

Overall 5K Results

Pos.	Comp No.	First Name	Last Name	Gender	Category	Team Name	Finish Time
1	1299	Gareth	Thomas	m	Veteran Men	Les Croupiers	16:30
2	1335	Stephen	Paterson	m	Senior Men	Pegasus	16:37
3	1392	David	Williams	m	Senior Men	Les Croupiers	16:42
4	1357	Stuart	Creers	m	Senior Men	LCRC	16:48
5	1355	Alan	Kerr	m	Veteran Men	Bridgend	18:02
6	823	Matthew	Townsend	m	Senior Men	Les Croupiers	18:13
7	1196	Barry	Johnston	m	Veteran Men	Les Croupiers	18:19
8	1157	Matthew	Hurford	m	Senior Men	Les Croupiers	18:25
9	760	Jon	Sizer	m	Veteran Men	Bridgend Athletic Club	18:35
10	1360	Geraint	Williams	m	Senior Men		18:37
11	911	Philip	Meyler	m	Veteran Men	Pontypridd Rodents	18:45
12	1352	Ben	Farag	m	Veteran Men		18:51
13	1377	Morris	Guttard	m	Senior Men		18:52
14	1122	Michael	Havard	m	Veteran Men		19:00
15	993	Daniel	Griffiths	m	Senior Men		19:05
16	967	John	Diffey	m	Veteran Men	Les Croupiers	19:10
17	1003	Michael	Pook	m	Veteran Men		19:14
18	885	Richard	Willmot	m	Senior Men		19:22
19	1251	James	OCallaghan	m	Senior Men		19:23
20	1146	Craig	Harper	m	Senior Men		19:25
21	1128	Charles	Coray	m	Veteran Men		19:26
22	1317	Lindsay	Emyr	f	Veteran Women	Les Croupiers	19:27
23	1366	David	Davis	m	Veteran Men		19:29
24	850	John	Oshea	m	Veteran Men	Les Croupiers	19:30
25	1164	Graeme	Donnan	m	Veteran Men	Les Croupiers	19:32
26	879	Patrick	Hoare	m	Senior Men	Chepstow Harriers	19:36
27	1147	Glen	Harper	m	Senior Men		19:42
28	1158	Glyn	Sansom	m	Veteran Men		19:44
29	870	Michael	Davies	m	Veteran Men	Les Croupiers	19:45
30	1328	David	Somersall	m	Senior Men		19:47
31	788	Marcus	Coles	m	Senior Men		19:49
32	1337	Paul	Price	m	Veteran Men		19:50
33	1371	Lee	Williams	m	Senior Men		19:58

34	1372 Lee	Gwyn	m	Senior Men		19:58
35	803 Stephen	Owen	m	Veteran Men	Les Croupiers	20:05
36	1203 Paul	Williams	m	Senior Men		20:10
37	804 Leon	Murnieks	m	Senior Men		20:11
38	969 Gareth	Harvey	m	Senior Men		20:16
39	1262 Andrew	Mason	m	Senior Men		20:18
40	1120 Neil	Jones	m	Senior Men		20:18
41	1148 Stephen	Lewis	m	Veteran Men	Les Croupiers	20:18
42	1006 Colin	Woodward	m	Senior Men	Chippenham Harriers 83	20:23
43	1348 Daniel	James	m	Senior Men		20:27
44	1395 John	Ledsan	m	Veteran Men		20:28
45	1334 Keith	Paterson	m	Veteran Men		20:30
46	1139 Colin	Rendall	m	Senior Men		20:31
47	1344 Mark	Jones	m	Veteran Men		20:32
48	1093 Matthew	Hopkins	m	Senior Men		20:32
49	822 Tim	OSullivan	m	Veteran Men	Les Croupiers	20:37
50	1232 Tom	Pearson	m	Senior Men		20:40
51	953 Matthew	Whitefoot	m	Senior Men		20:41
52	1233 Iwan	James	m	Senior Men		20:45
53	1322 Mick	McGeoch	m	Veteran Men	Les Croupiers	20:47
54	1247 Luken	Carter	m	Senior Men		20:51
55	1397 Steve	Alexander	m	Senior Men		20:57
56	1032 Julie	Scholey	f	Veteran Women	Les Croupiers	20:58
57	1156 Eurof	Davies	m	Veteran Men		20:59
58	776 Veronica	Singleton	f	Veteran Women	Les Croupiers	21:01
59	951 Raymond	James	m	Veteran Men	Port Talbot Harriers	21:04
60	1207 Wayne	Miles	m	Senior Men		21:06
61	1190 Mark Andrew	Potter	m	Senior Men		21:09
62	1380 Philip	Harries	m	Veteran Men		21:10
63	1054 Paula	Ham	f	Veteran Women	Les Croupiers	21:15
64	935 Gareth	Goddard	m	Senior Men		21:15
65	1079 Jeff	Gibb	m	Senior Men		21:17
66	1313 Ross	Matthews	m	Senior Men		21:19
67	1361 Geriant	Evans	m	Senior Men		21:22
68	808 Cath	Gardner	f	Veteran Women	Les Croupiers	21:25
69	1030 Jason	Gill	m	Senior Men		21:30

70	877 Martin	Davies	m	Senior Men		21:33
71	1254 Stephen	Katchi	m	Senior Men		21:36
72	1235 John	Kirkham	m	Senior Men		21:37
73	1242 Eddie	Fleming	m	Veteran Men		21:41
74	1389 Alan	Mann	m	Veteran Men	Les Croupiers	21:44
75	1320 Ross	Ballinger	m	Senior Men		21:48
76	1398 Rob	Ford	m	Veteran Men		21:49
77	1362 H	Davies	m	Senior Men		21:50
78	1338 Brian	Short	m	Senior Men		21:51
79	1394 John	Sterio	m	Senior Men		21:56
80	1031 Robert	Delicata	m	Senior Men		21:58
81	1330 A	Hetterley	m	Veteran Men		22:00
82	1197 Jenny	Buckland	f	Veteran Women		22:01
83	1379 Alex	Guttard	f	Senior Women		22:03
84	1066 Paul	Humphreys	m	Veteran Men		22:03
85	1149 Julie	Lewis	f	Veteran Women	Les Croupiers	22:04
86	1367 Stuart	Keeping	m	Veteran Men		22:10
87	1045 Paul	Sullivan	m	Senior Men		22:11
88	837 Steven	Griffin	m	Senior Men		22:13
89	1332 Andrew	Davis	m	Veteran Men		22:14
90	860 Peter	Davies	m	Veteran Men		22:17
91	1104 Huw	Marshall	m	Senior Men		22:19
92	853 Kerry	Evans	m	Senior Men		22:21
93	1121 Gavin	Reece	m	Senior Men		22:23
94	938 Anthony	Phillips	m	Veteran Men		22:31
95	1354 David	Hannah	m	Veteran Men		22:34
96	771 Nicky	Oliver	f	Veteran Women		22:35
97	1387 Brian	Clemas	m	Veteran Men		22:36
98	1263 Steve	Groves	m	Veteran Men		22:36
99	778 Neil	Hendry	m	Veteran Men	Penarth & Dinas Powys Runners	22:37
100	1064 Andrew	Peters	m	Senior Men		22:39
101	1255 Paul	Maksimovic	m	Senior Men		22:42
102	950 Jeffrey	Clark	m	Veteran Men		22:43
103	750 David	Hebbes	m	Veteran Men		22:46
104	1391 Rhian	Rogers	m	Senior Men		22:46
105	964 Cameron	Stewart	m	Senior Men		22:47

106	1363 R	Andanelis	m	Senior Men	22:49
107	1127 Spencer	Lamb	m	Senior Men	22:51
108	889 Jon	Chilcott	m	Senior Men	22:54
109	1046 David	Walker	m	Veteran Men	22:55
110	1041 Thomas	Spurrier	m	Senior Men	22:55
111	1396 Paul	Archer	m	Senior Men	22:56
112	896 Ron	Powell	m	Veteran Men	22:57
113	1316 Lem	Semaj	m	Veteran Men	22:58
114	1133 Paul	Binning	m	Senior Men	22:59
115	1350 Martin	Phillips	m	Senior Men	22:59
116	886 Ian	Hocking	m	Veteran Men	23:14
117	1359 Jeffrey	Norris	m	Veteran Men	23:17
118	1257 Sam	Hulland	m	Senior Men	23:18
119	1089 Beverley	Dorsett	f	Veteran Women	23:19
120	1318 Mark	Steene	m	Senior Men	23:23
121	758 Edward	Fish	m	Veteran Men	23:25
122	1248 Robin	Davies	m	Senior Men	23:30
123	767 Mark	Cleland	m	Senior Men	23:31
124	1202 David	Sellick	m	Veteran Men	23:31
125	1100 Craig	Stephens	m	Senior Men	23:32
126	1260 Edward	Davies	m	Veteran Men	23:33
127	1143 Paul	Fisher	m	Veteran Men	23:35
128	1042 David	Evans	m	Veteran Men	23:41
129	1094 Derek	Donovan	m	Senior Men	23:41
130	871 Dean	Young	m	Senior Men	23:41
131	1271 Neil	Davies	m	Senior Men	23:59
132	1266 James	Horner	m	Senior Men	24:00
133	897 Daren	Harding	m	Senior Men	24:03
134	1099 Robert	Stephens	m	Veteran Men	24:04
135	1182 Steven	Dennis	m	Senior Men	24:05
136	1013 Gary	Mickelsen	m	Senior Men	24:07
137	971 Nigel	Davies	m	Veteran Men	24:09
138	1384 Nicholas	Bersank	m	Senior Men	24:15
139	1065 Beverley	Warburton	f	Veteran Women	24:16
140	1145 Brett	Harding	m	Senior Men	24:17
141	762 Hayley	Morgan	f	Veteran Women	24:17

142	1358 Blanhna	Mukhwana	f	Senior Women		24:21
143	796 Andrew	Peate	m	Veteran Men		24:22
144	1336 Anthony	Lockyer	m	Veteran Men		24:23
145	898 Paul	Raymond	m	Senior Men	Bedford Harriers	24:25
146	807 Andrew	Biston	m	Veteran Men		24:26
147	1284 Nicholas	Froud	m	Senior Men		24:26
148	1040 Paul	Spurrier	m	Veteran Men		24:30
149	1250 Sara	Griffiths	f	Senior Women	Neath Harriers	24:32
150	1181 Jonathen	Griffiths	m	Veteran Men		24:33
151	1036 John	Peters	m	Senior Men		24:38
152	1078 Stephen	Hughes	m	Senior Men		24:39
153	852 Russell	Thorne	m	Veteran Men		24:41
154	1246 Jeffrey	Smyth	m	Senior Men		24:41
155	845 Janet	Allen	f	Senior Women		24:44
156	1211 Paul	Kearns	m	Senior Men		24:44
157	1393 Lean	Millett	f	Senior Women		24:47
158	1210 Lisa Jane	Saunders	f	Veteran Women		24:48
159	1179 David	Thomas	m	Veteran Men		24:50
160	821 Nick	Budd	m	Veteran Men		24:54
161	1219 Gary	Oxley	m	Veteran Men		24:57
162	1230 Howard	Owen	m	Senior Men		24:59
163	1073 Mark	Williamson	m	Veteran Men		25:00
164	757 David	Payne	m	Senior Men		25:13
165	998 Martin	Hayward	m	Veteran Men		25:14
166	1368 Mark	Kerbey	m	Senior Men		25:17
167	882 Howell	Thomas	m	Senior Men		25:20
168	772 Kevin	Williams	m	Veteran Men		25:20
169	1294 Matthew	Taylor	m	Senior Men		25:22
170	970 Glynne	Leach	m	Veteran Men		25:25
171	829 Jonathan	Geen	m	Senior Men		25:27
172	985 Colin	Blackwell	m	Veteran Men		25:28
173	884 Mary	Owen	f	Veteran Women		25:34
174	1213 Andrew	Prickett	m	Senior Men		25:37
175	1256 Claire	Cowell	f	Senior Women		25:41
176	1356 Andrew	Whetton	m	Senior Men		25:41
177	1161 Laura	Holmes	f	Senior Women		25:47

178	1188 Christian	Simons	m	Senior Men		25:47
179	1189 James	Chapman	m	Senior Men		25:48
180	753 Tony	Hall	m	Veteran Men		25:48
181	936 Susan	Fry	f	Veteran Women	Les Croupiers	25:49
182	841 Ian John	Warner	m	Veteran Men		25:50
183	989 Anita	Herbert	f	Veteran Women		25:56
184	1159 Anthony	Hayward	m	Senior Men		26:04
185	1343 Jason	Sanders	m	Senior Men		26:07
186	855 Gareth	Baskerville	m	Senior Men		26:10
187	1327 Chris	Wathan	m	Senior Men		26:12
188	781 Gareth John	McMullen	m	Veteran Men		26:17
189	1245 Leslie	Combstock	f	Senior Women		26:18
190	1012 Scott	Charles	m	Senior Men		26:20
191	1206 Tracy	Newman	f	Veteran Women	Les Croupiers	26:20
192	974 Stuart	Love	m	Veteran Men		26:23
193	1370 Helen	Kerbey	f	Veteran Women		26:24
194	1191 Andrew	Lowrie	m	Senior Men		26:24
195	832 Paul	Roberts	m	Senior Men		26:26
196	1141 Terry	Vickery	m	Veteran Men		26:28
197	1342 David	Rich	m	Senior Men		26:29
198	999 Kevin	Bowen	m	Senior Men		26:31
199	1167 Dean	Howells	m	Senior Men		26:33
200	1329 Ceri	Knight	f	Senior Women		26:35
201	994 Sharon	Griffiths	f	Veteran Women		26:36
202	1282 Ross	Munro	m	Senior Men		26:37
203	810 Oliver	Hopkins	m	Senior Men		26:40
204	1261 Jonathen	Adler	m	Senior Men		26:40
205	814 Kathryn	Petersen	f	Veteran Women		26:45
206	1021 Shaun	Cook	m	Senior Men		26:49
207	1305 James	Jackson	m	Senior Men		26:50
208	801 Elaine	Fyfe	f	Veteran Women		26:51
209	997 Francine	Clark	f	Veteran Women		26:52
210	914 Donna	Wilson	f	Veteran Women		26:56
211	1053 Natalie	Willcox	f	Senior Women		26:57
212	1234 James	Trueman	m	Senior Men		26:57
213	1293 Martin	Bowen-Jones	m	Veteran Men		27:02

214	873 Geraint	Wright	m	Senior Men		27:04
215	1059 Christopher	Sollars	m	Veteran Men		27:05
216	847 Blair	Lundie	m	Veteran Men	Islwyn Running Club	27:06
217	1151 Tim	Watson	f	Veteran Women		27:07
218	1017 Keri	Hutchinson	f	Veteran Women		27:08
219	818 Billy	Collier	m	Senior Men		27:11
220	1347 David	Williams	m	Senior Men		27:13
221	1075 Darren	George	m	Senior Men		27:14
222	1369 Aled	Evans	m	Senior Men		27:14
223	1325 Matthew	Lloyd	m	Senior Men		27:15
224	1326 Joanne	Lloyd	f	Senior Women		27:15
225	1353 Esther	Lane	f	Senior Women		27:15
226	1123 Gail	Havard	f	Veteran Women		27:15
227	1364 Alex	Gregory	m	Senior Men		27:16
228	1382 Andrew	Jones	m	Veteran Men		27:17
229	779 Joanna	Hendry	f	Veteran Women	Penarth & Dinas Powys Runners	27:17
230	1177 Gareth	Richards	m	Senior Men		27:31
231	906 Mike	Bamborough	m	Senior Men		27:33
232	1068 Tomos	Davies	m	Senior Men		27:34
233	865 Nelo	Neves	m	Senior Men		27:38
234	1339 Mathew	Harris	m	Veteran Men		27:38
235	956 Stephen	Williams	m	Veteran Men		27:45
236	1383 Marc	Donohue	m	Senior Men		27:47
237	1107 Nanette	Davies	f	Veteran Women		27:48
238	791 Ian	Williams	m	Veteran Men		27:54
239	794 Steve	Williams	m	Senior Men		27:54
240	940 Bernice	Clarke	f	Veteran Women		27:56
241	1222 Jenny	Bailey	f	Veteran Women		27:56
242	1221 Dennis	Bailey	m	Veteran Men		27:57
243	806 Tracey	Warner	f	Veteran Women		27:58
244	1345 Alan	Yule	m	Veteran Men		28:00
245	1346 Geraint	Bowden	m	Veteran Men		28:01
246	1050 Stephen Andrew	Lewis	m	Senior Men		28:01
247	861 Robert	Smith	m	Veteran Men		28:05
248	1331 Paul	Hartery	m	Senior Men		28:07
249	851 Tracy	Forrester	f	Senior Women		28:07

250	1276 Anthony	Barratt	m	Senior Men		28:07
251	1290 Dean	Adams	m	Senior Men		28:07
252	1287 Lyndon	Davies	m	Veteran Men		28:07
253	1038 Sandra Jane	Radford	f	Veteran Women	Jane Cokter Running Club	28:10
254	752 Martin	Radford	m	Veteran Men		28:10
255	1204 Sarah	Jones	f	Senior Women		28:11
256	887 Gwen	Thomas	f	Senior Women		28:11
257	1186 Emma	Mathias	f	Senior Women		28:12
258	1085 See	Timing Tent	m		HS Sports	28:12
259	942 Paul	Murray-Unes	m	Veteran Men		28:14
260	943 Delyth	Murray-Unes	f	Senior Women		28:15
261	1025 Mark	Davies	m	Senior Men		28:15
262	1171 Darren	Lewis	m	Senior Men		28:16
263	815 Jane	Chappelle	f	Veteran Women		28:19
264	1135 Wayne	Hurley	m	Senior Men		28:21
265	1081 Beverley	Rogan	f	Veteran Women		28:24
266	1077 Richard	Williams	m	Senior Men		28:28
267	1052 Andrea	Robinson	f	Senior Women		28:28
268	1051 David	Coburn	m	Senior Men		28:29
269	1056 Andrew	Williams	m	Veteran Men		28:30
270	1009 Christopher	Hall	m	Senior Men		28:34
271	980 Stephen	Matthews	m	Senior Men		28:34
272	1084 Belinda	Morgan	f	Veteran Women		28:40
273	1096 Nathan	Sullivan	m	Senior Men		28:42
274	1231 Richard	Jones	m	Veteran Men		28:43
275	1195 Phillip	Heaton	m	Veteran Men		28:43
276	761 Wendy	Evans	f	Veteran Women		28:43
277	1095 Danielle	Sullivan	f	Senior Women		28:44
278	1385 Mathew	Lloyd	m	Senior Men		28:47
279	1323 Alan	Bladen	m	Veteran Men	Les Croupiers	28:48
280	1319 Paul	Evans	m	Veteran Men		28:50
281	1106 Paul	Hughes	m	Veteran Men		28:50
282	1082 Sue	Smith	f	Veteran Women		28:53
283	759 Christopher	Plaice	m	Veteran Men		28:53
284	961 Neil	Cordy	m	Veteran Men		28:55
285	908 Lorenza	Thomas	f	Veteran Women		28:58

286	919 Cathy	Vale	f	Senior Women		29:02
287	904 Neryse	Owen	f	Senior Women		29:02
288	902 Lisa	Dunleavy	f	Veteran Women		29:02
289	1047 David	Charles	m	Veteran Men		29:04
290	880 Alison	Pollock	f	Veteran Women		29:05
291	763 Alison	Kelland	f	Veteran Women		29:05
292	786 Caroline	Thomas	f	Veteran Women		29:09
293	918 Simon	Taylor	m	Senior Men		29:10
294	1292 Louis	Ross	m	Senior Men		29:12
295	1090 Tony	Dorsett	m	Veteran Men	Les Croupiers	29:15
296	765 Elizabeth	Rees	f	Veteran Women		29:16
297	1278 Kyle	Perry	m	Senior Men		29:18
298	1216 Nick	Rutter	m	Senior Men		29:20
299	1119 Terence	Wilson	m	Veteran Men		29:21
300	1184 Naveed	Mohamed	m	Senior Men		29:22
301	913 Phillip	Spickett	m	Senior Men		29:22
302	1138 Idris	Thomas	m	Senior Men		29:23
303	1194 Darren	Chapman	m	Senior Men		29:27
304	1055 Simon	Davies	m	Senior Men		29:30
305	1166 Helena	Vickery	f	Senior Women		29:30
306	875 Derek	Griffiths	m	Veteran Men		29:30
307	754 Simon	Hudd	m	Senior Men		29:31
308	937 Stephen	Pritchard	m	Veteran Men		29:33
309	955 Karelyn	Eveleigh	f	Veteran Women		29:40
310	1101 Geraint	Griffiths	m	Senior Men		29:41
311	1163 Hugh	John	m	Senior Men		29:50
312	1049 Kerryn	Wood	m	Senior Men		29:50
313	1312 Trudi	Collard	f	Veteran Women		29:52
314	1388 Herbie	Miller	m	Veteran Men		29:52
315	1108 Chris	Bartram	m	Veteran Men		29:55
316	894 Kevin	Protheroe	m	Veteran Men		29:57
317	777 Peter	Lawley	m	Veteran Men	Bedford Harriers	29:57
318	751 Ian	Jarman	m	Veteran Men		30:02
319	1016 Sara	McGaughey	f	Veteran Women		30:02
320	1283 Jonathan	Betts	m	Senior Men		30:11
321	1208 Louise	Katramanos	f	Veteran Women		30:17

322	846 Ruth	Smith	f	Veteran Women		30:17
323	1153 Richard	Lewis	m	Senior Men		30:19
324	1152 Delyth	Williams	f	Senior Women		30:19
325	1136 Eleri	Daniel	f	Veteran Women		30:24
326	941 Marie	Beer	f	Senior Women		30:33
327	1285 James	Kednard	m	Senior Men		30:37
328	1004 Andrew	Winter	m	Senior Men		30:38
329	973 Jane	Newton	f	Veteran Women		30:39
330	1351 Racheal	Cambell-Lawrence	f	Senior Women		30:40
331	809 Emma	Laszlo	f	Senior Women		30:41
332	981 Steve	Jones	m	Veteran Men		30:42
333	924 David	Bullock	m	Veteran Men		30:43
334	782 Christina	McMullen	f	Veteran Women		30:47
335	1039 Lee	Burksfield	m	Senior Men		30:50
336	833 Clare	Chubb	f	Veteran Women		30:52
337	785 Peter	Russ	m	Senior Men		30:52
338	1097 Claire	Pepper	f	Senior Women		30:55
339	1303 Tim	Hawkin	m	Senior Men		30:58
340	1304 Samantha	Boulter	f	Senior Women		30:58
341	1083 Colin	Jones	m	Senior Men		31:00
342	900 Susan	Lowrey Dyer	f	Senior Women		31:03
343	1142 Gordon	Sturrock	m	Veteran Men		31:05
344	927 Michael	Bruce	m	Senior Men		31:08
345	774 Christopher	Wells	m	Senior Men		31:08
346	775 Catherine	Foote	f	Veteran Women		31:08
347	1258 Graham	Davey	m	Veteran Men	Les Croupiers	31:16
348	1376 Joanne	Johnston	f	Veteran Women		31:24
349	1340 Liz	Millward	f	Veteran Women		31:25
350	1076 Stephen	Reynolds	m	Senior Men		31:26
351	805 Michael	Durell	m	Veteran Men		31:35
352	1174 Reg	Hughes	m	Veteran Men		31:36
353	881 Ian	Thorne	m	Senior Men		31:42
354	1116 Martin	Abbott	m	Senior Men		31:43
355	1115 Leigh	Abbott	f	Veteran Women		31:43
356	1239 Janette	Crumpton	f	Veteran Women		31:45
357	1315 Paul	Rudolph	m	Senior Men		31:45

358	1386 Helen	Lloyd	f	Veteran Women		31:48
359	793 David	Livingston	m	Senior Men		31:49
360	1240 Ryan	Southcott	m	Senior Men		31:50
361	1134 Karen	Jones	f	Senior Women		31:51
362	1349 Rana	Hussein	f	Senior Women		31:52
363	1298 Richard	Owen-ffoulkes	m	Veteran Men		31:55
364	756 Debbie	Gill	f	Veteran Women		32:02
365	1114 Aysha	Gee	f	Senior Women		32:03
366	1201 Martyn	Gray	m	Senior Men		32:06
367	1297 Jane	Owen-Ffoulkes	f	Veteran Women		32:10
368	1103 Christopher	Barnett	m	Senior Men		32:10
369	962 Janine	Cordy	f	Veteran Women		32:11
370	1180 Richard	Spokes	m	Senior Men		32:12
371	1365 Philip	Price	m	Veteran Men		32:15
372	858 Sandra	Snell	f	Veteran Women		32:16
373	1321 Carol	McCusker	f	Veteran Women		32:19
374	773 Rachel	Davies	f	Veteran Women		32:19
375	1236 Helen	Huggins	f	Senior Women		32:19
376	1253 Dean	Huggins	m	Senior Men		32:20
377	849 Karen	Phillips	f	Veteran Women	Les Croupiers	32:21
378	921 Simon	Hartog	m	Veteran Men		32:22
379	1144 Glyn	Jones	m	Veteran Men		32:25
380	868 Marianne	Holbrook	f	Senior Women		32:26
381	1200 Vicky	James	f	Senior Women		32:30
382	1137 Karen	Blatchford	f	Veteran Women		32:32
383	1205 Alan	Dawe	m	Veteran Men		32:34
384	802 Justina, Mary	Walsh	f	Senior Women		32:34
385	1223 Amanda	Henney	f	Veteran Women		32:37
386	1176 Deborah	James	m	Veteran Men		32:37
387	895 Geraldine	Powell	f	Veteran Women		32:42
388	828 Andrew	Pellow	m	Veteran Men		32:44
389	957 Hailey	Llewellyn	f	Senior Women		32:45
390	954 Antonio	Matassa	m	Senior Men		32:46
391	1307 Nathan	Willcox	m	Senior Men		32:47
392	1259 Carys	Williams	f	Senior Women		32:53
393	1302 Lisa	Purcell	f	Veteran Women		32:56

394	1228 Paula	Spring	f	Veteran Women	33:10
395	854 Frankie	Baskerville	f	Veteran Women	33:27
396	991 Rachel	Edwards	f	Veteran Women	33:28
397	1341 Lowri	Roberts	f	Senior Women	33:30
398	990 Nigel	Evans	m	Senior Men	33:30
399	1390 Bethan	Wywne-Jones	f	Veteran Women	33:30
400	1109 Stuart	Kirby	m	Veteran Men	33:32
401	839 Christine	Green	f	Veteran Women	33:33
402	947 Adrian	Smith	m	Veteran Men	33:34
403	1092 Laurie	Robins	f	Senior Women	33:37
404	816 My-Yen	Tang	f	Senior Women	33:39
405	1373 Wayne	Hoskins	m	Veteran Men	33:40
406	1043 Rachel	Windle	f	Senior Women	33:45
407	946 Catherine	Dew	f	Veteran Women	33:46
408	1227 William	Pearce	m	Veteran Men	33:47
409	1044 Nick	Jones	m	Senior Men	34:01
410	1229 Michaela	Weaver	f	Veteran Women	34:01
411	789 Alun	Fowler	m	Senior Men	34:05
412	780 Martyn	White	m	Veteran Men	34:07
413	883 Edwina	Gill	f	Veteran Women	34:07
414	790 Keith	Fowler	m	Veteran Men	34:08
415	1131 Davina	Morgan	f	Veteran Women	34:09
416	1178 Matthew	Keen	m	Senior Men	34:14
417	826 Suzanne	Hazell	f	Veteran Women	34:27
418	874 Laura	Green	f	Senior Women	34:35
419	824 Michelle	Hammond	f	Senior Women	34:35
420	960 Linzi	Burnell	f	Senior Women	34:38
421	959 Julian	Burnell	m	Veteran Men	34:39
422	878 Steven	Gunter	m	Senior Men	34:43
423	1198 Tina	Ward	f	Veteran Women	34:49
424	1199 Linda	Turner	f	Veteran Women	34:49
425	1067 Elaine	McNish	f	Veteran Women	34:54
426	916 Miles	Davies	m	Senior Men	34:56
427	1015 Sian	Ackland	f	Veteran Women BRACKLA HARRIERS	35:02
428	869 Kerry-Ann	Jourdain	f	Senior Women	35:07
429	1301 Charmaine	Boga	f	Veteran Women	35:13

430	1300 Simon	Lake	m	Senior Men		35:13
431	866 Nicola	Morgan	f	Senior Women		35:25
432	949 David	Perkins	m	Veteran Men		35:25
433	1118 Stephen	Conway	m	Veteran Men		35:31
434	1314 Janette	Davies	f	Veteran Women	Unknown Club	35:36
435	1102 Claire	Pennell	f	Senior Women		36:01
436	890 Mary	Hughes	f	Veteran Women		36:23
437	891 Jan	Twedily	f	Veteran Women		36:23
438	1113 Lisa	Richards	f	Senior Women		36:26
439	1241 Darren	Thomas	m	Senior Men		36:27
440	1243 Tony	Brindley	m	Veteran Men		36:27
441	1001 Lynne	Pook	f	Veteran Women		36:35
442	800 Joanne	Wheeler	f	Veteran Women	Reebok Sisters	36:36
443	798 Annie	Conroy	f	Veteran Women	Les Croupiers	36:37
444	1024 Gaynor	Denny	f	Veteran Women		36:39
445	1023 John	Denny	m	Veteran Men		36:39
446	983 Geraldine	Lazarus	m	Veteran Men		36:50
447	1175 Nathan	Davies	m	Senior Men		36:55
448	876 Hayley	Jones	f	Senior Women		36:55
449	992 Helen	Johnson	f	Veteran Women		36:56
450	1018 Karen	Harding	f	Veteran Women		36:57
451	909 Roger	Thomas	m	Veteran Men		37:11
452	1220 Neil	Trueman	m	Veteran Men		37:25
453	1268 Claire	Moseley	f	Senior Women		37:31
454	1214 Ann	Johnson	f	Veteran Women		38:08
455	1374 Helen	Hoskins	f	Senior Women		38:09
456	1375 Joshua	Edey	m	Senior Men		38:31
457	1270 Lucy	Sims	f	Senior Women		38:35
458	1378 Jane	Smith	f	Veteran Women		38:36
459	848 Carol	Lundie	f	Veteran Women		39:03
460	827 Dale	Illey	m	Senior Men		39:03
461	1193 Lyndon Paul	ms	m	Veteran Men		39:11
462	1168 Corinne	Hey	f	Veteran Women		39:11
463	1192 Steven	Sheppard	m	Senior Men		39:11
464	859 Wendy	Davies	f	Veteran Women		39:20
465	965 Christopher	Watts	m	Senior Men		39:24

466	963 Ceri	Watts	f	Senior Women		39:24
467	987 Donna	Hill	f	Senior Women		39:26
468	945 Simon	Jenkins	m	Senior Men		39:58
469	1381 Priscilla	Downs	f	Veteran Women		40:04
470	1324 Janet	Desmond	f	Veteran Women		40:08
471	1212 Amanda	Butler	f	Veteran Women		40:08
472	838 Andrea	Hathaway	f	Veteran Women		40:09
473	1291 Elizabeth	Twose	f	Senior Women		40:13
474	932 Helen	Whiting	f	Veteran Women		40:16
475	928 Jayne	Bright	f	Veteran Women		40:18
476	1311 Liane	Barlett	f	Veteran Women		40:37
477	933 Avril	Collins	f	Veteran Women		40:37
478	1048 Hywel	Davies	m	Senior Men		42:01
479	792 Gwen	Livingston	f	Senior Women		43:07
480	975 Linda	Davis	f	Veteran Women		44:43
481	978 Debbie	Milton	f	Veteran Women		44:43
482	1063 Sian	Davis	f	Senior Women		45:10
483	1014 Penny	Mickelsen	f	Senior Women		45:33
484	944 Jackie	Powell	f	Veteran Women		45:41
485	948 Louise	Morgan	f	Senior Women		45:41
486	968 Liz	Sowter	f	Senior Women	Les Croupiers	46:29
487	1217 Jill	Rodgers	f	Veteran Women		46:46
488	1288 Janice	Harris	f	Veteran Women		46:46
489	931 Maria	Harris	f	Senior Women		47:14
490	930 Gina	Pine	f	Senior Women		47:17
491	929 Juliet	Thomas	f	Veteran Women		48:00
492	1162 Kirsten	Healey	f	Veteran Women		48:15
493	1061 Carol	Davis	f	Veteran Women		48:15
494	1209 Gareth	Wood	m	Veteran Men		48:16
495	1273 Tracey	Bin-Matt	f	Senior Women		48:17
496	912 Alexandra	Morland	f	Senior Women		48:28
497	1275 Christine	Thomas	f	Veteran Women		48:37
498	1274 Debra	Griffiths	f	Veteran Women		48:38
499	1110 Ruth	Foscolo	f	Veteran Women		49:06
500	982 Sanjay	Ahlawat	m	Senior Men		50:06
501	769 Wendy Lynne	Bryan	f	Veteran Women		53:35

502	996 Amanda Louise	Davies	f	Veteran Women	54:02
503	1170 Lynn	Mason	f	Veteran Women	54:02
504	986 Janice	Watts	m	Veteran Men	55:09
505	977 Carol	Bates	f	Veteran Women	55:09
506	1002 Aimee	Pook	f	Senior Women	56:03
507	922 Graham	Jones	m	Veteran Men	56:03
508	979 Jennifer	Evans	f	Veteran Women	57:28
509	976 Rosie	Lamacraft	f	Veteran Women	57:28
510	1029 Lisa	Martin	f	Senior Women	58:39
511	1224 Michelle	Walker	f	Veteran Women	58:47
512	1225 Claire	David	f	Veteran Women	58:48
513	1272 Carol	Campbell	f	Veteran Women	58:52
514	1269 Natalie	Roberts	f	Senior Women	58:52
515	867 Carol	Brown	f	Veteran Women	59:08
516	1264 Pamela	Colton	f	Veteran Women	59:08