

First name	Last name	Race number	Age category	Team name	Finish time	Overall position	Gender position	Category position
Lee	Ladd	205	Male Open	Carmathen	00:33:47	1	1	1
Stuart	Crees	195	Male Open	Les Croupiers	00:34:21	2	2	2
Paul	Talbot	73	M40	Neath	00:34:36	3	3	1
Alan	Davies	105	M50		00:36:05	4	4	1
Rhys	Harris	204	Male Open		00:37:30	5	5	3
Mike	Evans	213	Male Open	TROT	00:37:38	6	6	4
Julia	Cooke	134	Female open	Cheltenham Harriers	00:38:32	7	1	1
Neil	Davzet	68	M50	Cornelly Striders	00:38:45	8	7	2
Ann	Thomas	152	F35	TROT	00:38:57	9	2	1
Martin	Webb	125	M40	Swansea Harriers	00:39:11	10	8	2
Daniel	Hooper	236	Male Open		00:39:25	11	9	5
Alaw	Thoms	168	Female open	Carmathen	00:39:34	12	3	2
R	Austin	242	Male Open		00:39:53	13	10	6
Gareth	Elliot	201	Male Open	Pembrokeshire Harriers	00:39:58	14	11	7
Keith	Powell	72	M50	Cornelly Striders	00:40:00	15	12	3
David	O'niel	198	M40	Pembrokeshire Harriers	00:40:18	16	13	3
Jonathan	Jones	227	M40	Carmathen	00:40:22	17	14	4
Gareth	Lloyd	115	M40		00:40:27	18	15	5
Ben	Sutton	233	Male Open		00:40:59	19	16	8
M	Kirkham	93	Female open	Coventry Godiva H	00:41:07	20	4	3
Glenn	Draisey	135	M40	Swansea Harriers	00:41:13	21	17	6
Robert	Daines	25	Male Open		00:41:21	22	18	9
Tim	John	226	Male Open	TROT	00:41:23	23	19	10
Ana	Lynch	199	F35	Pembrokeshire Harriers	00:41:30	24	5	2
Matthew	Stroud	79	Male Open		00:41:36	25	20	11
John	Diffey	61	M40	Les Croupiers	00:41:47	26	21	7
Kris	Stowe	149	Male Open		00:41:48	27	22	12
David	Williams	177	Male Open		00:42:00	28	23	13
Peter	Hammond	150	M40		00:42:04	29	24	8
Chris	Bowen	146	Male Open		00:42:05	30	25	14
John	Sinnett	208	M50	Pembrokeshire Harriers	00:42:09	31	26	4
Peter	Walters	214	M50	TROT	00:42:14	32	27	5
Mark	Terry	187	M50	TROT	00:42:19	33	28	6
Kevin	Corcoran	99	M40	Swansea Harriers	00:42:26	34	29	9

Andrew	Miles	64	M50		00:42:32	35	30	7
Steve	Brown	108	M40	Pembrokeshire Harriers	00:42:32	36	31	10
Niel	Spencer	103	M40	Rumney Club	00:42:40	37	32	11
Gordon	Orme	112	M50	Cardigan Rc	00:42:51	38	33	8
Jason	Griffiths	189	M40	Corus Multisport	00:42:53	39	34	12
Peter	Turner	71	M50	Cornelly Striders	00:42:56	40	35	9
Ian	Speed	137	M40		00:42:57	41	36	13
Eric	Davey	126	M50	llanelli AC	00:43:03	42	37	10
Ricki	Morgan	240	Male Open		00:43:11	43	38	15
Ian	Hoskins	107	Male Open		00:43:12	44	39	16
Rhys	Evans	94	Male Open		00:43:15	45	40	17
Richard	Evans	180	M40		00:43:17	46	41	14
Darren	Stevens	91	Male Open		00:43:19	47	42	18
Stephen	Jones	14	M40		00:43:42	48	43	15
Alvin	Phillips	196	Male Open		00:43:48	49	44	19
Richard	Thomas	28	Male Open	Pembrokeshire Harriers	00:43:50	50	45	20
Lee	Bodenham	48	Female open	Porthcawl Runners Life	00:43:52	51	46	21
Mick	Grant	31	M50	Road Runners Club	00:43:54	52	47	11
Simon	Surrell	200	Male Open		00:44:00	53	48	22
David	Blackwell	76	Male Open		00:44:01	54	49	23
Marc	Batchup	101	Male Open	Swansea Harriers	00:44:04	55	50	24
Alyson	Hayes	111	F35	Cardigan Rc	00:44:04	56	6	3
Tonia	Forsyth	181	F35		00:44:21	57	7	4
David	Langford	139	M50	Pembs tri Club	00:44:24	58	51	12
Gabriella	Maine	50	Female open	Porthcawl Runners Life	00:44:26	59	8	4
Paul	Morris	158	M50		00:44:29	60	52	13
Uku	Kumari	102	M50	Swansea Harriers	00:44:41	61	53	14
Peter	Foale	167	M50	Aberystwyth	00:44:51	62	54	15
Steven	Jones	54	Male Open		00:44:58	63	55	25
Lawrence	Worth	239	M40	Pembrokeshire Harriers	00:45:04	64	56	16
Dave	Griffiths	203	M40	TROT	00:45:13	65	57	17
Cyril	Walters	88	M50	TROT	00:45:15	66	58	16
Leighton	Gwyn	130	M50		00:45:28	67	59	17
Helen	Jones	55	F35		00:45:41	68	9	5
Tim	Jones	62	M50		00:45:56	69	60	18

David	Selwyn	148	Male Open		00:46:03	70	61	26
Rachel	Byers	230	F35	winchester	00:46:03	71	10	6
Rhys	Phillips	65	Male Open		00:46:12	72	62	27
Rhoddy	Davies	3	Male Open		00:46:14	73	63	28
Andrew	O'conner	219	Male Open	Lincoln	00:46:24	74	64	29
Luciano	Tamilia	32	M40		00:46:28	75	65	18
Zoe	Welch	212	F35		00:46:28	76	11	7
Daffyd	Lewis	145	Male Open		00:46:29	77	66	30
Andrew	Phillips	66	M40		00:46:31	78	67	19
Julian	Maine	49	M50	Porthcawl Runners Life	00:46:41	79	68	19
David	Needham	63	M50	Penistone Footpath Runners	00:47:00	80	69	20
Andrew	Dunscombe	109	M40	Pontypridd Roadents	00:47:00	81	70	20
Bethan	Ouseley	231	Female open	Ingli Runners	00:47:01	82	12	5
Jessica	Element	47	Female open		00:47:08	83	13	6
Patrick	Ward	175	M50		00:47:17	84	71	21
Carl	Harry	35	M40		00:47:23	85	72	21
Gwydion	Williams	154	Male Open		00:47:43	86	73	31
David	Smith	163	M50		00:47:53	87	74	22
Peter	Clarke	183	M40		00:47:57	88	75	22
Roland	Sherwood	85	M50		00:48:11	89	76	23
Morgan	Allen	157	M40		00:48:11	90	77	23
Peter	Manning	46	M50		00:48:36	91	78	24
Alison	Smith	185	F35		00:48:38	92	14	8
Alun	Morgan	192	Male Open		00:48:55	93	79	32
Catherine	Marks	83	Female open		00:49:10	94	15	7
David	Field	10	Male Open		00:49:16	95	80	33
Jolyon	Craig	117	Male Open		00:49:19	96	81	34
Kirsty	Morgan	118	F35		00:49:19	97	16	9
Kate	Cross	174	F35		00:49:29	98	17	10
David	Hudstone	144	Male Open	Penistone Footpath Runners	00:49:41	99	82	35
Scott	Barrington	232	Male Open		00:49:41	100	83	36
Christopher	Gee	136	Male Open		00:49:44	101	84	37
Sue	Lloyd	81	F45	Pembrokeshire Harriers	00:49:53	102	18	1
Kate	Tamilia	33	F35		00:49:55	103	19	11
Joseph	Durrant	197	Male Open		00:50:04	104	85	38

Andrew	Jones	15	Male Open		00:50:08	105	86	39
Conor	Watkins	159	Male Open		00:50:24	106	87	40
Stefan	Wathan	132	M40		00:50:36	107	88	24
Alison	Lewis	89	F45	TROT	00:50:43	108	20	2
Graham	Slate	215	M40		00:50:46	109	89	25
Michael	Terry	190	M50	TROT	00:50:48	110	90	25
Sarah	Gould-Davies	34	Female open		00:50:55	111	21	8
Adam	Brow	217	Male Open		00:51:06	112	91	41
Julie	Jones	56	F35		00:51:22	113	22	12
Christine	Davies	171	F35		00:51:22	114	23	13
Simon	Grogan	36	M40		00:51:35	115	92	26
Susannah	Brownhill	119	Female open		00:51:44	116	24	9
Anna	Field	11	Female open		00:51:54	117	25	10
Ormond	Williams	153	M50		00:52:02	118	93	26
Gareth	Jones	9	Male Open		00:52:08	119	94	42
David	Clark	142	M50		00:52:42	120	95	27
Robert	Reynolds	237	Male Open		00:52:48	121	96	43
Nicola	Thomas	100	F35	Porthcawl Runners Life	00:52:49	122	26	14
Romana	Maine	51	F45	Porthcawl Runners Life	00:52:50	123	27	3
Raymond	Davies	161	M40		00:52:54	124	97	27
Stephen	Job	75	M40		00:52:56	125	98	28
Lorraine	Coopey	182	F45		00:53:15	126	28	4
Karl	Sutton	140	M40	Pembs tri Club	00:53:17	127	99	29
Anna	Phillips	143	Female open	Penistone Footpath Runners	00:53:20	128	29	11
Kate	Blackwell	77	F35		00:53:23	129	30	15
Sara	Thomas	97	Female open		00:53:32	130	31	12
Rebecca	Salisbury	98	Female open		00:53:37	131	32	13
Damien	Johnson	235	Male Open		00:54:26	132	100	44
Tracey	Walsh	209	F35		00:54:30	133	33	16
Raymond	Boyce	74	M40	Cornelly Striders	00:54:31	134	101	30
H	Lloyd	122	Male Open		00:54:46	135	102	45
E	Bateman	67	M50	Pembrokeshire Harriers	00:54:59	136	103	28
E	Dylan	121	Male Open		00:55:14	137	104	46
Diana	Fox	53	F45		00:55:19	138	34	5
Jon	Boobyer	178	M40		00:55:43	139	105	31

Caroline	Cumberlin	70	F35		00:55:48	140	35	17
Nigel	Junes	234	M50	Ilanelli AC	00:55:49	141	106	29
Niel	Griffiths	164	M50		00:55:53	142	107	30
Guy	Flavell	60	Male Open		00:56:14	143	108	47
Lindsey	Cooke	133	F45		00:56:15	144	36	6
Andrew	Russell	16	Male Open		00:56:21	145	109	48
Brian	Slate	216	M50		00:56:24	146	110	31
Ned	Chiverton	165	Male Open		00:56:25	147	111	49
Ed	Davies	223	Male Open		00:56:26	148	112	50
Richie	Wilde	6	Male Open		00:56:28	149	113	51
Charlotte	Kan	179	Female open		00:56:38	150	37	14
Paul	Neale	229	M40		00:56:43	151	114	32
Gerard	Mccabe	156	M50	Trawden Ac	00:56:46	152	115	32
Andrew	Job	184	M40		00:56:48	153	116	33
Rebecca	Kindred	52	F35		00:56:56	154	38	18
Andy	Light	138	M40		00:57:02	155	117	34
Judy	Stevenson	23	F35		00:57:03	156	39	19
Jamie	Daniel	127	Male Open		00:57:05	157	118	52
Carolyn	Peyman	22	F35		00:57:06	158	40	20
Paul	Mullins	129	M40		00:57:06	159	119	35
Tracey	Ravenscroft	40	F35		00:57:17	160	41	21
Huw	Davies	44	M40		00:57:19	161	120	36
Charlotte	Davies	8	F45		00:57:34	162	42	7
Graham	Singer	92	M50		00:57:54	163	121	33
Wes	Josey	69	Male Open		00:57:57	164	122	53
Simon	Greenfield	186	Male Open		00:57:58	165	123	54
Helen	Stretch	166	F45	Aber Ac	00:57:59	166	43	8
Bernadette	Jones	29	F35		00:58:00	167	44	22
Alex	Holland	238	M40		00:58:06	168	124	37
Catherine	Llewellyn	90	F45		00:58:08	169	45	9
Luke	Roberson	194	Male Open		00:58:08	170	125	55
David	Phillips	141	M50	Massey Ferguson RC	00:58:13	171	126	34
Billy	Connor	17	Male Open		00:58:16	172	127	56
Dylan	James	104	Male Open		00:58:19	173	128	57
Katie	Giles	131	F35	Almost Athletes	00:58:36	174	46	23

Abi	Hart	220	F35		00:58:49	175	47	24
Julie	Evans	173	F45	Tri Exercise	00:59:04	176	48	10
Louise	Pooley	2	Female open		00:59:29	177	49	15
Colin	Gardner	26	M50		01:00:14	178	129	35
Michael	Davies	160	M40		01:00:20	179	130	38
Nicola	Gould	151	Male Open		01:00:23	180	50	1
Sarah	Davies	45	F35		01:00:26	181	51	25
Pamela	Howarth	59	F35		01:00:36	182	52	26
Claire	Ronowitz	176	Female open		01:00:49	183	53	16
Harriet	King	222	Female open		01:00:49	184	54	17
Hayley	Scotcher	95	F35		01:00:52	185	55	27
Nick	Guymmer	96	Male Open		01:00:52	186	131	58
Cleo	Wilson	147	Female open		01:00:58	187	56	18
C	Ravenscroft	188	M50		01:00:59	188	132	36
Martyn	Sayle	106	M40		01:01:07	189	133	39
Stephen	King	221	Male Open		01:01:26	190	134	59
Kristine	Ritchie	38	Female open		01:01:33	191	57	19
Lisa	Humphrey	225	F35		01:01:48	192	58	28
Carole	White	27	F45		01:01:54	193	59	11
Pete	Lewis	114	M40		01:02:30	194	135	40
Claire	Badham	19	F35		01:02:32	195	60	29
Eirly	Evans	120	F45		01:02:37	196	61	12
Mick	Marne	241	M50	TRA	01:02:55	197	136	37
Dominique	Delpesch	116	F35		01:03:04	198	62	30
Sarah	Stretton	170	Female open		01:03:10	199	63	20
Chris	Stanton	80	M50		01:03:13	200	137	38
Michelle	Knight	228	Female open		01:03:15	201	64	21
Paul	Hinman	57	M40		01:03:57	202	138	41
Joel	Williams	4	M40		01:04:33	203	139	42
Hannah	Thomas	210	Female open		01:04:38	204	65	22
Carl	Williams	41	M50		01:04:46	205	140	39
David	Kempton	155	M50		01:04:53	206	141	40
Stacey	Evans	172	Female open	Tri Exercise	01:04:55	207	66	23
Jayne	Williams	206	F35		01:05:20	208	67	31
Lynne	Parry	193	F35	3Ms Gorseinon	01:05:22	209	68	32

Thomas	O'conner	211	Male Open		01:05:33	210	142	60
Graham	O'Connor	24	M40		01:05:58	211	143	43
Ken	Evans	7	M50		01:06:10	212	144	41
Wendy	Diment	202	F35		01:06:25	213	69	33
Gemm	Rees	123	M40		01:07:02	214	145	44
Mike	Sayell	20	M40		01:08:07	215	146	45
Louise	Morgan	207	Female open		01:08:07	216	70	24
Kevin	Bennett	1	M40		01:08:28	217	147	46
Trevor	Ellis	169	M50	hartsheard Rc	01:09:03	218	148	42
Lisa	Bradley	18	Female open		01:09:05	219	71	25
Philip	Davies	78	M50	3Ms Gorseinon	01:09:37	220	149	43
Linda	Clark	42	F45		01:09:41	221	72	13
Peter	Clark	43	M50		01:09:41	222	150	44
Emma	Wilson	5	F35		01:12:05	223	73	34
Gareth	Graham	218	M40		01:15:14	224	151	47
Bryony	Jones	110	Female open	Pembrokeshire Harriers	01:16:19	225	74	26
Patricia	Sherwood	84	F45		01:33:43	226	75	14
Allen	Watts	162	Male Open	Sarn Helen	01:33:43	227	152	61
Rachel	Haggar	12	F35					
Ian	Hoskins	13	M40					
Lara	Evans	21	Female open					
Terry	Danter	30	M40					
Andrew	Wathan	37	M40					
Erika	Hole	39	Female open					
Paul	Webb	58	M40					
Jason	Lane	82	Male Open					
Huw	Beatty	86	M40	Cornelly Striders				
Steffan	Jones	87	Male Open	Cornelly Striders				
Dave	Andrews	113	M50					
Nigel	Evans	124	M40	TROT				
Martin	Jones	128	Male Open					
Sara	Morgan	191	Female open					