

Cardiff Half Marathon 2003 - Full results

Race No	First Name	Surname	Chip Time	Gender	Category	Club
5588	Adrian	Marriott	01:09:27.30	Male	SENIOR	Hercules Wimbledon AC
6025	Simon	Jones	01:10:27.80	Male	SENIOR	Cardiff AAC
6064	Tim	Lewis	01:15:49.85	Male	SENIOR	Brackla Harriers
461	Alister	Jones	01:16:25.00	Male	SENIOR	Les Croupiers
6192	Derek	Scarborough	01:17:39.15	Male	45-49	Bridgend AC
5858	Paul	Slaymaker	01:17:39.80	Male	SENIOR	
5750	Nick	Dukes	01:17:59.50	Male	SENIOR	Les Croupiers
5672	Robert	Sage	01:18:09.80	Male	SENIOR	
6346	Philip	Thomas	01:18:23.10	Male	SENIOR	
5869	Malcolm	Howells	01:18:41.90	Male	60+	
5508	Clem	Clement	01:18:51.85	Male	40-44	Penarth & Dinas Runners
5964	Ronald	Morris	01:18:52.30	Male	50-54	San Domenico RRC
6335	Jeremy	Cook	01:19:05.50	Male	SENIOR	
5611	Stephen	Paterson	01:19:05.60	Male	SENIOR	Pegasus
6400	Gary	Davies	01:19:15.45	Male	45-49	
5810	Jon	Embling	01:19:32.00	Male	45-49	Bridgend AC
6336	Peter	Kellam	01:19:33.15	Male	SENIOR	Les Croupiers
6191	Stuart	Davidson	01:19:34.65	Male	50-54	Bridgend AC
6079	Phil	Adams	01:19:39.15	Male	40-44	Neath Harriers
5538	Vincent	Williams	01:19:43.15	Male	40-44	St. Albans Striders
6104	Jeff	Davies	01:19:46.40	Male	40-44	Pontypridd Rodents AAC
6128	Peter	Coles	01:19:55.75	Male	40-44	
6196	Andrew	Cleves	01:21:35.90	Male	SENIOR	Les Croupiers
6325	Paul	Harris	01:21:58.00	Male	SENIOR	
6117	Clive	Davies	01:22:11.20	Male	40-44	Sospan RR
6391	Andrew	Cooney	01:22:55.10	Male	SENIOR	Datchet Dashers
5643	Michael	Evans	01:23:03.45	Male	40-44	Neath Athletic Club
6353	Lee	Scott	01:23:41.10	Male	SENIOR	Westbury Harriers
5626	Alan	Legge	01:24:01.05	Male	SENIOR	Fairwater Runners
5999	David	Sharp	01:24:51.25	Male	SENIOR	
211	Keith	Tannetta	01:24:56.40	Male	40-44	Cardiff A.C.
6041	Andrew	Thomas	01:25:21.70	Male	SENIOR	Sospan Road Runners

6075	Jeffrey	Aston	01:25:41.85	Male	55-59	Les Croupiers
5102	Steven	Jones	01:26:29.95	Male	SENIOR	
5578	Ali	Abdi Farah	01:26:38.80	Male	SENIOR	
6121	Graham	Colvin	01:26:41.20	Male	40-44	3M Gorseinon
5938	Peter	Moody	01:27:04.25	Male	60+	Carmarthen Harriers
5884	Gareth	Hill	01:27:11.85	Male	SENIOR	
5962	Claire	Peacock	01:27:23.70	Female	35-39	Sragglers
5536	Gareth	Hall	01:27:40.55	Male	SENIOR	
5429	Peter	Curran	01:27:53.35	Male	40-44	
6361	Paul	Charles	01:28:03.35	Male	45-49	Miskin Manor R. C.
6208	Des	Mulcahy	01:28:06.95	Male	SENIOR	
6298	Wesley	Drennan	01:28:10.70	Male	SENIOR	
5896	Lloyd	King	01:28:23.15	Male	SENIOR	Cardiff Amateur Athletics
6390	Jeremy	Keogh	01:28:30.15	Male	SENIOR	Les Croupiers
5334	David	Jones	01:28:34.55	Male	SENIOR	
6395	Des	Hewitt	01:28:36.85	Male	40-44	North Staffs Road Runners Asso
5675	Brian	Malin	01:28:41.30	Male	45-49	Rugby & Northampton AC
6172	John	Wilson	01:28:47.40	Male	45-49	Penarth & Dinas
5958	Colin	Lee	01:28:47.90	Male	40-44	Weston AC
5949	Ray	Wood	01:28:49.80	Male	40-44	
6352	Ben	Keene	01:28:49.90	Male	SENIOR	
6363	Si	Williams	01:28:51.65	Male	SENIOR	
5921	John	Diffey	01:28:51.75	Male	SENIOR	Les Croupiers
6205	Rachael	Currie	01:29:08.50	Female	SENIOR	
6199	Marc	Weatherall	01:29:10.30	Male	SENIOR	
6359	Stephen	Griffiths	01:29:10.45	Male	SENIOR	CHEPSTOW HARRIERS
5612	Keith	Paterson	01:29:12.30	Male	60+	Pegasus
6318	Phil	Hamer	01:29:14.40	Male	SENIOR	
5816	Wendy	Edwards	01:29:16.80	Female	40-44	Les Croupiers
6032	Pablo	Borrueal	01:29:17.60	Male	SENIOR	
5163	James	Harvey	01:29:20.10	Male	SENIOR	
5111	Brian	Lang	01:29:23.15	Male	SENIOR	Serpentine
6123	Mark	Thomas	01:29:42.35	Male	SENIOR	
6037	Richard	Webster	01:29:44.50	Male	45-49	
6206	Richard	Beaman	01:29:44.80	Male	SENIOR	
5878	Lindsay	Emyr	01:29:47.75	Female	SENIOR	Cardiff Amateur Athletics

6279	Gwyn	Davies	01:29:55.70	Male	40-44	Kenilworth runners
5941	Robert	Sandles	01:30:03.80	Male	SENIOR	3Ms Gorsinion
5339	Michael	Davies	01:30:04.90	Male	50-54	Les Croupiers
6280	Iwan	Horan	01:30:09.35	Male	SENIOR	
5257	Knill	Baird Murray	01:30:40.05	Male	40-44	Penarth & Dinas Runners
6342	Clive	Harrison	01:30:40.20	Male	45-49	Penarth & Dinas Runners
6173	Robert	Wilcox	01:30:43.65	Male	SENIOR	Penarth & Dinas
5943	Rik	Groves	01:31:04.00	Male	SENIOR	
6091	Paul	Sullivan	01:31:08.60	Male	SENIOR	
6351	William	Lynch	01:31:10.95	Male	SENIOR	
5793	Christopher	Oxley	01:31:14.00	Male	SENIOR	
5688	Simon	Osborne	01:31:23.15	Male	SENIOR	
5683	Paul	Tedder	01:31:23.35	Male	SENIOR	
610	David	Carr	01:31:34.30	Male	SENIOR	
6151	Shan	Cuthbert	01:31:58.00	Female	35-39	Cardigan RC
5759	Michael	Wann	01:31:59.85	Male	SENIOR	
5986	Joanna	Pritchard	01:32:00.50	Female	SENIOR	Les Croupiers
6068	Phillip	George	01:32:01.00	Male	SENIOR	
5847	Richard	Brewer	01:32:01.75	Male	45-49	Les Croupiers
5920	Andrew	Diffey	01:32:01.90	Male	SENIOR	
5800	Gareth	Jones	01:32:02.60	Male	SENIOR	
6060	Bradley	Carter	01:32:05.60	Male	SENIOR	
5416	Dafydd	Williams	01:32:05.75	Male	SENIOR	
6272	Cathy	Darby	01:32:06.95	Female	SENIOR	DML Running Club
5842	Michael	Havard	01:32:18.80	Male	SENIOR	
5944	Rich	Berry	01:32:20.55	Male	SENIOR	
5722	Anthony	Morgan	01:32:24.30	Male	SENIOR	
5437	Adrian	Edwards	01:32:24.90	Male	SENIOR	
5922	Noel	Thompson	01:32:33.00	Male	50-54	
5288	Aled	Phillips	01:32:33.05	Male	40-44	
6366	Rhodri	Rowlands	01:32:37.55	Male	SENIOR	
5103	Paul	Brown	01:32:39.30	Male	SENIOR	
6332	Phil	Evans	01:32:44.90	Male	40-44	
5336	Kate	Rees	01:32:49.90	Female	35-39	
517	Nicholas	Keylock	01:32:51.00	Male	SENIOR	
6282	Michael	Donald	01:33:00.50	Male	SENIOR	

6349	David	Price	01:33:05.30	Male	SENIOR	Les Croupiers
5699	Christopher	Blackmore	01:33:06.50	Male	SENIOR	Cardiff Harlequins
5661	Julie	Scholey	01:33:12.45	Female	40-44	Les Croupiers
5159	James	Towl	01:33:29.40	Male	SENIOR	
6163	Rhydian	Reston	01:33:37.65	Male	SENIOR	
6101	Tim	Lewis	01:33:38.40	Male	40-44	Aberdare Roadies AAC
6355	Thomas	McEwen	01:33:44.45	Male	SENIOR	
6119	Roger	Caldwell	01:33:59.05	Male	45-49	Bristol AC
5272	Lee	Morris	01:34:03.20	Male	SENIOR	
6229	Craig	Standage	01:34:05.75	Male	SENIOR	
6014	Paul	Arnold	01:34:20.00	Male	SENIOR	3M Gorseinon RR
6019	Paul	Harvey	01:34:25.65	Male	SENIOR	
6147	Tudur	Davies	01:34:28.65	Male	40-44	
5579	Owen	Walters	01:34:28.95	Male	SENIOR	
6054	Ashley	Williams	01:34:40.10	Male	40-44	
5031	Larry	Burford	01:34:48.75	Male	40-44	Pegasus Running Club
5639	Brian	Telford	01:34:51.85	Male	45-49	
5648	Bryce	Alford	01:34:53.10	Male	SENIOR	instinctive sports
5936	George	Rose	01:34:53.55	Male	SENIOR	
91	David	Sedzik	01:34:59.65	Male	SENIOR	
5387	Huw	Jones	01:35:02.10	Male	SENIOR	
5998	Mark	Dreyer	01:35:05.40	Male	SENIOR	
6034	Mark	Fischer	01:35:05.85	Male	SENIOR	
6175	Andy	Shanahan	01:35:14.15	Male	SENIOR	Pencoed Triathlon Club
5716	Julian	Malton	01:35:18.45	Male	SENIOR	
5965	Dewi	West	01:35:20.25	Male	40-44	3M Gorseinon RR
5537	Richie	Hart	01:35:21.75	Male	SENIOR	
5562	Steven	Smith	01:35:29.40	Male	SENIOR	serpenine
5158	Gareth	Davies	01:35:31.55	Male	SENIOR	
5927	John	Larkin	01:35:32.75	Male	SENIOR	
5151	Jonathan	Holland	01:35:34.50	Male	SENIOR	
6243	Carly	Richards	01:35:36.15	Female	SENIOR	
5789	Gerard	Brophy	01:35:38.85	Male	SENIOR	
5940	Roger	Bell	01:35:43.50	Male	SENIOR	
6072	Jerome	Cronin	01:35:46.45	Male	SENIOR	
5652	Nick	Fletcher	01:35:47.40	Male	SENIOR	

358	John	Hale	01:35:47.45	Male	40-44	
6370	Elizabeth	Andrew	01:35:50.20	Female	SENIOR	
5162	Gary	Macalister	01:35:55.10	Male	SENIOR	
6212	Linda	Hutchinson	01:35:56.25	Female	40-44	
6374	David	Hughes	01:36:10.15	Male	SENIOR	
6188	Nicholas	Emmott	01:36:12.75	Male	SENIOR	
5499	Grant	Gibbon	01:36:17.10	Male	SENIOR	
5212	Kevin Paul	Stoye	01:36:17.95	Male	SENIOR	
5529	Gareth	Battle	01:36:23.95	Male	SENIOR	
6047	Kevin	Smith	01:36:29.70	Male	SENIOR	
6248	Tim	Street	01:36:47.30	Male	40-44	
5872	Glyn	Sawsom	01:36:52.00	Male	40-44	
6303	Phillip	Probert	01:36:55.00	Male	SENIOR	
6154	Ian	Herbert	01:36:59.95	Male	SENIOR	
6180	Alistair	Plummer	01:37:04.15	Male	SENIOR	
5262	William	Campion	01:37:06.85	Male	SENIOR	
6178	Mark	Davis	01:37:07.50	Male	40-44	
5717	Edward	Donovan	01:37:08.20	Male	SENIOR	
6109	Cerith	Thomas	01:37:10.15	Male	SENIOR	
5472	Paul	Richards	01:37:11.05	Male	40-44	
5755	Huw	Thomas	01:37:18.35	Male	SENIOR	
5678	Simon	George	01:37:26.10	Male	SENIOR	
5849	Andrew	Thomas	01:37:26.25	Male	40-44	
5696	David	Miles	01:37:28.25	Male	SENIOR	
195	David	Proud	01:37:28.90	Male	SENIOR	
6135	Christopher	Wooley	01:37:29.50	Male	SENIOR	Rhondda Tri
5300	Tom	Bates	01:37:29.55	Male	SENIOR	
5893	Gerwyn	Britton	01:37:29.75	Male	SENIOR	
5604	Phil	Hullah	01:37:33.05	Male	SENIOR	
5046	Philip	Tandy	01:37:40.05	Male	45-49	San Domenico - Cardiff
6185	John	Kirkham	01:37:41.75	Male	SENIOR	Horsham Joggers
6274	Simon	Heseltine	01:37:45.30	Male	40-44	forest of dean athletic
5996	Daniel	Childs	01:37:45.65	Male	SENIOR	
5530	Andrew	Brown	01:37:49.30	Male	SENIOR	
795	Vincent	Oak	01:37:49.70	Male	40-44	
31	Gordon	Fletcher	01:37:58.15	Male	40-44	

5172	Robert	Williams	01:37:58.55	Male	JUNIOR	
6405	Simon	Slinn	01:38:03.70	Male	SENIOR	
6057	Darren	Humphreys	01:38:08.00	Male	SENIOR	
6022	Tom	Yapp	01:38:13.50	Male	SENIOR	
5802	Peter	Crabtree	01:38:21.00	Male	40-44	Miskin Manor
6241	Richard	Beck	01:38:21.65	Male	SENIOR	
5646	Andy	Evans	01:38:23.00	Male	SENIOR	
5991	Thomas	Hill	01:38:30.25	Male	45-49	
5586	Jeremy	Frankel	01:38:31.85	Male	SENIOR	Forest Of Dean AC
5791	Amy	Turner	01:38:33.50	Female	SENIOR	Les Croupiers
5621	Kevin	Parry	01:38:44.45	Male	40-44	
5185	Ian	Chitty	01:38:45.45	Male	SENIOR	
6160	Gerard	Gormley	01:38:54.35	Male	SENIOR	Griffithstown Harriers
6312	Edward	Gillfillan	01:38:54.60	Male	SENIOR	
500	David	Evans	01:38:58.20	Male	SENIOR	Lliswerry Runners
5765	Donald	Jones	01:39:00.00	Male	45-49	Miskin Manor
5912	Simon	Glanville	01:39:01.00	Male	SENIOR	
5312	Marc	Bevan	01:39:06.40	Male	JUNIOR	Swansea Harriers
5270	Christopher	Reynolds	01:39:06.90	Male	SENIOR	
5526	David	Mortimer	01:39:08.45	Male	SENIOR	
6242	Phillip	Geddes	01:39:10.20	Male	40-44	
5989	Gareth	John	01:39:13.55	Male	45-49	Les Croupiers
5870	Toby	Andrews	01:39:14.20	Male	SENIOR	
5025	Robert	Barnett	01:39:22.45	Male	40-44	
5659	David	Somersall	01:39:27.85	Male	SENIOR	
5698	Ian	Derrick	01:39:32.45	Male	SENIOR	Les Croupiers
6110	Catrin	Verall	01:39:35.20	Female	SENIOR	
5959	Jonathan	Harry	01:39:37.25	Male	SENIOR	
5388	Tim	Davies	01:39:37.45	Male	40-44	
5075	Neil	Hendry	01:39:39.10	Male	45-49	Penarth & Dinas Runners
5600	Nick	Biddle	01:39:41.05	Male	45-49	
6107	Daniel	Madge	01:39:45.45	Male	SENIOR	
5048	Mark	Gunning	01:39:57.55	Male	40-44	
5278	Christopher	Jones	01:40:06.20	Male	SENIOR	
5903	Matt	Evans	01:40:06.35	Male	SENIOR	
5993	Kenny	Yam	01:40:10.55	Male	50-54	Weston AC

5657	Dan	Ransenberg	01:40:13.60	Male	SENIOR	
5838	Don	Holloway	01:40:13.60	Male	50-54	Brackla Harriers
5891	Mike	Boardman	01:40:20.35	Male	40-44	
6129	Peter	Harrop	01:40:20.70	Male	40-44	
251	John	Carroll	01:40:20.70	Male	SENIOR	
5679	James	Nunn	01:40:21.40	Male	SENIOR	
6130	Darren	Stevens	01:40:21.70	Male	SENIOR	Merthyr Harriers
6162	Rhodri	Williams	01:40:22.10	Male	SENIOR	
6235	Mark	Hampson	01:40:22.85	Male	SENIOR	
5863	Rhys	Fish	01:40:25.05	Male	SENIOR	
6127	Gareth	Petty	01:40:26.30	Male	45-49	
5391	Edward	Garner	01:40:27.10	Male	40-44	
6136	Gillian	Phillips	01:40:31.75	Female	45-49	Sospan RR
5224	Terence	O'Neill	01:40:32.00	Male	SENIOR	
6040	Paula	Sadler	01:40:33.00	Female	SENIOR	Serpentine Athletic Club
5398	Stephen	Fisher	01:40:36.25	Male	45-49	Tadley Runners
6033	Juan	Toscano	01:40:37.20	Male	SENIOR	
6052	Lisa	Blackmore	01:40:39.15	Female	SENIOR	
6268	Stephen	Perchard	01:40:43.80	Male	SENIOR	
6369	Mark	Jenkins	01:40:46.50	Male	SENIOR	
5352	Peter	Davies	01:40:48.20	Male	40-44	
5898	Frank	Williams	01:40:50.35	Male	50-54	
5649	Stuart	Briscoe	01:40:51.30	Male	SENIOR	Brackla Harriers
5205	Robert	John	01:40:55.50	Male	SENIOR	
6165	John	Fairclough	01:41:02.30	Male	50-54	
6166	Crispin	Masterman	01:41:02.35	Male	55-59	
6010	Richard	Jones	01:41:05.35	Male	SENIOR	
5456	Matthew	Jones	01:41:06.35	Male	SENIOR	
5558	Sally	Roberts	01:41:06.65	Female	40-44	
5093	Daniel	Smith	01:41:08.70	Male	SENIOR	
6131	Simon	Baldwin	01:41:10.80	Male	40-44	
5254	Iona	Mackenzie	01:41:12.50	Female	35-39	
6231	Duncan	Miller	01:41:15.40	Male	SENIOR	
5797	Martin	Davies	01:41:15.70	Male	SENIOR	
5132	Rebecca	Grosvenor	01:41:16.80	Female	SENIOR	
5697	Sue	MacGregor	01:41:20.35	Female	45-49	Avon Valley Runners

5953	Lucy	Atkins	01:41:22.85	Female	SENIOR	
5283	Garry	Jones	01:41:28.30	Male	SENIOR	
5114	Nigel	Gardener	01:41:30.30	Male	45-49	Springfield Striders
6161	John	Pask	01:41:31.75	Male	60+	
5832	Nia	Jones	01:41:32.00	Female	SENIOR	
5693	Leah	Headon	01:41:33.20	Female	SENIOR	
6278	Henrietta	Anstey	01:41:36.50	Female	SENIOR	City of Bath AC
6273	Maureen	Coffey	01:41:44.75	Female	50-54	Westbury Harriers
5992	Iwan	Jones	01:41:48.20	Male	SENIOR	
6016	Paul	Lynton	01:41:51.20	Male	45-49	
6230	Andrew	Richards	01:41:56.35	Male	SENIOR	
5876	Susan	Angulatta	01:42:03.35	Female	35-39	Runnymede Road Runers
5286	Antony	Williams	01:42:03.55	Male	SENIOR	
5988	Ray	Gandy	01:42:07.80	Male	SENIOR	
6240	Phil	Rees	01:42:07.95	Male	SENIOR	
5513	Jamie	Davies	01:42:14.70	Male	SENIOR	
6177	Warren	Merchant	01:42:19.70	Male	SENIOR	
5460	Simon	Ringham	01:42:20.00	Male	SENIOR	Avon Valley Runners
5889	Alistair	Wilson	01:42:21.40	Male	SENIOR	
8	David	Hebbes	01:42:27.50	Male	50-54	
5471	Tony	Brown	01:42:32.50	Male	45-49	
5343	Denis	Murphy	01:42:35.35	Male	50-54	Les Croupiers
5994	Helen	Eve	01:42:36.55	Female	35-39	
5573	Dani	Boucher	01:42:38.75	Female	SENIOR	
5630	Wayne	Davies	01:42:42.20	Male	SENIOR	
6295	Mark	Watts	01:42:47.50	Male	SENIOR	
5955	Dennis	Blunt	01:42:48.55	Male	55-59	
5426	Graham	Roblin	01:42:49.70	Male	SENIOR	
6134	Hywel	Davies	01:42:58.40	Male	SENIOR	Rhondda Tri
5071	Stephen	Vooght	01:43:00.00	Male	45-49	
5518	Eurgain	Tomos	01:43:01.15	Female	SENIOR	
5227	Lois	Eckley	01:43:01.35	Female	SENIOR	
5139	Jamie	Griffiths	01:43:06.05	Male	SENIOR	
5821	Clare	Tweed	01:43:10.55	Female	SENIOR	
5820	Simon	Kendall	01:43:11.95	Male	SENIOR	
5828	Mark	Morris	01:43:12.10	Male	SENIOR	

5945	Mark	Joyce	01:43:16.35	Male	SENIOR	
5565	Richard	Maddock	01:43:19.40	Male	SENIOR	Somer A.C.
5638	Ross	Brown	01:43:19.60	Male	SENIOR	
5937	Paul	Gwynne	01:43:20.90	Male	SENIOR	Bro Dysynni AC
6027	Andrew	Bishop	01:43:21.20	Male	40-44	
5948	Jonathan	Warman	01:43:25.35	Male	SENIOR	
5879	Jeffrey	Woods	01:43:29.35	Male	40-44	
6000	Robert	Haase	01:43:33.25	Male	40-44	
5287	Tony	Rudge	01:43:33.65	Male	45-49	
6322	Leslie	Phillips	01:43:35.65	Male	45-49	Llanelli Tri Club
5024	Dorian	Rees	01:43:36.10	Male	SENIOR	
5365	Howell	Thomas	01:43:36.45	Male	SENIOR	
5581	Leon	Smith	01:43:38.95	Male	SENIOR	
5844	Ian	Osborne	01:43:49.55	Male	SENIOR	Headington RR
5700	Zsuzsanna	Blackmore	01:43:50.65	Female	SENIOR	
5961	Derick	Handcock	01:43:51.50	Male	45-49	
222	Clive	Morgan	01:43:53.20	Male	SENIOR	San Domenico
5656	Keith	Johnson	01:44:00.25	Male	SENIOR	
6290	Jonathan	Rohrer	01:44:02.95	Male	SENIOR	
5827	Toby	Gardener	01:44:04.40	Male	SENIOR	
5901	Kirk	Taylor	01:44:04.60	Male	SENIOR	
5952	David	Connolly	01:44:08.10	Male	SENIOR	
5401	Janice	Coyle	01:44:08.20	Female	SENIOR	
5925	Rob	Smith	01:44:08.35	Male	SENIOR	
5230	Gary	Dale	01:44:09.00	Male	SENIOR	
5761	Jamie	Dallimore	01:44:09.10	Male	SENIOR	
5264	Alan	Lewis	01:44:09.10	Male	SENIOR	
5448	Christopher	Smith	01:44:12.45	Male	SENIOR	
6252	Jeff	Jones	01:44:15.55	Male	40-44	
5105	Dean	Fisher	01:44:16.40	Male	SENIOR	
6042	Joanne	Laity	01:44:17.05	Female	35-39	Penarth and Dinas
6193	Debbie	Evans	01:44:17.65	Female	35-39	Penarth & Dinas Runners
6139	Nicola	Williams	01:44:17.75	Female	SENIOR	Les Croupiers
5490	Anthony	Thomas	01:44:21.70	Male	SENIOR	
6302	Shawn	Halpin	01:44:24.50	Male	40-44	
6195	Mark	Farrar	01:44:25.30	Male	SENIOR	Les Croupiers

5430	Martin	Stott	01:44:25.65	Male	SENIOR	
6414	Gethin	Thomas	01:44:25.90	Male	SENIOR	
6407	Alun	Powell	01:44:26.85	Male	55-59	
6380	Sioned	Whitfield	01:44:27.95	Female	SENIOR	
6375	James	Taylor	01:44:36.75	Male	SENIOR	
5900	Mike	Ridout	01:44:38.05	Male	50-54	
6142	Alun	Bonello	01:44:38.45	Male	SENIOR	
599	Nicola	Thomas	01:44:40.80	Female	SENIOR	
5054	Sanu	Miah	01:44:41.70	Male	SENIOR	
5347	Gino	Damiani	01:44:46.75	Male	50-54	
5173	Benjamin	Chivers	01:44:49.85	Male	SENIOR	
6053	Michelle	Evans	01:44:51.00	Female	SENIOR	
6256	Tom	Musicka	01:44:54.05	Male	SENIOR	
5776	Kevin	Passmore	01:44:55.70	Male	45-49	
6289	Tim	Fry	01:45:07.05	Male	SENIOR	
6024	Christopher	Jones	01:45:07.10	Male	40-44	
925	Francis	Martin	01:45:08.15	Male	45-49	
6044	John	Anson	01:45:08.40	Male	40-44	
5650	Bridget	Heath	01:45:09.55	Female	35-39	Brackla Harriers
6141	Huw	Parry	01:45:09.55	Male	SENIOR	
5662	Kathleen	Bradbury	01:45:13.20	Female	40-44	Amman Valley Harriers
5389	Catherine	Beecher	01:45:18.90	Female	SENIOR	
5875	Paul	Searle	01:45:24.00	Male	40-44	
5877	Rhiannon	Baum	01:45:24.15	Female	40-44	
5310	John	Rees	01:45:24.20	Male	50-54	Neath Harriers
5734	Mark	Upson	01:45:27.80	Male	SENIOR	
5990	Paul	Lewis	01:45:53.80	Male	SENIOR	
5215	Katherine	Probert	01:45:59.60	Female	SENIOR	
6152	Martin	Church	01:46:01.05	Male	60+	Great Western Runners
5647	Sian	Jones	01:46:02.75	Female	SENIOR	Amman Valley Harriers
5931	Stuart	Keeping	01:46:04.00	Male	40-44	
5303	Michael	Farrell	01:46:06.90	Male	SENIOR	
5313	James	Bruce	01:46:07.55	Male	SENIOR	Pegasus Running Club cardiff
5164	Iain	Godden	01:46:11.75	Male	SENIOR	
5687	Philippa	Williams	01:46:14.90	Female	SENIOR	
5830	Anna	Helsing	01:46:15.55	Female	40-44	Penarth & Dinas

5314	Hadrian	Evans	01:46:16.80	Male	50-54	virtual runners
5840	Philippa	Francis	01:46:17.80	Female	40-44	
5740	Jonathan	Mills	01:46:19.00	Male	40-44	Royal Navy
5326	Stuart	Mason	01:46:25.05	Male	SENIOR	
5701	Ken	Beck	01:46:26.30	Male	50-54	Reading Road Runners
5871	Helen	McMamara	01:46:26.90	Female	45-49	Pembrokeshire Harriers
6050	Christian	John	01:46:29.15	Male	SENIOR	
5778	Benoit	Pistre	01:46:33.15	Male	SENIOR	
5751	Andrew	Alford	01:46:35.05	Male	50-54	
5330	Lucy-ann	Jones	01:46:37.25	Female	40-44	
6305	Richard	Barnes	01:46:40.45	Male	45-49	Road Runners 12289
6262	Tim	O'Sullivan	01:46:41.55	Male	50-54	Tadley Runners
5724	Stuart	Dobson	01:46:44.05	Male	SENIOR	
6401	Jonathan	Coleman	01:46:44.80	Male	SENIOR	
5540	Clare	Johnson	01:46:47.40	Female	55+	Les Croupiers
5790	Gareth	Brown	01:46:50.55	Male	SENIOR	3Ms Gorseinon
6270	Barrie	Tribe	01:46:54.90	Male	55-59	Tadley Runners
6284	Naithan	Keeping	01:46:55.30	Male	SENIOR	
5924	Jeanette	Jenkins	01:46:56.75	Female	40-44	Fairwater
6236	John	Davies	01:47:00.70	Male	50-54	
5340	Karen	Seeley	01:47:01.05	Female	SENIOR	
5128	Alyn	Howells	01:47:02.35	Male	SENIOR	
5666	Idris	Davies	01:47:02.50	Male	SENIOR	
5809	Jason	Smith	01:47:16.30	Male	SENIOR	
6156	Simon	Owens	01:47:18.70	Male	SENIOR	
5981	Elinor	East	01:47:22.75	Female	SENIOR	
5543	Paul	Foster	01:47:23.05	Male	SENIOR	
6026	Joe	Edmundson	01:47:24.45	Male	55-59	
6281	Shaun	Field	01:47:26.00	Male	SENIOR	
5483	Alex	Harris	01:47:32.35	Male	JUNIOR	
5351	Jody	Ballard	01:47:32.45	Male	SENIOR	
5361	Matthew	Atkins	01:47:37.00	Male	SENIOR	
5385	David	Pickering	01:47:44.45	Male	SENIOR	
5116	Rebecca	Williams	01:47:44.85	Female	SENIOR	Bath University Athletic Club
5482	Robert	Harris	01:47:48.25	Male	45-49	
5739	Matthew	Allsopp	01:47:52.00	Male	SENIOR	

6078	Wesley	Limbrick	01:47:52.50	Male	SENIOR	
5862	Christopher	Probert	01:47:52.70	Male	SENIOR	
5632	Andrew	Stevens	01:47:53.20	Male	SENIOR	
6065	John	Steadmam	01:47:54.95	Male	50-54	
5554	Natalie	Williams	01:47:56.95	Female	SENIOR	
5617	Winifred	Hodges	01:48:00.80	Female	45-49	Spa Tans
6382	Joseph	Large	01:48:00.95	Male	SENIOR	
5956	Daniel	Parry	01:48:03.65	Male	SENIOR	
5438	Michael	Henderson	01:48:04.05	Male	40-44	
5779	Simon	Biggs	01:48:09.50	Male	40-44	
5216	Christina Elizabeth	Rossiter	01:48:10.05	Female	40-44	Les Croupiers
5549	Gareth	Downes	01:48:10.45	Male	SENIOR	
6197	Jackie	Mitchell	01:48:15.55	Female	35-39	Cherwell Runners
6149	Roland	Powell	01:48:16.80	Male	SENIOR	
6315	Richard	Starke	01:48:18.30	Male	SENIOR	
6070	James	Anthony	01:48:18.90	Male	SENIOR	
6267	Nick	Babbe	01:48:21.20	Male	SENIOR	
6344	Neil	Jeffers	01:48:25.00	Male	SENIOR	
6194	Andrew	Bate	01:48:31.30	Male	SENIOR	Herne Hill Harriers
5338	Mark	Yendle	01:48:34.25	Male	SENIOR	
5091	Kevin	Yendle	01:48:34.40	Male	SENIOR	
6246	Tony	Lloyd	01:48:36.50	Male	40-44	
6245	Peter	Lloyd	01:48:36.60	Male	SENIOR	
6402	Aled	Davies	01:48:36.80	Male	SENIOR	
6228	David	Reynolds	01:48:39.85	Male	55-59	
5435	Andy	Smith	01:48:41.35	Male	SENIOR	
5273	Alun	Harper	01:48:43.85	Male	45-49	
6184	Michelle	Armour	01:48:46.00	Female	SENIOR	
5476	Christopher	Bolton	01:48:48.20	Male	60+	Northern Vets.A.C.
6077	Stephen	Woodfine	01:48:53.10	Male	SENIOR	
5066	Jason	Lewis	01:48:53.95	Male	SENIOR	
6097	Richard	Tong	01:48:54.70	Male	40-44	
5331	Jackie	Lewis	01:48:55.90	Female	40-44	
6048	Anthony	Waring	01:49:00.40	Male	SENIOR	
5332	Meriel	Jeny	01:49:01.00	Female	40-44	
5813	Stephen	Ward-Booth	01:49:03.45	Male	SENIOR	

5020 Sarah	Bowen	01:49:03.65	Female	35-39	
5806 Kevin	Evans	01:49:09.35	Male	45-49	
5899 Brinley	Aherne	01:49:14.40	Male	55-59	
6259 Ilkka	Savimaki	01:49:15.20	Male	SENIOR	
150 Paul	Evans	01:49:18.15	Male	SENIOR	
5911 Mike	Lohman	01:49:18.60	Male	SENIOR	
6020 Janice	Harvey	01:49:18.70	Female	45-49	
5910 Ben	Joiner	01:49:19.05	Male	SENIOR	
5837 Andrew	Sedgmond	01:49:24.35	Male	45-49	Les Croupiers
5846 Fiona	Cummins	01:49:30.05	Female	35-39	Axe Valley Runners
5294 Darren	Abdulla	01:49:32.95	Male	SENIOR	
5358 Robert	Emmitt	01:49:36.85	Male	40-44	
5487 Diana	Jones	01:49:37.90	Female	35-39	
5885 James	Thomas	01:49:40.30	Male	40-44	
6397 Rhodri	Price	01:49:44.05	Male	SENIOR	
5746 Alison	Hobbs	01:49:45.30	Female	SENIOR	
5640 Mari	Williams	01:49:50.10	Female	SENIOR	
5811 Bethan	Williams	01:49:50.30	Female	35-39	
5439 Jo	Keeping	01:49:52.25	Female	SENIOR	
340 Sean	Powers	01:49:53.05	Male	SENIOR	Newquay RR
6275 Ann	Rowell	01:49:55.60	Female	45-49	TROT St Clears
6398 Dylan	Matthews	01:49:58.25	Male	SENIOR	
5926 Sarah	Hardman	01:49:59.95	Female	SENIOR	Penarth & Dinas RC
5825 Antonio	Panicola	01:50:01.00	Male	SENIOR	
5410 Stuart	Conick	01:50:02.70	Male	50-54	
5486 Sian	Powys	01:50:03.70	Female	40-44	
5485 Rhys	Powys	01:50:07.05	Male	40-44	
6331 John	Bohlin	01:50:07.05	Male	45-49	
6330 Nicky	Piper	01:50:07.15	Male	SENIOR	
6046 Ben	Brookshaw	01:50:07.20	Male	SENIOR	
5425 Anthony	Williams	01:50:07.55	Male	SENIOR	
6399 Jon	Christopher	01:50:10.40	Male	SENIOR	
5177 Carl	Burgess	01:50:13.80	Male	SENIOR	
5124 Steven	Daniels	01:50:15.00	Male	SENIOR	
5125 Michale	Daniels	01:50:15.05	Male	SENIOR	
5718 Sara	Edwards	01:50:16.40	Female	SENIOR	

6371 Paisley	Dillon	01:50:17.95	Female	SENIOR	
5762 Helen	Jessop	01:50:18.80	Female	SENIOR	
6081 Mark	Kerbey	01:50:20.80	Male	SENIOR	
6018 James	Colhoun	01:50:22.35	Male	SENIOR	
6190 Ali	Nash	01:50:23.10	Male	SENIOR	AAA
5359 Jane	Underwood	01:50:29.00	Female	SENIOR	
5843 Steve	Snook	01:50:31.95	Male	40-44	
5729 Adam	Greenslade	01:50:35.00	Male	SENIOR	
5684 Matthew	Trigger	01:50:37.10	Male	SENIOR	
6394 Neil	Grove	01:50:39.70	Male	40-44	
5794 Wayne	Phenis	01:50:47.10	Male	SENIOR	
916 Emmy	Hume	01:50:47.40	Female	SENIOR	Sevenoaks
6076 Phil	Cook	01:50:48.00	Male	45-49	
5835 Nick	Barford	01:50:51.50	Male	SENIOR	
6319 Gregory	Rankin	01:50:52.40	Male	55-59	Bay Area Runners Club
5533 Sonya	Stephens	01:50:53.70	Female	40-44	Avon Valley Runners
5383 John	Cronin	01:50:57.25	Male	45-49	
134 Gregory	Brown	01:50:57.50	Male	SENIOR	
5083 Andrea	Reynolds	01:50:57.80	Female	35-39	
5792 Bronwen	Boyce	01:50:58.75	Female	SENIOR	
5575 Steven	Donovan	01:50:58.90	Male	40-44	
6189 Richard	Honey	01:50:59.20	Male	SENIOR	
6365 Martin	Franklin	01:50:59.60	Male	SENIOR	
6051 Miles	Hooper	01:51:03.00	Male	SENIOR	
5298 Andrew	Thomas	01:51:03.20	Male	SENIOR	
5342 Cheryl	Hudgell	01:51:04.90	Female	SENIOR	
5433 James	Boxford	01:51:06.35	Male	SENIOR	
6182 Odette	White	01:51:06.75	Female	40-44	Sospan RR
5246 Alex	Hannaway	01:51:13.15	Male	SENIOR	
6164 David	Stevens	01:51:14.60	Male	SENIOR	
6255 Kieron	Scott	01:51:16.70	Male	SENIOR	
5753 Kate	Evans	01:51:27.10	Female	SENIOR	
6356 Alastair	Milburn	01:51:31.20	Male	SENIOR	
356 Mark	Morgan	01:51:31.25	Male	SENIOR	
5616 Dennis	Bickerton	01:51:35.30	Male	55-59	
5804 Heledd	Gruffudd	01:51:36.30	Female	SENIOR	

5229	Lindsey	Muller	01:51:37.00	Female	SENIOR	
6408	Simon	Davis	01:51:37.10	Male	40-44	
6035	Huw	Williams	01:51:37.80	Male	SENIOR	
5009	Eurgain	Dafydd	01:51:38.85	Female	SENIOR	
6125	William	Gasson	01:51:39.20	Male	SENIOR	
6167	Sheila	Carruthers	01:51:45.00	Female	50-54	Shepshed RC
5497	Derrick	Moses	01:51:47.00	Male	SENIOR	
5570	James	Howells	01:51:47.05	Male	SENIOR	
5542	Tom	McEvoy	01:51:51.00	Male	SENIOR	
6007	Andrew	Evans	01:51:54.80	Male	SENIOR	
6132	James	Finch	01:51:55.20	Male	SENIOR	
5532	Gary	Collier	01:52:00.05	Male	55-59	
5636	John	Roberts	01:52:01.85	Male	SENIOR	
5886	Gary	Tippetts	01:52:02.50	Male	45-49	
6364	Jason	Howe	01:52:06.55	Male	SENIOR	
5424	Esta	Williams	01:52:10.50	Female	45-49	jersey spartan athletic club
5109	Claire	Rigney	01:52:12.65	Female	SENIOR	Dulwich Park Runners
5892	Melanie	Colburn	01:52:12.95	Female	35-39	
5322	Karl	Sepahpour	01:52:14.10	Male	SENIOR	
6227	Emma	Phillips	01:52:16.70	Female	SENIOR	
5267	Tracie	Williams	01:52:16.85	Female	SENIOR	
5445	Ian	Wills	01:52:17.20	Male	SENIOR	
5274	Craig	Harper	01:52:18.10	Male	JUNIOR	
5796	Francis	Yorke	01:52:18.55	Male	40-44	
5850	Dawn	James	01:52:21.95	Female	40-44	
5325	Claire	Gardner	01:52:24.05	Female	SENIOR	
6168	Darryl	Thomas	01:52:33.00	Male	SENIOR	
5834	Sally	Haselhurst	01:52:35.45	Female	SENIOR	
5218	Andy	Bray	01:52:38.65	Male	40-44	Fontygary Tri Club
5568	Rose	Thomas	01:52:41.30	Female	50-54	Spa Tans
6285	Jamie	Norman	01:52:42.25	Male	SENIOR	
5309	Rachel	Jones	01:52:49.25	Female	SENIOR	Les Croupiers
6170	Steven	Browning	01:52:50.00	Male	SENIOR	
6013	Jayne	Arnold	01:52:52.35	Female	SENIOR	3M Gorseinon RR
6247	Daryl	Davies	01:52:55.15	Male	SENIOR	
6204	Alexandra	Fudge	01:52:55.55	Female	SENIOR	

5984	Christopher	Browning	01:52:56.00	Male	40-44	
6112	Michael	Brace	01:52:58.15	Male	SENIOR	
	35 Neil	Thomas	01:52:58.25	Male	SENIOR	Islwyn RC
5231	David	Couch	01:53:02.10	Male	SENIOR	
6015	Suhail	Ahmed	01:53:03.50	Male	SENIOR	
5419	Lynn	Goward	01:53:06.75	Female	35-39	
5553	Julian	French	01:53:06.80	Male	SENIOR	
5255	Gareth	Jones	01:53:10.05	Male	40-44	
5694	Melissa	Whiting	01:53:11.30	Female	SENIOR	
5550	Giles	Hartman	01:53:17.95	Male	SENIOR	
5660	Christian	Moger	01:53:18.35	Male	SENIOR	
6286	Celine	O'Halloran	01:53:19.35	Female	SENIOR	
5839	Rachel	Stickler	01:53:25.10	Female	SENIOR	
5856	Cennydd	Amos	01:53:29.85	Male	SENIOR	
6114	Annabel	Price	01:53:31.65	Female	SENIOR	
6316	Carl	Peacock	01:53:35.85	Male	SENIOR	
5444	Amanda	Payne	01:53:44.50	Female	40-44	
5423	Jacqui	Denning	01:53:45.00	Female	SENIOR	
5743	Paul	Izatt	01:53:46.75	Male	SENIOR	
6254	Clare	Sinkinson	01:53:46.85	Female	SENIOR	
6038	Jonathon	Evans	01:53:47.45	Male	SENIOR	
5713	Steve	Saunders	01:53:48.15	Male	SENIOR	
6100	Matthew	Fincher	01:53:50.10	Male	SENIOR	Sospan RR
5122	Phillip	Mears	01:53:50.30	Male	SENIOR	
5655	Jane	Maggs	01:53:51.30	Female	SENIOR	
6324	Graham	Carson	01:53:52.70	Male	45-49	
6297	Steve	Quinn	01:53:53.80	Male	SENIOR	
5951	Martin	Duffy	01:53:56.85	Male	SENIOR	
6296	Andrea	Tanner	01:53:57.65	Female	35-39	
5436	Chris	Carrel	01:53:59.20	Male	SENIOR	
5295	Philip	Haynes	01:54:07.40	Male	SENIOR	
5610	Kevin	Davies	01:54:07.45	Male	50-54	
6002	Richard	Allen	01:54:19.70	Male	SENIOR	
6263	John	Lancaster	01:54:20.00	Male	40-44	
5381	William	Charles	01:54:20.10	Male	SENIOR	
5942	Caroline	Sandles	01:54:22.20	Female	35-39	3Ms Gorseinon

5642	Elaine Louise	Price	01:54:24.05	Female	35-39	
6045	Tom	Stroud	01:54:24.10	Male	SENIOR	
5932	Melanie	Hooper	01:54:28.75	Female	SENIOR	
5744	Ian	Carmichael	01:54:32.95	Male	SENIOR	
6225	Christopher	Wall	01:54:39.00	Male	40-44	
5572	David	Rossiter	01:54:44.75	Male	40-44	
6062	Martinez	Alejandro	01:54:45.45	Male	SENIOR	
5412	Mike	Hickman	01:54:49.55	Male	SENIOR	
6039	Tom	Shackleton	01:54:53.25	Male	SENIOR	
5063	Clive	Evans	01:54:55.25	Male	60+	
6418	Nathan	Cummins	01:54:55.45	Male	SENIOR	
5742	Jonathan	Davies	01:55:00.35	Male	SENIOR	
5747	Rebecca	Phillips	01:55:00.55	Female	SENIOR	
5523	Hilary	McCarthy	01:55:03.05	Female	35-39	Cardigan
6417	Peter	Alcock	01:55:04.70	Male	40-44	
6403	Owen	Haines	01:55:06.00	Male	40-44	
6404	Chimene	Haines	01:55:06.10	Female	SENIOR	
6384	Darren	Morgan	01:55:07.85	Male	SENIOR	
5715	Alison	Malton	01:55:21.95	Female	35-39	
6222	Grant	Stott	01:55:22.45	Male	SENIOR	
5067	Andrew	Townsend	01:55:27.10	Male	SENIOR	
6080	Victoria	Brailsford	01:55:30.00	Female	SENIOR	
5916	Beverley	Warburton	01:55:30.40	Female	40-44	
5708	Lyndon	Thomas	01:55:31.45	Male	50-54	
5377	David	Edwards	01:55:33.10	Male	40-44	
5238	Gregory	Woods	01:55:38.65	Male	SENIOR	
5880	Helga	Warren	01:55:44.40	Female	35-39	
5087	Lisa	Saunders	01:55:48.65	Female	35-39	
5861	Sioned	Williams	01:55:49.80	Female	SENIOR	
5860	Tony	Williams	01:55:50.40	Male	45-49	
5510	Janice	Clement	01:55:51.60	Female	45-49	Penarth & Dinas Runners
5247	Jane	Norris	01:55:55.15	Female	40-44	
5620	Jeffrey	Dare	01:55:56.30	Male	50-54	
5244	Liam	Hannaway	01:56:04.25	Male	SENIOR	
5623	Aranka	Pratt	01:56:05.00	Female	55+	
6340	Paul	Gilbert-Jones	01:56:05.55	Male	SENIOR	

6124	Rhys	Langdon	01:56:06.00	Male	JUNIOR	
5690	Ian	Henton	01:56:06.30	Male	SENIOR	
5741	Justin	Livermore	01:56:07.30	Male	SENIOR	
5380	Deborah	Price	01:56:17.70	Female	40-44	
5503	Steve	Gregory	01:56:19.00	Male	SENIOR	
5923	Rhys	Williams	01:56:21.25	Male	40-44	
5733	Jacobus	Lombard	01:56:22.15	Male	50-54	
5135	Sali	Walsh	01:56:24.25	Female	35-39	
5434	Pete	Williams	01:56:24.30	Male	SENIOR	
6299	Simon	Day	01:56:24.40	Male	SENIOR	
6069	David	Morgan	01:56:26.00	Male	40-44	
5799	Roger	Evans	01:56:26.65	Male	50-54	
5528	Jeff	Owen	01:56:27.20	Male	50-54	
5061	Mark	Aitken	01:56:27.80	Male	SENIOR	
6220	Peter	Randerson	01:56:29.05	Male	55-59	
5506	Jeremy	Hoare	01:56:32.35	Male	50-54	Dulwich Park Runners
6215	Bethan	de-la-Taste	01:56:33.00	Female	SENIOR	
6106	Kathryn	Mackie	01:56:35.70	Female	SENIOR	Oxford University CCC
5142	Jackie	Garland	01:56:35.80	Female	40-44	
6216	Catrin	Ashton	01:56:37.00	Female	SENIOR	
5175	Russell	Dobbs	01:56:37.95	Male	SENIOR	
5544	Rees	Dobbs	01:56:38.50	Male	50-54	
6108	Catherine	Thomas	01:56:42.40	Female	35-39	
6306	Tom	Rushford	01:56:43.25	Male	60+	Bay Area Runners Club
6063	Peter	Harding	01:56:44.00	Male	60+	
5478	Aled	Williams	01:56:45.80	Male	SENIOR	
6089	Paul	Gasson	01:56:46.70	Male	SENIOR	
5556	Matt	Gubbins	01:56:47.50	Male	SENIOR	
5415	Huw	Williams	01:56:55.15	Male	SENIOR	
6096	Stan	Weeks	01:56:56.60	Male	60+	
6214	Gareth	Kemp	01:57:03.65	Male	SENIOR	
5004	Stuart	Laslett	01:57:06.90	Male	SENIOR	
5115	Ian	Murdoch	01:57:07.55	Male	40-44	Handy Cross Runners
6373	Jackie	Williams	01:57:08.35	Female	SENIOR	
5607	Nigel	Allen	01:57:12.35	Male	40-44	
5378	Stephen	Heath	01:57:13.75	Male	40-44	

5411	Suzanne	Craig	01:57:15.25	Female	SENIOR	
5318	Terry	Dixon	01:57:15.50	Male	50-54	
561	Ellen	Wood	01:57:16.30	Female	35-39	Cardiff
5250	Simon	Enoch	01:57:16.40	Male	SENIOR	
5249	David	Manley	01:57:16.85	Male	SENIOR	
6111	Demond	Alford	01:57:18.75	Male	SENIOR	
5957	Tim	Elias	01:57:18.95	Male	SENIOR	
5293	Christopher	Bates	01:57:20.10	Male	SENIOR	
6036	Gill	Pratt	01:57:21.45	Female	SENIOR	
6271	Cheryl	Hicks	01:57:21.60	Female	SENIOR	
6055	Paul	Morgan	01:57:26.70	Male	SENIOR	
5703	Richard	Huntley	01:57:26.70	Male	55-59	
5767	Kirsten	Jack	01:57:27.80	Female	SENIOR	
5768	Rhona	Jack	01:57:28.50	Female	SENIOR	
5635	Gwydion	Gruffudd	01:57:29.85	Male	SENIOR	
5157	Mark	Hale	01:57:31.05	Male	SENIOR	
5654	Robert	Downes	01:57:31.55	Male	SENIOR	
5668	Philip	Lloyd	01:57:34.00	Male	SENIOR	
24	Garry	Mounter	01:57:36.60	Male	SENIOR	Trerhondda Triathlon Club
6213	Elizabeth	Kemp	01:57:43.95	Female	SENIOR	
6362	Lena	Eriksson	01:57:44.80	Female	SENIOR	
5919	Wendy	Thomas	01:57:45.55	Male	SENIOR	
5918	Andrew	Thomas	01:57:45.80	Male	40-44	
5319	Adam	Mitchell	01:57:53.30	Male	SENIOR	
453	Stephen	White	01:57:53.45	Male	SENIOR	
5145	Rob	O'Brien	01:57:53.60	Male	SENIOR	
6341	Tim	Gilbert	01:57:55.05	Male	40-44	
5130	Shane	Allen	01:57:56.00	Male	SENIOR	
5855	Alex	Law	01:58:00.25	Male	40-44	
5950	Hartej	Jagdev	01:58:07.65	Male	SENIOR	
5154	James	Birk	01:58:11.20	Male	SENIOR	
6092	Andrew	Pearce	01:58:20.30	Male	SENIOR	
5504	Ceri	Jones	01:58:24.90	Male	40-44	
5685	Zoe	Brillard	01:58:26.65	Female	SENIOR	
6067	David	Lewis	01:58:31.70	Male	55-59	
5081	Joanne	Brewster	01:58:34.25	Female	35-39	

6202	Ellen	Fraser	01:58:35.45	Female	35-39	
5469	Ian	Dyson	01:58:35.70	Male	SENIOR	
5302	Francine	Duke	01:58:36.05	Female	SENIOR	
5034	Craig	Pearce	01:58:36.65	Male	SENIOR	
5677	John	Letton	01:58:39.50	Male	50-54	
5627	Mohammad	Yaadollahi	01:58:40.15	Male	40-44	
5970	Dennis	Peel	01:58:42.50	Male	45-49	
5285	Teresa	Schrezenmaier	01:58:46.55	Female	SENIOR	
5143	Esther	Roberts	01:58:46.85	Female	SENIOR	
6221	Geoff	Weir	01:58:49.40	Male	SENIOR	
5447	Martin	Hawke	01:58:51.05	Male	SENIOR	
5590	Steven	Christmas	01:58:52.25	Male	40-44	
5239	Peter	Brown	01:58:53.00	Male	SENIOR	
5346	David	Evans	01:58:53.25	Male	SENIOR	
5721	Alison	Elliott	01:58:59.60	Female	SENIOR	
5263	Sarah	Botterill	01:59:04.95	Female	SENIOR	
5888	Michael	Gardiner	01:59:11.50	Male	50-54	
6085	David	Rees	01:59:17.85	Male	SENIOR	
5074	Joanna	Hendry	01:59:20.15	Female	SENIOR	Penarth & Dinas Runners
6237	Brian	Brayford	01:59:22.20	Male	55-59	
5064	Helen	Hunt	01:59:24.00	Female	50-54	
5673	Andrew	Oatley	01:59:30.50	Male	SENIOR	
5299	Jane	Allely	01:59:38.50	Female	35-39	
6269	Wendy	Raybould	01:59:40.55	Female	SENIOR	
6088	Owain	Llewellyn	01:59:42.65	Male	50-54	
6118	Mike	Collins	01:59:46.80	Male	60+	
5484	Myfanwy	Louden	01:59:49.00	Female	55+	
5682	Kirsten	Tedder	01:59:50.55	Female	SENIOR	
5260	David	Williams	01:59:54.00	Male	SENIOR	
5290	Huw	Mawson	02:00:01.50	Male	SENIOR	
5887	Stella	Tippetts	02:00:04.40	Female	40-44	
6201	Gavin	Moore	02:00:04.80	Male	SENIOR	
6367	Allen	Bevan	02:00:09.15	Male	45-49	
5582	Emma	Ridgill	02:00:14.10	Female	SENIOR	Penarth Running Club
5783	Gwynne	Tuthill	02:00:16.10	Male	SENIOR	
5613	Mark	Williams	02:00:18.25	Male	SENIOR	

5841	Peter	Clark	02:00:18.65	Male	45-49	
5329	James	Armstrong	02:00:24.85	Male	SENIOR	
5168	Richard	Edwards	02:00:25.00	Male	SENIOR	
6385	Simon	Pope	02:00:26.00	Male	SENIOR	
5240	Nicholas	Tyler	02:00:28.20	Male	SENIOR	
5845	Brynley	Shepeard	02:00:34.30	Male	SENIOR	
5405	Jo	Hunt	02:00:35.75	Female	SENIOR	
5689	Claire	Rutter	02:00:36.35	Female	35-39	
6157	Jane	Truscott	02:00:36.80	Female	SENIOR	
5112	Lyn	Brown	02:00:42.05	Female	40-44	Amman Valley Harriers
5864	Rosalind	Bolton	02:00:44.70	Female	SENIOR	
5117	Malcolm	Potter	02:00:47.50	Male	50-54	Springfield Striders
6115	Caroline	Fordham	02:00:52.25	Female	35-39	Staffs - Moorlands
5006	Alexa	Mitchell	02:01:00.15	Female	35-39	Reigate Priory AC
5704	Anthony	Beer	02:01:04.45	Male	SENIOR	
5939	Gary	Whitbread	02:01:04.85	Male	40-44	
5059	Andrew	Smith	02:01:11.35	Male	SENIOR	
5068	Suzanne	Brown	02:01:18.30	Female	40-44	
6338	Jessica	Baynham	02:01:23.60	Female	SENIOR	
5194	Andrew Raymond	Cowley	02:01:23.85	Male	50-54	
5561	Ffion	John	02:01:30.00	Female	SENIOR	
5003	Nick	Mitchell	02:01:31.70	Male	50-54	Reigate Priory AC
6309	Francis	Chivers	02:01:34.20	Male	55-59	100 Marathon Club
5976	Claire	Rainey	02:01:34.30	Female	SENIOR	
236	Nick	Partridge	02:01:34.55	Male	SENIOR	Axe Valley Runners
6378	Paul	Ryan	02:01:38.25	Male	SENIOR	
6082	Helen	Kerbey	02:01:39.85	Female	SENIOR	
5080	Giles	Nuttall	02:01:43.35	Male	SENIOR	
5633	Julia	Churton	02:01:45.55	Female	40-44	
6218	Karen	Spiller	02:01:45.75	Female	35-39	
5974	Sam	Humphries	02:01:46.55	Male	SENIOR	
6376	Helen	Raynor	02:01:55.55	Female	SENIOR	
5452	David	Potter	02:01:56.45	Male	50-54	
5663	James	Bradbury	02:01:57.65	Male	40-44	
5597	Helen	Cummins	02:02:02.45	Female	SENIOR	
5088	Gethyn	Evans	02:02:16.45	Male	45-49	

5766	Valerie	Jack	02:02:17.80	Female	SENIOR	
6232	Vanesa	De Llanos Berrutti	02:02:21.95	Female	SENIOR	
5968	Ieuan	Counsell	02:02:30.40	Male	SENIOR	
5368	Emma	Cushen	02:02:35.05	Female	SENIOR	
5337	Jean	Morris	02:02:35.05	Female	SENIOR	
5913	Albert	Brindley	02:02:41.40	Male	50-54	
6153	Vivienne	Keeble	02:02:46.45	Female	50-54	Worcester Joggers
5979	David	Williams	02:02:47.35	Male	40-44	
6210	Gareth	Lloyd	02:02:49.05	Male	SENIOR	
137	Roland	Knight	02:02:49.05	Male	50-54	
6209	Greg	French	02:02:49.60	Male	SENIOR	
5818	Mike	Roberts	02:02:52.55	Male	SENIOR	
456	Amanda	Powell	02:02:55.00	Female	SENIOR	
5859	Victoria	Spitzley	02:02:56.90	Female	SENIOR	
6233	Susie	Procter	02:02:57.20	Female	SENIOR	
5902	Simon	Williams	02:03:00.45	Male	SENIOR	
6061	Isabel	Caballero	02:03:00.75	Female	SENIOR	
5571	Janine	Laver	02:03:02.55	Female	SENIOR	Les Croupiers
5200	Orla	Donnelly	02:03:12.35	Female	SENIOR	
5883	David	Davies	02:03:13.20	Male	45-49	
5882	Mara	Cadman-Davies	02:03:13.50	Female	45-49	
5982	Roger	Watkins	02:03:15.95	Male	50-54	
5251	Byron	Lloyd	02:03:19.10	Male	SENIOR	
5852	Emyr	Thomas	02:03:20.45	Male	SENIOR	
5206	Emma	Tovey	02:03:26.50	Female	SENIOR	
5402	Dafydd	Snelling	02:03:27.60	Male	SENIOR	
5345	Catherine	Chabert	02:03:28.60	Female	40-44	
5473	Nicola	Waite	02:03:30.10	Female	SENIOR	
6183	Rachel	Hemmings	02:03:35.15	Female	35-39	
6181	Stephen	Hill	02:03:39.45	Male	40-44	
6265	Sharon	Rose	02:03:39.55	Female	SENIOR	Les Croupiers
5409	Sian	Henson	02:03:42.20	Female	SENIOR	
6412	Eleanor	Jones	02:03:44.10	Female	50-54	
5370	Sheila	Brown	02:03:44.40	Female	55+	
5012	Andy	Morton	02:03:45.70	Male	40-44	
5507	Ross	Lewis	02:03:46.30	Male	SENIOR	

5819	John	Roberts	02:03:50.00	Male	55-59	
5234	Bethan	Morgan	02:03:54.35	Female	SENIOR	
5479	Bryan	Williams	02:03:57.90	Male	60+	
6260	Sarah	Cook	02:04:00.70	Female	45-49	
6261	Howard	Allen	02:04:00.90	Male	45-49	
6004	Antoni	Geach	02:04:02.00	Male	SENIOR	
5242	Darrell	Walkley	02:04:07.40	Male	SENIOR	
6155	Andrew	Morgan	02:04:10.95	Male	SENIOR	
458	Brian	Edwards	02:04:13.55	Male	SENIOR	
5289	Clare	Wright	02:04:16.00	Female	SENIOR	
5033	Geoffrey	Wright	02:04:16.00	Male	50-54	Les Croupiers
5038	Josie	Grindulis	02:04:17.50	Female	45-49	Les Croupiers
615	Brian	Dews	02:04:21.00	Male	50-54	
457	Paul	Davey	02:04:22.15	Male	SENIOR	
5458	Katrina	Darcy	02:04:22.30	Female	SENIOR	
5069	Deborah	Jones	02:04:30.30	Female	35-39	
5547	Frances	Wootten	02:04:31.55	Female	SENIOR	
5634	Daniel	Symmonds	02:04:39.00	Male	SENIOR	
6304	Malcom	Parker	02:04:43.20	Male	60+	Islwyn Running Club
5376	Coleen	Griffiths	02:04:44.05	Female	SENIOR	
6409	Andy	Ellis	02:04:51.20	Male	SENIOR	
5719	Melanie	Dellibovi	02:04:52.30	Female	SENIOR	
5317	Hannah	Denman	02:04:53.30	Female	SENIOR	
6073	Kathryn	Stoate	02:05:07.60	Female	SENIOR	
5363	Carol	Mogford	02:05:09.70	Female	35-39	Amman Valley Harriers
5915	Gareth	Hegarty	02:05:09.95	Male	SENIOR	
5930	Liz	Mallen	02:05:11.10	Female	35-39	
5362	Kenneth	Mogford	02:05:11.30	Male	40-44	Amman Valley Harriers
5935	Sandra	Caveney	02:05:11.55	Female	40-44	Les Croupiers
5580	James	Ralph	02:05:13.85	Male	SENIOR	
6187	Matthew	Taylor	02:05:36.10	Male	SENIOR	Barry & Vale
5695	Sarah	Hutchinson	02:05:38.25	Female	SENIOR	
5748	Sophie	Sierra	02:05:38.65	Female	SENIOR	
5449	Sally	Shand	02:05:38.80	Female	40-44	
5028	Rachel	Gardiner	02:05:51.25	Female	SENIOR	
5774	Catherine	Isherwood	02:05:55.95	Female	SENIOR	

5178	Andrew	Robingson	02:06:01.75	Male	SENIOR	
5493	Jonathan	Bale	02:06:10.40	Male	SENIOR	
5874	Colin	John	02:06:13.75	Male	50-54	
100	Neil	Cargill	02:06:16.85	Male	SENIOR	
5459	Robert	Lee	02:06:19.80	Male	50-54	David Lloyd
5166	Pete	Sueref	02:06:25.20	Male	SENIOR	
6049	Ross	Duffield	02:06:27.55	Male	SENIOR	
5043	Vicky	Luffrum	02:06:29.55	Female	SENIOR	
5969	Mark	Johns	02:06:30.35	Male	SENIOR	
5076	Penny	Clarkson	02:06:36.25	Female	35-39	Les Croupiers
5752	Catherine	Tytherleigh	02:06:36.45	Female	SENIOR	
5196	Helen	Murdoch	02:06:37.90	Female	SENIOR	
5736	Marc	Feighery	02:06:39.55	Male	SENIOR	
5933	Rebecca	Topping	02:06:41.70	Female	SENIOR	
6005	Stephanie	Evans	02:06:45.70	Female	SENIOR	
5204	Liz	Coombes	02:06:46.80	Female	35-39	
5029	Pauline	Stephenson	02:06:49.65	Female	45-49	
6043	Jake	Bourne	02:06:49.90	Male	SENIOR	Long Eaton RC
5316	Louise	Davies	02:06:50.65	Female	SENIOR	
5202	Steven	Roberts	02:06:52.90	Male	40-44	
5589	Gaynor	Hall	02:06:53.30	Female	35-39	
5512	Sioned	Harold	02:06:54.15	Female	SENIOR	
5603	Amber	Putnam	02:06:57.05	Female	SENIOR	
5535	Joanne	Wheeldon	02:07:05.40	Female	SENIOR	
5584	Lynne	Toogood	02:07:05.45	Female	35-39	Le Croupiers
5259	Karen	Oaksford	02:07:07.30	Female	SENIOR	
5219	Dylan	Williams	02:07:11.20	Male	SENIOR	
5815	Rebecca	Close	02:07:16.60	Female	SENIOR	
5711	Mark	Griffiths	02:07:19.65	Male	SENIOR	
5587	David	Chapple	02:07:24.85	Male	40-44	Tamar Trotters
873	Christopher	George	02:07:32.90	Male	40-44	
6234	Vince	Jones	02:07:37.85	Male	40-44	
6381	John	Large	02:07:44.95	Male	40-44	
5897	William	Meiklejohn	02:07:54.35	Male	50-54	
6224	David	Pope	02:08:00.90	Male	SENIOR	
5281	Gareth	Steggles	02:08:09.85	Male	SENIOR	

6323 Catherine	Gorno	02:08:15.50	Female	40-44	
712 David	Webster	02:08:16.20	Male	SENIOR	
5836 Blair	Lundie	02:08:19.10	Male	50-54	
5042 Julian	Thomas	02:08:21.65	Male	40-44	
5966 Alan	Howell	02:08:24.75	Male	55-59	
5591 Llio	Penri	02:08:24.80	Female	SENIOR	
5373 Julian	Phillips	02:08:25.20	Male	SENIOR	
5296 Colin	Daws	02:08:25.45	Male	SENIOR	
5051 Annette	James	02:08:31.15	Female	SENIOR	
5608 Jacqueline	Jones	02:08:33.75	Female	SENIOR	Islwyn
5233 Julie	McCormick	02:08:34.05	Female	35-39	
5349 Sian	Daniels	02:08:36.95	Female	SENIOR	
6337 Helene	Oosthuizen	02:08:37.85	Female	SENIOR	
6283 Emma	Parsons	02:08:39.30	Female	SENIOR	
5738 Dale	Ward	02:08:44.00	Male	SENIOR	
5279 Stephen	Banfield	02:08:54.90	Male	40-44	
5491 Sandra	North	02:08:59.90	Female	40-44	
5775 Alan	White	02:09:01.10	Male	SENIOR	
5670 Rachel	Williams	02:09:01.90	Female	SENIOR	
5756 Catherine	Henley	02:09:02.15	Female	SENIOR	
5730 Lucy	Hancock	02:09:02.50	Female	SENIOR	
5615 Wendy	Bowden	02:09:03.80	Female	SENIOR	
5182 Adam	Birnie	02:09:12.45	Male	SENIOR	
5500 Philip	Smith	02:09:17.70	Male	45-49	
6372 Laverne	Richardson	02:09:26.00	Female	45-49	
5170 Matthew	Jones	02:09:29.40	Male	SENIOR	
5187 Geoffrey	Lloyd	02:09:35.65	Male	45-49	
5371 Eleri	Randerson	02:09:39.80	Female	SENIOR	
5475 Liz	Baker	02:09:41.30	Female	55+	
5291 Stephen	Jones	02:09:49.20	Male	SENIOR	
5985 Matthew	Judd	02:09:52.55	Male	SENIOR	
5386 Gary	Edwards	02:09:52.70	Male	SENIOR	
5271 Angharad	Chard	02:09:54.05	Female	SENIOR	
5217 Heike	Verdon	02:10:00.60	Female	35-39	
5213 Janet Mary	Mathias	02:10:00.95	Female	40-44	
5788 Nicki	Blayber	02:10:01.70	Female	35-39	

6120	Anne	Fry	02:10:03.70	Female	SENIOR	
6419	Fazleen	Harte	02:10:05.50	Female	SENIOR	
5563	Susannah	Gilbert	02:10:06.00	Female	SENIOR	
205	Jeremy	Hockridge	02:10:07.70	Male	40-44	
6308	Lynn	Sewell	02:10:12.45	Female	40-44	
5350	Gail	Hutchins	02:10:25.25	Female	SENIOR	
6001	Gareth	Jenkins	02:10:25.55	Male	SENIOR	
5829	Christine	Thomas	02:10:44.70	Female	35-39	
5192	Sie Liang	Lau	02:10:45.05	Male	SENIOR	
6095	Alex	Weeks	02:10:56.30	Male	SENIOR	
5707	Felicity	Pateman	02:10:57.45	Female	SENIOR	
5674	Teresa	Evans	02:11:00.05	Female	SENIOR	
5854	Anna	Allen	02:11:05.55	Female	SENIOR	
5534	Rachel	Maharg	02:11:24.05	Female	SENIOR	
5276	June	Allinson	02:11:31.00	Female	55+	
6410	Ian	Price	02:11:35.80	Male	40-44	
5807	Christopher	Ruddy	02:11:40.50	Male	SENIOR	
6030	Michelle	Clarke	02:11:42.75	Female	SENIOR	Avon Valley Runners
6392	Peter	Morgan	02:11:44.20	Male	55-59	Les Croupiers Cardiff
5702	Sian	Brown	02:11:44.50	Female	45-49	
5040	Gideon	Brough	02:11:44.90	Male	SENIOR	
5156	Anne	Roberts	02:11:52.80	Female	45-49	
5908	Chris	Mellor	02:12:01.25	Male	40-44	
5907	Nicola	Bowden	02:12:02.65	Female	SENIOR	
5384	Melissa	Coles	02:12:02.85	Female	SENIOR	
5545	Carrie-Marie	Bowers	02:12:12.85	Female	SENIOR	
5754	Alice	Poole	02:12:14.25	Female	SENIOR	
5757	David	Summers	02:12:14.50	Male	SENIOR	
5769	Elisabeth	Jack	02:12:14.70	Female	SENIOR	
445	Richard	Arnold	02:12:17.80	Male	SENIOR	
5161	Grant	Mckenzie	02:12:18.80	Male	SENIOR	
5203	Helen	Roberts	02:12:27.60	Female	35-39	
6217	Neil	Bailey	02:12:49.10	Male	SENIOR	
6105	Ian	Mackie	02:12:57.90	Male	50-54	
835	Richard	Llewellyn	02:13:03.55	Male	SENIOR	
5692	Paul	Davies	02:13:05.90	Male	45-49	

5357	David	Morris	02:13:16.65	Male	SENIOR	
5446	Stephen	Elworthy	02:13:29.35	Male	SENIOR	
6126	Carl	Maus	02:13:30.75	Male	SENIOR	
5625	Alexander	Jackson	02:13:48.10	Male	45-49	
5190	Clinton	Solomon	02:13:52.25	Male	SENIOR	
5191	Jayne	Solomon	02:13:52.45	Female	SENIOR	
5732	Ruth	Wright	02:13:54.75	Female	35-39	
6358	Bryn	Jones	02:13:57.85	Male	45-49	
6292	Pru	Marriott	02:14:01.55	Female	40-44	
5967	Jeff	Sullivan	02:14:04.05	Male	55-59	
5160	Tony	Paget	02:14:08.80	Male	45-49	
138	Jonathan	Kemp	02:14:12.15	Male	SENIOR	
6288	Rupert	Evans	02:14:17.85	Male	40-44	
5658	Katherine	Doran	02:14:21.45	Female	SENIOR	
5333	Simon	Elias	02:14:22.75	Male	45-49	
598	Leigh-Anne	Davies	02:14:25.80	Female	SENIOR	
5681	Katy	Pennyfield	02:14:27.05	Female	SENIOR	
5123	Marina	Stock	02:14:27.10	Female	45-49	
6413	Karen	Lewis	02:14:28.55	Female	SENIOR	
6287	Nick	Williams	02:14:34.30	Male	45-49	
6239	Sarah	Williams	02:14:38.05	Female	SENIOR	
6244	Mike	James	02:14:56.85	Male	SENIOR	
5602	Fflur	Bedwyr	02:15:00.35	Female	SENIOR	
6238	Stephen	Harrison	02:15:04.50	Male	SENIOR	
5454	Richard	Davies	02:15:05.10	Male	SENIOR	
5222	Nigel	Radusin	02:15:11.80	Male	40-44	
6074	Anthony	Lancaster	02:15:18.10	Male	SENIOR	
5353	Shirley	Rose	02:15:20.15	Female	35-39	
5831	Judi	Bowsher	02:15:29.50	Female	40-44	Brackla Harriers
5727	Marianne	Burridge	02:15:37.80	Female	45-49	Fairwater RC
5467	Miles	Caine	02:15:38.20	Male	SENIOR	
6059	Roger	Bailey	02:15:47.50	Male	SENIOR	
5450	Sue	Shannon-Jones	02:15:53.35	Female	50-54	
6058	Annette	Taylor	02:15:53.90	Female	35-39	
5745	Elaine	Hopkins	02:16:06.65	Female	35-39	
5609	Anna	Charity	02:16:08.25	Female	SENIOR	

6133 Rachel	Morgan	02:16:15.90	Female	SENIOR	
5184 Sarah	Bond	02:16:20.55	Female	SENIOR	
6056 Elizabeth	Wren-Owens	02:16:25.45	Female	SENIOR	
6066 Philip	Wren	02:16:25.50	Male	50-54	Brackla Harriers
5676 Helen	Pugh	02:16:26.75	Female	35-39	
5072 Andrew	Turner	02:16:30.25	Male	SENIOR	
6071 Ray	Rivett	02:16:32.60	Male	60+	
6146 Sarah	Morton	02:16:39.30	Female	SENIOR	
6327 Suzanne	Hytt	02:16:54.70	Female	40-44	
5946 Steve	Powell	02:17:28.20	Male	40-44	Les Croupiers
785 Clement	Riordan	02:17:46.20	Male	SENIOR	
5023 Alison	Gardner	02:17:54.75	Female	40-44	
5106 John	Gardner	02:17:55.45	Male	60+	
6083 Jennifer	Conway	02:18:01.20	Female	50-54	
6084 Paul	Conway	02:18:01.65	Male	55-59	
5306 Ruth	Burton	02:18:11.15	Female	SENIOR	
5496 Andrew	Roach	02:18:11.25	Male	SENIOR	
5606 Clare	Whiting	02:18:11.65	Female	SENIOR	
5909 Ross	Brevitt	02:18:12.10	Male	SENIOR	
5980 Kenneth	East	02:18:12.55	Male	45-49	
6329 Mark	Fraser	02:18:21.45	Male	SENIOR	
6328 Sandra	Loy	02:18:21.50	Female	SENIOR	
5441 Debbie	Farrar	02:18:44.05	Female	35-39	
6386 Jamie	White	02:19:01.90	Male	SENIOR	
5404 Martin	Smidman	02:19:07.00	Male	45-49	
5812 John	Wilkie	02:19:16.05	Male	SENIOR	
6008 Clare	Boobier	02:19:22.40	Female	35-39	
6009 Bryony	Whetter	02:19:22.70	Female	35-39	
5136 Justina	Walsh	02:19:23.25	Female	SENIOR	
5795 Leanne	Power	02:19:38.65	Female	SENIOR	
5414 joanne	Phillips	02:19:39.00	Female	SENIOR	
5593 Carolyn	Davies	02:19:52.50	Female	35-39	
5592 Kellie	Jeffcott	02:19:52.70	Female	SENIOR	
5021 Nigel	O'shea	02:19:54.15	Male	SENIOR	
6150 Maria	Filipponi	02:19:55.05	Female	35-39	
6003 Simon	Wheeler	02:19:57.75	Male	SENIOR	

5516	Samantha	Harvey	02:20:00.00	Female	SENIOR	
5541	Julie	Morgan	02:20:07.30	Female	SENIOR	
6264	Rachel	Jenkins	02:20:20.10	Female	SENIOR	
6223	Anita	Waters	02:20:31.20	Female	SENIOR	
6357	Andy	Robinson	02:20:35.05	Male	SENIOR	
5305	Michael	Payne	02:20:40.65	Male	40-44	
5881	Karen	Perry	02:20:46.35	Female	SENIOR	
5525	Dirk	Sykes	02:20:55.15	Male	45-49	
5527	Robin	Morgan	02:20:55.15	Male	50-54	
5077	Sean	Sullivan	02:21:17.80	Male	SENIOR	
6311	Marcia	Eynon	02:21:19.20	Female	35-39	
5348	Kay	Richmond	02:21:23.10	Female	50-54	
6116	Rahel	Edwards	02:21:24.15	Female	SENIOR	
6021	Ann	Evans	02:21:34.50	Female	50-54	
5894	Carol	Britton	02:21:40.45	Female	55+	Les Croupiers
6122	Christopher	Price	02:21:41.80	Male	SENIOR	
5737	Gavin	Fitton	02:21:54.50	Male	SENIOR	
582	Graham	Wilkes	02:21:54.85	Male	SENIOR	
5413	george	Chalmers	02:21:58.30	Male	50-54	
5488	Mark	Hopwood	02:22:04.55	Male	40-44	
5210	Ruth Helene	Smith	02:22:08.25	Female	40-44	
5201	Gillian	Mc Tiffen	02:22:08.65	Female	40-44	
5440	Jennifer	Baldwin	02:22:11.80	Female	35-39	
756	John	Griffiths	02:22:13.45	Male	60+	
5146	Paul	Griffiths	02:22:17.05	Male	SENIOR	
5095	Jacqueline	Hatton-Bell	02:22:39.00	Female	SENIOR	
6321	Leah	Jay	02:22:45.55	Female	SENIOR	
6203	Matthew	Lang	02:23:05.00	Male	SENIOR	
5427	Jeffrey	Webb	02:23:11.90	Male	40-44	
5428	Caroline	Jones	02:23:12.10	Female	35-39	
5805	Helen	Kearsey	02:23:12.35	Female	40-44	
6368	Claire	Moriarty	02:23:17.00	Female	SENIOR	
5760	Tracy	Dallimore	02:23:19.25	Female	SENIOR	
5614	Gareth	Bird	02:23:29.35	Male	SENIOR	
6313	Michelle	Moriarty	02:23:30.25	Female	SENIOR	
5354	Clair	Shaw	02:23:30.50	Female	SENIOR	

5777	Garthine	Walker	02:23:38.65	Female	40-44	
5245	michael	Oaksford	02:23:51.75	Male	45-49	
6347	Dave	Ayliffe	02:23:52.80	Male	55-59	Swindon Striders
5327	Lucy	Reed	02:24:04.25	Female	SENIOR	
5328	Helen	Ball	02:24:04.45	Female	SENIOR	
5001	Nia	Potter	02:24:05.80	Female	SENIOR	
5758	Ian	Williams	02:24:06.30	Male	SENIOR	
5055	Peter	Greenhill	02:24:38.05	Male	40-44	
5726	Paul	Morgan	02:24:48.80	Male	SENIOR	South Wales Police AC
5798	Paul	Spurrier	02:24:48.80	Male	40-44	
368	Gill	Mullins	02:24:57.45	Female	35-39	
5934	Stuart	Barrow	02:25:05.40	Male	SENIOR	
5867	Hayley	Rogers	02:25:16.55	Female	35-39	
5418	Lindsey	Jackson	02:25:16.75	Male	SENIOR	
5108	Natalie	Shearn	02:25:58.55	Female	SENIOR	
5241	Vivian	Davies	02:26:10.00	Male	45-49	
6099	James	Llewellyn	02:26:11.50	Male	SENIOR	
6387	Mark	Erricker	02:26:15.35	Male	SENIOR	
309	Steven	Murry	02:26:28.20	Male	45-49	
5574	Ceri	Clutterbuck-Jones	02:26:43.50	Female	SENIOR	
5520	Caroline	Phelan	02:26:45.40	Female	35-39	
5466	Philip	Hodgkiss	02:26:50.70	Male	40-44	
5914	Warwick	Marshall	02:26:56.10	Male	40-44	
5253	Sharon	Kirby	02:26:57.85	Female	35-39	
5665	Ceri	Isaac	02:27:03.40	Female	SENIOR	
5225	Joanne	Bray	02:27:17.00	Female	SENIOR	
6102	Charlotte	Peterson-Street	02:27:17.30	Female	SENIOR	
5096	John	Hatton-Bell	02:27:18.90	Male	40-44	
5297	Heike	O'Neill	02:27:30.20	Female	50-54	
5851	Sian	Allen	02:27:37.50	Female	SENIOR	
6253	Elin	Francis	02:27:37.80	Female	SENIOR	
6379	Margaret	Ryan	02:27:44.35	Female	50-54	
6389	Eric	Mathias	02:27:48.40	Male	55-59	TROT
5866	Lynne	Smith	02:27:53.60	Female	40-44	
5865	Michael	Smith	02:27:53.70	Male	45-49	
5045	Karen	Jones	02:27:57.45	Female	35-39	Les Croupiers

5119	Fiona	Bell	02:28:06.05	Female	35-39	Les Croupiers Cardiff
5492	Karen	Wilkinson	02:28:14.65	Female	SENIOR	
6314	Andrew	Jones	02:28:29.20	Male	SENIOR	
5110	Rosemary	Fitzgerald	02:28:46.40	Female	55+	Amman Valley Harriers
5514	Maria	Norman	02:28:47.00	Female	SENIOR	
5515	Claire	Butterworth	02:28:48.25	Female	SENIOR	
5138	Christopher	Bartlett	02:28:58.70	Male	SENIOR	
6301	Fain	Ferguson	02:29:07.45	Male	SENIOR	
5392	Simon	Hudd	02:29:21.75	Male	SENIOR	Penarth & Dinas Runners
5308	Rebecca	Stokes	02:29:46.70	Female	35-39	
5519	Mairi	Dunn	02:29:55.00	Female	35-39	
6350	Ian	Jenkinson	02:29:58.50	Male	SENIOR	
6354	Amanda	Poll	02:29:58.65	Female	SENIOR	
5577	Debora	Fisher	02:30:37.40	Female	40-44	
5824	Kate	Panicola	02:30:54.95	Female	35-39	
6186	Adrian	Mustoe	02:31:03.05	Male	SENIOR	
5397	N	Hughes	02:32:36.05	Male	SENIOR	
6294	Ruth	Slader	02:32:36.80	Female	SENIOR	
6006	Hamblin	Hamblin	02:33:41.50	Female	SENIOR	
6383	Laura	Hamblin	02:33:42.05	Female	SENIOR	
5422	Kate	Wells	02:34:22.90	Female	SENIOR	
5406	Andrew	Bryant	02:34:22.95	Male	SENIOR	
5929	Nicola	Hegarty	02:34:39.10	Female	35-39	
6415	Martin	Dando	02:34:52.60	Male	SENIOR	
6012	Venessa	Sixbery	02:35:46.60	Female	SENIOR	David Lloyd
5782	Raymond	Blackler	02:36:43.85	Male	SENIOR	
5781	Amanda	Blackler	02:36:45.55	Female	SENIOR	
6087	Ursula	Kearns	02:37:19.40	Female	35-39	
5546	Jonathan	Bowers	02:37:49.05	Male	SENIOR	
5344	Sara	Evans	02:37:57.70	Female	SENIOR	
5062	Alastair	Park	02:38:29.10	Male	SENIOR	
5005	Jonathan	Passmore	02:38:34.10	Male	SENIOR	
5671	Laura	Priddle	02:39:01.00	Female	SENIOR	
6207	Amy	Pedwell	02:39:32.60	Female	SENIOR	
868	Reginald	Roberts	02:39:43.80	Male	SENIOR	
5198	Wendy Elizabeth	Williams	02:39:45.05	Female	SENIOR	

6103 Carol	McCusker	02:39:45.25	Female	45-49	
5199 Janette	Davies	02:39:46.45	Female	40-44	
5127 Brad	Evans	02:39:51.70	Male	SENIOR	
5037 Lyndsey	Whitehouse	02:40:17.35	Female	SENIOR	
5082 Lisa	Evans	02:40:17.50	Female	SENIOR	
5209 Barry	Vickery	02:40:23.60	Male	SENIOR	
5107 Martin	Lewis	02:40:47.70	Male	45-49	
5155 Jillian	Rees	02:40:48.80	Female	SENIOR	
5268 Sian	Richardson	02:41:11.35	Female	35-39	
5011 Allan	Westlake	02:41:31.50	Male	55-59	
6198 Faye	Sutton	02:41:45.70	Female	40-44	
751 Colin	Thomson	02:43:28.60	Male	60+	Rhondda Valley Runners
5379 Dale	Illesley	02:43:47.15	Male	SENIOR	
5261 Gerald.	Kirby	02:44:47.40	Male	45-49	
5186 Dave	Lloyd	02:45:31.15	Male	40-44	
6317 Karen	Davies	02:45:44.10	Female	35-39	
5382 Judith	Aubrey	02:46:03.40	Female	55+	
5723 Anna	Ramberg	02:48:08.80	Female	SENIOR	
5147 Sarah	Williams	02:48:14.80	Female	SENIOR	
6310 Elizabeth	Francis	02:49:08.25	Female	35-39	
5394 Nadeem	Madrick	02:50:59.65	Male	SENIOR	
5097 Einir	Hughes	02:50:59.75	Female	SENIOR	
5814 Sally	Ward-Booth	02:54:15.85	Female	SENIOR	
5566 Ruth	Wooton	02:55:25.00	Female	55+	new eltham joggers
5567 Frances	Williams	02:55:25.05	Female	55+	new eltham joggers
5395 Tanya	Watson	02:55:36.80	Female	45-49	
6266 Amitabh	Prasad	02:55:59.20	Male	SENIOR	
6140 David	Rushforth	02:56:01.75	Male	45-49	
5808 Katherine	Morton	02:56:14.45	Female	SENIOR	
5098 Derek	Hanlin	02:57:01.85	Male	60+	
5786 Wendy	Richards	02:57:32.00	Female	35-39	
5725 Lesley	Parratt	03:00:01.75	Female	40-44	
5070 Susan	Earnshaw	03:00:03.45	Female	50-54	
5728 Clare	Molloy	03:00:04.60	Female	SENIOR	
266 Jim	Bird-Waddington	03:02:42.85	Male	SENIOR	
6138 Lesley	Freeman	03:12:31.05	Female	35-39	

6137	Dean	Freeman	03:12:31.05	Male	SENIOR	
5771	Mari	Owens	03:21:39.00	Female	35-39	
5975	Dennis	Hadlock	03:30:18.90	Male	55-59	
6145	Jane	Griffiths	03:41:59.50	Female	SENIOR	
6143	Laura	Evans	03:41:59.80	Female	SENIOR	
6258	Christopher	Binding	03:49:48.25	Male	SENIOR	
5669	Anthony	Tibbs	n/a	Male	55-59	
6144	Neil	Gibson	n/a	Male	SENIOR	
6159	Barry	Dare	n/a	Male	50-54	
5016	Mike	Starr	n/a	Male	SENIOR	Cardiff Harlequins
6226	Marc	Thomas	n/a	Male	SENIOR	
6326	Ian	Sawell		Male	SENIOR	
5583	Alan	Yule		Male	SENIOR	
5078	Beth	Ford		Female	SENIOR	
5030	David	Salt		Male	50-54	
6211	Paul	Rees		Male	40-44	
6348	Christopher	Carey		Male	JUNIOR	
5321	Meirion	Thomas		Male	SENIOR	
5324	Elizabeth	Webber		Female	SENIOR	
5772	Gareth	Owens		Male	SENIOR	