

Sheet1

Pos	No.	Name	Age	Sex	Club	Special Cat.	Time
1	16	Adam Bitchell	19	M	Cardiff		24.56
2	13	Afan Humphries	23	M	Swansea Harriers		25.08
3	18	Ieuan Thomas	21	M	Cardiff		25.21
4	173	Richard Gardiner	37	M	Aberdare		25.31
5	29	Michael Kalleberg	19	M	Carmarthen Harriers		25.41
6	19	Jonathan Morgan	20	M	Newport		26.06
7	169	Alastair Marray	35	M	Horwich Rhi		26.5
8	17	Lewis Winfield Young	22	M	Cardiff		27.3
9	8	Iestyn Harrett	17	M	Celtric Tri		27.55
10	177	Jason Scanlon	39	M	Pontypridd Roadents		27.56
11	159	Paul Talbot	43	M	Neath Harriers		28
12	319	Fiona Kirk	20	F	N/A	F&D	28.01
13	11	James Egan	22	M	N/A		28.22
14	23	Gareth Ayres	27	M	Port Talbot Harriers		29.02
15	160	Royston Whitehouse	47	M	N/A		29.06
16	318	Elinor Kirk	21	F	Swansea Harriers		29.08
17	109	Chris Fulcher	43	M	Port Talbot Harriers	F&S/H&W	29.16
18	22	Brian McCartney	31	M	N/A		29.19
19	191	Leighton Williams	35	M	N/A		29.26
20	12	Adrian Weaver	33	M	Neath Harriers		29.28
21	403	Lee Morris	29	M	3M's		29.33
22	123	Alan Davies	58	M	N/A		29.57
23	33	Ian Phillips	26	M	3M's		30.03
24	332	Carol Bridge	25	F	N/A		30.19
25	28	Daniel Bodman	20	M	Pontypridd Roadents		30.37
26	178	Raul Reismann	37	M	LC Cobras		30.38
27	167	Jonathan Jones	40	M	Carmarthen Harriers		30.44
28	132	Paul Lewis	45	M	3M's		30.51
29	142	Paul Rees	45	M	P.T. Harriers		31.02
30	195	Andy Davison	40	M	N/A		31.04
31	181	Sean Treloar	43	M	P.T. Harriers		31.11
32	140	Lynsey Christopher	42	M	Tata Steel		31.13
33	164	Glyn Sansom	48	M	San Domenico		31.28
34	161	Paul Davies	45	M	P.T. Harriers		31.38
35	139	Steve Kirk	54	M	N/A	F&D	31.38
36	14	Carwyn Evans	16	M	Swansea Harriers		31.58
37	114	Philip Meyler	55	M	Pontypridd Roadents		32.06
38	3	Jonathan Williams	34	M	Rhondda R.R.		32.09
39	133	Ian Hoskins	38	M	3M's		32.19
40	117	Steve Walsh	42	M	Port Talbot Harriers		32.36
41	135	Gareth Jehu	42	M	Aberdare Valley		32.42
42	144	Paul Jelley	46	M	P.T. Harriers		32.49
43	25	David Morris	33	M	N/A		33.01
44	197	Charles Walsh	35	M	P.T. Harriers		33.08
45	119	John Hopkins	48	M	Port Talbot Harriers		33.1
46	171	Chris Lewis	37	M	P.T. Harriers		33.13
47	27	Gavin Freley	30	M	N/A		33.15
48	130	Mark Terry	53	M	T.R.O.T.S.		33.2
49	401	Debbie Reed	45	F	3M's	H&W	33.22
50	124	Dominic Shields	45	M	San Domenico		33.26
51	162	Alun Evans	45	M	N/A		33.3
52	404	Michelle Cole	31	F	3M's		33.44

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53	24 Jonathan Morris	31 M	N/A		33.52
54	150 Graham Colvin	47 M	Celtric Tri		33.56
55	20 David Richardson	27 M	N/A		33.56
56	194 David Cornish	44 M	N/A		34.08
57	402 Jenny Phillips	40 F	Llanelli		34.21
58	310 Carol Moseley	34 F	Port Talbot Harriers		34.24
59	179 David Bown	35 M	Mumbles Millers		34.33
60	116 David Richards	48 M	Celtric Tri		34.33
61	152 Chris Herdman	36 M	Penarth & Dinas		35.02
62	34 Kieran MacKintosh	21 M	Port Talbot Harriers		35.12
63	149 Michael O'Neil	38 M	N/A		35.13
64	113 Steve Davies	44 M	Port Talbot Harriers		35.15
65	115 Mario Rabaiotti	47 M	Port Talbot Harriers		35.19
66	314 Efa Llewellyn	23 F	Enfield & Harringey		35.25
67	313 Ffion Haf Harrett	14 F	Celtric Tri		35.3
68	317 Sian Kirk	24 F	Swansea Harriers		35.34
69	147 Nigel Evans	40 M	T.R.O.T.S.		35.35
70	329 Marina Richards	37 F	Islwyn R.C.		35.37
71	154 Graham Vyner	42 M	Celtric Tri		35.42
72	183 Andrew Philips	47 M	N/A		35.46
73	338 Michelle Grey	30 F	Port Talbot Harriers		35.51
74	165 Robert Oliver	45 M	N/A		36.06
75	30 Gareth Bale	30 M	N/A		36.16
76	182 Cyril Walters	63 M	T.R.O.T.S.		36.24
77	333 Sian Phillips	49 F	Swansea Harriers		36.33
78	111 Keri Powell	40 M	Romford Harriers		36.53
79	32 John Jones	31 M	N/A		37.04
80	137 Geriant Smith	40 M	N/A		37.06
81	155 Mike Nash	50 M	3M's		37.07
82	185 Aaron Griffiths	43 M	N/A		37.1
83	5 Kyle Fulcher	18 M	Port Talbot Harriers	F&S/M&S	37.16
84	184 Colin Fish	42 M	N/A		37.23
85	325 Louise Miskell	40 F	3M's		37.23
86	143 Gary Davies	48 M	N/A		37.24
87	138 Ian Williams	45 M	P.T. Harriers		37.24
88	193 Ray James	49 M	P.T. Harriers		37.38
89	303 Christina Howland	44 F	Felixstowe R.R.	H&W	37.49
90	148 Mark Andrews	39 M	Merthyr Cyc Club		38.01
91	133 Ian Hoskins	38 M	3M's		38.01
92	131 Michael Terry	60 M	T.R.O.T.S.		38.23
93	136 Richard Williams	38 M	Airbus Running		38.27
94	15 Will Breeze	34 M	N/A		38.28
95	121 David Francis	47 M	N/A		38.38
96	196 Kevin Mead	37 M	N/A		38.39
97	176 Darren Vaughan	35 M	P.T. Harriers		38.4
98	128 Haw Cawthorn	35 M	Run Run Forest Run		38.47
99	2 Adam Roberts	26 M	N/A		38.55
100	163 Matthew Williams	35 M	N/A		38.58
101	324 Lisa Williams	33 F	3M's		38.58
102	331 Judith Oakley	46 F	Port Talbot Harriers	H&W	38.59
103	337 Angela Ridge	44 F	Neath Harriers		39.01
104	334 Del Eyre	47 F	3M's		39.15
105	188 Mike Jones	55 M	N/A		39.39

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106	156	John Ayres	55 M	P.T. Harriers		40.07
107	199	Michael Howell	48 M	N/A		40.17
108	118	Mark Davies	45 M	N/A		40.22
109	10	Matthew Tynan	20 M	N/A		40.39
110	335	Penelope Graepel	50 F	N/A		40.44
111	101	Chris Howland	48 M	Felixstowe R.R.	H&W	40.48
112	100	Allan Smith	77 M	3M's		41.04
113	113	Steve Davies	44 M	Port Talbot Harriers		41.07
114	125	Clyde Baker	39 M	N/A		41.1
115	129	Stuart Howells	43 M	N/A		41.17
116	103	Simon Shepherd	40 M	Amman Valley		41.27
117	146	Ryan Humphreys	35 M	N/A		41.31
118	110	John Cunnane	62 M	Islwyn R.C.		41.38
119	141	Ian Swanson	60 M	P.T. Harriers		41.59
120	336	Sarah Fish	38 F	N/A		42.18
121	187	Huw Williams	56 M	N/A		42.18
122	26	Chris Price	34 M	Celtric Tri		42.36
123	170	John James	62 M	N/A		42.36
124	321	Gwyneth Parry	60 F	N/A	H&W	42.43
125	122	Mike Griffiths	49 M	N/A		43.26
126	200	John Sanderson	53 M	3M's		43.44
127	186	Ceri Evans	43 M	Celtric Tri		43.58
128	151	Richard Parry	57 M	N/A		44.06
129	180	Paul Smith	37 M	N/A		44.06
130	172	Alan Evans	71 M	Cardiff		44.1
131	31	Gethin Bale	24 M	N/A		44.11
132	189	Richard Donne	49 M	3M's		44.12
133	145	Tony Holling	55 M	N/A		44.2
134	316	Emily Reynolds	26 F	N/A		44.4
135	106	Wayne Waters	51 M	Neath Harriers		44.43
136	330	Janine Holmes	32 F	Prestatyn R.C.		44.46
137	7	Owen Davies	16 M	N/A		45.45
138	315	Emma Breeze	36 F	Run Run Forest Run		46.13
139	309	Linda Owens	59 F	3M's		46.22
140	312	Evone Williams	47 F	N/A		46.25
141	35	Liam Thomas	17 M	N/A		46.29
142	198	Chris Thomas	43 M	N/A		46.29
143	108	Jason Lane	38 M	N/A		46.33
144	306	Michelle Fulcher	46 F	Port Talbot Harriers	H&W/M&S	46.34
145	126	Andrew McPherson	37 M	Sospans		47.26
146	320	Linda Colvin	46 F	N/A	H&W	47.29
147	120	John Watkins	44 M	N/A		47.4
148	326	Gemma Wheeler	19 F	N/A	F&D/M&D	48.23
149	157	Neil Wheeler	40 M	N/A		48.23
150	168	Martyn Ruck	39 M	N/A		48.55
151	323	Laura Hall	48 F	3M's		49.04
152	175	Michael Oakley	38 M	Vegan Runners		49.09
153	190	Dr Paul Michael	43 M	N/A		49.25
154	127	Peter Marshall	37 M	N/A		49.4
155	126	Andrew McPherson	37 M	Sospans		49.41
156	166	Gary Rees	66 M	N/A		49.59
157	102	Gary Welsh	45 M	N/A		50.27
158	6	Gavin Jenkins	27 M	N/A		50.56

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159	339	Hayley Richards	34 F	N/A	H&W	51.11
160	192	Wayne Richards	39 M	N/A	H&W	51.11
161	105	Howard Williams	63 M	Neath Harriers		52.59
162	9	Robert Holt	24 M	N/A		53.59
163	328	Sophie Wheeler	18 F	N/A	F&D/M&D	56.45
164	307	Jane Elliot	57 F	3M's		57.41
165	158	Arthur Yarranton	67 M	N/A		59.04
166	21	Scott Burton	33 M	N/A		59.26
167	153	Wane Jones	45 M	N/A		60.45
168	322	Sarah Jones	15 F	N/A	F&D	60.45
169	327	Hazel Wheeler	39 F	N/A	F&D/M&D/H&W	65.55
170	174	Allen Watts	82 M	Sarn Helen		70.12