

POS	BIB	Firstname	Surname	Sex	CLUB	TIME			Cat
1	833	JAMES	SMITH	M	BLACK PEAR JOGGERS	1:00:04	1	M	SEN
2	862	PAUL	MURRIN	M	CHEPSTOW HARRIERS	1:01:26	1	M	V40
3	841	ANDREW	STEPHENS	M	MONROSS TRAILBLAZERS	1:02:29	2	M	V40
4	837	RICHIE	JOHNSON	M	PONT-Y-PWL	1:04:09	3	M	V40
5	844	LAURENCE	HUMPHREYS	M	FAIRWATER RUNNERS	1:05:27	2	M	SEN
6	822	SIMON DAVID	BAGGULEY	M		1:08:35	3	M	SEN
7	832	PAUL	DEATON	M	SOUTHVILLE RUNNING CLUB	1:09:52	4	M	V40
8	848	JOSHUA	JONES	M	GRIFFITHSTOWN HARRIERS	1:10:13	4	M	SEN
9	870	ALUN	WOOD	M	ISLWYN RUNNERS	1:11:33	5	M	SEN
10	849	MARK	MATTHEWS	M	FODAC	1:13:46	5	M	V40
11	851	JAMES	DOBBING	M	FODAC	1:13:46	6	M	SEN
12	854	BRYAN	STADDEN	M	BITTON RC	1:15:23	1	M	V50
13	869	TIM	HAYSOM	M	PORTISHEAD RC	1:15:58	6	M	V40
14	865	MATTHEW	LAWSON	M	CHEPSTOW HARRIERS	1:16:19	7	M	V40
15	816	DANNY	RIDLEY	M		1:16:23	7	M	SEN
16	852	RICHARD	BEVAN	M	MONROSS TRAILBLAZERS	1:16:43	8	M	V40
17	864	GERRAINT	EVANS	M	LLANDOVERY	1:17:04	9	M	V40
18	855	MIKE	GLEESON	M	SWANSEA HARRIERS	1:17:38	10	M	V40
19	889	HUW	EVANS JOHNS	M		1:18:25	11	M	V40
20	877	DAVID	FROST	M		1:18:41	2	M	V50
21	835	PHIL	MILES	M	PARC BRYN BACH	1:20:00	1	M	V60+
22	853	DAVE	KNAPPER	M	MONROSS TRAILBLAZERS	1:20:56	12	M	V40
23	812	SIMON	DARKE	M	MAINDY HARRIERS	1:21:14	3	M	V50
24	819	JOHN	NASH	M	CHEPSTOW HARRIERS	1:21:46	4	M	V50
25	888	MARK	EVANS	M		1:23:15	8	M	SEN
26	818	DANIELLE	PHILLIPS	F	PARC BRYN BACH	1:23:17	1	F	SEN
27	871	DAVID	HAYWARD	M	CHEPSTOW HARRIERS	1:23:49	2	M	V60+
28	839	HELEN	JONES	F	PORT TALBOT HARRIERS	1:24:50	1	F	V40
29	804	CHRISTOPHER	THOMAS	M	EBBW VALE RUNNING CLUB	1:25:49	5	M	V50
30	802	TIM	ROWLANDS	M		1:26:11	9	M	SEN
31	850	ROBERT	MELLING	M		1:26:45	10	M	SEN
32	899	STUART	METCALFE	M		1:27:37	13	M	V40
33	867	HYWEL	MORGAN	M		1:27:47	11	M	SEN
34	808	JUDITH	OAKLEY	F	VEGAN RUNNERS UK	1:28:07	1	F	V50
35	840	STEVEN	JONES	M	PORT TALBOT HARRIERS	1:28:16	14	M	V40
36	842	CHRISTOPHER	HOPES	M	SOUTHVILLE RUNNING CLUB	1:28:28	6	M	V50
37	881	PAUL	GRAINGER JONES	M	PONT-Y-PWL	1:28:45	15	M	V40
38	805	ROD	CLYDE	M		1:28:56	7	M	V50
39	806	ANDREW	PATERSON	M	CLC STRIDERS	1:29:02	16	M	V40
40	878	JAMIE	DOWNTON	M		1:29:17	17	M	V40
41	820	NEIL	JACKS	M	WYE VALLEY RUNNERS	1:29:21	18	M	V40
42	823	ROGER	MILLS	M	FAIRWATER RUNNERS	1:29:25	19	M	V40
43	860	MARTYN	JENKINS	M	FAIRWATER RC	1:29:32	8	M	V50
44	826	STEVE	HUGHES	M		1:29:34	9	M	V50
45	876	LOU	SUMMERS	F	MYNYDD DU	1:29:36	2	F	V40
46	857	MARTIN	SLUCUTT	M	SWANSEA HARRIERS	1:29:43	12	M	SEN
47	834	COLIN	WESTBURY	M	GLOUCESTER AC	1:30:19	20	M	V40
48	880	MARK	CHANNER	M		1:30:33	21	M	V40
49	856	STU	REES	M		1:30:56	13	M	SEN
50	846	MICHAEL	MURPHY	M	LES CROUPIERS	1:31:18	3	M	V60+
51	879	DAVID	SMOUT	M	MYNYDD DU	1:31:54	4	M	V60+
52	843	GARY	JENNINGS	M	SOUTHVILLE RUNNING CLUB	1:31:57	10	M	V50
53	807	ROBERT	BIRCHER	M	CLC STRIDERS	1:32:24	22	M	V40
54	892	ANTAL	SANDON	M	MYNYDD DU	1:33:13	23	M	V40
55	803	PETER	SHORT	M	FOREST OF DEAN	1:34:11	5	M	V60+

56	831	VANESSA	BALL	F	MONROSS TRAILBLAZERS	1:35:06	2	F	SEN
57	838	STEVE	OWEN	M		1:35:17	6	M	V60+
58	875	ANDREW	DICKENS	M	MYNYDD DU	1:35:28	24	M	V40
59	829	GAVIN	JONES	M	MONROSS-TRAILBLAZERS	1:37:50	14	M	SEN
60	814	MARK	PHILLIPS	M		1:37:58	15	M	SEN
61	893	RICHARD	DAVIES	M		1:38:09	16	M	SEN
62	815	ANTHONY	TWYCROSS	M		1:39:11	17	M	SEN
63	882	REBECCA	POOLE	F	FAIRWATER RC	1:41:58	3	F	SEN
64	873	CHRIS	WATKINS	M		1:41:58	18	M	SEN
65	868	JULIE	LEES	F	FAIRWATER RC	1:42:15	3	F	V40
66	898	DICK	EVANS	M		1:44:40	7	M	V60+
67	897	SUE	DAVIES	F		1:44:40	2	F	V50
68	821	HEIDI LOUISE	THOMAS	F		1:44:42	4	F	SEN
69	809	MICHAEL	OAKLEY	M	VEGAN RUNNERS UK	1:46:07	25	M	V40
70	863	KATIE	HOVERS	F	BRECON TRIATHLON CLUB	1:47:07	3	F	V50
71	866	DAVE	ANDREWS	M	CHEPSTOW HARRIERS	1:58:47	8	M	V60+
72	845	GILL	MURPHY	F	LES CROUPIERS	1:59:32	1	F	V60+
73	883	JANET	RICHARDS	F	LLISWERRY RC	2:01:31	4	F	V50
74	847	VICKI	JONES	F	ISLWYN RUNNERS	2:01:39	4	F	V40
75	813	JAMES	WILLIAMS	M	PARC BRYN BACH	2:01:46	19	M	SEN
76	825	SIMON	CARTLIDGE	M		2:03:09	26	M	V40
77	811	BEA	LOVEGROVE	F	PONTYPRIDD ROADENTS AC	2:09:30	5	F	SEN
78	874	ELIZABETH	WATKINS	F		2:09:53	6	F	SEN
79	830	PAUL	BURGESS	M	FRAMPTON COTTERELL HAR	2:09:55	11	M	V50
80	828	VANESSA	REDMOND	F	NORTH BRISTOL TRIATHLON	2:10:06	5	F	V50
81	872	RHIAN	BROWN	F		2:10:20	7	F	SEN
82	890	BERTA	HAVERS	F	CHEPSTOW HARRIERS	2:11:39	8	F	SEN
83	824	VERINIA	THOMAS	F		2:17:22	9	F	SEN
84	859	STEVE	NEILL	M	PENARTH AND DINAS RUNNE	2:19:19	12	M	V50
85	858	MICHELLE	HOEY	F	PENARTH AND DINAS RUNNE	2:20:01	10	F	SEN
86	885	KATE	PALFREY	F	FAIRWATER RC	2:38:22	11	F	SEN
87	887	KAREN SA	ARNOLD	F	FAIRWATER RC	2:38:40	5	F	V40
88	886	HELEN	WILLIAMS	F	FAIRWATER RC	2:38:45	6	F	V40
89	884	BEN	JONES	M	FAIRWATER RC	2:38:47	27	M	V40
90	891	LISA	BRINDLEY	F	MAINDY HARRIERS	2:39:10	12	F	SEN
	810	YVONNE	BROWN	F	V C&AC	DNS			
	836	JACKY	MILES	F	PARC BRYN BACH	DNS			
	801	JAMES	GODDING	M		DNS			
	827	JACQUI	WYNDS	F	FOREST OF DEAN AC	DNS			
	817	SCOTT	MAYBANK	M		DNS			