

Pos	Time	No Name	M/F	Cat	Club
1	14:55	117 Simon Jones	M		Cardiff A A C
2	14:57	140 Richard Gardiner	M		Cardiff A A C
3	15:35	148 Jonathan Phillips	M		Cardiff A A C
4	16:04	74 Steve Rees	M		Port Talbot Harrs
5	16:07	111 Andrew Jones	M		Neath Harrs
6	16:13	629 Alex Donald	M		Cardiff A A C
7	16:20	610 Mark Davies	M		Swansea Harrs
8	16:25	616 Mark Roberts	M		Swansea Harrs
9	16:31	611 Aled Thomas	M		Multisport
10	16:38	602 Ben Powell	M		Welsh Tri
11	16:39	27 Steve Jones	M		Bridgend A C
12	16:43	114 Gareth Jones	M		Neath Harrs
13	16:51	39 Dean Hill	M		Tipton Harrs
14	17:06	141 Gavin Colcombe	M		Cardiff A A C
15	17:17	207 David Wilson-Evans	M	45	
16	17:23	601 Lewis Bevan	M		Welsh Tri
17	17:26	64 David Kehoe	M		
18	17:30	37 Andrew Rimmer	M		Swansea Harrs
19	17:32	212 John Williams	M	45	Neath Harrs
20	17:37	47 Richard Roberts	M		Eryri Harrs
21	17:39	178 Greg Newhams	M	45	Bridgend A C
22	17:43	106 Steven J Richards	M		Swansea Harrs
23	17:44	99999 Unknown Number	M		
24	17:45	192 Jon Embling	M	45	Bridgend A C
25	17:54	118 Emyr Morgan	M		Team Southampton
26	17:57	235 Neil Davies	M	45	Cornelly Striders
27	18:03	133 Matt Tooze	M		
28	18:04	215 Phil Jones	M	45	Neath Harrs
29	18:05	57 James Padfield	M		Swansea Uni
30	18:06	238 Paul Dyson	M	40	Swansea Harrs
31	18:07	200 Grant Howells	M	40	Swansea Harrs
32	18:14	270 Mike Worlock	M	40	Port Talbot Harrs
33	18:17	183 Alan Davies	M	50	
34	18:21	76 Andrew Davies	M		
35	18:22	65 Keith Jellyman	M		Team Deviant
36	18:28	119 Thomas Howells	M		
37	18:29	107 David Sullivan	M		3M's
38	18:30	59 Charles T Walsh	M		Port Talbot Harrs
39	18:32	214 Howard Carpenter	M	50	Neath Harrs
40	18:32	166 Steve Coupe	M	55	Sospan R R
41	18:33	36 Unknown Runner	M		
42	18:34	605 Adam Newton	M		Swansea Harrs
43	18:36	16 Lee Morris	M		
44	18:38	108 Mike Tate	M		Multisport
45	18:40	624 Lynsey Christopher	M		Seek & Repair
46	18:43	113 Will Roberts	M		Swansea Harrs
47	18:45	44 Robert Sandles	M		3M's
48	18:46	452 Annmarie Richards	F	40	Welsh Vets
49	18:48	203 Rob Falconer	M	45	
50	18:49	134 Grayham McLean	M		Multisport
51	18:53	186 Huw Beatty	M	40	
52	19:14	72 Gair McAdie	M		Team Deviant
53	19:17	322 Elinor Kirk	F		Swansea Harrs
54	19:21	220 Graham Colvin	M	40	3M's
55	19:23	617 Andrew Charles	M		
56	19:26	50 Paul Flynn	M		
57	19:28	41 Mark Davies	M		Port Talbot Harrs
58	19:29	38 Matthew Lewis	M		
59	19:32	175 Ian Morris	M	40	TROTS
60	19:33	163 Robert Jones	M	50	Swansea Harrs
61	19:34	259 Michael A Thomas	M	40	
62	19:35	190 Michael Marshall	M	45	
63	19:37	209 Peter Deacon	M	45	Swansea Harrs
64	19:39	233 Peter Turner	M	50	Cornelly Striders
65	19:42	267 Stephen Powell	M	40	Port Talbot Harrs
66	19:48	128 Kristian Jones	M		
67	19:51	162 Mark Jones	M	45	Llanelli Tri Club
68	19:52	100 Rob Griffiths	M		
69	19:54	453 Jenny Phillips	F	35	Llanelli
70	19:55	435 Caroline Jones	F	40	
71	19:57	261 Doug Morgan	M		
72	19:59	167 Barry Wetherim	M	45	
73	20:01	62 Jamie Sampson	M		
74	20:02	316 Lynn-Michelle Cox	F		Tipton Harrs
75	20:02	164 Cyril Walters	M	55	Cardiff A A C
76	20:04	181 Derek Heggarty	M	45	RAF Careers
77	20:05	170 Jonathan Kersting	M	65	
78	20:07	236 Daron Herbert	M	40	Multisport
79	20:08	126 Mike Gleeson	M		Visteon
80	20:09	79 Michael Evans	M		Neath Harrs

Pos	Time	No	Name	M/F	Cat	Club
81	20:10	225	Leonard Richards	M	50	Port Talbot Harrs
82	20:12	226	Alan Perkins	M	50	Port Talbot Harrs
83	20:13	606	Jason Hughes	M		Multisport
84	20:13	317	Emma Parry	F		
85	20:18	222	Graham Barlow	M	45	
86	20:21	449	Ingrid Taylor	F	35	3M's
87	20:26	219	Dewi West	M	40	3M's
88	20:27	202	James Penn	M	40	
89	20:28	158	Robert Sherman	M	40	
90	20:29	182	Tony Morris	M	45	
91	20:32	23	Mathew Gwenter	M		Swansea Harrs
92	20:33	252	Gary Waters	M	55	Swansea Harrs
93	20:35	13	Julian Williams	M		Team Deviant
94	20:36	70	Gareth Stockman	M		
95	20:38	604	Grant Thomas	M		Wecori
96	20:39	196	David Oak	M	60	Port Talbot Harrs
97	20:40	22	Dean Thomas	M		
98	20:43	152	Stephen Chambers	M	40	
99	20:48	619	Samy Ari	M		
100	20:49	29	Mike Griffiths	M		Team Deviant
101	20:50	232	Alaner Jefferies	M	60	Swansea Harrs
102	20:51	73	Dylan Thomas	M		Multisport
103	20:55	120	Andrew G Thomas	M		
104	20:56	199	Allan Parsons	M		
105	20:56	15	Ian Moss	M		
106	20:56	17	Ian Henton	M		Multisport
107	20:57	115	Miles Willis	M		
108	20:58	609	Nathan Moore	M		
109	20:58	218	Roger Bell	M	40	3M's
110	20:59	53	Mark Williams	M		Sospan R R
111	21:02	216	Andrew Hellier	M	40	Visteon
112	21:02	187	Gavin Roberts	M	40	Swansea Harrs
113	21:06	18	Richard Simpson	M		
114	21:09	174	Andrew Davies	M	40	Pontypridd Roadents
115	21:12	421	Jacqueline Brace	F	45	Bridgend A C
116	21:12	265	Chris James	M	40	
117	21:16	138	Julian Smith	M		Mumbles Milers
118	21:20	607	Martyn Powell	M		Multisport
119	21:25	20	Chris Griffiths	M		Neath Harrs
120	21:26	342	Lily Dyll	F		3M's
121	21:31	124	Ceiron Browning	M		Wecori
122	21:32	46	Steve Poulton	M		
123	21:36	250	John Sterio	M	45	
124	21:37	603	James R O'Callaghan	M		
125	21:37	3	Benjamin Tucker	M		Neath Harrs
126	21:44	223	David Weston	M		
127	21:46	69	Ewan Smith	M		
128	21:46	8	Lloyd Cowley	M		
129	21:47	123	Arfon Rees	M		Wecori
130	21:47	445	Sian Phillips	F	40	Swansea Harrs
131	21:48	135	Jon Henderson	M		
132	21:49	318	Sara Dabler	F		Swansea Harrs
133	21:52	28	Matthew Fincher	M		Sospan R R
134	21:53	172	Simon Cox	M	40	
135	21:55	149	Mark Morris	M		Port Talbot Harrs
136	21:55	136	Alex Williams	M		
137	22:04	253	Geoff Hall	M	50	
138	22:06	66	Richard Wilson	M		
139	22:06	184	Michael Holding	M	40	
140	22:07	159	Simon Cogger	M	40	Swansea Harrs
141	22:07	33	Anthony Higgins	M		
142	22:09	67	Javier Silla	M		
143	22:13	60	Richard L Mainwaring	M		
144	22:15	4	Phil Protheroe	M		Road Runners
145	22:18	454	Linda Hutchinson	F	40	3M's
146	22:21	208	John Clement	M	40	
147	22:22	127	Steve Keogh	M		
148	22:23	101	Gareth Maunder	M		
149	22:23	197	Andrew Brown	M	40	
150	22:25	51	Jamie Houston	M		Wecori
151	22:26	63	Kevin Tobin	M	45	Swansea Harrs
152	22:27	146	Nicholas McGinn	M		Neath Harrs
153	22:27	258	Michael J Thomas	M	50	
154	22:27	210	Geoff White	M	50	3M's
155	22:28	311	Sian Jones	F		Amman Valley Harrs
156	22:29	194	Arthur Phillips	M	70	Sospan R R
157	22:31	121	Richard Moodie	M		Sospan R R
158	22:32	469	Tina Davies	F	35	
159	22:33	52	Steve Press	M		Wecori
160	22:34	441	Gwen Smith	F	40	

Pos	Time	No Name	M/F	Cat	Club
161	22:34	145 Antonio Gil	M		
162	22:34	430 Susan George	F	35	
163	22:35	323 Louise Miskell	F		3M's
164	22:37	627 Anthony McAteer	M		
165	22:39	151 Raymond Boyce	M	40	Cornelly Striders
166	22:44	103 Kevin Halmkan	M		
167	22:45	189 Nigel H Davies	M	45	
168	22:45	271 Mathirs Redenbach	M	40	
169	22:47	42 Edward Harris	M		
170	22:48	217 Alan Woodward	M	50	
171	22:50	102 Andrew Bartley	M		
172	22:50	427 Christina Smith	F	45	3M's
173	22:50	432 Caroline Sandles	F	35	3M's
174	23:00	264 Steve Williams	M	40	Mumbles Milers
175	23:02	228 Paul Gillard	M	45	
176	23:03	58 Andrew Wallis	M		
177	23:04	230 Carlo Rabaiotti	M	40	3M's
178	23:06	78 Anthony Ward	M		
179	23:09	165 Russell Pullen	M	60	Neath Harrs
180	23:11	168 John Cunnane	M	55	
181	23:12	195 David Mitchell	M	45	
182	23:12	206 Steve Jones	M	45	
183	23:12	61 Richard McKie	M		Amman Valley Harrs
184	23:14	260 Andrew Gronert	M	40	
185	23:15	10 Leigh James	M		Bridgend A C
186	23:19	227 Chris Carter	M	45	
187	23:25	266 Terry Jones	M	50	Visteon
188	23:26	326 Jemma Corcoran	F		Swansea Harrs
189	23:32	75 Jay Extence	M		
190	23:34	618 Stephen Birmingham	M		Brackla Harrs
191	23:36	231 Kelvyn Harris	M	50	3M's
192	23:36	344 Anne Follan	F		Pontypridd Roadents
193	23:41	255 Huw Davies	M		
194	23:43	26 Matthew Parry	M		3M's
195	23:50	615 Steve Williams	M		
196	23:51	122 Ian Barnett	M		
197	23:52	77 Michael Davies	M		
198	23:53	110 Christian Lambert	M		
199	23:56	109 Paul Skinner	M		
200	23:59	466 Glenda Roberts	F	50	
201	24:00	262 Tony Clements	M	50	
202	24:03	408 Jaqui Sherman	F	40	
203	24:04	612 Christopher Jenkins	M		
204	24:07	336 Nicola Charles	F		
205	24:08	188 Michael Newman	M	55	Neath Harrs
206	24:11	626 Adam Jones	M		
207	24:16	620 Steve Lewis	M		
208	24:18	147 Will Willdridge	M		
209	24:21	71 Jacob Needham	M		
210	24:23	307 Sara Griffiths	F		Neath Harrs
211	24:23	334 Clare Wood	F		
212	24:24	201 Paul Trotter	M	45	Land Registry Wales
213	24:26	412 Andrea Reynolds	F	40	Swansea Harrs
214	24:29	403 Helen Phillips	F	45	
215	24:34	132 James Jones	M		Multisport
216	24:35	450 Lyn Brown	F		
217	24:37	621 Adrian Johnson	M		
218	24:40	269 Keith Griffiths	M	40	
219	24:40	1 Michael Shellard	M	60	Swansea Harrs
220	24:42	176 David Rosser	M	70	Amman Valley Harrs
221	24:43	24 Robert Lewis	M		
222	24:44	213 Terry Hart	M	55	
223	24:50	143 Samuel Rolland	M		
224	24:50	193 Bryan Snayle	M		
225	24:51	458 Zoe Prosser	F	35	
226	24:52	613 Paul Darby	M		
227	24:54	130 Andy Bellingham	M		
228	24:55	340 Catherine Jones	F		
229	24:56	48 Darren Hicks	M		
230	25:00	457 Gabriela Heinrich	F	35	
231	25:02	406 Kathryn John	F	35	
232	25:02	438 Pippa J Poulton	F	40	
233	25:03	68 Mark Whittaker	M		
234	25:04	339 Becky Booth	F		Team Deviant
235	25:06	211 Neil Lewis	M		Mumbles Milers
236	25:07	625 Glenn Perry	M		
237	25:07	19 Stephen Barclay	M		
238	25:08	2 David Bell	M		
239	25:10	401 Elin O'Neill	F	35	
240	25:13	305 Kristina Williams	F		Team Deviant

Pos	Time	No	Name	M/F	Cat	Club
241	25:14	224	Timothy O'Leary	M	40	Multisport
242	25:15	112	Tony Gibson	M		
243	25:17	137	Gary J Smith	M		
244	25:17	433	Margaret Reynolds	F	40	
245	25:18	263	Richard Donne	M	40	
246	25:19	239	Cole Jenkins	M	45	
247	25:31	420	Pat Llewellyn	F	50	
248	25:32	338	Nina Brocklebank	F		
249	25:35	410	Elena Zarate	F	55	
250	25:36	437	Helen Parry	F	50	
251	25:42	81	Martin Nicholls	M		Multisport
252	25:45	129	David Jones	M		Team Deviant
253	25:49	131	Gareth Watson	M		3M's
254	25:52	198	Rhidian Morgan	M	45	
255	25:53	185	Dave Thomas	M	40	Team Deviant
256	25:54	447	Fay Sharpe	F	45	3M's
257	25:54	614	Michael Aspland	M		
258	25:55	171	Jim Halsey	M	40	
259	25:57	204	James Joseph	M		Team Deviant
260	25:57	321	Lucy Bryant	F	35	
261	25:59	319	Anna Wake	F		
262	26:04	327	Kayleigh Moses	F		
263	26:08	414	Kelly Gipson	F	35	
264	26:14	6	Jenny Prothero	F		
265	26:17	251	Martin Owens	M		Neath Harrs
266	26:19	320	Caroline Jones	F		
267	26:19	461	Karen Burrows	F	40	3M's
268	26:23	444	Caroline Berry	F	40	
269	26:24	45	Andrew S Evans	M		
270	26:25	462	Gaynor Maddocks	F		3M's
271	26:26	80	Gary Taylor	M		Mumbles Milers
272	26:27	116	David Morgan	M		
273	26:28	268	Keith Harris	M	40	Mumbles Milers
274	26:31	313	Sally Hartnell	F		Womans Running Network
275	26:34	144	Chen Feng Li	M		
276	26:38	463	Tracey Williams	F	40	3M's
277	26:41	304	Kathryn Sweetman	F		
278	26:43	221	Nigel L Jones	M	50	
279	26:45	417	Sharon Rogers	F	40	
280	26:51	332	Kate Greenfield	F		3M's
281	26:58	5	Neal Lewis	M		
282	26:59	451	Odette White	F	45	Sospan R R
283	27:02	312	Amanda Jayne Bayliss	F		Sospan R R
284	27:04	329	Lowri Randell	F		Sospan R R
285	27:05	347	Alex Arnold	F		
286	27:06	205	Ian Curruthers	M	50	Team Deviant
287	27:12	440	Rosie Amesbury	F	55	
288	27:13	405	Emma Cownie	F	35	
289	27:15	179	Stephen Jones	M	45	
290	27:26	256	John Higson	M	55	
291	27:27	608	Paul Jones	M		Mumbles Milers
292	27:30	467	Fiona Neill	F	35	Mumbles Milers
293	27:34	9	Geoff Stevenson	M		
294	27:39	301	Dawn Moore	F		
295	27:40	142	Jonathan Feldman	M		
296	27:53	49	Nigel K Rees	M		
297	28:06	335	Rachel Restan	F		
298	28:07	328	Lisa Williams	F		
299	28:10	43	Ian Davies	M		
300	28:10	434	Susan Davies	F	40	3M's
301	28:12	402	Pauline Williams	F	45	
302	28:13	424	Sue Coghlin	F	40	Sospan R R
303	28:18	464	Shirley Davies	F	40	Womens Running Network
304	28:18	12	Christopher Hockley	M		
305	28:24	325	Carol Vyner	F	35	
306	28:27	443	Sandra J Rees	F	40	
307	28:28	237	Leighton Jenkins	M	45	
308	28:30	331	Wendy Godwin	F		
309	28:31	169	Gerald Kemp	M	40	
310	28:32	333	Llinos Davies	F		
311	28:32	254	Elfyn Evans	M	40	Amman Valley Harrs
312	28:36	471	Sandra Williams	F	40	Mumbles Milers
313	28:37	456	Debbie Spiers	F		Multisport
314	28:37	139	Daniel Jones	M		
315	28:38	460	Linzi Johnstone	F	45	Womens Running Network
316	28:40	465	Catherine Richards	F	45	Womens Running Network
317	28:41	333	Already Finished	F		
318	28:43	459	Karen Churchill	F	45	
319	28:48	104	Jason Babbage	M		
320	28:57	439	Kurstyn Thomas	F	35	

Pos	Time	No	Name	M/F	Cat	Club
321	29:07	306	Elizabeth Barclay	F		
322	29:10	422	Jenny Bailey	F	35	
323	29:10	180	Dennis Bailey	M	60	
324	29:12	416	Carolyn Heaven	F		Womens Running Network
325	29:15	448	Mandy Beer	F	40	Womens Running Network
326	29:15	442	Finola Wilson	F	35	Womens Running Network
327	29:21	161	Phillip Dicks	M	45	Visteon R C
328	29:25	475	Andrea Morris	F	35	
329	29:26	436	Andrea Jones	F	35	
330	29:30	156	Andrew John	M	40	
331	29:35	470	Elizabeth Diamond	F	35	
332	29:40	56	Owen Gilson	M		
333	29:43	55	Tony Aleman	M	60	
334	29:43	54	Hugh John	M	60	
335	29:44	349	Tina Newton	F	40	3M's
336	29:57	257	Michael Kennedy	M	45	
337	30:21	341	Michelle Hurd	F		
338	30:22	425	Cynthia Davis	F	40	
339	30:22	315	Carol Prior	F		
340	30:24	628	Gareth Hawkins	M		
341	30:26	426	Sarah Mathews	F	40	
342	30:26	474	Jayne Keeley	F	40	
343	30:31	314	Carys Roderick	F		
344	30:36	160	David Mogford	M	60	
345	30:36	409	Karen Eynon	F	40	
346	30:43	324	Lori Button	F		Womens Running Network
347	30:48	431	Tricia Davidson	F	45	
348	30:48	191	Stuart Davidson	M	50	Bridgend A C
349	30:49	429	Sarah Huws-Davies	F	50	
350	30:51	407	Susan Daw	F	50	Port Talbot Harrs
351	30:56	234	Dennis Lynch	M	65	Cornelly Striders
352	31:02	404	Gill Nicholls	F	45	3M's
353	31:08	423	Rowan Flindall	F	40	
354	31:22	446	Julie Kemp	F	40	
355	31:26	455	Linda Owens	F	50	
356	31:26	468	Mary Davies	F	45	
357	31:31	472	Alison Francis	F	35	
358	31:31	622	David Callaway	M		
359	31:34	478	Janet Jenkins	F	40	
360	31:34	479	Carol Hamer	F	40	
361	31:37	177	Peter King	M	45	
362	32:29	473	Natasha Still	F	35	
363	32:30	476	Madeleine Pugh	F	35	
364	32:34	477	Andi Plastiras	F	40	
365	32:39	229	Stephen McCullough	M		
366	33:10	343	Louise Sweetman	F	35	
367	33:10	345	Rachel Daniel	F	35	Womens Running Network
368	33:29	346	Claire Taylor	F		
369	33:29	348	Eri Barnard	F		
370	36:11	105	Kevin Griffiths	M		
371	40:16	125	Philip Matthews	M		
372	40:16	330	Leah Camp	F		
373	43:44	428	Jane Elliott	F	50	