

# City of Newport Half Marathon 2013 Results

Please note that all positions are given on gun time.



Bib	First Name	Last Name	Club	Category	Gender	Gun Time	Overall Pos	Cat Pos	Gen Pos	Chip Time
631	Ryan	Mcflynn	Fairwater Runners Cwmbran	MS	M	01:17:23.85	1	1	1	01:17:21.80
773	Leighton	Rawlinson		MS	M	01:18:29.65	2	2	2	01:18:27.65
356	Mike	Griffiths	Lliswerry Runners	MS	M	01:18:53.85	3	3	3	01:18:52.65
257	James	Elgar	Newt/Lliswerry Runners	MS	M	01:19:32.90	4	4	4	01:19:30.50
341	Annabel	Granger	Bristol And West	F35	F	01:21:45.85	5	1	1	01:21:44.70
850	Steve	Sanders		MS	M	01:23:14.45	6	5	5	01:23:10.35
207	Julian	Davies	Pontypridd Roadents	M45	M	01:23:24.80	7	1	6	01:23:22.50
556	James	King		MS	M	01:24:21.65	8	6	7	01:24:16.30
403	Haydn	Hartnell	Islwyn R C	M50	M	01:24:44.00	9	1	8	01:24:40.70
409	Mickey	Havard	San Domenico	M45	M	01:25:29.75	10	2	9	01:25:28.25
511	Peter	Jeremiah		MS	M	01:26:08.60	11	7	10	01:26:05.75
397	Michael	Harris		MS	M	01:26:30.10	12	8	11	01:26:24.55
877	Paul	Slaymaker	Worcester Tri Club	MS	M	01:26:51.25	13	9	12	01:26:46.95
1041	Richie	Willmot		MS	M	01:26:54.35	14	10	13	01:26:38.45
959	Matt	Turner	Pontypool Rcc	MS	M	01:27:24.45	15	11	14	01:27:20.25
1060	Emma	Wookey	Lliswerry Runners	FS	F	01:27:24.80	16	1	2	01:27:22.25
565	Jonathan	Langley		MS	M	01:27:47.85	17	12	15	01:27:46.60
1053	John	Woodcock		M40	M	01:28:07.75	18	1	16	01:28:04.35
64	Thomas	Bland		MS	M	01:28:20.20	19	13	17	01:28:18.25
785	Nick	Rees		M50	M	01:28:58.25	20	2	18	01:28:47.70
502	Stephen	Jenkins		M40	M	01:29:05.40	21	2	19	01:29:03.15
323	Nicola	Gething	Parc Bynbach Rc	F40	F	01:29:21.70	22	1	3	01:29:19.90

1010	Mark	White		MS	M	01:29:27.55	23	14	20	01:29:27.55
278	Gavin	Facey		MS	M	01:29:44.65	24	15	21	01:29:38.65
976	Andrew	Walsh		MS	M	01:29:47.25	25	16	22	01:29:40.65
1077	Gerald	Armstrong	Frome	M40	M	01:29:50.55	26	3	23	01:29:41.05
878	Jonathan	Sliczny	Griffithstown Harriers	MS	M	01:29:51.35	27	17	24	01:29:44.65
284	Anthony	Fidow	Llswerry Runners	M55	M	01:30:00.30	28	1	25	01:29:56.40
563	Tim	Lane		MS	M	01:30:06.60	29	18	26	01:29:45.95
769	Darren	Ramage	Spirit Of Monmouth	MS	M	01:30:10.40	30	19	27	01:30:06.80
435	Patrick	Hoare	Llswerry Runners	M45	M	01:30:16.65	31	3	28	01:30:12.75
76	Jason	Brewer		M40	M	01:30:21.90	32	4	29	01:30:15.10
960	Robert	Type		M40	M	01:30:32.05	33	5	30	01:30:22.30
103	Karl	Burgess		MS	M	01:30:36.90	34	20	31	01:30:33.75
178	Matt	Creed	Llswerry Runners	MS	M	01:30:44.75	35	21	32	01:30:39.45
659	Ray	Morgan		MS	M	01:30:48.20	36	22	33	01:30:45.95
1042	Colin	Wilmott	Griffithstown Harriers	M55	M	01:30:57.35	37	2	34	01:30:51.00
360	Jason	Griffiths		M40	M	01:31:03.35	38	6	35	01:30:58.10
544	Daman	Jukes	Parc Bynbach Rc	M40	M	01:31:05.80	39	7	36	01:31:04.05
1072	Luke	Morrish		MS	M	01:31:18.35	40	23	37	01:31:15.80
916	Jarred	Sutton		MS	M	01:31:24.55	41	24	38	01:31:15.60
244	Anthony	Dunn		M50	M	01:31:31.85	42	3	39	01:31:27.90
533	Christopher	Jones	Llswerry Runners	M50	M	01:31:33.40	43	4	40	01:31:29.80
751	William	Precious		MS	M	01:31:40.00	44	25	41	01:31:27.90
476	Mark	Humphries		M45	M	01:31:40.50	45	4	42	01:31:32.10
1063	Luke	Wreford	Llswerry Ninja	MS	M	01:31:41.10	46	26	43	01:31:34.10
527	Neil	Jones		MS	M	01:32:07.70	47	27	44	01:32:06.05
95	Andy	Buchanan		MS	M	01:32:12.65	48	28	45	01:32:03.75
750	Elizabeth	Precious		FS	F	01:32:13.45	49	2	4	01:32:01.05
1026	Daniel H	Williams		MS	M	01:32:31.50	50	29	46	01:32:20.70
291	Tom	Fitzgerald	Team Cracker	MS	M	01:32:44.05	51	30	47	01:32:33.60
712	Tim	Parker		MS	M	01:32:54.95	52	31	48	01:32:48.70
210	Mike	Davies		M50	M	01:32:55.20	53	5	49	01:32:50.45
136	Alistair	Church		M45	M	01:32:59.30	54	5	50	01:32:46.50
241	Sam	Duggan		MS	M	01:33:05.75	55	32	51	01:33:02.20

120	Damian	Caswell	Ebbw Vale Running Club	MS	M	01:33:13.80	56	33	52	01:33:08.70
615	Howard	Mason		M45	M	01:33:14.45	57	6	53	01:33:09.10
465	Louise	Howells	Lliswerry Runners	FS	F	01:33:19.85	58	3	5	01:33:15.10
809	Tim	Richards	Events Logic / Trizoo	MS	M	01:33:25.35	59	34	54	01:33:13.25
841	Jack	Rowland		MS	M	01:33:26.95	60	35	55	01:33:23.30
1076	Paul	Chick	Lliswerry Runners	M40	M	01:33:34.75	61	8	56	01:33:24.75
977	Nicholas	Walsh	Griffithstown Harriers	M40	M	01:33:51.65	62	9	57	01:33:44.95
404	Robert	Hartshorn		M45	M	01:34:04.45	63	7	58	01:33:59.55
111	Ivor	Cardwell		M45	M	01:34:22.25	64	8	59	01:34:13.65
947	Mike	Thurgood		M45	M	01:34:30.45	65	9	60	01:34:23.45
275	David	Evans		M40	M	01:34:38.85	66	10	61	01:34:28.65
331	Keith	Gittins		M50	M	01:34:39.30	67	6	62	01:34:33.70
958	Joe	Tuck		MS	M	01:34:44.30	68	36	63	01:34:33.70
1039	Justin	Williams		MS	M	01:34:50.30	69	37	64	01:34:29.00
970	Jade	Wakley		FS	F	01:34:51.85	70	4	6	01:34:45.95
433	Stephen	Hitchen	Les Croupiers	MS	M	01:34:55.25	71	38	65	01:34:38.40
499	Benjamin	Jenkins		MS	M	01:35:09.10	72	39	66	01:35:01.90
619	Chris	Matthews	Lliswerry Runners	M45	M	01:35:21.25	73	10	67	01:35:10.05
375	Brian	Hall		M45	M	01:35:25.25	74	11	68	01:35:16.85
242	Antoinette	Dumayne	Lliswerry Runners	FS	F	01:35:28.85	75	5	7	01:35:23.15
824	Peter	Rodger		M55	M	01:35:34.15	76	3	69	01:35:26.85
591	Brian	Lovett	San Domenico	M45	M	01:35:39.90	77	12	70	01:35:38.50
238	Peter	Drewett		MS	M	01:35:49.80	78	40	71	01:35:37.35
388	Paul	Harmes		M45	M	01:35:51.85	79	13	72	01:35:43.55
370	Henry	Hackford		MS	M	01:35:53.45	80	41	73	01:35:42.15
523	Michael	Jones		MS	M	01:35:53.60	81	42	74	01:35:44.60
955	Huw	Triggs		MS	M	01:35:53.70	82	43	75	01:35:47.60
842	Gareth	Rowlands		MS	M	01:35:55.15	83	44	76	01:35:44.60
475	Kate	Humphries		F40	F	01:36:07.10	84	2	8	01:35:58.20
656	Eiddig	Morgan		MS	M	01:36:08.75	85	45	77	01:35:59.55
223	Andrew	Dawe	Lliswerry Runners	M45	M	01:36:18.80	86	14	78	01:36:07.40
652	Dylan	Morgan		MS	M	01:36:32.30	87	46	79	01:36:05.30
637	Benjamin	Mcneil		MS	M	01:36:34.60	88	47	80	01:36:17.45

208	Ceri-Anne	Davies	Pontypridd Roadents	F40	F	01:36:40.00	89	3	9	01:36:32.15
1052	Neale	Wood	Lliswerry Runners	M50	M	01:36:55.70	90	7	81	01:36:51.25
197	William	Davies		MS	M	01:36:59.80	91	48	82	01:36:49.55
677	Matthew	Mulcahy		M40	M	01:37:08.80	92	11	83	01:36:59.05
393	Julian	Harris		MS	M	01:37:20.80	93	49	84	01:36:43.30
368	Matthew	Gwenter		MS	M	01:37:21.20	94	50	85	01:37:12.90
577	Terry	Lewis	Islwyn R C	M50	M	01:37:22.45	95	8	86	01:37:11.40
325	Craig	Gibbs		MS	M	01:37:25.70	96	51	87	01:37:05.10
783	Michael	Rees		M40	M	01:37:28.85	97	12	88	01:37:21.85
905	Andrew	Stevens	Lliswerry Runners	MS	M	01:37:29.05	98	52	89	01:37:14.45
348	Robert	Grierson	Cardiff University Harriers	MS	M	01:37:43.35	99	53	90	01:37:32.50
540	Gareth	Jones		MS	M	01:37:47.25	100	54	91	01:37:36.50
600	Jamie	Maher		MS	M	01:37:49.35	101	55	92	01:37:11.50
67	Phil	Booth		M45	M	01:38:02.70	102	15	93	01:37:51.00
29	Anthony	Atkins		MS	M	01:38:06.35	103	56	94	01:38:04.55
698	Andrew	Ost	Chepstow Harriers	MS	M	01:38:14.55	104	57	95	01:38:08.70
358	Helen	Griffiths		FS	F	01:38:24.45	105	6	10	01:38:13.45
943	Rhys	Thomas	Griffithstown Harriers	MS	M	01:38:26.15	106	58	96	01:38:19.45
620	Dave	Matthews		MS	M	01:38:31.80	107	59	97	01:38:19.70
230	Andrew	Dickens	Pont Y Pwl District Runners	M40	M	01:38:33.05	108	13	98	01:38:30.95
357	Lloyd	Griffiths		MS	M	01:38:34.80	109	60	99	01:38:19.10
967	Martin	Wade		M40	M	01:38:35.40	110	14	100	01:38:28.10
1001	Gordon	Webster		M45	M	01:39:00.00	111	16	101	01:38:46.50
992	Jamie	Watkins		MS	M	01:39:11.30	112	61	102	01:39:11.30
994	Ricci	Watts	Pont Y Pwl District Runners	MS	M	01:39:11.95	113	62	103	01:39:03.35
919	Rosie	Sweetman		FS	F	01:39:17.15	114	7	11	01:39:14.50
899	Jacqui	Spiller		F45	F	01:39:19.80	115	1	12	01:39:13.30
1049	Louise	Withers		F35	F	01:39:22.35	116	2	13	01:39:14.75
297	Paul	Forde		M40	M	01:39:45.15	117	15	104	01:39:33.45
324	Anthony	Gettins		MS	M	01:40:09.05	118	63	105	01:39:50.55
948	David	Timson		M45	M	01:40:10.10	119	17	106	01:40:02.20
71	Richard	Bowie	Fairwater Runners Cwmbran	M50	M	01:40:11.20	120	9	107	01:40:01.10
594	Richard	Mackay	Richard Mackay	MS	M	01:40:26.80	121	64	108	01:40:05.20

675	Robert	Morter		MS	M	01:40:32.50	122	65	109	01:40:13.85
478	Tavis	Hurn		M40	M	01:40:38.45	123	16	110	01:40:15.30
376	Alan	Hall		MS	M	01:40:40.10	124	66	111	01:40:16.10
739	Nick	Pirouet	Usk Runners	MS	M	01:40:40.85	125	67	112	01:40:18.95
757	Colin	Price		M50	M	01:40:42.15	126	10	113	01:40:30.45
199	Stewart	Davies		MS	M	01:40:56.90	127	68	114	01:40:39.10
747	Christopher	Potter		M45	M	01:41:04.15	128	18	115	01:40:51.05
942	Gavin	Thomas		MS	M	01:41:10.05	129	69	116	01:40:48.90
657	Chris	Morgan		MS	M	01:41:12.00	130	70	117	01:40:57.15
513	Sam	Johansen		MS	M	01:41:12.15	131	71	118	01:40:57.75
170	Doug	Cowper		M40	M	01:41:23.55	132	17	119	01:41:13.25
623	Paul	Mcafee	Spirit Of Monmouth	M45	M	01:41:24.00	133	19	120	01:41:02.05
6	Mark	Adams		MS	M	01:41:38.05	134	72	121	01:40:17.55
1057	Vickie	Woodsford	San Domenico	FS	F	01:41:41.00	135	8	14	01:41:29.95
702	Mark	Owen		MS	M	01:41:42.45	136	73	122	01:41:19.65
820	Chris	Rock		M40	M	01:41:47.25	137	18	123	01:41:30.10
529	David Wyn	Jones	Dai Run	MS	M	01:41:47.35	138	74	124	01:41:29.65
190	Mathew	Daniel		MS	M	01:41:57.05	139	75	125	01:41:49.25
450	Christy	Hopkins		MS	M	01:42:02.35	140	76	126	01:41:22.45
373	Matt	Hall	Portishead Running Club	MS	M	01:42:02.95	141	77	127	01:41:40.40
246	Marc	Durkin	Penarth And Dinas Runners	MS	M	01:42:06.70	142	78	128	01:41:50.95
922	Ben	Sykes		MS	M	01:42:07.75	143	79	129	01:41:52.20
374	Anthony	Hall		M40	M	01:42:08.30	144	19	130	01:41:48.75
774	Jason	Read		M40	M	01:42:22.65	145	20	131	01:42:10.65
135	Gareth	Chislett		MS	M	01:42:31.95	146	80	132	01:42:22.55
844	Samuel	Rushworth	Chepstow Town	MS	M	01:42:41.25	147	81	133	01:42:07.10
873	Michael	Skyrme	Fairwater Runners Cwmbran	M40	M	01:42:45.55	148	21	134	01:42:07.15
720	Andrew	Pearce		MS	M	01:42:48.00	149	82	135	01:42:35.35
256	Richard	Elgar	N.E.W.T	MS	M	01:42:48.35	150	83	136	01:42:37.60
634	Sarah	Mcloughlin	Les Croupiers	F40	F	01:42:50.30	151	4	15	01:42:43.00
686	Ross	Nowell		MS	M	01:43:13.75	152	84	137	01:42:24.80
266	Nathan	Evans		MS	M	01:43:23.15	153	85	138	01:43:06.85
706	Rhys	Parfitt		MS	M	01:43:23.25	154	86	139	01:43:15.15

236	Paul	Donovan	Pont Y Pwl District Runners	M45	M	01:43:23.50	155	20	140	01:42:58.60
950	Samantha	Toop	Pont Y Pwl District Runners	FS	F	01:43:23.55	156	9	16	01:42:59.10
218	Liam	Davies	Fetch Everyone	M50	M	01:43:31.55	157	11	141	01:43:15.55
294	Adam	Fletcher	Islwyn R C	MS	M	01:43:33.85	158	87	142	01:43:15.05
423	Bryn	Hewitt-Thomas		MS	M	01:43:34.15	159	88	143	01:43:15.20
363	James	Guile		MS	M	01:43:37.35	160	89	144	01:42:49.45
174	Ellis	Craig		MS	M	01:43:39.70	161	90	145	01:43:08.80
588	Jonathan	Lloyd		M40	M	01:43:41.65	162	22	146	01:43:21.60
592	Kevin	Macdonald	Dragons Running Club	M40	M	01:43:42.30	163	23	147	01:43:25.40
185	Matthew	Cunnell		M45	M	01:43:42.95	164	21	148	01:43:33.75
1011	Rowena	White	San Domenico	FS	F	01:43:44.10	165	10	17	01:43:33.35
635	Nicholas	Mcnally		MS	M	01:43:46.80	166	91	149	01:43:14.70
288	Simon	Fish		MS	M	01:43:48.85	167	92	150	01:43:28.00
481	Philip	Hyatt		M50	M	01:43:51.60	168	12	151	01:43:37.30
616	Jason	Massey		MS	M	01:43:51.80	169	93	152	01:43:38.25
1064	Christopher	Wreford		MS	M	01:43:54.45	170	94	153	01:43:22.90
794	Dan	Reilly		MS	M	01:43:56.45	171	95	154	01:43:42.55
907	Elizabeth	Stokes	Griffithstown Harriers	F40	F	01:44:00.15	172	5	18	01:43:41.05
894	Adrian	Smith		MS	M	01:44:03.65	173	96	155	01:43:36.25
259	Michael	Elliston	Les Croupiers	M40	M	01:44:06.55	174	24	156	01:43:52.45
914	Peter	Stunell		MS	M	01:44:06.75	175	97	157	01:43:52.90
196	Steven	Davies		MS	M	01:44:12.25	176	98	158	01:43:54.90
828	Stuart	Ropke		MS	M	01:44:12.35	177	99	159	01:43:56.80
535	Aled	Jones		M45	M	01:44:22.85	178	22	160	01:43:43.60
1002	David	Webster		M50	M	01:44:25.65	179	13	161	01:44:09.60
248	Paul	Dursley	Llswerry Runners	M55	M	01:44:27.25	180	4	162	01:44:24.15
808	Liz	Richards		F45	F	01:44:27.35	181	2	19	01:44:07.80
910	Jen	Stoneman		F35	F	01:44:29.80	182	3	20	01:44:07.10
715	Helen	Passant		F40	F	01:44:31.10	183	6	21	01:44:17.50
550	Sarah	Kellett	Spirit Of Monmouth	FS	F	01:44:35.45	184	11	22	01:44:13.50
937	Christopher	Thomas	Ebbw Vale Running Club	M50	M	01:44:44.30	185	14	163	01:43:58.55
177	Jamie	Cree		MS	M	01:44:56.65	186	100	164	01:44:56.65
226	James	Day		MS	M	01:45:10.10	187	101	165	01:44:51.65

982	Tim	Washbrook		MS	M	01:45:12.65	188	102	166	01:44:50.85
754	Ian	Price	Lliswerry Runners	M40	M	01:45:22.10	189	25	167	01:45:01.25
1073	Shaun	Collins		MS	M	01:45:31.55	190	103	168	01:45:13.40
1044	Ben	Wilson		MS	M	01:45:33.95	191	104	169	01:45:22.25
407	Lee	Harvey		M40	M	01:45:36.25	192	26	170	01:45:22.40
506	Martyn	Jenkins	Fairwater Runners Cwmbran	M50	M	01:45:41.55	193	15	171	01:45:02.05
711	Richard	Parker		MS	M	01:45:43.80	194	105	172	01:44:54.40
928	Andrew	Taylor		M55	M	01:45:52.05	195	5	173	01:45:37.10
719	Joanne	Peacock		F45	F	01:45:56.60	196	3	23	01:45:36.55
24	Matthew	Armstrong		M40	M	01:45:59.90	197	27	174	01:45:55.65
827	Robert	Roper	Abergavenny Striders	M60	M	01:46:01.50	198	1	175	01:45:47.40
558	Rita	Kingdon		FS	F	01:46:03.20	199	12	24	01:45:26.10
391	Oliver	Harris		MS	M	01:46:05.45	200	106	176	01:46:01.25
742	Justin	Pocknell		M40	M	01:46:13.95	201	28	177	01:44:48.50
849	Jackson	Sanders		MS	M	01:46:27.95	202	107	178	01:46:14.90
369	Robert	Haase		M50	M	01:46:33.60	203	16	179	01:46:20.30
629	Daren	Mcdonnell		M40	M	01:46:38.10	204	29	180	01:46:06.45
587	Mark	Lloyd		MS	M	01:46:38.20	205	108	181	01:46:10.20
492	Nick	James	Dragons Running Club	M40	M	01:46:45.90	206	30	182	01:46:29.60
85	Nicola	Broom		FS	F	01:46:47.90	207	13	25	01:45:40.50
646	Matthew	Minifie		MS	M	01:46:57.50	208	109	183	01:46:12.70
630	Lyndon	Mcerlaine	Lliswerry Runners	MS	M	01:47:04.25	209	110	184	01:46:29.10
442	Victoria	Holloway		F40	F	01:47:06.25	210	7	26	01:47:03.15
436	Keith	Hobbs		M50	M	01:47:16.40	211	17	185	01:46:47.90
306	John	Frankish		M45	M	01:47:23.05	212	23	186	01:46:46.15
33	Howard	Attwood	Lliswerry Runners	MS	M	01:47:31.05	213	111	187	01:46:56.35
545	Tony	Kear		M45	M	01:47:42.40	214	24	188	01:47:21.25
474	Andrew	Hughes		M40	M	01:47:49.55	215	31	189	01:47:29.25
597	Paul	Madden		M50	M	01:48:07.05	216	18	190	01:47:47.30
452	Keith	Hopkins		M60	M	01:48:08.70	217	2	191	01:47:54.20
188	Stuart	Dagnall		MS	M	01:48:12.30	218	112	192	01:47:56.30
830	Kathryn	Rosen		FS	F	01:48:19.15	219	14	27	01:48:04.30
617	David	Mather	Spirit Of Monmouth	M45	M	01:48:20.25	220	25	193	01:47:59.40

444	Laura	Holmes	Islwyn R C	FS	F	01:48:24.85	221	15	28	01:47:56.65
555	Emma	King	Spirit Of Monmouth	FS	F	01:48:28.80	222	16	29	01:48:07.65
865	Peter	Short	Forest Of Dean	MS	M	01:48:29.35	223	113	194	01:47:50.75
482	John	Ivins		M45	M	01:48:35.85	224	26	195	01:48:12.45
302	Paul	Foster		MS	M	01:48:46.15	225	114	196	01:48:43.00
158	Clare	Connor		F40	F	01:48:51.65	226	8	30	01:48:36.75
514	Dylan	John		MS	M	01:48:55.10	227	115	197	01:48:45.60
273	Thomas	Evans		MS	M	01:49:10.25	228	116	198	01:47:28.35
272	David	Evans		M45	M	01:49:12.95	229	27	199	01:48:36.65
1048	Darren	Winnel		MS	M	01:49:16.05	230	117	200	01:48:45.60
815	Martin	Riley		MS	M	01:49:30.50	231	118	201	01:49:06.55
165	Kenneth	Coppard		M50	M	01:49:38.15	232	19	202	01:49:10.85
874	Cressida	Slater		FS	F	01:49:45.15	233	17	31	01:49:26.20
31	Warren	Attewell		M45	M	01:49:49.20	234	28	203	01:49:23.70
144	Richard	Clay		MS	M	01:49:50.15	235	119	204	01:49:03.45
70	Richard	Bowen		MS	M	01:49:53.00	236	120	205	01:49:24.40
812	Tom	Riddington	Chepstow Harriers	M40	M	01:49:54.60	237	32	206	01:49:30.95
707	Daniyel	Parish		M40	M	01:49:58.55	238	33	207	01:49:22.80
779	Luke	Rees		MS	M	01:50:03.70	239	121	208	01:49:35.15
38	Matthew	Baker		MS	M	01:50:03.85	240	122	209	01:49:39.75
650	Sean	Monaghan		M40	M	01:50:04.35	241	34	210	01:49:10.30
618	Nic	Matthews		MS	M	01:50:07.90	242	123	211	01:50:05.60
173	Nick	Cox		MS	M	01:50:08.80	243	124	212	01:49:49.75
381	Paul	Hancocke		MS	M	01:50:16.35	244	125	213	01:49:45.80
1074	Rob	Anderson	Lliswerry Runners	M70	M	01:50:28.00	245	1	214	01:50:28.00
938	Helen	Thomas		F50	F	01:50:31.10	246	1	32	01:50:10.60
184	Gillian	Cummins		FS	F	01:50:39.85	247	18	33	01:50:12.00
86	Angharad	Brown		F40	F	01:50:42.00	248	9	34	01:50:30.80
50	Paul	Bateman		M50	M	01:50:45.35	249	20	215	01:50:22.55
825	Charlotte	Roe	Lliswerry Runners	FS	F	01:50:52.25	250	19	35	01:50:08.85
414	James	Hayhoe		MS	M	01:50:54.95	251	126	216	01:50:29.55
443	Elliot	Holman		MS	M	01:50:55.75	252	127	217	01:49:42.15
654	Christopher	Morgan		MS	M	01:51:12.50	253	128	218	01:50:59.30



986	Hannah	Watkins		FS	F	01:51:12.65	254	20	36	01:50:59.95
763	Suzie	Przeslak		FS	F	01:51:16.20	255	21	37	01:50:16.80
949	Royston	Toon	Chepstow Harriers	MS	M	01:51:18.35	256	129	219	01:50:35.95
1071	Simon	Stickland	Holiday Inn, Newport",MS"	M	#####	709	256	470		708
961	Henk	Vantwillert		MS	M	01:51:18.70	257	130	220	01:50:54.30
35	Jeffrey	Baggott	Jeff	M45	M	01:51:22.20	258	29	221	01:50:14.60
429	Andrew	Hillis		M45	M	01:51:22.25	259	30	222	01:50:21.85
906	Richard	Stockham	Nailsea Running Club	M55	M	01:51:34.05	260	6	223	01:51:05.40
839	Dave	Rowe	Miller Milers	M45	M	01:51:37.80	261	31	224	01:51:11.05
699	Ruth	Ovey	Llswerry Runners	F35	F	01:51:41.45	262	4	38	01:51:24.10
193	Nick	Davies	Llswerry Runners	M50	M	01:51:50.70	263	21	225	01:51:03.00
8	Chris	Adams		M40	M	01:51:56.65	264	35	226	01:51:36.60
866	Carl	Short		MS	M	01:51:59.25	265	131	227	01:51:30.35
283	Kelly	Felstead		FS	F	01:52:03.35	266	22	39	01:51:31.05
672	Brian	Morris		M40	M	01:52:03.40	267	36	228	01:51:36.30
586	Joe	Llewellyn-Spooner		MS	M	01:52:08.95	268	132	229	01:51:28.45
748	Richard	Powell		M40	M	01:52:16.35	269	37	230	01:51:36.15
690	Pete	Oldfield		M45	M	01:52:20.25	270	32	231	01:51:29.25
150	Timothy	Coe		MS	M	01:52:24.55	271	133	232	01:51:54.45
1000	John	Griffiths		M55	M	01:52:24.75	272	7	233	01:52:22.15
451	Neil	Hopkins		M45	M	01:52:28.05	273	33	234	01:52:04.70
14	Andrew	Anderson		M40	M	01:52:32.95	274	38	235	01:51:40.00
425	Glyn	Hicks	Islwyn R C	M60	M	01:52:45.60	275	3	236	01:51:58.20
349	Steven Trevor	Griffin	Team Griffin/Raffour	MS	M	01:52:56.80	276	134	237	01:52:49.20
746	John	Popple		M40	M	01:52:57.35	277	39	238	01:52:39.40
917	Claire	Swann		F40	F	01:52:58.15	278	10	40	01:52:29.55
157	Dave	Coltherd		MS	M	01:52:58.30	279	135	239	01:52:58.30
330	Stephen	Gingell		M50	M	01:53:02.25	280	22	240	01:52:42.95
875	Adam	Slaughter		MS	M	01:53:12.20	281	136	241	01:52:47.20
537	Stephen	Jones		MS	M	01:53:12.75	282	137	242	01:52:31.15
1035	Nick	Williams		MS	M	01:53:13.30	283	138	243	01:52:02.20
181	Natalie	Crockett		FS	F	01:53:15.15	284	23	41	01:52:11.65
490	Greg	James		M40	M	01:53:20.25	285	40	244	01:52:07.45

310	Huw	Fry	Rochdale Tri Club	MS	M	01:53:27.45	286	139	245	01:52:41.60
507	Jeanette	Jenkins	Fairwater Runners Cwmbran	F50	F	01:53:29.40	287	2	42	01:52:50.45
664	Lucy	Morgan		FS	F	01:53:32.75	288	24	43	01:52:56.00
705	Richard	Parcell		M45	M	01:53:38.60	289	34	246	01:52:55.10
134	Neil	Chipper	Lliswerry Runners	M50	M	01:53:39.85	290	23	247	01:53:21.90
345	Ruth	Green	Weston Ac	F40	F	01:53:43.05	291	11	44	01:53:16.55
148	John	Cocker	Penarth And Dinas Runners	MS	M	01:53:46.65	292	140	248	01:53:10.25
595	Susan	Mackenzie		FS	F	01:53:50.60	293	25	45	01:53:22.00
892	Ian	Smith		M50	M	01:53:58.40	294	24	249	01:53:33.40
169	Samantha	Cousins	Didcot Runners	F35	F	01:53:58.65	295	5	46	01:53:43.20
503	Gareth	Jenkins		M40	M	01:54:03.25	296	41	250	01:53:27.60
100	Nicola	Burford	Dragons Running Club	F35	F	01:54:03.95	297	6	47	01:53:42.00
36	Lisa	Bain		F40	F	01:54:04.00	298	12	48	01:53:07.00
217	Annette	Davies	Fetch Everyone	F50	F	01:54:13.95	299	3	49	01:53:45.10
526	Sophie	Jones		FS	F	01:54:17.65	300	26	50	01:53:19.10
289	Alan	Fishwick		M45	M	01:54:17.85	301	35	251	01:53:48.15
536	Bethan	Jones		FS	F	01:54:18.00	302	27	51	01:53:57.95
525	David	Jones		MS	M	01:54:18.30	303	141	252	01:53:19.70
1065	Matthew	Wreford		MS	M	01:54:22.30	304	142	253	01:53:51.20
73	Carl	Brain		M45	M	01:54:29.95	305	36	254	01:54:10.20
704	Robert	Painter		M40	M	01:54:36.35	306	42	255	01:54:18.70
52	Fadi	Baydoun		M40	M	01:54:42.55	307	43	256	01:54:05.50
814	Pablo	Riesco		MS	M	01:54:45.45	308	143	257	01:53:51.55
1034	Paul	Williams		M60	M	01:54:51.60	309	4	258	01:54:09.50
548	Jan	Keelan		F45	F	01:54:57.05	310	4	52	01:54:29.55
902	Spiro	Stathakis	Lliswerry Runners	MS	M	01:54:58.25	311	144	259	01:54:31.10
1043	Geraint	Wilson		MS	M	01:55:02.00	312	145	260	01:53:56.90
644	Timothy	Miller	Wangler Opticians	MS	M	01:55:09.85	313	146	261	01:54:37.45
989	Michael	Watkins	Wangler Opticians	M45	M	01:55:12.30	314	37	262	01:54:39.55
355	Carl	Griffiths		M40	M	01:55:23.45	315	44	263	01:54:42.75
983	Tom	Waters		MS	M	01:55:27.65	316	147	264	01:55:14.55
1016	Darren	William		MS	M	01:55:31.20	317	148	265	01:55:04.20
515	Lorretta	John		F35	F	01:55:33.45	318	7	53	01:55:05.05

680	Darren	Mullan		M40	M	01:55:34.40	319	45	266	01:54:36.65
282	Kate	Farmer		FS	F	01:55:35.65	320	28	54	01:55:09.25
584	Steve	Little		M45	M	01:55:36.95	321	38	267	01:55:03.10
496	Andrew	Jayne	Dragons Running Club	M50	M	01:55:41.05	322	25	268	01:54:38.90
1075	David	Macarthy		M40	M	01:55:41.45	323	46	269	01:54:39.55
612	Richard	Marshall		MS	M	01:55:51.85	324	149	270	01:55:10.75
1007	David	Westley	Lliswerry Runners	M55	M	01:55:54.65	325	8	271	01:55:09.05
897	Nick	Spear		MS	M	01:55:55.65	326	150	272	01:55:17.80
146	John	Clifford		MS	M	01:55:57.15	327	151	273	01:55:16.25
547	Peter	Keefe	N.E.W.T	MS	M	01:56:07.45	328	152	274	01:55:12.95
395	David	Harris		M55	M	01:56:10.55	329	9	275	01:55:41.60
749	Nairn	Powell		F45	F	01:56:15.80	330	5	55	01:55:20.95
16	Ralph	Andrew	Lliswerry Runners	M50	M	01:56:16.30	331	26	276	01:55:29.80
43	Karen	Barratt	Spirit Of Monmouth	FS	F	01:56:17.30	332	29	56	01:55:44.25
206	Darren	Davies		M40	M	01:56:25.50	333	47	277	01:55:51.75
30	Samuel	Attewell		MS	M	01:56:26.65	334	153	278	01:56:02.10
1102					N	01:56:28.65	335	1	1	01:56:28.65
614	Paul	Mason		MS	M	01:56:34.80	336	154	279	01:56:22.15
726	Kerry	Pellatt		F40	F	01:56:35.50	337	13	57	01:56:04.15
13	Lisa	Amos		F40	F	01:56:40.25	338	14	58	01:55:26.40
233	Richie	Donovan		M40	M	01:56:45.20	339	48	280	01:55:21.60
339	Derek	Gough		M45	M	01:56:52.90	340	39	281	01:56:22.30
542	Rachael	Jordan		FS	F	01:56:53.70	341	30	59	01:56:11.80
234	Martin	Donovan	Lliswerry Runners	M50	M	01:56:54.35	342	27	282	01:56:17.35
549	Peter	Keen		M45	M	01:56:59.90	343	40	283	01:56:30.70
1015	Liz	Willey		F35	F	01:57:05.15	344	8	60	01:56:26.40
101	Christoher	Burgess		MS	M	01:57:06.85	345	155	284	01:56:36.05
968	Lee	Wadley		MS	M	01:57:07.65	346	156	285	01:56:35.75
744	Jen	Pollock		F35	F	01:57:10.60	347	9	61	01:56:09.45
575	Christopher	Lewis		M45	M	01:57:12.50	348	41	286	01:56:12.95
915	Christopher	Suller		MS	M	01:57:13.05	349	157	287	01:56:32.35
988	James	Watkins		M40	M	01:57:13.15	350	49	288	01:56:46.15
495	Aleem	Javed		MS	M	01:57:15.85	351	158	289	01:56:24.15

701	Katy	Owen		FS	F	01:57:16.70	352	31	62	01:55:58.75
638	Hannah	Mcpake		FS	F	01:57:16.75	353	32	63	01:55:59.00
54	Geoffrey	Bayliss		M60	M	01:57:25.45	354	5	290	01:56:36.90
162	Matthew	Cook		M40	M	01:57:32.70	355	50	291	01:56:10.55
1067	Andrew	Young		MS	M	01:57:34.95	356	159	292	01:57:05.25
1054	Carol	Woodford	Lliswerry Runners	F50	F	01:57:38.35	357	4	64	01:56:52.80
500	Neil	Jenkins		MS	M	01:57:38.90	358	160	293	01:57:17.60
326	Thomas	Gibson	Gss	MS	M	01:57:40.95	359	161	294	01:57:40.95
253	James	Edwards		MS	M	01:57:41.00	360	162	295	01:56:47.75
228	Matthew	Dennehy		MS	M	01:57:49.75	361	163	296	01:56:45.20
559	Andrew	Kitson		M40	M	01:58:00.55	362	51	297	01:57:36.70
603	Benjamin	Major		MS	M	01:58:02.25	363	164	298	01:57:12.25
604	Kelly	Major		FS	F	01:58:02.60	364	33	65	01:57:13.00
900	Mark	Spooner		M45	M	01:58:05.25	365	42	299	01:57:24.25
647	Debbie	Mitson		F45	F	01:58:08.45	366	6	66	01:57:27.45
833	Darren	Routley	Routley	MS	M	01:58:10.40	367	165	300	01:56:53.40
834	Lewis	Routley		MS	M	01:58:10.60	368	166	301	01:56:54.05
531	Tricia	Jones	Dragons Running Club	F40	F	01:58:15.20	369	15	67	01:57:52.70
641	Darren	Mercer		MS	M	01:58:16.05	370	167	302	01:57:37.75
636	Sean	Mcnally		MS	M	01:58:18.30	371	168	303	01:58:01.45
243	Nicholas	Dunbar		M40	M	01:58:19.60	372	52	304	01:57:55.65
593	Jason	Macey		MS	M	01:58:20.55	373	169	305	01:57:45.90
786	Charnine	Rees		FS	F	01:58:27.75	374	34	68	01:58:11.85
956	Sarah	Trimby		FS	F	01:58:33.25	375	35	69	01:57:59.65
957	Stuart	Trimby		MS	M	01:58:33.45	376	170	306	01:57:59.30
316	Jonathan	Gallinagh		MS	M	01:58:34.95	377	171	307	01:57:14.25
777	Angharad-Elin	Rees		FS	F	01:58:36.85	378	36	70	01:58:08.65
963	Rachel	Vernall		F40	F	01:58:36.85	379	16	71	01:58:24.85
681	Russell	Munton		MS	M	01:58:52.50	380	172	308	01:58:52.50
333	Rhys	Gladwyn		M40	M	01:58:53.55	381	53	309	01:58:31.45
456	Chris	Hourihane		M40	M	01:58:54.05	382	54	310	01:58:31.65
805	Natalie	Richards		FS	F	01:59:00.65	383	37	72	01:58:22.75
59	Marcus Lee	Biggs		MS	M	01:59:06.75	384	173	311	01:58:07.05

313	Michael	Tune		M45	M	01:59:06.80	385	43	312	01:58:00.15
96	Ben	Buchanan		MS	M	01:59:10.75	386	174	313	01:58:16.25
487	Bethan	James		FS	F	01:59:12.45	387	38	73	01:58:15.85
846	Russell Karl	Rykala		M55	M	01:59:13.80	388	10	314	01:58:41.10
831	David	Rossiter		MS	M	01:59:16.55	389	175	315	01:58:28.65
175	Joe	Cranton		MS	M	01:59:17.95	390	176	316	01:58:59.50
1032	Jon	Williams		M45	M	01:59:32.85	391	44	317	01:58:40.65
731	Simon	Petfield		M45	M	01:59:42.85	392	45	318	01:59:42.85
49	David	Bateman	Lliswerry Runners	M45	M	01:59:43.05	393	46	319	01:58:56.65
168	Jamie	Rees		MS	M	01:59:43.45	394	177	320	01:59:18.45
1005	Martin	Westley	Lliswerry Runners	MS	M	01:59:43.95	395	178	321	01:58:59.20
66	Michael	Bonnett		M55	M	01:59:52.15	396	11	322	01:59:07.95
336	Rob	Golledge		MS	M	01:59:53.25	397	179	323	01:59:00.90
573	Nathan	Lewis		MS	M	01:59:57.90	398	180	324	01:58:42.45
990	Andrew	Watkins		M40	M	02:00:00.15	399	55	325	01:59:44.85
859	Alison	Sheedy	Lliswerry Runners	F45	F	02:00:00.75	400	7	74	01:59:29.45
81	Yvonne	Brindley	N.E.W.T	F45	F	02:00:01.55	401	8	75	01:59:40.90
987	Elizabeth	Watkins		FS	F	02:00:02.30	402	39	76	01:59:14.10
1037	Sarah	Williams		FS	F	02:00:05.60	403	40	77	01:59:10.10
467	Kenneth	Howells		M40	M	02:00:06.70	404	56	326	01:59:33.65
449	Aimee	Hopkins	Lliswerry Runners	FS	F	02:00:08.15	405	41	78	01:59:01.25
394	Alun Lloyd	Harris	Zodiac Aerospace High Flyers	M50	M	02:00:09.80	406	28	327	01:59:57.35
46	Peter	Bartlett	Dragons Running Club	MS	M	02:00:13.10	407	181	328	01:59:50.90
390	Emily	Harris		FS	F	02:00:15.55	408	42	79	02:00:15.55
117	Clive	Carter	Lliswerry Runners	M55	M	02:00:19.30	409	12	329	01:59:47.75
923	Christian	Sylvester		MS	M	02:00:26.40	410	182	330	01:59:43.70
2	Cat	Adams		FS	F	02:00:27.85	411	43	80	01:59:05.15
608	Joseph	Manley		MS	M	02:00:28.60	412	183	331	01:59:52.05
159	Joseph	Connor		M50	M	02:00:28.70	413	29	332	01:59:24.75
216	Richard	Davies		M45	M	02:00:28.95	414	47	333	01:59:19.90
798	Dave	Rennick		MS	M	02:00:30.40	415	184	334	01:59:52.90
723	Richard	Pearson		MS	M	02:00:32.80	416	185	335	01:59:38.45
521	Kelly	Jones		FS	F	02:00:37.05	417	44	81	02:00:03.85

985	Kira	Watkins		FS	F	02:00:37.25	418	45	82	02:00:04.80
274	Deborah	Evans	Dragons Running Club	F50	F	02:00:47.75	419	5	83	02:00:24.95
354	Paul	Griffiths		MS	M	02:00:56.00	420	186	336	02:00:01.00
860	Paul	Shepherd		MS	M	02:01:04.15	421	187	337	02:00:22.95
235	Nadine	Donovan	Pont Y Pwl District Runners	F40	F	02:01:05.70	422	17	84	02:00:41.40
1030	Amanda	Williams		F40	F	02:01:06.70	423	18	85	02:00:14.80
929	Andrew	Taylor		M40	M	02:01:06.85	424	57	338	01:59:56.45
5	Lynda	Adams		F40	F	02:01:07.75	425	19	86	02:00:39.95
682	Xavier	Navarro		MS	M	02:01:15.00	426	188	339	02:00:59.45
862	Samuel	Shingler		MS	M	02:01:20.30	427	189	340	02:00:48.30
491	Louisa	James		FS	F	02:01:22.90	428	46	87	02:00:35.20
194	Amy	Davies	Amy Davies	FS	F	02:01:25.70	429	47	88	02:00:38.25
539	Martyn	Jones	Lliswerry Runners	M45	M	02:01:28.05	430	48	341	02:00:57.50
564	Judith	Langdon		FS	F	02:01:48.35	431	48	89	02:00:52.35
338	Mike	Gorshkov		M40	M	02:01:50.95	432	58	342	02:00:57.05
674	Claire	Dunkerton	Lliswerry Runners	FS	F	02:01:52.45	433	49	90	02:01:03.50
139	Helen	Clancy	Chepstow Harriers	F45	F	02:01:56.15	434	9	91	02:01:28.95
981	Katharine	Ware		FS	F	02:02:00.80	435	50	92	02:00:53.10
413	Robert	Hay		M45	M	02:02:05.75	436	49	343	02:01:08.75
427	Christopher	Hill		M45	M	02:02:20.80	437	50	344	02:01:24.40
1040	Elena	Willis		FS	F	02:02:24.80	438	51	93	02:01:25.55
463	Gareth	Howell		MS	M	02:02:26.10	439	190	345	02:01:36.65
53	Jane	Bayliss	Chepstow Harriers	F55	F	02:02:30.80	440	1	94	02:02:04.40
925	Avisa	Talemi		FS	F	02:02:33.55	441	52	95	02:01:56.15
802	Neil	Reynolds		MS	M	02:02:36.00	442	191	346	02:01:45.70
385	James	Harding		MS	M	02:02:36.05	443	192	347	02:01:45.70
560	Julie	Knight		F45	F	02:02:51.05	444	10	96	02:02:03.95
673	Stuart	Morris		M40	M	02:02:51.75	445	59	348	02:02:04.30
708	Sophie	Park		FS	F	02:02:59.25	446	53	97	02:01:37.05
91	Gareth	Brunnock	Garerh Brunnock	MS	M	02:03:00.65	447	193	349	02:02:30.55
832	Emma	Rossiter		FS	F	02:03:02.45	448	54	98	02:01:38.25
494	Holly	Janes-Thomas		FS	F	02:03:03.00	449	55	99	02:01:50.10
895	Adrian	Sopp		M45	M	02:03:14.85	450	51	350	02:02:36.35

131	Miles	Chidlow		M40	M	02:03:16.05	451	60	351	02:02:29.75
411	Philip	Hawkins		M40	M	02:03:16.10	452	61	352	02:02:30.30
760	Manon Fflur	Pritchard		FS	F	02:03:22.90	453	56	100	02:02:41.35
818	Simon	Roberts		MS	M	02:03:26.90	454	194	353	02:02:43.70
48	Lisa	Bateman	Lliswerry Runners	F45	F	02:03:28.10	455	11	101	02:02:42.10
996	Kelly	Watts		FS	F	02:03:28.70	456	57	102	02:02:57.80
789	Kirsty	Regan		F40	F	02:03:29.55	457	20	103	02:02:54.30
149	Andy	Cockeram	Lliswerry Runners	M45	M	02:03:30.05	458	52	354	02:02:47.15
826	Alison	Roper		FS	F	02:03:30.40	459	58	104	02:03:04.30
286	Margie	Fielden		F55	F	02:03:34.65	460	2	105	02:02:42.30
847	Glynn	Salter		M40	M	02:03:35.85	461	62	355	02:02:17.25
380	Lisa	Hancock		F35	F	02:03:37.25	462	10	106	02:02:50.25
821	Kim	Rockliffe		M50	M	02:03:40.75	463	30	356	02:03:22.80
822	Kim	Rockliffe		F50	F	02:03:41.30	464	6	107	02:03:23.65
102	Andrew	Burgess		MS	M	02:03:45.55	465	195	357	02:03:19.70
605	Rhiannon	Mallett		FS	F	02:03:58.80	466	59	108	02:03:30.20
886	Charlotte	Smith		F35	F	02:04:18.40	467	11	109	02:03:37.45
885	Rhys	Smith		MS	M	02:04:18.65	468	196	358	02:03:39.70
855	Kate	Sergent		F55	F	02:04:23.50	469	3	110	02:03:27.70
389	Jacqueline	Harries		F50	F	02:04:31.50	470	7	111	02:03:52.45
60	Gary	Bird		M50	M	02:04:32.80	471	31	359	02:03:53.20
528	Rachael	Jones		F35	F	02:04:34.15	472	12	112	02:03:58.65
94	Cathy	Bruton		F35	F	02:04:35.15	473	13	113	02:03:53.30
93	Paul	Bruton	Lliswerry Runners	MS	M	02:04:35.20	474	197	360	02:03:53.45
1013	Neil	Wilcox		MS	M	02:04:44.05	475	198	361	02:04:16.35
678	Sharron	Mulcahy		F40	F	02:04:53.30	476	21	114	02:03:56.75
969	Sara	Wakefield	Pont Y Pwl District Runners	F35	F	02:04:53.70	477	14	115	02:04:17.65
931	Simon	Tee	Lliswerry Runners	M45	M	02:05:13.65	478	53	362	02:04:25.25
1031	Julian	Williams		M45	M	02:05:20.55	479	54	363	02:04:45.60
202	Jared	Davies		MS	M	02:05:34.25	480	199	364	02:04:44.45
911	Richard	Street		M55	M	02:05:41.10	481	13	365	02:04:49.70
978	Sarah	Walters		FS	F	02:05:42.45	482	60	116	02:04:59.05
566	Rob	Larkins		M55	M	02:05:49.30	483	14	366	02:04:48.00

447	Alice	Hopkin	203 Welsh Field Hospital	FS	F	02:05:55.70	484	61	117	02:05:00.00
209	Richard	Davies		M50	M	02:05:58.70	485	32	367	02:05:44.05
58	Andy	Bibey		MS	M	02:06:01.95	486	200	368	02:05:11.25
62	Hannah	Blackaby		FS	F	02:06:05.35	487	62	118	02:05:09.65
87	Andrew	Brown		M45	M	02:06:24.35	488	55	369	02:05:39.05
1045	Richard	Wilson	Outdoor Fitness Rc	M40	M	02:06:46.10	490	63	371	02:05:40.15
898	Linda	Spillane	N.E.W.T	F55	F	02:06:49.30	491	4	119	02:06:14.10
280	Catherine	Falvey		FS	F	02:06:49.45	492	63	120	02:06:21.75
12	Miles	Allison		M55	M	02:06:56.20	493	15	372	02:05:54.20
676	Sian	Moseley		FS	F	02:07:13.25	494	64	121	02:06:15.80
883	Victoria	Smith		FS	F	02:07:14.55	495	65	122	02:05:44.70
107	Rachael	Burke		FS	F	02:07:22.00	496	66	123	02:06:23.90
1006	Stuart	Westley		M40	M	02:07:28.35	497	64	373	02:06:44.05
364	Emma	Gunter		F35	F	02:07:32.30	498	15	124	02:06:54.90
568	Gerald	Le Vesconte		M50	M	02:07:35.05	499	33	374	02:06:35.95
851	Clare	Sandford		FS	F	02:07:48.05	500	67	125	02:06:34.80
792	Fiona	Reid		FS	F	02:07:48.35	501	68	126	02:06:46.60
353	David	Griffiths		MS	M	02:07:50.45	502	202	375	02:06:35.50
69	Abigail	Bowen		FS	F	02:07:51.35	503	69	127	02:07:02.95
262	Karen	Emmott	Llswerry Runners	F45	F	02:08:04.75	504	12	128	02:07:06.00
332	Jamiee	Gittins		FS	F	02:08:12.15	505	70	129	02:07:08.85
743	Samuel	Pollard		MS	M	02:08:13.85	506	203	376	02:08:13.85
609	Ruth	Mansfield		FS	F	02:08:16.15	507	71	130	02:07:10.55
776	Zoe	Rees		FS	F	02:08:18.95	508	72	131	02:07:19.15
483	Nick	Jackson	Llswerry Runners	M45	M	02:08:27.65	509	56	377	02:07:43.65
685	Claire	Notman		FS	F	02:08:38.65	510	73	132	02:07:37.50
823	Steve	Roderick		M45	M	02:08:51.20	511	57	378	02:07:18.10
872	Paul	Skippon		M45	M	02:08:55.95	512	58	379	02:07:30.60
118	Natalie	Cartlidge		F40	F	02:08:56.40	513	22	133	02:07:53.90
697	Christopher	Osmond		MS	M	02:09:00.75	514	204	380	02:08:30.95
691	Kenneth Wayne	Oliver	Islwyn R C	M50	M	02:09:04.35	515	34	381	02:07:59.25
461	David	Howell		M45	M	02:09:10.30	516	59	382	02:07:59.00
622	Paul	Mayo		MS	M	02:09:15.65	517	205	383	02:07:44.85



245	Lee	Durkee	Pont Y Pwl District Runners	MS	M	02:09:15.95	518	206	384	02:07:34.90
1014	David	Wilkie		MS	M	02:09:37.45	519	207	385	02:09:37.45
534	Alison	Jones	Lliswerry Runners	F50	F	02:09:52.55	520	8	134	02:08:53.50
661	Richard	Morgan		M40	M	02:09:53.20	521	65	386	02:08:32.80
941	Allun	Thomas	British Transport Police	M40	M	02:10:22.45	522	66	387	02:08:50.35
579	Mark	Ley		MS	M	02:10:26.10	523	208	388	02:09:16.60
801	James	Reynolds		MS	M	02:10:33.05	524	209	389	02:09:33.10
829	Carl	Rose		M40	M	02:10:37.75	525	67	390	02:09:26.75
709	Andrew	Park		M60	M	02:10:41.60	526	6	391	02:09:05.35
258	Gill	Ellis	Chepstow Harriers	F50	F	02:10:42.85	527	9	135	02:09:42.05
729	Clifford	Perry		MS	M	02:10:50.65	528	210	392	02:09:52.75
1008	Syd	Wheeler	Chepstow Harriers	M60	M	02:10:50.75	529	7	393	02:09:50.30
125	Paul	Chambers		MS	M	02:10:50.90	530	211	394	02:10:06.45
124	Michael James	Chambers		M50	M	02:10:51.55	531	35	395	02:09:22.20
143	Bethany	Clarke	British Transport Police	FS	F	02:10:54.15	532	74	136	02:09:21.45
214	Helen	Davies		FS	F	02:10:56.55	533	75	137	02:10:05.55
761	Tracey	Probert		F40	F	02:10:56.75	534	23	138	02:09:52.45
440	Helen	Hodgson	Women Running Penarth	F40	F	02:10:57.90	535	24	139	02:09:59.00
694	Clare	O'Reilly	Penarth And Dinas Runners	FS	F	02:11:05.20	536	76	140	02:09:52.10
780	Rachael	Rees		F35	F	02:11:15.05	537	16	141	02:10:06.00
1103					N	02:11:25.75	538	2	2	02:11:25.75
89	Sarah	Brown		FS	F	02:11:26.30	539	77	142	02:10:38.60
480	Gareth	Hutchings		MS	M	02:11:27.40	540	212	396	02:11:27.40
552	Rachel	Kennedy		F45	F	02:11:28.55	541	13	143	02:09:57.90
551	Jason	Kennedy		M45	M	02:11:28.65	542	60	397	02:09:59.75
904	David	Stephens		M40	M	02:11:29.55	543	68	398	02:10:21.15
933	David	Thomas		MS	M	02:11:31.40	544	213	399	02:11:31.40
718	Simon	Payne		MS	M	02:11:32.25	545	214	400	02:11:17.30
752	Holly	Preston		F35	F	02:11:33.90	546	17	144	02:11:33.90
562	Rebekah	Lane	Chepstow Harriers	F35	F	02:11:35.35	547	18	145	02:10:35.30
553	David	Kent		M40	M	02:11:38.70	548	69	401	02:10:37.45
517	Susan	Johns		F40	F	02:11:38.70	549	25	146	02:10:39.45
964	Paul David	Vincent		M40	M	02:11:40.80	550	70	402	02:10:37.60

765	Mark	Quarterly		M40	M	02:11:41.25	551	71	403	02:10:37.95
432	Julia	Hitchcock		F40	F	02:11:47.25	552	26	147	02:10:52.05
806	Anthony	Richards		M40	M	02:11:48.70	553	72	404	02:10:18.65
366	Lee	Guscott		MS	M	02:11:56.30	554	215	405	02:11:22.55
367	Ray	Guscott		M55	M	02:11:56.55	555	16	406	02:11:01.70
908	Virginia	Stone	Chepstow Harriers	F40	F	02:12:04.65	556	27	148	02:11:03.75
418	Andrew	Heard		M50	M	02:12:14.95	557	36	407	02:11:51.20
63	Jasmine	Bland	Jazzie J	FS	F	02:12:17.30	558	78	149	02:12:17.30
771	Amy	Rappell	Rampant Fluffy	FS	F	02:12:28.35	559	79	150	02:11:23.85
299	Yvonne	Forsey	Llisbury Runners	F55	F	02:12:33.10	560	5	151	02:11:57.80
633	Nadia	Mcgettigan		FS	F	02:12:37.25	561	80	152	02:11:17.35
632	Gareth	Mcgettigan		MS	M	02:12:37.25	562	216	408	02:11:17.40
160	Jayne	Constance		F45	F	02:12:38.55	563	14	153	02:11:39.20
879	Phil	Smalley		MS	M	02:12:51.95	564	217	409	02:11:28.70
721	Joanna	Pearce		FS	F	02:12:52.15	565	81	154	02:11:28.95
727	Karen	Penny		F45	F	02:12:55.05	566	15	155	02:11:53.85
717	Richard	Payne		MS	M	02:13:01.30	567	218	410	02:12:12.20
853	Tim	Sergent		M45	M	02:13:01.50	568	61	411	02:12:04.80
267	Jenna	Evans	203 Welsh Field Hospital	FS	F	02:13:26.80	569	82	156	02:12:29.75
56	Matt	Bedder		MS	M	02:13:56.20	570	219	412	02:13:04.20
740	Richard	Pitman		MS	M	02:14:00.10	571	220	413	02:12:34.90
606	Terence	Maloney		M55	M	02:14:00.35	572	17	414	02:12:33.95
251	Rhiannon	Edwards	Rhi	FS	F	02:14:01.80	573	83	157	02:13:32.20
1055	Rhian	Woodman		FS	F	02:14:04.20	574	84	158	02:13:01.20
448	Claire	Hopkins		FS	F	02:14:06.75	575	85	159	02:13:01.20
72	Russell	Boyle		MS	M	02:14:20.35	576	221	415	02:12:53.40
402	Deborah	Hartley		FS	F	02:14:31.00	577	86	160	02:13:13.70
651	Kate	Monnelly		FS	F	02:14:31.10	578	87	161	02:13:13.70
439	Zoe	Hodges		F35	F	02:14:46.10	579	19	162	02:13:17.95
1101	Dudley	Hill		MS	M	02:14:46.25	580	222	416	02:14:08.25
893	John	Smith	100 Marathon Club	MS	M	02:14:50.45	581	223	417	02:14:08.40
347	Stewart	Greenwell	Usk Runners	M60	M	02:14:53.60	582	8	418	02:14:17.30
401	Sarah	Hart		FS	F	02:15:02.35	583	88	163	02:15:02.35

344	Matthew	Gray		M40	M	02:15:05.25	584	73	419	02:15:05.25
399	Dean	Harrison		MS	M	02:15:10.20	585	224	420	02:14:18.60
392	Antony	Harris		MS	M	02:15:12.85	586	225	421	02:13:58.10
371	David	Hale		M50	M	02:15:15.00	587	37	422	02:14:50.00
279	Caroline	Facey		F50	F	02:15:20.15	588	10	164	02:14:41.85
387	Debra	Hardwick		F45	F	02:15:20.15	589	16	165	02:14:04.10
458	Vicki	Howe		F40	F	02:15:20.85	590	28	166	02:14:42.70
145	Jane	Clay		F35	F	02:15:36.05	591	20	167	02:14:19.25
640	Antony	Mee		MS	M	02:15:39.00	592	226	423	02:14:53.70
689	Tom	Ojakovoh		MS	M	02:15:44.20	593	227	424	02:15:10.75
758	Christopher	Prigg		M50	M	02:15:45.50	594	38	425	02:14:18.90
869	Thomas	Sims		MS	M	02:15:50.45	596	229	427	02:14:54.35
317	Nicola	Gane		F45	F	02:15:51.10	597	17	168	02:14:51.20
264	Ben	Evans		MS	M	02:15:52.65	598	230	428	02:14:36.10
870	William	Sims		MS	M	02:16:03.75	599	231	429	02:15:08.30
167	Richard	Corken		MS	M	02:16:04.40	600	232	430	02:15:10.25
328	Sandeep	Gill		MS	M	02:16:13.45	601	233	431	02:15:20.65
201	Nicola	Davies		F35	F	02:16:14.05	602	21	169	02:14:53.65
868	Dave	Siegel		M45	M	02:16:19.25	603	62	432	02:15:39.45
298	Sarah	Forrester		F40	F	02:16:34.25	604	29	170	02:15:10.55
624	Claire	Mccarthy		F35	F	02:16:34.60	605	22	171	02:15:10.90
836	James	Rowberry		MS	M	02:16:38.40	606	234	433	02:15:28.00
787	Lana	Rees		FS	F	02:16:49.75	607	89	172	02:15:47.90
319	Louise	Gardner		F35	F	02:16:56.10	608	23	173	02:15:52.60
416	Jo	Hayward		F40	F	02:17:12.60	609	30	174	02:15:50.80
734	Rebecca	Phillips		FS	F	02:17:12.75	610	90	175	02:16:03.05
268	Christopher	Evans		MS	M	02:17:14.50	611	235	434	02:15:46.80
37	Lucy	Baker		FS	F	02:17:22.05	612	91	176	02:16:46.30
19	Angela	Mansfield		FS	F	02:17:22.45	613	92	177	02:16:46.65
469	Gwyneth	Howells		F55	F	02:17:38.90	614	6	178	02:16:32.30
643	Nicola	Millard		FS	F	02:17:41.35	615	93	179	02:16:14.40
296	Karen	Ford		F45	F	02:18:01.80	616	18	180	02:17:06.95
77	Matthew	Briant		M45	M	02:18:16.50	617	63	435	02:17:09.80

309	Leanne	Freeman	Outdoor Fitness Rc	F35	F	02:18:17.00	618	24	181	02:17:08.30
308	Aaron	Freeman	Outdoor Fitness Rc	MS	M	02:18:28.25	619	236	436	02:17:22.30
322	Julie	Gething		F40	F	02:18:34.30	620	31	182	02:17:22.55
509	Alison	Jenkins		F45	F	02:18:42.15	621	19	183	02:17:19.45
997	Jacqueline	Webb	Chepstow Harriers	F50	F	02:18:46.40	622	11	184	02:17:46.00
11	Akbar	Ali		MS	M	02:18:55.15	623	237	437	02:17:49.35
203	Ronald	Davies		M40	M	02:19:05.30	624	74	438	02:17:44.70
753	Christopher	Preston		MS	M	02:19:05.30	625	238	439	02:17:45.10
1025	Christopher	Williams		MS	M	02:19:19.95	626	239	440	02:18:10.20
1022	Kara	Williams		FS	F	02:19:20.25	627	94	185	02:18:10.95
1066	John	Wybrant	Lliswerry Runners	M60	M	02:19:24.60	628	9	441	02:17:44.75
412	Stuart	Hawkins		M45	M	02:19:34.90	629	64	442	02:18:13.10
1003	Marc	Weild		MS	M	02:19:50.20	630	240	443	02:18:21.45
132	Gareth	Childs		MS	M	02:19:50.85	631	241	444	02:18:22.20
57	Lisa	Bentham		FS	F	02:20:01.25	632	95	186	02:18:38.15
311	John	Fry	Fairwater Runners Cwmbran	M60	M	02:20:10.05	633	10	445	02:18:54.25
82	Paul	Brookes		M40	M	02:20:19.75	634	75	446	02:19:04.55
83	Mark	Brookes		M40	M	02:20:19.90	635	76	447	02:19:04.45
269	Angela	Evans		FS	F	02:20:23.70	636	96	187	02:19:23.00
645	Geoff	Miller		M55	M	02:20:39.00	637	18	448	02:19:57.50
405	Laura Caitlin	Harvey		FS	F	02:20:54.10	638	97	188	02:19:52.80
991	Vicky	Watkins	Local Fitness	FS	F	02:21:11.10	639	98	189	02:20:00.60
446	Marie-Claire	Hopkin		F40	F	02:21:23.55	640	32	190	02:20:12.65
142	Paul	Clarke		M40	M	02:21:32.15	641	77	449	02:20:25.85
172	Kelly	Cox		FS	F	02:21:41.85	642	99	191	02:20:14.00
434	Gary	Hitchens		MS	M	02:21:49.65	643	242	450	02:21:10.35
669	Katherine	Morris		FS	F	02:21:50.15	644	100	192	02:20:36.05
408	Chris	Hassell		MS	M	02:21:51.40	645	243	451	02:20:36.20
1017	Kirstyn	Williams		FS	F	02:21:58.90	646	101	193	02:21:10.10
301	Jane	Foster		FS	F	02:22:14.10	647	102	194	02:21:17.80
667	Iain	Morgan-Jones		M40	M	02:22:17.05	648	78	452	02:20:58.00
1019	Lewis	Williams		MS	M	02:22:17.40	649	244	453	02:22:17.40
854	Martyn	Sergent		M45	M	02:22:19.65	650	65	454	02:21:23.70

198	Michael	Davies		MS	M	02:22:29.20	651	245	455	02:21:23.50
108	Karen	Burke		F50	F	02:22:31.80	652	12	195	02:21:34.30
926	Lauren	Talemi	Team Paula	FS	F	02:22:31.80	653	103	196	02:21:21.65
314	Gemma	Gadd		FS	F	02:22:35.00	654	104	197	02:21:41.15
662	Jodie-Lisa	Morgan		F35	F	02:22:49.30	655	25	198	02:22:09.80
17	Ben	Andrews		MS	M	02:22:50.00	656	246	456	02:22:09.95
247	Lynda	Dursley	Lliswerry Runners	F50	F	02:22:52.00	657	13	199	02:21:54.75
660	Kay	Morgan		F35	F	02:22:52.85	658	26	200	02:22:14.95
692	Peter	Olivier	Comtec	M45	M	02:22:59.20	659	66	457	02:21:36.20
901	Sarah	Spuffard		FS	F	02:23:03.80	660	105	201	02:21:36.45
121	Tracey	Chadd		F35	F	02:23:04.75	661	27	202	02:22:09.60
454	Sian	Horley	Strength Box	FS	F	02:23:09.45	662	106	203	02:22:16.90
759	Deborah	Prigg		F50	F	02:23:52.50	663	14	204	02:22:26.00
1	Gemma	Acreman		FS	M	02:23:55.05	664	107	458	02:22:51.40
755	Ruth	Price		F40	F	02:23:58.90	665	33	205	02:22:33.10
329	Bailjit	Gill		F35	F	02:24:06.75	666	28	206	02:23:13.40
703	Sandie	Page		FS	F	02:24:23.35	667	108	207	02:24:23.35
714	Lesley	Parrat		F50	F	02:24:39.30	668	15	208	02:23:22.90
972	Sian	Walden		FS	F	02:24:57.45	669	109	209	02:23:45.45
811	Hester	Richardson		F40	F	02:24:57.55	670	34	210	02:23:30.45
816	Madeleine	Risk		FS	F	02:24:57.75	671	110	211	02:23:45.60
583	Bethan	Little		FS	F	02:24:58.15	672	111	212	02:23:43.85
270	Cheryl	Evans		F35	F	02:24:59.55	673	29	213	02:23:32.30
979	Ruth	Walters		FS	F	02:25:20.95	674	112	214	02:24:30.25
180	Andy	Crisp		MS	M	02:25:21.45	675	247	459	02:24:30.45
489	Andrew	James		MS	M	02:25:22.55	676	248	460	02:24:06.20
890	Sharon	Smith		F40	F	02:25:51.45	677	35	215	02:24:32.75
848	Darren	Samuel		MS	M	02:25:54.45	678	249	461	02:25:25.45
807	Kerry	Richards		F40	F	02:26:05.30	679	36	216	02:25:18.50
277	Annette	Exley		F45	F	02:26:13.30	680	20	217	02:25:13.25
770	Celia	Randerson	Lliswerry Runners	F35	F	02:26:21.85	681	30	218	02:25:00.25
876	Richard	Slaughter		MS	M	02:26:27.05	682	250	462	02:25:46.95
74	Rachel	Braine		F40	F	02:26:31.05	683	37	219	02:25:33.70

477	Alice	Hunt		F35	F	02:26:39.65	684	31	220	02:25:35.70
1004	Rose-Marie	Wells		F40	F	02:26:55.35	685	38	221	02:25:35.65
110	Michelle	Bushell		FS	F	02:27:18.95	686	113	222	02:27:18.95
232	Karla	Donaldson		FS	F	02:27:19.15	687	114	223	02:27:19.15
663	Stephen	Morgan		M50	M	02:27:33.45	688	39	463	02:26:19.35
655	Huw	Morgan		MS	M	02:27:33.65	689	251	464	02:26:18.95
693	Wendy Ceridwen	Oneill		F50	F	02:27:56.35	690	16	224	02:27:56.35
1012	Peter	Widdrington		MS	M	02:27:56.45	691	252	465	02:26:51.55
610	Lucy	Marley		FS	F	02:28:11.30	692	115	225	02:26:43.25
791	Jane	Reid		FS	F	02:28:23.00	693	116	226	02:26:58.20
290	Bryn	Fitzgerald		MS	M	02:28:38.25	694	253	466	02:27:53.45
930	Melissa	Teague		FS	F	02:28:38.30	695	117	227	02:27:53.20
864	Abi	Short		FS	F	02:28:59.75	696	118	228	02:27:56.00
183	Deborah	Cumming		F45	F	02:29:07.05	697	21	229	02:28:51.95
295	Stephen	Ford		MS	M	02:29:08.70	698	254	467	02:27:50.00
109	Jenny	Burns		F40	F	02:29:13.40	699	39	230	02:28:05.40
200	Aimee	Davies		FS	F	02:29:14.05	700	119	231	02:28:17.25
1024	Ceri-Anne	Williams		F35	F	02:29:28.40	701	32	232	02:29:28.40
215	Samantha	Davies		FS	F	02:29:33.10	702	120	233	02:28:21.50
611	Stephen	Marsh		M55	M	02:29:46.55	703	19	468	02:28:25.55
538	Jessica	Jones	Outdoor Fitness Rc	FS	F	02:29:49.80	704	121	234	02:28:40.95
1046	Cherie	Wilson	Outdoor Fitness Rc	F40	F	02:29:49.85	705	40	235	02:28:41.70
65	Hayley	Blignaut	Dragons Running Club	F35	F	02:29:57.35	706	33	236	02:28:45.55
252	Helen	Edwards	Dragons Running Club	F40	F	02:29:59.90	707	41	237	02:28:48.90
1050	Boy	Wonder		MS	M	02:30:03.45	708	255	469	02:28:38.60
837	Joanna	Rowberry		FS	F	02:30:10.25	710	122	238	02:29:00.00
835	Kate	Rowberry		FS	F	02:30:10.30	711	123	239	02:29:00.50
9	Les	Ainscough		M50	M	02:30:13.70	712	40	471	02:28:56.55
520	Will	Jones		MS	M	02:30:35.50	713	257	472	02:30:35.50
219	Nicola	Davies	British Military Fitness	FS	F	02:31:15.60	714	124	240	02:30:39.80
254	Kate	Edwards	British Military Fitness	FS	F	02:31:15.75	715	125	241	02:29:56.15
25	Rachel	Arnold		FS	F	02:31:25.55	716	126	242	02:29:51.20
383	Emma Joy	Harber		FS	F	02:31:25.85	717	127	243	02:30:22.35

212	Teslin	Davies		F55	F	02:31:35.75	718	7	244	02:30:27.35
596	Fiona	Mackenzie		FS	F	02:31:46.15	719	128	245	02:31:17.50
4	Rayana	Adams		F40	F	02:32:07.20	720	42	246	02:30:50.05
580	Diana	Leyshon		F40	F	02:32:07.65	721	43	247	02:30:50.25
1051	Dionne	Wood		F35	F	02:32:16.65	722	34	248	02:32:16.65
222	Jo	Daviss		F40	F	02:32:30.15	723	44	249	02:31:26.95
293	Pamela	Flanagan		M45	M	02:32:30.15	724	67	473	02:31:27.20
625	Debbie	Mccarthy		F40	F	02:32:31.95	725	45	250	02:31:29.05
578	Chris	Lewis	Lliswerry Runners	F50	F	02:34:37.60	726	17	251	02:33:07.10
151	Laura	Cole		FS	F	02:34:37.90	727	129	252	02:33:06.90
1027	Keri	Williams		F35	F	02:34:50.95	728	35	253	02:33:22.05
733	Morwenna	Phillips		FS	F	02:35:16.55	729	130	254	02:33:55.25
735	David	Phillips		M50	M	02:35:16.95	730	41	474	02:33:55.95
486	Victoria	James		FS	F	02:35:18.55	731	131	255	02:33:55.85
97	David	Bugeja		M40	M	02:36:11.60	732	79	475	02:36:11.60
161	Carly	Cook		FS	F	02:36:16.80	733	132	256	02:35:05.40
255	Natalie	Elgar	N.E.W.T	FS	F	02:36:16.80	734	133	257	02:35:06.05
998	Emily	Webb		FS	F	02:36:24.00	735	134	258	02:35:01.30
571	Karen	Lewis		FS	F	02:36:39.30	736	135	259	02:35:33.95
128	Calais	Chard		FS	F	02:36:39.90	737	136	260	02:35:41.55
1018	Sian	Williams		FS	F	02:36:40.20	738	137	261	02:35:41.85
803	Maxine	Rhodes		F45	F	02:37:12.45	739	22	262	02:35:36.60
105	Rosalind	Burgess	Lliswerry Runners	F45	F	02:38:28.90	740	23	263	02:37:28.25
695	Claire	Orford		F35	F	02:39:13.95	741	36	264	02:37:49.85
944	Isabelle	Thomissen		FS	F	02:40:26.90	742	138	265	02:38:56.25
285	Rachel	Field	The Emergency Nurses	F35	F	02:41:33.25	743	37	266	02:40:09.35
187	Linda	Dack		FS	F	02:43:06.00	744	139	267	02:42:01.20
497	Laura	Jeffreys		FS	F	02:45:59.95	745	140	268	02:45:07.00
424	Mark	Hickman		MS	M	02:46:00.20	746	258	476	02:45:06.60
934	Clive	Thomas	Watkins And Gunn	M45	M	02:46:41.95	747	68	477	02:45:36.60
493	Hanan	Jamil		MS	M	02:48:01.15	748	259	478	02:46:54.60
891	Louise	Smith		F40	F	02:48:17.60	749	46	269	02:46:48.20
372	Natalie	Halket	Wessex Garages	FS	F	02:48:30.05	750	141	270	02:47:28.30

881	Kelly	Smith		FS	F	02:48:47.10	751	142	271	02:47:18.20
532	Tracey	Jones		F40	F	02:49:30.00	752	47	272	02:48:01.55
1078	Elle	Symonds		FS	F	02:49:30.25	753	143	273	02:48:30.40
445	Lee	Holmes		M45	M	02:52:02.05	754	69	479	02:50:43.60
26	Gareth	Arnold		MS	M	02:52:02.20	755	260	480	02:50:44.05
479	Phil	Hurn		M45	M	02:54:28.85	756	70	481	02:54:28.85
903	Nicola	Steer		FS	F	02:54:29.40	757	144	274	02:52:57.80
23	Jessica	Arlett		FS	F	02:54:29.45	758	145	275	02:52:57.70
55	Gemma	Beaton		FS	F	02:57:07.45	759	146	276	02:55:49.45
382	Helen	Hancox		F35	F	02:57:07.65	760	38	277	02:55:49.65
119	Katherine	Castle		FS	F	02:57:10.10	761	147	278	02:55:58.25
281	Gemma	Farley		FS	F	02:57:58.60	762	148	279	02:56:53.45
1056	Chris	Woods		MS	M	03:01:19.50	764	261	482	02:59:46.80
113	Jean	Carlson		F50	F	03:01:20.30	765	18	281	02:59:53.85
781	Kim	Rees		F35	F	03:09:07.95	766	39	282	03:08:00.35
112	Rebecca	Carless		F35	F	03:09:08.25	767	40	283	03:08:00.95
984	Rebecca	Watkins		FS	F	03:09:10.85	768	150	284	03:07:41.00
856	Anne	Sevenoaks		F55	F	03:09:10.90	769	8	285	03:07:58.30
34	Rebecca Faye	Austin		FS	F	03:22:56.35	770	151	286	03:21:32.00
263	Emma	Evans		FS	F	03:23:08.35	771	152	287	03:21:44.05
522	Kirsty	Jones	Team Ethan	FS	F	03:25:07.15	772	153	288	03:23:38.75
221	Andrea	Davies-Tuthill		F40	F	03:30:17.95	773	48	289	03:29:07.20
1068	Jodie	Williams								
1069	Jonathon	Avery								
1070	Jamie	Marchant								
3	Robert	Adams		M45	M					
7	Lee	Adams		M45	M					
10	David	Aldington		M40	M					
15	Clare	Anderson		F45	F					
18	Sarah	Angel		F40	F					
20	Paul	Annet		MS	M					
21	Henrietta	Anstey		F40	F					
22	Michael	Anthony	Llswerry Runners	M55	M					



27	Az	Ashraf		M40	M					
28	Jennie	Ashton		FS	F					
32	Ian	Attwood		M60	M					
39	Lois	Baldry		FS	F					
40	Johan	Bangsund		M40	M					
41	Victoria	Barnes		FS	F					
42	Tom	Barr		MS	M					
44	Mirko	Barth		M50	M					
45	Clare	Bartlett		F35	F					
47	Steven	Bartlett	Wafty Crankers	MS	M					
51	Phillip	Bates		M45	M					
61	Tina	Birkby		FS	F					
68	Kathryn	Boucherat		F50	F					
75	Simon	Bray		M45	M					
78	Amanda	Bright		F35	F					
79	Natalie	Brimble		FS	F					
80	Geoff	Brimble	Newport Harriers	M45	M					
84	Lucy	Brooks		FS	F					
88	Jamie	Brown		MS	M					
90	Lindsay	Bruce		F35	F					
92	Vikki	Brustad		F35	F					
98	Chris	Bullen		M45	M					
99	Katie	Bunston		FS	F					
104	Sarah-Jane	Burgess		F35	F					
106	Bryn	Burgess	Lliswerry Runners	M55	M					
114	Elizabeth	Carpenter		FS	F					
115	Liam	Carroll		MS	M					
116	Geraint	Heath	Lliswerry Runners	MS	M					
122	Elisabeth	Chamberlain		FS	F					
123	Sarah	Chamberlain	Penarth Ladies Running Club	FS	F					
126	Anna	Chapman		FS	F					
127	Jason	Chapman		MS	M					
129	Simon	Cheetham		MS	M					

130	Samantha	Chick	Lliswerry Runners	F40	F					
133	Emily	Chinn		F40	F					
137	Laura	Churchill		F35	F					
138	Mark	Cichuta		M50	M					
140	Anne Marie	Clarke		FS	F					
141	Kate	Clarke		FS	F					
147	James	Cobb		MS	M					
152	Richard	Coles		M40	M					
153	Alan	Coles	Act Plumbers Limited	M40	M					
154	Julie	Coles		F40	F					
155	Stephen	Collard		M40	M					
156	Daniel	Colsey		MS	M					
163	Wayne	Cooper		M40	M					
164	Roger	Cope		M40	M					
166	Rhodri	Cording		MS	M					
171	Nick	Cox		MS	M					
176	Adrian	Crawford		MS	M					
179	John	Cregg		M45	M					
182	Fiona	Cross	Pont Y Pwl District Runners	FS	F					
186	Paula	Curtis		FS	F					
189	Douglas	Dalwood		MS	M					
191	Noelwyn	Daniel	Healthy Life Activties	M45	M					
192	Mccarthy	David		M40	M					
195	Ben	Davies		MS	M					
204	Robert	Davies	Lliswerry Runners	M40	M					
205	Martyn	Davies		M40	M					
211	Claire Louise	Davies	Dragons Running Club	F45	F					
213	Cleo	Davies		FS	F					
220	Rachael	Davies		FS	F					
224	Catherine	Dawe		F40	F					
225	Nicky	Day		MS	M					
227	Joanna	Dearden		FS	F					
229	Christopher	Derbyshire	Snafu	M45	M					

231	Marie	Doble		FS	F					
237	Laura	Dowsett		FS	F					
239	Timothy	Driscoll		M40	M					
240	Jonathan	Duffy	Jd Runners	MS	M					
249	Yasmine	Duval		FS	F					
250	Mandy	Eastwood		F40	F					
260	Tom	Ellor		MS	M					
261	Mark	Emes	Bitton Road Runners	M50	M					
265	Kayleigh	Evans		FS	F					
271	Sharon	Evans		F45	F					
276	Michael	Evans		MS	M					
287	Dan	Finch		MS	M					
292	Emma	Fitzmaurice		FS	F					
300	Ceri	Fortt		FS	F					
303	Gareth	Fotheringham		MS	M					
304	Marilyn	Fouwather		F55	F					
305	Michelle	Fouweather		F35	F					
307	Andrew	Frayling		MS	M					
312	Robin	Fuller		MS	M					
315	Rachel	Gaisford		F40	F					
318	Rebecca	Gardner		FS	F					
320	Phillip	George	Les Croupiers	MS	M					
321	Alison	George		F55	F					
327	Lois	Gill		FS	F					
334	Simone	Goddard		FS	F					
335	Andrew	Goddard		M40	M					
337	Rebecca	Goodall		FS	F					
340	James	Graham	Lower Machen Deerhounds	MS	M					
342	James	Grant		MS	M					
343	Rhys	Gravell		MS	M					
346	Rebecca	Greenslade		FS	F					
350	Tristan	Griffin	203 Welsh Field Hospital	M45	M					
351	Eve	Griffiths		FS	F					

352	Victoria	Griffiths		FS	F					
359	Sarah	Griffiths		FS	F					
361	Meryl Julie	Webb	203 Welsh Field Hospital	F40	F					
362	Kelly	Groves		FS	F					
365	Dominic	Guscott		MS	M					
377	Andrew	Hamilton		MS	M					
378	Andrew	Hamilton		M55	M					
379	Stephen	Hampson		M45	M					
384	Yvonne	Hardcastle		F55	F					
386	Philip	Harding		M50	M					
396	Marion	Harris	Alchester Running Club	F55	F					
398	Avril	Harrison		FS	F					
400	Rebecca	Harrison		F35	F					
406	Mark	Harvey	Chepstow Harriers	M50	M					
410	Anneka	Hawkins		FS	F					
415	Julian	Hayman		M55	M					
417	Miranda	Healey		F40	F					
419	Amy	Hellerman	Admiral	FS	F					
420	Lisa	Hembury		FS	F					
421	David	Hendy		M50	M					
422	Emily	Hennessy		FS	F					
426	Darren	Hill		M40	M					
428	John	Hill	Lliswerry Runners	M60	M					
430	Helen	Hinsley	Bitton Road Runners	F45	F					
431	Eddie	Hiscocks		MS	M					
437	Saul	Hodder		MS	M					
438	Paula	Hoddinott		F45	F					
441	Carmel	Holdaway	Dc2 Roadrunners	MS	M					
453	Phillip	Horley	Strength Box	MS	M					
455	Charlotte	Hoskins		FS	F					
457	Hannah	Howe		FS	F					
459	Tom	Howe		MS	M					
460	Harriet	Howell		FS	F					

462	Kim	Howell		F55	F					
464	Kyle	Howells		MS	M					
466	Rachel	Howells		F35	F					
468	Sarah	Howells		F40	F					
470	Andrew	Howells-Smith		M40	M					
471	Rebecca	Hudd		FS	F					
472	Ben	Hughes		MS	M					
473	Sarah	Hughes		FS	F					
484	Steve	Jackson	Royal Air Force Aa	M45	M					
485	Nick	Jacques		M50	M					
488	Laura	James		FS	F					
498	Teresa	Jeffries	Dragons Running Club	F45	F					
501	Wendy	Jenkins		F35	F					
504	Nigel	Jenkins		M45	M					
505	Deborah	Jenkins		F45	F					
508	Marianne	Jenkins	Marianne	F40	F					
510	Tyler	Jennifer		FS	F					
512	Marnie	Johannesen		F40	F					
516	Beverley	Johns		F40	F					
518	Paul	Johnsey		MS	M					
519	Dean	Johnson		MS	M					
524	Ceri	Jones		FS	F					
530	Bleddyn	Jones	Lliswerry Runners	MS	M					
541	Ashley	Jones		MS	M					
543	David	Jordan		MS	M					
546	Mark	Keats		MS	M					
554	Alison	Kibblewhite		F40	F					
557	Tony	King		M50	M					
561	Tom	Knowles		M40	M					
567	Elizabeth	Last		FS	F					
569	Alex	Lee		MS	M					
570	Spencer	Lewis		MS	M					
572	Dana	Lewis		FS	F					

574	Nia	Lewis		F35	F					
576	Julie	Lewis	Islwyn R C	F45	F					
581	Ian	Liddiatt	Cardiff Triathletes	M40	M					
582	Beth	Linton		F35	F					
585	Gareth	Llewellym		MS	M					
589	Amy	Lloyde		FS	F					
590	Elizabeth	Logan		FS	F					
598	Sile	Magee		FS	F					
599	Niamh	Maguire		FS	F					
601	Kelly	Mainwaring		FS	F					
602	Louise	Maitland		F35	F					
607	Steven	Maloney		MS	M					
613	Ashley	Marshall		MS	M					
621	Peter	Matthews		M45	M					
626	Menna	Mccarthy	Dragons Running Club	F40	F					
627	Shane	Mccarthy	Strength Box	M40	M					
628	Lisa	Mcdonald		F45	F					
639	James	Meacham		MS	M					
642	Joseph	Meringolo		MS	M					
648	Shane	Mock		M45	M					
649	Ellie	Mogridge		FS	F					
653	Elin	Morgan	Cardiff University Harriers	FS	F					
658	Joanna	Morgan		FS	F					
665	Ruth	Morgan		F55	F					
666	Amberley	Morgan	Usk Runners	FS	F					
668	Grant	Morris		MS	M					
670	Gwen	Morris	Ingli Runners	FS	F					
671	David	Morris		MS	M					
679	Joe	Mulcahy		M50	M					
683	Stephen	Nicholas		M40	M					
684	Richard	Nicholls		MS	M					
687	Andrew	Oak		MS	M					
688	Kate	O'Connor		F40	F					

696	David	Orford		MS	M					
700	Stacey	Owen		FS	F					
710	Rebecca	Parker	Becky	FS	F					
713	Steven	Parkins		MS	M					
716	Niku	Patel		MS	M					
722	Adrian	Pearce		M40	M					
724	Nicola	Pegington		FS	F					
725	Nicolas	Peksa	Sandhurst Joggers	MS	M					
728	Mike	Perrett		M40	M					
730	Hannah	Perry		FS	F					
732	Hannah	Phillips		FS	F					
736	Andy	Phillips	Bitton Road Runners	M50	M					
737	Sarah	Phillips-Mruk		F35	F					
738	Gareth	Pinder		MS	M					
741	Mel	Plant		M45	M					
745	Christopher	Pope		MS	M					
756	Lee	Price		MS	M					
762	Karleigh Louise	Prosser		FS	F					
764	Kath	Pulman	203 Welsh Field Hospital	FS	F					
766	Jason	Quest		MS	M					
767	Tej	Quine		F45	F					
768	Rebecca	Raikes		FS	F					
772	Victoria	Ratcliffe	Teignbridge Trotters	F35	F					
775	Jamie	Read		MS	M					
778	Caroline	Rees		FS	F					
782	Christina	Rees		F40	F					
784	Lynda	Rees		F45	F					
788	Tim	Reese	Lliswerry Runners	M50	M					
790	Nud	Rehman	Fairwater Runners Cwmbran	MS	M					
793	John	Reid		M40	M					
795	Adele	Reilly		F40	F					
796	John	Relish		M55	M					
797	Lee	Relish		MS	M					

799	Angelina	Retter		FS	F					
800	Emma	Reynolds		FS	F					
804	Andy	Richards		MS	M					
810	Kathryn	Richards	Lliswerry Runners	FS	F					
813	Lisa	Ridley		FS	F					
817	Mark	Roberts		MS	M					
819	Cathy	Robins		FS	F					
838	Ian	Rowe		M40	M					
840	Mark	Rowe		M50	M					
843	Robert	Runners		M60	M					
845	Rachel Claire	Rykala		FS	F					
852	Jason	Scaife		MS	M					
857	Maxine	Sewell		FS	F					
858	Paul	Shapcott	Tamer Trotters	M40	M					
861	Rhys	Sheppard		MS	M					
863	Elizabeth	Shingler		F55	F					
867	Timothy	Siddle	Dragons Running Club	MS	M					
871	Nia	Singleton		FS	F					
880	Matt	Smith		MS	M					
882	Siana	Smith		FS	F					
884	Claire	Smith		F35	F					
887	Anna	Smith		F35	F					
888	Sarah	Smith		F35	F					
889	Emma	Smith		F40	F					
896	Darren	Sparkes		M40	M					
909	Hannah	Stonelake		FS	F					
912	Alison	Strong		F40	F					
913	David	Stubbs		M50	M					
918	Andrew	Sweeting		MS	M					
920	Jim	Swidenbank		MS	M					
921	Sian	Sykes		FS	F					
924					N					
927	Cheryl	Taylor		F40	F					



932	Hollie	Thomas		FS	F					
935	Kevin Neil	Thomas		M45	M					
936	Dee	Thomas		F45	F					
939	Dale	Thomas		M50	M					
940	Craig	Thomas		MS	M					
945	Sinead	Thomson	Llswerry Runners	FS	F					
946	Beverley	Thorne		F45	F					
951	Natalie	Tooze		FS	F					
952	Shelley	Traylor	Dragons Running Club	F35	F					
953	Geraint	Treharne		MS	M					
954	Mary	Trenfield		F50	F					
962	Rob	Vaughan		MS	M					
965	John	Vlahos		M55	M					
966	Mike	Vowles	Weston Ac	M55	M					
971	Karen	Walbyoff		F35	F					
973	Richard	Waldron	Badtri	MS	M					
974	Gavin	Walker		MS	M					
975	Barry	Walker	Weston Athletic Club	M50	M					
980	Corinne	Wardjones		F45	F					
993	Kirstie Danielle	Watts	Help For Heroes	FS	F					
995	Paul David	Watts		M50	M					
999	Stefan	Sanchez		MS	M					
1009	Greg	White		MS	M					
1020	Michelle	Williams		FS	F					
1021	David	Williams		MS	M					
1023	Lauren	Williams		FS	F					
1028	Darren	Williams		M40	M					
1029	Sarah	Williams		F40	F					
1033	Steve	Williams		M55	M					
1036	Rhian	Williams		FS	F					
1038	Christopher	Williams		M40	M					
1047	Dawn	Wilson		F50	F					
1058	Clare	Woodward		FS	F					

1059	Chris	Woodward		M40	M					
1061	David	Worgan	Crothorne Electrical Services	MS	M					
1062	Joshua	Worrad		MS	M					
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