

RNLI Reindeer Run

Sunday 10 December 2006

10K : All Runners

Place	Race #	Time	Forename	Surname	Gender	Age	Team
1	868	00:35:03	Daniel	Gurmin	M	30	Swansea Harriers
2	873	00:35:10	Paul	Richards	M	41	NEATH HARRIERS
3	714	00:36:10	Paul	Talbot	M	39	NEATH HARRIERS
4	46	00:36:36	Stephen	Thomas	M	38	Islwyn Running Club
5	256	00:37:38	Oliver	WILLIAMS	M	20	
6	849	00:37:46	Alan	Davies	M	54	
7	27	00:37:49	Wyn	Barrett	M	39	
8	673	00:37:52	Gareth	Battle	M	32	
9	942	00:38:18	James	OCallaghan	M	30	
10	543	00:39:50	Alun	Rhys	M	24	
11	861	00:39:53	Nick	Jenkins	M	48	Mumbles Milers
12	271	00:40:08	Tim	Pengilly	M	28	Les Croupiers
13	769	00:40:18	Brian	Hawkins	M	39	CARDIFF TRIATHLON
14	872	00:40:24	Rob	Falconer	M	48	
15	755	00:40:33	David	Crowley	M	24	CJHH Solicitors
16	239	00:40:36	Alan	Williams	M	43	Fairwater Runners
17	139	00:40:40	Jason	Statham	M	38	
18	847		Philip	Miller	M	19	
19	842	00:40:47	Andy	Davies	M	43	Pontypridd Roadents
20	667		Jamie	Gibbons	M	22	
21	925	00:40:52	Jamie	Bedford	M	25	
22	367		Dominic	Pascoe	M	32	
23	785	00:41:04	JAMES	COXON	M	31	
24	798	00:41:05	ANGELA	TYRRELL	F	28	SAN DOMENICO RR
25	654	00:41:14	Andy	Pearce	M	39	
26	419	00:41:33	Lee	Morris	M	25	
27	36	00:41:37	Gair	Mcadie	M	30	Team Deviant
28	947	00:41:44	David	Munro	M	34	
29	816		Keith	Powell	M	54	Cornelly Striders
30	763	00:42:00	Mark	Rees	M	34	
31	691	00:42:04	Shane	Wilde	M	43	Islwyn Running Club
32	908		Liam	Sullivan	M	44	
33	898		Lynsey	Christopher		38	
34	284	00:42:10	Caroline	Rimmer	F	23	
35	826		DAVID	PROUD	M	39	Les Croupiers
36	792	00:42:17	IVAN	TEED	M	29	
37	900		Chris	Lewis	M	25	
38	19	00:42:37	David	Price	M	29	
39	448		MICHAEL	ANTHONY	M	49	Lliswerry Runners
40	641		NEIL	WILLIAMS	M	45	
41	1036		Joanne	Thomas	F	30	
42	686		ALUN WYN	EVANS	M	41	
43	949	00:42:58	James	Leary	M	41	
44	829	00:43:02	Daren	Morgan	M	39	
45	364	00:43:08	Stephen	Clarke	M	47	Swansea Harriers
46	555		Gethin	Donoghue	M	16	
47	457		JAMIE	SEEKINGS	M	28	PENARTH & DINAS RC
48	99		Stephen	Powell	M	43	Port Talbot Harriers
49	632	00:43:12	Helen	Lodder	F	35	
50	885		David	Lerway	M	29	
51	916	00:43:17	Ian	Liddiatt	M	30	
52	30		Darren	Cheesman	M	30	
53	943	00:43:26	Andrew	Line	M	29	
54	415	00:43:35	Colin	Smith	M	39	
55	809		Phillip	Geddes	M	47	

56	932		Chris	Cowen	M	25	
57	374		Robert	King	M	43	
58	721	00:43:43	Jason	Morris	M	36	
59	580	00:43:51	Mark	Terry	M	49	
60	92		Mark	Amos	M	38	
61	699	00:43:55	Paul	Sullivan	M	42	Pontypridd Roadents
62	813	00:44:08	Gareth	Evans	M	27	Village Vipers
63	371	00:44:08	Peter	Goddard	M	46	Dudley Kingswinford
64	525	00:44:08	Ian	Joslin	M	31	
65	855	00:44:09	Martyn	Richards	M	28	
66	268	00:44:14	Joseph	Taylor	M	25	
67	612		Oliver	Grummell	M	27	Village Vipers
68	672	00:44:23	Susan	Tagg	F	39	Club 69
69	85	00:44:29	Toby	Warren	M	39	
70	735		Michael Anthony	Thomas	M	42	
71	197	00:44:34	SIMON	THOMAS	M	33	
72	145	00:44:38	Peter	Short	M	54	
73	886		Stephen	Lerway	M	26	
74	235	00:44:46	LAURENCE	GRAY	M	28	
75	34	00:44:50	Gareth	Roberts	M	32	
76	960		Sean	Treloar	M	39	
77	428	00:44:59	STEPHEN	JONES	M	39	Islwyn Running Club
78	47	00:44:59	Stephen	Cray	M	48	PENARTH & DINAS RC
79	295	00:45:00	Alex	WILLIAMS	M	39	
80	269	00:45:01	Matthew	Taylor	M	23	
81	396		Marcus	Coles	M	33	Les Croupiers
82	788		GARETH	REES	M	35	
83	839	00:45:09	Giancarlo	Bianchi	M	30	
84	929	00:45:19	Steve	Martin	M	54	
85	738	00:45:24	Nick	Bingham	M	49	South Wales Police AC
86	253	01:45:25	Wayne	Hopkins	M	44	
87	774	00:45:26	MARK	PERRY	M	36	
88	866		Geraint	Evans	M	40	
89	744		Ian	Warburton	M	42	
90	888	00:45:30	Simon	Warren	M	43	
91	764		Mark	Suret	M	29	
92	483		Roy	Board	M	39	
93	583	00:45:36	Tim	Jones	M	29	MDC
94	480		Steve	Davies	M	40	Port Talbot Harriers
95	558		Adrian	Gardner	M	34	
96	319		DAVID	CURZON	M	49	Village Vipers
97	68		Stephen	Tranah	M	36	
98	162	00:45:40	Debbie	Cooke	F	41	Bridgend AC
99	643	00:45:42	MICHAEL	WOODS	M	39	
100	734	00:45:44	Angharad	Mason	F	27	
101	429	00:45:52	MANDY	JONES	F	30	Islwyn Running Club
102	440	00:46:02	DAVID	PROFFITT	M	53	NEWPORT HARRIERS
103	903		Colin	Bradley	M	50	Welsh Master
104	278		TOM	Pearson	M	33	
105	700	00:46:08	Dominic	Ryland	M	38	CARDIFF TRIATHLON
106	129		Julian	Williams	M	33	
107	693		Josh	Harry	M	42	
108	865	00:46:11	Jim	Hewitt	M	45	
109	876		Michael	John	M	23	
110	883	00:46:20	Kevin	Smith	M	50	
111	737		Leon	Murnieks	M	31	
112	48		Martin	Barrett	M	40	
113	905	00:46:28	Simon	Hurford	M	45	
114	941		Rob	Owens	M	29	
115	378	00:46:34	Andrew	Gott	M	26	
116	930		Darren	Morris	M	31	
117	562	00:46:42	Stephen	Chambers	M	45	
118	797		MARK	EAKINS	M	35	
119	924	00:46:48	Ray	James	M	45	
120	917		Barry	Morgan	M	29	

121	768	00:46:57	Adrian	Corbett	M	47	
122	266		Andy	Barnes	M	48	
123	878	00:47:04	Nick	Darroch	M	48	BRACKLA HARRIERS
124	354	00:47:07	Sian	Phillips	F	45	
125	895	00:47:11	Andy	Little	M	44	
126	511	00:47:19	TIM	KAYE	M	33	
127	853		Jeff	Davies	M	30	
128	781	00:47:23	TIM	DAVIES	M	45	
129	582	00:47:28	Robert	Rees	M	35	
130	758		Thomas	Howe	M	21	CJHH Solicitors
131	458	00:47:35	SALLY	ORR	F	23	CARDIFF TRIATHLON
132	844		Gavin	Roberts	M	42	Swansea Harriers
133	854	00:47:40	Robert	Evans	M	25	Cardiff Tri Club
134	506	00:47:41	GAWAIN	BARNARD	M	30	
135	106	00:47:43	Justin	Phillips	M	33	
136	348	00:47:44	Chris	Johns	M	44	
137	524	00:47:46	Will	Edwards	M	34	
138	485		Martin	Groves	M	34	
139	554		Paula	Donoghue	M	47	
140	306	00:47:51	NIGEL	LEGGE	M	58	Fairwater Runners
141	679		CENNYDD	AMOS	M	33	
142	661		Ceri	White	F	39	
143	860	00:47:55	Kevin	Walker-Curran	M	40	
144	869		Paul	Arnold	M	38	Gorseinon Road Runners
145	708	00:48:00	Richard	Howe	M	37	
146	95		Christopher	Parker	M	41	Swansea Harriers
147	358		Edward	Fish	M	49	
148	586		Peter	Bowen	M	42	
149	64		Brendan	Healy	M	34	
150	149		Mike	Spencer	M	54	
151	431		STEVE	PRESS	M	37	TEAM WECORRI
152	704	00:48:12	David	Perrett	M	47	
153	531		Gavin	Earnshaw	M	35	
154	674		Jacky	Austin	F	54	Club 69
155	951	00:48:18	Glyn	Williams	M	60	Gorseinon Road Runners
156	955		Martin	Hilton	M	41	
157	468	00:48:25	ALED	ROBERTS	M	34	
158	380	00:48:31	Emma	Dupain	F	20	Exmouth Harriers
159	926	00:48:35	James	Kemp	M	24	
160	353	00:48:36	Andrew	Rothwell	M	48	
161	823	00:48:39	LIZ	ASHTON	F	25	
162	569		Doug	Webb	M	49	Village Vipers
163	933	00:48:44	Paul	Davis	M	42	
164	824	00:48:45	RICHARD	SEWELL	M	49	
165	578	00:48:46	Peter	Welbirg	M	54	Griffithstown Harriers
166	549	00:48:47	Simon	Pinner	M	49	Wecori
167	10		Howard	Attwood	M	56	Lliswerry Runners
168	589		...	Lloyd	M	29	
169	663		Ray	Donovan	M	57	
170	507	00:48:54	SIAN	EVANS	F	34	
171	498	00:48:59	Michael	Williams	M	34	
172	879		Geraint	Jones	M	26	
173	915		Andrew	Burns	M	27	
174	108		Carol	Moseley	F	30	Port Talbot Harriers
175	881	00:49:05	Jon	Henderson	M	32	
176	447	00:49:06	Gary James	Thomas	M	39	
177	494	00:49:08	Joe	Troughton	M	15	
178	677	00:49:15	Michael	Owen	M	37	
179	731		Jason	Smith	M	36	
180	862		John	Harries	M	53	
181	901		Alex	Lewis	M	27	
182	892		Meirion	Williams	M	47	
183	73	00:49:24	Andrew	Freedman	M	50	
184	437		RACHEL	MORGAN	F	32	CARDIFF AAC
185	39	00:49:30	Hywel	Tomos	M	39	

186	907	00:49:31	Paul	Mackenzie-Cummins	M	34	Les Croupiers
187	887	00:49:33	Rob	Leering	M	50	PENARTH & DINAS RC
188	889	00:49:34	Alan	Jenkins	M	45	
189	74	00:49:36	Gwion	Llwyd	M	30	
190	218		PHILIPPA	WILLIAMS	F	34	
191	250		Robert	Jones	M	39	
192	24		David	Barrett	M	45	
193	726		Geoff	Jones	M	32	
194	922	00:49:41	Andrew	Thomas	M	39	
195	420		Rhodri	Morris	M	35	
196	871	00:49:47	Andrew	Sedgmond	M	52	Les Croupiers
197	718		Martin	Walker	M	46	Islwyn Running Club
198	446		STEVE	PEMBERTON	M	25	
199	102	00:49:52	David	Walker	M	52	
200	825		RICHARD	DODD	M	35	
201	811		Philip	Davidson	M	43	
202	91		Chris	Moles	M	36	Village Vipers
203	690		Stuart	Keeping	M	44	
204	199		HELEN	JONES	F	37	
205	356	00:49:56	Mark	Beattie	M	35	
206	202		JOHNNY	LAM	M	34	
207	339	00:50:00	Gavin	Phillips	M	17	
208	12	00:50:05	Michael	Williams	M	50	
209	127		Terryl	Morgan	F	46	
210	919	00:50:17	Paul	Read	M	29	
211	751	00:50:18	Nick	Jones	M	35	
212	918	00:50:19	Katherine	Wilson	F	39	
213	228	00:50:20	KEITH	JENKINS	M	30	
214	267	00:50:21	Sarah	Swaysland	F	35	
215	471		RICHARD	DAVIES	M	43	
216	893		Arfon	Rees	M	29	
217	560	00:50:30	Chris	Lindley	M	38	
218	166	00:50:32	NEIL	COLEMAN	M	41	
219	599	00:50:41	Alun	Blackmore	M	36	
220	234		TOM	DENMAN	M	31	
221	131	00:50:51	Robert	Woollacott	M	33	
222	11	00:50:52	Jane	Lavelle	F	52	Lliswerry Runners
223	522	00:50:53	Mike	Robertson	M	42	
224	882	00:50:55	Ifty	Khan		35	
225	377		David	Parfitt	M	37	
226	953	00:51:01	Steve	Howe	M	39	
227	894	00:51:01	Bob	Gardiner	M	46	
228	201	00:51:02	KATE	PHILLIPS	F	40	
229	433	00:51:02	MIKE	GRIFFITHS	M	35	TEAM DEVIANT
230	594	00:51:04	ANDREW	ORAM	M	37	
231	510	00:51:05	A	WILLIAMS	F	34	
232	467		IAN	MERRICK	M	29	
233	317		TIMOTHY	O'LEARY	M	42	
234	294		JAMES	THOMAS	M	43	BRACKLA HARRIERS
235	660		Hugh	Daniels	M	35	
236	619		Ian David	Roberts	M	48	Taunton AC
237	98	00:51:11	Andy	Rees	M	49	
238	938	00:51:11	Katies	Bheard	F	25	
239	137	00:51:12	Vaughn	Davies	M	43	
240	375	00:51:13	James	Webb	M	34	
241	756	00:51:15	David	Hussell	M	31	CJHH Solicitors
242	238		Lee	Hickman	M	35	
243	565		Jennifer	Kerr	F	25	
244	52	00:51:22	Tony	Gibson	M	34	
245	508		JOHN	MARTIN	M	49	
246	82		Keith	Starr	M	58	
247	221		RYAN	ORTON	M	31	
248	859		Sian	Evans	F	37	
249	899	00:51:28	Eddie	Bessant	M	42	
250	666		Nick	Holt	M	35	Chepstow Harriers

251	386		ROBERT	Lewis	M	41	
252	870		Jane	Arnold	F	35	Gorseinon Road Runners
253	445		AMANDA	JOHN	F	43	AMMAN VALLEY HARRIERS
254	159	00:51:33	Elaine	Ferguson	F	25	CARDIFF TRIATHLON
255	101		Leighton	Roach	M	40	
256	931		Chris	Prewett		32	Village Vipers
257	906	00:51:46	Richard	Crook	M	30	
258	379	00:51:51	Emyr	Thomas	M	38	
259	492		Mark	Weston	M	27	
260	466		TIM	HUNT	M	46	
261	551	00:51:57	Piers	Morgan-Harvey	M	26	Mumbles Milers
262	765		Geoffrey	Bayliss	M	60	Chepstow Harriers
263	850		Andrew	Hellier	M	42	
264	121		Theresa	Taylor	F	43	Womens Running Network
265	111	00:52:02	Ross	Lewis	M	26	
266	682		PAUL	BIGMORE	M	51	BRACKLA HARRIERS
267	307		SALLY	RICHARDS	F	34	
268	786	00:52:08	VICKY	SHELTON	F	35	
269	132		Ty	Ward	M	39	
270	469		BETHAN	WALL	F	40	
271	470	00:52:13	CHRISTINE	DAVIES	F	41	
272	349		Chris	Mellon	M	43	
273	285		Natalie	Parsons	F	32	
274	263	00:52:19	Tony	Clements	M	56	
275	761		Deborah	Hope	F	41	
276	462		KERRY	ROGERS	M	41	
277	35	00:52:23	Jenny	Clark	F	30	Team Deviant
278	338	00:52:28	Alec	Phillips	M	42	
279	711	00:52:28	Leanne	Howells	F	30	
280	273	00:52:29	Alice	Hurd	F	29	Les Croupiers
281	272	00:52:29	IAN	Hurd	M	44	
282	928	00:52:30	Richard	Cagog...	M	39	
283	370	00:52:31	Larry	Burford	M	44	PEGASUS RUNNING CLUB
284	936		Clare	Lloyd	F	30	
285	742		Raymond	Boyce	M	45	Cornelly Striders
286	804	00:52:36	Kevin	O'Leary	M	47	
287	598		Lee	While	M	29	
288	680		STEPHEN	JOHNSON	M	48	
289	647		TIM	JONES	M	36	
290	204	00:52:47	MICHAEL	DAVIES	M	47	
291	200		BRIAN	COTTON	M	30	
292	720		Vanessa	Turnbull	F	40	Womens Running Network
293	538	00:52:56	Justin	Knox	M	27	
294	245		Andrew	Ezard	M	42	
295	745	00:53:12	Beverley	Warburton	F	44	
296	152		Beverley	Meek-Welsh	F	47	
297	334		Benjamin	Bowen	M	22	
298	13	00:53:25	Liz	Steed	F	46	
299	283	00:53:30	Anthony	Simononi	M	25	
300	87	00:53:32	Neil	Lewis	M	47	Mumbles Milers
301	478		RICHARD	SAUNDERS	M	28	
302	335		Sunniva	Bowen	F	25	
303	44	00:53:44	Nigel	Morse	M	38	
304	180	00:53:44	EMMA	THOMAS	F	26	
305	373	00:53:45	Emma	Jones	F	30	Les Croupiers
306	766	00:53:47	Jane	Bayliss	F	54	Chepstow Harriers
307	388		Colin	Gale	M	47	
308	920		Richard	Pennell	M	37	
309	593	00:53:53	MELANIE	COLBURN	F	41	
310	784		MARK	CLELAND	M	36	
311	430		NINA	BROCKLEBANK	F	35	Womens Running Network
312	213		KATE	CROALL	F	36	
313	944		Paul	Rundle	M	45	
314	242	00:53:58	Elliot	Swallow	M	15	
315	49		Stephen	Hunt	M	59	

316	330		Ronald	Williams	M	46	
317	387		Gomer	Williams	M	38	Village Vipers
318	326		Jason	Evans	M	32	
319	820		Dan	Palmer	M	29	Cornelly Striders
320	291		IAN	James	M	27	
321	678	00:54:06	Mark	Davies	M	39	
322	29		Mark	Aston	M	47	
323	495		David	Rowlands	M	41	
324	648		GARETH	HART	M	36	
325	604	00:54:23	Fran	Machin	F	31	Les Croupiers
326	384	00:54:31	Simon	Davies	M	37	
327	613		Jeffrey	Mogford	M	47	
328	807		Barry	James	M	56	
329	616		Andrea	Davies	F	31	
330	244		Diane	Ezard	F	30	
331	67	00:54:39	Kristina	Williams	F	33	Team Deviant
332	290		Andrew	Rycroft	M	24	
333	767		Richard	Hogg	M	35	
334	875		Ben	Joshua	M	26	
335	874	00:54:55	Keith	Joshua	M	53	
336	703	00:55:01	Jeremy	Hall	M	37	CARDIFF TRIATHLON
337	194		SUSAN	HARRIS	F	37	TEAM DEVIANT
338	897		John Paul	Griffiths	M	34	
339	819		Robert	Scott	M	27	Cornelly Striders
340	796		LOUISE	EAKINS	F	36	3M GORSEINON ROAD RUNNERS
341	69	00:55:05	Lynn	Bulbeck	F	39	
342	123	00:55:13	Stephen	Palmer	M	40	
343	958		Not Known				
344	155		Hazel	Gambling	F	32	
345	791		SIAN	GRIFFITH	F	32	
346	902		Matthew	Jones	M	31	
347	77		Janice	Harvey	F	50	
348	568		Andrew	Lane	M	48	
349	890		Andrew	Pickett	M	30	
350	705		Malcolm	Jones	M	54	BRACKLA HARRIERS
351	628		Owain	Evans	M	33	
352	858		Andrew	Woodhouse	M	36	
353	573		Becky	Wickett	F	30	
354	783		MICHAEL	BECK	M	18	
355	782		ANDREW	REYNOLDS	M	24	NEATH HARRIERS
356	473		JAMES	DAVIES	M	38	3M GORSEINON ROAD RUNNERS
357	722		Ian	Wicks	M	42	
358	490	00:55:49	Robert	Mainwaring	M	34	
359	719	00:55:53	Graham	Irving	M	44	
360	350	00:55:53	Nicola	Murphy	F	38	
361	25	00:55:54	Nigel	Gunn	M	44	
362	757	00:55:54	Richard	Howe	M	51	CJHH Solicitors
363	179	00:55:55	STELLA	RUDD	F	30	
364	852	00:55:55	Gareth	Jenkins	M	41	Chepstow Harriers
365	128	00:55:56	Lee	Kwok	M	32	Glamorgan Health and Racquet Club
366	950		Rhys	Ryland	M	47	Beddow
367	957	00:56:04	Jenny	Mackay	F	26	
368	548		Andrea	Hamer	F	44	
369	126	00:56:10	Darrell	Morgan	M	40	
370	618	00:56:11	John	Wilkins	M	47	
371	255	00:56:14	Joseph	Sanford-Pooley	M	20	
372	304		MARTIN	FAWCETT	M	35	
373	303		OWEN	DAVIES	M	32	
374	220	00:56:24	IAN	JONES	M	34	
375	18	00:56:28	Sarah	Morris	F	39	
376	741		Bretty	Regulski	M	47	Chepstow Harriers
377	550		Ruth	Smith	F	48	
378	247		Patriad	Jones	F	52	
379	416	00:56:33	Tony	Hall	M	58	
380	692		Phillip	Doel	M	46	

381	587	00:56:39	Rory	Chapman	M	26	
382	802		Jonathan	Evans	M	37	
383	602		Daniel	Davies	M	26	
384	376	00:56:44	Joanne	Rogers	F	29	
385	414		Mel	Owen	F	29	
386	211		EMMA	RICHARDS	F	26	
387	493		Marina	Crockford	F	48	
388	311	00:56:54	DAWN	FRENCH	F	47	3M GORSEINON ROAD RUNNERS
389	122		Michael	O'Shea	M	63	
390	391		Jenny	Sleath	F	37	
391	360	00:57:00	Jay	Ramsurrun	M	55	
392	523	00:57:07	P	Blake	M	30	
393	372		Catherine	Key	F	26	
394	779		CHERRY	PHYBERS	F	20	
395	780		ROSIE	MORGAN	F	19	
396	904		Andrew	Wonklyn	M	43	
397	117	00:57:14	Sue	Browne	F	46	Chepstow Harriers
398	527		Grant	Duncan	M	48	
399	240	00:57:19	Wendy	Owen	F	35	
400	280		Bethan Wyn	Hughes	F	30	
401	383	00:57:28	Mark	Rees	M	45	
402	216		SARAH	STEVENS	F	28	
403	909	00:57:42	Kerry	Francis	F	44	Les Croupiers
404	585		John	Higgon	M	59	
405	392	00:57:51	Darryl	Sleath	M	37	
406	536		Stephen	Rohman	M	44	
407	537		Stuart	Fraser	M	36	Village Vipers
408	104	00:57:56	Eleri	Price	F	29	
409	509		SALLY	MARTIN	F	19	
410	400		Wendy	Lawrence	F	52	Forest of Dean Athletics
411	574	00:58:01	Neil	Jepps	M	44	
412	553	00:58:07	Captain	Beany	M	52	
413	427		FINOLA	WILSON	F	39	Womens Running Network
414	913		Andrew	Jones	M	40	
415	642		CERI	PARKER	M	18	
416	76		Philip	Jones	M	40	
417	472		DAVID	MCDONALD	M	38	
418	609		Nigel	Jones	M	52	
419	830	00:58:18	Paul	Daly	M	33	
420	846		John	Payne	M	30	
421	219		AL	MARNER	M	35	
422	399	00:58:28	Keith	Harris	M	44	Mumbles Milers
423	912	00:58:38	James	Johnson	M	30	
424	45	00:58:38	Jonathan	Simpson	M	15	
425	75	00:58:39	Jane	Allely	F	40	
426	733	00:58:39	Rhian	Davies	F	31	
427	732	00:58:39	Jane	Griffiths	F	30	
428	14	00:58:40	Gareth	Morgan	M	27	
429	413	00:58:40	Carl	Hanney	M	27	
430	541	00:58:40	Owen	Bodger	M	37	
431	542	00:58:41	Jacky	Tyrie	F	24	
432	653	00:58:41	Cathryn	Russell	F	50	
433	600	00:58:41	Philip	Price	M	48	
434	26	00:58:42	Gaynor	Hayes	F	43	
435	316		NICOLA	HALL	F	52	Forest of Dean Athletics
436	113		Robert	Jones	M	35	
437	526		Ruth	Joslin	F	31	
438	203		ERIC	FREW	M	43	
439	671		Geraint	Griffiths	M	40	
440	86	00:58:49	Annie	Conroy	F	61	Les Croupiers
441	657	00:58:59	Simon	Geen	M	39	
442	232		NIGEL	JAMES	M	48	
443	406		Bethan	Lewis	F	36	
444	147		Katherine	Duerdoth	F	28	
445	153	00:59:04	Kathleen	Evans	F	57	

446	795	00:59:11	KIM	MCTAVISH	F	49	CAERLEON RUNNING CLUB
447	535		Sally	Varrall	F	45	
448	552		Georgina	Govier	F	43	
449	109		Nicola	Parkinson	F	39	Village Vipers
450	460		ROGER	MORGAN	M	41	
451	505		PETER	REGAN	M	44	
452	181		CECILIA	THOMAS	F	52	
453	182		CARWYN	WILLIAMS	M	29	
454	97	00:59:17	Pauline	Rees	F	50	
455	443	00:59:18	JESSICA	TRIM	F	26	Womens Running Network
456	465	00:59:19	HEATHER	SMITH	F	33	
457	28	00:59:20	David	Corcoran	M	51	
458	289		Tamsin	Pearce	F	24	
459	576	00:59:27	Martyn	Jones	M	48	
460	856		Aiden	Thomas	M	37	
461	435		GILL	ELLIS	F	47	CHEPSTOW HARRIERS
462	328		Annie	Allton	F	40	
463	1124		Emma	O'Brien	F	25	
464	501	00:59:34	Paula	Murphy	F	38	Womens Running Network
465	444	00:59:53	ELAINE	SHORT	F	49	Womens Running Network
466	177		STEVEN	WALSH	M	30	
467	88		Colin	Gardner	M	58	
468	455		SIMON	ELIAS	M	48	
469	790		KATY	BROWN	F	25	
470	934	00:59:59	Karen	Davis	F	30	
471	165		Shirley	Mathurin	F	46	
472	516	01:00:11	Richard	Howe	M	38	
473	914	01:00:23	Paul	Skinner	M	30	
474	421	01:00:24	Martin	Jones	M	40	
475	43	01:00:27	Aileen	Griffiths	F	51	Forest of Dean Athletics
476	518		Helen	Lawley	F	29	
477	637		Gwenllian	Llwyd	F	31	
478	638		Jeffrey	Lewis	M	43	
479	381		Dorothy	Newberry	F	49	Gillingham Trotters
480	308		ROBERT	FRANCIS	M	34	
481	927		Brian	Tucker	M	30	
482	17	01:00:40	Paul	Tucker	M	29	
483	305		JOHN	COOMBE	M	54	
484	863		Dave	Charrett	M	53	
485	277	01:00:51	Huw	Griffiths	M	48	
486	412		Allison	Walker	F	30	
487	698		Laura	Hau	F	44	
488	712	01:00:58	Hannah	Evans	F	27	
489	713		Nicola	York	F	25	Celtic Tri
490	55	01:01:09	Shirley	Davies	F	44	
491	571		Sian	Brown	F	50	
492	1138		Tom	Chess	M	11	
493	937		Jane	Dawson	F	30	
494	935		Sarah	Packer	F	38	
495	389		George	Venables	M	54	South Wales Police AC
496	105	01:01:14	Matthew	Pitts	M	26	
497	454		HANNAH	STOCKHAM	F	30	
498	236		Paul	Davies	M	56	
499	315	01:01:19	HEATHER	CHANDOS-ADAMS	F	45	
500	743		John	Parke	M	41	
501	921		Alun	Cleverley	M	43	
502	130	01:01:26	Graham	Singer	M	50	
503	832		Amit	Benjamin	M	33	
504	836		Peter	Lawler	M	45	
505	588	01:01:36	Chris	Dummer	M	57	
506	477		LINZI	TIERNEY	F	39	
507	658		Helen	Price	F	30	
508	20		Ruth	Hanks	F	22	
509	877		Emma	Little	F	30	
510	837		Barry	Glover	M	56	

511	840		Phil	Collier	M	40	
512	945		Heidi	Jones	F	33	Chepstow Harriers
513	270	01:01:43	Gary	Taylor	M	24	Mumbles Milers
514	355		Mandy	Bees	F	45	Womens Running Network
515	365		Terisa	Maddison	F	36	
516	394		Alan	Roberts	M	51	
517	775		SUSAN	PENDLETON	F	38	Womens Running Network
518	709		Helen	McDavid	F	36	Womens Running Network
519	1154		SUZANNE	THICKENS	F	31	
520	777		HUGH	PRICE	M	56	
521	138		Richard	Simpson	M	34	
522	891		Janet	Williams	F	42	
523	112	01:02:02	Jane	Evans	F	52	
524	896		Sheila	Duggan	F	26	
525	327		Ruth	Irvine	F	36	
526	310	01:02:12	HEATHER	PAYTON	F	60	TRENT PARK R.C.
527	425		Elaine	Davies	F	50	Village Vipers
528	163		Edwards	Wellington	M	49	
529	309		MIKE	MATTHEWS	M	64	
530	300	01:02:23	JULIE	WILLIAMS	F	49	
531	513		LINDA	TAYLOR	F	37	
532	833	01:02:35	Juliet	Milne	F	37	
533	817	01:02:37	Ian	Ogilvie	M	40	
534	623	01:02:39	Sian	Bills	F	44	
535	753		Maureen	Foley	F	42	Womens Running Network
536	818		Jan	Ogilvie	F	42	
537	93		Tina	Jones	F	47	
538	952		Matthew	Owen	M	33	
539	56		Catherine	Richards	F	47	
540	261		Kevin	Tyers	M	30	
541	15	01:02:45	Fiona	Neill	F	38	Mumbles Milers
542	754		Simon	Foley	M	39	
543	249		CHRISTOPHER	Plaice	M	64	
544	610	01:02:50	Paul	Darby	M	37	
545	50	01:03:05	Helen	Hunt	F	56	
546	884	01:03:06	Rachel	Evans	F	38	
547	125	01:03:06	Suzie	Shepherd	F	37	Chepstow Harriers
548	436	01:03:06	ROBERT	BROWN	M	56	CHEPSTOW HARRIERS
549	157	01:03:07	Maria	Buselli	F	44	
550	956	01:03:07	Not Known				
551	84	01:03:07	Gary	Rees	M	62	
552	606	01:03:08	Jane	Chappelle	F	43	
553	559	01:03:08	Helen	Stokes	F	21	
554	771	01:03:08	KAREN	WILKINSON	F	30	
555	954	01:03:09	Birgh	Schawn		30	
556	237		Tamsin	Humphries	F	36	
557	481	01:03:15	Miriam	Gallagher	F	41	
558	491	01:03:22	Delyth	Mainwaring	F	29	
559	727		Jane	Jones	F	32	
560	336		Frances	Barnes	F	39	Womens Running Network
561	615		Grim	Reaper	M	60	Coffin Dodgers
562	252		Anne	Griffiths	F	46	
563	800		Rhianydd	Livesy	F	26	
564	212	01:03:31	LISA	FABB	F	36	
565	664		Ceri	Knight	F	31	
566	622		Amanda	Haines	F	41	
567	409		Helena	Dunne	F	27	
568	408		Kailey	James	F	29	
569	333	01:03:39	Anne-Marie	Brackpool	F	26	
570	258	01:03:48	John	Lott	M	30	
571	134		Jane	White	F	41	
572	407		Jane	Ellis	F	34	
573	398		Wayne	Warner	M	39	
574	556		Huw	Jones	M	41	
575	762		John	Lambert	M	66	

576	423	01:03:53	Felicity	Jones	F	30	
577	620		Janet	Owens	F	40	
578	570		Heather	Pierce	F	41	Womens Running Network
579	539		Tim	Conway	M	48	
580	736	01:04:03	Peter	Murawski	M	53	
581	173		MICHAEL	TIPPINS	M	57	
582	262	01:04:14	Sharron	Daly	F	34	
583	313		ANNE	WESSON	F	35	
584	329	01:04:20	Elizabeth	Parton	F	30	
585	581		Sue	Shannon-Jones	F	56	Womens Running Network
586	487	01:04:39	Zosia	Lewandowski	F	15	
587	38		Julie	Gething	F	36	Womens Running Network
588	639		SIAN	JONES	F	26	
589	438	01:04:45	LINDA	BURNELL	F	42	Womens Running Network
590	114		Dolores	Donnelly	F	47	Womens Running Network
591	405	01:05:00	Steve	Kent	M	44	
592	939	01:05:02	Lilly	Volkman	F	30	
593	175	01:05:05	C	HOUSTON	F	28	
594	940	01:05:13	Not Known				
595	196		N	JONES	F	28	
596	174		TRICIA	MATTHEWS	F	34	
597	40		Margaret	Barrett	F	59	
598	596	01:05:34	HELENA	SYKES	F	24	
599	617	01:05:41	Jackie	Blyth	F	48	
600	463	01:05:43	IAN	WILSON	M	31	
601	810	01:05:46	Dehra	Davidson	F	38	
602	567		Maggie	Lane	F	46	
603	584		Heather	James	F	38	
604	747	01:05:58	Geraint	Jenkins	M	39	AMMAN VALLEY HARRIERS
605	605		Susan	Phillips	F	62	
606	450		GERAINT	WRIGHT	M	30	
607	119	01:06:05	Philip	Mansfield	M	45	
608	687		JOANNE	BARRETT	F	26	
609	185	01:06:11	LAURA	BURNS	F	24	
610	293		SANDRA	ANDERSON	F	30	
611	94	01:06:19	Andrew	Griffiths	M	34	
612	441		LYNNE	HODGETTS	F	53	Womens Running Network
613	288		Andrew	Williams	M	33	
614	169	01:06:26	RHIAN	LILLEY	F	36	
615	636	01:06:30	Anthony	Sudworth	M	47	
616	401	01:06:41	Ruth	Gardner	F	28	
617	422		Judy	Donovan	F	37	
618	787		ANTHONY	DONOVAN	M	36	
619	500		Ann	Bowen	F	62	
620	545		Celia	Netana	F	30	
621	215		LOUISE	WARREN	F	28	
622	702		Beatrix	Bown	F	52	
623	959	01:06:48	Not Known				
624	16		Amena	Musleh	F	52	Womens Running Network
625	403	01:06:53	Marcus	Constantinou	M	40	
626	417		Stephen	Bick	M	36	
627	803		Simon	Thomas	M	36	
628	749		Pippa	Poulton	F	46	
629	331	01:06:58	Kevin	Llewellyn	M	52	
630	320		CHENETTE	THOMAS	F	39	
631	286		Joanne	Cunningham	F	42	
632	773	01:07:08	SARAH	LADD	F	38	
633	302	01:07:16	KATE	ATTWOOD	F	25	
634	136		Molly	Melhuish	F	33	
635	246	01:07:24	SARAH	Smiles	F	26	
636	512		LAURA	COTTON	F	28	
637	144	01:07:36	Hadyn	Davies	M	65	
638	37	01:07:41	Karen	Jones	F	30	
639	90		Helen	Wilson	F	31	
640	225		KATHERINE	WILLIAMS	F	33	

641	227	01:07:46	KARIN	MARSH	F	34	
642	532		Carolyn	Willaims	F	43	
643	684		ANGHARAD	LOCK	F	25	
644	789	01:07:57	BETHAN	LOCK	F	29	
645	685	01:07:57	MELISSA	DUCKHOUSE	F	25	
646	706	01:07:58	Jon	Baldwin	M	37	
647	707	01:07:58	Ann	Baldwin	F	31	
648	66	01:07:58	Marianne	Burrdge	F	48	Fairwater Runners
649	456	01:07:59	LIZ	WAITES	F	49	
650	815		Jacqueline	McDonald	F	33	
651	624		Samantha	Moon	F	34	
652	814	01:08:09	Joanne	Snaith	F	35	
653	614		Kathleen	Mogford	F	52	
654	880	01:08:23	Gayle	Shenton	F	35	Neath Ladies Running Network
655	696		Tracy	Thomas	F	30	Womens Running Network
656	911		Lisa	Miles	F	36	Womens Running Network
657	689		Liz	Mallen	M	41	
658	323		ALYSON	MORRIS	F	33	
659	730	01:08:30	Sharon	Pope	F	36	
660	322		JANNETTE	THORNE	F	41	
661	729		Julia	Smith	F	41	
662	110		Wendy	Shamsaee	F	46	
663	740	01:08:40	Manher	Solanki	M	44	
664	486		Kryisia	Groves	F	46	
665	591	01:09:03	J	HOBBS	M	39	
666	695	01:09:08	Gill	Stone	F	48	
667	694		Linda	Evans	F	55	
668	794		DIANE	MCTAVISH	F	42	
669	80	01:09:14	Mike	Rees	M	40	
670	577		David	Davies	M	46	
671	451	01:09:27	SARAH	WATKINS	F	32	
672	716		Helen	Davies	F	27	
673	717		Jonathan	Davies	M	31	
674	715		Andrew	Tummon	M	38	
675	867		Kim	Evans	F	49	
676	675	01:09:36	Terry	Copp	F	48	Womens Running Network
677	115		Anthony	Jones	M	28	
678	21	01:09:45	Jane	Hanks	F	48	
679	368		Sheila	Curran	F	50	Womens Running Network
680	393		Jill	Royce	F	43	Womens Running Network
681	133	01:10:07	Jacqueline	Gully	F	38	
682	793		HELEN	MCTAVISH	F	44	
683	649		MICHELLE	MORGAN	F	37	
684	187		GILL	DAVIES	F	39	
685	607	01:10:14	Keri	Hutchinson	F	36	
686	864	01:10:19	Zoe	Davies	F	28	
687	910	01:10:25	Sarah	Evans	F	33	
688	772		LORRAINE	HODSON	F	41	Womens Running Network
689	633		Clifford	Evans	M	42	
690	634	01:10:37	Maria	Evans	F	43	
691	655	01:11:04	Dawn	Rees	F	39	
692	557		Sarah	Pope	F	43	
693	243		David	Swallow	M	53	
694	142		Graeme	Thelwell	M	51	
695	540		Mary	Williams	F	43	
696	946	01:11:25	Anna	Pedley	F	34	Chepstow Harriers
697	260		Michelle	Hurley-Tyers	F	27	
698	579	01:12:04	Colin	Moody	M	59	
699	644	01:12:12	DAPHNE	AUSTERBERRY	F	63	
700	459	01:12:17	BRIGID	HAINES	F	47	Womens Running Network
701	656		Carole	Hurford	F	41	
702	725		Michelle	Fowler	F	31	
703	746	01:12:38	Mark	Walsh	M	41	
704	248		Beverly	Crawford	F	40	Mumbles Milers
705	479	01:12:47	Wynne	Rees	M	58	

706	651		Melanie	Mallan	F	44	
707	822		HELEN	BEDDOW	F	38	
708	397		Carolyn	Heaven	F	38	Womens Running Network
709	546		Julie	Thomas	F	35	Womens Running Network
710	808	01:12:57	Samantha	Evans	F	34	
711	292		Abigail	Anderson	F	19	
712	156	01:13:15	Joy	Bannister	F	31	
713	848	01:13:23	Beverley	Joseph	F	45	
714	135		Emma	Edmunds	F	36	
715	834		Kay	Lewis	F	44	
716	835	01:13:54	Abigail	Hamblin	F	33	
717	851	01:14:20	Helen	Hellier	F	40	
718	352	01:14:23	Sian	Thomas	F	26	
719	259	01:14:26	Zaffy	Lott	F	51	
720	748		Susannah	Jenkins	F	39	
721	812	01:15:00	Liz	Hamblin	F	25	
722	287		Alison	Llewellyn	F	31	
723	750	01:15:09	Gail	Macnulty	F	49	
724	831		Not Known				
725	629	01:15:40	Emma	Jones	F	26	
726	369	01:16:09	Karen	Rutter	F	28	Islwyn Running Club
727	251		Aimee	JONES	F	29	
728	241		Andrew	Jones	M	31	
729	923	01:17:48	Amanda	Baldwin	F	33	Womens Running Network
730	53		Wendy	Evans	F	41	
731	827	01:18:09	VIRGINIA	PRITCHARD	F	43	
732	630	01:18:14	Jonathan	Sellick	M	26	
733	843		Michelle	Harries	F	41	
734	845	01:19:11	Keith	Fennell	M	47	
735	96	01:19:48	Suzanne	Thomas	F	38	
736	172		CHERYL	TIPPINS	F	24	
737	442		LISA	JONES	F	26	Womens Running Network
738	345	01:20:36	Brian	Jones	M	56	
739	344	01:21:00	Barbara	Street	F	55	
740	346		Tony	Lewis	M	43	
741	752		Ann	Lewis	F	43	
742	385	01:25:50	Donna	Rees	F	36	
743	631		Michelle	Jones	F	42	
744	710	01:29:08	Julie	Howells	F	52	
745	683		LESLEY	BIGMORE	F	48	
746	566		Kathryn	Holley	F	32	Womens Running Network
747	342	01:32:50	Sian	Cole	F	52	
748	626		Janet	Watkins	F	36	Womens Running Network
749	627		Kathryn	Price	F	44	Womens Running Network
750	257	01:36:18	Dennis	Lynch	M	67	Cornelly Striders
751	382		Steven	Booth	M	35	