

Pos	Time	No Name	M/F	Cat	Club
1	14:51	11 Simon Jones	M		Belgtave Harriers
2	15:11	54 Marc Hobbs	M		Swansea Harriers
3	15:40	32 Daniel Gurmin	M		Abertillery
4	15:57	45 Oliver Howton	M		
5	16:11	15 Gareth Jones	M		3M
6	16:13	101 Lee Aherne	M	40	Club 69
7	16:14	127 Paul Richards	M	40	Neath Harriers
8	16:27	108 Paul Griffiths	M		
9	16:28	30 Steve Davies	M		Swansea Harriers
10	16:37	188 Matt Lewis	M		
11	16:38	294 Edward Takara	M		Cardiff A A C
12	16:49	121 Dave Wilson-Evans	M	45	Swansea Harriers
13	16:51	59 Rick Velati	M		Swansea Harriers
14	16:54	109 Steve Smith	M	40	Swansea Harriers
15	17:00	2 Andrew Rimmer	M		Multisport
16	17:12	192 Tudor Harries	M	45	Neath Harriers
17	17:13	90 Jonathan Williams	M		Swansea Harriers
18	17:20	92 David Kehoe	M		
19	17:27	50 Mike Hegarty	M		Morpeth Harriers
20	17:33	133 Steven Wilkinson	M	40	Port Talbot
21	17:34	105 Alan Davies	M	50	
22	17:41	285 Philip Tugwell	M		Cornwall A C
23	17:44	74 Andrew Davies	M		
24	17:54	29 Matt Tooze	M		
25	18:00	125 Huw Roberts	M	45	Bridgend A C
26	18:01	117 Jon Embling	M	50	Bridgend A C
27	18:02	55 mark Reynolds	M		Neath Harriers
28	18:05	124 Kevin Lewis	M	45	Neath Harriers
29	18:09	158 Dil Evans	M	55	Cardiff A A C
30	18:17	28 Charles T Walsh	M		Port Talbot
31	18:19	49 Scott Evans	M		Sospan R R
32	18:28	58 Andrew Reynolds	M		Neath Harriers
33	18:29	23 Jon Bailey	M		Team Deviant
34	18:35	152 Howard Carpenter	M	50	Neath Harriers
35	18:37	7 Jason Hughes	M		Multisport
36	18:46	131 Steve Williams	M	45	Neath Harriers
37	18:51	111 Grayham McLearn	M	40	Multisport
38	18:53	34 Paul Donovar	M		Swansea Harriers
39	18:53	210 Elinor Kirk	F		Swansea Harriers
40	18:54	25 Peter Lloyd	M		3M
41	18:56	40 Raul Reismann	M		
42	19:00	149 Mike Rimmer	M	50	
43	19:02	47 Martin George	M		Sospan R R
44	19:04	81 Mike Foder	M		
45	19:05	104 Huw Beatty	M	40	Cornelly Striders
46	19:05	843 Marc Dunscombe	M	40	
47	19:08	12 Mike Tate	M		Multisport
48	19:13	138 Leighton Gardiner	M	40	Swansea Harriers
49	19:16	118 Paul Llewellyn	M	40	Visteon
50	19:17	48 Eurig Morgan	M		
51	19:19	126 Steve Brace	M	45	Bridgend A C
52	19:21	163 Les Chapman	M	55	Amman Valley
53	19:22	165 Robert Hackett	M	45	Neath Harriers
54	19:22	74 Already Finished	M		
55	19:28	36 Gair McAdie	M		Team Deviant
56	19:30	766 Michael Evans	M		
57	19:32	37 Adrian Weaver	M		Port Talbot
58	19:33	167 Attila Garai	M		
59	19:33	89 Marc Davies	M		
60	19:33	120 John Smewing	M	55	Swansea Harriers
61	19:34	160 Graham Barlow	M	45	
62	19:36	4 Clive Evans	M		Cornelly Striders
63	19:39	287 Gareth Rees	M		
64	19:41	775 Cerith Thomas	M		
65	19:42	168 Phil Turner	M		Halifax Harriers
66	19:44	187 Andy Wells	M	40	Tamar Trotters
67	19:45	169 Alan Perkins	M	55	Port Talbot
68	19:45	150 Philip Bamsey	M	50	Neath Harriers
69	19:46	825 Robert Jones	M	50	Swansea Harriers
70	19:47	35 Peter Spriggs	M		Swansea Harriers
71	19:50	33 Anthony Oliver	M		Swansea Uni
72	19:52	56 Nick Wright	M		
73	19:54	116 Colin Elvins	M	45	Swansea Harriers
74	19:55	763 Leon Murnieks	M		
75	19:56	86 Damian Howard	M		

Pos	Time	No Name	M/F	Cat	Club
76	20:00	830 Cyril Walters	M	55	TROT
77	20:03	218 Ffion Hughes	F		Multisport
78	20:06	110 Peter Beynon	M	50	
79	20:07	115 Alun Wyn Evans	M		
80	20:08	155 Roger Bell	M	40	3M
81	20:08	319 Sandra Pinkham	F	40	Neath Harriers
82	20:09	87 Dean Llewellyn	M		S W Police
83	20:10	842 Mark Terry	M	45	
84	20:11	185 Gavin Roberts	M	40	Swansea Harriers
85	20:12	186 John Stanford	M	50	
86	20:14	1 Sam Smith	M		
87	20:15	971 Susan Davies	F	40	Presteigne Pacers
88	20:15	288 Martin Phillips	M		
89	20:16	123 Robert Fowler	M	60	Amman Valley
90	20:17	157 Leonard Richards	M	50	Port Talbot
91	20:21	153 Andrew Lucas	M	40	3M
92	20:25	307 Jacqueline Brace	F	45	Bridgend A C
93	20:30	150 Already Finished	F		
94	20:30	26 Mark Brace	M		Bridgend A C
95	20:31	960 Libby ODuffy	F	35	Les Croupiers
96	20:34	82 Paul Rees	M		
97	20:35	166 John Steric	M	45	
98	20:39	68 Dominic Parkes	M		Dogs On Ropes
99	20:40	767 Mike Griffiths	M		Team Deviant
100	20:40	6 Michael Halsall	M		
101	20:41	191 Peter Deacon	M	45	
102	20:43	233 Kelly Humphreys	F		W R N
103	20:45	83 Gareth Bishop	M		
104	20:45	71 Steve Ruddy	M		
105	20:45	65 Ott Paekes	M		Dogs On Ropes
106	20:47	164 Alan Jeffries	M	60	Swansea Harriers
107	20:50	773 Greg Lord	M		Clwb Triathlon Llanel
108	20:55	916 Helena Parry	F		
109	20:55	136 Simon Pinner	M	45	Team Wecori
110	20:59	53 Geraint Higgins	M		Swansea Harriers
111	21:02	79 Aeron Rees	M		Team Wecori
112	21:04	176 Steve Martin	M	40	
113	21:05	183 Alex Williams	M		R R C
114	21:08	826 John Collins	M	65	Swansea Harriers
115	21:09	193 Dennis Collins	M	40	Rhondda Valley Runners
116	21:10	14 Hayden Williams	M		Amman Valley
117	21:13	38 Phillip Godgey	M		
118	21:15	100 Mark Stevens	M		
119	21:17	290 Richard Howe	M		
120	21:21	765 Gareth Johns	M		Cardiff Harriers
121	21:21	42 Steve Keogh	M		Swansea Harriers
122	21:24	282 Jeremy Forsshew	M		
123	21:27	114 James Trace	M	40	Amman Valley
124	21:31	93 Dafyd Jones	M		
125	21:33	204 Efa Llewellyn	F		Swansea Harriers
126	21:34	119 Ray James	M	40	Port Talbot
127	21:34	178 Mark Joseph	M	40	
128	21:36	223 Jenny Gray	F		Port Talbot
129	21:37	10 Ben Seabourne	M		
130	21:40	224 Meirir Jones	F		
131	21:48	57 Andrew Richards	M		Neath Harriers
132	21:49	339 Anne Follan	F	35	Pontypridd Roadents
133	21:51	291 Ian Jones	M		
134	21:52	309 Diane Wilson-Evans	F	45	Swansea Harriers
135	21:53	67 James Blanchard	M		
136	21:54	61 James Dawson	M		
137	21:57	20 Barry Morrar	M		Visteon
138	21:58	289 Julian Williams	M		Team Deviant
139	22:00	284 Chris Ward	M		
140	22:00	769 Steven Jones	M		
141	22:01	203 Rebecca King	F		Swansea Harriers
142	22:02	238 Nerys Hughes	F		Team Deviant
143	22:04	286 Ian Roberts	M		
144	22:07	184 Bob Gardiner	M	45	Team Wecori
145	22:08	280 Peter Tibbitts	M		
146	22:11	222 Sarah Hurfor	F		Swansea Harriers
147	22:15	293 Byron Measday	M		
148	22:17	96 David Brown	M		
149	22:17	91 Ian Henton	M		Celtic Tri
150	22:17	112 Paul Humphreys	M	40	

Pos	Time	No Name	M/F	Cat	Club
151	22:18	154 Edward Davies	M	40	
152	22:21	27 Tim Williams	M		
153	22:22	236 Sarah McCarthy	F		Les Croupiers
154	22:22	159 Piers Morgan-Harvey	M		Mumbles Milers
155	22:25	18 Neil Davies	M		
156	22:32	177 Allan Frost	M	50	
157	22:36	331 Helen Eve	F	35	
158	22:39	828 Christopher Carter	M	45	
159	22:41	135 Stewart Mackenzie	M	50	
160	22:43	161 Bruce Morgan	M	50	Llanelli A A C
161	22:45	142 Ian Jones	M	40	Dubai Tri
162	22:46	906 Michelle Witham	F		Mumbles Milers
163	22:46	774 Aidan Davies	M		
164	22:47	838 John Maloney	M	40	
165	22:47	142 Already Finished	M		
166	22:49	175 Mario Rabaiott	M	40	
167	22:49	303 Gwen Smith	F	40	Swansea Harriers
168	22:53	173 Nigel Williams	M	40	
169	22:55	132 Steve Groves	M	45	
170	22:56	221 Sara Griffiths	F		Neath Harrier
171	22:58	99 Michael Follett	M		Aquell Harriers
172	23:01	156 Arthur Phillips	M	70	Sospan R R
173	23:05	215 Carley Evans	F		
174	23:05	69 David Boakes	M		Dogs On Ropes
175	23:05	76 Henry Boyle	M		Swansea Harriers
176	23:06	22 Jason Bowden	M		
177	23:07	182 Carlo Rabaiott	M	40	3M
178	23:08	237 Joanne Howells	F		Swansea Harriers
179	23:10	227 Cressida Blansharc	F		
180	23:11	85 Steven Press	M		Team Wecori
181	23:12	207 Charlotte Matthews	F		Crewe & Nantwich
182	23:16	62 Eddie Harris	M		
183	23:17	957 Cindy Loosemore	F	40	
184	23:20	772 Philip Tucker	M		
185	23:21	95 Nick Grahame	M		
186	23:22	13 Bruce Heppenstall	M		
187	23:22	964 Helen Jones	F	35	
188	23:24	771 Mark Elias	M		
189	23:24	969 Cathy Thomas	F	35	
190	23:27	31 David Sweetman	M		
191	23:28	827 Rob Walton	M	40	
192	23:29	63 Chris Hackett	M		
193	23:34	122 John Ayres	M	50	Port Talbot
194	23:43	220 Kirsten Tucker	F		Swansea Harriers
195	23:47	137 Steve McLellanc	M	50	3M
196	23:54	78 Warren Perkins	M		
197	23:55	41 Owen Morgan	M		
198	23:59	151 Brian Blandford	M	70	Neath Harriers
199	24:01	337 Denise Perry	F	35	
200	24:04	764 Richard Bracken	M		
201	24:07	972 Kathryn John	F	40	
202	24:08	16 Andrew S Evans	M		
203	24:09	335 Sandra Williams	F	40	Mumbles Milers
204	24:10	310 Theresa Taylor	F	40	W R N
205	24:10	332 Karen McGench	F	45	Hash Harriers
206	24:12	841 Russell Pullen	M	60	Neath Harriers
207	24:14	831 Michael Shellarc	M	65	
208	24:16	9 Kevin Davies	M		
209	24:20	73 Lee Hartnoli	M		
210	24:23	837 Neil Lewis	M	45	Mumbles Milers
211	24:23	910 Eleanor Power	F		
212	24:25	216 Jenny Clark	F		Team Deviant
213	24:26	77 Alex Greenslade	M		Swansea Harriers
214	24:26	312 Helen Phillips	F	45	Amman Valley
215	24:36	281 Thomas Saunders	M		
216	24:36	283 Kevin Jones	M		
217	24:37	70 Craig Walker	M		
218	24:37	107 David Rosser	M	70	Amman Valley
219	24:38	314 Christine Davies	F	40	
220	24:38	315 Bethan Wall	F	35	
221	24:44	113 Kevin samuel	M	40	Bitton R R
222	24:46	952 Andrea Reynolds	F	40	Swansea Harriers
223	24:47	205 Jemma Corcoran	F		Swansea Harriers
224	24:48	106 Kevin Corcoran	M	40	Swansea Harriers
225	24:48	840 Mike Jarman	M	45	

Pos	Time	No Name	M/F	Cat	Club
226	24:54	231 Becky McLelland	F		
227	24:55	234 Sarah James	F		
228	24:55	51 Stephen Carpenter	M		Morpeth Harriers
229	24:57	48 Already Finished	M		
230	24:57	313 Lyn Brown	F	40	Amman Valley
231	24:58	235 Niamh Gill	F		
232	24:58	98 Matthew Lewis	M		
233	24:58	190 Andrew Beveridge	M	40	
234	25:01	88 Alex Jones	M		
235	25:01	75 Nathan Hartnol	M		
236	25:03	950 Emma Cownie	F	35	
237	25:06	102 Jim Harsey	M	40	Cardiff A A C
238	25:07	751 Dewi Davies	M		
239	25:17	128 Rhidian Morgar	M	45	
240	25:23	211 Alys Maconie	F		W R N
241	25:33	94 Martin Nicholls	M		Team Deviant
242	25:33	129 Nigel L Jones	M	50	
243	25:35	19 Richard Hancock	M		
244	25:36	17 David Pope	M		
245	25:39	302 Pat Llewellyn	F	50	
246	25:43	72 Paul Skinner	M		
247	25:44	99999 Unknown Number	M		
248	25:47	759 Gary Taylor	M		Mumbles Milers
249	25:50	99999 Unknown Number	M		
250	25:53	5 Gareth Watson	M		3M
251	25:58	170 Ray Taylor	M	55	
252	25:58	99999 Unknown Number	M		
253	26:00	99999 Unknown Number	M		
254	26:01	80 Robert Jones	M		
255	26:02	756 Al Marnor	M		
256	26:07	162 Rob Skelton	M	50	
257	26:08	21 Greg Hutton	M		
258	26:12	752 Wayne Evans	M		
259	26:16	320 Wendy Richards	F	40	
260	26:16	99999 Unknown Number	F		
261	26:17	99999 Unknown Number	F		
262	26:19	99999 Unknown Number	F		
263	26:22	208 Helen Jones	F		
264	26:26	761 Simon Kinsey	M		
265	26:27	755 Christopher Hockley	M		
266	26:34	230 caroline Jones	F		W R N
267	26:36	99999 Unknown Number	F		
268	26:37	99999 Unknown Number	F		
269	26:38	99999 Unknown Number	F		
270	26:40	292 Geoff Stevensor	M		
271	26:51	835 Philip Davies	M	55	3M
272	26:52	99999 Unknown Number	M		
273	26:55	189 Richard Rimmer	M	45	
274	26:58	171 Paul Evans	M		Celtic Tri
275	27:01	174 Steve Whyte	M	40	
276	27:07	97 Tim Tang	M		
277	27:09	318 Ali Wood	F	35	
278	27:12	66 Chris Brown	M		
279	27:14	962 Elena Zarate	F	55	
280	27:17	140 Daniel Cundy	M	40	
281	27:23	756 Already Finished	M		
282	27:24	103 Peter King	M	50	
283	27:28	239 Michelle Hurd	F		
284	27:32	99999 Unknown Number	F		
285	27:32	99999 Unknown Number	F		
286	27:33	99999 Unknown Number	F		
287	27:35	226 Jeanette Lane	F		
288	27:42	39 John Nedza	M		
289	27:42	219 Lisa Jenkins	F		
290	27:42	99999 Unknown Number	F		
291	27:55	130 Andy Brown	M	40	Mumbles Milers
292	27:57	99999 Unknown Number	M		
293	28:00	343 Fran Hollis	F	50	
294	28:04	44 Matthew Jones	M		
295	28:04	43 Lee Jenkins	M		
296	28:05	99999 Unknown Number	M		
297	28:08	99999 Unknown Number	M		
298	28:09	325 Finola Wilson	F	35	W R N
299	28:20	202 Miranda Hall	F		
300	28:22	839 Peter Griffiths	M	40	

Pos	Time	No Name	M/F	Cat	Club
301	28:26	179 Keith Harris	M	40	Mumbles Milers
302	28:29	967 Karen Morris	F	35	
303	28:30	99999 Unknown Number	F		
304	28:39	963 Nia Dickie	F	35	
305	28:44	762 Gavin Phillips	M		
306	28:52	60 Ian Leaves	M		
307	28:58	99999 Unknown Number	M		
308	28:59	99999 Unknown Number	M		
309	29:00	99999 Unknown Number	M		
310	29:03	99999 Unknown Number	M		
311	29:04	913 Helena Sykes	F		
312	29:10	833 Gerald Kemp	M	40	
313	29:20	306 Julie Lloyd	F	35	
314	29:32	335 Already Finished	F		
315	29:46	214 Sarah Drake	F		
316	29:48	213 Julia Grassl	F		
317	29:54	909 Liz Parton	F		
318	30:06	308 Mereane Thomas	F	40	Socban Runners
319	30:11	52 David Carpenter	M		Morpeth Harriers
320	30:13	99999 Unknown Number	M		
321	30:13	99999 Unknown Number	M		
322	30:14	84 Jamie Campbell	M		
323	30:25	8 James Donovan	M		
324	30:28	902 Jackie Evans	F		Sospan Road Runners
325	30:36	340 Linda Waller	F	50	
326	30:41	329 Linda Owens	F	55	
327	30:47	180 Mike Leaves	M	50	
328	30:53	322 Lynne Perroti	F	50	W R N
329	30:53	99999 Unknown Number	F		
330	30:58	750 Richard Harris	M		
331	30:58	99999 Unknown Number	M		
332	31:00	99999 Unknown Number	M		
333	31:00	99999 Unknown Number	M		
334	31:01	229 Michelle Rees	F		
335	31:03	324 Julie Willis	F	45	W R N
336	31:06	304 Suzie Shepherd	F	35	Chepstow Harriers
337	31:10	99999 Unknown Number	F		
338	32:33	905 Emma Mair Perkins	F		
339	32:47	334 Anne Newbury	F	50	W R N
340	34:38	966 Sian Edey	F	35	
341	34:38	770 Michael Edey	M		
342	34:38	965 Emma Steel	F	35	
343	34:50	336 Moira Lucas	F	40	Mumbles Milers
344	40:24	330 Jane Elliott	F	50	