

Whitford Point 20th May 2009

| Position | Time | Number | Name | Club | Age Category |
|----------|----------|--------|---------------------|------------------|--------------|
| 1 | 00:36:05 | 33 | Mark Davies | Swansea Harriers | M |
| 2 | 00:36:36 | 60 | Gareth Jones | 3M Gorseinon | M |
| 3 | 00:37:02 | 22 | Daniel Thomas | Swansea Harriers | M |
| 4 | 00:37:32 | 63 | Ross Macdonald | Swansea Uni | M |
| 5 | 00:38:10 | 70 | Simon Wilson | | MV40 |
| 6 | 00:38:23 | 85 | Stephen Richards | Swansea Uni | M |
| 7 | 00:39:01 | 5 | Andrew Cleverly | Swansea Harriers | M |
| 8 | 00:39:11 | 64 | Tim Butt | Swansea Uni | M |
| 9 | 00:39:26 | 62 | Gareth Petts | Swansea Uni | M |
| 10 | 00:40:04 | 19 | Martin George | Sospan RR | M |
| 11 | 00:40:22 | 21 | Andrew Thomas | Sospan RR | MV40 |
| 12 | 00:40:32 | 148 | Pete Lloyd | 3M Gorseinon | M |
| 13 | 00:40:36 | 52 | Alex Williams | Port Talbot | MV40 |
| 14 | 00:40:45 | 57 | Paul Rees | 3M Gorseinon | MV45 |
| 15 | 00:41:02 | 9 | Tom Cadwalladr | Mumbles Milers | MV40 |
| 16 | 00:41:29 | 131 | Neil Phillips | | MV50 |
| 17 | 00:41:32 | 126 | Robert Sandles | 3M Gorseinon | MV40 |
| 18 | 00:41:52 | 68 | Mark Allen | Forrest Gimps | M |
| 19 | 00:41:53 | 108 | Elle Ridley | Swansea Uni | F |
| 20 | 00:42:05 | 16 | Kevin Taylor | Amman Valley Har | MV45 |
| 21 | 00:42:11 | 79 | Gilli Davies | Swansea Harriers | FV45 |
| 22 | 00:42:15 | 6 | Ian Kirkpatrick | | MV50 |
| 23 | 00:42:17 | 121 | Roland Pritchard | | M |
| 24 | 00:42:27 | 73 | James Wilson | Swansea Uni | M |
| 25 | 00:42:29 | 135 | Paul Stevens | Glais Grunts | M |
| 26 | 00:42:32 | 51 | Leighton Gardner | Swansea Harriers | MV40 |
| 27 | 00:42:34 | 80 | Mark Jenner | | MV45 |
| 28 | 00:42:36 | 66 | Nick Wright | | M |
| 29 | 00:42:37 | 17 | Steve Walsh | 3M Gorseinon | MV40 |
| 30 | 00:42:40 | 37 | Grant Thomas | Wecori | M |
| 31 | 00:42:41 | 84 | Dean Webster | 3M Gorseinon | M |
| 32 | 00:42:43 | 49 | A. Steve Thomas | 3M Gorseinon | M |
| 33 | 00:42:47 | 72 | Jonathon Wright | Forrest Gimps | MV40 |
| 34 | 00:42:48 | 104 | Chris Allton | Swansea Harriers | MV45 |
| 35 | 00:42:51 | 38 | Allan Parsons | Wecori | MV40 |
| 36 | 00:42:57 | 18 | Martin Hooper | Sospan RR | MV45 |
| 37 | 00:43:02 | 137 | Mark Stevens | Glais Grunts | M |
| 38 | 00:43:27 | 36 | Nigel Francisco | Wecori | MV45 |
| 39 | 00:43:30 | 92 | Stephen Cable | 3M Gorseinon | M |
| 40 | 00:43:34 | 20 | Gary Howe | 3M Gorseinon | MV50 |
| 41 | 00:43:39 | 145 | Alex Lewis | | M |
| 42 | 00:43:46 | 127 | Gair Mcadie | Team Deviant | M |
| 43 | 00:43:49 | 149 | Thierry Maffeis | | M |
| 44 | 00:43:50 | 71 | Greg Matthews | | M |
| 45 | 00:43:51 | 58 | Helen Marshall | Aberystwyth AC | F |
| 46 | 00:43:53 | 43 | Andrew Smith | Swansea Harriers | M |
| 47 | 00:43:55 | 86 | Richard Webster | 3M Gorseinon | MV50 |
| 48 | 00:43:57 | 42 | Uku Kumari | Swansea Harriers | mv50 |
| 49 | 00:44:02 | 109 | Piers Morgan-Harvey | Mumbles Milers | M |
| 50 | 00:44:06 | 146 | Carl Walker | | M |
| 51 | 00:44:18 | 74 | Wayne Brown | | MV50 |
| 52 | 00:44:47 | 120 | Daniel Pritchard | | M |

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|-----|----------|-----------------------|------------------|------|
| 53 | 00:44:50 | 82 Roger Bell | 3M Gorseinon | MV45 |
| 54 | 00:44:59 | 81 Michael Davies | | MV45 |
| 55 | 00:45:11 | 87 Daniel Owen Wills | Swansea Hawks | M |
| 56 | 00:45:14 | 136 Guy Housley | Glais Grunts | M |
| 57 | 00:45:18 | 156 Peter Spriggs | Swansea Harriers | M |
| 58 | 00:45:20 | 31 Andrew Brown | Swansea Harriers | MV40 |
| 59 | 00:45:21 | 140 Philippa Williams | | Fv35 |
| 60 | 00:45:25 | 143 Burkhard Markhoff | Swansea Harriers | MV45 |
| 61 | 00:45:28 | 30 Kevin Corcoran | Swansea Harriers | MV45 |
| 62 | 00:45:32 | 50 James Blanshard | Team Brodie | M |
| 63 | 00:45:33 | 97 Andrew Lucas | 3M Gorseinon | MV45 |
| 64 | 00:45:37 | 124 Joshua Sandles | 3M Gorseinon | M |
| 65 | 00:45:37 | 78 Steven Jones | | M |
| 66 | 00:45:54 | 12 Stephen Bendle | Swansea Harriers | MV45 |
| 67 | 00:45:55 | 15 Graham Colvin | 3M Gorseinon | MV45 |
| 68 | 00:45:56 | 14 Paul Lewis | 3M Gorseinon | MV40 |
| 69 | 00:46:01 | 159 David Bright | | MV40 |
| 70 | 00:46:06 | 47 Christina Smith | 3M Gorseinon | FV45 |
| 71 | 00:46:13 | 114 Marcus Eyre | 3M Gorseinon | MV50 |
| 72 | 00:46:14 | 32 Mark Davies | Port Talbot | MV40 |
| 73 | 00:46:15 | 154 Mike Griffiths | Team Deviant | M |
| 74 | 00:46:15 | 99 Sian Phillips | Swansea Harriers | FV45 |
| 75 | 00:46:17 | 138 Paul Arnold | Celtic Tri | MV40 |
| 76 | 00:46:26 | 90 Mark Bennewith | 3M Gorseinon | M |
| 77 | 00:46:28 | 10 Vic Saunders | Mumbles Milers | MV40 |
| 78 | 00:46:41 | 96 Kevin Morris | | MV45 |
| 79 | 00:46:46 | 39 Simon Pinner | Wecori | mv50 |
| 80 | 00:46:55 | 89 David Jefferies | Swansea Hawks | M |
| 81 | 00:47:07 | 69 Alun Morris | Forrest Gimps | M |
| 82 | 00:47:13 | 45 Tim Ward | Team Brodie | M |
| 83 | 00:47:19 | 141 Stephen Chambers | | MV45 |
| 84 | 00:47:22 | 111 Dom Parkes | Dogs on Ropes | M |
| 85 | 00:47:25 | 34 David Macrae | Swansea Harriers | M |
| 86 | 00:47:29 | 7 David Anthony | | MV50 |
| 87 | 00:47:32 | 1 Rebecca Evans | | FV35 |
| 88 | 00:47:41 | 139 Jayne Arnold | Celtic Tri | FV35 |
| 89 | 00:48:04 | 41 David Naylor | | mv50 |
| 90 | 00:48:14 | 155 Lee Richards | | M |
| 91 | 00:48:23 | 105 Warren Perkins | | MV40 |
| 92 | 00:48:33 | 77 Helen Jones | | FV35 |
| 93 | 00:48:45 | 53 Dewi West | 3M Gorseinon | MV45 |
| 94 | 00:48:49 | 29 Gary Waters | Swansea Harriers | MV50 |
| 95 | 00:49:02 | 117 Andy Hunter | | M |
| 96 | 00:49:05 | 40 Bob Gardiner | Wecori | mv45 |
| 97 | 00:49:14 | 8 Darren Green | Mumbles Milers | MV40 |
| 98 | 00:49:28 | 125 Caroline Sandles | 3M Gorseinon | FV40 |
| 99 | 00:49:29 | 44 James Dawson | Team Brodie | M |
| 100 | 00:49:43 | 158 Anthony Oliver | | M |
| 101 | 00:49:51 | 142 Lyndsey Dodds | Swansea Harriers | F |
| 102 | 00:50:00 | 4 Neil Clegg | | MV45 |
| 103 | 00:50:19 | 150 Simon Cox | | MV45 |
| 104 | 00:50:35 | 152 Clare Jones | 3M Gorseinon | F |
| 105 | 00:50:44 | 144 Rick Rimmer | | MV45 |
| 106 | 00:50:48 | 59 James Davies | 3M Gorseinon | MV40 |
| 107 | 00:50:55 | 13 Paul Jones | Mumbles Milers | M |

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|-----|----------|--------------------------|--------------------|------|
| 108 | 00:51:12 | 98 Andrew Rothwell | | MV50 |
| 109 | 00:51:19 | 133 Tim Buckley | | M |
| 110 | 00:51:38 | 48 Julie Thomas | 3M Gorseinon | FV45 |
| 111 | 00:51:38 | 67 Geoff White | 3M Gorseinon | MV50 |
| 112 | 00:51:42 | 147 Darren Evans | | M |
| 113 | 00:51:44 | 91 Gwen Smith | Swansea Harriers | FV40 |
| 114 | 00:51:47 | 113 Simon Frankes | Swansea Harriers | MV45 |
| 115 | 00:52:27 | 93 Leighton Jones | 3M Gorseinon | MV50 |
| 116 | 00:52:38 | 110 Ott Parkes | Dogs on Ropes | M |
| 117 | 00:52:51 | 83 Eleanor Grey | Swansea Uni | F |
| 118 | 00:53:25 | 56 Eiri Evans | 3M Gorseinon | F |
| 119 | 00:53:34 | 54 Lynne Parry | 3M Gorseinon | F |
| 120 | 00:53:42 | 46 Allan Spencer Smith | 3M Gorseinon | MV50 |
| 121 | 00:53:43 | 102 Maggie Fligelstone | | FV45 |
| 122 | 00:55:05 | 3 Malcolm Bullough | | MV50 |
| 123 | 00:55:10 | 112 Neil Lewis | Mumbles Milers | MV45 |
| 124 | 00:55:31 | 55 Nina Brocklebank | 3M Gorseinon | FV35 |
| 125 | 00:55:39 | 128 Richard Donne | 3M Gorseinon | MV45 |
| 126 | 00:55:58 | 153 Kristina Williams | Team Deviant | FV35 |
| 127 | 00:56:09 | 2 Nigel Best | | MV50 |
| 128 | 00:56:16 | 76 Adrian James | 3M Gorseinon | MV45 |
| 129 | 00:56:20 | 106 Rachel Biggar | | F |
| 130 | 00:56:21 | 105 Warren Perkins | | MV40 |
| 131 | 00:56:52 | 24 Christine Hurdidge | 3M Gorseinon | FV45 |
| 132 | 00:57:06 | 88 David Smith | Swansea Hawks | M |
| 133 | 00:57:29 | 26 Christine Jones | Team Dai | FV45 |
| 134 | 00:57:34 | 23 Fay Sharpe | 3M Gorseinon | FV45 |
| 135 | 00:57:36 | 129 Miles Willis | Dogs on Ropes | MV40 |
| 136 | 00:57:36 | 130 Joe Willis | Dogs on Ropes | M |
| 137 | 00:57:44 | 65 Martin Nicholls | 3M Gorseinon | MV40 |
| 138 | 00:57:59 | 28 Julie Gething | Team Dai | FV35 |
| 139 | 00:58:29 | 100 Alison Norman | | FV35 |
| 140 | 00:58:31 | 101 Geriant Norman | | M |
| 141 | 00:58:53 | 75 Nigel Leighton Jones | Llanelli Strollers | MV50 |
| 142 | 00:58:58 | 151 David Coughlin | | MV50 |
| 143 | 00:59:42 | 157 John Sanderson | | MV50 |
| 144 | 01:00:13 | 27 Claire Tanner | Team Dai | F |
| 145 | 01:00:51 | 61 Henry Hayward | 3M Gorseinon | MV50 |
| 146 | 01:01:15 | 103 Louis Fligelstone | | MV45 |
| 147 | 01:02:10 | 95 Sali Davies | 3M Gorseinon | FV35 |
| 148 | 01:02:13 | 94 Pauline Thornhill | 3M Gorseinon | F |
| 149 | 01:02:20 | 134 Rob Baynham | | M |
| 150 | 01:02:20 | 132 Julian Fuse | | MV40 |
| 151 | 01:03:22 | 123 Sarah Jones | | F |
| 152 | 01:03:25 | 118 Mark Penny | | M |
| 153 | 01:04:07 | 11 Rebecca Gunstone | Mumbles Milers | FV35 |
| 154 | 01:04:14 | 115 Elizabeth Jones | | FV35 |
| 155 | 01:04:36 | 116 Penny Lawder | | FV35 |
| 156 | 01:12:49 | 35 Vivienne Kavanagh | 3M Gorseinon | FV45 |
| 157 | 01:12:49 | 25 Julie Davies | 3M Gorseinon | FV45 |
| 158 | 01:19:53 | 119 Michelle Ponomarenho | | F |
| 159 | 01:20:03 | 122 Martin Jones | | MV50 |