850	Jeff Brooks	M		

Pos	Time	No	Name	M/F	Cat	Club
1680	0:59:20	1810	Tina Seward	F		
1681	0:59:20	1144	Susan Jane Davies	F	40	3m's Running Club
1682	0:59:20	1029	David J Summers	M		
1683	0:59:21	1091	Linda Anne Smith	F	40	
1684	0:59:21	1315	Leanne Fakande	F	35	
1685	0:59:22	3176	Nick Mason	M		
1686	0:59:23	2931	Tamera A Clark	F		
1687	0:59:23	770	Geoffrey S Grant	M		
1688	0:59:24	1750	Julie Gething	F	35	Womens Running Network
1689	0:59:25	1794	Gaina Davies	F	40	
1690	0:59:26	1840	Richard Owen Morris	M		
1691	0:59:26	411	Rob Green	M		
1692	0:59:26	497	Jeffery Collier	M	50	
1693	0:59:27	2426	Alan Thomas	M	40	
1694	0:59:27	2918	Kath Crane	F	65	Brecon A C
1695	0:59:28	1055	Lewis Grail	M	20	
1696	0:59:31	3196	Bethan Jones	F	20	
1697	0:59:33	2057	Sarah Jones	F		
1698	0:59:33	1116	Hannah Rees	F	20	
1699	0:59:34	1075	Andrew John Hughes	M	40	
1700	0:59:36	2964	Robert A Francis	M		
1701	0:59:36	2927	Denise Loosemore	F	35	
1702	0:59:39	2176	John Bailey	M		
1703	0:59:39	1819	Ben Innes	M		
1704	0:59:40	1952	Ronald Craig James	M		
1705	0:59:40	2513	Karly-Sue Jackson	F		
1706	0:59:41	2714	Tony Dorsett	M	65	Les Croupiers
1707	0:59:41	441	Kelly Gammon	F		
1708	0:59:41	1065	Tanya C Watson	F	50	
1709	0:59:42	2746	Alex Harding	M		
1710	0:59:42	222	Deborah Jenkins	F	40	Caerleon R C
1711	0:59:43	3100	James Davies	M		
1712	0:59:44	261	Megan Jones	F	20	
1713	0:59:44	2124	Charlotte Rigdon	F		
1714	0:59:44	365	Peter Morris	M	40	
1715	0:59:44	2015	Edward Turner-Smith	M		
1716	0:59:45	945	Susan Williams	F	40	
1717	0:59:46	358	Johnathan Jones	M	20	
1718	0:59:47	1955	Rebecca Knight	F		
1719	0:59:49	940	Jafar Ghalamkary	M	45	
1720	0:59:50	2856	Jonathan M Morris	M		
1721	0:59:51	2292	Laura Ruth Hall	F	40	
1722	0:59:51	2729	Jane Ellis	F	40	
1723	0:59:51	2082	Gel Bousie	F	40	
1724	0:59:52	1077	Christopher V Plaice	M	60	
1725	0:59:52	2067	Phil Rees	M	40	
1726	0:59:53	1010	Michael Glover	M		
1727	0:59:53	2288	Steven C Evans	M		
1728	0:59:53	1025	Joanna Mogford	F		Amman Valley Harriers
1729	0:59:54	2783	Natalie Evans	F	35	
1730	0:59:54	2352	Anne Marie Bowen	F	60	Womens Running Network
1731	0:59:55	1334	Isobel Ann Norris	F	20	
1732	0:59:55	913	David R Harris	M		
1733	0:59:55	842	Eleanor Hughes	F		
1734	0:59:56	1534	Dai Pick	M	45	Cardiff Harriers
1735	0:59:57	1670	Kirsty M Gameson	F		
1736	0:59:58	571	Mal Rowson	F	55	Les Croupiers
1737	0:59:58	1961	Jessica Rees	F		
1738	0:59:58	436	Andrew Davison	M	40	
1739	1:00:00	2207	David Woolhouse	M		
1740	1:00:04	1642	Keith Harris	M	40	Mumbles Milers
1741	1:00:04	1136	E Newman	M		
1742	1:00:06	1972	Gary Pascoe	M	45	
1743	1:00:07	1971	John Pascoe	M	70	
1744	1:00:07	784	Amy Joanne Saluk	F		
1745	1:00:07	2608	Darren M Young	M		
1746	1:00:08	439	Huw Beckett	M		
1747	1:00:09	1778	Ann Rees	F	40	
1748	1:00:10	771	Philip A Davies	M	55	3m's Running Club
1749	1:00:10	1847	Tom Farley-Hills	M		
1750	1:00:12	1364	Neil Davies	M	50	
1751	1:00:13	2346	Maria Busell	F	40	
1752	1:00:13	1844	Richard Gardner	M		



Pos	Time	No	Name	M/F	Cat	Club
1753	1:00:14	1381	Richard Caie	M	40	
1754	1:00:15	2858	Katie Allen	F		
1755	1:00:15	1262	Lowri C Bryer	F		
1756	1:00:16	1899	Alison Bramwell	F	35	
1757	1:00:16	3157	Jon Wallace	M		Activa
1758	1:00:21	1559	Robert Cornell	M	45	
1759	1:00:21	843	Lisa E Williams	F		
1760	1:00:21	464	Dawn Heppell	F		Southampton Running Sisters
1761	1:00:22	533	Dai Morris	M	45	
1762	1:00:22	2006	Sanchia Osborn	F		
1763	1:00:24	478	Ceri Yadollah	F	45	
1764	1:00:24	551	Adrian Jones	M		
1765	1:00:25	1807	Rebeca Leigh	F		
1766	1:00:26	1868	Tracy Smith	F	40	
1767	1:00:28	1693	Delyth Ann Mainwaring	F		
1768	1:00:31	1232	David James Williams	M		
1769	1:00:34	1581	Dilys Morris Jones	F	45	
1770	1:00:34	240	Victoria Jones	F		
1771	1:00:34	2033	Wayne Ganderton	M		
1772	1:00:34	623	Karen Joseph	F	45	
1773	1:00:34	2953	Mark Edwards	M	45	
1774	1:00:34	1890	Ruth Lovell	F		
1775	1:00:35	2920	Gary Rees	M	60	
1776	1:00:35	1649	Martin Smith	M	60	
1777	1:00:37	208	Louise Lawrence	F	20	
1778	1:00:41	2956	David Franks	M	40	
1779	1:00:41	480	Tracy Wing	F	40	
1780	1:00:42	2140	Gerald Curtis	M	50	
1781	1:00:42	1526	Ian John Wozencroft	M		Fairwater Runners
1782	1:00:43	885	Janny Mary Bailey	F	35	
1783	1:00:44	886	Dennis John Bailey	M	60	
1784	1:00:44	1248	Wendy Joan Crockford	F	35	
1785	1:00:46	972	Philip Lyn Dicks	M	45	
1786	1:00:47	445	Danny Cundy	M	40	
1787	1:00:47	149	Daniel Lee	M		
1788	1:00:48	2046	Andrew Owens	M	40	
1789	1:00:48	538	Peter Jones	M	50	
1790	1:00:50	2221	Carolyn Williams	F	40	
1791	1:00:52	2142	Stephen Charalambou	M		
1792	1:00:52	2878	Sarah Macdonald	F		
1793	1:00:53	1133	Catherine Atkinson	F		
1794	1:00:53	2152	Gareth O'Brien	M		
1795	1:00:54	106	Christopher Mason	M		
1796	1:00:55	1397	Delyth Ann Rees	F	40	C R H A P
1797	1:00:56	1099	Joanne E Jones	F	35	
1798	1:00:57	1100	Richard C Jones	M	45	
1799	1:00:57	254	Delyth Murray- Lines	F		
1800	1:00:57	2886	Christian Williams	M		
1801	1:00:59	1317	Olugbenga Fakande	M	45	
1802	1:00:59	1503	Paul Warburton	M	55	Rhondda Valley Runners
1803	1:01:00	1614	Carley Simmonds	F		
1804	1:01:00	273	Sophie Rayner	F		
1805	1:01:02	425	Joanna Donald	F		Womens Running Network
1806	1:01:02	592	Helen Morgan	F		
1807	1:01:05	2138	Penny Terry	F		
1808	1:01:05	2160	Anastasia Peden	F		
1809	1:01:08	3034	Stuart Cook	M		Admiral
1810	1:01:09	730	Nicola Wilson	F		
1811	1:01:10	2298	Debbie Garner	F		
1812	1:01:12	1060	Sally P Shrol	F	45	
1813	1:01:12	1663	Gareth Wyn Jones	M		
1814	1:01:13	1904	Egbert De Vries	M		
1815	1:01:13	1911	Fieke Molenaar	F		
1816	1:01:15	1369	David A Gibby	M	55	
1817	1:01:17	1361	Michael T Evans	M		
1818	1:01:17	1362	Sarah Jane Evans	F		
1819	1:01:18	2101	Catherine Richards	F		
1820	1:01:18	830	Martyn Jones	M	45	
1821	1:01:19	641	Victoria Garvey	F		
1822	1:01:19	284	Paula Thomas	F	45	Brackla Harriers
1823	1:01:19	2108	Louise Kinsey	F	35	
1824	1:01:19	1195	Michael Griffiths	M	45	
1825	1:01:20	1664	Charlotte L Meyler	F		

Pos	Time	No	Name	M/F	Cat	Club
1826	1:01:20	720	Claire Jones	F		
1827	1:01:21	553	Carys Roberts	F		
1828	1:01:25	2680	Hugo Patrick Thompson	M	40	
1829	1:01:27	850	John Lambert	M	65	
1830	1:01:28	2740	Huw Evans	M	45	
1831	1:01:29	2728	Catrin Evans	F	20	
1832	1:01:32	1617	Andrew H Knight	M		
1833	1:01:33	148	Phillip Barnes	M		
1834	1:01:34	147	Frances Barnes	F	35	
1835	1:01:35	2697	Andy Phillips	M	45	
1836	1:01:36	1258	Alan James Roberts	M	50	
1837	1:01:36	2968	Carol Ann Maddock	F	40	
1838	1:01:37	1590	Chao Lin	M		
1839	1:01:40	2542	Gareth B James	M		
1840	1:01:40	2389	Gwenda Jane Morris	F	45	
1841	1:01:40	746	Pamela Willis	F	50	Wye Valley Runners
1842	1:01:41	2314	Donald P Fearn	M	70	Brecon A C
1843	1:01:43	2836	Dianne Connor	F	40	
1844	1:01:44	1758	Amanda Rutterford	F		
1845	1:01:44	1092	Janine E Snell	F	40	
1846	1:01:45	2037	Clare Bennett	F	40	
1847	1:01:45	3120	Helen Jane Davies	F	40	
1848	1:01:47	2002	Marcus Bennett	M	40	
1849	1:01:49	1622	Lloyd Jones	M	45	
1850	1:01:49	2139	Chantal Patel	F	50	
1851	1:01:51	2595	Ian Anthony McCloy	M	50	
1852	1:01:52	1857	Ian Robertson	M		
1853	1:01:52	330	Simon Gillings	M	45	
1854	1:01:52	2693	Stephen Maddock	M	40	
1855	1:01:54	2995	Leanne Simonson	F		
1856	1:01:55	1823	Peter Slee	M		
1857	1:01:56	1201	Kathryn P Greenfield	F		
1858	1:01:56	1215	Samantha Osborn	F	40	
1859	1:01:57	1356	Heather Thomas	F	40	Team Deviant/swansea Universi
1860	1:01:57	529	Chris Mansfield	M	40	
1861	1:01:58	458	Rhian Jones	F		
1862	1:01:58	566	Linda Welch	F	45	
1863	1:01:59	1172	Sharon O'Connell	F		
1864	1:01:59	471	Lynwen Williams	F		
1865	1:02:00	870	Diane Smith	F	50	Wye Valley Runners
1866	1:02:00	1006	Lisa Nichols	F		
1867	1:02:01	2656	Barry Scullion	M		
1868	1:02:02	2278	Gary John Richards	M		
1869	1:02:04	954	Paul Richard Wesson	M		
1870	1:02:05	591	Anthony Sudworth	M	45	
1871	1:02:05	728	Darren Snaith	M		
1872	1:02:07	1949	Stewart Evans	M	45	
1873	1:02:08	1199	Sharon Rogers	F	40	
1874	1:02:08	691	Emma Porter	F		
1875	1:02:09	1999	Ching Yip	M		
1876	1:02:10	2450	Jason Irvine	M		
1877	1:02:11	525	Chris Angle	M		
1878	1:02:13	1277	Andrew John	M	40	
1879	1:02:14	1082	Christopher W Maggs	M		
1880	1:02:15	2528	Pippa Ann White	F		
1881	1:02:15	2412	Alec James Warburton	M	50	
1882	1:02:16	1828	Julie Merrifield	F	35	Womens Running Network
1883	1:02:16	346	Matthew Jones	M		
1884	1:02:16	1933	Anna Anderson	F	35	
1885	1:02:18	1866	Patricia Searle	F	45	
1886	1:02:19	2896	Teleri Jenkins	F	35	
1887	1:02:19	502	Stacey Price	M		
1888	1:02:20	1998	Kerri Finney	F		
1889	1:02:21	433	Ian Ross	M		
1890	1:02:21	3149	Anne Wortmann	F		
1891	1:02:21	2654	Sita Schwenzer	F		
1892	1:02:22	2200	Tracey Pollock	F	40	Womens Running Network
1893	1:02:22	1680	Lisa Claire Johns	F	40	
1894	1:02:23	2979	Jean Sellars	F	60	Running Sisters - Chiltern Are
1895	1:02:23	1070	Neil Leonard Price	M	55	Islwyn Running Club
1896	1:02:24	616	Fiona Neill	F	35	Mumbles Milers
1897	1:02:24	2480	Paul Rosser	M		
1898	1:02:25	2016	Steve Pritchard	M		B B C Runners

Pos	Time	No	Name	M/F	Cat	Club
1899	1:02:26	1806	Jessica Lang	F	20	
1900	1:02:26	2088	Andrea Griffiths	F	40	
1901	1:02:26	264	Katie Fabricius	F		
1902	1:02:26	1273	Julie Ann Lloyd	F	35	
1903	1:02:27	1920	Joanne Jones	F	40	
1904	1:02:28	2738	Judith Logan	F	45	
1905	1:02:28	2491	Sarah L Hawkins	F	35	
1906	1:02:29	2741	Cheryl Rees	F	35	
1907	1:02:29	2828	Sarah Pope	F	40	Womens Running Network
1908	1:02:29	1046	Andrew John Ace	M		
1909	1:02:30	2548	Peggy Ann Potts	F	45	
1910	1:02:30	2798	Robert Henry	M		
1911	1:02:31	466	Sian Maton	F		
1912	1:02:31	2084	David Maton	M		
1913	1:02:31	227	David Mather	M	40	
1914	1:02:32	226	Melanie Smith	F	35	
1915	1:02:32	2509	Glyn Martin Jones	M		
1916	1:02:35	2455	Jamie-Lee Locking	M	20	
1917	1:02:37	944	Carys Mair James	F		
1918	1:02:37	801	William G Kingston	M	60	
1919	1:02:38	1782	Chris Dickens	M		
1920	1:02:39	1784	Andy Harker	M		
1921	1:02:39	496	Rachael Collier	F		
1922	1:02:40	711	Angela Hall	F	40	
1923	1:02:40	1306	Josie Greenwood	F	35	
1924	1:02:44	2326	Thomas Walsh	M	40	
1925	1:02:45	2981	Kamal Vivian Ray	M		
1926	1:02:45	1350	Karen Ceeney	F	45	Lliswerry Runners
1927	1:02:48	2126	Kevin Llewellyr	M	50	
1928	1:02:48	1727	Deborah Martin	F		
1929	1:02:48	1507	David Evans	M		
1930	1:02:48	938	Roger Rule	M	50	Mounts Bay Harriers
1931	1:02:49	565	Sharon Davies	F	35	
1932	1:02:49	2543	Suzanne Oakley	F		
1933	1:02:49	242	Joanne Baines	F	35	
1934	1:02:50	243	Joanne Boden	F		
1935	1:02:50	527	Sal Mansfield	F	40	
1936	1:02:51	2677	Sarah Grant	F		
1937	1:02:51	2413	Linda Jean Owens	F	55	
1938	1:02:52	1265	Sarah Evans	F		
1939	1:02:53	207	Matthew Elwick	M		
1940	1:02:53	2834	Debbie Keogh	F	35	
1941	1:02:54	707	Cynthia Davis	F	40	
1942	1:02:54	250	Vikki Powell	F		
1943	1:02:54	683	Hayley McCutcheon	F	20	
1944	1:02:55	1638	John Joseph Cronin	M	40	
1945	1:02:58	2941	Gillian Murphy	F	50	Les Croupiers
1946	1:03:00	1157	Janet E Saunders	F	45	
1947	1:03:02	2112	Sarah Ford	F	40	
1948	1:03:02	390	Gary Battel	M	40	
1949	1:03:03	655	Jayne Goodwin	F	35	
1950	1:03:04	656	Christine Snape	F	55	
1951	1:03:04	3198	Karina Muller	F		
1952	1:03:05	1024	Samantha Mogford	F	20	Amman Valley Harriers
1953	1:03:05	1790	Clare Nelson	F		
1954	1:03:06	3099	Jonathan Britton	M		
1955	1:03:06	928	Simon Mark Hudd	M	40	
1956	1:03:08	706	Andrew Thomas	M		
1957	1:03:09	2966	Gwynfor James	M	55	
1958	1:03:09	740	Jennifer Henderson	F	40	
1959	1:03:10	676	Diane Cresswel	F	45	
1960	1:03:10	2072	Iain Selman	M		
1961	1:03:11	218	Ann Benton	F	40	
1962	1:03:14	2436	Tony Wiltshire	M	45	
1963	1:03:15	2765	Simon Parfitt	M		
1964	1:03:15	2764	Angela Collins	F		
1965	1:03:16	401	Sarah Drake	F		
1966	1:03:17	1801	Laurence Brophy	M	70	Bridgend A C
1967	1:03:18	166	Sarah Watkins	F		
1968	1:03:19	1752	Miriam Thomas	F	40	Sospan Road Runners
1969	1:03:19	2378	Jane L Williams	F	40	
1970	1:03:21	1027	Tracy June Mead	F	35	
1971	1:03:21	1028	Rhian Williams	F	40	

Pos	Time	No	Name	M/F	Cat	Club
1972	1:03:23	1882	Linda Morris	F	35	
1973	1:03:25	100	Sandra D Hopkins	F	40	
1974	1:03:26	572	Stephen Rowson	M	55	
1975	1:03:27	302	Heather Waller	F	40	
1976	1:03:28	846	Nia Dickie	F	35	
1977	1:03:28	888	Colin Martin	M	40	
1978	1:03:28	1643	Alan Jones	M	40	
1979	1:03:30	110	Charlotte Squier	F		
1980	1:03:30	109	Cerian Glover	F		
1981	1:03:30	2019	Kevin Lane	M	45	
1982	1:03:31	1554	Katie Mann	F		
1983	1:03:32	1804	Dolores Donnelly	F	45	Womens Running Network
1984	1:03:34	2225	Lisa Williams	F		
1985	1:03:35	1299	Stacey Vaughan Jones	F	40	
1986	1:03:36	1860	Dawn Skipper	F		
1987	1:03:37	1280	Winnie Moore	F	60	
1988	1:03:37	2003	Linda Taylor	F	35	
1989	1:03:37	1246	Beverley Evans	F	40	
1990	1:03:38	758	Elizabeth Parton	F		
1991	1:03:38	1401	Ceri Leanne Williams	F		
1992	1:03:39	523	Rebecca Powell	F		
1993	1:03:39	2655	Jackie Skullion	F	35	
1994	1:03:39	2869	Michele Aitchison	F		
1995	1:03:40	3182	Andrea Baker	F	35	
1996	1:03:41	2894	Richard Hancock	M		
1997	1:03:41	2404	Byron Lewis	M		
1998	1:03:43	979	Amanda Hemp	F		
1999	1:03:43	978	Claire L Parkin	F		
2000	1:03:48	1178	Lisa Amanda Brain	F		
2001	1:03:50	588	Lisa Ambrose	F		
2002	1:03:52	301	Joanne Napier	F	35	
2003	1:03:54	3042	Louise Lewis	F		Admiral
2004	1:03:55	3144	Andrew C Pitson	M	40	Activa
2005	1:03:56	1298	Erica Thomas	F	35	
2006	1:03:57	1470	Linda Clark	F	40	
2007	1:03:57	2478	Beth Murphy	F		
2008	1:03:57	2467	April Young	F	40	
2009	1:03:59	862	Philip James Manfielc	M	45	
2010	1:03:59	1266	Louise Daniels	F	35	Womens Running Network
2011	1:04:01	403	Maureen Foley	F	40	Neath Harriers
2012	1:04:01	504	Owen Williams	M	60	Amman Valley Harriers
2013	1:04:02	2181	Joy Davies	F	40	
2014	1:04:03	2095	Al Marner	M		
2015	1:04:04	2168	Peter Williams	M		Sospan Road Runners
2016	1:04:04	584	Tricia Davidson	F	45	Brackla Harriers
2017	1:04:04	865	Christina Newton	F	40	3m's Running Club
2018	1:04:05	526	Donna Matthews	F		
2019	1:04:05	367	Griffiths Nei	M		
2020	1:04:07	535	Angela Maddock	F	40	
2021	1:04:08	2286	Damion E Nevin	M		
2022	1:04:08	2157	Adrian Roberts	M	45	
2023	1:04:10	1388	Kathryn M Thomas	F		
2024	1:04:12	1766	Lorraine Smith	F	40	
2025	1:04:12	2127	Tim Chegwidden	M		
2026	1:04:14	1797	Clive Davies	M	60	
2027	1:04:14	2587	Christine A Long	F	45	
2028	1:04:15	1877	Emma Jones	F	35	
2029	1:04:15	288	Gerald Kemp	M	40	
2030	1:04:15	1646	Rhian Sian Burgess	F		
2031	1:04:16	289	Julie Kemp	F	40	
2032	1:04:18	2195	Claire Williams	F	35	
2033	1:04:18	255	Nick Jacques	M	45	
2034	1:04:18	161	Lynne Hamilton	F	40	
2035	1:04:19	1514	Carolina J Harris	F	40	
2036	1:04:20	1419	David R Tapper	M	60	Islwyn Running Club
2037	1:04:22	1583	Brian R Jones	M	40	
2038	1:04:23	2854	Kevin Allen	M		
2039	1:04:24	1394	Ceri Lloyd John	M		
2040	1:04:25	1982	Miranda Buckle	F		
2041	1:04:27	1625	Dawn Davies	F	40	
2042	1:04:28	361	Mathew Llewellyr	M		
2043	1:04:28	270	Charlotte Page	F		
2044	1:04:29	269	Chris Jenkins	M		

Pos	Time	No	Name	M/F	Cat	Club
2045	1:04:33	550	Hannah O'Brien	F		Womens Running Network
2046	1:04:33	3151	Gail Macnulty	F	45	3m's Running Club
2047	1:04:35	2055	Catrin Dafydd	F		Cymru X
2048	1:04:35	1892	Catrin Howells	F		
2049	1:04:36	2492	Geoffrey T Thomas	M	60	
2050	1:04:37	175	Wendy Morris	F	40	
2051	1:04:37	176	Robert Morris	M	40	
2052	1:04:38	1176	Christine Jones	F	45	
2053	1:04:39	2075	Melanie Davies	F		
2054	1:04:42	658	Tracey Davies	F	40	
2055	1:04:45	131	Jaynie Rance	F	40	
2056	1:04:47	379	Joanne Popham	F	35	
2057	1:04:47	1910	Anna Jones	F		
2058	1:04:48	1688	Wayne Evans	M		
2059	1:04:48	701	Dewi Thomas	M		
2060	1:04:48	1713	Gillian Phillips	F	45	Sospan Road Runners
2061	1:04:50	1881	Ann John	F	35	
2062	1:04:51	2754	Simon Reynolds	M	40	
2063	1:04:52	2887	Sian Davies	M	60	
2064	1:04:53	1747	Owen Morgan	M		
2065	1:04:54	695	Sarah Davies	F		
2066	1:04:54	287	Linda James	F	45	Forest Of Dean
2067	1:04:56	2733	Huw Williams	M	40	
2068	1:04:59	1149	Roger J Harding	M	45	
2069	1:05:07	3036	Kevin John Foley	M		Admiral
2070	1:05:07	252	Kate Williams	F		U H W Physio
2071	1:05:08	150	Ryan Lee	M	20	
2072	1:05:09	174	Jayne Howells	F	40	Chippenham Harriers
2073	1:05:09	793	Anne M Brackpool	F		
2074	1:05:10	421	Carl Day	M		
2075	1:05:11	734	Angela Davis	F	40	
2076	1:05:14	2220	Daniel Davies	M		
2077	1:05:17	1021	Sian Jenkins	F	20	Sarn Helen Running Club
2078	1:05:20	1080	Barbara Tate	F	40	
2079	1:05:21	2508	Julian Lee Williams	M		
2080	1:05:21	3005	Lee William Richards	M		
2081	1:05:30	197	Alison Hill	F		
2082	1:05:30	845	Chenette Thomas	F	35	
2083	1:05:32	3193	Laura Burns	F		
2084	1:05:33	1384	Malanie J Rogers	F		
2085	1:05:33	1012	Patricia A Cole	F	50	
2086	1:05:38	2201	Victoria Richards	F	35	
2087	1:05:38	1212	Emma Rees	F	40	
2088	1:05:39	1211	Mike Rees	M	40	
2089	1:05:39	134	Robert Clarke	M	45	
2090	1:05:39	2442	Wanda Siswinski	F	45	
2091	1:05:40	2850	Lisa Fabb	F	35	
2092	1:05:42	1311	Bethan W James	F	35	
2093	1:05:45	644	Lisa Jenkins	F		
2094	1:05:46	2319	Claire L Sheppard	F		
2095	1:05:47	761	David Bailey	M	70	Serpentine
2096	1:05:47	1181	Gregory Williams	M		
2097	1:05:47	1182	Donna Sheppard	F		
2098	1:05:47	488	Clare Pendleton	F	35	
2099	1:05:49	144	Ann-Marie Jackson	F		
2100	1:05:52	1457	Lisa Cronin	F		
2101	1:05:55	2477	Kenneth S Mitchell	M		
2102	1:05:56	2563	Sonali Das Simpson	F	35	Brackla Harriers
2103	1:05:57	2756	Michelle Morgan	F		
2104	1:05:59	1068	Martin J Veale	M	40	
2105	1:06:01	2736	Runner 2736	M		
2106	1:06:01	432	Kay Varley	F		
2107	1:06:02	648	Karen Mackinnon	F	40	
2108	1:06:03	325	Mark Harris	M	40	
2109	1:06:05	1722	Helen Hayes	F		
2110	1:06:12	329	Eleri Maskel	F	35	
2111	1:06:13	785	Kathleen Walsh	F		
2112	1:06:14	2410	Phil Ransome	M		
2113	1:06:15	1281	Lynne Perrott	F	50	
2114	1:06:18	1008	Shiona F Oldham	F		
2115	1:06:18	2835	Rebecca Thomas	F		
2116	1:06:18	2778	Liesa Averil	F		
2117	1:06:18	2369	Jemma Jones	F		

Pos	Time	No	Name	M/F	Cat	Club
2118	1:06:19	200	Sally Killiar	F	35	
2119	1:06:20	1016	Alfryn G Easter	M	55	3m's Running Club
2120	1:06:21	2899	Sally Drennan	F		
2121	1:06:21	902	Catherine J Jackson	F	45	
2122	1:06:25	1499	Kenneth R Medcraft	M	55	Rhondda Valley Runners
2123	1:06:28	904	Timothy Conway	M	45	
2124	1:06:28	2742	Dylan Jones-Powell	M		C I S S
2125	1:06:30	576	Andrea Thomas	F		
2126	1:06:31	198	Helen Scott	F		Womens Running Network
2127	1:06:32	334	Gwyneth Jones	F		
2128	1:06:33	335	Meleri Jones	F		
2129	1:06:38	2205	Jenny Pinkerton	F	35	
2130	1:06:39	2354	Amanda H George	F	50	
2131	1:06:42	1951	Carol Ridley	F	45	
2132	1:06:42	1963	Janice Francis	F	50	
2133	1:06:43	424	Ruth De-Luca	F	40	Running Sisters
2134	1:06:45	1619	Christopher T Anthony	M		
2135	1:06:45	1618	Sally-Anne Anthony	F		
2136	1:06:48	2936	Paul James Ridgway	M		
2137	1:06:48	2454	Sian Clwyd Roberts	F		
2138	1:06:49	2230	Emyr Morgan	M		
2139	1:06:49	2935	Simon Rau Gear	M		
2140	1:06:50	1726	Nikki Speirs	F	35	
2141	1:06:58	2810	Marie Clifford	F		
2142	1:07:00	180	Georgina Hunt	F		
2143	1:07:01	363	Louise Oram	F	35	
2144	1:07:05	2946	Suzie Shepherd	F	35	Chepstow Harriers
2145	1:07:06	3159	Runner 3159	M		
2146	1:07:10	3047	Kathryn J Benson	F		Admiral
2147	1:07:11	1416	Michael Rees	M	50	
2148	1:07:12	2115	Lynne Smith	F	50	
2149	1:07:13	1729	Jeanette Picton	F	40	
2150	1:07:13	1415	James Donovan	M	45	
2151	1:07:15	2053	Malcolm Sharman	M	40	
2152	1:07:18	179	Helen Handley	F	45	
2153	1:07:21	872	Neil Philip Bowen	M	45	
2154	1:07:21	1977	Carolyn Best	F	40	
2155	1:07:21	1978	Colin Fish	M		
2156	1:07:25	562	Phil Hogg	M	50	
2157	1:07:28	2070	Ceri Barnard	F		
2158	1:07:28	919	Wendy L Godwin	F		
2159	1:07:29	1519	Iain McCallum	M	40	
2160	1:07:30	1434	Zoë Geshy	F		
2161	1:07:31	866	Wayne Newton	M	45	
2162	1:07:32	1395	SharŌn Davies-John	F		
2163	1:07:40	2819	Lucy Thomas	F		
2164	1:07:43	2135	Bethan Roberts	F		Brecon A C
2165	1:07:43	1187	David A Roberts	M		
2166	1:07:44	389	Sharron Daly	F		
2167	1:07:44	2962	Micky Warren	M	45	
2168	1:07:45	1780	Robert Jenkins	M	40	
2169	1:07:45	1122	Caroline Jones	F	45	Womens Running Network
2170	1:07:47	3056	Nicola L Darling	F		
2171	1:07:49	890	Louise Bibby	F	40	
2172	1:07:49	906	Susan De Camps	F	50	Forest Of Dean
2173	1:07:50	949	Kim Evans	F	45	
2174	1:07:51	1979	Natalee Pope	F		
2175	1:07:52	2825	Lorraine Holvey	F	45	
2176	1:07:54	2059	Leighton Williams	M	45	
2177	1:07:55	1612	Maria Mallon	F		
2178	1:07:55	1558	Linda Waller	F	50	
2179	1:07:55	2851	Sarah Wootton	F		
2180	1:07:56	454	Rebecca Holdsworth	F		
2181	1:07:58	1626	Rhian Lilley	F	35	
2182	1:07:59	3195	Dawn S Moore	F		
2183	1:07:59	86	Margaret A Thomas	F	45	
2184	1:08:02	1897	Nicola Power	F		
2185	1:08:02	1751	Hannah Downton	F		
2186	1:08:02	291	Richard Harry	M		
2187	1:08:03	507	Sarah Smiles	F		
2188	1:08:03	1720	Delyth Thomas	F		
2189	1:08:03	1711	Andrew Thomas	M		Llanelli A A C
2190	1:08:04	1934	Jonathan Roberts	M		

Pos	Time	No	Name	M/F	Cat	Club
2191	1:08:06	1448	Darren Femandel	M		
2192	1:08:07	118	Zoe Roberts	F		
2193	1:08:08	2120	Carolyn Waites	F	35	
2194	1:08:10	203	Saira Luckman	F	40	
2195	1:08:10	1185	Frances Keogh	F	40	
2196	1:08:13	617	Beverly Crawford	F	40	Mumbles Milers
2197	1:08:15	1135	Kathleen M Mogford	F	50	
2198	1:08:17	3192	Wayne Thomas Bellamy	M		Swansea Harriers
2199	1:08:17	311	Judith Tanner	F	40	
2200	1:08:17	312	Lea Tanner	M		
2201	1:08:19	113	Gerwyn James	M	45	
2202	1:08:21	2777	Rhianne Attwood	F		
2203	1:08:23	1632	Jennifer M Powell	F	55	
2204	1:08:24	2132	Emyr Roberts	M	60	Brecon A C
2205	1:08:30	611	Suzanne Lee	F		
2206	1:08:31	1570	Sean Lyon Evans	M		
2207	1:08:32	2433	Marie Donovan	F		
2208	1:08:37	2096	Sarah Bidder	F		
2209	1:08:37	968	David M Taylor	M	55	
2210	1:08:40	2110	Rachel Daniel	F		Griffithstown Harriers
2211	1:08:41	2171	Claire Danie	F		
2212	1:08:46	3002	David Philip Evans	M	40	
2213	1:08:49	461	Michelle James-Ellisor	F	45	Womens Running Network
2214	1:08:53	1283	Michelle Rees	F		
2215	1:08:53	2064	Brigid Haines	F	45	
2216	1:08:55	555	Keith Hawkins	M		
2217	1:08:55	827	Derek Hawkins	M	60	
2218	1:08:58	456	C Houston	F		
2219	1:08:58	662	Tricia Matthews	F		
2220	1:08:58	2757	Mike Hall	M		
2221	1:09:00	2076	Christine Davies	F		
2222	1:09:01	2074	Darren Lewis	M		
2223	1:09:01	2236	Rebecca Lye	F		
2224	1:09:02	2001	Rachel Mooney	F	35	
2225	1:09:02	394	Sara Evans	F		
2226	1:09:04	731	Ashley Davies	M		
2227	1:09:05	2594	Leighton Baker	M	45	
2228	1:09:07	2593	Rhian Baker	F	35	
2229	1:09:11	1436	Rebecca Fardoe	F		
2230	1:09:13	2921	Barrie Morgan	M	65	Wye Valley Runners
2231	1:09:14	2767	Wendy Wallace	F	45	
2232	1:09:15	959	Paul Herber Evans	M	40	
2233	1:09:16	1893	Mandy Chambers	F	45	Womens Running Network
2234	1:09:17	2969	Bleddyn J Price	M	40	
2235	1:09:22	2901	Clara Tsang	F		
2236	1:09:23	1292	Ray Rivett	M	70	
2237	1:09:29	2536	Helen Mary Griffir	F	45	
2238	1:09:29	2104	Cara Johnson	F		
2239	1:09:30	199	Karen Birdsall	F	35	
2240	1:09:31	241	Louise Warren	F		
2241	1:09:40	1177	Karen Shreeve	F	45	
2242	1:09:42	500	Alex Owen	F		
2243	1:09:45	2025	Denise Matthews	F	40	Womens Running Network
2244	1:09:45	685	Janine Henderson	F		Womens Running Network
2245	1:09:51	2840	John Williams	M	70	
2246	1:09:55	745	Kristine Hamilton	F	50	Womens Running Network
2247	1:09:55	2065	Sue Blundell	F	45	Womens Running Network
2248	1:09:55	2052	Chris Steele	F	45	Womens Running Network
2249	1:09:56	1927	Fiona Furlong	F		Womens Running Network
2250	1:09:56	2751	Geraldine Reynolds	F	35	
2251	1:09:57	2268	Lowri Jane Jones	F		
2252	1:09:58	1183	Chris Clark	M	45	
2253	1:09:59	1510	Robert Wyn Williams	M		
2254	1:10:02	2397	Dave William	M		
2255	1:10:07	2170	Rachel Thomas	F	35	
2256	1:10:13	2484	Richard Norman	M	40	
2257	1:10:13	2483	Jane Norman	F	45	
2258	1:10:14	2948	Catrin Rees	F		
2259	1:10:18	247	Neil Thomas	M	40	
2260	1:10:18	1710	Jill Royce	F	40	Womens Running Network
2261	1:10:18	521	Caroline Brentnal	F	35	
2262	1:10:19	1757	Alex Ginn	F		
2263	1:10:19	698	Rachael Lees	F		

Pos	Time	No	Name	M/F	Cat	Club
2264	1:10:25	453	Teresa Woolridge	F	55	
2265	1:10:27	1508	Katrina Evans	F		
2266	1:10:28	2304	Douglas Thomas	M	65	
2267	1:10:28	2183	Natalie Hemingway-Mair	F		
2268	1:10:29	237	Karen O'Brien	F	40	
2269	1:10:30	2832	Gwyn Stockham	M	45	
2270	1:10:31	2947	Sally L Jones	F		
2271	1:10:34	1980	Brenda Cox	F	40	
2272	1:10:35	552	Andrea Pope	F	50	
2273	1:10:35	1969	Anna Teesdale	F		
2274	1:10:35	1717	Helene Johns	F	40	
2275	1:10:43	1088	Jannette A Thorne	F	40	
2276	1:10:51	2866	Christian Sefton	M		
2277	1:10:51	2868	Katie Webb	F		
2278	1:10:54	2909	Helen Davies	F	45	
2279	1:10:57	1786	David Williams	M		
2280	1:10:58	600	Mark Dixon	M	20	
2281	1:10:58	2425	Mark Robinson	M		
2282	1:10:59	2141	Glenys Curtis	F	50	
2283	1:11:10	1033	Kathleen Davies	F	60	
2284	1:11:10	2182	Hannah Woodward	F		
2285	1:11:11	539	Liz Brimacombe-Jones	F	45	
2286	1:11:12	3188	Jon Sales	M		Admiral
2287	1:11:16	3010	Robert Keith Beale	M		
2288	1:11:22	1057	Arianne Grail	F	20	
2289	1:11:22	1056	William Grail	M	50	
2290	1:11:26	2743	Keith Evans	F	40	
2291	1:11:26	2435	Nicola Wiltshire	F	35	
2292	1:11:32	1337	Stephen P Dines	M	50	
2293	1:11:34	2763	Hilary Webb	F	55	
2294	1:11:36	2000	Wendy Thomas	F	45	
2295	1:11:38	677	Rachael Rees	F		
2296	1:11:40	375	Wendy Fisher	F	50	
2297	1:11:42	515	Chris Brudenell	M		
2298	1:11:44	2607	Phillip John Pook	M	40	
2299	1:11:53	2606	Teresa Kate Williams	F		
2300	1:11:57	3044	Runner 3044	M		
2301	1:12:01	578	Donna Rees	F		
2302	1:12:09	2040	Catherine Bennett	F		
2303	1:12:10	145	Gemma Thompson	F		
2304	1:12:13	2721	Christine Evans	F	40	
2305	1:12:13	1771	Paul Johnson	M		
2306	1:12:13	1506	Jill E John	F	50	
2307	1:12:17	1748	Carlo Marensi	M	40	
2308	1:12:26	2066	Sara Jones	F		
2309	1:12:28	1943	Carol Hanbury	F	50	
2310	1:12:29	1941	Paul Hanbury	M	50	
2311	1:12:29	982	Finola Jane Wilson	F	35	Womens Running Network
2312	1:12:29	2873	Victoria Perrett	F	20	D V L A's Angels
2313	1:12:29	1129	Suzanne Carpenter	F	40	
2314	1:12:31	903	Mary J Williams	F	40	
2315	1:12:37	2427	Paul Bevan	M		
2316	1:12:49	1038	Lee O'Doherty	M		
2317	1:12:58	2843	Amanda Baldwin	F		Womens Running Network
2318	1:13:00	2348	Christopher B Owens	M	20	
2319	1:13:00	2584	Jeffrey P Jones	M	40	
2320	1:13:00	2349	Claire Griffiths	F	20	Neath Harriers
2321	1:13:08	1041	Rebecca K O'Leary	F		
2322	1:13:11	1984	John Jones	M	45	
2323	1:13:11	1985	Caroline Jones	F	45	
2324	1:13:12	2257	Edward P Wellington	M	45	
2325	1:13:15	1032	Estilla Stanford	F		
2326	1:13:16	724	Claire Blackmore	F		
2327	1:13:17	723	Clare Bowman	F	35	
2328	1:13:18	2760	Robert Gadd	M		
2329	1:13:20	2940	Peter Davies	M	40	
2330	1:13:20	2939	Helen Davies	F	40	
2331	1:13:23	989	Byron Adlam	M		
2332	1:13:28	736	Richard Davies	M		
2333	1:13:31	3177	Sally Gwynne	F	45	
2334	1:13:32	1048	Tracy Foote	F	45	
2335	1:13:33	2204	Huw Roberts	M		
2336	1:13:38	1862	Carol Lord	F	35	Llandoverly



Pos	Time	No	Name	M/F	Cat	Club
2337	1:13:47	3117	Rebecca M Davies	F		
2338	1:14:01	233	Mair Hall	F	40	
2339	1:14:02	232	Jim Hall	M		
2340	1:14:08	1591	Betty F Nosrrih	F	70	Welsh Master A A
2341	1:14:10	1988	Richard Thomas	M	45	
2342	1:14:14	574	Anne Newbury	F	50	Womens Running Network
2343	1:14:24	2874	Hannah Tarr	F		
2344	1:14:29	1820	Angela Griffiths	F		
2345	1:14:39	2032	Brent Rees	M		
2346	1:14:39	2024	Ffion Bourton	F		
2347	1:14:40	1924	Heidi Lloyd	F		
2348	1:14:40	2086	Ricahrd Jones	M		
2349	1:14:47	2063	Kate Deverel	F		
2350	1:14:48	2105	Paul Cobbold Cobbold	M		
2351	1:14:49	157	Les Cuthbert	M	50	
2352	1:14:59	1250	Francon Davies	M	50	
2353	1:15:03	1837	Margarita Thomas	F	40	
2354	1:15:16	2732	Barbara Davies	F	40	
2355	1:15:20	263	Tina Gabb	F		
2356	1:15:24	657	Bethan Evans	F		
2357	1:15:29	2811	Kathryn Haines	F	45	
2358	1:15:44	1974	Paula Thomas	F	35	
2359	1:15:52	2239	Lisa Owen	F	35	
2360	1:15:53	2229	Antony Owen	M		
2361	1:15:59	2647	Sarah-Jane Walters	F		Admiral
2362	1:16:11	2273	Charilaos P Minas	M	40	
2363	1:16:12	2258	Soultana Kirsti	F		
2364	1:16:17	2755	Colin Henson	M	65	
2365	1:16:20	739	Vicky Robertson	F		
2366	1:16:31	1474	Richard Guy Llewellyr	M	40	
2367	1:16:31	2353	Celia Mary Netana	F		
2368	1:16:43	2958	Mark Andrew Protheroe	M		
2369	1:16:43	1859	Charles Jaggars	M	60	C I S S
2370	1:16:46	2707	Protacio Jr Gomez	M		
2371	1:16:46	493	Gill Morris	F	35	Womens Running Network
2372	1:16:51	1127	Carol Agnes Johns	F	40	
2373	1:16:53	3014	Julie Townsend	F	35	
2374	1:16:54	2395	Lynne Marie Brier	F	35	
2375	1:16:54	1875	Nicola Thomas	F	35	
2376	1:16:59	704	Faith Giles	F		
2377	1:17:24	1775	Katrina Moore	F		
2378	1:17:24	1776	Joyce Bartlett	F	55	
2379	1:17:31	841	Mark Arnold	M	40	
2380	1:17:31	2521	Susanna J Jenkins	F	35	
2381	1:17:44	141	Mike Jones	M	45	
2382	1:18:13	2977	Sarah Jane Morgan	F		
2383	1:18:25	669	Kerrie James	F		
2384	1:18:27	266	Lynsey Pettifer	F		
2385	1:18:29	2657	Kieron McGuide	M	40	
2386	1:18:32	626	Gemma Hughes	F	20	
2387	1:18:39	1039	Lloyd Stuart Thomas	M		
2388	1:19:00	912	Louise Chittenden	F		
2389	1:19:04	285	Kevin Johns	M	45	Rob Clarke Gym
2390	1:19:07	391	Amy Genders	F		
2391	1:19:09	1942	Janis Wheeler	F	50	
2392	1:19:10	1944	Michele Pettifor	F	50	
2393	1:19:14	689	Karen Rutter	F		Islwyn Running Club
2394	1:19:21	1774	Keith Saddington	M	50	
2395	1:19:25	1843	Ellen Draper	F		
2396	1:19:35	318	Helen O Lloyd	F		
2397	1:19:51	660	Kay Thomas	F	40	Womens Running Network
2398	1:20:01	212	Marnie Morgan	F	35	Envirogonch Unlimited
2399	1:20:09	1824	Wendy Ivins	F	40	
2400	1:20:15	1423	Kelvin R James	M	50	
2401	1:20:17	860	Sally Byrne	F		
2402	1:20:25	811	Sian E Wilson	F	35	
2403	1:20:27	2437	Geraint H Williams	M		
2404	1:20:27	2516	Pauline Roberts	F	40	
2405	1:20:27	2438	Paul Morgan	M		
2406	1:20:42	651	Gerry Gilroy	M		
2407	1:20:46	2645	Lee Ashcroft	M		Admiral
2408	1:20:46	1383	Bob Fenwick	M		
2409	1:20:47	1382	Emma Fenwick	F		

Pos	Time	No	Name	M/F	Cat	Club
2410	1:20:59	2423	Victoria Hartson	F		
2411	1:21:00	3152	Louise Morgan	F		Activa
2412	1:21:00	652	Jenny Boyce	F		
2413	1:21:02	2443	Janet Taylor	F	45	
2414	1:21:19	3069	Melanie Hunt	F	35	
2415	1:21:30	2166	Angela Jones	F	50	
2416	1:21:30	1888	Kirsty Guise Ellis	F		
2417	1:21:51	806	Donna Maria Rees	F	35	
2418	1:21:52	435	Jane Davison	F	40	
2419	1:22:01	2885	Pam Lawson	F		
2420	1:22:27	3007	Jessica Long	F	20	
2421	1:22:29	3006	Alison Jane Long	F	35	
2422	1:22:49	2030	Jane Elliott	F	50	
2423	1:23:08	2035	Astrid Buescher	F		
2424	1:23:11	120	Karen Morgan	F		
2425	1:23:33	2634	Mary Lynne Jones	F	55	
2426	1:23:41	3065	Joan E Goddard	F	55	
2427	1:23:46	1121	Kevin Rowcliffe	M	45	
2428	1:24:40	586	Lawrence Davies	M	40	
2429	1:24:41	224	Helene Giffard	F		Womens Running Network
2430	1:24:41	587	Fiona Phelan	F	40	
2431	1:24:43	817	Alison Murphy	F	40	
2432	1:24:45	2588	David P James	M	60	Gowerton R F C
2433	1:26:19	1641	Eleanor Jones	F	60	
2434	1:26:24	598	Stephen Dixon	M		
2435	1:26:31	2903	Zoe V Cobley	F		
2436	1:26:48	2510	Michelle L Jones	F	40	
2437	1:27:15	3068	Samantha K Evans	F		
2438	1:28:02	1318	Deborah Hay-Harris	F	45	Lliswerry Runners
2439	1:28:02	1063	Ronald Harris	M	70	Lliswerry Runners
2440	1:28:35	1427	Jane Elliott	F	50	
2441	1:28:42	2434	Dean Hopkins	M	40	
2442	1:28:42	2424	Glenda Mary Morgan	F	50	
2443	1:29:33	132	Paula Tanner	F		
2444	1:29:45	3021	Michele E Williams	F	40	
2445	1:29:49	3017	Fiona Houlihan	F	40	
2446	1:30:27	2308	Karen Preece	F	40	
2447	1:31:29	519	Kathryn Holley	F		Womens Running Network
2448	1:35:04	3066	Andrea Jane Nicholas	F	35	
2449	1:36:34	3022	Victoria J Jones	F		
2450	1:39:42	3067	Laura Ann Nicholas	F	35	
2451	1:39:42	3060	Julie Morris	F	40	
2452	1:39:43	3061	Lisa Leek	F		
2453	1:40:10	245	Lynne Boden	F	35	
2454	1:40:10	244	Maria Evans	F	55	
2455	1:40:11	246	Sheila Curran	F	45	Womens Running Network
2456	1:40:14	3063	Laura Wood	F		
2457	1:40:15	3062	Heather Elphick	F	55	
2458	1:40:27	1815	Carol Jenkins	F	50	
2459	1:40:32	1841	Louise Allen	F	40	
2460	1:41:51	2296	Elizabeth M Lythgoe	F	65	
2461	1:41:51	950	Rosina Jane Hicks	F	55	
2462	1:44:19	258	Sarah Edwards	F	35	
2463	1:46:36	1458	Lesley Jane Breeze	F	55	
2464	1:46:36	1459	Claire E Dennings	F	55	
2465	1:46:39	2215	Sarah Evans	F		C I S S
2466	1:47:47	1640	Lorna Evans	F	40	
2467	1:47:57	1018	Nora Holloway	F	50	
2468	1:52:30	1542	Kathleen M Davies	F	55	
2469	1:52:31	2214	Linda Evans	F	50	C I S S