

Pos	Time	No	Name	M/F	Cat	Club
1	14:40	105	Simon Jones	M	22	Belgrave Harriers
2	15:07	89	Ritchie Nicholls	M	23	Swansea Harriers
3	15:22	131	Mark Hobbs	M		Swansea Harriers
4	15:27	75	Marc Jenkins	M		Bridgend A C
5	15:39	152	Martin Rees	M	50	Swansea Harriers
6	16:07	130	Steve Davies	M	23	Swansea Harriers
7	16:11	281	Philip Kendrick	M	40	Brecon
8	16:19	106	Dean Hill	M		Tipton Harriers
9	16:20	115	Gareth Jones	M		3M
10	16:23	165	Shaun Tobin	M	40	Swansea Harriers
11	16:24	265	Lee Alerne	M	40	Club 69
12	16:31	90	Ben Powell	M		Swansea Harriers
13	16:48	91	Edward Takata	M	23	Cardiff A A C
14	16:53	274	Dave Wilson-Evans	M	45	Swansea Harriers
15	16:58	257	Alan Davies	M	50	
16	17:00	254	Steve Smith	M	40	Swansea Harriers
17	17:05	110	Aled Thomas	M	22	Multisport
18	17:13	54	Matt Lewis	M		
19	17:13	68	Daniel Thomas	M	22	Llanelli
20	17:14	303	Non Stanford	F	22	
21	17:14	255	Alan Kerr	M	45	Bridgend A C
22	17:17	7	Paul Bonen	M		3M
23	17:18	1001	Grant Howells	M		
24	17:24	88	Brian Palmer	M	50	Celtic Tri
25	17:31	280	Steve Brace	M	45	Bridgend A C
26	17:38	76	Thom Phillips	M	22	
27	17:40	95	Tom Alexander	M		Swansea Harriers
28	17:42	52	Andrew Davies	M		
29	17:43	289	Steve Evans	M	40	Neath Harriers
30	17:45	73	Scott Evans	M		Sospan R R
31	17:49	125	Matt Tooze	M		
32	17:54	160	Andrew Thomas	M	40	Sospan R R
33	17:59	583	Steve Coupe	M	55	Sospan R R
34	18:01	139	Nathan Petrie	M	22	
35	18:07	167	James O'Callaghan	M		
36	18:08	108	Peter Watkeys	M		Swan Uni
37	18:09	273	Jon Sizer	M	45	
38	18:09	263	Roebert bamsey	M	50	Neath Harriers
39	18:14	140	Sean McGillcuddy	M	22	
40	18:15	121	Adam Marshall	M	22	Neath Harriers
41	18:16	128	Charles T Walsh	M		Port Talbot Harriers
42	18:17	330	Anneliese Heard	F		
43	18:21	27	Gair McAdie	M		Team Deviant
44	18:24	114	Anthony Powel	M		Brackla Harriers
45	18:25	336	Carol Glover	F	22	Swansea Uni
46	18:28	70	Paul Ezard	M		Brackla Harriers
47	18:29	299	Howard Carpenter	M	50	Neath Harriers
48	18:30	509	Antonio Cirillc	M	22	Swansea Harriers
49	18:32	23	Michael Gleesor	M		Visteon
50	18:34	295	Nigel Barnes	M	40	Port Talbot Harriers
51	18:37	304	Lynne Cox	F		Tipton Harriers
52	18:42	300	Grayam McLean	M		
53	18:43	158	Dai Richard	M	45	Celtic Tri
54	18:44	329	Elinor Kirk	F	22	Swansea Harriers
55	18:48	178	Kevin Griffiths	M	40	TROT
56	18:49	118	Paul Donovan	M		Swansea Harriers
57	18:51	116	Gareth Ayres	M		Port Talbot Harriers
58	18:56	150	Peter Lloyd	M		3M
59	18:58	287	Noel Husband	M	45	Swansea Harriers
60	19:03	137	Jason Hughes	M		Multisport

Pos	Time	No Name	M/F	Cat	Club
61	19:04	154 Stephen Powell	M	40	Port Talbot Harriers
62	19:05	176 Leighton Gardner	M	40	Swansea Harriers
63	19:09	252 Peter Griffiths	M	40	
64	19:12	264 Les Chapman	M	55	Amman Valley
65	19:18	575 Robert Jones	M	50	Swansea Harriers
66	19:19	11 Michael Evans	M		
67	19:21	155 Elfed Joseph	M	45	3M
68	19:24	117 Adrian Weaver	M		Port Talbot Harriers
69	19:26	67 Mark Davies	M		Port Talbot Harriers
70	19:28	268 Jeff Thomas	M	40	Bridgend A C
71	19:28	103 Mike Tate	M		Multisport
72	19:31	93 Rhys Palmer	M	22	Celtic Tri
73	19:34	323 Caroline Rimmer	F	22	
74	19:37	503 Michael Roderick	M	22	
75	19:41	168 Dewi West	M	40	3M
76	19:43	316 Sian Pritchard	F		Coventry Godiva
77	19:45	278 Michael Marshal	M	45	
78	19:46	109 Martyn Powell	M		Multisport
79	19:48	177 neil Watkins	M	40	
80	19:50	120 Grant Thomas	M		Wecori
81	19:51	518 Gareth Johns	M	22	Cardiff Harriers
82	19:54	409 Sandra Pinkham	F	40	Neath Harriers
83	19:55	135 Dean Thomas	M		
84	19:57	286 Andrew Brown	M	40	Swansea Harriers
85	19:57	169 Mark Jones	M	45	Llanelli Tri
86	19:57	275 Graham Barlow	M	45	
87	20:00	261 Philip Bamsey	M	50	Neath Harriers
88	20:00	113 Chris Fulcher	M		Port Talbot Harriers
89	20:01	292 James Penn	M	40	Luxembourg
90	20:02	515 Leon Murnieks	M		
91	20:04	271 Alun Wyn Evans	M	40	
92	20:06	296 Andrew Lucas	M	40	3M
93	20:07	297 Alan Perkins	M	55	Port Talbot Harriers
94	20:07	266 Robert Fowler	M	60	Amman Valley
95	20:07	133 Mark Brace	M	22	Bridgend A C
96	20:12	159 Ian Richards	M	40	Sospan R R
97	20:15	596 Marc Dunscombe	M	40	
98	20:19	79 Will Roberts	M	22	Swansea Harriers
99	20:21	127 Jack Rhenton	M	22	Celtic Tri
100	20:22	166 Gavin Roberts	M	40	Swansea Harriers
101	20:24	406 Jacqueline Brace	F	45	Bridgend A C
102	20:25	709 Caroline Jones	F	40	Swansea Harriers
103	20:28	267 Kevin Corcoran	M	40	Swansea Harriers
104	20:29	99999 Unknown Number	M		
105	20:29	99999 Unknown Number	M		
106	20:36	517 David Thomas	M	22	
107	20:37	305 Katie Silke	F	22	
108	20:40	126 Stephen Keogh	M		Swansea Harriers
109	20:43	328 Sian Kirk	F	22	Swansea Harriers
110	20:45	588 Keith Davies	M	60	Swansea Harriers
111	20:48	2 Dominic Parkes	M		Dogs On Ropes
112	20:49	269 Alan Jefferies	M	60	Swansea Harriers
113	20:49	593 Mark Terry	M	45	
114	20:50	98 O H Parkes	M		
115	20:53	111 Ben Seabourne	M		
116	20:53	404 Anna David	F	35	Neath Harriers
117	20:53	182 Nigel Franciscc	M	40	Wecori
118	20:58	179 David Sullivar	M	40	3M
119	20:59	302 Rebecca King	F	22	Swansea Harriers
120	21:00	576 John Collins	M	65	Swansea Harriers

Pos	Time	No	Name	M/F	Cat	Club
121	21:01	298	John Sterio	M	45	
122	21:04	123	Mark Gosney	M		
123	21:04	315	Helen Marshal	F		Swansea Harriers
124	21:09	282	Ray James	M	45	Port Talbot Harriers
125	21:17	1002	Jo Howells	F		
126	21:18	8	Arfon Rees	M		Wecori
127	21:19	77	Geraint Higgins	M		Swansea Harriers
128	21:19	107	Michael Halsal	M		
129	21:21	12	Andrew Thomas	M		
130	21:22	256	Leighton Hughes	M	45	
131	21:25	143	Paul Stevens	M		
132	21:29	99	Richard Howe	M		
133	21:32	148	Thomas Morris	M		Neath Harriers
134	21:33	99999	Unknown Number	M		
135	21:34	701	Sian Phillips	F	45	Swansea Harriers
136	21:35	591	Simon Cox	M	40	
137	21:37	63	Chris Stratford	M		
138	21:39	171	Alex Williams	M		R R C
139	21:40	57	Paul Rees	M		
140	21:41	579	Cyril Walters	M	55	TROT
141	21:41	138	James Morgan	M	22	
142	21:42	62	Simon Mansfield	M	45	Carmarthen
143	21:42	56	Jonathan Gordor	M		
144	21:49	317	Mandy Morris	F		Neath Harriers
145	21:50	87	Richard Wilson	M		
146	21:52	183	Simon Pinner	M	45	Wecori
147	21:54	425	Anne Follan	F	35	Pontypridd Roadents
148	21:55	318	Jenny Gray	F		Port Talbot Harriers
149	21:56	351	Nerys Hughes	F		Team Deviant
150	21:58	677	Unknown Runner	F		
151	21:59	314	Sarah Hurford	F	22	Swansea Harriers
152	22:00	153	David Naylor	M	70	
153	22:02	405	Diane Wilson-Evans	F	45	Swansea Harriers
154	22:04	74	David Brown	M		
155	22:04	81	Steve Ruddy	M		
156	22:07	142	Mark Morris	M		Port Talbot Harriers
157	22:08	4	Ross Liddell	M		Team Deziez
158	22:10	145	David Morgans	M		
159	22:12	402	Gill Stawford	F	50	Swansea Harriers
160	22:13	277	Simon Davies	M	40	
161	22:13	97	Ian Jones	M		
162	22:14	136	James Dwason	M		
163	22:15	184	Bob Gardiner	M	45	Wecori
164	22:18	9	Ian Henton	M	22	Celtic Tri
165	22:19	22	Ian Roberts	M		
166	22:23	5	Paul Williams	M		
167	22:23	595	Simon Jenkins	M	45	
168	22:24	132	David Sweetman	M		
169	22:25	149	Gerard Willis	M		Dogs On Ropes
170	22:27	20	Lionel Germain	M		
171	22:30	66	Barry Morgan	M		Visteon
172	22:30	92	Ian Barnett	M		Celtic Tri
173	22:30	324	Carley Evans	F		
174	22:31	134	Tim Williams	M		
175	22:31	21	Piers Morgan-Harvey	M		Mumbles Milers
176	22:32	187	John Cunnane	M	55	100km Assoc
177	22:35	432	Caroline Sandles	F	35	3M
178	22:38	401	Gwen Smith	F	40	Swansea Harriers
179	22:40	665	Joanna Crosier	F		
180	22:43	96	Gareth Scott	M		

Pos	Time	No	Name	M/F	Cat	Club
181	22:46	411	Amanda John	F	40	Amman Valley
182	22:48	144	Ben Rees	M		
183	22:49	262	Raymond Boyce	M	40	Cornelly Striders
184	22:50	157	Nigel Davies	M	45	
185	22:51	162	Steve Groves	M	45	
186	22:52	516	Richard Bracken	M		
187	22:52	175	Steve McLelland	M	50	3M
188	22:54	288	Arthur Phillips	M	70	Sospan R R
189	22:55	513	Steven Jones	M		
190	22:59	51	Andrew Cleverly	M	22	
191	22:59	185	Brian Clark	M	40	
192	23:01	146	Daniel Madge	M		
193	23:05	272	John Ayres	M	50	Port Talbot Harriers
194	23:07	16	Steve Press	M		
195	23:10	326	Sara Griffiths	F	22	Neath Harriers
196	23:10	100	Iestyn Morgar	M		
197	23:11	584	Gary Smith	M	40	
198	23:13	141	Matthew Fincher	M		Sospan R R
199	23:14	586	Tony Clements	M	55	
200	23:16	429	Sharon David	F	45	
201	23:17	112	Kyle Fulcher	M	22	Port Talbot Harriers
202	23:19	991	Unknown Runner	M		
203	23:20	259	Edward Davies	M	40	
204	23:21	284	Simon Franks	M	40	Swansea Harriers
205	23:22	577	Christopher Carter	M	45	
206	23:24	189	Mark Williams	M	40	Sospan R R
207	23:25	290	Mered Harries	M	45	
208	23:26	313	Kirsten Tucker	F		Swansea Harriers
209	23:33	72	Graham Vyner	M		
210	23:33	708	Cindy Loosemore	F	40	
211	23:35	55	Bryan O'Learey	M		
212	23:35	58	Andrew Smart	M		
213	23:36	53	Jason Bowden	M		
214	23:36	61	Neil Crawford	M		
215	23:37	293	Phil Protheroe	M		Brackla Harriers
216	23:39	13	Michael Follett	M		
217	23:46	294	Tim Ley	M	45	
218	23:50	659	Eleanor Power	F		
219	23:51	321	Maria Poole	F		
220	23:52	82	Steve Wilson	M		Swansea Harriers
221	23:54	64	Dale Thomas	M	22	Celtic Tri
222	23:54	86	Steve Williams	M	45	Mumbles Milers
223	23:58	587	Neil Lewis	M	45	Mumbles Milers
224	23:59	306	Jemma Corcoran	F	22	Swansea Harriers
225	24:01	352	Maria Parisi	F	22	Swansea Harriers
226	24:03	718	Helen Jones	F	35	
227	24:03	174	Stephen Woods	M	45	
228	24:06	99999	Unknown Number	M		
229	24:07	712	Kathryn John	F	40	3M
230	24:09	99999	Unknown Number	F		
231	24:13	337	Sian Jones	F		Amman Valley
232	24:14	69	Stephen Lewis	M		
233	24:15	99999	Unknown Number	M		
234	24:16	270	Michael Shellarc	M	60	
235	24:23	334	Jenny Clark	F		Team Deviant
236	24:23	663	Michelle Cole	F		
237	24:24	6	Steve Williams	M		
238	24:28	310	Alys Maconie	F	22	WRN
239	24:29	19	Richard Moodie	M		Sospan R R
240	24:30	514	Mark Elias	M		

Pos	Time	No	Name	M/F	Cat	Club
241	24:32	420	Bethan Wall	F	35	
242	24:32	421	Christine Davies	F	40	
243	24:33	501	Dewi Davies	M		
244	24:35	434	Becky McLelland	F	22	
245	24:38	510	Gary Taylor	M		Mumbles Milers
246	24:41	357	Sarah James	F		
247	24:41	260	David Rosser	M	70	Amman Valley
248	24:43	408	Pauline Williams	F	45	Neath Harriers
249	24:44	25	Darren Davies	M		
250	24:44	413	Helen Phillips	F	45	Amman Valley
251	24:45	99999	Unknown Number	F		
252	24:46	412	Lyn Brown	F	40	Amman Valley
253	24:54	416	Kim Holohan	F	45	3M
254	24:59	65	John Holohan	M	55	
255	24:59	10	Paul Jones	M		Mumbles Milers
256	25:03	71	Andrew Evans	M		
257	25:04	85	Adam Fulham	M		
258	25:21	258	Andrew C John	M	45	
259	25:23	700	Emma Cownie	F	35	
260	25:23	437	Sarah Pacer	F	35	
261	25:25	438	Jane Dawson	F	40	
262	25:27	188	David Ashman	M	40	
263	25:32	172	Nigel L Jones	M	50	
264	25:39	703	Andrea Reynolds	F	40	Swansea Harriers
265	25:41	445	Sheila Hayler	F	35	
266	25:43	335	Wendy Richards	F	40	
267	25:47	355	Niamh Gill	F		
268	25:53	156	Mike O'Shea	M	60	
269	25:58	83	Martin Nicholls	M		Team Deviant
270	25:58	283	Nigel Williams	M	40	
271	26:00	104	gareth Watson	M		3M
272	26:02	653	Catherine Lisa Evans	F		
273	26:04	276	Kevin Jones	M	40	
274	26:08	119	Greg Hutton	M	40	
275	26:16	181	Andrew Beveridge	M	40	
276	26:19	311	Carol Vynes	F	35	3M
277	26:20	436	Ruth Hendersor	F	35	
278	26:22	435	Lisa Thompson	F	35	
279	26:24	594	Nigel Packer	M	50	
280	26:25	650	Kathryn Sweetman	F		running4womer
281	26:26	129	Mark Davies	M		
282	26:31	331	caroline Jones	F		
283	26:35	589	Ian Thomas	M	40	
284	26:35	424	Susan Davies	F	40	3M
285	26:37	415	Dianne Connor	F	40	3M
286	26:38	428	Paula Murphy	F	35	WRN
287	26:39	410	Caroline Griffiths	F	40	
288	26:42	511	Richard Bibb	M		
289	26:43	353	Katherine Jones	F	22	
290	26:45	301	Alys Davies	F	22	
291	26:47	502	Wayne Evans	M		
292	26:55	59	Robert Jones	M		
293	26:55	504	Sean Lyon Evans	M		
294	26:57	94	Paul Skinner	M		
295	26:58	661	Hayley Martir	F		
296	27:01	664	Jenny Louise McGillycudd	F	22	
297	27:06	590	Philip Davies	M	55	3M
298	27:08	170	Keith Harris	M	40	Mumbles Milers
299	27:17	3	Geoff Stevenson	M		
300	27:22	422	Kim Dodd	F	35	

Pos	Time	No	Name	M/F	Cat	Club
301	27:26	417	Finola Wilson	F	35	WRN
302	27:31	358	Demelza Smith	F		
303	27:31	658	Kelli Hawkins	F	22	
304	27:36	433	Elizabeth Diamond	F	35	
305	27:37	426	Fran Knight	F	35	WRN
306	27:38	506	Christopher Hockley	M		
307	27:47	186	Richard Rimmer	M	40	
308	27:52	507	Al Marnor	M		
309	27:55	717	Elena Zarate	F	55	
310	28:04	719	Alison Terry	F	45	
311	28:12	444	Ann Maggs	F	35	
312	28:13	443	Meinir Hutchings	F	35	
313	28:14	332	Kelly Hughes	F		WRN
314	28:17	24	Leigh Daly	M		
315	28:17	585	Andrew John	M	40	
316	28:20	427	Helen McDaid	F	35	WRN
317	28:22	322	Lisa Willis	F		
318	28:23	164	Daniel Cundy	M	40	
319	28:24	705	Pamela Milford	F	35	
320	28:25	18	Ehab Taha	M		
321	28:26	706	Rosie Amesbury	F	55	
322	28:26	319	Charlotte Rigdon	F		
323	28:29	17	Peter Griffiths	M	40	
324	28:33	440	Becky Farr	F	23	
325	28:37	359	Geraldine Williams	F	35	Sospans R R
326	28:39	660	Marie Gilligar	F		
327	28:40	333	Hannah O'Brier	F		WRN
328	28:41	414	Gillian Jones	F	40	
329	28:43	279	Tony Paget	M	45	
330	28:52	361	Mary Gillingham	F	45	WRN
331	28:55	253	Peter King	M	50	
332	28:56	26	Daniel Long	M		
333	28:58	320	Barbara Gougoulis	F		
334	29:03	423	Sue Carpenter	F	40	
335	29:09	447	Joanne Popham	F	35	
336	29:10	441	Louise Oram	F	35	
337	29:12	15	Sachin Nayak	M		
338	29:21	161	Eric Owen	M	65	Cornelly Striders
339	29:35	430	Linda Owens	F	55	
340	29:36	713	Nia Dickie	F	35	
341	29:36	442	Jodie Thompson	F		
342	29:37	309	Jessica Blanck	F	35	
343	29:40	356	Rachel Poyner	F		
344	29:41	714	Non Pettican	F	35	
345	29:47	407	Julie Lloyd	F	35	
346	29:50	14	Timothy Tang	M		
347	29:58	439	Kathryn Thomas	F	23	
348	30:06	60	Tom Stear	M		
349	30:13	84	Martin Kennedy	M	50	
350	30:15	419	Julie Davies	F	45	3M
351	30:25	78	Ian Phillips	M		
352	30:42	652	Jackie Evans	F		Sospan R R
353	30:49	666	Rebecca Holdsworth	F		
354	30:57	312	Bronwen Williams	F		
355	31:16	360	Rachel Hollnad	F		
356	31:24	418	Linda Waller	F	50	
357	31:27	592	Dennis Lynch	M	65	Cornelly Striders
358	31:46	403	Kathryn Willimas	F	35	
359	31:46	673	Unknown Runner	F		
360	32:09	715	Sheila Currar	F	45	WRN

Pos	Time	No	Name	M/F	Cat	Club
361	33:45	325	Louise Sweetman	F	35	
362	34:15	180	Steve Smith	M	45	
363	34:19	354	Julie Cunningtor	F		
364	34:25	711	Alison Bibb	F	35	
365	35:21	307	Michelle Jones	F	35	
366	35:21	308	Allison Sorokc	F		
367	35:26	99999	Unknown Number	F		
368	35:30	446	Melanie Colemar	F	40	