

171	Kieran Donnell	V45	23	Unattached	36:22	262	Gemma Small	L	39	Telford Athletics Club	39:04
172	Richard Hamer			Unattached	36:24	263	Eleanor Hale	L	40	Unattached	39:07
173	Haydn Williams	V60	2	Unattached	36:26	264	Karen Seeley	L	41	Unattached	39:11
174	David Wade			Unattached	36:28	265	Gary Pashley	V55	8	Les Croupiers Running Club	39:13
175	?Graeme Jones			Unattached	36:30	266	Anthony Phillips	V40	30	Unattached	39:15
176	Robert Davies	V45	24	Islwyn Running Club	36:32	267	Michae Churchman	JM	8	Unattached	39:17
177	Peter Young	V50	18	Unattached	36:34	268	Helen Borkowski	L	42	Unattached	39:19
178	Gareth Snook	V40	22	Unattached	36:36	269	David Bennett	V40	31	Unattached	39:21
179	Keith Treharne	V55	6	Brackla Harriers	36:39	270	Ian Ellis	V40	32	Unattached	39:23
180	Pip Andrews	V45	25	Unattached	36:40	271	Roger Fawke	V50	21	Islwyn Running Club	39:25
181	Jeff Clark			Unattached	36:42	272	Stephen Hunt	V55	9	Unattached	39:27
182	Richar Treadgold	V45	26	Unattached	36:43	273	Carl Jenkins	JM	9	Unattached	39:29
183	Eliot Groom			Unattached	36:45	274	Neil Thomas			Islwyn Running Club	39:32
184	Julie Lyons	L	16	3m Gorseinon Road Runners	36:46	275	Eryljon Tottle			Unattached	39:34
185	Timothy Brice			Unattached	36:48	276	Mark Davies			Unattached	39:37
186	Jack Davies			Sospan Road Runners	36:49	277	Rhys Osborne	U17	6	Unattached	39:39
187	David Owen	U17	4	Unattached	36:51	278	Stella Sturgess	L	43	Penarth & Dinas Runners	39:41
188	(No. 670)			Unattached	36:52	279	Geoff Pengilly			Dinamo 7side	39:44
189	Anthony Blacker	V40	23	Westbury Harriers	36:54	280	Neil Coleman			Unattached	39:46
190	?Sam Frost	L	17	Unattached	36:55	281	Lisa Berry	L	44	Unattached	39:49
191	Brenda Avery	L50	1	Unattached	36:57	282	Howard Owen			Unattached	39:50
192	Stuart Keeping	V40	24	Unattached	36:58	283	Rache Craythorne	L	45	Unattached	39:50
193	David Stubbs	V40	25	Unattached	37:00	284	Gareth Parsons	V40	33	Unattached	39:51
194	Mark Honey			Unattached	37:01	285	Jackie Garland	L	46	Unattached	39:53
195	Rory Thomas			Unattached	37:03	286	John Collins	V40	34	Unattached	39:56
196	Wil Jeffs	U15	3	Unattached	37:04	287	Daniel Matthews			Unattached	39:57
197	Aled James			Unattached	37:06	288	Alun Harper	V45	31	Unattached	39:58
198	Odette White	L45	4	Sospan Road Runners	37:07	289	Paul Morgan			Unattached	40:00
199	John Payne			Unattached	37:08	290	Chris Buckton	V45	32	Unattached	40:01
200	Rebecca Horwood	L	20	Unattached	37:10	291	Gareth Howard			Unattached	40:03
201	Jenny Buckland	L35	2	Unattached	37:11	292	Aherne Brinley	V55	10	Unattached	40:06
202	Adrian Kay			Unattached	37:13	293	Jenny Hughes	L	47	Unattached	40:07
203	Paul Searle	V45	27	Unattached	37:14	294	Terence Jones	V45	33	Unattached	40:09
204	Steven Evans			Unattached	37:16	295	Janice Clement	L45	6	Penarth & Dinas Runners	40:10
205	Paul Fielding	V40	26	Port Talbot Harriers	37:18	296	Gary Morris			Unattached	40:12
206	Aditya Singhal	U17	5	Unattached	37:20	297	Bob Gar5diner			Unattached	40:13
207	Jonathan Roberts	V40	27	Unattached	37:22	298	Josie Grindulis	L45	7	Les Croupiers Running Club	40:15
208	Will Finch			Unattached	37:24	299	Anthony Beer	V40	35	Unattached	40:16
209	Peter Quinn	V50	19	Unattached	37:26	300	Richard Beer	V60	3	Unattached	40:18
210	Kevin Moore			Unattached	37:28	301	Gareth Morgan			Unattached	40:20
211	Oliver Banner			Unattached	37:30	302	Huw Maddock	V40	36	Unattached	40:23
212	Richard Slater	V55	7	South West Vets AC	37:32	303	Craig Pearce			Unattached	40:24
213	Aled Jones			Unattached	37:34	304	Jeremy Llewellyn			Unattached	40:26
214	Jane Coker	L40	4	Penarth & Dinas Runners	37:36	305	Eleri Price	L	50	Unattached	40:28
215	Victoria Hall	L	23	Unattached	37:39	306	Samantha Allen	LJ	2	Zenith	40:30
216	Steve Hudson	V40	28	Unattached	37:43	307	Alun Brain			Unattached	40:31
217	Libby O'Duffy	L35	3	Unattached	37:46	308	Andrew Holden	V40	37	Les Croupiers Running Club	40:33
218	Creight Williams	V50	20	Unattached	37:50	309	Diane Hains	L50	2	Penarth & Dinas Runners	40:35
219	Andy Slade			Unattached	37:51	310	Paul Rogers			Unattached	40:37
220	Jane Humpage	L35	4	Unattached	37:53	311	Andy Morton	V40	38	Unattached	40:41
221	Nathan Ace			Unattached	37:54	312	Robert Knight	V50	22	Unattached	40:45
222	James Matthews			Illegal & Gangsters	37:56	313	Sue Neal	L50	3	Les Croupiers Running Club	40:48
223	Matthew Bush			Unattached	37:58	314	Dyfrig Parri			Unattached	40:52
224	Paul Archer			South Wales Police	37:59	315	(No. 631)			Unattached	40:56
225	Adam Chown			Unattached	38:01	316	Craig Wood			Unattached	41:00
226	Dave Jones			Unattached	38:03	317	Ian Warner	V45	34	Unattached	41:02
227	Roberts Dedorah	L	26	Unattached	38:04	318	Martyn Edwards			Unattached	41:04
228	Nicola Ponting	L	27	Unattached	38:06	319	Jane Dakin	L35	7	Brackla Harriers	41:06
229	Iola Davies	L45	5	Unattached	38:08	320	(No. 657)			Unattached	41:08
230	Nigel Williams			Unattached	38:09	321	Matthew Gwenter			Unattached	41:10
231	Sarah Hardman	L	29	Unattached	38:11	322	Ian Wills			Unattached	41:12
232	Oliver Secrett			Bearwood Grizzlies	38:13	323	Ian Mackenzie			Unattached	41:13
233	Keri Hutchinson	L	30	Unattached	38:13	324	?Brun Williams			Unattached	41:14
234	Thomas Duance	JM	7	Unattached	38:14	325	???			???	41:16
235	Seona Currie	L35	5	Penarth & Dinas Runners	38:15	326	?Brun Williams			Unattached	41:17
236	Stephen Quin			Unattached	38:16	327	Andrew Frudd			Unattached	41:18
237	M Smith-Marriott			Unattached	38:16	328	Catherine Rees	L	55	Unattached	41:20
238	Gwen Smith	L35	6	Unattached	38:17	329	Ian Everett			Unattached	41:21
239	Alison Jones	L	33	Unattached	38:18	330	Francine Falzon	L	56	Unattached	41:23
240	Howard Jones	V45	28	Brackla Harriers	38:19	331	Carole Fereday	L	57	Newport Harriers	41:24
241	Andrew Brown			Unattached	38:20	332	Kevin Preston			Unattached	41:25
242	Paul Brown			Unattached	38:21	333	Kevinjo Williams	V45	35	Unattached	41:27
243	Gareth Williams			Penarth & Dinas Runners	38:23	334	(No. 741)	L	58	Unattached	41:28
244	Geoff Edwards			Unattached	38:24	335	Philip Stokes	V40	39	Andover Athletic Club	41:30
245	(No. 669)			Unattached	38:26	336	Alan Morris			Unattached	41:31
246	Anita Tucknutt	L	34	Unattached	38:28	337	Douglas Fudge			Unattached	41:33
247	Neale Wood	V45	29	Unattached	38:29	338	Mairwen Price	L40	6	Unattached	41:35
248	Peter Goodfellow	V40	29	Unattached	38:31	339	?Rachel Mattock	L	60	Unattached	41:36
249	Calen Richardson			Unattached	38:33	340	Sarah Davies	L	61	Penarth & Dinas Runners	41:38
250	Carlos Land			Unattached	38:36	341	Matthew Coe			Unattached	41:40
251	Joanne Ramsay	L	35	Unattached	38:38	342	Sion Lewis			Unattached	42:00
252	Jamie Read			Unattached	38:39	343	David Perex			Unattached	42:00
253	Mel Bailey			San Domenico	38:41	344	Faith Egan	L	62	Unattached	42:01
254	Andrew Thomas			Unattached	38:43	345	Laurie Robins	L	63	Unattached	42:01
255	Craig Jones	U15	4	Unattached	38:44	346	Aled Davies			Co Ni Off De	42:02
256	Jody Ballard			Unattached	38:46	347	Paul Fackrell	V40	40	Unattached	42:02
257	Peter Whittemd			Unattached	38:47	348	Linzi Tierney	L35	8	Unattached	42:03
258	Stephen Williams	V45	30	Les Croupiers Running Club	38:49	349	Craig Spicer	JM	10	Unattached	42:03
259	Sian Powys	L40	5	Unattached	38:51	350	Emma Ridgill	L	65	Penarth & Dinas Runners	42:04
260	Emma Griffiths	L	37	Unattached	38:58	351	(No. 621)	L	66	Unattached	42:04
261	?Rachel Mattock	L	38	Unattached	39:01	352	Holi Smith	L15	1	Unattached	42:05

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353	Sian Brown	L45	8	Unattached	42:05	444	David Walters	V40	55	Unattached	44:41
354	Samuel Lloyd	V40	41	Dinamo 7side	42:06	445	Phillip Harding	V45	39	Unattached	44:43
355	Edward Newman	V55	11	Unattached	42:07	446	Alan Jones			Unattached	44:44
356	David Beman	V55	12	Alf Tupper Triathlon Club	42:08	447	Sarah Powell	L17	2	Unattached	44:45
357	Sie Lau			Unattached	42:09	448	Simon Collier			Unattached	44:46
358	Graham Irving	V40	42	Unattached	42:10	449	Len Judd	V45	40	Unattached	44:47
359	Rob Lewis			Unattached	42:11	450	???			???	44:49
360	Desmond O'Duffy	V40	43	Unattached	42:12	451	Joseph Wells			Unattached	44:50
361	Mike Parfitt	V40	44	Alf Tupper Triathlon Club	42:14	452	Gary Davies			Unattached	44:51
362	Colette Borg	L	69	Unattached	42:14	453	Martin Woodfield	V40	56	Unattached	44:52
363	Dougie Forde	V40	45	Unattached	42:15	454	Catrin Defis	L35	16	Unattached	44:53
364	Michae Gillespie	V40	46	Unattached	42:16	455	Liz Mallen	L35	17	Unattached	44:55
365	Kenneth Young			Unattached	42:16	456	Ray Hurrell	V50	27	Unattached	44:56
366	Ann GroveWhite	L50	4	Unattached	42:17	457	Sarah Ames	L	108	Llandough Physios	44:57
367	Brian Dews	V50	23	Unattached	42:18	458	Amanda Woodfield	L40	10	Unattached	44:58
368	Mal Rowson	L50	5	Les Croupiers Running Club	42:18	459	?Ceri Evans	L	110	Unattached	44:59
369	Avril Broen	L40	7	Unattached	42:19	460	Emily Banner	L	111	Unattached	45:01
370	Ceri Evans	L17	1	Unattached	42:20	461	Kate Wood	L35	18	Unattached	45:02
371	Matt Franks			Unattached	42:20	462	Michael Wood			Unattached	45:03
372	Phillip George	V40	47	Les Croupiers Running Club	42:21	463	?Anne Jones	L40	11	Unattached	45:04
373	Tony Hall	V55	13	Unattached	42:22	464	Huwlyllywel Davies	V55	15	Unattached	45:05
374	Dave Stevens			Llandough Physios	42:22	465	Ceri Jones	L40	12	Unattached	45:07
375	Cathy Thomas	L35	9	Unattached	42:22	466	Stephen Parry	V50	28	Unattached	45:09
376	Colin Lloyd	V70	2	Griffithstown H	42:23	467	Katy Hoole	L	115	Unattached	45:11
377	Steven Howard			Unattached	42:24	468	Tom Wallace			Unattached	45:13
378	Allen Bevan	V45	36	Unattached	42:25	469	Jeff Davies			Unattached	45:15
379	Leigh Millinship			Unattached	42:26	470	Stephen Rowson	V50	29	Unattached	45:17
380	Ann Frost	L35	10	Unattached	42:28	471	Tracey Newman	L	116	Les Croupiers Running Club	45:20
381	Steffan Phillips			Unattached	42:30	472	Nicola Morgan	L	117	Unattached	45:21
382	Karen Evans	L	76	Unattached	42:33	473	Bernadette Vella	L	118	Unattached	45:23
383	Sharon Rose	L	77	Penarth & Dinas Runners	42:35	474	Gail Humphreys	L35	19	Unattached	45:25
384	Steve Hill	V40	48	Penarth & Dinas Runners	42:38	475	Michael Jones			Unattached	45:27
385	Penny Michelson	L	78	Unattached	42:40	476	Clare Galea	L	120	Unattached	45:29
386	James Gallagher	U15	5	Unattached	42:43	477	Sue Bennett	L35	20	Unattached	45:30
387	Sian Evans	L	79	Unattached	42:45	478	McGrath			Llandough Physios	45:32
388	Keith Davies	V50	24	Unattached	42:48	479	Mark Elliott			Unattached	45:34
389	Shareen Geers	L	80	Unattached	42:50	480	Elizabeth Williams	L40	13	Unattached	45:36
390	James Summers			Unattached	42:52	481	Alan Cripps	V50	30	Unattached	45:38
391	Jonathon Tillott			Unattached	42:55	482	?Rhys Peters			Unattached	45:40
392	Janet Allely	L35	11	Unattached	42:57	483	Pat Stanley	L45	12	Brackla Harriers	45:42
393	?Rhys Peters			Unattached	43:00	484	Robert Gage			Unattached	45:44
394	(No. 620)	L	82	Unattached	43:02	485	Peter Lawley	V45	41	Bedford Harriers	45:47
395	?Ceri Evans	L	83	Unattached	43:05	486	Veronica Singleton	L40	14	Les Croupiers Running Club	45:49
396	Clare Bairstow	L40	8	Brackla Harriers	43:07	487	Nigel Roedemer	V55	16	Unattached	45:51
397	Peter Morgan	V55	14	Les Croupiers Running Club	43:10	488	Sarah Norris	L35	21	Unattached	45:53
398	Robert Hay			Unattached	43:11	489	Keith Norris	V55	17	Unattached	45:56
399	Simon Ridout			Unattached	43:12	490	Celia Netana	L	126	Unattached	45:57
400	Nicola Parkinson	L35	12	Les Croupiers Running Club	43:13	491	???			???	45:59
401	Lesley Drayton	L45	9	Unattached	43:14	492	Samantha Spence	L35	22	Unattached	46:01
402	James Ratchford	U15	6	Unattached	43:16	493	Cheryl Roberts	L35	23	Unattached	46:03
403	Trish Gale	L35	13	Unattached	43:18	494	Clare Green	L35	24	San Domenico	46:05
404	Mark Pugh			Unattached	43:20	495	Beth Pearce	L	130	Unattached	46:07
405	Brend Goodfellow	L45	10	Unattached	43:23	496	Peter Rodda	V50	31	Unattached	46:08
406	Ian Parry			Unattached	43:25	497	Nigel Thompson			Unattached	46:09
407	David Stephens			Unattached	43:28	498	Ronnie Connors			Unattached	46:11
408	Tim Wess	V40	49	Unattached	43:31	499	Billy Cassidy			Unattached	46:12
409	Claire Gandy	L	89	Unattached	43:33	500	Mari Esmaeelpour	L	131	Unattached	46:13
410	Matthew Taylor			Barry & Vale	43:36	501	Deborah Spurrier	L40	15	Unattached	46:15
411	Emma Davies	L	90	Unattached	43:39	502	Paul Spurrier	V40	57	Unattached	46:16
412	Amanda Reynolds	L	91	Unattached	43:40	503	Philip Swann	V40	58	Unattached	46:18
413	Alan Bladen	V65	1	Les Croupiers Running Club	43:41	504	Anthony Giles	V50	32	Unattached	46:21
414	Christopher Lewis	V40	50	Unattached	43:42	505	Sian Cokell	L	133	Unattached	46:25
415	Anne Roberts	L45	11	Unattached	43:43	506	Rosalind Chown	L50	6	Unattached	46:28
416	Mair Williams	L	93	Unattached	43:44	507	Will Marsh			Unattached	46:32
417	Jonathan Roberts			Unattached	43:45	508	Philip Price	V40	59	Unattached	46:36
418	Des Williams			Unattached	43:46	509	Judith Maragna	L45	13	Unattached	46:38
419	Laura Henton	L	94	Unattached	43:47	510	Dily Morrisjones	L45	14	Unattached	46:40
420	(No. 627)	L	95	Unattached	43:48	511	Nigel Ferrand			Unattached	46:42
421	(No. 625)	L	96	Unattached	43:49	512	Hugh Marston			Unattached	46:44
422	Janet Allen	L	97	Unattached	43:50	513	Gerald Kemp			Unattached	46:46
423	Katheryn John	L	98	Unattached	43:52	514	Christop Sollars	V45	42	Dinamo 7side	46:48
424	Vince Jones	V40	51	Unattached	43:54	515	Michael Archer			Unattached	46:50
425	Sarah Gage	L35	14	Unattached	43:56	516	Jeff Parfrey			Unattached	46:52
426	Alison VanBuren	L35	15	Unattached	44:01	517	?Sam Frost	L	137	Unattached	46:54
427	Pesticco			Unattached	44:03	518	Penny Wyatt	L35	25	Unattached	46:56
428	Nigelleigh Jones	V45	37	Unattached	44:05	519	Kate Smith	L40	16	Unattached	46:58
429	Paul Gallagher	V40	52	Unattached	44:07	520	Robert Holcombe			Unattached	47:00
430	Nigel Williams	V40	53	Unattached	44:09	521	Mary Cray	L45	15	Unattached	47:03
431	Geoffrey Wright	V50	25	Les Croupiers Running Club	44:11	522	Bryan Evans			Unattached	47:06
432	Nia Honeybun	L40	9	Unattached	44:13	523	Julie Evans	L	141	Unattached	47:09
433	Ian Henton			Unattached	44:15	524	Amanda Biss	L40	17	Dinamo 7side	47:12
434	Elizabeth Price	L	102	Unattached	44:17	525	Paul Briscoe			Unattached	47:15
435	Tim Heffernan			Unattached	44:20	526	N Martinez-Perez	L	143	Les Croupiers Running Club	47:19
436	Sarah Branfoot	L	103	Unattached	44:24	527	Steven Walsh			Unattached	47:20
437	Ben England			Unattached	44:28	528	Lee Barnett			Unattached	47:22
438	David Arthur	V45	38	Unattached	44:32	529	Shelley Tandy	L40	18	Unattached	47:23
439	Simon Lavin	V40	54	Unattached	44:36	530	Carol Merrifield	L40	19	Unattached	47:25
440	Andrew Jones			Unattached	44:37	531	Georgina Govier	L40	20	Unattached	47:26
441	Glyn Smith	V50	26	Unattached	44:38	532	Micha Cartwright			Unattached	47:28
442	Ceri Abdulla	L	104	Unattached	44:39	533	Janet Powell	L45	16	Unattached	47:32
443	Darren Vye			Unattached	44:40	534	Siwan Davies	L	148	Unattached	47:36

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535	Helena Jones	L35	26	Unattached	47:40	610	Rob Workman		Unattached	50:42	
536	Jane Morgan	L35	27	Unattached	47:44	611	Tracey Davies	L35	34	Unattached	50:44
537	Sueanne Pritchard	L	151	Unattached	47:48	612	Melanie Giles	L35	35	Unattached	50:46
538	Carolyn Michael	L35	28	Unattached	47:52	613	Pam Lake	L45	21	Unattached	50:51
539	David Wood			Unattached	47:56	614	Craig Houston			Unattached	50:52
540	?Anne Jones	L40	21	Unattached	47:58	615	Angela O'Neill	L40	30	Unattached	50:53
541	Tom Hughes	V55	18	Unattached	48:01	616	Gerry O'Neill	V50	34	Unattached	50:54
542	Michael Brain			Unattached	48:03	617	David Houston	V55	21	Unattached	50:56
543	Sallian Sainders	L35	29	Unattached	48:09	618	Mari Herbert	L35	36	Unattached	51:00
544	Joanne Allen	L	155	Unattached	48:12	619	Rachel Lord	L35	37	Unattached	51:04
545	Liam Curtin			Illegal & Gangsters	48:13	620	Rhian Thomas			Unattached	51:04
546	Jonathan Foley			Illegal & Gangsters	48:14	621	Christop Borstal			Unattached	51:22
547	Simon Elias	V45	43	Unattached	48:15	622	Marina Stock	L45	22	Unattached	51:25
548	Janice Williams	L40	22	Port Talbot Harriers	48:16	623	Neil Price	V55	22	Islwyn Running Club	51:30
549	Neil Quigley			Unattached	48:18	624	Kay Richmond	L55	2	Unattached	51:41
550	?Llewellyn-Jones	U17	7	Unattached	48:20	625	Graeme Cameron			Unattached	51:41
551	Michele Jones	L	157	Unattached	48:22	626	Paul Rayward	V40	65	Unattached	51:44
552	Michael Goode			Unattached	48:25	627	Pamela Clancy	L	203	Unattached	52:04
553	Judith Humphries	L	158	Unattached	48:26	628	Rosalind Creer	L	204	Unattached	52:05
554	Kath Smith	L40	23	Unattached	48:28	629	Julie Meechem	L	205	Unattached	52:09
555	Babs Gruar	L40	24	Unattached	48:30	630	Glyn Kellow			Unattached	52:15
556	Angela Maddock	L40	25	Unattached	48:31	631	John Spurrier	V40	66	Unattached	52:17
557	Steve Mapp	V40	60	Unattached	48:33	632	Gary Pearce			Unattached	52:17
558	Gill Murphy	L50	7	Unattached	48:35	633	Phaedra Williams	L	206	Unattached	52:19
559	Michael Law	U15	7	Unattached	48:36	634	Ben Sattelle			Unattached	52:21
560	Alexander Law	V40	61	Unattached	48:38	635	Catherine Phelps	L40	31	Unattached	52:24
561	Jackie Smith	L	163	Unattached	48:40	636	Emma Gaughan	L	208	Unattached	52:29
562	Joanne Parry	L	164	Unattached	48:42	637	Sharon Moss	L	209	Unattached	52:38
563	Carol Maddock	L40	26	Unattached	48:44	638	Mary Donnelly	L40	32	Unattached	52:38
564	Michelle Brinn	L35	30	Unattached	48:46	639	Lisajay Williams	L	211	Unattached	53:04
565	Elizabeth Tucker	L	167	Unattached	48:48	640	Sian Stevenson	L	212	Unattached	53:30
566	Ian Gumn	V45	44	Unattached	48:48	641	Helen Banner	L45	23	Unattached	53:38
567	Julie Kemp	L40	27	Unattached	48:49	642	George Bowen	V65	2	Unattached	53:43
568	Adrian Broad	V45	45	Unattached	48:50	643	A Bowen	L55	3	Unattached	53:43
569	Tanith Booth	L15	2	Cwmbran Harriers	48:50	644	Alison Hitchen	L	215	Unattached	53:47
570	Anthony Lenaman	V55	19	Unattached	48:51	645	Lisa Thomas	L	216	Unattached	53:49
571	Jillian Lenaman	L50	8	Unattached	48:52	646	Rhys Williams			Unattached	53:49
572	Elizabeth Reid	L45	17	Unattached	48:53	647	David Tappur	V55	23	Islwyn Running Club	53:49
573	Nia Goode	L	172	Unattached	48:56	648	Michael Gumn	U17	9	Unattached	53:50
574	Timothy Cronin	V40	62	Unattached	48:58	649	Melanie Jones	L	217	Unattached	53:57
575	E Jane Bramwell	L55	1	Unattached	49:00	650	Stefanie Owen	L	218	Unattached	55:00
576	Gill Regan	L45	18	Unattached	49:02	651	Luke Surrey			Unattached	55:06
577	Dawn Surrey	L	175	Unattached	49:04	652	Geoff Garner	V45	47	Unattached	55:26
578	Whity Netana			Unattached	49:07	653	(No. 658)			Unattached	55:31
579	Debbie Rees	L	176	Unattached	49:09	654	Robert Moore			Unattached	55:31
580	Cjharmaine Boga	L	177	Unattached	49:12	655	Paul Garratt			Bearwood Grizzlies	55:44
581	Gomez Melgar			Unattached	49:15	656	Martin Rabbitte			Bearwood Grizzlies	55:58
582	Christine Green	L	178	Unattached	49:18	657	Karen Regnart	L35	38	Unattached	56:12
583	Kathryn Thomas	L	179	Unattached	49:21	658	Zoe Carter	L	220	Unattached	56:12
584	Kelly Cronin	L	180	Unattached	49:24	659	Sally Buckton	L40	33	Unattached	56:23
585	Julie Kellow	L	181	Unattached	49:27	660	Helen Stacey	L	222	Illegal & Gangsters	56:32
586	Susan Jenkins	L40	28	Unattached	49:30	661	Sue Bevan	L45	24	Unattached	56:32
587	Laura Jones	L	183	Unattached	49:33	662	Martyn Bevan	V40	67	Unattached	56:34
588	Jeff Price	V45	46	Unattached	49:38	663	Bryony Evans	L17	3	Unattached	56:34
589	Andrew Clements	U17	8	Unattached	49:43	664	Stephen Evans	V50	35	Thornbury	56:34
590	Paul Griffin			Unattached	49:44	665	Elizab Trenchard	L55	4	Unattached	56:35
591	Bridgette Wilcox	L35	31	Penarth & Dinas Runners	49:54	666	Philli Trenchard	V55	24	Unattached	56:36
592	Colin Williams			Unattached	49:58	667	Rachel Atter	L	226	Unattached	56:40
593	Teresa Russell	L40	29	Unattached	50:02	668	Matthew Fincher			Sospan Road Runners	56:44
594	James Landon			Unattached	50:06	669	Celia Scott	L60	1	Unattached	57:18
595	Llinos Owen	L	186	Unattached	50:08	670	Laura Peterson	L	228	Unattached	57:35
596	Michelle Hammond	L	187	Unattached	50:10	671	Helen Price	L35	39	Unattached	57:36
597	Lee Llewellyn			Unattached	50:12	672	Steve Eynon	V40	68	Unattached	58:23
598	Jeffrey Jones	V40	63	Unattached	50:14	673	Paula Janeiro	L	230	Unattached	58:32
599	Steven Hall			Unattached	50:14	674	Sittert Corn Van	L35	40	Unattached	58:32
600	Maxine Gardner	L	188	Unattached	50:15	675	Wendy Davies	L55	5	Unattached	59:12
601	Hayley Rogers	L35	32	Unattached	50:15	676	V Rawlinson-Dere	L35	41	Unattached	1:00:00
602	Elizabeth Waites	L45	19	Unattached	50:16	677	Era Coles	L	234	Unattached	1:00:30
603	Michael Chown	V55	20	Unattached	50:19	678	Gary Michelson			Unattached	1:01:28
604	Patricia Morris	L45	20	Unattached	50:22	679	Hannah Audin	L17	4	Unattached	1:01:52
605	Jonathan Wilkey	V50	33	Unattached	50:29	680	Hayley Spicer	LJ	3	Unattached	1:03:15
606	Robert Payne	V40	64	Unattached	50:33	681	Rebecca Mapp	L15	3	Unattached	1:03:15
607	Alison McKenzie	L35	33	Unattached	50:37	682	Heather Smyth	L	238	Unattached	1:17:29
608	Emma Lewis	L	193	Unattached	50:38	683	(No. 626)	L	239	Unattached	1:18:29
609	Farrington-Darby	L	194	Unattached	50:40	684	Ruth Manning	L	240	Unattached	1:18:29

Great Welsh - Men — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1 Les Croupiers Running Club	32	—	3 Julian Baker	5 Richard Bullen	11 Nick Dukes	13 Peter Kellam
2 Bridgend AC	67	—	4 Gareth Davies	16 Huw Roberts	21 Stuart Davidson	26 Jon Sizer
3 Pontypridd Roadents	112	—	9 Chris Meyler	23 Phil Meyler	29 Cornelius Corcoran	51
			Warren Tilke			
4 Brackla Harriers	119	—	6 Alun Wood	28 Dave Hughes	39 Paul Ezard	46 Mark Halliwell
5 Penarth & Dinas Runners	135	—	14 Nigel Clement	17 Ian Spilsbury	34 Rob Wilcox	70 Stephen Cray
6 San Domenico	140	—	20 Ronald Morris	32 Paul Dawes	33 Alan Walton	55 Clive Morgan
7 Islwyn Running Club	159	—	12 Michael Dury	42 Michael Bunston	45 John Weeks	60 Rhydwyn Harris
8 Dinamo 7side	375	—	63 Steven Tyler	97 Geoff Pengilley	101 Samuel Lloyd	114 Christop Sollars

Great Welsh - Ladies — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1 Les Croupiers Running Club	45	—	4 Joanna Prichard	9 Julie Lewis	12 Yvonne Bullen	20 Josie Grindulis
2 Penarth & Dinas Runners	59	—	10 Joanne Laity	15 Jane Coker	16 Seona Currie	18 Stella Sturgess