

# OVERALL 5K RESULTS

Pos	CompNo.	Firstname	Lastname	Gender	Class	Club	Finish Time
1	1629	Stephen	Paterson	Male	Senior Male	San Domenico Running Club	16:06
2	1892	Alex	Donald	Male	Senior Male		16:11
3	1826	Tomos	Whitmarsh-knight	Male	Junior Male	CAAC	17:35
4	1740	Gareth	Green	Male	Senior Male		17:41
5	1873	Alan	Liposki	Male	Senior Male		17:48
6	1782	Bev	Thomas	Female	Veteran Women		17:50
7	1756	Phil	Cook	Male	Senior Male	Les Croupiers	17:57
8	1834	Michael	Evans	Male	Senior Male		18:04
9	1443	Mick	McGeoch	Male	Veteran Male	Les Croupiers	18:10
10	1545	Matthew	Townsend	Male	Senior Male	Les Croupiers	18:20
11	1748	Sandy	Johnston	Male	Veteran Male	Les Croupiers	18:27
12	1431	Jon	Sizer	Male	Veteran Male	Bridgend Athletic Club	18:33
13	1640	David	Coles	Male	Veteran Male	Les Croupiers	18:36
14	1899	Glen	Harper	Male	Junior Male		18:40
15	1798	James Morrison	Steward	Male	Senior Male		18:45
16	1822	Scott	Howell	Male	Veteran Male		18:45
17	1717	Clive	Osmond	Male	Veteran Male	Les Croupiers	18:59
18	1871	Paul	Williams	Male	Senior Male		19:06
19	1764	Philip	Meyler	Male	Veteran Male	Pontypridd Rodents	19:09
20	1890	Gareth	Harvey	Male	Senior Male		19:12
21	1853	Alan	Sladen	Male	Veteran Male		19:15
22	1435	Richard	Willmot	Male	Senior Male		19:18
23	1761	Charles	Coray	Male	Veteran Male		19:22
24	1860	Phil	Miles	Male	Veteran Male		19:23
25	1776	Matthew	Hopkins	Male	Senior Male		19:25
26	1883	Adrian	Weaver	Male	Senior Male		19:25
27	1439	Derek	Hegarty	Male	Veteran Male		19:26
28	1581	Darren	Jones	Male	Junior Male	Calne Road Runners	19:30
29	1806	Paul	Garside	Male	Senior Male		19:30
30	1894	Brian	Stiant	Male	Veteran Male		19:34
31	1792	John	Diffey	Male	Veteran Male	Les Croupiers	19:41
32	1869	Richard	Veale	Male	Senior Male		19:44
33	1896	Paul	Price	Male	Veteran Male		19:48
34	1685	Neil	Jones	Male	Senior Male		19:49
35	1796	Robbie	Oshea	Male	Senior Male		19:50

36	1850	David	Proud	Male	Senior Male		20:00
37	1793	Leon	Murnieks	Male	Senior Male	Swansea Harriers	20:00
38	1614	Marcus	Coles	Male	Senior Male		20:06
39	1805	John	Oshea	Male	Veteran Male	Les Croupiers	20:08
40	1615	Glyn	Sansom	Male	Veteran Male		20:15
41	1825	Joseff	Whitmarsh-knight	Male	Junior Male	CAAC	20:16
42	1577	Graeme	Donnan	Male	Veteran Male	Les Croupiers	20:22
43	1787	Iwan	James	Male	Senior Male		20:28
44	1516	Tim	OSullivan	Male	Veteran Male	Les Croupiers	20:29
45	1846	Krishe	OConnell	Female	Junior Female		20:30
46	1814	Jamie	Seekings	Male	Senior Male	Penarth & Dinas Powys Runners	20:31
47	1524	Stephen	Owen	Male	Veteran Male	Les Croupiers	20:31
48	1733	Eurof	Davies	Male	Veteran Male	Les Croupiers	20:33
49	1486	Michael	Davies	Male	Veteran Male	Les Croupiers	20:35
50	1785	Nigel	Brooks	Male	Senior Male		20:51
51	1909	Symon	Murphy	Male	Senior Male		20:55
52	1908	Neil	Collins	Male	Senior Male		20:55
53	1645	Tom	Pearson	Male	Senior Male		20:58
54	1539	Stephen	Lewis	Male	Veteran Male	Les Croupiers	21:00
55	1567	Michael	Johns	Male	Senior Male		21:01
56	1765	Mike	James	Male	Veteran Male		21:03
57	1586	Eddie	Fleming	Male	Veteran Male		21:05
58	1731	Julie	Scholey	Female	Veteran Women	Les Croupiers	21:07
59	1422	Veronica	Singleton	Female	Veteran Women	Les Croupiers	21:14
60	1708	Michael	Hurley	Male	Veteran Male		21:19
61	1646	Nigel	Kelland	Male	Veteran Male		21:20
62	1544	Stephen	Cray	Male	Veteran Male	Penarth & Dinas Powys Runners	21:22
63	1862	Andy	Morton	Male	Veteran Male		21:28
64	1664	Peter	Nolan	Male	Senior Male		21:30
65	1889	Par	Hakansson	Male	Senior Male		21:34
66	1760	Lindsay	Emyr	Female	Veteran Women	Les Croupiers	21:36
67	1888	Stuart	Keeping	Male	Veteran Male		21:55
68	1833	Shaun	Connor	Male	Senior Male	Les Croupiers	22:01
69	1851	Debroah	Green	Female	Senior Women		22:07
70	1670	Andrew	Peters	Male	Senior Male		22:09
71	1747	Alice	Johnston	Female	Junior Female	CAAC	22:14
72	1828	Beverley	Dorsett	Female	Veteran Women		22:21
73	1875	Clive	Denton	Male	Senior Male		22:25
74	1449	Thomas	Howles	Male	Junior Male		22:31
75	1538	Julie	Lewis	Female	Veteran Women	Les Croupiers	22:33
76	1891	Garett	Jone	Male	Senior Male		22:35

77	1774	Frank	Williams	Male	Veteran Male	Les Croupiers	22:39
78	1856	Liz	Ashton	Female	Senior Women		22:40
79	1428	Nicky	Oliver	Female	Veteran Women		22:44
80	1485	Jeffrey	Clark	Male	Veteran Male		22:48
81	1898	Caroline	Harris	Female	Veteran Women		22:50
82	1808	Daniel	Jones	Male	Senior Male		22:51
83	1561	Ian	Hocking	Male	Veteran Male		22:52
84	1403	Oliver	Hopkins	Male	Senior Male		22:52
85	1811	Stuart	Laslett	Male	Veteran Male		22:57
86	1810	Jerome	Daly	Male	Veteran Male		22:59
87	1767	Maurice	Gordon	Male	Senior Male		23:02
88	1452	Stephen	Bartlett	Male	Veteran Male		23:14
89	1472	John Patrick	Maloney	Male	Veteran Male		23:17
90	1845	Andy	Hetterley	Male	Veteran Male		23:20
91	1427	Martin	Radford	Male	Veteran Male		23:23
92	1910	Emanuel	Brouseau	Male	Senior Male		23:25
93	1497	Andrew	Biston	Male	Veteran Male		23:34
94	1773	Kyle	Garrison	Male	Junior Male		23:40
95	1597	Stephen	Matthews	Male	Senior Male		23:42
96	1657	Gary	Mickelsen	Male	Senior Male		23:43
97	1852	Julian	Surnell	Male	Veteran Male		23:45
98	1649	Elizabeth	Steed	Female	Veteran Women		23:53
99	1588	Colin	Blackwell	Male	Veteran Male		23:54
100	1637	Nicola	Adams	Female	Senior Women		23:54
101	1885	David	McDonald	Male	Senior Male		23:56
102	1519	Kevin	Taylor	Male	Veteran Male		23:59
103	1775	Amy	Edwards	Female	Senior Women	RHONDDA VALLEY RUNNERS	24:02
104	1461	Ian John	Warner	Male	Veteran Male		24:05
105	1907	Jeff	Norris	Male	Veteran Male		24:09
106	1434	Daren	Harding	Male	Senior Male		24:11
107	1463	Blair	Lundie	Male	Veteran Male	Islwyn Running Club	24:20
108	1844	Sara	Macbride Stewart	Female	Veteran Women		24:20
109	1697	Martyn	Strange	Male	Veteran Male		24:21
110	1478	Edward	Fish	Male	Veteran Male		24:21
111	1632	Nathan	Sullivan	Male	Senior Male		24:23
112	1674	Matthew	Body	Male	Senior Male		24:23
113	1511	Jonathan	Geen	Male	Senior Male		24:25
114	1547	Paul	Little	Male	Senior Male		24:30
115	1691	Sarah	Bugler	Female	Senior Women		24:32
116	1530	Kristian	Belmont	Male	Senior Male		24:35
117	1517	Lisa	Phipps	Female	Veteran Women		24:41

118	1741	Mitch	Evans	Male	Veteran Male		24:46
119	1783	Rhys	Williams	Male	Senior Male		24:50
120	1694	David	Evans	Male	Veteran Male		24:53
121	1686	Gary	Oxley	Male	Veteran Male		24:53
122	1438	Martin	Hayward	Male	Veteran Male		24:54
123	1626	Dafydd	Williams	Male	Senior Male		24:57
124	1711	Seona	Currie	Female	Veteran Women	Penarth & Dinas Powys Runners	24:59
125	1725	Mike	Duddridge	Male	Senior Male		25:04
126	1718	David	Cappell	Male	Senior Male		25:04
127	1807	Joseph	Bryant	Male	Senior Male		25:09
128	1512	Meg	Geen	Female	Veteran Women		25:10
129	1484	Francine	Clark	Female	Veteran Women		25:15
130	1548	Martin	Charles	Male	Senior Male		25:16
131	1802	Brian	Coman	Male	Veteran Male		25:18
132	1872	Craig	Scidmore	Male	Senior Male		25:20
133	1676	Beverley	Warburton	Female	Veteran Women		25:22
134	1566	Lyndon James	Edwards	Male	Veteran Male		25:23
135	1628	Philip	Griffiths	Male	Veteran Male		25:24
136	1769	Pete	Regan	Male	Veteran Male		25:43
137	1408	Janice	St John	Female	Senior Women		25:45
138	1893	Vanessa	Turnbwill	Female	Veteran Women		25:47
139	1672	Steven	Millard	Male	Veteran Male		25:49
140	1803	James	Carlick	Male	Junior Male		25:52
141	1424	Howell	Thomas	Male	Senior Male		25:53
142	1835	Tracey	Newman	Female	Veteran Women	Les Croupiers	25:55
143	1804	Peter	Carlick	Male	Veteran Male		25:56
144	1859	Andrew	Picket	Male	Senior Male		25:57
145	1458	Kathryn	Petersen	Female	Veteran Women		25:59
146	1576	Cathy	Vale	Female	Senior Women		26:00
147	1755	Terry	Vickery	Male	Veteran Male		26:03
148	1636	Delyth	Murray-Lines	Female	Senior Women		26:04
149	1703	Paul	Roberts	Male	Senior Male		26:05
150	1448	Dawn	Howles	Female	Veteran Women		26:06
151	1459	Annie	Conroy	Female	Veteran Women	Les Croupiers	26:09
152	1417	Simon	Elias	Male	Veteran Male		26:12
153	1813	Clare	Johnson	Female	Veteran Women	Les Croupiers	26:17
154	1633	Andrea	Hurman	Female	Veteran Women		26:18
155	1819	Rachael	Corrigan	Female	Senior Women		26:18
156	1695	Michael	James	Male	Veteran Male	Les Croupiers	26:21
157	1575	Simon	Taylor	Male	Senior Male		26:21
158	1660	Phillip	Heaton	Male	Veteran Male		26:27

159	1671	Alan	Legge	Male	Senior Male		26:29
160	1864	Lisa Jane	Saunders	Female	Veteran Women		26:33
161	1722	Lona	Hanzel	Female	Veteran Women		26:40
162	1473	Elaine	Fyfe	Female	Veteran Women		26:43
163	1483	Paula	James	Female	Veteran Women		26:51
164	1878	Collete	Borg	Female	Senior Women		26:54
165	1816	Elizabeth	Webber	Female	Senior Women		27:03
166	1587	Robert	Smith	Male	Veteran Male		27:16
167	1627	Gary	Sutton	Male	Veteran Male		27:16
168	1613	Christopher	Sollars	Male	Veteran Male		27:17
169	1688	David	Barnes	Male	Veteran Male		27:18
170	1441	Jason	Mcfadzean	Male	Senior Male		27:18
171	1532	Ronald	Davies	Male	Veteran Male		27:20
172	1714	Nathan	Jones	Male	Junior Male		27:26
173	1713	Mark	Jones	Male	Senior Male		27:26
174	1827	Tony	Dorsett	Male	Veteran Male	Les Croupiers	27:32
175	1799	Julie	Williams	Female	Veteran Women		27:33
176	1854	Andy	Davies	Male	Veteran Male		27:41
177	1858	Mark	Ellis	Male	Senior Male		27:47
178	1857	Victoria	Webb	Female	Senior Women		27:48
179	1874	Rachel	Powel	Female	Senior Women		27:50
180	1666	Judy	Donovan	Female	Veteran Women		27:52
181	1667	Anthony	Donovan	Male	Senior Male		27:52
182	1476	Christopher	Stanton	Male	Veteran Male		27:53
183	1507	Neil	Cordy	Male	Veteran Male		27:54
184	1489	Stephen	Pritchard	Male	Veteran Male		27:55
185	1855	Nigel	Thomas	Male	Veteran Male		27:55
186	1832	Sam	Hudson	Male	Senior Male		27:56
187	1563	Gary	Oiding	Male	Senior Male		27:59
188	1809	Marcus	Blayney	Male	Senior Male		28:02
189	1568	Lindsay	Johns	Female	Senior Women		28:08
190	1420	Christopher	Plaice	Male	Veteran Male		28:08
191	1501	David	Sellick	Male	Veteran Male		28:11
192	1623	Rhian	Lees	Female	Senior Women		28:15
193	1551	Christopher	Wells	Male	Senior Male		28:16
194	1880	Anne	Wesson	Female	Veteran Women		28:17
195	1635	Noelene	Thomas	Female	Veteran Women		28:19
196	1469	Sandra Jane	Radford	Female	Veteran Women	Jane Cokter Running Club	28:19
197	1815	Craig	Lewis	Male	Senior Male		28:20
198	1447	Jane	Chappelle	Female	Veteran Women		28:22
199	1728	Linda	Burnell	Female	Veteran Women	Islwyn Running Club	28:23

200	1492	Debra	Nugent	Female	Veteran Women		28:24
201	1784	Mike	Jones	Male	Senior Male		28:24
202	1630	Paul	Sullivan	Male	Senior Male		28:28
203	1631	Danielle	Sullivan	Female	Senior Women		28:28
204	1554	David	Russell	Male	Senior Male		28:29
205	1818	David	Williams	Male	Senior Male		28:34
206	1690	Huw	Llewellyn	Male	Senior Male		28:34
207	1432	Simon	Hudd	Male	Veteran Male		28:36
208	1619	Sarah	Cartlidge	Female	Senior Women		28:39
209	1662	Shaun	Cook	Male	Senior Male		28:41
210	1605	Alison	Kelland	Female	Veteran Women		28:42
211	1488	Thomas	Pritchard	Male	Senior Male		28:44
212	1465	Elizabeth	Rees	Female	Veteran Women		28:45
213	1877	Mathew	Taylor	Male	Senior Male		28:48
214	1617	Sara	Davies	Female	Veteran Women		28:51
215	1638	David	Bullock	Male	Veteran Male		28:54
216	1789	Geraint	Griffiths	Male	Veteran Male		28:57
217	1515	Richard	Jones	Male	Veteran Male		28:58
218	1847	Keri	Hutchinson	Female	Veteran Women		29:01
219	1525	Wendy	Evans	Female	Veteran Women		29:04
220	1405	Paul	May	Male	Senior Male		29:05
221	1521	Andrew	Williams	Male	Veteran Male		29:08
222	1663	Chris	Howells	Male	Veteran Male		29:12
223	1865	David Mark	Thomas	Male	Senior Male		29:18
224	1653	Sarah	Kirtland	Female	Veteran Women		29:19
225	1797	Karen	Phillips	Female	Veteran Women	Les Croupiers	29:19
226	1698	Derek	Griffiths	Male	Veteran Male		29:20
227	1683	Clive	Rowe	Male	Senior Male		29:21
228	1534	Jayne	Evans	Female	Veteran Women		29:27
229	1531	Teresa	Goodwin	Female	Senior Women		29:33
230	1673	Simon	Davies	Male	Senior Male		29:52
231	1402	Nicola	Edwards	Female	Senior Women		29:52
232	1692	Anne-marie	Brackpool	Female	Senior Women		29:55
233	1781	Beverley	Watts	Female	Veteran Women		30:05
234	1562	Sarah	Weaver	Female	Senior Women		30:09
235	1599	Rhodri	Lewis	Male	Senior Male		30:10
236	1470	Rachel	Davies	Female	Veteran Women		30:13
237	1510	Clare	Chubb	Female	Veteran Women		30:13
238	1696	Margret	Strange	Female	Veteran Women		30:24
239	1457	Conny	Carnuth	Female	Veteran Women		30:27
240	1841	Emman	Shackell	Female	Senior Women		30:27

241	1498	Joanne	O'Brien	Female	Veteran Women		30:27
242	1513	Ceri	Donaghy	Female	Veteran Women		30:32
243	1675	Anna	Morgan	Male	Senior Male		30:37
244	1592	Patricia	Blackwell	Female	Veteran Women		30:41
245	1493	Steven	Jenkins	Female	Senior Women		30:44
246	1886	Ieuan	Bristow	male	Junior Male		30:45
247	1454	Alison	Pollock	Female	Veteran Women		30:46
248	1491	Martin	Nugent	Male	Veteran Male		30:50
249	1839	Gerraldine	Hayward	Female	Veteran Women		30:51
250	1840	Mary	Fletcher	Female	Veteran Women		30:51
251	1863	Rebecca	Thomas	Female	Senior Women		30:52
252	1720	Tim	Barsby	Male	Veteran Male		30:52
253	1712	Sarah	Board	Female	Veteran Women		30:54
254	1903	Philip	Spikelt	Male	Senior Male		30:57
255	1791	Rosie	Bell	Female	Senior Women		31:04
256	1654	Karelyn	Eveleigh	Female	Veteran Women		31:06
257	1456	Gwen	Thomas	Female	Senior Women		31:06
258	1582	Derek	Donovan	Male	Senior Male		31:06
259	1509	Arlene	Mason	Female	Veteran Women		31:08
260	1533	Kathleen	Davies	Female	Veteran Women		31:09
261	1876	Jenny	Bailey	Female	Veteran Women		31:09
262	1709	Dennis	Lynch	Male	Veteran Male	Cornelly Striders	31:17
263	1744	Beverley	Rogan	Female	Veteran Women		31:17
264	1745	Sue	Smith	Female	Veteran Women		31:18
265	1689	Gareth	Evans	Male	Senior Male		31:20
266	1550	Claire	Lomax	Female	Senior Women		31:20
267	1549	Emma	Mason	Female	Senior Women		31:21
268	1866	John	Whitehead	Male	Veteran Male		31:25
269	1415	Jeffrey	Rowlands	Male	Senior Male		31:27
270	1423	Ian	Thorne	Male	Senior Male		31:31
271	1904	Pamela	Howard	Female	Veteran Women		31:35
272	1508	Janine	Cordy	Female	Veteran Women		31:35
273	1652	Graeme	Thelwell	Male	Veteran Male		31:36
274	1559	Douglas	Fudge	Male	Veteran Male		31:36
275	1542	Susan	Jones	Female	Senior Women		31:40
276	1410	Sarah	Pope	Female	Veteran Women	Womens Running Network	31:43
277	1518	Marilyn	Evans	Female	Veteran Women		31:47
278	1848	Zoe	Davies	Female	Senior Women		31:49
279	1766	Martin	Fleming	Male	Veteran Male		31:56
280	1795	Christopher	Millard	Male	Junior Male		32:02
281	1794	Glyn	Millard	Male	Veteran Male		32:03

282	1742	Gareth	Newnes	Male	Senior Male		32:05
283	1743	Nichola	Oakendon	Female	Senior Women		32:05
284	1620	Paul	Welsh	Male	Senior Male		32:10
285	1754	Gordon	Sturrock	Male	Veteran Male		32:10
286	1564	Sian	Oiding	Female	Veteran Women		32:23
287	1553	Gavin	Pearce	Male	Senior Male		32:31
288	1902	Kirsty	Macdonald	Female	Senior Women		32:35
289	1699	Paula	Spring	Female	Veteran Women	Islwyn Running Club	32:36
290	1901	Russell	Bright	Male	Senior Male		32:40
291	1625	Arfon	Hughes	Male	Senior Male		32:53
292	1580	Denise	Gallagher	Female	Veteran Women		32:57
293	1772	Suzanne	Cornish	Female	Senior Women		33:06
294	1771	Nathan	Cornish	Male	Senior Male		33:06
295	1687	Morag	Convery	Female	Veteran Women		33:12
296	1704	Nina	Lawrence	Female	Veteran Women		33:16
297	1555	Barry	Mitchell	Male	Senior Male		33:19
298	1556	Simon	Wiltshire	Male	Veteran Male		33:19
299	1464	Colette	Oaten	Female	Senior Women		33:21
300	1824	Robert	Warren	Male	Veteran Male		33:22
301	1779	Paula	Bristow	Female	Senior Women		33:27
302	1541	Neil	Trueman	Male	Veteran Male		33:28
303	1584	James	Trueman	Male	Senior Male		33:30
304	1585	Suzanne	Beard	Female	Senior Women		33:30
305	1684	Katie	Jones	Female	Senior Women		33:40
306	1650	Richard	Strode	Male	Veteran Male		33:49
307	1651	Janice	Strode	Female	Veteran Women		33:50
308	1579	Judy	Wright	Female	Veteran Women		33:52
309	1655	John	Williams	Male	Veteran Male		33:58
310	1726	Gareth	Duddridge	Male	Veteran Male		34:09
311	1477	Debbie	Gill	Female	Veteran Women		34:10
312	1455	Ian	Jarman	Male	Veteran Male		34:12
313	1601	Donna	Hill	Female	Veteran Women		34:18
314	1589	Geraldine	Lazarus	Female	Veteran Women		34:19
315	1616	Michael	Fallaizo	Male	Veteran Male		34:20
316	1595	Susan	Goodfellow	Female	Veteran Women		34:22
317	1618	John	Davies	Male	Veteran Male		34:25
318	1707	Claire	Pennell	Female	Senior Women		34:32
319	1495	Daniel	Williams	Male	Senior Male		34:39
320	1642	Matthew	Davies	Male	Senior Male		34:45
321	1535	Davina	Morgan	Female	Veteran Women		34:52
322	1557	Andrew	Jones	Male	Senior Male		35:08

323	1900	Sarah	Curtland	Female	Senior Women	35:17
324	1641	Edwina	Gill	Female	Veteran Women	35:17
325	1506	Sybil	Williams	Female	Veteran Women	35:28
326	1596	Jennifer	Salter	Female	Veteran Women	35:41
327	1867	Stephen	Conway	Male	Veteran Male	35:47
328	1624	Sheila	Vaquerizo	Female	Veteran Women	36:02
329	1505	Sally	Fowler	Female	Veteran Women	36:17
330	1749	Lorraine	Clements	Female	Senior Women	36:30
331	1750	Sally	Williams	Female	Senior Women	36:31
332	1879	Liz	Poland	Female	Veteran Women	36:31
333	1705	Ann	Millard-Davies	Female	Senior Women	36:31
334	1706	Dawn	Dinsdale	Female	Senior Women	36:32
335	1572	Steven	Gunter	Male	Senior Male	36:34
336	1573	Hayley	Jones	Female	Senior Women	36:35
337	1897	Matthew	Harris	Male	Veteran Male	36:40
338	1895	Anthony	Gribs	Male	Veteran Male	36:40
339	1820	Sarah	Carrigan	Female	Senior Women	36:57
340	1442	William	Pearce	Male	Veteran Male	37:06
341	1574	Tania	Rowlands	Female	Veteran Women	37:22
342	1702	Bianca	Jourdain	Female	Senior Women	37:37
343	1721	Janette	Davies	Female	Veteran Women	37:42
344	1719	Wendy	Williams	Female	Senior Women	37:42
345	1656	Lorraine	Horton	Female	Veteran Women	37:52
346	2000	Unknown	Competitor	Male		37:52
347	1843	Chloe	Sewell	Female	Junior Female	38:03
348	1842	Amy	Sewell	Female	Senior Women	38:05
349	1444	Amanda	Butler	Female	Veteran Women	38:13
350	1560	Michael	Davies	Male	Senior Male	38:16
351	1658	Penny	Mickelsen	Female	Senior Women	38:41
352	1738	Alun	Fowler	Male	Senior Male	39:00
353	1737	Keith	Fowler	Male	Veteran Male	39:05
354	1786	Phil	Thomas	Male	Veteran Male	39:07
355	1723	Rhys	Ullah	Male	Senior Male	39:10
356	1724	Helen	Hoskins	Female	Senior Women	39:11
357	1546	Jenkins	Meurig	Male	Veteran Male	39:14
358	1821	Judith	Cassam	Female	Veteran Women	39:27
359	1788	Sally	Mitchell	Female	Veteran Women	39:33
360	1494	Kerry-Ann	Jourdain	Female	Senior Women	41:24
361	1590	Rachael	Davies	Female	Senior Women	42:19
362	1882	Debbie	Milton	Female	Veteran Women	42:20
363	1594	Tina	Abdul	Female	Veteran Women	42:21

364	1679	Spiro	Spiteri	Male	Veteran Male	44:25
365	1583	Christine	Thomas	Female	Veteran Women	45:36
366	1753	Debra	Griffiths	Female	Veteran Women	45:37
367	1462	Carol	Lundie	Female	Veteran Women	45:53
368	1499	Alexandra	Morland	Female	Senior Women	48:16
369	1693	Dimitri	Exintiaris	Male	Veteran Male	49:34
370	1729	Valerie	Marshall	Female	Veteran Women	49:34
371	1669	Amanda Louise	Davies	Female	Veteran Women	49:47
372	1591	Carol	Bates	Female	Veteran Women	50:15
373	1598	Christine	Lewis	Female	Veteran Women	50:15
374	1602	Valerie	Perkins	Female	Veteran Women	50:33
375	1600	Deborah	Kells	Female	Veteran Women	50:34
376	1593	Patricia	Last	Female	Veteran Women	50:36
377	1680	Carol	Spiteri	Female	Veteran Women	50:54
378	1678	Valerie	Power	Female	Veteran Women	50:54
379	1606	Claire	Hillberg	Female	Veteran Women	52:26
380	1608	Mandy	Robinson	Female	Veteran Women	52:26
381	1612	Deborah	Barry	Female	Veteran Women	52:28
382	1831	Bethan	Griffiths	Female	Senior Women	54:42
383	1829	Daryl	James	Female	Veteran Women	54:43
384	1849	Ronald	Peck	Male	Veteran Male	54:43
385	1830	Christine	Griffiths	Female	Veteran Women	54:43
386	1419	Wendy Lynne	Bryan	Female	Veteran Women	55:07