

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1	1	01:14:46	Ryan	McFlynn	M			1	01:14:46
2	1175	01:17:09	Matthew	Welsh	M	1	Tri	2	01:17:08
3	910	01:17:15	Leighton	Rawlinson	M			3	01:17:14
4	865	01:17:30	Emrys	Penny	M		Newport Harriers	4	01:17:29
5	68	01:17:43	Maciej	Bialogonski	M			5	01:17:42
6	316	01:17:46	James	Elgar	M			6	01:17:45
7	372	01:19:35	Tom	Foster	M		Cardiff Triathletes	7	01:19:34
8	926	01:20:33	Christopher	Rennick	M			8	01:20:31
9	425	01:21:10	Mike	Griffiths	M		Lliswerry Runners	9	01:21:09
10	680	01:21:27	Richard	Lloyd	M		Aberdare VAAC	10	01:21:25
11	117	01:21:52	Gary	Brown	M		Penarth & Dinas Runners	11	01:21:50
12	801	01:22:03	Doug	Nicholls	M		San Domenico	12	01:22:02
13	625	01:22:21	Alun	King	M		Lliswerry Runners	13	01:22:18
14	574	01:22:25	Dean	Johnson	M			14	01:22:22
15	772	01:22:38	Emma	Wookey	F		Lliswerry Runners	15	01:22:36
16	256	01:22:54	Steve	Davies	M	50	Pontypool & District Runners	16	01:22:52
17	575	01:25:26	Nicholas	Johnson	M			17	01:25:24
18	597	01:25:50	Richard	Jones	M			18	01:25:39
19	458	01:25:55	Michael	Harris	M		Caerleon Running Club	19	01:25:53
20	163	01:26:02	Jack	Casey	M			20	01:25:56
21	162	01:26:07	James	Casburn	M		Caerleon Running Club	22	01:26:05
22	541	01:26:08	Richard	Jackson-Hookins	M		Penarth & Dinas Runners	23	01:26:06
23	82	01:26:09	Thomas	Bland	M		Lliswerry Runners	24	01:26:06
24	531	01:26:09	Mark	Hurford	M		Pontypool & District Runners	21	01:26:03
25	803	01:26:10	Daniel	Oakenfull	M			25	01:26:08
26	215	01:26:12	Pete	Croall	M		San Domenico	26	01:26:10
27	57	01:26:15	Jon	Belcher	M			27	01:26:12
28	107	01:26:43	Phil	Bristow	M	50	San Domenico	28	01:26:40
29	212	01:26:57	Matt	Creed	M		Lliswerry Runners	29	01:26:53
30	605	01:27:14	Daman	Jukes	M	40	Parc Bryn Bach	30	01:27:11
31	1120	01:27:27	Matthew	Turner	M		Cr@pTri	31	01:27:24
32	912	01:27:30	Adam	Rees	M	40	Bridgend AC	32	01:27:25

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
33	594	01:27:35	Neil	Jones	M			33	01:27:32
34	767	01:27:54	Chris	Morgan	M	40		34	01:27:48
35	671	01:28:15	Ian	Liddiatt	M	40	Cardiff Triathletes	35	01:28:04
36	442	01:28:20	Gareth	Hall	M		Lliswerry Runners	36	01:28:17
37	780	01:28:26	Chris	Morris	M		Lliswerry Runners	37	01:28:22
38	918	01:28:31	Nick	Rees	M	50	Les Croupiers	38	01:28:25
39	1212	01:28:55	Jason	Williams	M	40		39	01:28:47
40	343	01:29:00	Robert	Evans	M	50	Ebbw Vale Running Club	40	01:28:57
41	880	01:29:04	Laurence	Pole	M		Pontypridd Roadents	41	01:29:00
42	1006	01:29:16	Leigh	Shankland	M	40	Islwyn Running Club	42	01:29:12
43	1225	01:29:22	Rhys	Williams	M			43	01:29:15
44	1031	01:29:43	Lee	Smith	M	40	Lliswerry Runners	45	01:29:40
45	1201	01:29:47	Dan	Williams	M		Serpentine	44	01:29:36
46	123	01:29:52	Andy	Buchanan	M			46	01:29:44
47	1028	01:30:11	George	Smith	M		Spirit Of Monmouth	47	01:30:05
48	88	01:30:17	Philip	Boorman	M	40		48	01:30:07
49	732	01:30:18	Sean	McNally	M			49	01:30:15
50	1166	01:30:20	Ricci	Watts	M		Pontypool & District Runners	50	01:30:18
51	518	01:30:26	Louise	Howells	F			52	01:30:22
52	318	01:30:29	Richard	Elgar	M		Lliswerry Runners	51	01:30:19
53	486	01:30:34	Patrick	Hoare	M	40	Lliswerry Runners	53	01:30:30
54	809	01:30:49	Matt	O'Keefe	M			54	01:30:40
55	806	01:30:50	Malcolm	O'Brien	M			55	01:30:46
56	858	01:30:55	Andrew	Pearce	M		Griffithstown Harriers	56	01:30:48
57	4	01:31:08	Bruno	Albert	M		Nike Run Club Cardiff	57	01:31:02
58	145	01:31:10	Jodi	Campbell	M	40		59	01:31:05
59	174	01:31:11	Paul	Chick	M	40	Lliswerry Runners	61	01:31:07
60	21	01:31:12	Dan	Arthur	M		Caerleon Running Club	58	01:31:02
61	100	01:31:13	Richard	Bray	M			60	01:31:06
62	595	01:31:25	Nigel	Jones	M	40	Mynydd Du	62	01:31:22
63	822	01:31:49	Peter	Ovey	M	40	Lliswerry Runners	65	01:31:44
64	740	01:31:50	Allan	Meek	M	40	Spirit Of Monmouth	64	01:31:43

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
65	379	01:31:51	Andrew	Frayling	M		Penarth & Dinas Runners	63	01:31:40
66	927	01:31:58	Dave	Rennick	M			66	01:31:56
67	311	01:32:04	Nathan	Edwards	M			67	01:32:00
68	549	01:32:15	Keith	James	M	40		70	01:32:11
69	685	01:32:17	Brian	Lovett	M	40	San Domenico	71	01:32:15
70	403	01:32:28	Simon	Gill	M		Lliswerry Runners	73	01:32:24
71	395	01:32:31	Nicola	Gething	F	40	Parc Bryn Bach	74	01:32:29
72	1220	01:32:40	Neil	Williams	M	50	Aberdare VAAC	75	01:32:33
73	108	01:32:47	Stefan	Brittain	M	40		76	01:32:39
74	764	01:32:51	Simon	Moore	M	40	Cr@pTri	69	01:32:04
75	296	01:32:54	Jonathan	Duffy	M			78	01:32:44
76	877	01:32:55	Justin	Pocknell	M	40	Caerleon Running Club	72	01:32:19
77	1047	01:32:56	Kevin Arthur	Stenner	M	50	Yeovil Town RRC	80	01:32:46
78	440	01:32:57	Brian	Hall	M	40		77	01:32:40
79	548	01:32:58	Keith	James	M	40	Lliswerry Runners	81	01:32:48
80	263	01:33:18	James	Day	M		Pontypool & District Runners	82	01:33:10
81	61	01:33:23	Richard	Bennett	M			79	01:32:45
82	737	01:33:35	Chris	Medcalf	M		San Domenico	84	01:33:26
83	641	01:33:36	Steven	Lane	M	40	Islwyn Running Club	86	01:33:32
84	333	01:33:38	Debbie	Evans	F	40	Penarth & Dinas Runners	83	01:33:26
85	461	01:33:38	Oliver	Harris	M		Lliswerry Runners	85	01:33:28
86	637	01:33:47	Pierre	Lacrouts	M	40	Corsham Running Club	89	01:33:42
87	814	01:33:50	Peter	Olivier	M	50	Caerleon Running Club	88	01:33:40
88	273	01:33:55	Simon	Dimmer	M	50		87	01:33:34
89	860	01:33:57	James	Pearce	M		Lliswerry Runners	90	01:33:48
90	248	01:34:01	Mike	Davies	M	50	Caerleon Running Club	91	01:33:54
91	154	01:34:17	Ivor	Cardwell	M	40		92	01:34:13
92	1049	01:34:55	Darren	Stevens	M	40		94	01:34:42
93	776	01:35:03	Lloyd	Morgan	M		San Domenico	96	01:34:59
94	788	01:35:06	Matthew	Mulcahy	M	40		95	01:34:57
95	1256	01:35:14	Ashley	Wright	M	40	Emersons Green Running Club	97	01:35:09
96	127	01:35:27						68	01:32:03

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
97	983	01:35:30	Tom	Russell	M		Ebbw Vale Running Club	99	01:35:26
98	666	01:35:34	Spencer	Lewis	M		Lliswerry Runners	98	01:35:25
99	373	01:36:04	James	Foulkes-Nock	M		Lliswerry Runners	102	01:35:59
100	297	01:36:07	Antoinette	Dumayne	F		Lliswerry Runners	101	01:35:58
101	667	01:36:13	Terry	Lewis	M	50	Islwyn Running Club	103	01:36:06
102	621	01:36:28	James	Kent	M		Devon Exiles RC	105	01:36:20
103	504	01:36:31	Peter	Hopes	M	50	Bitton Road Runners	106	01:36:24
104	53	01:36:34	Gareth	Beachus	M			107	01:36:32
105	769	01:36:48	Dylan	Morgan	M			100	01:35:56
106	179	01:36:56	Alistair	Church	M	40		109	01:36:45
107	964	01:37:00	Peter	Rodger	M	50	Caerleon Running Club	111	01:36:50
108	271	01:37:04	Andrew	Dickens	M	40	Pontypool & District Runners	114	01:37:02
109	338	01:37:05	Luis	Evans	M			113	01:36:58
110	692	01:37:12	Nick	Mahoney	M		Chichester Runners & AC	93	01:34:25
111	445	01:37:14	Jon	Hancock	M	50	Usk Runners	115	01:37:04
112	279	01:37:15	Paul	Donovan	M	40	Pontypool & District Runners	117	01:37:12
113	344	01:37:15	Sam	Evans	M			112	01:36:57
114	1001	01:37:18	Chris	Selby	M	40	San Domenico	116	01:37:08
115	1234	01:37:19	Haydn	Willis	M			110	01:36:50
116	266	01:37:23	Matthew	Dent	M			108	01:36:42
117	704	01:37:32	Neale	Wood	M	50	Lliswerry Runners	118	01:37:15
118	982	01:37:33	Kevin	Russell	M	50	Lliswerry Runners	104	01:36:07
119	657	01:37:35	Megan	Leitch	F			119	01:37:17
120	267	01:37:42	Andrew	Desmond	M			120	01:37:30
121	1020	01:38:11	Gareth	Sims	M			123	01:37:44
122	1156	01:38:22	Amy	Waterson	F			124	01:38:07
123	712	01:38:22	Paul	Mason	M		Griffithstown Harriers	127	01:38:16
124	355	01:38:30	Anthony	Fidow	M	50	Lliswerry Runners	130	01:38:25
125	433	01:38:31	Matthew	Gwenter	M			128	01:38:19
126	887	01:38:39	Mark	Powell	M	40	AC Pontymister	121	01:37:38
127	90	01:38:42	Phil	Booth	M	40		132	01:38:29
128	160	01:38:46	Jonathan	Carter	M	40		136	01:38:41

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
129	449	01:38:50	David	Hands	M	40		125	01:38:10
130	439	01:38:50	Anthony	Hall	M	40		133	01:38:31
131	716	01:38:54	Chris	Matthews	M	50	Lliswerry Runners	126	01:38:15
132	456	01:38:54	Craig	Harris	M			135	01:38:39
133	959	01:38:55	Shane	Roberts	M			137	01:38:41
134	702	01:38:56	Mark	Marrin	M		Admiral	129	01:38:20
135	165	01:39:04	Steve	Chadwell	M	40		139	01:38:52
136	293	01:39:07	Helen	Duffield	F	40	Chepstow Harriers	142	01:38:57
137	566	01:39:08	Peter	Jeremiah	M			144	01:39:07
138	121	01:39:09	Garerh	Brunnock	M			140	01:38:53
139	81	01:39:13	Martin	Blakebrough	M	50	Kaleidoscope Runners	138	01:38:48
140	331	01:39:19	Dave	Evans	M	40		141	01:38:56
141	678	01:39:20	Jack	Lloyd	M	40		143	01:39:01
142	1098	01:39:42	Mike	Thurgood	M	40	Caerleon Running Club	147	01:39:32
143	979	01:39:42	Mark	Rowe	M	50		146	01:39:21
144	422	01:39:44	Barry	Griffiths	M	40	Brecon AC	148	01:39:32
145	922	01:39:50	Daniel	Reilly	M			151	01:39:44
146	186	01:39:55	Lisa	Cleary	F	40	Penarth & Dinas Runners	150	01:39:43
147	6	01:39:56	John	Allcoat	M			149	01:39:38
148	93	01:39:59	Richard	Bowen	M			152	01:39:45
149	580	01:40:00	Brian	Jones	M	50	Usk Runners	153	01:39:51
150	1066	01:40:05	Rosie	Sweetman	F			154	01:39:53
151	78	01:40:12	Peter	Blackie	M	40		155	01:39:54
152	663	01:40:13	Nathan	Lewis	M			122	01:37:41
153	69	01:40:16	Clare	Biddlecombe	F	40	Lliswerry Runners	156	01:40:01
154	1208	01:40:23	Emma Louise	Williams	F		Caerleon Running Club	159	01:40:13
155	643	01:40:24	Keith Jeffrey	Langley	M	50		157	01:40:10
156	805	01:40:28	Chris	O'Brien	M	40		158	01:40:13
157	891	01:40:40	Brad	Quin	M			161	01:40:27
158	725	01:40:41	Lyndon	McErlaine	M	40	Lliswerry Runners	164	01:40:30
159	608	01:40:47	Itay	Kaplan	M	40		160	01:40:25
160	808	01:40:52	Daniel	O'Keefe	M			166	01:40:34

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
161	945	01:40:53	Tom	Riddington	M	40	Chepstow Harriers	165	01:40:34
162	1055	01:40:54	Matthew	Stubbs	M			162	01:40:28
163	1219	01:40:58	Matthew	Williams	M			168	01:40:49
164	183	01:41:02	Phil	Tilley	M	40	Manmoth Triathlon Club	163	01:40:29
165	409	01:41:03	Jane	Goodwin	F	40	Westbury Harriers	167	01:40:41
166	715	01:41:09	Adam	Mathlin	M			170	01:40:55
167	287	01:41:15	Kevin	Draper	M			169	01:40:53
168	1024	01:41:15	Ben	Jenkins	M		Griffithstown Harriers	171	01:40:56
169	1118	01:41:16	Cathy	Turner	F	40		131	01:38:26
170	11	01:41:16	Osamah Ahmed	Al-Rasbi	M			134	01:38:36
171	257	01:41:30	Stewart	Davies	M			172	01:41:17
172	460	01:41:38	Neil	Harris	M			173	01:41:21
173	731	01:41:43	David	McMillan	M			175	01:41:26
174	353	01:41:45	Dean	Ferrier	M	40	Admiral	176	01:41:29
175	874	01:41:47	Aisling	Pigott	F		Outdoor Fitness	177	01:41:33
176	795	01:41:50	Sabrina	Naphine	F			145	01:39:18
177	1050	01:41:51	Wayne	Stewart	M	40		174	01:41:23
178	1168	01:41:57	David	Webster	M	50		178	01:41:35
179	950	01:42:03	Martin	Riley	M			179	01:41:37
180	700	01:42:04	Paul	Mansi	M	40		184	01:42:01
181	787	01:42:06	Joe	Mulcahy	M	50		182	01:41:54
182	1244	01:42:10	Anthony	Witcombe	M	40	Admiral	181	01:41:54
183	1061	01:42:10	Louise	Summers	F	40	Pontypool & District Runners	186	01:42:09
184	688	01:42:20	Stuart	Lukins	M		Admiral	185	01:42:04
185	75	01:42:30	Mark	Birkby	M			183	01:41:56
186	718	01:42:34	Joshua	Mayo	M			180	01:41:51
187	213	01:42:47	John	Cregg	M	40		192	01:42:41
188	217	01:42:50	Thomas	Cross	M			191	01:42:37
189	120	01:42:51	Steve	Brown	M	50	Pembrokeshire Harriers	189	01:42:32
190	324	01:42:52	Andrew	Ellison	M			193	01:42:43
191	94	01:42:56	Michael	Bowman	M	40		194	01:42:44
192	86	01:42:57	Carl	Johns	M	50	San Domenico	195	01:42:48

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
193	1000	01:42:58	John	Seaward	M		San Domenico	196	01:42:50
194	105	01:43:00	Paul	Bridges	M	40		199	01:42:52
195	1079	01:43:04	Christopher	Thomas	M	50	Ebbw Vale Running Club	197	01:42:50
196	106	01:43:07	Louise	Bright	F		Pontypool & District Runners	200	01:42:54
197	303	01:43:08	Paul	Dursley	M	60	Lliswerry Runners	198	01:42:51
198	172	01:43:23	Shaun	Chard	M			204	01:43:12
199	905	01:43:24	Kevin	Quigley	M			202	01:43:07
200	1064	01:43:27	Alex	Swaffer	M			203	01:43:09
201	679	01:43:38	Matthew	Lloyd	M		Fairwater Runners Cwmbran	201	01:43:01
202	384	01:43:39	Craig	Fussell	M	40		205	01:43:22
203	1052	01:43:51	Elizabeth	Stokes	F	40	Griffithstown Harriers	208	01:43:32
204	207	01:43:54	Chris	Coward	M			209	01:43:34
205	364	01:43:55	Ryan	Flood	M	40		207	01:43:26
206	471	01:44:02	Andrew	Hayward	M	40		206	01:43:22
207	325	01:44:05	Michael	Elliston	M	40	Les Croupiers	210	01:43:34
208	415	01:44:07	David	Green	M	40	Pegasus RC	211	01:43:41
209	1253	01:44:18	Matthew	Wreford	M			219	01:44:12
210	146	01:44:21	Maria	Campden	F	40		213	01:43:50
211	988	01:44:21	Adam	Sadler	M			187	01:42:11
212	137	01:44:26	Ashley	Burton	M			216	01:44:03
213	495	01:44:26	Stewart	Hole	M			215	01:44:03
214	499	01:44:27	Helen	Holloway	F	40		221	01:44:15
215	76	01:44:37	Anna	Birt	F			214	01:43:59
216	939	01:44:37	Greg	Richards	M			188	01:42:17
217	128	01:44:42	Rhian	Hughes	F	50	Village Vipers	218	01:44:08
218	1043	01:44:43	Mark	Spooner	M	50		222	01:44:23
219	498	01:44:43	Kathryn	Holley	F		Ebbw Vale Running Club	223	01:44:29
220	244	01:44:48	Lewis	Davies	M		AC Pontymister	212	01:43:47
221	337	01:44:49	Louise	Evans	F	40	Ebbw Vale Running Club	226	01:44:34
222	544	01:44:50	Andrew	James	M	40	Lliswerry Runners	224	01:44:29
223	475	01:44:51	Geraint	Heath	M		Lliswerry Runners	190	01:42:35
224	383	01:44:52	Sarah	Fry	F	40	Islwyn Running Club	220	01:44:15

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
225	862	01:45:00	Paul	Harvey	M			227	01:44:37
226	254	01:45:06	Sean	Davies	M			217	01:44:06
227	392	01:45:06	Helen	Passant	F	40		228	01:44:40
228	18	01:45:18	Matthew	Armstrong	M	40		232	01:45:03
229	1250	01:45:22	Sean	Woodman	M		Admiral	231	01:44:51
230	1104	01:45:28	Paul	Titchener	M			233	01:45:05
231	1095	01:45:34	Claire	Thompson	F		Griffithstown Harriers	235	01:45:15
232	851	01:45:41	Mark	Passmore	M			238	01:45:21
233	396	01:45:44	Ant	Gettins	M			239	01:45:22
234	464	01:45:45	Gareth	Hart	M	40	Caerleon Running Club	234	01:45:09
235	848	01:45:45	David	Parsons	M	40		237	01:45:20
236	766	01:45:54	Carl	Morgan	M			241	01:45:26
237	889	01:45:56	Richard	Powell	M	40		243	01:45:35
238	861	01:45:58	Ryan	Pearce	M			236	01:45:20
239	423	01:45:59	David	Griffiths	M		Fairwater Runners Cwmbran	240	01:45:23
240	221	01:46:04	Matthew	Cunnell	M	40		250	01:45:57
241	92	01:46:07	Rachel	Bowen	F			245	01:45:44
242	962	01:46:09	Alan	Rockliffe	M	50		249	01:45:56
243	225	01:46:11	Antony	Dale	M	40		242	01:45:28
244	349	01:46:12	Tim	Farndon	M			247	01:45:45
245	65	01:46:13	Alyson	Bevan	F			252	01:45:57
246	352	01:46:19	Kelly	Felstead	F		Islwyn Running Club	248	01:45:56
247	391	01:46:19	David	Gates	M	50	Lliswerry Runners	246	01:45:44
248	853	01:46:20	Keith	Patterson	M	70	San Domenico	253	01:46:00
249	1121	01:46:21	Mark	Tyler	M			244	01:45:42
250	994	01:46:39	James	Saunby	M	40		264	01:46:29
251	361	01:46:40	Pamela	Flanagan	F	40		263	01:46:26
252	1114	01:46:40	Michael	Tune	M	40		262	01:46:26
253	136	01:46:40	Kevin	Burt	M	40		258	01:46:10
254	550	01:46:42	Neil	James	M	40	Newport & East Wales Triathlon	265	01:46:30
255	519	01:46:44	Andrew	Hughes	M	40		259	01:46:13
256	1069	01:46:46	Ben	Sykes	F			267	01:46:30

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
257	249	01:46:50	Nick	Davies	M	50	Lliswerry Runners	255	01:46:02
258	838	01:46:54	Rhys	Parfitt	M		Pontypool & District Runners	261	01:46:26
259	231	01:46:56	Sophie	Davidson	F			269	01:46:36
260	941	01:46:56	Samuel	Richards	M			256	01:46:03
261	281	01:46:57	Rhys	Doolan	M		Griffithstown Harriers	254	01:46:01
262	356	01:47:00	Simon	Fish	M			272	01:46:43
263	1161	01:47:03	James	Watkins	M	40	New Tredegar Nomads	257	01:46:09
264	497	01:47:04	Jon	Holland	M			273	01:46:50
265	1151	01:47:04	Tim	Washbrook	M			270	01:46:38
266	1084	01:47:05	Tom	Hill	M			225	01:44:33
267	204	01:47:07	Michael	Cordner	M	40	Admiral	266	01:46:30
268	1242	01:47:09	Darren	Winnel	M			260	01:46:16
269	1163	01:47:10	Bob	Watson	M	40	FERC	271	01:46:42
270	187	01:47:12	Clem	Clement	M	50	Penarth & Dinas Runners	251	01:45:57
271	936	01:47:18	Elizabeth	Richards	F	40	Caerleon Running Club	230	01:44:43
272	1247	01:47:24	Stephen	Wood	M		Pegasus RC	275	01:46:59
273	1251	01:47:29	Emma	Wookey	F		Lliswerry Runners	279	01:47:14
274	897	01:47:32	Jason	Pritchard	M			277	01:47:07
275	411	01:47:35	Stuart	Goodwin	M			268	01:46:36
276	148	01:47:54	Nadine	Cannon	F			282	01:47:23
277	753	01:47:56	Matthew	Minifie	M			229	01:44:43
278	147	01:48:02	Lee	Canning	M			281	01:47:22
279	1041	01:48:04	Nick	Spear	M			283	01:47:30
280	921	01:48:06	Ian	Reiffer	M	40		284	01:47:33
281	547	01:48:06	Jon	James	M	40	Pontypridd Roadents	291	01:47:56
282	966	01:48:09	James	Rogers	M			287	01:47:44
283	1132	01:48:10	Martin	Wade	M	40		280	01:47:19
284	275	01:48:11	Sarah	Dodd	F			285	01:47:33
285	1232	01:48:21	Yvonne	Williams	F	40	Outdoor Fitness	295	01:48:09
286	1214	01:48:24	Julian	Williams	M	40		294	01:48:09
287	112	01:48:26	Tyrone	Broome	M	50	Lliswerry Runners	276	01:47:05
288	210	01:48:27	Nick	Cox	M			292	01:48:04

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
289	929	01:48:28	Steph	Rhodes	F		Lliswerry Runners	290	01:47:53
290	536	01:48:33	Ben	Hynes	M	40		274	01:46:52
291	916	01:48:33	Christina	Rees	F	40	ActiveVibe	289	01:47:52
292	611	01:48:39	Sarah	Kedward	F		Griffithstown Harriers	286	01:47:43
293	488	01:48:41	Keith	Hobbs	M	50		278	01:47:12
294	446	01:48:48	Paul	Hancocke	M			297	01:48:24
295	709	01:48:51	Paul	Martin	M	40	West End Runners	300	01:48:32
296	1014	01:48:58	Carl	Short	M			293	01:48:05
297	661	01:49:04	Julie	Lewis	F	40	Islwyn Running Club	301	01:48:37
298	52	01:49:06	Paul	Bateman	M	50		303	01:48:41
299	466	01:49:08	Mark	Harvey	M	50	Chepstow Harriers	306	01:48:51
300	374	01:49:11	Nigel	Foulkes-Nock	M	40	Lliswerry Runners	305	01:48:48
301	1054	01:49:20	Chris	Stubbs	M			307	01:48:56
302	686	01:49:24	Richard	Lowcock James	M		Lliswerry Runners	310	01:49:05
303	177	01:49:29	Gareth	Chislett	M			299	01:48:29
304	1252	01:49:32	Chris	Wreford	M			318	01:49:26
305	151	01:49:36	Andrew	Caple	M	40		311	01:49:05
306	1019	01:49:43	Tosh	Simpkin	M	40	Chepstow Harriers	316	01:49:24
307	332	01:49:48	David	Evans	M	40		312	01:49:15
308	672	01:49:49	David	Limbrick	M	50		317	01:49:25
309	376	01:49:52	James	Francis	M	40		288	01:47:51
310	144	01:50:00	David Rhys	Cakebread	M			302	01:48:39
311	39	01:50:04	Nicholas	Baldwin	M			296	01:48:13
312	295	01:50:05	Richard	Duffield	M			313	01:49:16
313	919	01:50:08	Cathy	Rees-Williams	F			315	01:49:19
314	992	01:50:11	Chai	Sanapala	M			308	01:48:57
315	593	01:50:12	Neil	Jones	M			322	01:49:38
316	1134	01:50:15	Justin	Waite	M			314	01:49:18
317	1171	01:50:18	Daffyd	Weetman	M		Islwyn Running Club	325	01:49:55
318	1258	01:50:22	Marina	Wright	M			320	01:49:35
319	532	01:50:30	Tavis	Hurn	M	40		304	01:48:46
320	214	01:50:32	Gerard	Crispie	M	50		332	01:50:20

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
321	298	01:50:38	Stuart	Duncan	M	50	Chepstow Harriers	327	01:50:08
322	640	01:50:40	Sarah	Lane	F			324	01:49:43
323	665	01:50:40	Shaun	Lewis	M	40		323	01:49:40
324	1194	01:50:45	Michael	Wilkinson	M	40		328	01:50:11
325	821	01:50:48	Kelly-Marie	Osullivan	F			319	01:49:33
326	1058	01:50:49	Luke	Sully	M			329	01:50:17
327	908	01:50:54	Andrew	Ralph	M	50	Lliswerry Runners	326	01:50:08
328	280	01:50:55	Richie	Donovan	M	40		333	01:50:23
329	236	01:50:57	Bernadette	Davies	F	40	Caerleon Running Club	309	01:49:04
330	265	01:50:58	Gethin	Dent	M	40		335	01:50:28
331	483	01:51:05	Christopher	Hill	M	40		336	01:50:33
332	2	01:51:07	Christopher	Adams	M	40		334	01:50:24
333	1204	01:51:10	David	Williams	M			341	01:50:42
334	777	01:51:14	Lucy	Morgan	F			339	01:50:39
335	1039	01:51:18	Hayley	Smithson	F	40	Women Running Penarth	321	01:49:36
336	47	01:51:18	Matthew	Barton	M			344	01:50:45
337	288	01:51:18	Dean	Drew	M	40	Emersons Green Running Club	343	01:50:44
338	274	01:51:33	Tomas	Dinham	M			350	01:51:05
339	1056	01:51:34	Christopher	Suller	M	40		337	01:50:34
340	59	01:51:35	Robert	Benjamin	M	50		348	01:51:03
341	277	01:51:38	Martin	Donovan	M	50	Lliswerry Runners	352	01:51:18
342	190	01:51:41	Louis	Clement	M			342	01:50:43
343	193	01:51:45	Andrew	Cockeram	M	40	Lliswerry Runners	347	01:51:00
344	561	01:51:49	Gareth	Jenkins	M	40	Lliswerry Runners	356	01:51:28
345	620	01:51:52	David	Kent	M	40		298	01:48:25
346	1227	01:51:53	Sara	Williams	F		Admiral	353	01:51:19
347	917	01:51:56	Elaine	Rees	F	40	Outdoor Fitness	363	01:51:44
348	191	01:51:56	Lewis	Coburn	M			346	01:50:57
349	14	01:51:59	Robert	Anderson	M	60	Lliswerry Runners	355	01:51:25
350	618	01:52:02	Matt	Kempson	M			354	01:51:25
351	1233	01:52:06	Elena	Willis	F			359	01:51:37
352	377	01:52:16	John	Frankish	M	40		358	01:51:35

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
353	599	01:52:18	Sian	Jones	F		Caerleon Running Club	362	01:51:42
354	876	01:52:20	Carl	Pocknell	M	40		365	01:51:52
355	1110	01:52:26	Simone	Traylen-Thomas	F		Spirit Of Monmouth	370	01:52:01
356	357	01:52:28	Alan	Fishwick	M	40	Lliswerry Runners	366	01:51:53
357	579	01:52:32	Bernadette	Jones	F	40	Pontypridd Roadents	375	01:52:18
358	970	01:52:34	Ellen	Roof	F			367	01:51:53
359	930	01:52:34	Catherine	Rice	F			368	01:51:53
360	406	01:52:37	Keith	Gittins	M	50		372	01:52:05
361	405	01:52:38	Jamiee	Gittins	F			373	01:52:06
362	459	01:52:38	Michael	Harris	M			374	01:52:09
363	529	01:52:39	Lindsey	Hunt	F		Penarth & Dinas Runners	369	01:51:56
364	758	01:52:41	Diana	Molloy	F	40		357	01:51:33
365	41	01:52:42	Dominic	Ballisat	M		BMF Newport	338	01:50:35
366	387	01:52:43	Alan	Garland	M	50		345	01:50:54
367	601	01:52:46	Sophie	Jones	F			349	01:51:05
368	813	01:52:47	Kenneth	Oliver	M	50	Islwyn Running Club	376	01:52:20
369	759	01:52:48	Margrett	Monk	F	60	Parc Bryn Bach	380	01:52:33
370	380	01:52:54	Ceri	Frayne	F			330	01:50:18
371	849	01:52:58	Robert	Parsons	M	50		379	01:52:29
372	469	01:53:00	Peter	Hawkins	M	40		371	01:52:03
373	91	01:53:05	Tom	Bourton	M		Islwyn Running Club	378	01:52:28
374	17	01:53:09	Mark	Archer	M	40		361	01:51:39
375	1185	01:53:13	Christopher	White	M			340	01:50:39
376	1223	01:53:13	Paul	Williams	M			331	01:50:19
377	606	01:53:16	Tamanda	Kapazi	F			384	01:52:54
378	653	01:53:22	Julie	Lees	F		Fairwater Runners Cwmbran	382	01:52:52
379	681	01:53:29	Sue	Lomax	F	40		387	01:53:05
380	708	01:53:33	John	Martin	M	50		385	01:52:59
381	321	01:53:35	Lee	Elliott	M		AC Pontymister	381	01:52:34
382	619	01:53:38	David	Kempton	M	50		396	01:53:23
383	602	01:53:43	Tom	Jones	M			364	01:51:49
384	560	01:53:43	Ceri	Jenkins	F		Lliswerry Runners	383	01:52:54

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
385	1147	01:53:45	Beverley	Warburton	F	50		390	01:53:14
386	1218	01:53:51	Lisa	Williams	F	40		351	01:51:15
387	956	01:53:51	Paul	Roberts	M			400	01:53:36
388	54	01:53:54	Andrew	Beard	M	50		388	01:53:09
389	115	01:54:00	David	Brown	M	40		398	01:53:28
390	245	01:54:03	Liam	Davies	M	50		406	01:53:45
391	1150	01:54:05	Helen	Warrender	F	40		391	01:53:18
392	278	01:54:08	Nadine	Donovan	F	40	Pontypool & District Runners	395	01:53:23
393	1197	01:54:09	Angharad	Williams	F			393	01:53:21
394	647	01:54:10	Jim	Lawn	M	40		403	01:53:41
395	654	01:54:11	Robert	Legg	M	40		404	01:53:42
396	638	01:54:20	Emily	Laing	F			377	01:52:27
397	16	01:54:24	James	Ansell	M			360	01:51:38
398	1138	01:54:24	Karen	Walbyoff	F		Pontypool & District Runners	401	01:53:38
399	770	01:54:26	Emma	Morgan	F		Pontypool & District Runners	402	01:53:39
400	535	01:54:26	Victor	Hutchins	M	50	Hercules Wimbledon	418	01:54:21
401	270	01:54:32	Nicholas	Diamon	M			392	01:53:18
402	32	01:54:33	Julia	Bajjada	F	40		397	01:53:25
403	752	01:54:41	Michelle	Johnson	F		Islwyn Running Club	386	01:52:59
404	181	01:54:47	Andrea	Clark	F	40		414	01:54:04
405	878	01:54:50	Angharad	Pocock	F		Outdoor Fitness	429	01:54:37
406	723	01:54:53	Steven	McCuaig	M		Admiral	428	01:54:37
407	131	01:54:54	Rachael	Burke	F			413	01:54:03
408	360	01:54:55	Bethan	Flanagan	F			410	01:53:59
409	1099	01:55:01	Richard	Tidy	M		ActiveVibe	426	01:54:36
410	477	01:55:05	John	Griffiths	M	50		419	01:54:22
411	1097	01:55:08	Sinead	Thomson	F		Lliswerry Runners	416	01:54:17
412	1177	01:55:10	David	Westley	M	50	Lliswerry Runners	417	01:54:19
413	591	01:55:15	Martin	Jones	M			422	01:54:27
414	1226	01:55:17	Rob	Williams	M	50	Brecon AC	425	01:54:35
415	203	01:55:19	Wayne	Cooper	M	40	Lliswerry Runners	443	01:55:08
416	789	01:55:20	Sharron	Mulcahy	F	40		420	01:54:24

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
417	976	01:55:20	Joanna	Rowberry	F			405	01:53:44
418	329	01:55:25	Hywel	Ennis	M			409	01:53:53
419	319	01:55:30	Ray	Ellingham	M	50	Lliswerry Runners	432	01:54:42
420	534	01:55:32	Fariq	Hussain	M		Rougemont	394	01:53:22
421	965	01:55:36	Dawn	Rogers	F	50	New Forest Runners	446	01:55:13
422	1011	01:55:36	Gayle	Sheppard	F	40	Lliswerry Runners	415	01:54:11
423	330	01:55:41	Aaron	Evans	M			424	01:54:34
424	1159	01:55:41	Chris	Watkins	M			438	01:54:57
425	617	01:55:42	Jamie	Kembrey	M			435	01:54:47
426	800	01:55:46	Stephen	Nicholas	M			434	01:54:45
427	51	01:55:48	Lisa	Bateman	F	40	Lliswerry Runners	439	01:54:58
428	999	01:55:48	Daniel	Seale	M	40		412	01:54:02
429	240	01:55:48	Heidi	Davies	F		Usk Runners	441	01:55:01
430	937	01:55:55	Gareth	Richards	M		BGAC	448	01:55:22
431	799	01:55:58	Robert	Ellis	M	40		452	01:55:44
432	1057	01:56:05	Alexander	Sullivan	M			399	01:53:33
433	823	01:56:07	Ruth	Ovey	F	40	Lliswerry Runners	447	01:55:21
434	375	01:56:07	Dan	Fox-Pritchard	M		RAF Tri	430	01:54:42
435	1021	01:56:11	William	Sims	M			431	01:54:42
436	199	01:56:20	Mark	Connett	M			407	01:53:47
437	662	01:56:22	Natasha	Lewis	F			408	01:53:50
438	793	01:56:24	Delyth	Murray Lines	F			458	01:55:52
439	711	01:56:27	Kali	Mason	F		Lliswerry Runners	449	01:55:36
440	89	01:56:28	Kevin	Booth	M	50		461	01:55:57
441	1183	01:56:28	Alison	Wherry-Alimo	F	40	Bitton Road Runners	453	01:55:44
442	441	01:56:28	Caroline	Hall	F		Caerleon Running Club	454	01:55:45
443	1257	01:56:30	Katie	Wright	F		Emersons Green Running Club	459	01:55:56
444	168	01:56:35	Belinda	Channing	F	50		450	01:55:37
445	739	01:56:35	Runner		739	M		389	01:53:11
446	763	01:56:36	Andrew	Moore	M			460	01:55:56
447	1221	01:56:36	Neil	Williams	M	50	Usk Runners	437	01:54:57
448	510	01:56:37	Gabrielle	Horup	F			436	01:54:54

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
449	276	01:56:38	Elliot	Donald	M		AC Pontymister	451	01:55:39
450	1038	01:56:41	Stephen	Smith	M	40		445	01:55:10
451	963	01:56:41	Kim	Rockliffe	F	50		466	01:56:06
452	825	01:56:45	Gareth	Owen	M			444	01:55:08
453	509	01:56:47	Brigitta	Horup	F		Duffy's Runners	442	01:55:04
454	129	01:56:48	Brynley	Burgess	M	50	Lliswerry Runners	462	01:56:00
455	250	01:56:50	Owen	Davies	M	40		456	01:55:48
456	991	01:56:51	Darren	Samuel	M	40	Pontypool & District Runners	465	01:56:05
457	340	01:56:53	Mark	Evans	M			473	01:56:22
458	354	01:56:53	Rachel	Ferrington	F			421	01:54:25
459	765	01:56:56	Amberley	Morgan	F		Pontypool & District Runners	468	01:56:08
460	96	01:57:02	Bronwen	Boyce	F		Maindy Harriers	464	01:56:04
461	336	01:57:02	Lisa	Evans	F		Spirit Of Monmouth	463	01:56:04
462	1198	01:57:08	Billy	Williams	M			457	01:55:49
463	546	01:57:08	Eleanor	James	F			440	01:55:00
464	1144	01:57:10	Sarah	Walters	F			471	01:56:21
465	885	01:57:14	Carl	Powell	M			411	01:54:01
466	736	01:57:25	Ellis	Mead	M			427	01:54:36
467	116	01:57:25	Gareth	Brown	M			479	01:56:44
468	50	01:57:25	Karl	Bateman	M			476	01:56:37
469	779	01:57:28	Anthony	Morris	M	50		484	01:57:07
470	435	01:57:29	Mark	Hale	M	40		455	01:55:48
471	1009	01:57:30	Alison	Sheedy	F	40	Lliswerry Runners	478	01:56:43
472	382	01:57:31	Michael	Frost	M			433	01:54:42
473	761	01:57:34	Stephen John	Moody	M			472	01:56:21
474	1196	01:57:36	Liz	Willey	F			480	01:56:45
475	140	01:57:38	Seonaid	Butler	F			477	01:56:38
476	1248	01:57:38	Stuart	Wood	M	40		469	01:56:08
477	44	01:57:41	Andy	Barry	M	50		483	01:57:06
478	1108	01:57:42	Richard	Tonkin	M		Spirit Of Monmouth	423	01:54:29
479	635	01:57:46	Gareth	Barrington	M	39		491	01:57:32
480	1046	01:57:46	Spiro	Stathakis	M		Lliswerry Runners	482	01:57:05

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
481	914	01:57:50	Andrew	Rees	M			467	01:56:07
482	216	01:57:51	Colin	Crooks	M	50	Pegasus RC	486	01:57:09
483	34	01:57:52	Chris	Baker	M			474	01:56:23
484	864	01:58:10	Kerry	Pellatt	F	40		489	01:57:25
485	470	01:58:11	Robert	Hay	M	40		481	01:56:52
486	1149	01:58:13	Patrick	Ward	M		Admiral	470	01:56:18
487	394	01:58:37	Nathan	George	M			492	01:57:36
488	961	01:58:39	Shelley	Rocke	F			496	01:57:47
489	291	01:58:40	Dale	Duddridge	M			490	01:57:27
490	292	01:58:52	Mark	Duddridge	M			494	01:57:39
491	1230	01:58:53	Steve	Williams	M	50	Lliswerry Runners	499	01:58:03
492	430	01:58:53	Dominic	Guscott	M			475	01:56:34
493	996	01:58:55	Dirk	Schmaljohann	M	40		493	01:57:37
494	211	01:58:58	Nicola	Cranshaw	F			487	01:57:11
495	404	01:59:03	Ann Marie	Ginwalla	F			509	01:58:42
496	327	01:59:09	Zoe	Elver	F	40	Pontypool & District Runners	502	01:58:22
497	64	01:59:11	Kirsten	Berryman	F			488	01:57:24
498	1222	01:59:14	Paul	Williams	M	60		501	01:58:13
499	906	01:59:14	Wayne	Radnedge	M	50		497	01:57:57
500	1211	01:59:26	James	Williams	M			498	01:58:00
501	294	01:59:27	Kirsty	Duffield	F			508	01:58:37
502	940	01:59:41	Lewis	Richards	M			500	01:58:04
503	830	01:59:43	Mark	Painter	M	50		512	01:58:52
504	869	01:59:53	Simon	Petfield	M	40	Admiral	514	01:58:58
505	820	01:59:58	Zowie	Osborne	F			511	01:58:49
506	957	02:00:03	Richard	Roberts	M	40	Admiral	527	01:59:47
507	1236	02:00:06	Sarah	Williams	F			521	01:59:32
508	810	02:00:07	Pete	Oldfield	M	40		507	01:58:33
509	664	02:00:11	Nia	Lewis	F		Abergavenny Road Runners	495	01:57:42
510	537	02:00:14	Terry	Irvine	M	50		513	01:58:53
511	259	02:00:21	Matthew	Davis	M			506	01:58:30
512	390	02:00:21	Cara	Gates	F	40	Lliswerry Runners	515	01:58:59

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
513	555	02:00:27	Nova	Jefferies	F		Lliswerry Runners	530	01:59:51
514	1245	02:00:27	Louise	Withers	F			519	01:59:20
515	1200	02:00:28	Charlotte	Williams	F			531	01:59:51
516	1238	02:00:28	Ian	Wills	M	40		518	01:59:13
517	755	02:00:30	Shannel	Mitchell	F		Lliswerry Runners	517	01:59:08
518	1023	02:00:31	Paul	Skippon	M	40		539	02:00:10
519	1123	02:00:34	Robin	Ursell	M	50		510	01:58:49
520	573	02:00:34	Robert	Haase	M	50		485	01:57:07
521	696	02:00:43	James	Maloney	M			520	01:59:20
522	687	02:00:46	Carol	Lowrey	F	50	Bitton Road Runners	505	01:58:29
523	942	02:00:48	Stephen	Richards	M	40		522	01:59:35
524	1018	02:00:50	Andy	Silk	M	50	Chepstow Harriers	532	01:59:58
525	948	02:00:53	Ruth	Rigden	F			504	01:58:24
526	616	02:00:55	Kate	Kelynack	F		Pontypool & District Runners	537	02:00:08
527	1078	02:00:56	Alexandra	Thomas	F			533	01:59:59
528	854	02:00:59	Karen	Payne	F	40	Caerleon Running Club	503	01:58:24
529	720	02:01:08	Peter	McCarthy	M	40		516	01:59:02
530	920	02:01:16	Andrew	Reid	M	50	Team Bath AC	553	02:00:57
531	525	02:01:17	Rebecca	Hughes	F			540	02:00:11
532	253	02:01:20	Sean	Davies	M		The Philly Runners	544	02:00:24
533	1167	02:01:20	Jason	Webber	M			545	02:00:24
534	175	02:01:26	Sian	Chicken	F	40	Kaleidoscope Runners	534	01:59:59
535	829	02:01:33	Rachel	Padgett	F	40		528	01:59:47
536	888	02:01:33	Nairn	Powell	F	50		529	01:59:47
537	588	02:01:41	Liam	Jones	M			551	02:00:46
538	883	02:01:43	Nathan James	Potter	M			556	02:01:03
539	951	02:01:45	Carl	Roberts	M		Pontypool & District Runners	548	02:00:30
540	1045	02:01:47	Frank	Stanton	M	50		562	02:01:23
541	369	02:01:57	Rebecca	Forde	F			554	02:01:00
542	705	02:02:00	Stuart	Marsh	M	40		566	02:01:39
543	77	02:02:01	Hannah	Blackaby	F			559	02:01:10
544	997	02:02:02	Sarah	Scott	F			568	02:01:45

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
545	500	02:02:05	Mark	Holloway	M	40		558	02:01:08
546	660	02:02:06	David	Lewis	M			541	02:00:13
547	72	02:02:10	Ray	Bird	M			561	02:01:20
548	19	02:02:15	Tracey	Armstrong	F			526	01:59:43
549	229	02:02:15	Mark	Davenport	M			525	01:59:42
550	1192	02:02:21	Michael	Wilcox	M			549	02:00:43
551	371	02:02:22	David	Foster	M	50		564	02:01:28
552	872	02:02:24	Lowri	Phillips	F		San Domenico	560	02:01:18
553	904	02:02:43	Dominic	Quigley	M		Rougemont	546	02:00:28
554	565	02:02:45	Stefani	Jenkins	F			547	02:00:30
555	1162	02:02:47	Mike	Watkins	M			571	02:01:54
556	414	02:02:51	Jim	Grant	M	40		542	02:00:13
557	1235	02:02:54	Martyn	Willis	M	40		550	02:00:44
558	99	02:02:56	Bev	Bradbury-Jones	F	40	Fairwater Runners Cwmbran	538	02:00:09
559	1189	02:03:00	Rhiannon	Whitworth	F			535	02:00:03
560	230	02:03:00	Philip	Davidson	M			536	02:00:03
561	1188	02:03:01	Laura	Whittington	F			557	02:01:03
562	242	02:03:04	Jared	Davies	M	40		543	02:00:14
563	786	02:03:05	David	Mulcahy	M	40		579	02:02:30
564	365	02:03:05	Anne	Follan	F	40	Pontypridd Roadents	583	02:02:36
565	269	02:03:07	Abu	Dhabi	M			523	01:59:39
566	317	02:03:07	Natalie	Elgar	F		Lliswerry Runners	569	02:01:48
567	485	02:03:08	Andrew	Hillis	M	40		524	01:59:41
568	754	02:03:09	Michael	Mitchell	M	50		577	02:02:11
569	612	02:03:17	Jan	Keelan	F	40		584	02:02:39
570	911	02:03:19	Nicholas	Reed	M		Rougemont	555	02:01:03
571	15	02:03:19	Lorraine	Andrews	F	40		576	02:02:10
572	323	02:03:20	Karen	Ellis-Hall	F			589	02:02:54
573	645	02:03:24	Kate	Lavelle	F			598	02:03:24
574	1042	02:03:34	Linda	Spillane	F	60	Newport & East Wales Triathlon	585	02:02:44
575	313	02:03:35	Sean	Edwards	M	40		572	02:01:54
576	1073	02:03:39	Lesley	Taylor	F	40		575	02:02:07

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
577	1241	02:03:50	Jessica	Wilson	F			588	02:02:53
578	197	02:04:05	Jason	Conibeer	M	40		578	02:02:13
579	431	02:04:09	Lee	Guscott	M			570	02:01:48
580	402	02:04:10	Sandeep	Gill	M			582	02:02:35
581	444	02:04:15	Sue	Hampshire	F			563	02:01:27
582	554	02:04:17	Aleem	Javed	M		Admiral	552	02:00:53
583	691	02:04:21	Niamh	Maguire	F		Caerleon Running Club	574	02:02:05
584	48	02:04:22	Tracey	Barton	F	40		607	02:03:49
585	623	02:04:23	Sue	Kidd	F	40	FOR LUCA	565	02:01:36
586	879	02:04:24	Jennifer	Pocock	F			580	02:02:31
587	977	02:04:28	Simon	Clarke	M			581	02:02:35
588	1228	02:04:32	Sian	Williams	F	50	Brecon AC	608	02:03:50
589	1101	02:04:34	Jennifer	Tipper	F			615	02:04:08
590	178	02:04:36	Chris	Chouls	M	40	Lliswerry Runners	596	02:03:20
591	205	02:04:37	Richard	Corken	M			591	02:02:59
592	826	02:04:39	Jana	Owen	F	40		592	02:03:03
593	1160	02:04:39	Elizabeth	Watkins	M			611	02:03:55
594	118	02:04:41	Jason	Brown	M		Cr@pTri	610	02:03:53
595	775	02:04:48	Liz	Morgan	F		San Domenico	601	02:03:42
596	138	02:04:48	Tracy	Burton	F	50	Lliswerry Runners	590	02:02:59
597	224	02:04:48	Mikyla	Curtis	F			609	02:03:51
598	1017	02:04:53	Dave	Siegel	M	40		573	02:01:59
599	234	02:05:00	Andrew	Davies	M			602	02:03:44
600	1119	02:05:04	Grant	Turner	M	40	Airbus	567	02:01:44
601	124	02:05:06	Ben	Buchanan	M		Best Placed Last	599	02:03:28
602	540	02:05:15	Nick	Jackson	M	40	Lliswerry Runners	613	02:03:59
603	841	02:05:20	Simon	Parker	M	40		586	02:02:45
604	1210	02:05:20	Helen	Williams	F			587	02:02:45
605	958	02:05:27	Sarah	Roberts	F			600	02:03:34
606	20	02:05:28	Sara	Arnold	F	40	Islwyn Running Club	606	02:03:46
607	1209	02:05:28	Helen	Williams	F		Admiral	605	02:03:46
608	501	02:05:29	Wendy	Holloway	F	40	Admiral	612	02:03:56

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
609	915	02:05:30	Caroline	Rees	F			618	02:04:19
610	180	02:05:36	Helen	Clancy	F	40	Chepstow Harriers	621	02:04:31
611	655	02:05:38	Karen	Legge	F			604	02:03:45
612	1065	02:05:45	Sharon	Sweet	F			628	02:04:47
613	784	02:05:54	Tanya	Mountford	F	40	Rougemont	603	02:03:44
614	824	02:05:58	David	Owen	M	50		627	02:04:43
615	1116	02:05:58	Stuart	Turley	M	40		617	02:04:12
616	782	02:06:00	Katie	Hewitt	F			619	02:04:20
617	508	02:06:07	Jake	Hopper	M			593	02:03:13
618	933	02:06:07	Tracey	Rich	F	40		595	02:03:20
619	932	02:06:08	Mark	Rich	M	50		594	02:03:19
620	931	02:06:08	Hannah	Rich	F			597	02:03:20
621	1007	02:06:12	Michelle	Shapland	F	40	Lliswerry Runners	629	02:04:51
622	986	02:06:17	Russell	Rykala	M	60		645	02:05:37
623	1086	02:06:19	Kirsty	Thomas	F			626	02:04:39
624	490	02:06:20	James	Hockey	M		Rougemont	614	02:04:05
625	25	02:06:22	Samuel	Attewell	M			654	02:06:14
626	122	02:06:23	Nigel	Bryant	M	60		622	02:04:34
627	690	02:06:28	Ian	Macrory	M	40		631	02:04:58
628	452	02:06:31	Gareth	Harfoot	M			644	02:05:37
629	1157	02:06:35	Andrew	Watkins	M			633	02:05:02
630	450	02:06:39	Richard	Handy	M			616	02:04:10
631	114	02:06:40	Callum	Brown	M		Rougemont	620	02:04:24
632	1109	02:06:45	Claire	Townsend	F	40		623	02:04:35
633	189	02:06:45	Janice	Clement	F	50	Penarth & Dinas Runners	642	02:05:28
634	840	02:06:48	Elizabeth	Parker	F	40	Lliswerry Runners	640	02:05:26
635	1034	02:06:53	Martine	Smith	F			630	02:04:51
636	1195	02:07:00	Will	Wilkinson	M	40		635	02:05:11
637	1015	02:07:08	James	Short	M			646	02:05:43
638	67	02:07:12	William	Bewg	M	60	Chepstow Harriers	643	02:05:29
639	875	02:07:13	Gareth	Pitman	M			624	02:04:36
640	751	02:07:14	Johanna	Miller	F	40		625	02:04:37

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
641	1053	02:07:17	Richard	Street	M	50	Pegasus RC	661	02:06:35
642	143	02:07:18	Matthew	Cadogan	M		Admiral	632	02:05:01
643	328	02:07:21	Karen	Emmott	F	40	Lliswerry Runners	652	02:05:59
644	582	02:07:23	Christopher	Jones	M	50	Lliswerry Runners	649	02:05:52
645	896	02:07:27	Catherine	Pritchard	F			634	02:05:02
646	176	02:07:31	Miles	Chidlow	M	40		662	02:06:36
647	634	02:07:34	Nicola	Knowles	F			647	02:05:50
648	924	02:07:42	Lee	Relish	M			655	02:06:15
649	923	02:07:42	John	Relish	M	60		656	02:06:15
650	760	02:07:43	Sarah	Moody	F			636	02:05:12
651	898	02:07:46	Helen	Protheroe	F			637	02:05:18
652	646	02:07:47	Lisa	Lawford	F	40		638	02:05:20
653	264	02:07:52	Anthony	Deacy	M	50		664	02:06:53
654	407	02:07:58	Matthew	Gobbett	M		Usk Runners	657	02:06:18
655	1127	02:08:01	Rachel	Vernall	F	40		669	02:07:27
656	7	02:08:04	Geoffrey	Allen	M			653	02:06:07
657	1076	02:08:06	Simon	Tee	M	40	Lliswerry Runners	639	02:05:22
658	1100	02:08:10	Jackie	Lambeth	F	40	Islwyn Running Club	659	02:06:27
659	1217	02:08:10	Lauren	Williams	F			641	02:05:28
660	1003	02:08:12	Melonie	Senior	F	40	Islwyn Running Club	660	02:06:29
661	689	02:08:25	Kate	Mackenzie	F			650	02:05:53
662	309	02:08:29	Andrew	Edmunds	M			678	02:08:10
663	584	02:08:43	Hywel	Jones	M	40		651	02:05:54
664	1008	02:08:44	Heather	Shaw	F			677	02:08:09
665	95	02:08:46	Nicola	Bowman	F	40	Admiral	668	02:07:13
666	632	02:08:47	Stacey	Knight	F			648	02:05:51
667	66	02:08:48	Claire	Bevans	F			675	02:07:57
668	13	02:08:54	Clare	Anderson	F	40		665	02:07:01
669	533	02:09:02	Emma	Hurrell	F		Hereford Triathlon Club	663	02:06:44
670	866	02:09:10	Karen	Penny	F	40	Lliswerry Runners	673	02:07:46
671	987	02:09:31	Louise	Saddler	F	40	Islwyn Running Club	671	02:07:41
672	783	02:09:31	Nicki	Marinovic	F			672	02:07:41

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
673	447	02:09:37	Paul	Hancox	M	50		658	02:06:22
674	557	02:09:38	Edward	Jeffries	M			666	02:07:01
675	812	02:09:38	James	O'Leary	M			676	02:08:05
676	135	02:09:38	Pete	Burrows	M		Caerleon Running Club	667	02:07:02
677	155	02:09:44	James	Carmichael	M		Admiral	674	02:07:51
678	239	02:09:55	David	Davies	M	40	Caerleon Running Club	681	02:08:30
679	45	02:09:59	Christopher	Bartlett	M			685	02:08:52
680	351	02:10:02	Vicky	Fear	F		Lliswerry Runners	691	02:09:11
681	1202	02:10:09	Daniel	Williams	M			690	02:09:09
682	589	02:10:12	Lucy	Jones	F			679	02:08:27
683	492	02:10:13	Gareth	Hodge	M	40		680	02:08:29
684	465	02:10:19	Jim	Harvey	M	50		682	02:08:35
685	43	02:10:20	Amanda	Barrington	F	40	Penarth & Dinas Runners	688	02:09:03
686	454	02:10:22	Ann-Marie	Harris	F			693	02:09:24
687	1148	02:10:23	Ian	Warburton	M	40	Penarth & Dinas Runners	689	02:09:05
688	389	02:10:24	Rachel	Garrod	F		Rougemont	684	02:08:52
689	551	02:10:24	Shane	James	M			686	02:09:02
690	836	02:10:26	Angela	Parfitt	F	40	Lliswerry Runners	687	02:09:02
691	659	02:10:34	Claire	Lewis	F	40	San Domenico	695	02:09:28
692	596	02:10:42	Peter	Jones	M			670	02:07:36
693	1246	02:10:51	Robert	Wood	M	40		692	02:09:21
694	674	02:10:57	Dean	Little	M			699	02:09:44
695	299	02:10:58	Kathryn	Dunn	F			683	02:08:42
696	38	02:11:01	Joy	Baker	F		Team HE	696	02:09:30
697	592	02:11:01	Martyn	Jones	M	40	Lliswerry Runners	697	02:09:31
698	1037	02:11:14	Ruth	Smith	F	50	Women Running Penarth	698	02:09:32
699	1027	02:11:18	Emma	Smith	F	40		700	02:09:44
700	40	02:11:28	Dione	Ball	F	40	Ebbw Vale Running Club	711	02:10:35
701	455	02:11:31	Antony	Harris	M			720	02:11:01
702	644	02:11:38	Robert	Larkins	M	60		701	02:09:51
703	811	02:11:39	Gary	Olding	M	40		704	02:10:01
704	110	02:11:40	Michael	Brookes	M	50		705	02:10:02

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
705	1022	02:11:51	Lisa	Singer	F		Rougemont	707	02:10:19
706	268	02:11:59	Martyn	Dew	M	50		709	02:10:20
707	314	02:11:59	Trish	Edwards	F	40	Usk Runners	708	02:10:19
708	1131	02:12:08	Liam	Wade	M	60		703	02:09:52
709	489	02:12:18	Mari Elen	Hobbs	F	50		719	02:10:59
710	882	02:12:25	Diane	Potter	F	40	Lliswerry Runners	710	02:10:23
711	400	02:12:29	Bailjit	Gill	F			717	02:10:54
712	494	02:12:33	Stephen	Holderness	M	40		721	02:11:04
713	102	02:12:37	Linda	Brewer	F			735	02:12:00
714	258	02:12:37	George	Davis	M			733	02:11:57
715	98	02:12:39	Russell	Boyle	M			723	02:11:29
716	1169	02:12:41	Sue	Webster	F	40		702	02:09:52
717	733	02:12:50	Henry	McNamara	F		Rougemont	712	02:10:40
718	3	02:12:54	Patricia	Alberry	F	50	Purbeck Runners	694	02:09:28
719	246	02:12:54	Lisa	Davies	F	40		715	02:10:51
720	993	02:12:56	Johnstone	Sara	F			716	02:10:54
721	157	02:13:03	Oscar	Carrel	M		Rougemont	713	02:10:46
722	238	02:13:04	Caroline	Davies	F			706	02:10:19
723	1087	02:13:08	Martyn	Thomas	M			734	02:11:58
724	727	02:13:14	Niki	McGowan	M			714	02:10:48
725	762	02:13:16	John	Moor	M	50	BMF Newport	725	02:11:42
726	502	02:13:23	Kirsty	Holtham-Morgan	F			724	02:11:37
727	899	02:13:27	Robert	Prowse	M	40		718	02:10:57
728	833	02:13:44	Dan	Palmer	M		NTFA	739	02:12:29
729	701	02:13:51	Charlie	Marr	F			722	02:11:28
730	835	02:14:02	Chris	Samuel	M	50		738	02:12:13
731	119	02:14:03	Megan	Brown	F			746	02:12:41
732	952	02:14:11	Catrin	Roberts	F			727	02:11:49
733	111	02:14:14	Claire	Broome	F			730	02:11:52
734	1152	02:14:14	Nick	Watcher	M		Newport Bootcamps	729	02:11:50
735	1093	02:14:16	Zoe	Thomas	F			726	02:11:47
736	1091	02:14:17	Shaun	Thomas	M			747	02:12:48

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
737	818	02:14:19	Amaia	Ortega Goitia	F			731	02:11:56
738	472	02:14:20	Sian	Hayward	F	50		736	02:12:08
739	468	02:14:25	Nicola	Hawkesford	F	40		732	02:11:57
740	8	02:14:30	Jennifer	Allen	F			741	02:12:35
741	1213	02:14:33	John	Williams	M	40		728	02:11:50
742	746	02:14:38	Andrew	Merrick	M		Admiral	742	02:12:39
743	159	02:14:44	Anne	Carter	F	50		744	02:12:40
744	101	02:14:46	Emma	Brearley	F		San Domenico	759	02:13:41
745	429	02:14:49	Emma	Gunter	F			745	02:12:40
746	83	02:14:56	Wesley	Blom	M		Admiral	750	02:13:01
747	185	02:14:56	James	Clarke	M			740	02:12:35
748	142	02:14:58	Andrew	Cadmore	M	40	Brecon AC	755	02:13:17
749	978	02:14:59	Kevin	Rowe	M	40	FOR LUCA	737	02:12:12
750	286	02:15:01	Stephanie	Drake	F			761	02:13:43
751	149	02:15:01	Laura	Cansfield	F			762	02:13:43
752	1063	02:15:13	Andy	Sutton	M		San Domenico	773	02:14:22
753	169	02:15:15	Laura	Channing	F		Admiral	748	02:12:49
754	63	02:15:19	Kathryn	Benson	F			749	02:12:56
755	491	02:15:20	Paula	Hoddinott	F	40	Caerleon Running Club	753	02:13:03
756	628	02:15:21	Rachael	King	F			757	02:13:37
757	955	02:15:23	Leonie	Roberts	F		Griffithstown Harriers	743	02:12:40
758	71	02:15:29	Elizabeth	Bird	F			766	02:14:01
759	381	02:15:30	Jon Paul	French	M		Physikal Fitness	754	02:13:08
760	398	02:15:33	Joanna	Gibson	F	40		760	02:13:41
761	393	02:15:48	Chris	Gentle	M	40	Lliswerry Runners	778	02:14:33
762	1239	02:15:56	Amanda	Mealing	F	40	Griffithstown Harriers	777	02:14:29
763	192	02:15:58	Lucy	Cochrane	F		Pontypool & District Runners	785	02:14:55
764	35	02:15:58	Clare	Baker	F			751	02:13:02
765	650	02:15:58	Abbey	Leahy	F			756	02:13:34
766	1170	02:15:59	Dominique	Wedge	F			752	02:13:03
767	968	02:16:03	Laura	Rogers	F			765	02:13:58
768	749	02:16:04	Amir	Mian	M		Rougemont	763	02:13:47

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
769	301	02:16:14	Lee	Durkee	M		Pontypool & District Runners	786	02:15:00
770	894	02:16:19	Ruth	Price	F	40		774	02:14:26
771	1075	02:16:22	Abigail	Tee	F			758	02:13:40
772	432	02:16:25	Raymond	Guscott	M	50		767	02:14:05
773	724	02:16:28	Fraser	McDonald	M		Rougemont	768	02:14:12
774	675	02:16:34	Catherine	Llewellyn	F	50		793	02:15:49
775	419	02:16:36	Josh	Greenhaf	M			772	02:14:20
776	570	02:16:37	Carys M	John	F			787	02:15:18
777	750	02:16:45	Alice	Miller	F			776	02:14:29
778	22	02:16:52	Samantha	Ashton	F			784	02:14:46
779	1135	02:16:55	Laurence	Waite	M	50		764	02:13:55
780	859	02:16:58	Gareth	Pearce	M	40	Lliswerry Runners	780	02:14:35
781	171	02:17:00	Andrew	Chappell	M	40		779	02:14:35
782	1199	02:17:03	Carol	Williams	F	50	Bitton Road Runners	782	02:14:46
783	503	02:17:04	Alison	Holton	F	40		769	02:14:14
784	310	02:17:04	Hayley	Edwards	F		Lliswerry Runners	791	02:15:43
785	684	02:17:07	Elizabeth	Lott	F			783	02:14:46
786	1184	02:17:12	Brendon	White	M		Admiral	771	02:14:19
787	113	02:17:14	Andrew	Brown	M	40		792	02:15:47
788	1142	02:17:22	Natalie	Walker	F			788	02:15:36
789	283	02:17:22	Claire	Douglas	F	40		789	02:15:36
790	399	02:17:32	Lucy	Gilbert	F			770	02:14:17
791	37	02:17:42	James	Baker	M			775	02:14:27
792	194	02:17:47	Vicki	Cole	F			802	02:16:39
793	1070	02:17:57	Caroline	Syred	F			781	02:14:44
794	567	02:18:12	Chris	Jevons	M			801	02:16:36
795	24	02:18:23	Rhiannon	Atkinson	F		Physikal Fitness	794	02:16:00
796	1180	02:18:24	Ali	Whatmore	F	40		795	02:16:00
797	719	02:18:25	Elizabeth	McCarthy	F	40		797	02:16:19
798	388	02:18:31	Alexander	Garrod	M		Rougemont	807	02:16:59
799	1224	02:18:33	Rhiannon	Williams	F	40		796	02:16:09
800	167	02:18:35	Lauren	Challenger	F		Admiral	790	02:15:42

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
801	161	02:18:47	Rachael	Carter	F	40	Hogweed Trotters	806	02:16:57
802	773	02:18:48	Kay	Morgan	F		Pontypool & District Runners	813	02:17:45
803	290	02:18:53	Christopher	Duddridge	M			811	02:17:39
804	1036	02:18:54	Peter	Smith	M			804	02:16:43
805	909	02:18:56	Victoria	Ratcliffe	F		Teignbridge Trotters	798	02:16:30
806	73	02:19:06	Renee	Bird	F	40	Crofts End	800	02:16:36
807	867	02:19:15	Clifford	Perry	M		Pontypool & District Runners	810	02:17:36
808	1205	02:19:19	Edward	Williams	M			814	02:17:46
809	607	02:19:23	Amy	Kaplan	F	40		809	02:17:24
810	515	02:19:27	Gwyn	Howells	F	60	Caerleon Running Club	805	02:16:52
811	30	02:19:32	Katherine	Bailey	F	40		821	02:18:20
812	893	02:19:33	Richard	Price	M			803	02:16:41
813	302	02:19:56	Lynda	Dursley	F	50	Lliswerry Runners	823	02:18:32
814	438	02:20:01	Jonathan	Hales	M			799	02:16:31
815	1187	02:20:06	Ceri	Whitfield	F			820	02:18:14
816	1206	02:20:07	Eirian	Williams	M	40		808	02:17:07
817	1013	02:20:15	Abigail	Short	F			815	02:18:00
818	284	02:20:24	Alex	Dovey	M			812	02:17:41
819	1153	02:20:29	Alison	Waters	F			822	02:18:25
820	1096	02:20:31	Nina	Thoms	F			816	02:18:03
821	300	02:20:31	Alison	Durham	F	40	Bettws Women'S Running Group	827	02:18:57
822	305	02:20:32	Michael	Dykes	M			817	02:18:05
823	467	02:20:32	Lisa	Harwood	F	40		826	02:18:56
824	462	02:20:43	Sarah	Harrold	F	40		818	02:18:10
825	482	02:20:43	Cheryl	Hill	F	40	Pegasus RC	819	02:18:10
826	29	02:20:46	Emma	Ayres	F			825	02:18:52
827	842	02:20:55	Zowie	Parker	F			828	02:19:02
828	1130	02:21:24	Mike	Vowles	M	60	Weston AC	832	02:19:22
829	980	02:21:25	Rachel	Rowe	F		FOR LUCA	824	02:18:39
830	505	02:21:40	Diana	Hopkins	F	40		836	02:19:44
831	426	02:21:40	Erika	Grima Hawkins	F			837	02:19:45
832	699	02:21:42	Nicola	Mansfield	F		Bettws Women'S Running Group	840	02:20:08

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
833	631	02:21:51	Ceri	Knight	F		Pontypool & District Runners	838	02:19:47
834	1074	02:21:52	Marc	Taylor	M			843	02:20:16
835	1085	02:21:56	Katie	Thomas	F			831	02:19:21
836	553	02:22:07	Helen	Jarvis	F			834	02:19:32
837	578	02:22:09	Ben	Jones	M		Africamp 2014	833	02:19:31
838	282	02:22:17	Ruth	Dorrell	F		Frenchay Runners	829	02:19:19
839	350	02:22:17	Clare	Fear	F		Frenchay Runners	830	02:19:19
840	261	02:22:18	Jo	Daviss	F	40		835	02:19:43
841	852	02:22:21	Anna	Paterson	F			847	02:20:31
842	363	02:22:23	Gareth	Fletcher	M		Admiral	851	02:21:07
843	345	02:22:25	Stephen	Evans	M	40		842	02:20:12
844	892	02:22:37	Rachel	Price	F	40		841	02:20:11
845	307	02:22:44	Simon	Ealey-Fitzgerald	M	40		844	02:20:19
846	306	02:22:45	Catherine	Ealey-Fitzgerald	F			845	02:20:20
847	890	02:22:53	Angharad	Price	F			839	02:20:05
848	695	02:22:58	Ann-Marie	Maloney	F			846	02:20:28
849	420	02:23:00	Rebecca	Greenslade	F			858	02:21:31
850	233	02:23:00	Aimee	Davies	F			859	02:21:31
851	873	02:23:07	Morwenna	Phillips	F		Lliswerry Runners	854	02:21:17
852	1190	02:23:11	Jason	Wilcox	M			860	02:21:33
853	774	02:23:15	Laura	Morgan	F		Pegasus RC	849	02:20:44
854	947	02:23:18	Shani	Rigby	F	50		857	02:21:31
855	845	02:23:22	Lesley	Parratt	F	50	Lliswerry Runners	856	02:21:19
856	1249	02:23:25	Rhian	Woodman	F			861	02:21:35
857	132	02:23:28	Jenny	Burns	F	40		853	02:21:16
858	1255	02:23:55	Robert	Wren	M			864	02:21:51
859	1254	02:23:55	Elinor	Wren	F	40		863	02:21:51
860	609	02:24:01	Matthew	Kavanagh	M			852	02:21:07
861	1181	02:24:19	Syd	Wheeler	M	60	Chepstow Harriers	848	02:20:42
862	587	02:24:21	Leigh	Jones	F	40		865	02:21:53
863	881	02:24:25	Lynette	Porter	F		Great Western Runners	850	02:21:02
864	385	02:24:31	Nicola	Gane	F	40		867	02:22:27

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
865	232	02:24:32	Suzanne	Davidson	F			855	02:21:19
866	527	02:24:39	Alice	Hunt	F			866	02:21:59
867	241	02:24:51	James	Davies	M			870	02:23:36
868	794	02:24:56	Christopher	Muscat	M		Muscateers	862	02:21:40
869	479	02:25:41	Teresa	Henson	F			876	02:24:00
870	97	02:26:02	Judith	Boyes	F	50		871	02:23:37
871	831	02:26:05	Kate	Palfrey	F		Fairwater Runners Cwmbran	868	02:23:18
872	109	02:26:12	Darren	Brooke	M			872	02:23:39
873	443	02:26:19	Paul	Hampshire	M	50		869	02:23:30
874	586	02:26:45	Jarvis	Jones	M		Rougemont	878	02:24:29
875	1112	02:27:01	Katie	Troughton	F		Rougemont	879	02:24:40
876	1155	02:27:06	Katharine	Waters	F			873	02:23:43
877	1051	02:27:15	Ieuan	Stichbury	M		Welsh Africamp 2014	880	02:24:56
878	1113	02:27:17	Lucy	Trowse	F	40	Cotswold Allrunners	877	02:24:04
879	1082	02:27:18	Gregory James	Thomas	M			874	02:23:57
880	850	02:27:18	Amy	Partridge	F			875	02:23:58
881	413	02:27:37	Emily	Grant	F		Bettws Women'S Running Group	885	02:26:02
882	798	02:28:09	Stephen	New	M	40	Islwyn Running Club	886	02:26:10
883	1090	02:28:17	Richard	Thomas	M			893	02:26:49
884	542	02:28:33	Harriet	Jacobs	F			881	02:25:47
885	198	02:28:34	Simon	Conlin	M			899	02:27:24
886	844	02:28:36	Louise	Parr	F		Rougemont	891	02:26:27
887	195	02:28:47	Stephen	Collard	M	40		901	02:27:38
888	1081	02:28:49	Gemma	Thomas	F			884	02:26:01
889	796	02:28:59	Graham	Neil	M	50		895	02:27:03
890	698	02:28:59	Angela	Mansfield	F		Bettws Women'S Running Group	898	02:27:24
891	220	02:29:02	Debbie	Cumming	F	50	Caerleon Running Club	890	02:26:26
892	474	02:29:04	Danielle	Heath	F		Team Lesley	883	02:25:52
893	843	02:29:05	Zoe	Parle	F			882	02:25:52
894	1139	02:29:05	Natalie	Walden	F			894	02:26:50
895	436	02:29:06	Peter	Hale	M			887	02:26:15
896	954	02:29:06	Eleanor	Roberts	F			888	02:26:16

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
897	1117	02:29:06	Arthur	Turner	M	60		889	02:26:16
898	778	02:29:27	Susan	Morgan	F	50	Rougemont	897	02:27:24
899	1125	02:29:29	Toni	Van Der Linde	F	40		896	02:27:23
900	1176	02:29:33	Benjamin	West	M			900	02:27:26
901	614	02:29:53	Louis	Kelly	M			906	02:28:39
902	1004	02:29:54	Mansfield	Serina	F			902	02:28:19
903	649	02:30:05	Alex	Leach	M		Muscateers	892	02:26:48
904	1263	02:30:18	Zoltan	Zolyomi	M			908	02:28:56
905	819	02:30:27	Gareth	Osborn	M			904	02:28:27
906	79	02:30:46	Samantha	Blackie	F	40		907	02:28:47
907	1136	02:31:23	Sara	Wakefield	F		Pontypool & District Runners	914	02:29:44
908	312	02:31:35	Sarah	Edwards	F	40	Corsham Running Club	903	02:28:23
909	1261	02:31:36	Scott	Young	M		Rougemont	910	02:29:18
910	581	02:31:38	Charlotte	Jones	F			912	02:29:29
911	448	02:31:47	Gillian	Handley	F	50	Llswerry Runners	909	02:29:01
912	629	02:31:49	Sophia	King	F			905	02:28:38
913	816	02:31:59	Claire	Orford	F	40		913	02:29:29
914	552	02:32:25	Hanan	Jamil	M			921	02:31:03
915	1012	02:32:28	Karen	Sheppard	F	50		917	02:30:10
916	613	02:32:30	Joe	Keirle	M		Admiral	915	02:29:52
917	397	02:32:33	Lucy	Gibbs	F	40		926	02:31:47
918	886	02:32:33	Geraldine	Powell	F			918	02:30:37
919	173	02:32:44	John	Charlton	M	40		911	02:29:27
920	46	02:32:51	Steve	Bartlett	M	40		922	02:31:21
921	434	02:32:52	Jonathan	Haines	M	40		919	02:30:46
922	884	02:32:53	James	Potts	M		Admiral	920	02:30:53
923	1262	02:33:28	Feng	Zhang	M		NTFA	916	02:30:06
924	677	02:33:45	Ross	Llewellyn	M		Admiral	925	02:31:46
925	166	02:34:10	Louise	Chalabi	F			923	02:31:23
926	946	02:34:20	Adam	Ridley	M			924	02:31:26
927	480	02:34:53	Adam	Heyman - Heybyrne	M	40	Caldicot & Risca Kickboxing	928	02:33:21
928	478	02:35:33	Annie	Hendon	F			927	02:32:56

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
929	308	02:35:40	James	Earls	M		NTFA	939	02:34:25
930	768	02:35:44	Daisy	Morgan	F		Rougemont	929	02:33:23
931	559	02:35:49	Victoria	Jeffer	F		Rougemont	931	02:33:28
932	208	02:35:52	Lucy	Cox	F			933	02:33:31
933	386	02:36:10	Harry	Gardiner	M		Rougemont	936	02:33:55
934	228	02:36:10	Natasha	Darby	F			932	02:33:31
935	1174	02:36:13	Martine	Welsh	F	40		935	02:33:51
936	668	02:36:41	William	Lewis	M	50		945	02:35:15
937	27	02:36:50	Daphne	Austerberry	F	60	Chepstow Harriers	930	02:33:28
938	528	02:36:52	Joshua	Hunt	M		Admiral	938	02:34:25
939	408	02:37:06	Rachael	Godwin	F			934	02:33:42
940	781	02:37:15	Lionel	Morris	M	50		943	02:35:03
941	130	02:37:16	Ros	Burgess	F	40	Lliswerry Runners	948	02:35:51
942	1033	02:37:17	Luke	Smith	M			940	02:34:37
943	907	02:37:17	Sarah	Rajoo	F			941	02:34:37
944	639	02:37:38	Bronwen	Lancaster	F			937	02:34:25
945	1154	02:37:49	Kate	Waters	F		Lliswerry Runners	944	02:35:03
946	925	02:38:03	Laura	Rendell	F		Lliswerry Runners	946	02:35:19
947	496	02:38:17	Cameron	Holgate	M		Rougemont	949	02:36:03
948	335	02:38:26	Katie	Evans	F	40		942	02:34:54
949	673	02:38:27	Thomas	Link	M			947	02:35:30
950	590	02:38:50	Linda	Jones	F	40	Islwyn Running Club	950	02:37:02
951	1158	02:39:23	Carmen	Watkins	F	40	Scouts	952	02:37:24
952	934	02:39:35	Andy	Richards	M		Rougemont	954	02:37:26
953	1094	02:39:48	Isabelle	Thomissen	F		Lliswerry Runners	955	02:37:45
954	658	02:39:53	Christine	Lewis	F	50	Lliswerry Runners	958	02:38:29
955	473	02:40:13	Kate	Haywood	F			957	02:38:05
956	359	02:40:13	Emma	Fitzmaurice	F			956	02:38:05
957	260	02:40:14	Claire	Davison	F			951	02:37:02
958	367	02:40:32	Stephen	Ford	M			953	02:37:25
959	347	02:41:17	Annette	Exley	F	40	Lliswerry Runners	962	02:39:27
960	125	02:41:32	Julie	Gibson	F	50		960	02:39:17

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
961	150	02:41:33	Michelle	Clabon	F	50		961	02:39:18
962	1164	02:42:00	Clare	Watson	F			959	02:38:50
963	598	02:42:17	Sharon	Jones	F			966	02:40:25
964	513	02:42:20	Barry	Howells	M	40		963	02:39:45
965	517	02:42:20	Lorraine	Howells	F	60		964	02:39:45
966	1048	02:43:18	Victoria	Stephens	F			965	02:39:46
967	563	02:45:51	Matthew	Jenkins	M			967	02:42:56
968	572	02:46:02	Judith	John	F	50		968	02:43:35
969	569	02:48:18	Ruth	Johansen	F	50	Bettws Women'S Running Group	971	02:46:42
970	903	02:48:28	Dwayne	Quamina	M		Admiral	972	02:47:12
971	463	02:48:31	Daniel	Hart	M			969	02:46:17
972	523	02:48:59	Karen	Hughes	F			970	02:46:40
973	164	02:53:12	Katherine	Castle	F			973	02:51:03
974	378	02:54:01	Belinda	Fraser	F			974	02:51:19
975	1071	02:54:01	Mari	Tamlyn	F	50		975	02:51:19
976	1072	02:54:01	Nicky	Tamlyn	M			976	02:51:19
977	74	02:55:52	Stephanie	Bird	F		Admiral	977	02:52:57
978	1186	02:57:24	Roger	White	M	50		979	02:55:11
979	846	02:57:24	Louise	Parry	F			978	02:54:03
980	713	02:58:11	Kate	Massey	F	40		981	02:55:34
981	1102	02:58:12	Joanna	Tipper	F	40	Admiral	980	02:55:18
982	58	02:59:01	Rachel	Bengough	F			983	02:56:47
983	188	02:59:36	James	Clement	M		Admiral	982	02:56:39
984	304	03:01:42	Tina	Dury	F	40	Caerleon Running Club	985	02:59:02
985	706	03:02:07	Stephen	Marshall	M		Admiral	986	02:59:16
986	949	03:02:07	Laura	Riley	F			987	02:59:16
987	201	03:02:09	Richard	Cook	M	60	Purbeck Runners	984	02:58:37
988	600	03:03:04	Sian	Jones	F		Lliswerry Runners	988	03:00:17
989	1124	03:04:26	Michaela	Van Der Linde	F		Rougemont	991	03:02:06
990	1035	03:04:26	Megan	Smith	F		Rougemont	992	03:02:07
991	251	03:04:29	Rebecca	Davies	F			989	03:01:45
992	9	03:04:29	Sian	Allen	F			990	03:01:45

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
993	28	03:06:23	Jayne	Austin	F	40		993	03:03:45
994	362	03:07:34	Chelsey	Flenley	F			994	03:06:10
995	902	03:15:12	Nicola	Pullen	F			996	03:12:31
996	790	03:15:13	Declan	Mulhall	M			997	03:12:32
997	797	03:15:51	Rachael	Netherway	F	40		995	03:12:17
998	1032	03:18:06	Lorraine	Smith	F			998	03:15:56
999	870	03:18:07	John	Pethick	M	50		999	03:15:56
1000	156	03:25:20	Jodie	Carpenter	F			1000	03:22:46
1001	636	03:39:17	Michelle	Kouzoukis	F			1001	03:36:35
1002	642	03:43:47	Claire	Langford	F		Rougemont	1002	03:41:30
1003	511	03:45:35	Clair	Houston	F			1003	03:42:14