

2012 Admiral Swansea Bay 10k

Admiral Swansea Bay 10k 2012 Final Results

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1	2	00:28:30	Dominic	Onduro	M		Kenya	1	00:28:30
2	1	00:28:58	Bernard	Rotich	M		Kenya	2	00:28:58
3	3	00:29:00	Luka Rotich	Lobiwan	M		Kenya	3	00:29:00
4	5	00:29:23	Benson	Oloisung'A	M		Kenya	4	00:29:22
5	2866	00:30:21	Michael	Skinner	M		Salford	5	00:30:21
6	11	00:30:25	Dewi	Griffiths	M		Swansea Harriers	6	00:30:25
7	7	00:30:36	Anthony	Ford	M		Sale	7	00:30:36
8	4	00:30:46	Ezekiel	Kibet	M	20	Kenya	9	00:30:46
9	17	00:30:46	Aaron	Scott	M		England	8	00:30:46
10	18	00:30:54	Thomas	Cornthwaite	M		England	10	00:30:53
11	28	00:30:57	Ben	Livesey	M		Combined Services	12	00:30:57
12	25	00:30:58	Martin	Williams	M		Scotland	11	00:30:57
13	24	00:30:59	Simon	Plummer	M		Scotland	13	00:30:59
14	14	00:31:16	Carwyn	Jones	M		Cardiff AAC	14	00:31:16
15	8	00:31:19	Nick	Swinburn	M		Morpeth	15	00:31:19
16	29	00:31:23	Rob	Bugden	M		Combined Services	16	00:31:22
17	12	00:31:24	Dave	Mountford	M		Liverpool	17	00:31:24
18	15	00:31:37	Richie	Gardiner	M		Aberdare AC	18	00:31:37
19	3400	00:31:41	Shaun	Antell	M		Bristol & West AC	19	00:31:39
20	13	00:31:43	Rowan	Axe	M		Cardiff AAC	20	00:31:43
21	20	00:31:49	Ryan	Holroyd	M	20	Staffordshire Moorlands	21	00:31:49
22	27	00:32:06	Matt	Blunden	M		Combined Services	22	00:32:06
23	26	00:32:12	Luke	Traynor	M	20	Scotland	23	00:32:11
24	10	00:32:27	Sam	Dalgleish	M		Midlands	24	00:32:25
25	9	00:32:42	Josh	Tighe	M		Salford	25	00:32:42
26	37	00:32:46	Eunice	Kales	F		Kenya	26	00:32:46
27	3079	00:32:50	Matthew	Harvey	M		Neath Harriers	27	00:32:48
28	1302	00:32:51	Steven	Rees	M		Port Talbot Harriers	28	00:32:49
29	41	00:33:16	Jane	Muia	F		Kenya	29	00:33:16
30	36	00:33:20	Agnes	Chebet	F	20	Kenya	30	00:33:19
31	39	00:33:21	Kate	Reed	F		England	31	00:33:19
32	22	00:33:37	Harry	Bishop	M		Severn AC	32	00:33:35
33	31	00:33:40	Oz	Ellis	M		Combined Services	33	00:33:39
34	34	00:33:41	Martin	Rees	M	55	Swansea Harriers	35	00:33:41
35	2268	00:33:42	Jeff	Prest	M		Trafford Athletic Club	34	00:33:40
36	1168	00:34:02	James	Hockin	M			36	00:33:58
37	834	00:34:02	James	Mulvany	M			37	00:34:00
38	38	00:34:06	Getenesh	Tamirat	F	35	Belgave	38	00:34:05
39	1389	00:34:09	Stuart	Crees	M		Les Croupiers	39	00:34:07
40	1601	00:34:12	Daniel	Rothwell	M		Swansea Harriers	40	00:34:09
41	2517	00:34:16	Sander	Vaher	M			41	00:34:13
42	45	00:34:17	Andrea	Whitcombe	F	40	Swansea Harriers	42	00:34:15
43	30	00:34:25	Tom	Bailey	M		Combined Services	43	00:34:24
44	2679	00:34:34	Peter	Coles	M	50	Pontypridd Roadents RC	44	00:34:32
45	3825	00:34:42	Paul	Griffiths	M	45	Neath Harriers	45	00:34:40
46	2915	00:34:45	Lauren	Deadman	F		Havering Mayesbrook AC	46	00:34:44
47	2748	00:34:49	Mark	Roberts	M	40	Swansea Harriers	47	00:34:47
48	3311	00:34:58	Carl	Hill	M		Aberdare Valley AAC	48	00:34:56
49	1047	00:35:03	Richard	Mulvany	M		Neath Harriers	49	00:35:01
50	43	00:35:08	Emily	Wicks	F		Aldershot Farnham & District AC	50	00:35:07
51	40	00:35:14	Emma	Taylor-Goodby	F		England	52	00:35:13
52	2782	00:35:14	Abbey	Mcghee	F		Scotland	53	00:35:13
53	551	00:35:15	Bernd	Kulessa	M	40	3M Gorseinon Road Runners	51	00:35:12
54	60	00:35:22	Danielle	Hodgkinson	F		Combined Services	55	00:35:21
55	1401	00:35:23	Gareth	Ayres	M		Port Talbot Harriers	54	00:35:20
56	2469	00:35:26	Ifan	Lloyd	M	50	Swansea Harriers	57	00:35:25
57	2897	00:35:27	Richard	Dando	M		Bridgend AC	56	00:35:24
58	2957	00:35:28	Robert	Dyde	M		Pembrokeshire Harriers	58	00:35:25
59	66	00:35:28	Stephen	Thomas	M	40	Aberdare AC	61	00:35:26
60	3268	00:35:28	Kelly	Crickmore	F		City of Chester Triathlon Club	60	00:35:26
61	3681	00:35:28	James	Elgar	M		Lliswerry Runners	59	00:35:25
62	44	00:35:38	Emma	D'Alton	F	35	Westbury Harriers	62	00:35:36
63	1698	00:35:42	Peter	Morton	M			63	00:35:41
64	65	00:35:43	Racheal	Bamford	F		Otley AC	64	00:35:41

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
65	54	00:35:43	Kim	Fawke	F	35	Telford	65	00:35:42
66	1949	00:35:45	Mike	Evans	M		Trots	66	00:35:44
67	3666	00:35:47	Peter	Ward	M	40	Chepstow Harriers	67	00:35:45
68	3460	00:35:49	Dave	James	M	50	Les Croupiers	68	00:35:49
69	55	00:35:52	Kate	Goodhead	F		Bristol & West AC	70	00:35:51
70	2846	00:35:53	John	Morris	M		Amman Valley Harriers	71	00:35:51
71	3274	00:35:53	Paul	Talbot	M	45	Neath Harriers	69	00:35:50
72	3697	00:36:02	Oliver	Williams	M		San Domenico RRC	72	00:35:58
73	58	00:36:03	Jennifer	Emsley	F		Scotland	74	00:36:01
74	3420	00:36:06	Glyn	Price	M	45	Sarn Helen	75	00:36:04
75	1841	00:36:07	Adam	Grant	M			73	00:36:00
76	2368	00:36:09	Dean	Johnston	M		Neath Harriers	76	00:36:05
77	3121	00:36:11	Michael	Dury	M		Islwyn RC	77	00:36:07
78	3040	00:36:13	Chris	Fulcher	M	45	Port Talbot Harriers	78	00:36:10
79	1395	00:36:14	Nicholas	Dukes	M		Les Croupiers	79	00:36:12
80	46	00:36:15	Kate	Roberts	F		Bridgend AC	80	00:36:14
81	278	00:36:23	Richard	Copp	M			81	00:36:19
82	2684	00:36:24	Matthew	Hurford	M		Les Croupiers	82	00:36:21
83	544	00:36:26	Eamonn	Kirk	M	40	Swansea Harriers	83	00:36:25
84	57	00:36:27	Morgan	Murphy	F		Scotland	84	00:36:26
85	3548	00:36:35	Simon	Wilson	M	45	Swansea Harriers	85	00:36:33
86	384	00:36:40	Nigel	Barnes	M	45		86	00:36:37
87	3154	00:36:43	Owen	Flage	M	40	Oldham & Royton H & AC	87	00:36:40
88	1577	00:36:48	Emyr	Morgan	M	40	Southampton Athletic Club	88	00:36:47
89	1495	00:36:52	Martin	Williams	M	45	Les Croupiers	89	00:36:48
90	1406	00:36:53	Miles	Thomas	M	50	Lliswerry Runners	90	00:36:48
91	1378	00:36:54	Ian	Harris	M		3M Gorseinon Road Runners	92	00:36:49
92	3254	00:36:55	Harry	Allen	M			91	00:36:49
93	910	00:36:59	Jason	Dickinson	M	40	Trots	93	00:36:57
94	2899	00:36:59	Raul	Reismann	M		Swansea Harriers	94	00:36:57
95	2451	00:37:19	Jeffrey	Giansiracusa	M			95	00:37:15
96	49	00:37:25	Felicity	Milton	F		Woodford Green	98	00:37:24
97	3695	00:37:26	Nigel	Phillips	M	40		97	00:37:23
98	3456	00:37:27	Steve	Davies	M	50	Pont-Y-Pwl & District Runners	96	00:37:21
99	930	00:37:30	Alex	Williams	M	40	Port Talbot Harriers	100	00:37:28
100	3299	00:37:30	Stephen	Shields	M		San Domenico RRC	101	00:37:28
101	350	00:37:32	Annabel	Granger	F	35	Bristol & West AC	103	00:37:30
102	279	00:37:32	Mikey	Bryant	M			99	00:37:26
103	1912	00:37:34	Alan	Lewis	M	40	Wye Valley Runners	102	00:37:30
104	2563	00:37:39	Haydn	Hartnell	M	50	Islwyn RC	104	00:37:33
105	3443	00:37:47	Andrew	Dwyer	M	40		105	00:37:42
106	1881	00:37:48	Vicky	Callaway	F		Charnwood A C	108	00:37:45
107	3807	00:37:50	Steve	Sanders	M		Admiral	107	00:37:44
108	2239	00:37:56	Michael	Rix	M	40		109	00:37:54
109	1631	00:37:58	Paul	Abraham	M	45		106	00:37:44
110	1349	00:38:04	David	Richardson	M			110	00:37:54
111	62	00:38:07	Mags	Miller	F		Combined Services	112	00:38:05
112	1208	00:38:10	Shan	Roberts	F	45	Trots	113	00:38:07
113	3468	00:38:11	Stephen	Richards	M		Swansea Harriers	114	00:38:08
114	997	00:38:11	Gavin	Jones	M	20		111	00:38:04
115	47	00:38:14	Gwenno	Brown	F		Cardiff AAC	115	00:38:12
116	2536	00:38:20	Steven	Hooper	M	45	Pontypridd Roadents RC	117	00:38:16
117	61	00:38:21	Issy	Menzies	F		Combined Services	119	00:38:19
118	1412	00:38:21	Wayne	Bowen	M			116	00:38:13
119	1194	00:38:23	Mark	Whittle	M		San Domenico RRC	118	00:38:17
120	2857	00:38:26	Rhodri	Evans	M			121	00:38:23
121	1574	00:38:27	Jane	Wassell	F	45	Stroud & District AC	122	00:38:24
122	63	00:38:29	Shan	Morgan	F		Combined Services	123	00:38:27
123	1316	00:38:31	Glyn	Sansom	M	50	San Domenico RRC	124	00:38:27
124	1879	00:38:33	Matthew	Turner	M			120	00:38:22
125	2019	00:38:36	Paul	Rees	M	45	Port Talbot Harriers	125	00:38:29
126	3413	00:38:40	Andrew	Davies	M			127	00:38:34
127	1026	00:38:46	Benjamin	Bowen	M			126	00:38:30
128	3061	00:38:47	Carl	Phelps	M	40		129	00:38:42
129	3392	00:38:49	Ian	Williams	M	50		128	00:38:40
130	721	00:38:51	Keith	Thompson	M	50		133	00:38:47

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
131	3709	00:38:51	Mark	Gosney	M		3M Gorseinon Road Runners	130	00:38:44
132	2030	00:38:52	Paul	Clarke	M		Carmarthen & District Harriers	132	00:38:47
133	2776	00:38:57	Alex	Lewis	M			134	00:38:48
134	3692	00:38:57	Ben	George	M			131	00:38:46
135	1993	00:38:59	Leigh	James	F		Windsor Slough Eton & Hounslow AC	136	00:38:54
136	3428	00:38:59	Clara	Evans	F	20	Hereford & County	140	00:38:57
137	590	00:39:00	Craig	Ottolini	M	40	Market Drayton RC	135	00:38:52
138	3309	00:39:00	Paris	Williams	F		Cardiff AAC	138	00:38:56
139	3301	00:39:01	Paul	Price	M	45		141	00:38:57
140	731	00:39:02	Andrew	Noble	M	45	Wye Valley Runners	139	00:38:57
141	957	00:39:04	Kneath	Philippart	M	50	Swansea Harriers	142	00:38:59
142	271	00:39:06	Simon	Thomas	M			143	00:38:59
143	3514	00:39:06	Andrew	Blair	M	45	Les Croupiers	146	00:39:02
144	767	00:39:07	Matthew	Rees	M			137	00:38:54
145	276	00:39:08	Michael	Roderick	M			147	00:39:05
146	1679	00:39:11	Gavin	Morris	M			148	00:39:05
147	3139	00:39:16	Charlie	Corkrum	M			145	00:39:01
148	3220	00:39:17	Alun	Evans	M	45	Rhondda Valley Runners	152	00:39:14
149	2540	00:39:17	Terry	Evans	M	40		149	00:39:05
150	3101	00:39:19	Robert	Davies	M	40	Islwyn RC	144	00:39:00
151	3172	00:39:19	Alan	Walton	M	40	San Domenico RRC	150	00:39:13
152	3869	00:39:21	Brian	Dias	M		Cardiff AAC	155	00:39:17
153	2076	00:39:21	David	Parfitt	M	40	Port Talbot Harriers	151	00:39:13
154	3137	00:39:23	Grant	Dawson	M			153	00:39:15
155	3442	00:39:23	Dean	House	M	45	Pegasus	156	00:39:19
156	3556	00:39:25	John	Lloyd	M	45		158	00:39:21
157	503	00:39:25	Sev	Roberts	M		Stubbington Green	154	00:39:17
158	3249	00:39:28	Jos	Jones	M		Eryri Harriers	157	00:39:20
159	1994	00:39:29	Peter	Gordon	M	20		159	00:39:25
160	1766	00:39:32	Huw	Roberts	M	55	Bridgend AC	161	00:39:29
161	868	00:39:40	Stephen	Maguire	M		Severn AC	166	00:39:37
162	2285	00:39:40	Darren	Morris	M	40		165	00:39:36
163	2987	00:39:40	Victoria	Rawes	F			163	00:39:32
164	1629	00:39:45	David	Bembo	M	45		162	00:39:29
165	980	00:39:48	Andrew	Charles	M			164	00:39:34
166	1573	00:39:48	Rhys	Wigley	M			160	00:39:26
167	1828	00:39:51	Mark	Murphy	M			169	00:39:46
168	3363	00:39:52	Leyton	Fleet	M	40	F.O.D.A.C	168	00:39:45
169	2871	00:39:55	Chris	Hiatt	M			167	00:39:41
170	2202	00:40:02	Leigh	Ridgeway	M			170	00:39:50
171	1616	00:40:04	Marcus	Bennetto	M	20	Forest of Dean AC	172	00:39:57
172	2138	00:40:07	Jon	Hancock	M	40	Trots	171	00:39:56
173	1226	00:40:14	Wayne	Lloyd	M	40		174	00:40:10
174	720	00:40:20	Rob	Falconer	M	50	Swansea Harriers	175	00:40:12
175	3422	00:40:22	Neil	Downer	M	45	South Devon AC	176	00:40:16
176	3074	00:40:29	Andrew	Morris	M			180	00:40:25
177	3636	00:40:29	Garry	Merrell	M			173	00:39:59
178	3411	00:40:29	Huw	Price	M	45	Sarn Helen	184	00:40:26
179	1717	00:40:31	Steven Warren	Dinham	M		Port Talbot Harriers	177	00:40:23
180	2695	00:40:31	Satu	Haikala	F	40	Brecon AC	178	00:40:23
181	2168	00:40:35	Anthony	Carpenter	M			185	00:40:28
182	229	00:40:36	Kevin Anthony	Jones	M	45	Vegan Runners UK	186	00:40:29
183	1810	00:40:36	Pete	Smith	M			182	00:40:25
184	3519	00:40:38	William	Edwards	M	40	Porthcawl Runners	189	00:40:33
185	2881	00:40:38	Gavin	Facey	M			181	00:40:25
186	516	00:40:40	Adam	Morton	M			187	00:40:32
187	684	00:40:44	Gafin	Griffiths	M		Les Croupiers	191	00:40:38
188	437	00:40:44	Andrew	Brain	M			179	00:40:24
189	3893	00:40:45	Dan	Hallam	M			183	00:40:26
190	1749	00:40:48	John	Davies	M	55		195	00:40:44
191	1608	00:40:49	Philip	Meyler	M	55	Pontypridd Roadents RC	188	00:40:32
192	1954	00:40:50	Kelly	Joseph	F			193	00:40:42
193	2472	00:40:59	Steven	Jones	M	40		201	00:40:54
194	2048	00:41:00	Nicola	Gething	F	40	Parc Brynbach Running Club	199	00:40:52
195	1332	00:41:03	Paulo Alexandre	Simoes	M			192	00:40:39
196	1541	00:41:06	Paul	Smith	M		LC Cobras	202	00:40:54

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
197	1146	00:41:08	Ori	Bowen	M			200	00:40:53
198	124	00:41:12	Emmett	Thompson	M	20		205	00:41:04
199	1492	00:41:12	Benjamin	Hubbard	M			190	00:40:34
200	2603	00:41:12	Owen	Lewis	M	40	3M Gorseinon Road Runners	196	00:40:47
201	3059	00:41:13	Jonathan	Richards	M			194	00:40:43
202	1096	00:41:18	Matt	Taylor	M		Wye Valley Runners	210	00:41:10
203	1102	00:41:18	Sarah	Davies	F	35	Oxford City AC	212	00:41:13
204	1867	00:41:19	Allen	Bunney	M	40	Aberdare Valley AAC	209	00:41:08
205	2825	00:41:20	Wayne	Morgan	M	40		197	00:40:48
206	2632	00:41:20	Don	Rees	M	50		213	00:41:13
207	2580	00:41:22	Jon	Belcher	M			207	00:41:07
208	3288	00:41:22	Jack	Jones	M			203	00:40:57
209	1422	00:41:23	Nigel	Clarke	M	40	Hereford Couriers	211	00:41:12
210	1889	00:41:24	Simon	Partridge	M	55	Neath Harriers	216	00:41:17
211	2711	00:41:27	Paul	Morris	M	50	Les Croupiers	218	00:41:22
212	3676	00:41:28	Tim	Owen	M	45		204	00:41:03
213	2693	00:41:31	Matthew	Rees	M	20		217	00:41:20
214	2585	00:41:34	Ben	Cross	M	20		206	00:41:05
215	1908	00:41:34	Christopher	Rees	M			219	00:41:22
216	2546	00:41:36	Niall	Foster	M			223	00:41:26
217	2997	00:41:37	Derek	Hegarty	M	50		214	00:41:16
218	1523	00:41:38	Nathan	Ford	M			220	00:41:24
219	1965	00:41:39	Phil	Miles	M	60	Parc Brynbach Running Club	229	00:41:34
220	2416	00:41:39	Andrew	Durrant	M			198	00:40:52
221	2486	00:41:41	Stephen	Cable	M		3M Gorseinon Road Runners	215	00:41:17
222	3677	00:41:44	Dr Attila	Garai	M	40		224	00:41:27
223	2937	00:41:46	Sian	Gardner	F	40		235	00:41:42
224	2936	00:41:46	Jonathan	Pike	M			236	00:41:42
225	3613	00:41:47	Gari	Thomas	M	45	Emlyn Runners	233	00:41:41
226	1580	00:41:47	Andrew	Miles	M	50		227	00:41:32
227	1098	00:41:49	Matthew	Beamish	M			222	00:41:25
228	1437	00:41:53	James	Foulkes-Nock	M	20	Lliswerry Runners	225	00:41:32
229	3006	00:41:53	Alastair	Morrison	M	55		226	00:41:32
230	1893	00:41:54	Gareth	Beck	M	45	Lliswerry Runners	228	00:41:33
231	2988	00:41:55	Ian	Hoskins	M	40	3M Gorseinon Road Runners	240	00:41:47
232	2639	00:41:56	Mary	Bowen-Rees	F	50	Trots	239	00:41:45
233	2764	00:41:57	Christopher	Nellins	M	55		242	00:41:48
234	221	00:42:01	Peter	Walters	M	50	Trots	243	00:41:49
235	3746	00:42:02	Matthew	Hooper	M		Admiral	248	00:41:58
236	3488	00:42:02	Howard	Carpenter	M	55	Neath Harriers	246	00:41:57
237	3335	00:42:03	Ciaran	Lloyd	M			208	00:41:08
238	1501	00:42:04	Julian	Boon	M	40	Forest of Dean AC	252	00:41:59
239	1688	00:42:04	Robert	Bamsey	M	55	Neath Harriers	254	00:41:59
240	1327	00:42:04	Sandra	Pinkham	F	45	Port Talbot Harriers	256	00:42:02
241	3702	00:42:06	Elizabeth	Tremlett	F		Trots	253	00:41:59
242	966	00:42:07	Stephen	Thomas	M	50		230	00:41:39
243	1195	00:42:09	Kristo	Holm	M			234	00:41:41
244	2400	00:42:09	Tom	Hole	M			232	00:41:40
245	1978	00:42:11	Gair	Mcadie	M			221	00:41:24
246	1490	00:42:12	Richard	Noon	M	40		255	00:42:01
247	3594	00:42:13	Mark	Evans	M	40		264	00:42:08
248	2823	00:42:15	Joe	Lingard	M	20		259	00:42:04
249	2161	00:42:16	Mike	Lane	M		Black Pear Joggers	237	00:41:44
250	1111	00:42:16	Raymond	Greenhouse	M	45	Ebbw Vale RC	257	00:42:02
251	295	00:42:17	Rachel	Colloff	F			262	00:42:05
252	3818	00:42:18	Steven	Mccuaig	M		Admiral	269	00:42:13
253	3128	00:42:19	Richard	Mileson	M	40		238	00:41:45
254	1723	00:42:19	Martin	Drew	M	45	Forest of Dean AC	244	00:41:50
255	1777	00:42:20	David	Way	M			247	00:41:57
256	2591	00:42:21	Nick	Francis	M			263	00:42:08
257	1443	00:42:22	Peter	Martin	M			241	00:41:48
258	136	00:42:23	David	Sullivan	M	45		249	00:41:58
259	2247	00:42:24	Russ	Drury	M			267	00:42:10
260	1585	00:42:25	Laurence	Worth	M	45	Pembrokeshire Harriers	245	00:41:57
261	2158	00:42:28	Richard	Price	M	45		271	00:42:13
262	2157	00:42:28	Richard	Bowen	M	65		280	00:42:21

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
263	1534	00:42:30	Gavin	Lovell	M	45		281	00:42:22
264	3516	00:42:31	Neil	Stevens	M	40	Ebbw Vale RC	274	00:42:17
265	3037	00:42:33	Matt	Taylor	M	40		275	00:42:17
266	1141	00:42:33	Laurence	Cahill	M	40		286	00:42:27
267	2345	00:42:33	Matthew	Bound	M			270	00:42:13
268	3082	00:42:35	Huw	Gibbon	M			231	00:41:40
269	3233	00:42:35	Matt	Tooze	M	40		277	00:42:19
270	3012	00:42:35	Meirion	Thomas	M	40		258	00:42:04
271	3655	00:42:35	David	Hesketh	M	45	Cornelly Striders AC	273	00:42:17
272	409	00:42:37	Philip	Hughes	M		San Domenico RRC	285	00:42:26
273	2150	00:42:37	Alun	Board	M			282	00:42:25
274	201	00:42:37	Antony	Metcalfe	M	40		272	00:42:15
275	2733	00:42:40	Alex	Hackett	M			293	00:42:35
276	1770	00:42:41	Peter	Jones	M	55		250	00:41:58
277	3511	00:42:43	Ian	Bamford	M		3M Gorseinon Road Runners	289	00:42:28
278	213	00:42:43	Sian	Pascoe	F	40		284	00:42:25
279	212	00:42:43	Ashley	Pascoe	M	40		283	00:42:25
280	1041	00:42:45	Matthew	Davies	M			298	00:42:37
281	158	00:42:45	Terry	O'Brien	M	55		276	00:42:18
282	1864	00:42:46	Clive	Osmond	M	50	Les Croupiers	296	00:42:37
283	351	00:42:46	Charlie	Meggy	M			279	00:42:21
284	2821	00:42:46	Arwel	Davies	M			265	00:42:09
285	1210	00:42:46	Richard	Drewett	M	45		294	00:42:36
286	2968	00:42:47	Leighton	Gardner	M	45		303	00:42:42
287	2750	00:42:48	David.E	Williams	M	45	Les Croupiers	300	00:42:38
288	2924	00:42:52	Cerrienne	Santos	F	20		251	00:41:58
289	2426	00:42:52	Jade	Gittins	F		Caerleon RC	290	00:42:32
290	3219	00:42:54	Jo	Webb	F	50	Bitton Road Runners	295	00:42:36
291	1156	00:42:55	Paul	Edwards	M	55	Vegan Runners UK	309	00:42:49
292	2163	00:42:56	Craig	Morris	M		Rhondda Valley Runners	302	00:42:42
293	1314	00:42:57	Bryn	Jones	M			299	00:42:38
294	3360	00:42:57	David	Moore	M			301	00:42:39
295	1328	00:42:58	Martyn	Poole	M	40		278	00:42:20
296	1374	00:42:59	Malcolm	Bradley	M	60	Penarth & Dinas Runners	305	00:42:44
297	2159	00:43:00	David	Davies	M	60	Neath Harriers	312	00:42:52
298	1244	00:43:02	Gareth	Hill	M	40		307	00:42:47
299	1441	00:43:02	Alan	Robertson	M	55	Forest of Dean AC	291	00:42:33
300	3848	00:43:03	Phillip	Cushion	M			287	00:42:27
301	2045	00:43:05	Karl	Eenmaa	M	40		306	00:42:46
302	892	00:43:06	Stephen Grant	Porter	M	40		308	00:42:48
303	3713	00:43:13	Stephen	Kelly	M	40	Unilever Team	326	00:43:09
304	2565	00:43:14	Allyn	Caswell	M		Ebbw Vale RC	304	00:42:43
305	3646	00:43:15	Matthew	Jones	M			266	00:42:10
306	1485	00:43:18	Gareth	Rees	M	40		261	00:42:05
307	1699	00:43:19	Tony	Hickey	M	55		315	00:42:58
308	2024	00:43:21	Gareth	Dunseath	M			297	00:42:37
309	907	00:43:21	Meinir	Williams	F	40		288	00:42:28
310	2299	00:43:21	Andrew	Lucas	M	45	3M Gorseinon Road Runners	310	00:42:51
311	1798	00:43:21	Neil	Davies	M	50		343	00:43:21
312	2979	00:43:24	Terry	Welch	M	60	Bitton Road Runners	322	00:43:06
313	209	00:43:25	Adam	Cooke	M			336	00:43:16
314	2775	00:43:25	John	Breslin	M			320	00:43:05
315	1967	00:43:25	Stuart	Tyrrell	M	40		330	00:43:12
316	1932	00:43:28	Ryan	Bowen	M	40		317	00:43:00
317	1061	00:43:28	Adam	Ewart	M			323	00:43:06
318	3802	00:43:30	John	Coles	M		Admiral	345	00:43:22
319	2534	00:43:30	Dan	Belton	M			316	00:42:59
320	3282	00:43:31	Mike	Jones	M			331	00:43:12
321	3766	00:43:32	Jonas	Mehube	M			333	00:43:15
322	1094	00:43:33	Hefin	Gruffydd	M	50		350	00:43:26
323	2842	00:43:33	James	Delaney	M	55	San Domenico RRC	348	00:43:24
324	3386	00:43:34	Lisa	Clery	F	45	Penarth & Dinas Runners	313	00:42:54
325	1557	00:43:35	Craig	Whatley	M			328	00:43:11
326	3502	00:43:35	Martin	Wootton	M			351	00:43:26
327	2836	00:43:37	Marcia	Smith	F		San Domenico RRC	356	00:43:28
328	984	00:43:37	Gary	Cleaves	M	50	Ebbw Vale RC	346	00:43:23

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
329	2362	00:43:38	Alexander	Humphreys	M			327	00:43:09
330	3090	00:43:38	Peter	Hopes	M	45	Bitton Road Runners	339	00:43:20
331	2025	00:43:38	Alan	Watts	M			324	00:43:07
332	3276	00:43:38	Jamie	Sampson	M	40		337	00:43:17
333	1385	00:43:39	Gavin	Thomas	M			335	00:43:16
334	3217	00:43:39	Richie	Hart	M	45		338	00:43:20
335	3830	00:43:40	Richard	Jones	M		Cornelly Striders AC	354	00:43:27
336	218	00:43:40	Gary	Mogford	M	50		364	00:43:35
337	2660	00:43:42	Christopher	Bingham	M			349	00:43:25
338	359	00:43:42	Paul	Johnson	M			334	00:43:16
339	2633	00:43:43	Tim	Ford	M	45		268	00:42:10
340	2762	00:43:44	Andrew	Jones	M			314	00:42:55
341	1263	00:43:46	Owen	Thomas	M			361	00:43:31
342	3493	00:43:47	Glenn	Williams	M			371	00:43:40
343	1345	00:43:47	David	Goodall	M	55		360	00:43:31
344	1279	00:43:48	Tom	Longden	M			340	00:43:21
345	1371	00:43:48	Clint	Welson	M		Wye Valley Runners	363	00:43:34
346	1193	00:43:49	Rhodri	Evans	M	45	Penarth & Dinas Runners	325	00:43:09
347	2898	00:43:50	Georgina	Dando	F		Bridgend AC	370	00:43:39
348	3569	00:43:51	Tim	Sheppard	M			347	00:43:23
349	2556	00:43:51	Aled	Davies	M		Cardigan RC	369	00:43:37
350	2612	00:43:51	Damien	Lloyd-Jones	M			358	00:43:30
351	1101	00:43:52	Gareth	Davies	M	40	Oxford City AC	375	00:43:42
352	2442	00:43:52	SiGn	Kirk	F		Swansea Harriers	344	00:43:22
353	1677	00:43:52	Chris	Dodd	M			341	00:43:21
354	2153	00:43:52	Gwyn	Roberts	M			355	00:43:28
355	2770	00:43:53	Gary	Bodmn	M	45		376	00:43:42
356	1308	00:43:53	Sam	Fowler-Holmes	M			292	00:42:33
357	3694	00:43:54	Jeremy	Thomas	M			374	00:43:41
358	1800	00:43:55	Karl	Sepahpour	M	40		379	00:43:43
359	2392	00:43:56	Shaun	Thomas	M			390	00:43:50
360	2080	00:43:57	Tony	Davies	M			366	00:43:36
361	734	00:43:57	Peter	Davies	M	40		393	00:43:52
362	3391	00:43:58	Robert	Jones	M	60	Swansea Harriers	398	00:43:55
363	3083	00:43:58	Gerard	Howells	M	45	Chippenham Harriers	311	00:42:51
364	3641	00:43:59	Gwion	Evans	M			353	00:43:27
365	1702	00:43:59	Daniel	Henwood	M			321	00:43:05
366	2500	00:44:00	Liam	Andrews	M			332	00:43:12
367	3399	00:44:00	Stephen	Murphy	M	50	Rising Sun AC Cork	403	00:43:57
368	1231	00:44:01	Wayne	Jones	M			365	00:43:36
369	1297	00:44:02	Mark	Prior	M			319	00:43:03
370	2154	00:44:02	Geraint	Williams	M			402	00:43:57
371	2708	00:44:02	Robert	Ford	M	55		372	00:43:40
372	3839	00:44:03	Oliver	Sims	M			260	00:42:04
373	3762	00:44:05	Anthony	Witcombe	M	40	Admiral	408	00:44:00
374	946	00:44:06	Andrew	Williams	M			395	00:43:53
375	440	00:44:07	Neale	Sterio	M	40		397	00:43:53
376	2787	00:44:08	Stuart	Macdonald	M			380	00:43:45
377	3304	00:44:09	Huw	Rowcliffe	M			401	00:43:57
378	1330	00:44:09	Craig	Hughes	M			359	00:43:31
379	1632	00:44:10	Clive	Greaves	M	45	3M Gorseinon Road Runners	377	00:43:42
380	670	00:44:12	Cain	Thomas	M			384	00:43:48
381	1990	00:44:12	Carl	Colwill	M	50		415	00:44:06
382	3700	00:44:13	Stephen	Littlewood	M	55	Hereford Couriers	378	00:43:43
383	1732	00:44:13	Clive	Denton	M	45	Rhondda Valley Runners	409	00:44:00
384	3808	00:44:13	Dean	Ferrier	M	45	Admiral	362	00:43:33
385	1040	00:44:14	Andrew	Van Heiningen	M	45	Serpentine RC	367	00:43:37
386	3492	00:44:14	Paul	Evans	M		Brecon AC	381	00:43:46
387	3285	00:44:16	David	Proffitt	M	55	Newport Harriers	394	00:43:52
388	2816	00:44:16	Chris	Lutley	M			392	00:43:51
389	230	00:44:17	Stephen	Lewis	M			412	00:44:04
390	1110	00:44:18	Gareth	Blatchford	M			405	00:43:58
391	3826	00:44:18	David	Phelps	M			318	00:43:02
392	1540	00:44:18	Leigh	Fennell	M			373	00:43:41
393	353	00:44:19	Mike	Hopkins	M	45	Westbury Harriers	416	00:44:08
394	2861	00:44:21	Donald	Hill	M			357	00:43:28

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
395	773	00:44:22	Robert	Golden	M			420	00:44:11
396	1207	00:44:22	Sam	Evans	M	20		417	00:44:08
397	1680	00:44:23	Alan	Hartley	M			383	00:43:47
398	2012	00:44:23	Alan	Mann	M	55	Les Croupiers	387	00:43:49
399	530	00:44:24	James	Hopkins	M			385	00:43:49
400	1321	00:44:27	Kevin	Corcoran	M	50	Swansea Harriers	433	00:44:22
401	130	00:44:27	Dominic	Shields	M	45	San Domenico RRC	430	00:44:18
402	1671	00:44:28	Simon	Crane	M			342	00:43:21
403	1068	00:44:29	Dawn	Kenwright	F	55	Sarn Helen	436	00:44:23
404	1019	00:44:30	Ian	Nash	M	45	Bitton Road Runners	425	00:44:13
405	1874	00:44:32	Leigh	Williams	M			421	00:44:12
406	1882	00:44:32	Tim	Williams	M			422	00:44:12
407	2252	00:44:33	Mark	Eakins	M	40	3M Gorseinon Road Runners	400	00:43:56
408	2435	00:44:33	Tony	Bell	M			413	00:44:05
409	2300	00:44:35	Caryl	Davies	F		Sarn Helen	423	00:44:13
410	3011	00:44:36	Sian	Roberts-Jones	F		Sarn Helen	449	00:44:30
411	3781	00:44:36	Darryn	Bushbye	M		Admiral	452	00:44:31
412	2779	00:44:38	Mark	Terry	M	55	Trots	439	00:44:25
413	1586	00:44:39	Ellis	Rees	M			329	00:43:12
414	1687	00:44:40	Colin	Thomason	M	45		407	00:43:59
415	3115	00:44:40	Chris	Mogg	M	40		352	00:43:26
416	460	00:44:40	Jenny	Maddocks	F			444	00:44:27
417	2185	00:44:41	Andrew	Howells	M			451	00:44:31
418	1337	00:44:41	Michael	Shaw	M	50	Wye Valley Runners	435	00:44:23
419	2648	00:44:42	David	Breen	M	55	Porthcawl Runners	429	00:44:18
420	3370	00:44:43	Martin	Slucutt	M		Swansea Harriers	432	00:44:21
421	3159	00:44:44	Lee	Bevan	M	40		441	00:44:26
422	1566	00:44:45	Phil	David	M	40		463	00:44:36
423	3405	00:44:45	Lindy	Eynon	F	50	Trots	445	00:44:28
424	1543	00:44:45	Gregory	Nash	M			426	00:44:14
425	3339	00:44:45	Auriona	Evans	F	45		396	00:43:53
426	2176	00:44:45	Desmond	Hylton	M			414	00:44:06
427	2376	00:44:47	Richard	John	M			368	00:43:37
428	3604	00:44:48	Brian	Gough	M	70	Pontypridd Roadents RC	475	00:44:43
429	881	00:44:48	Owen	Williams	M			442	00:44:27
430	954	00:44:48	Andrea	Hurman	F	45	Penarth & Dinas Runners	418	00:44:08
431	1739	00:44:48	Richard	Vaughan	M		Les Croupiers	434	00:44:22
432	2531	00:44:49	Matthew	Jones	M			411	00:44:04
433	3080	00:44:51	Jonathan	Bowen	M			404	00:43:58
434	3453	00:44:51	Luke	Davies	M	20	Pont-Y-Pwl & District Runners	460	00:44:36
435	1033	00:44:53	Gavin	Hope	M			431	00:44:20
436	2273	00:44:54	Adrian	Luckman	M	45		440	00:44:26
437	3684	00:44:55	Ryan	Jones	M			474	00:44:42
438	2508	00:44:56	Nick	Stephens	M			428	00:44:15
439	2520	00:44:56	Michaela	Tagg	F	35		446	00:44:29
440	2509	00:44:56	Carl	Gladwin	M			427	00:44:14
441	615	00:44:57	Barry	Woods	M	40		456	00:44:34
442	1491	00:44:58	Rachel	Ingham	F	35		458	00:44:35
443	2778	00:44:58	David	Francis	M			386	00:43:49
444	3242	00:44:59	David Paul	Rees	M			473	00:44:42
445	1433	00:44:59	Daniel	Greenwell	M			410	00:44:03
446	1774	00:44:59	Michael	Grant	M	55		437	00:44:24
447	2445	00:45:00	Gareth	Kirk	M	20		388	00:43:50
448	420	00:45:00	Stephen	Pickard	M			461	00:44:36
449	3016	00:45:00	Adam	Gilbert	M			399	00:43:55
450	989	00:45:00	Ifan	Thorne	M			382	00:43:47
451	1645	00:45:01	Jonathan	Taylor	M	40		450	00:44:30
452	2458	00:45:01	Calvin	Hold	M		Swansea Harriers	448	00:44:29
453	2588	00:45:02	Russell	Chapman	M			389	00:43:50
454	3599	00:45:03	Steve	Bater	M			479	00:44:45
455	948	00:45:04	Barry	Griffiths	M	45		465	00:44:38
456	2237	00:45:04	Darren	Hughes	M			480	00:44:45
457	2391	00:45:04	Andrew	Hughes	M	40		481	00:44:46
458	3231	00:45:04	Wyn	James	M			443	00:44:27
459	1890	00:45:04	Nick	James	M			483	00:44:48
460	2410	00:45:04	Christopher	Birrell	M			466	00:44:38

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
461	244	00:45:05	Andrew	Ward	M			455	00:44:32
462	2494	00:45:06	Marcus	Gale	M	50		468	00:44:38
463	1052	00:45:06	Sally	Wilson	M		Trots	485	00:44:49
464	3135	00:45:06	Shaun	Davies	M			391	00:43:50
465	2638	00:45:07	Ronald	Anthony	M	60	Trots	494	00:44:54
466	2460	00:45:07	Stephen	Milburn	M	50		447	00:44:29
467	3170	00:45:08	Michael	Took	M			489	00:44:52
468	1315	00:45:08	Kirk	Hill	M	40	Spirit Of Monmouth	462	00:44:36
469	1529	00:45:08	Christopher	Moore	M	55	Forest of Dean AC	469	00:44:38
470	3317	00:45:09	Ryan	Willey	M			487	00:44:50
471	1824	00:45:09	Richard	Watkins	M			501	00:45:00
472	178	00:45:09	Phil	Jones	M	40		457	00:44:34
473	2996	00:45:09	Brian	Fox	M	65	Swansea Harriers	508	00:45:03
474	3667	00:45:10	Paul	Brown	M	40		464	00:44:36
475	3662	00:45:13	Owen	Davies	M			476	00:44:43
476	360	00:45:14	Simon	Lawton	M			492	00:44:54
477	1947	00:45:14	Adam	Clapperton	M			497	00:44:56
478	1106	00:45:15	David	Lewis	M			471	00:44:40
479	900	00:45:16	Stephen	Owen	M	55	Les Croupiers	512	00:45:05
480	2284	00:45:16	Jim	Storrar	M	50	Forest of Dean AC	482	00:44:46
481	3396	00:45:16	Nathan	Roach	M			419	00:44:09
482	3898	00:45:17	Steve	Lorey	M			495	00:44:54
483	3325	00:45:17	Carwyn	Jenkins	M			438	00:44:25
484	2413	00:45:18	Becca	Jones	F	35		486	00:44:50
485	2872	00:45:19	Hywel	Ace	M	55		424	00:44:13
486	1426	00:45:19	Andrew	Proctor	M			491	00:44:54
487	3631	00:45:19	Anthony	Caddy	M			477	00:44:44
488	1154	00:45:20	Amy	Edwards	F		Rhondda Valley Runners	517	00:45:07
489	3244	00:45:20	Ben	Tidy	M			509	00:45:04
490	3266	00:45:21	Michael	Elliston	M	40		500	00:44:58
491	1224	00:45:21	Mandy	Morris	F	35	Port Talbot Harriers	525	00:45:11
492	2689	00:45:22	Tim	Padfield	M	45		513	00:45:06
493	2690	00:45:23	Robert	Morgan	M	40		506	00:45:03
494	3844	00:45:24	Andrew	Johnson	M			488	00:44:51
495	898	00:45:24	Paul	James	M			472	00:44:42
496	2729	00:45:25	Kevin	Bounds	M			510	00:45:04
497	3441	00:45:25	Phil	Protheroe	M	40	Porthcawl Runners	522	00:45:09
498	1440	00:45:26	John	Evans	M	45		467	00:44:38
499	1418	00:45:26	Nigel	Foulkes-Nock	M	40	Lliswerry Runners	470	00:44:39
500	2365	00:45:27	Michelle	Grey	F		Port Talbot Harriers	530	00:45:14
501	1301	00:45:28	Leslie	Rowe	M	55		505	00:45:02
502	2953	00:45:28	Chris	Knox	M			453	00:44:32
503	852	00:45:29	Rhys	Lyll	M	20		503	00:45:01
504	2384	00:45:29	Gill	Aldworth	F	40	Brecon AC	490	00:44:53
505	3157	00:45:30	Steffan	Davies	M			502	00:45:00
506	974	00:45:30	Roger	Hailes	M	55		511	00:45:05
507	157	00:45:31	Stuart	Howells	M	45		516	00:45:07
508	2275	00:45:31	Catharine	Bleasdale	F	40	Trots	548	00:45:24
509	1391	00:45:32	Cyril	Walters	M	65	Trots	537	00:45:18
510	2398	00:45:33	Andrew	Stoneman	M			549	00:45:25
511	651	00:45:33	Matthew	Rees	M			507	00:45:03
512	1382	00:45:34	Ioan	Richards	M			535	00:45:17
513	1200	00:45:34	Alan	Woodward	M	60		527	00:45:13
514	3775	00:45:36	Mark	Morgan	M	40		545	00:45:23
515	3107	00:45:36	Jonathan	Cheng	M			518	00:45:07
516	2674	00:45:37	Debbie	Cockram	F	45	Fairwater Runners	531	00:45:14
517	805	00:45:37	Rod	Perons	M	45	Les Croupiers	459	00:44:36
518	2680	00:45:38	John	Rees	M	55		544	00:45:22
519	2297	00:45:39	Sian	Davies	F	40		534	00:45:17
520	265	00:45:41	Craig	Jenkinson	M			478	00:44:44
521	1567	00:45:43	Gary	Davidson	M	45		558	00:45:30
522	3583	00:45:43	Thomas	Hope	M	20		498	00:44:57
523	2691	00:45:46	John	Bibby	M	45		496	00:44:56
524	2113	00:45:46	Charlie	Vine	M			536	00:45:17
525	2031	00:45:47	Neil	Watkins	M	45		551	00:45:26
526	1131	00:45:48	Ainsley	Quarmby	M			546	00:45:23

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
527	2890	00:45:48	Joanne	Tucker	F	40	Les Croupiers	529	00:45:13
528	3449	00:45:48	Tom	Padfield	M	20		560	00:45:32
529	657	00:45:48	Brett	Parry	M			563	00:45:35
530	3035	00:45:49	Andrew	Edwards	M	40		559	00:45:31
531	3323	00:45:49	Mark	Jones	M	50		541	00:45:21
532	3764	00:45:50	Sean	Woodman	M		Admiral	565	00:45:35
533	851	00:45:50	Aled	Lyll	M	20		542	00:45:21
534	383	00:45:50	Carys	Richards	F			521	00:45:08
535	1706	00:45:51	Adam	Flay	M			524	00:45:11
536	112	00:45:52	Tony	Sudworth	M	50		538	00:45:20
537	3445	00:45:52	Nicholas	Hedges	M			537	00:45:18
538	2901	00:45:53	Chris	Jones	M	45		590	00:45:49
539	2440	00:45:54	Gareth	Dockerty	M			499	00:44:57
540	2796	00:45:54	Jazmine	Briganti	F	20	Bridgend AC	557	00:45:30
541	1799	00:45:54	Anthony	Powell	M	40	Porthcawl Runners	556	00:45:30
542	2535	00:45:55	Sj	Dyke	F			547	00:45:24
543	3271	00:45:56	Andy	Rees	M	50		568	00:45:37
544	2382	00:45:57	Richard	Davies	M			514	00:45:06
545	1996	00:45:59	Rod	Harris	M	45		576	00:45:42
546	2514	00:45:59	Ben	Williams	M			533	00:45:15
547	2281	00:45:59	Rhys	Roberts	M	20		561	00:45:33
548	1018	00:46:00	Jason	Doyle	M			581	00:45:43
549	743	00:46:00	Jon	Evans	M	45		553	00:45:27
550	3647	00:46:01	Top	Moston	M			484	00:44:49
551	2235	00:46:01	Darren	Trollope	M			552	00:45:26
552	2228	00:46:02	Jeff	Crew	M	40		528	00:45:13
553	1559	00:46:02	Jonathan	Beynon	M		LC Cobras	591	00:45:49
554	1564	00:46:04	Phil	David	M	40		566	00:45:36
555	2496	00:46:04	Chris	Rogers	M			540	00:45:20
556	2700	00:46:04	Marc	King	M			585	00:45:46
557	1804	00:46:05	Ceri	Stone	M	45		569	00:45:37
558	3091	00:46:05	Phil	Perkins	M			555	00:45:29
559	1139	00:46:08	Rod	Davies	M			515	00:45:06
560	3007	00:46:09	Tim	Green	M	45	Les Croupiers	603	00:45:59
561	2807	00:46:11	Oliver	Walker-Hayes	M	20		406	00:43:59
562	1681	00:46:12	Julie	Hartley-Green	F	35		564	00:45:35
563	2240	00:46:12	Alex	Diiulio	M			596	00:45:51
564	2720	00:46:12	Michael	Holding	M	45		577	00:45:42
565	918	00:46:13	Rachel	Nash	F	35	Forest of Dean AC	582	00:45:44
566	3125	00:46:13	Huw	James	M	50		601	00:45:58
567	931	00:46:13	Nick	Meek	M	40		592	00:45:50
568	2908	00:46:14	Aled	Richards	M			493	00:44:54
569	2593	00:46:15	Jon	Cousins	M	40		610	00:46:03
570	1503	00:46:15	Dene	Brett	M			573	00:45:39
571	2801	00:46:15	David	Hartill	M			579	00:45:43
572	2909	00:46:16	Richard	Cotterill	M			571	00:45:38
573	1765	00:46:16	Thierry	Maffeis	M	40		554	00:45:27
574	1228	00:46:17	Carwyn	Evans	M			594	00:45:51
575	2934	00:46:17	Geraint	Jenkins	M	45	Amman Valley Harriers	597	00:45:52
576	1103	00:46:17	Hoey	Lee	M	20		600	00:45:58
577	2054	00:46:18	Neil	Pilliner	M	40		539	00:45:20
578	3616	00:46:18	Ceri	Knapgate	M			526	00:45:12
579	1247	00:46:18	Jonathan	Gore	M	40		543	00:45:22
580	744	00:46:19	Silke	Luhrmann	F	40		562	00:45:33
581	2484	00:46:19	Mark	Taylor	M			589	00:45:48
582	1796	00:46:19	Jim	Mills	M	50		584	00:45:45
583	3150	00:46:20	David	Williams	M			454	00:44:32
584	3025	00:46:21	Jamie	Vernon	M	45		519	00:45:07
585	240	00:46:22	Lloyd	Evans	M			593	00:45:50
586	438	00:46:22	Robert	Evans	M		Fairlands Valley Spartans	578	00:45:42
587	3209	00:46:22	Shaun	Wiltshire	M			588	00:45:48
588	2631	00:46:24	Tom	Wright	M	50		572	00:45:38
589	795	00:46:25	Deborah	Goule	F	40		583	00:45:44
590	2057	00:46:26	Andy	Williams	M	45		586	00:45:46
591	214	00:46:26	Emmanuel	Bakare	M	45		618	00:46:08
592	1813	00:46:28	James	Ashwn	M			611	00:46:04

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
593	3020	00:46:28	Jemma	Buckland	F			550	00:45:26
594	1049	00:46:28	Anna	Bates	F			608	00:46:02
595	3513	00:46:29	Nud	Rehman	M			615	00:46:07
596	3367	00:46:34	Julie	Scholey	F	50	Les Croupiers	626	00:46:15
597	1032	00:46:35	Andrew	Russell	M	40		634	00:46:21
598	3619	00:46:35	Matt	Greenough	M			532	00:45:15
599	1402	00:46:36	Philip	Cotterill	M			602	00:45:58
600	2913	00:46:37	Liz	Baynton-Clarke	F	50		638	00:46:22
601	3102	00:46:39	Laura Jade	Evans	F			619	00:46:09
602	2642	00:46:40	Nicholas	Bingham	M	50		640	00:46:23
603	2676	00:46:40	Russell	Davies	M	45	LC Cobras	617	00:46:08
604	527	00:46:40	Paul	Hambly	M			622	00:46:12
605	628	00:46:41	Maggie	Fligelstone	F	45		621	00:46:10
606	1416	00:46:41	Joseph	Lewis	M	20		643	00:46:27
607	1772	00:46:42	Lee	Griffiths	M	40		587	00:45:48
608	2227	00:46:43	Burkhard	Markhoff	M	50	Swansea Harriers	653	00:46:34
609	1472	00:46:44	Dominic	Johnson	M			604	00:46:01
610	2102	00:46:44	Chris	Goodbourn	M			629	00:46:17
611	2152	00:46:44	Joanne	Honey	F			504	00:45:02
612	3512	00:46:44	Annemarie	Tucker	F			639	00:46:23
613	3506	00:46:44	Paul	Davies	M	45	Port Talbot Harriers	641	00:46:23
614	3711	00:46:46	Dennis	Brown	M	45	Unilever Team	648	00:46:33
615	528	00:46:47	Neil	Thomas	M	60		605	00:46:01
616	1137	00:46:49	Mark	Williams	M	50		668	00:46:43
617	981	00:46:51	Emma	Charles	F			616	00:46:07
618	533	00:46:51	Matthew	Francis	M			613	00:46:06
619	343	00:46:52	Chris	Guttridge	M			575	00:45:41
620	1925	00:46:53	Gary	Gregor	M	65		647	00:46:31
621	127	00:46:53	Mike	Pritchard	M	55		658	00:46:38
622	3196	00:46:54	Alex	Johnson	M			655	00:46:38
623	2955	00:46:54	Jaime	Williams	M			598	00:45:55
624	1357	00:46:55	Andrew	Wayt	M			623	00:46:12
625	2696	00:46:57	Tim	Leary	M	50		636	00:46:22
626	810	00:47:01	John	Rees	M	45		642	00:46:26
627	837	00:47:01	David	Rees	M	55	Yeovil Town RRC	644	00:46:27
628	2803	00:47:01	Tim	Stewart	M	50		645	00:46:27
629	1891	00:47:02	John	Lee	M	60	Tunbridge Wells Harriers	628	00:46:17
630	1782	00:47:04	Thomas	Mutton	M			614	00:46:06
631	3354	00:47:05	Owain	Rowlands	M			624	00:46:13
632	1562	00:47:05	Nigel Ian	Sutton	M	55		607	00:46:02
633	712	00:47:07	Liam	Davies	M	50	Fetch Everyone	662	00:46:40
634	2271	00:47:07	Paul	Taylor	M	40		631	00:46:18
635	3034	00:47:09	Sean	Kiernan	M	40		680	00:46:50
636	2569	00:47:10	Tomos	Hywel	M	45		660	00:46:38
637	3314	00:47:10	Phil	Davies	M	50		679	00:46:50
638	358	00:47:10	Noemie	Peignon	F			671	00:46:45
639	1362	00:47:11	Rhoslyn	Taylor	F	45		574	00:45:41
640	2094	00:47:11	Brian	Bromfield	M	50		650	00:46:34
641	2339	00:47:13	Mark	Kneath	M			595	00:45:51
642	418	00:47:16	David	Boucher	M	60		696	00:47:01
643	3868	00:47:16	Huw Gwyn	Davies	M	40		698	00:47:05
644	151	00:47:16	Tim	Washbrook	M			681	00:46:51
645	2732	00:47:17	Philip	Rees	M	45		656	00:46:38
646	1528	00:47:17	Daniel	Cloke	M			677	00:46:48
647	1504	00:47:19	Heath	Brett	M	40		667	00:46:43
648	2526	00:47:20	Sian	Phillips	F	50	Swansea Harriers	682	00:46:52
649	3562	00:47:20	Gerald	Walker	M	50		673	00:46:47
650	2646	00:47:21	Alun	Cairns	M	40		661	00:46:39
651	3861	00:47:21	Craig	Anthony	M			669	00:46:44
652	1989	00:47:22	Martin	Thomas	M			599	00:45:57
653	3291	00:47:24	Deian	Owen	M			649	00:46:34
654	1456	00:47:25	Mario	Rabiotti	M	45	Port Talbot Harriers	580	00:45:43
655	3230	00:47:27	Aneurin	James	M	40	Sarn Helen	713	00:47:14
656	1556	00:47:27	Martin	Whatley	M	55		697	00:47:02
657	2162	00:47:27	Andrew	Dunscombe	M	45	Pontypridd Roadents RC	666	00:46:42
658	819	00:47:28	Marcus	Fitchett	M			625	00:46:15

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
659	3565	00:47:29	Lewis	Maggs	M	20		675	00:46:47
660	2753	00:47:29	Steve	Mclelland	M	55	3M Gorseinon Road Runners	714	00:47:14
661	2594	00:47:29	Neil	Willis	M			632	00:46:21
662	839	00:47:31	Paul	Furlong	M	60		663	00:46:40
663	3671	00:47:32	Elliot	Peace	M	20	Sospan Road Runners	627	00:46:17
664	2786	00:47:32	Huw	Turner	M	40		687	00:46:56
665	1602	00:47:33	Mark	Swinglehurst	M			567	00:45:37
666	1701	00:47:33	Dean	D'Antonio	M			570	00:45:37
667	2581	00:47:34	Rachel	Bowen	F	35		664	00:46:41
668	1618	00:47:35	Ian	Rothwell	M	50		721	00:47:24
669	3659	00:47:35	John	Salt	M	45		712	00:47:13
670	1223	00:47:36	Bryan	Meredith	M	45	Rhondda Valley Runners	678	00:46:49
671	1376	00:47:39	Marc	Davies	M			670	00:46:44
672	2069	00:47:39	Andrew	Reynolds	M			695	00:47:01
673	2100	00:47:40	Darian	Jones	M			651	00:46:34
674	678	00:47:40	Julie	Webster	F	40		720	00:47:24
675	2192	00:47:41	Jayne	Littlewood	F	50	Hereford Couriers	704	00:47:08
676	3156	00:47:41	Geraint	Kathrens	M	40		609	00:46:02
677	1248	00:47:42	Dave	Powner	M			620	00:46:10
678	1013	00:47:44	Cheryl	Evans	F			711	00:47:12
679	1944	00:47:45	Kelvin	Protheroe	M	50		706	00:47:10
680	3155	00:47:46	John	Williams	M			676	00:46:47
681	1952	00:47:46	Celia	O'Brien	F	40		689	00:46:57
682	2348	00:47:46	John	Cottam	M			699	00:47:06
683	963	00:47:47	Lucy	Boucher	F			738	00:47:33
684	775	00:47:50	Tom	Smith	M	45		701	00:47:07
685	1775	00:47:50	Andrew	Davies	M	40		683	00:46:53
686	1511	00:47:51	Ben	Gorell	M			654	00:46:35
687	1880	00:47:51	John	White	M	55		728	00:47:26
688	2280	00:47:51	Steve	Roberts	M	45		730	00:47:27
689	2456	00:47:52	Stephen	Davies	M			630	00:46:18
690	635	00:47:52	Christian	Bickerstaff	M	40		705	00:47:09
691	3500	00:47:52	Rob	Williams	M	55	Brecon AC	719	00:47:22
692	2967	00:47:53	Mark	Jones	M	40		700	00:47:07
693	1964	00:47:54	Ryan	Preece	M	20		708	00:47:11
694	2067	00:47:54	Matthew	Barker	M			685	00:46:56
695	3197	00:47:55	Jessica	Holohan	F			665	00:46:42
696	2018	00:47:56	Phillip	Watts	M			725	00:47:25
697	1404	00:47:56	Jason	Windle	M			688	00:46:57
698	512	00:47:57	Roger	Capper	M	40		637	00:46:22
699	3375	00:47:57	Paul	Williams	M			758	00:47:48
700	1649	00:47:58	Andrew	Blackman	M	50	Wye Valley Runners	753	00:47:46
701	3557	00:47:59	Dean	Cartwright	M	40		717	00:47:17
702	146	00:48:01	Derek	Langan	M			672	00:46:46
703	2566	00:48:03	William	Whitter-Jones	M			715	00:47:16
704	1682	00:48:04	Peter	Hartley-Green	M	40		732	00:47:28
705	1122	00:48:05	Julie	Evans	F	40	LC Cobras	707	00:47:10
706	217	00:48:05	David	Bate	M	60		692	00:46:59
707	2512	00:48:06	Alun	Gowen	M	45		718	00:47:21
708	236	00:48:06	Wendy	N	F	40		747	00:47:43
709	2651	00:48:07	Harry	Williams	M	45		690	00:46:57
710	1361	00:48:07	Laura	Henton	F			691	00:46:59
711	2171	00:48:08	Andrew	Shell	M			757	00:47:48
712	1119	00:48:09	Richard	Collier	M			612	00:46:06
713	2298	00:48:10	Joseph	Hawkins	M			742	00:47:40
714	3187	00:48:11	Sally	Munro	F	35		724	00:47:25
715	3582	00:48:11	Scott	Charles	M			746	00:47:43
716	3190	00:48:11	Lee	Thomas	M			606	00:46:01
717	2266	00:48:11	James	Ratti	M			739	00:47:36
718	2754	00:48:13	Emma Jayne	Colwill	F			767	00:47:54
719	399	00:48:13	Andrew	Davies	M	40		727	00:47:26
720	3053	00:48:15	Mr	Hodges	M	50	Les Croupiers	784	00:48:05
721	709	00:48:16	Justin	Showell	M	40	Purple Patch Runners	743	00:47:42
722	3084	00:48:17	Marc	Tiplady	M			726	00:47:25
723	1050	00:48:18	Martin	Bulpitt	M			716	00:47:16
724	936	00:48:19	Wayne	Evans	M			736	00:47:30

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
725	1970	00:48:19	Matthew	Lewis	M		Les Croupiers	702	00:47:07
726	1931	00:48:21	Elizabeth	Bretherton	F			710	00:47:12
727	2832	00:48:21	Christopher	Besley	M			797	00:48:13
728	1093	00:48:21	Mike	Wade	M	50		693	00:47:00
729	2411	00:48:21	Owen	Pearse	M			646	00:46:30
730	1846	00:48:22	Gerard	Morgan	M	40		776	00:48:00
731	3199	00:48:22	Ross	Quick	M			523	00:45:10
732	2329	00:48:23	Martyn	Borland	M	55		769	00:47:56
733	1937	00:48:23	Jonathan	Duffy	M			659	00:46:38
734	2126	00:48:24	Klaus	Broker	M			750	00:47:44
735	505	00:48:24	Keiron	Burrows	M	40		751	00:47:45
736	2874	00:48:25	Bernard	Murphy	M	40		674	00:46:47
737	1792	00:48:26	Andrew	Downie	M			781	00:48:03
738	2015	00:48:27	Caroline	Harris	F	45		793	00:48:09
739	3029	00:48:27	Malcolm	Mcdermott	M	45		635	00:46:22
740	2963	00:48:28	Mark	Jones	M	45		748	00:47:43
741	2837	00:48:29	Lloyd	West	M	50		686	00:46:56
742	967	00:48:29	Jan	Edwards	F	55	Wye Valley Runners	768	00:47:56
743	3879	00:48:30	Lyn	Thomas	M	40		652	00:46:34
744	2878	00:48:31	Brian	Brookes	M	60		816	00:48:20
745	1089	00:48:33	Anthony	Snape	M			763	00:47:52
746	3185	00:48:33	David	Ashman	M	45		785	00:48:06
747	2664	00:48:34	Uku	Kumari	M	60	Swansea Harriers	824	00:48:27
748	3417	00:48:37	Ann	Thomas	F	50		835	00:48:30
749	1582	00:48:37	Carol	Blower	F	50	Leamington Cycling & Athletic Club	788	00:48:08
750	3416	00:48:37	Andrew	Thomas	M	45		837	00:48:30
751	994	00:48:37	Rosie	Richards	F			731	00:47:27
752	3298	00:48:38	Gareth	Nicholas	M	50		741	00:47:39
753	3062	00:48:38	Adrian	Ledgerwood	M	50		804	00:48:16
754	3063	00:48:39	Julie	North	F	45		803	00:48:15
755	1363	00:48:39	Andrew	Taylor	M	45		703	00:47:08
756	2830	00:48:39	Rosalyn	Mills	F			520	00:45:07
757	2260	00:48:41	Kate	Mackenzie	F	40		795	00:48:11
758	2414	00:48:41	Matthew	John	M			759	00:47:49
759	1887	00:48:41	Nicola	Beck	F	40	Lliswerry Runners	737	00:47:32
760	2939	00:48:43	Stephen	Baddick	M			752	00:47:45
761	3182	00:48:43	Robert	Lewis	M	45		809	00:48:17
762	1130	00:48:43	Andrew	Smith	M			777	00:48:01
763	1696	00:48:44	Pete	Kemp	M	40		755	00:47:47
764	552	00:48:44	Alan	Huxtable	M	45		772	00:47:57
765	1780	00:48:44	Chris	Woods	M	45		787	00:48:08
766	2741	00:48:44	Julian	Wake	M	40		811	00:48:18
767	1287	00:48:45	Annie	Ransome	F		Wye Valley Runners	773	00:47:57
768	2313	00:48:45	Steven	Holmes	M	45		762	00:47:51
769	3353	00:48:45	Simon	Davies	M	40		766	00:47:52
770	2851	00:48:45	Eleri	Rivers	F	35		749	00:47:44
771	2771	00:48:45	Alistair	Thomson	M			723	00:47:25
772	3290	00:48:47	Andrew	Birch	M	40		729	00:47:26
773	1862	00:48:48	Christine	Webb	F	35		783	00:48:04
774	2087	00:48:49	Kieran	Feeney	M			833	00:48:30
775	1752	00:48:50	Andrew	Evans	M	50		779	00:48:02
776	2755	00:48:51	Suz	West	F	35		800	00:48:14
777	3060	00:48:53	Luke	Baines	M			764	00:47:52
778	207	00:48:53	Ian	Evans	M			848	00:48:37
779	441	00:48:53	Peter	Abbott	M			817	00:48:20
780	3277	00:48:54	Joseph	Kinsey	M	20		765	00:47:52
781	2749	00:48:54	Claire	Morgan	F	35		822	00:48:25
782	2789	00:48:55	Duncan	Davies	M			798	00:48:13
783	426	00:48:55	Louise	Evans	F	45	Ebbw Vale RC	774	00:47:58
784	272	00:48:56	Lisa	Thomas	F	40		780	00:48:03
785	2330	00:48:56	Samuel James	Thomas	M			806	00:48:16
786	602	00:48:57	Colin	Spence	M	60	Southville Running Club	790	00:48:08
787	3365	00:48:57	John	Morrissey	M	55	Celtic Tri	838	00:48:31
788	2824	00:48:57	Peris	Cale	M	40		745	00:47:43
789	2759	00:48:57	Geoff	Lewis	M	40		778	00:48:02
790	748	00:48:57	Anya	O Connor	F			839	00:48:31

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
791	3056	00:48:58	Keith	Verheyden	M	50	Fetch Everyone	709	00:47:12
792	3302	00:48:58	Barrie	Roberts	M	65	Bournville Harriers	841	00:48:32
793	3165	00:48:59	Tony	Morris	M	45	St Austell Running Club	827	00:48:28
794	1100	00:49:00	Gareth	Rowden	M			818	00:48:21
795	3315	00:49:00	Steven	Riddler	M	50		842	00:48:32
796	626	00:49:01	Nigel	Hanney	M	55		775	00:47:58
797	1499	00:49:01	Berna	Cantwell	F	45		813	00:48:19
798	2478	00:49:02	Kelvin	Phillips	M			694	00:47:00
799	3211	00:49:02	Adam	Owen	M			854	00:48:40
800	2457	00:49:02	Lucy	Abrahams	F	35		851	00:48:38
801	3908	00:49:03	Robbie	Mcgee	M			761	00:47:50
802	3491	00:49:05	Jayne	Butler	F	35		814	00:48:19
803	1815	00:49:06	Tom-Daniel	Laugerud	M			840	00:48:32
804	3853	00:49:06	Stuart	Mann	M			877	00:48:56
805	3193	00:49:07	Simon	Westlake	M	45		733	00:47:28
806	2417	00:49:07	Carl	Trueman	M	50		843	00:48:34
807	2142	00:49:07	Darren	Beddows	M			834	00:48:30
808	1212	00:49:08	Michael	Rees	M			849	00:48:37
809	3180	00:49:09	James	Ferguson	M	40		744	00:47:42
810	2637	00:49:11	John	Vine	M	70		815	00:48:20
811	3510	00:49:11	William	Crowe	M			794	00:48:10
812	3725	00:49:11	Matthew	Bolton	M		Admiral	855	00:48:40
813	1594	00:49:11	Sam	Jones	M	20		684	00:46:53
814	1794	00:49:12	David	Smith	M	45		825	00:48:28
815	1795	00:49:13	Tess	Reynolds	F			807	00:48:16
816	1605	00:49:14	Amanda	John	F	45	Amman Valley Harriers	881	00:48:59
817	2324	00:49:15	Sam	Gibbs	F			782	00:48:04
818	1506	00:49:16	Matthew	Gravelle	M			771	00:47:57
819	2262	00:49:18	Morgan	Williams	M	20		801	00:48:15
820	968	00:49:20	Brian	Symonds	M	65	Wye Valley Runners	865	00:48:46
821	1415	00:49:20	Stephen	Marney	M	40		740	00:47:39
822	2992	00:49:22	Gwen	Smith	F	45	Swansea Harriers	868	00:48:49
823	3318	00:49:28	Matthew	Gwynne	M			883	00:49:01
824	3573	00:49:29	Sue	Thomas	F	45	Emlyn Runners	859	00:48:43
825	774	00:49:29	Antony	Rees	M	50		918	00:49:18
826	1112	00:49:30	Dai	O'Brien	M			792	00:48:09
827	1325	00:49:32	Anthony	Williams	M	40		810	00:48:18
828	3038	00:49:32	Steve	Bull	M	55	Bitton Road Runners	867	00:48:48
829	949	00:49:33	Bill	Griffiths	M	60	Wye Valley Runners	722	00:47:24
830	3558	00:49:35	Jessica	Cartwright	F	20		872	00:48:53
831	1025	00:49:35	Jonathan	Newman	M			852	00:48:39
832	2274	00:49:36	David	Cross	M	55	Ebbw Vale RC	847	00:48:37
833	121	00:49:37	Peter	Wilks	M	40	Les Croupiers	873	00:48:54
834	2341	00:49:37	Nick	Evans	M			904	00:49:10
835	1160	00:49:37	Georgina	King	F			887	00:49:04
836	1275	00:49:38	Julian	Griffiths	M	45		836	00:48:30
837	2291	00:49:38	Richard	Prince	M			756	00:47:47
838	1648	00:49:40	Gari	John	M			799	00:48:14
839	2961	00:49:40	Derek	Hancock	M	55		735	00:47:29
840	1583	00:49:40	Samantha	Stevenson	F			819	00:48:22
841	688	00:49:40	Ann	Rowell	F	55	Trots	927	00:49:23
842	763	00:49:42	Emily	Luke	F		Penarth & Dinas Runners	796	00:48:11
843	2811	00:49:44	Craig	Morris	M			823	00:48:26
844	3174	00:49:44	Rhys	Collins	M			734	00:47:29
845	591	00:49:44	David	Ellis	M	40		754	00:47:46
846	869	00:49:45	Richard	Bowen	M	55		864	00:48:46
847	3005	00:49:46	Alex	Wood	M			844	00:48:34
848	1757	00:49:47	Jack	Jones	M			633	00:46:21
849	1716	00:49:47	Tim	Brown	M	55		862	00:48:45
850	747	00:49:47	Steven	Liles	M	40		820	00:48:22
851	3344	00:49:48	Rhun	Llwyd	M			874	00:48:55
852	3259	00:49:49	Llinos	Jones	F			936	00:49:31
853	1507	00:49:49	Dewi	Richards	M	50		830	00:48:29
854	3427	00:49:51	Clem	Clement	M	50	Penarth & Dinas Runners	850	00:48:38
855	3421	00:49:51	Jamie	Bevan	M	45		939	00:49:32
856	1399	00:49:52	Julian	Bennett	M	40		886	00:49:03

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
857	3495	00:49:52	Sam	Richards	M			789	00:48:08
858	3008	00:49:53	Nigel	Williams	M			931	00:49:29
859	2117	00:49:53	Cheryl	Griffiths	F	40		945	00:49:34
860	2848	00:49:54	Eddie	Harris	M	40		884	00:49:02
861	1951	00:49:55	Tim	Soar	M	45		911	00:49:15
862	479	00:49:55	Richard	Price	M			657	00:46:38
863	2671	00:49:56	Gareth	Hughes	M			856	00:48:41
864	1517	00:49:57	Matthew	Nash	M			871	00:48:52
865	2359	00:49:57	Carl	Davies	M	40		899	00:49:09
866	1258	00:49:58	Gary	Sawdon	M	50		898	00:49:09
867	2869	00:49:58	Stephanie	Foulkes-Moran	F	35		896	00:49:08
868	1317	00:49:59	Rossi	Stohr	F	45		913	00:49:16
869	3524	00:49:59	Brian	Francis	M	50		870	00:48:51
870	1204	00:49:59	Christopher	Miller	M			878	00:48:57
871	2181	00:50:01	Colin	Jones	M	50		808	00:48:17
872	1469	00:50:01	Hefin	Rees	M			891	00:49:05
873	1863	00:50:01	James	Chess	M			786	00:48:06
874	2709	00:50:02	Glyn	Hicks	M	60	Islwyn RC	890	00:49:05
875	3463	00:50:02	Gareth	Morgan	M	40		791	00:48:09
876	3355	00:50:03	Neil	Jones	M	40		900	00:49:10
877	3073	00:50:04	Phillip	Tucker	M	40		920	00:49:19
878	1241	00:50:04	Andrew	Casey	M			869	00:48:50
879	3459	00:50:06	Jenny	Madge	F			821	00:48:25
880	2798	00:50:06	Donna	Hunkin	F	35		987	00:49:50
881	453	00:50:08	David	Bennett	M	45		941	00:49:32
882	2977	00:50:08	Emma	Parsons	F	40		846	00:48:36
883	1998	00:50:08	Lee	Richards	M			912	00:49:15
884	2940	00:50:09	Richard	Hullin	M			901	00:49:10
885	2552	00:50:09	Darren	James	M	45		925	00:49:21
886	1335	00:50:09	Gareth	Morris	M			973	00:49:46
887	3293	00:50:10	Chris	Armstrong	M			994	00:49:53
888	1974	00:50:10	Chris	Purnell	M	45		879	00:48:58
889	841	00:50:11	Andrew	Gibbs	M			950	00:49:35
890	2485	00:50:11	W Mark	Jones	M	40		916	00:49:18
891	1745	00:50:11	Paul	Thomas	M			802	00:48:15
892	2984	00:50:11	Richard	Nuth	M	40		915	00:49:17
893	1928	00:50:13	Mark	Edwards	M			829	00:48:28
894	3707	00:50:13	Dwayne	Keany	M			860	00:48:44
895	3032	00:50:15	Jordan	Kibble	M			926	00:49:21
896	1306	00:50:15	Alaouidine	Chanfi	M	40		866	00:48:47
897	1145	00:50:16	Steve	Jones	M	50	Swansea Harriers	929	00:49:23
898	429	00:50:17	Stella	James	F			947	00:49:34
899	401	00:50:17	Robert James	Galpin	M	50	Wye Valley Runners	979	00:49:47
900	2321	00:50:18	Hayley	Davies	F	45	Cardigan RC	933	00:49:30
901	2326	00:50:20	Christopher	Bloodworth	M	50		1031	00:50:13
902	1508	00:50:21	Chris	Hawkins	M	60	Forest of Dean AC	907	00:49:13
903	3055	00:50:21	Chris	Timmins	M			968	00:49:44
904	2135	00:50:22	Katie	Williams	F			953	00:49:38
905	2244	00:50:23	Robin	Bodger	M	40		932	00:49:29
906	821	00:50:23	Brian	Griffiths	M	55	Ellesmere Port RC	992	00:49:52
907	811	00:50:24	Alun Lee	Williams	M			990	00:49:51
908	2156	00:50:24	Andrew	Beale	M			897	00:49:08
909	2587	00:50:24	Mark	Stevens	M			982	00:49:48
910	2783	00:50:25	Oona	Crawford	F	55	Trots	934	00:49:30
911	2467	00:50:25	Matthew	Huggett	M	40		892	00:49:05
912	3696	00:50:25	Jay M	Ramsurrun	M	60		967	00:49:44
913	1265	00:50:26	Sam	Gorell	M	20		902	00:49:10
914	2385	00:50:26	Damien	Johnson	M	20		924	00:49:21
915	3871	00:50:27	Matt	Silva	M	40	Disability Wales	863	00:48:45
916	3872	00:50:27	Simon	Jones	M		Disability Wales	861	00:48:45
917	224	00:50:28	Martin	Turton	M	45		880	00:48:59
918	2383	00:50:29	Amy	Evans	F			956	00:49:39
919	2335	00:50:29	Robert	Thomas	M			905	00:49:12
920	1447	00:50:29	Steve	Williams	M			857	00:48:41
921	2097	00:50:29	Ben	Church	M			957	00:49:40
922	345	00:50:29	Emma	Payne	F			917	00:49:18

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
923	2184	00:50:30	Lorna	Silke	F	40		1015	00:50:03
924	2315	00:50:30	David	O'Sullivan	M	40		995	00:49:53
925	3721	00:50:30	Tom	Fitzpatrick	M		Admiral	894	00:49:06
926	2790	00:50:30	Robert	Jones	M	45		831	00:48:29
927	3892	00:50:31	Dave	Williams	M			885	00:49:02
928	2425	00:50:31	Christopher	Houlden	M			760	00:47:49
929	654	00:50:33	David	Phillips	M	40		876	00:48:56
930	3094	00:50:34	Stuart	Rowlands	M	50		972	00:49:46
931	3406	00:50:35	Derek	Balsdon	M	70		969	00:49:45
932	546	00:50:36	Martin	Jones	M	45		938	00:49:32
933	802	00:50:37	Christopher	Jones	M			1016	00:50:03
934	381	00:50:37	Sharon	Oliver	F	40		999	00:49:54
935	801	00:50:37	Claire	Jones	F			1017	00:50:04
936	1365	00:50:38	Ricardo	Martins	M		Wye Valley Runners	964	00:49:41
937	2340	00:50:38	Tom	Collins	M			888	00:49:04
938	2666	00:50:39	Matthew	Holt	M	40		963	00:49:41
939	862	00:50:39	Victoria	Evans	F			845	00:48:35
940	3761	00:50:39	Joe	Phillips	M	20	Admiral	930	00:49:24
941	3176	00:50:40	Robert	Edwards	M			1001	00:49:55
942	2654	00:50:41	Andrew	Williams	M	45		853	00:48:40
943	2758	00:50:42	Rhodri	Morris	M			805	00:48:16
944	2470	00:50:43	David	England	M			961	00:49:41
945	2855	00:50:43	Steven	Wickwar	M	40		1043	00:50:20
946	2530	00:50:43	Rob	Bater	M	40		962	00:49:41
947	2618	00:50:43	Richard	Morgan	M			1047	00:50:21
948	2134	00:50:44	Shaun	Bowen	M			1018	00:50:06
949	2791	00:50:44	David	Fleming	M			812	00:48:19
950	1756	00:50:45	Greg	Dow	M	40		893	00:49:06
951	2063	00:50:45	Caryl	Richards	F			858	00:48:42
952	2155	00:50:46	Darren	Chapple	M			906	00:49:13
953	791	00:50:46	Phillip	Evans	M			943	00:49:33
954	2794	00:50:47	Anthony	Barron	M	40		1037	00:50:17
955	402	00:50:47	Rebecca	Bevan	F			954	00:49:38
956	3883	00:50:47	Chris	Scott	M	40		923	00:49:20
957	2068	00:50:48	Charlie	Wise	M			1024	00:50:10
958	1053	00:50:48	Marcus	Hull	M			1008	00:49:59
959	3689	00:50:48	Christopher	Ball	M	20		935	00:49:30
960	1897	00:50:49	Emily	Davies	F		Wye Valley Runners	951	00:49:36
961	1652	00:50:49	Owain	Wilkins	M			997	00:49:53
962	3109	00:50:49	Will	Morgan	M			826	00:48:28
963	3688	00:50:49	Ben	Ball	M	45		937	00:49:31
964	3108	00:50:49	Kelly	Morgan	F			828	00:48:28
965	432	00:50:50	Debbie	Robins	F			949	00:49:35
966	2265	00:50:50	Louise	Eakins	F	40		1000	00:49:55
967	2022	00:50:51	Matthew	Watts	M			977	00:49:46
968	2635	00:50:51	Ian	Jones	M	45		832	00:48:29
969	1239	00:50:52	Mike	Edwards	M			1034	00:50:14
970	609	00:50:52	Christian	Webb	M	20		1009	00:49:59
971	1268	00:50:52	Alison	Merley	F	50	Malvern Joggers	889	00:49:04
972	1261	00:50:54	Suzanne	Kendrick	F	50	Rhayader AC	974	00:49:46
973	3013	00:50:54	David	Mitchell	M	50		1012	00:50:01
974	1584	00:50:55	Adrian	Cross	M			1055	00:50:28
975	3840	00:50:56	Alexander	Still	M			948	00:49:34
976	3855	00:50:56	Michael	Owen	M			914	00:49:16
977	2381	00:50:56	John	Rook	M			989	00:49:51
978	2645	00:50:57	Adam	Coates	M			988	00:49:50
979	2103	00:50:57	Michael	Honey	M			1007	00:49:58
980	477	00:50:57	Amy	Genders	F			909	00:49:15
981	3490	00:50:58	Ian	Evans	M			910	00:49:15
982	3608	00:50:58	Mark	Waygood	M	45		1074	00:50:37
983	3856	00:50:59	Tony	Lipscombe	M	40		919	00:49:19
984	3675	00:50:59	Alma	Dury	F			1077	00:50:39
985	2922	00:50:59	James	Price	M			959	00:49:40
986	1147	00:51:00	Andrew	Proctor	M			770	00:47:57
987	2870	00:51:00	Celyn	Evans	F			960	00:49:40
988	3795	00:51:01	Kyle	Galtry	M		Admiral	875	00:48:55

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
989	1596	00:51:01	Catherine	Long	F	20		895	00:49:06
990	1917	00:51:01	Ross	Davies	M			981	00:49:47
991	2641	00:51:03	Suzanne	Bevan	F	45		985	00:49:49
992	2542	00:51:03	Alexander	Gray-Davies	M	20		1046	00:50:20
993	3402	00:51:03	Gill	Edwards	F	45		978	00:49:47
994	3568	00:51:04	Matthew	Erskine	M	20		1023	00:50:09
995	2216	00:51:04	Alyson	Egan	F	45		1013	00:50:02
996	3200	00:51:06	Timothy	Warner	M	40		1070	00:50:35
997	2318	00:51:07	John	Ayres	M	55	Port Talbot Harriers	980	00:49:47
998	2959	00:51:07	Kevin	Bradfield	M	45		965	00:49:42
999	1544	00:51:07	Alan	Ryland	M	60	Builth & District	942	00:49:33
1000	2806	00:51:07	Robin	D'Arcy	M			1030	00:50:13
1001	1821	00:51:07	Scott	Stevens	M			971	00:49:46
1002	2506	00:51:08	Mark	Davies	M	45		1014	00:50:02
1003	3162	00:51:08	Ricky	Mattioli	M	45		944	00:49:33
1004	2232	00:51:09	Rebecca	Leary	F	45		1065	00:50:34
1005	656	00:51:09	Julia	Rees	F		Port Talbot Harriers	1069	00:50:35
1006	1570	00:51:10	James	Mason	M			1019	00:50:06
1007	1750	00:51:11	Steve	Kern	M			928	00:49:23
1008	2186	00:51:12	Paul	Whitmarsh	M			958	00:49:40
1009	2179	00:51:13	Stephen	Job	M	45		984	00:49:49
1010	3092	00:51:14	David	Walker	M	55		996	00:49:53
1011	1126	00:51:14	Claire	Ludlow	F	35		1045	00:50:20
1012	3195	00:51:15	Neil	Smith	M			1020	00:50:07
1013	3828	00:51:15	Kelly	Gipson	F	40		1059	00:50:30
1014	677	00:51:15	Peter	Oldfield	M	45		970	00:49:45
1015	2746	00:51:16	Laura	Collacott	F			1006	00:49:57
1016	1436	00:51:16	Ceri	Jones	M			1011	00:50:00
1017	3306	00:51:17	Cathrin	Owen	F	35	Amman Valley Harriers	1038	00:50:17
1018	3703	00:51:17	Geraint	Lloyd	M			922	00:49:20
1019	1269	00:51:18	Jonathan	Palmer	M			1086	00:50:43
1020	1149	00:51:18	Stephen	Darknell	M			1073	00:50:37
1021	2592	00:51:19	Owen	Bowers	M			966	00:49:43
1022	2447	00:51:20	Michael	John	M			1060	00:50:30
1023	1069	00:51:20	Stuart	Reid	M	45		952	00:49:37
1024	1619	00:51:21	Valerie	Rothwell	F	50		1127	00:51:10
1025	662	00:51:21	Kate	Methuen	F	35		1119	00:51:03
1026	2616	00:51:21	Keith	Coleman	M	40		1029	00:50:13
1027	2303	00:51:22	Matt	Davies	M			903	00:49:10
1028	2840	00:51:22	Leigh	Besley	M			1132	00:51:14
1029	2279	00:51:23	Stephen	Lewis	M	40		1130	00:51:11
1030	1324	00:51:23	Gillian	Bamber	F		Wye Valley Runners	1049	00:50:23
1031	3854	00:51:24	Owen	Lock	M			1131	00:51:14
1032	3824	00:51:24	Mark	Jones	M	50		1053	00:50:25
1033	2272	00:51:24	Rhys	Jones	M			998	00:49:54
1034	2505	00:51:24	Richard	Barrow	M			1052	00:50:25
1035	3897	00:51:24	James	Bowers	M			983	00:49:48
1036	3100	00:51:24	Ian	Lewis	M		Islwyn RC	1056	00:50:28
1037	2785	00:51:25	Karen	Davies	F	35		975	00:49:46
1038	397	00:51:25	Max	Leavett	M	45		1039	00:50:17
1039	3158	00:51:25	Ambroise	Castaing	M			1035	00:50:15
1040	3701	00:51:25	Roger	Opie	M	65		1080	00:50:40
1041	3780	00:51:26	Daniel	Brookes	M		Admiral	1076	00:50:39
1042	1539	00:51:26	Christopher	Mounfield	M			940	00:49:32
1043	1034	00:51:27	Len	Collacott	M	55		1021	00:50:08
1044	356	00:51:27	Ian	Bevan	M			1067	00:50:35
1045	1565	00:51:28	Lynne	Park	F	50	Forest of Dean AC	1082	00:50:40
1046	1630	00:51:30	Andy	Morton	M	50		1129	00:51:11
1047	911	00:51:31	Paul	Williams	M	45		1032	00:50:13
1048	1801	00:51:31	Jose Luis	De La Cuesta Padilla	M	40		1033	00:50:14
1049	3316	00:51:33	Mike	Jones	M			1061	00:50:32
1050	2727	00:51:34	Dylan	Harris	M	20		1075	00:50:37
1051	605	00:51:34	Leigh	Adams	M			976	00:49:46
1052	2586	00:51:35	Stephen	Trotman	M	45		1093	00:50:50
1053	1563	00:51:35	Lee	Jackson	M	40		1092	00:50:48
1054	1707	00:51:35	Stuart	Powell	M			955	00:49:38

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1055	1246	00:51:36	Steven	Mattu	M			1111	00:51:01
1056	250	00:51:36	Mark	Thomas	M	45		1088	00:50:46
1057	2726	00:51:37	Darren	Harris	M	40		1079	00:50:39
1058	2468	00:51:38	Angelique	Owen	F	35		1051	00:50:24
1059	2302	00:51:39	Brinely	Aherne	M	60		1090	00:50:47
1060	141	00:51:39	Brendan	Sweeney	M	45		1002	00:49:56
1061	845	00:51:39	Jessica	Grenfell	F			1098	00:50:53
1062	3686	00:51:39	Grant	Bloomfield	M			1040	00:50:18
1063	3089	00:51:41	Melanie	Stone	F	40		1109	00:51:00
1064	1083	00:51:42	Heidi	Lea	F	50		1091	00:50:47
1065	3213	00:51:43	David	Lynch	M	45		1084	00:50:42
1066	372	00:51:44	Andrew	Woodhouse	M	40		1025	00:50:10
1067	3610	00:51:44	Michael	Beynon	M	40		1027	00:50:13
1068	1740	00:51:45	Cameron	Hopkins	M			946	00:49:34
1069	2681	00:51:45	Eiri	Evans	F		3M Gorseinon Road Runners	1108	00:51:00
1070	3241	00:51:45	Jack	Francis	M	20		1102	00:50:55
1071	632	00:51:45	Luke	Heslop	M			1022	00:50:09
1072	3751	00:51:46	Byron Wayne	Davies	M		Admiral	1005	00:49:57
1073	3081	00:51:47	Stuart	Barnes	M	50		1054	00:50:25
1074	412	00:51:47	Berwyn	Lewis	M	40		1004	00:49:57
1075	2692	00:51:47	Stephen	Hughes	M	45		1003	00:49:56
1076	3581	00:51:48	Deborah	Hope	F	45		1115	00:51:02
1077	1201	00:51:51	Debbie	Davies	F	45		1083	00:50:41
1078	979	00:51:52	Lynne	Compton	F	45	Wye Valley Runners	1078	00:50:39
1079	1066	00:51:53	Christopher	Austin	M			1116	00:51:02
1080	717	00:51:53	Annette	Harry	F	35		1120	00:51:04
1081	1202	00:51:54	Sean	Thomas	M	40		1176	00:51:38
1082	2702	00:51:55	Tim	Jones	M	40		1135	00:51:15
1083	902	00:51:56	David	Hirst	M	55		1140	00:51:19
1084	1477	00:51:57	Lee	Kwok	M			1026	00:50:11
1085	1905	00:51:58	Lesley	Mainwaring	F	40		1156	00:51:29
1086	565	00:51:59	Josh	Pasquantonio	M	50		1057	00:50:30
1087	1216	00:51:59	Richard	Watkins	M			1062	00:50:32
1088	2017	00:52:00	Shirley	Albrow	F	50		1099	00:50:54
1089	695	00:52:00	Philip	Clifford	M	50	Wye Valley Runners	1149	00:51:26
1090	2099	00:52:01	Adrian	Hearne	M	40		1087	00:50:43
1091	2766	00:52:01	Steven	Gibbons	M			993	00:49:52
1092	3267	00:52:02	Robert	Kinsey	M	40		1107	00:51:00
1093	1369	00:52:02	Ian	Cole	M	40		1085	00:50:42
1094	537	00:52:02	Bernadette	Offerdal	F	35		1105	00:50:58
1095	3648	00:52:02	Ken	Goddard	M			1146	00:51:23
1096	1831	00:52:04	David	Griffiths	M			1071	00:50:35
1097	559	00:52:06	Christopher	Davies	M			991	00:49:52
1098	2669	00:52:07	Kate	D'Arcy	F			1121	00:51:05
1099	1516	00:52:07	Darryl	Hope	M			1114	00:51:01
1100	2248	00:52:07	Nigel	Evans	M	50		1164	00:51:31
1101	2037	00:52:08	Stuart	James	M	45		1144	00:51:21
1102	2322	00:52:08	Dan	Sivak	M	40		908	00:49:15
1103	3481	00:52:08	Stephen	Turner	M			1200	00:51:53
1104	1693	00:52:09	Christopher	Wall	M	50		1153	00:51:29
1105	1694	00:52:09	Bethan	Wall	F	45		1154	00:51:29
1106	2084	00:52:09	Mark	Harper	M	40		1113	00:51:01
1107	3811	00:52:10	Rob	Golledge	M		Admiral	1066	00:50:34
1108	1526	00:52:10	Tony	Layzell	M	45		1125	00:51:08
1109	2367	00:52:11	Wayne	Edmond	M	60		1058	00:50:30
1110	1134	00:52:11	Chris	Williams	M	45		1089	00:50:47
1111	3652	00:52:12	Neil	Chambers	M	40		1159	00:51:30
1112	3901	00:52:13	Matthew	Gorman	M			1147	00:51:25
1113	3607	00:52:14	Geoffrey	Roberts	M	50		1122	00:51:05
1114	2267	00:52:14	Michelle	Ratti	F	35		1104	00:50:58
1115	2191	00:52:14	Charnine	Rees	F			1128	00:51:11
1116	1849	00:52:15	Keith	Clash	M	55		1173	00:51:36
1117	1417	00:52:16	Robert	Wood	M			1050	00:50:23
1118	3718	00:52:16	Delyth	Wright	F		Admiral	1036	00:50:15
1119	1004	00:52:17	Anthony	Bennett	M			1165	00:51:31
1120	421	00:52:18	Sue	Parsons	F	45		1166	00:51:32

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1121	3749	00:52:19	John	Mcsherry	M	45	Admiral	1160	00:51:30
1122	1781	00:52:19	Rhys	Hughes	M			1094	00:50:50
1123	2356	00:52:20	Chris	Taylor	M			882	00:49:01
1124	3664	00:52:20	Dr Benjamin	Raichoudhury	M	60		1180	00:51:39
1125	1509	00:52:20	Andrew	Cadmore	M	40		1192	00:51:48
1126	897	00:52:22	Paul	Rowley	M	55		1095	00:50:52
1127	939	00:52:22	Alys	Carlisle	F	40		1141	00:51:20
1128	3067	00:52:23	Lee	Griffiths	M			1117	00:51:02
1129	2035	00:52:24	Michael	Williams	M			1010	00:50:00
1130	3758	00:52:24	Marley	Swidnells	F		Admiral	986	00:49:50
1131	2389	00:52:25	Iwan	Thomas	M			1139	00:51:17
1132	2388	00:52:26	Martin	Foster	M	55	Bournville Harriers	1218	00:52:00
1133	3270	00:52:29	Stuart	Thomas	M			1134	00:51:14
1134	3579	00:52:29	Alun	Harris	M	50		1262	00:52:20
1135	3278	00:52:30	Geoff	Jones	M	40		1151	00:51:27
1136	2434	00:52:30	Philip	Smith	M	55	Wye Valley Runners	1248	00:52:11
1137	977	00:52:31	Karen	Hewitt	F			1042	00:50:20
1138	3048	00:52:33	Neil	Gregory	M	40		1150	00:51:26
1139	1626	00:52:34	Paul	Mcnerney	M			1272	00:52:24
1140	142	00:52:34	Rhianwen	Petruse	F	35		1208	00:51:57
1141	1209	00:52:34	Sarah	Amey	F			1133	00:51:14
1142	3531	00:52:36	Ceri	Clarke	F	35		1163	00:51:31
1143	1339	00:52:36	Sion	Davies	M	40		1044	00:50:20
1144	2008	00:52:38	Katie	Shiells	F	35		1100	00:50:54
1145	2541	00:52:38	Steffan	Gray-Davies	M	20		1205	00:51:55
1146	829	00:52:38	David	Thomas	M			1126	00:51:09
1147	2623	00:52:38	Jason	Arthur	M			1096	00:50:52
1148	1155	00:52:39	Stefan	Cortazzi	M	40		1178	00:51:39
1149	3773	00:52:40	Helen	Williams	F		Admiral	1187	00:51:44
1150	1107	00:52:40	Helen	Lutley	F	70	Emlyn Runners	1255	00:52:15
1151	180	00:52:41	Robert	Pitt	M	45		1171	00:51:35
1152	752	00:52:43	Nicholas	Jenkins	M	45		1110	00:51:01
1153	2737	00:52:45	Brian	Varcas	M	55		1048	00:50:23
1154	3611	00:52:45	Sarah	Fish	F	40		1283	00:52:28
1155	3238	00:52:46	David	Henry	M	45		1103	00:50:58
1156	3815	00:52:46	Dean	Robinson	M		Admiral	1148	00:51:25
1157	1462	00:52:46	Robert	Harrhy	M	55		1174	00:51:37
1158	3757	00:52:48	Joby	Russel	M		Admiral	1223	00:52:03
1159	3160	00:52:49	Jeff	Stephens	M	40		1229	00:52:04
1160	1791	00:52:49	Keri	Hiles	M			1161	00:51:30
1161	1343	00:52:49	Steve	Grounds	M	55		1204	00:51:55
1162	500	00:52:50	Adrian	Evans	M	40		1243	00:52:10
1163	1861	00:52:50	Kate	Turner	F	35		1220	00:52:02
1164	3186	00:52:50	Elizabeth	James Mahoney	F	35		1191	00:51:47
1165	2735	00:52:50	Nicky	Hamlyn	M			1041	00:50:19
1166	1518	00:52:51	Stacey	Price	M			1181	00:51:40
1167	1017	00:52:52	Lucia	Servini	F			1136	00:51:15
1168	2489	00:52:53	Rhys	Morgan	M			1138	00:51:16
1169	3151	00:52:55	Chris	Hinchey	M			1063	00:50:32
1170	696	00:52:57	Deborah	Clifford	F	45	Wye Valley Runners	1269	00:52:22
1171	2233	00:52:57	Anwen	Jones	F			1152	00:51:29
1172	1606	00:52:57	Jacqui	Wynds	F	55	Forest of Dean AC	1193	00:51:50
1173	3300	00:52:57	Steve	Richardson	M			1190	00:51:46
1174	3003	00:52:57	Vyvyan	Smith	M	50		1206	00:51:56
1175	1127	00:52:58	Lyn	Morris	M	50		1028	00:50:13
1176	339	00:52:59	Mike	Evans`	M			1118	00:51:03
1177	995	00:52:59	Victoria	Mort	F			1202	00:51:55
1178	2436	00:53:00	David	John	M			1245	00:52:11
1179	2971	00:53:00	Nicholas	Avery	M	40		1275	00:52:25
1180	1407	00:53:00	Kathryn	Jones	F			1112	00:51:01
1181	3890	00:53:00	Beverley	Tucker	F	45	Disability Wales	1232	00:52:07
1182	1598	00:53:01	Melissa	Mould	F		Forest of Dean AC	1254	00:52:13
1183	1550	00:53:01	Sarah	Cutts	F			1221	00:52:02
1184	3763	00:53:01	Mathew	Picton	M		Admiral	1291	00:52:31
1185	611	00:53:02	Fiona	Stares	F	40		1213	00:51:58
1186	1561	00:53:02	Michael	Davies	M	50		1266	00:52:21

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1187	888	00:53:02	James	Rees	M	40		1194	00:51:51
1188	2256	00:53:03	John	Wellings	M			1155	00:51:29
1189	1353	00:53:04	Katie	Morris	F			1186	00:51:43
1190	1348	00:53:04	Stella	Anderson	F			1185	00:51:42
1191	1588	00:53:05	Claire	Morgan	F	50	Forest of Dean AC	1209	00:51:57
1192	1336	00:53:05	Trudi	Poole	F	40		1280	00:52:27
1193	3832	00:53:06	Lydia	Beaman	F			1184	00:51:42
1194	585	00:53:07	Gareth	Jones	M	45		1064	00:50:33
1195	1446	00:53:07	Sharon	Penhale	F	40		1322	00:52:48
1196	2562	00:53:07	Derek	Wallace	M	50		1158	00:51:30
1197	1852	00:53:07	Emma	Jenkins	F	40		1169	00:51:33
1198	3621	00:53:08	Kate	Quick	F	35		1101	00:50:54
1199	2817	00:53:08	Mark	Brueton	M			1228	00:52:04
1200	3559	00:53:08	Jatinder	Singh Seehra	M	40		1157	00:51:29
1201	2310	00:53:09	Steve	Green	M	45		1250	00:52:12
1202	3467	00:53:10	Craig	Hudson	M			1068	00:50:35
1203	2717	00:53:10	Jamie	Lannen	M			1142	00:51:20
1204	2608	00:53:10	Timothy	Butler	M			1143	00:51:20
1205	2981	00:53:11	Martin	Rees	M	45		1285	00:52:29
1206	3627	00:53:12	Allen	Bevan	M	55		1198	00:51:52
1207	2931	00:53:12	Robert	Mainwaring	M	40		1247	00:52:11
1208	2932	00:53:12	Delyth	Mainwaring	F	35		1249	00:52:12
1209	1611	00:53:13	Menna	Price	F	35		1240	00:52:10
1210	1530	00:53:14	Carley	Hopkins	F			1338	00:52:54
1211	1776	00:53:14	Ian	Walters	M			1270	00:52:23
1212	1430	00:53:16	Stefanie	Francis	F	45	Forest of Dean AC	1236	00:52:07
1213	1186	00:53:16	Gareth	Hemming	M			1179	00:51:39
1214	1476	00:53:17	Aled	Apiwan	M			1268	00:52:22
1215	1125	00:53:17	Mark	Davies	M			1170	00:51:34
1216	129	00:53:17	Christopher	Hill	M	45		1182	00:51:40
1217	1211	00:53:17	Garth	Giesbrecht	M	55		1279	00:52:27
1218	1850	00:53:18	Geraint	Clash	M	20		1301	00:52:39
1219	3867	00:53:19	Sean	Gale	M	45		1311	00:52:42
1220	1488	00:53:19	Clive	Davies	M	45		1124	00:51:07
1221	334	00:53:20	David Martyn	Jones	M	45	Lliswerry Runners	1241	00:52:10
1222	1046	00:53:20	Leslie	Chamberlain	M	60	Wye Valley Runners	1265	00:52:20
1223	3205	00:53:20	Mark	Fermandel	M			1264	00:52:20
1224	1826	00:53:21	Alun	Jones	M			1216	00:52:00
1225	3373	00:53:21	Ruth	Newman	F	40	Vegan Runners UK	921	00:49:19
1226	2568	00:53:22	Karen	Watkins	F	35		1106	00:51:00
1227	704	00:53:24	Annette	Davies	F	50	Fetch Everyone	1222	00:52:03
1228	1802	00:53:24	Geraldine	Bousie	F	45		1276	00:52:25
1229	2538	00:53:24	Sarah	Travers	F	35		1246	00:52:11
1230	2662	00:53:28	Andrew	Hollins	M			1167	00:51:32
1231	2858	00:53:29	Ryan	Jones	M	40		1342	00:52:55
1232	3561	00:53:30	Jane	Jones	F	35		1237	00:52:07
1233	1762	00:53:31	Martyn	Price	M	50		1244	00:52:11
1234	2319	00:53:31	Matthew	Reece	M	40		1310	00:52:41
1235	2282	00:53:33	Kim	Phelps	F			1199	00:51:52
1236	3072	00:53:34	Jayne	Howells	F	50		1145	00:51:22
1237	1592	00:53:35	Richard	Norris	M			1212	00:51:58
1238	3036	00:53:36	Tom	James	M			1162	00:51:31
1239	2607	00:53:36	Fiona	Jones	F			1183	00:51:41
1240	3324	00:53:37	Alan	Bottrell	M	60	Blackburn Harriers	1303	00:52:40
1241	1956	00:53:37	Mark	Brooks	M	40		1286	00:52:29
1242	3797	00:53:37	Sara	Williams	F	35	Admiral	1278	00:52:26
1243	3521	00:53:38	Cerys	Thomas	F			1201	00:51:54
1244	2584	00:53:39	Allan	Smith	M	75	3M Gorseinon Road Runners	1406	00:53:31
1245	2761	00:53:39	Anna	Stickland	F	35		1196	00:51:51
1246	2475	00:53:40	Sue	Lee	F	40		1197	00:51:51
1247	1020	00:53:40	John	Evans	M	65		1210	00:51:58
1248	1812	00:53:40	Steven	James	M			1225	00:52:03
1249	3823	00:53:41	Jane	Griffiths	F	35		1219	00:52:01
1250	2928	00:53:42	James	Raleigh	M			1226	00:52:04
1251	3408	00:53:42	Nigel	Davies	M	50		1383	00:53:22
1252	2337	00:53:43	Sharon	Trotman	F	40	3M Gorseinon Road Runners	1195	00:51:51

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1253	1420	00:53:43	Craig	Wilkinson	M			1373	00:53:16
1254	3891	00:53:43	Gareth John	Harris	M			1081	00:50:40
1255	740	00:53:44	Lianne	Greenslade	F	20		1390	00:53:25
1256	3462	00:53:45	Tudor	Miles	M	50		1215	00:52:00
1257	2902	00:53:45	Andrew	Biston	M	45		1293	00:52:32
1258	3465	00:53:45	Cassandra	Miles	F			1217	00:52:00
1259	932	00:53:46	Richard	Harries	M			1316	00:52:46
1260	2965	00:53:46	Richard	Brown	M			1172	00:51:35
1261	776	00:53:47	Claire	Williams	F	50		1300	00:52:37
1262	2527	00:53:47	Andrew	Rothwell	M	50		1211	00:51:58
1263	3224	00:53:48	Richard	Morgan	M	40		1123	00:51:05
1264	3207	00:53:49	Paul	Francis	M	40		1351	00:53:00
1265	1078	00:53:49	Richard	Amos	M			1251	00:52:13
1266	1999	00:53:50	Delyth	Murray Lines	F	35		1235	00:52:07
1267	2564	00:53:50	Ceri	Caswell	F	35		1327	00:52:51
1268	2473	00:53:50	Gaynor	Falconi	M		Bracknell Forest Runners	1319	00:52:47
1269	3096	00:53:51	Vanessa	Boyett	F	35		1238	00:52:08
1270	2595	00:53:51	Lee	Minett	M	45		1314	00:52:44
1271	1095	00:53:51	Harry	Franklin	M	75	Wye Valley Runners	1360	00:53:05
1272	3111	00:53:52	Graham	James	M	45	Forest of Dean AC	1214	00:52:00
1273	3851	00:53:52	Rebecca	Brown	F			1175	00:51:38
1274	2119	00:53:52	Nick	Wellsted	M	40		1137	00:51:15
1275	2951	00:53:52	Clare	Hughes	F	45		1337	00:52:54
1276	2287	00:53:53	Thomas	Platt	M			1188	00:51:45
1277	1245	00:53:53	Cathy	Hancox	F	45		1321	00:52:48
1278	3028	00:53:53	Gareth	Lewis	M			1239	00:52:08
1279	3435	00:53:54	Eian Rhys	Johnson	M			1072	00:50:36
1280	2071	00:53:54	Jane	Morris	F			1207	00:51:57
1281	953	00:53:55	Huw	Jones	M	45		1189	00:51:45
1282	2686	00:53:56	Matthew	Rees	M			1299	00:52:37
1283	1615	00:53:56	Lesley	Goodson	F	45		1331	00:52:52
1284	2502	00:53:59	Jonathan	Long	M	50		1231	00:52:04
1285	2529	00:54:00	Mali	Williams	F			1304	00:52:40
1286	2083	00:54:01	Katrina	Harper	F	45		1329	00:52:52
1287	706	00:54:02	Jordan	Discombe	M			1168	00:51:33
1288	2867	00:54:02	Stephen	Rue	M			1260	00:52:17
1289	249	00:54:04	Carolyn	Thomas	F	45		1242	00:52:10
1290	1754	00:54:04	Haldon	Eddolls	M	50		1324	00:52:50
1291	2111	00:54:05	Katharine	Marks	F	45		1353	00:53:01
1292	185	00:54:05	Mark	Davies	M	45		1290	00:52:30
1293	1747	00:54:07	Sian	Rees	F	45		1370	00:53:11
1294	2085	00:54:07	Christopher	Davies	M	45		1230	00:52:04
1295	1471	00:54:08	Non	Gwynn	F			1320	00:52:47
1296	1551	00:54:09	Mark	Turp	M	50		1399	00:53:29
1297	3612	00:54:10	Huw	Price	M			1326	00:52:50
1298	2277	00:54:10	Ian	Michael	M	40		1308	00:52:41
1299	2070	00:54:11	Andy	Morris	M	40		1252	00:52:13
1300	3650	00:54:12	Garry	Davies	M	40		1356	00:53:03
1301	3525	00:54:13	Matthew	Anthony	M			1284	00:52:29
1302	3113	00:54:14	Will	Fuller	M	40		1309	00:52:41
1303	3431	00:54:14	Jonathan	Britton	M		Active Swansea	1378	00:53:19
1304	2253	00:54:16	Dawn	Goulbourne	F	40		1443	00:53:51
1305	3881	00:54:17	Jason	Davies	M			1271	00:52:23
1306	3419	00:54:17	Kevin	Fall	M			1391	00:53:25
1307	3863	00:54:19	Geraint	Davies	M	40		1424	00:53:41
1308	1738	00:54:20	Cath	Frudd	F	35		1306	00:52:40
1309	3122	00:54:21	Chris	Wyatt	M	50		1177	00:51:38
1310	1953	00:54:21	Patrick	O'Brien	M	40		1312	00:52:43
1311	211	00:54:21	Kathryn	Kearney	F	45		1410	00:53:35
1312	2721	00:54:22	Steven	Price	M	45		1427	00:53:42
1313	1043	00:54:22	Steve	Harris	M			1396	00:53:28
1314	2121	00:54:23	Katie	Davies	F			1277	00:52:26
1315	1427	00:54:23	Emma	Campbell	F			1233	00:52:07
1316	1442	00:54:24	Phil	Williams	M	50		1259	00:52:16
1317	3835	00:54:25	Amanda	Barrington	F	45	Penarth & Dinas Runners	1332	00:52:52
1318	270	00:54:27	Gareth	Hill	M			1298	00:52:37

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1319	871	00:54:28	Gavin	Jenkins	M			1203	00:51:55
1320	2504	00:54:28	Gareth	Edmunds	M			1274	00:52:25
1321	2886	00:54:29	Aled	Morgan	M			1097	00:50:53
1322	3716	00:54:30	Joanna	Williams	F	40	Unilever Team	1364	00:53:07
1323	226	00:54:30	Kim	Parry	F	45		1400	00:53:29
1324	3847	00:54:31	Fred	Bell	M	65		1348	00:52:59
1325	3118	00:54:33	Richard	Bilton	M	40		1287	00:52:30
1326	2183	00:54:33	Gail	Morrell	F	45		1416	00:53:36
1327	400	00:54:34	Andrew	Boyes	M	40		1395	00:53:28
1328	973	00:54:35	Victoria	Jenkins	F			1423	00:53:40
1329	3296	00:54:35	Frank	Britton	M	60		1420	00:53:38
1330	1836	00:54:35	Keith	Griffiths	M	50		1362	00:53:05
1331	463	00:54:35	Saif	Rashid	M	20		1344	00:52:56
1332	1985	00:54:37	Diane	Edwards	F	45		1414	00:53:36
1333	268	00:54:37	Ian	Gill	M	50	Almost Athletes	1317	00:52:46
1334	1183	00:54:37	Harriet	John	F			1227	00:52:04
1335	1178	00:54:37	Henry	John	M	20		1419	00:53:37
1336	2386	00:54:38	Daniel	Tew	M			1463	00:54:03
1337	1448	00:54:38	Richard	Thomas	M			1288	00:52:30
1338	1767	00:54:38	Robert	Prowse	M	45		1261	00:52:17
1339	3733	00:54:38	Graeme	Fifield	M		Admiral	1257	00:52:16
1340	1132	00:54:38	Will	Jones	M			1341	00:52:55
1341	735	00:54:39	David	Pole	M	40		1349	00:52:59
1342	3522	00:54:39	Nicholas	Bouwer	M			1339	00:52:55
1343	3614	00:54:40	Jon-Marc	Roberts	M			1234	00:52:07
1344	1396	00:54:40	Peter	Jones	M	55		1405	00:53:30
1345	1405	00:54:41	Hannah	Johnson	F			1381	00:53:21
1346	3188	00:54:41	Ray	James	M	50	Port Talbot Harriers	1313	00:52:43
1347	1398	00:54:41	David	Lewis	M	60		1325	00:52:50
1348	2424	00:54:42	Gemma	James	F			1302	00:52:39
1349	1621	00:54:42	Angela	Smith	F	40		1444	00:53:51
1350	1359	00:54:42	Beverley	Jones	F	45		1450	00:53:54
1351	1646	00:54:43	Claire	Lloyd	F	35		1432	00:53:45
1352	3584	00:54:43	Helene	Hennessy	F	35		1438	00:53:48
1353	3326	00:54:44	Meleri	Cole	F	35		1346	00:52:57
1354	1481	00:54:44	Sandra	Barnes	F	45		1457	00:53:59
1355	3223	00:54:45	Ali	Tahir	M	20		1358	00:53:04
1356	2712	00:54:45	Stephen	Barclay	M	40		1379	00:53:20
1357	1380	00:54:46	James	Gill	M			1282	00:52:28
1358	666	00:54:47	Amanda	Thompson	F	50	Les Croupiers	1477	00:54:15
1359	1023	00:54:47	Mary	Beech	F	45		1296	00:52:34
1360	1333	00:54:48	Gordon	Davies	M	60		1384	00:53:22
1361	1377	00:54:50	Karl	Dennis	M			1502	00:54:31
1362	3310	00:54:51	Angharad	Vaughan-Owen	F			1428	00:53:42
1363	406	00:54:51	Rhian	Evans	F	35		1354	00:53:03
1364	1842	00:54:52	Gwenllian	Jones	F			1409	00:53:34
1365	2249	00:54:52	Nat	Drury	F			1387	00:53:23
1366	1350	00:54:53	Kathryn	Hopkins	F			1415	00:53:36
1367	1819	00:54:53	Jessica	Webb	F	20		1376	00:53:18
1368	2524	00:54:54	Lyn	Brown	F	50	Amman Valley Harriers	1417	00:53:37
1369	2342	00:54:54	Richard	Parez-Humphreys	M			1294	00:52:33
1370	756	00:54:55	Vaughan	Budd	M			1385	00:53:22
1371	2904	00:54:55	Pippa	Wilson	F	35		1392	00:53:26
1372	1525	00:54:55	Lisa	Garnham	F			1442	00:53:50
1373	2420	00:54:55	Simon	Rowe	M			1336	00:52:53
1374	1387	00:54:56	Catherine	Bolton	F	40		1375	00:53:18
1375	3706	00:54:56	Adam	Wells	M			1393	00:53:26
1376	3212	00:54:56	Joseph	Pugsley	M			1486	00:54:18
1377	3388	00:54:57	Cai	Williams	M			1333	00:52:53
1378	3753	00:54:57	Sian	Jones	F		Admiral	1267	00:52:22
1379	3615	00:54:58	Cai	Parry	M	50		1281	00:52:27
1380	1533	00:54:58	Karen	Barnett	F	40	Forest of Dean AC	1441	00:53:50
1381	1260	00:54:58	Iain	Clarke	M	45		1340	00:52:55
1382	1896	00:55:00	Jonathan	Taylor	M			1436	00:53:46
1383	3215	00:55:01	Stephen	Mcwilliams	M	60		1433	00:53:46
1384	2797	00:55:01	Lisa	Davies	F	35		1256	00:52:16

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1385	187	00:55:01	Chris	Marshall	M	40		1307	00:52:41
1386	1410	00:55:01	Gayle	Budden	F			1411	00:53:35
1387	835	00:55:02	Susan	Wilson	F	35		1350	00:52:59
1388	2198	00:55:02	Tom	Morgan	M			1334	00:52:53
1389	1238	00:55:02	Helen	Parry	F	55		1372	00:53:15
1390	638	00:55:02	David	Estepanian	M			1328	00:52:51
1391	2738	00:55:03	Tammy	Geach	F	35		1522	00:54:45
1392	2245	00:55:03	Abbie	Smith	F			1476	00:54:13
1393	1172	00:55:04	Leigh	Branagh	M	40	LC Cobras	1253	00:52:13
1394	335	00:55:05	Nneka	Okonta	F	35	Datchet Dashers	1377	00:53:19
1395	560	00:55:05	Simon	Slade	M			1330	00:52:52
1396	3788	00:55:05	Paul	Collins	M		Admiral	1357	00:53:04
1397	1356	00:55:05	Christine	Motteram	F	65	Wye Valley Runners	1413	00:53:35
1398	653	00:55:06	Michael Craig	Evans	M			1533	00:54:53
1399	3504	00:55:06	Jade	Thomas	F	20		1397	00:53:29
1400	3784	00:55:07	Matt	Hill	M		Admiral	1363	00:53:05
1401	1118	00:55:08	William	Marks	M	45		1318	00:52:47
1402	225	00:55:09	Alex	Parry	M	45		1469	00:54:09
1403	2610	00:55:09	Jamie-Lee	Locking	M			1402	00:53:30
1404	1489	00:55:10	Anna	Freeman	F	40	Forest of Dean AC	1459	00:54:01
1405	899	00:55:11	Andrew	Lustig	M			1439	00:53:48
1406	1411	00:55:11	Stephen	Lloyd	M	50		1431	00:53:44
1407	428	00:55:12	Vicky	Fazekas	F			1273	00:52:24
1408	2193	00:55:12	Jenny	Fifield	F	50		1422	00:53:40
1409	2020	00:55:13	Layton John	Jones	M	45		1465	00:54:06
1410	2543	00:55:13	John	Davies	M	50		1501	00:54:30
1411	425	00:55:14	Ron	Raddenbury	M	45		1258	00:52:16
1412	3450	00:55:14	Jamie	Corteen	M			1292	00:52:31
1413	346	00:55:14	Lynda	Thomas	F			1530	00:54:53
1414	3426	00:55:15	Janice	Clement	F	50	Penarth & Dinas Runners	1429	00:53:42
1415	855	00:55:15	Branwen	Davies	F			1224	00:52:03
1416	3833	00:55:15	Dominic	Masters	M	40		1315	00:52:46
1417	1521	00:55:16	Laura	Mcgreevy	F	55		1426	00:53:42
1418	2960	00:55:16	Richard	Perry	M			1446	00:53:52
1419	2234	00:55:17	Peter	Heckles	M			1368	00:53:11
1420	1589	00:55:17	Lindsay	Bruce	F	35		1449	00:53:53
1421	2560	00:55:17	Erika Lina	Fitzgibbon	F	60	Women Running Penarth	1451	00:53:55
1422	1914	00:55:19	Neil	Griffiths	M	55		1462	00:54:02
1423	633	00:55:20	Andrew	Hill	M			1404	00:53:30
1424	3312	00:55:22	Samantha	Nedin	F			1447	00:53:53
1425	1640	00:55:23	Louise	Lloyd	F			1343	00:52:55
1426	3560	00:55:26	Victoria	Wall	F			1572	00:55:13
1427	442	00:55:26	Richard	Davies	M			1366	00:53:08
1428	1185	00:55:28	David	Dermody	M			1289	00:52:30
1429	2964	00:55:28	Dave	Pearce	M	40		1361	00:53:05
1430	2722	00:55:28	Clive	Searle	M	50		1382	00:53:22
1431	3284	00:55:29	Joanne	Mather	F	40		1425	00:53:41
1432	357	00:55:29	Jonathan	Neads	M			1335	00:52:53
1433	1313	00:55:29	Rhiannon	Simms	F			1482	00:54:17
1434	1323	00:55:29	Carol	Fulcher	F	35	Wye Valley Runners	1499	00:54:29
1435	2201	00:55:29	Laura	Jones	F			1323	00:52:50
1436	1721	00:55:31	Peter	Lacey	M	45		1355	00:53:03
1437	3509	00:55:32	Richard	Griffiths	M	20		1460	00:54:01
1438	571	00:55:32	Craig	Hurley	M	40		1374	00:53:17
1439	2073	00:55:33	Matt	Bailey	M			1359	00:53:04
1440	844	00:55:34	Catryn	Rees	F	20		1492	00:54:21
1441	154	00:55:35	Adrian	Thomas	M	40		1408	00:53:33
1442	1198	00:55:37	Joe	Kennedy	M	60	Wye Valley Runners	1550	00:55:01
1443	634	00:55:38	Sarah	Bickerstaff	F			1537	00:54:54
1444	1510	00:55:40	Michaela	Rees	F	35		1541	00:54:56
1445	3827	00:55:40	Jason	James	M	40		1600	00:55:29
1446	574	00:55:40	Lloyd	Treharne	M			1483	00:54:18
1447	3895	00:55:41	Lloyd	Treharne	M			1485	00:54:18
1448	172	00:55:41	Sharon	Rogers	F	45		1480	00:54:16
1449	2933	00:55:44	Richard	Michael	M	40		1412	00:53:35
1450	2576	00:55:45	Christopher	Ahern	M			1540	00:54:56

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1451	3412	00:55:45	Daniel	Evans	M			1401	00:53:29
1452	3729	00:55:47	David	Rees	M		Admiral	1394	00:53:27
1453	2021	00:55:48	Chris	Windley	M			1455	00:53:57
1454	3236	00:55:50	Angela	Bowen	F	45		1448	00:53:53
1455	2195	00:55:50	Gillian	Murphy	F	55	Les Croupiers	1547	00:55:00
1456	2369	00:55:51	Stephen	Calvert	M	45		1554	00:55:04
1457	2397	00:55:51	Alison	Morgan	F	40		1553	00:55:03
1458	1675	00:55:52	David	Tucker	M	40		1588	00:55:25
1459	1138	00:55:53	Samantha	Prescott	F	40		1345	00:52:56
1460	2334	00:55:53	Brian	Mcnabb	M	45		1531	00:54:53
1461	1468	00:55:53	Robert	Stephens	M	50		1593	00:55:27
1462	3226	00:55:54	Jolon	Price	M	20		1367	00:53:10
1463	3383	00:55:55	Alex	Rees	M			1503	00:54:31
1464	306	00:55:55	Clare	Thomas	F			1464	00:54:03
1465	3424	00:55:55	Lucy	Jardine	F	45	Hay Hotfooters	1527	00:54:49
1466	3382	00:55:56	Megan	Addy	F			1504	00:54:33
1467	3227	00:55:56	Richard	Jones	M	45		1638	00:55:48
1468	3338	00:55:57	Bethan	Williams	F	50		1566	00:55:11
1469	1726	00:55:57	Allan	Taylor	M	45		1297	00:52:36
1470	3532	00:55:57	Paul	Clarke	M	40		1532	00:54:53
1471	1199	00:55:58	Jack	Lucey	M	20		1386	00:53:23
1472	147	00:55:58	Alice	Sullivan	F	35		1435	00:53:46
1473	3134	00:55:59	Lois	Jones	F			1380	00:53:20
1474	489	00:55:59	Ieuan	Loynes	M	20		1559	00:55:09
1475	3452	00:56:00	Patricia	Morris	F	45		1511	00:54:38
1476	2129	00:56:00	Rebecca	Jenkins	F			1496	00:54:25
1477	3877	00:56:00	Simon	Cunnington	M		Wheezels	1523	00:54:46
1478	1366	00:56:01	Carl	Bradley	M			1305	00:52:40
1479	367	00:56:02	Paul	Protheroe	M	45		1514	00:54:41
1480	150	00:56:03	Matthew	Sweeney	M			1557	00:55:07
1481	1173	00:56:03	Simon	Andrew	M			1437	00:53:48
1482	2498	00:56:03	Darren	Sparkes	M	40		1398	00:53:29
1483	2422	00:56:04	Sharon	Gittins	F	50		1568	00:55:12
1484	3328	00:56:05	Mark	Bridgens	M			1458	00:54:00
1485	1771	00:56:05	Mark	Gregory	M	45		1418	00:53:37
1486	874	00:56:07	Adrian	Davies	M	45		1471	00:54:11
1487	733	00:56:08	Peter	Roberts	M	40		1551	00:55:02
1488	2655	00:56:09	Glenn	Mansell	M	40		1500	00:54:30
1489	1909	00:56:10	Ian	Hutchinson	M	50		1518	00:54:41
1490	1899	00:56:10	Alison	Jollow	F	50		1517	00:54:41
1491	1073	00:56:11	Tracey	Simmonds	F	40		1453	00:53:57
1492	2943	00:56:11	Jason	Battye	M	40		1574	00:55:16
1493	2892	00:56:11	John	Morgan	M			1371	00:53:15
1494	2859	00:56:12	Martyn	Smith	M	45		1295	00:52:33
1495	1113	00:56:12	Nicola	Powell	F	35		1347	00:52:58
1496	2205	00:56:13	Damian	Lawson	M	40		1407	00:53:33
1497	2577	00:56:14	Michael	Lane	M	50		1510	00:54:37
1498	661	00:56:14	Mark	Ley	M			1584	00:55:23
1499	1719	00:56:15	Jessie-May	Morgan	F	20		1263	00:52:20
1500	2949	00:56:15	Elizabeth	Parker	F	35	Lliswerry Runners	1468	00:54:09
1501	2412	00:56:16	Claire	Williams	F		Aberystwyth AC	1481	00:54:17
1502	1803	00:56:17	Paul	Stone	M	40		1619	00:55:38
1503	2815	00:56:17	Jason	Morris	M	40		1352	00:53:01
1504	1884	00:56:18	Nikki	Hicks	M			1389	00:53:24
1505	495	00:56:18	Garry	Loynes	M	50		1597	00:55:28
1506	2795	00:56:18	Anthony	Green	M	65		1581	00:55:21
1507	772	00:56:19	Viv	Clement	F	40		1626	00:55:41
1508	3841	00:56:19	Lisa	Stephens	F			1445	00:53:51
1509	473	00:56:21	Joanne	Rogers	F	35		1369	00:53:11
1510	2053	00:56:21	Roger	Stein	M	55		1674	00:56:10
1511	488	00:56:22	Rhys	Loynes	M	20		1604	00:55:32
1512	387	00:56:22	Daley	Williams	M			1421	00:53:40
1513	264	00:56:25	Glenda	Stanley	F	45	Almost Athletes	1508	00:54:36
1514	784	00:56:26	Scott	Griffiths	M			1495	00:54:23
1515	1232	00:56:27	Sheridan	Butterfield	F	40		1456	00:53:57
1516	3541	00:56:27	Des	Fitzpatrick	M	55		1475	00:54:13

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1517	3889	00:56:28	Helen	Thomas	F		Disability Wales	1430	00:53:44
1518	3809	00:56:28	James	Shannon	M	40	Admiral	1452	00:53:56
1519	1875	00:56:28	Deborah	Lemonheigh	F	40		1633	00:55:47
1520	2038	00:56:32	James	Boyle	M	20		1535	00:54:53
1521	2039	00:56:33	Susan	Boyle	F	45		1528	00:54:51
1522	3592	00:56:33	Alex	Price	M			1573	00:55:15
1523	1181	00:56:34	Amanda	Gilbert	F	45	Celtic Tri	1650	00:55:55
1524	2757	00:56:35	Andrew	Beacon	M	45		1488	00:54:20
1525	2930	00:56:36	Siobhan	Callan	F	40		1686	00:56:16
1526	1016	00:56:36	Allison	Collier	F	35	Bitton Road Runners	1549	00:55:01
1527	330	00:56:36	Karen	Phillips	F	50		1578	00:55:19
1528	1222	00:56:36	Ben	Giesbrecht	M	55	Running Somewhere Else	1630	00:55:45
1529	2003	00:56:36	Emma	Owens	F	40		1538	00:54:54
1530	447	00:56:37	Ernest	Clift	M	55		1461	00:54:02
1531	2728	00:56:38	Cheryl	Tucker	F	40		1693	00:56:20
1532	2734	00:56:38	Anna	Poole	F			1694	00:56:20
1533	504	00:56:38	Phil	Jones	M	45		1637	00:55:47
1534	3633	00:56:39	Richard	Griffiths	M	45		1478	00:54:15
1535	1292	00:56:39	Dawn	Morgan	F	40		1493	00:54:21
1536	1346	00:56:40	George	Glenda	F	40		1556	00:55:07
1537	2208	00:56:40	Sarah	Pope	F	45	Women Running Penarth	1577	00:55:18
1538	1370	00:56:40	Teresa	Healy	F			1618	00:55:37
1539	3069	00:56:40	Nick	Tagg	M			1466	00:54:08
1540	1623	00:56:41	Leanne	Fakande	F	40		1474	00:54:13
1541	3905	00:56:42	Jon	Stone	M			1472	00:54:12
1542	1454	00:56:44	Richard	Evans	M	40		1576	00:55:17
1543	2528	00:56:44	Christopher	Matthews	M	45		1509	00:54:36
1544	2548	00:56:44	Sheryl	Stoneman	F	35		1489	00:54:20
1545	1678	00:56:44	Marina	Harris	F	35		1506	00:54:33
1546	713	00:56:45	James	Beynon	M	40		1516	00:54:41
1547	2351	00:56:45	Lowri	Rees	F			1529	00:54:52
1548	1002	00:56:45	Grant	Dennis	M			1609	00:55:34
1549	3632	00:56:46	Andres	Delgado	M			1494	00:54:22
1550	993	00:56:46	Andrew	Cassidy	M			1613	00:55:35
1551	1814	00:56:47	Michael	Alexander	M			1403	00:53:30
1552	2064	00:56:47	Kim	Rickard	F	45		1627	00:55:41
1553	2090	00:56:48	Leigh	Phelps	M			1534	00:54:53
1554	2464	00:56:48	Eryl	Jones	M	40		1567	00:55:11
1555	2088	00:56:49	Abby	Ramshaw	F			1536	00:54:54
1556	3518	00:56:50	Matthew B J	Jones	M			1675	00:56:11
1557	2673	00:56:51	James	Wicks	M			1454	00:53:57
1558	2041	00:56:52	Jack	Aldron	M			1606	00:55:33
1559	3750	00:56:53	Andrew	Driscoll	M		Admiral	1497	00:54:27
1560	2818	00:56:53	Jackie Denise	Martin	F	45		1700	00:56:25
1561	233	00:56:54	Tom	Sandry	F	20		1434	00:53:46
1562	3131	00:56:55	Non	Gwilym	F			1570	00:55:13
1563	1715	00:56:56	Angela	Bowkett	F	45	Forest of Dean AC	1643	00:55:50
1564	593	00:56:57	Lynne	Evans	F	40	Women Running Penarth	1607	00:55:34
1565	241	00:57:00	Rev Pete	Orphan	M	40		1365	00:53:08
1566	474	00:57:00	Andrew	Murphy	M	40		1513	00:54:40
1567	1225	00:57:01	Sarah	Kriewald	F			1558	00:55:08
1568	3687	00:57:01	Kenneth	Blackie	M	45		1520	00:54:45
1569	1354	00:57:01	Gemma	Naughton	F			1388	00:53:24
1570	2950	00:57:02	Christopher	Jones	M	50	Lliswerry Runners	1733	00:56:42
1571	3580	00:57:02	Damian	Winstone	M			1708	00:56:30
1572	2980	00:57:03	Martin	Carroll	M	50		1671	00:56:08
1573	3564	00:57:03	Stephen	Maggs	M	45		1512	00:54:38
1574	2052	00:57:04	Wynford	Franks	M	65		1591	00:55:26
1575	3146	00:57:05	Wayne	Woodberry	M	40		1484	00:54:18
1576	3471	00:57:06	Mike	Furse	M	45		1491	00:54:21
1577	2804	00:57:07	Matt	Plume	M			1524	00:54:47
1578	2799	00:57:07	Michelle	Smalley	F			1525	00:54:48
1579	2525	00:57:08	Helen	Phillips	F	50	Amman Valley Harriers	1644	00:55:51
1580	2040	00:57:09	Stuart	Sampson	M			1564	00:55:10
1581	3658	00:57:10	Luke	Evans	M			1761	00:56:59
1582	1829	00:57:11	Rachel	Phillipps	M			1684	00:56:15

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1583	3313	00:57:12	Sara	Gwynn	F	20		1582	00:55:21
1584	3002	00:57:12	Phil	Hobbs	M			1498	00:54:27
1585	3496	00:57:12	Amy	Clinch	F			1586	00:55:24
1586	894	00:57:12	Rachel	Woods	F			1473	00:54:12
1587	403	00:57:14	Simon	Bevan	M			1678	00:56:12
1588	1888	00:57:14	Richard	Jones	M			1750	00:56:53
1589	1760	00:57:15	Robert	Mckinley	M	50		1487	00:54:19
1590	3814	00:57:16	Tom	Rains	M		Admiral	1592	00:55:27
1591	3051	00:57:16	Rachel	Rees	F	40		1612	00:55:35
1592	2975	00:57:16	Adrian	West	M			1470	00:54:10
1593	2055	00:57:17	Claire	Foot	F			1717	00:56:31
1594	2518	00:57:17	Robert Jeremy	Jones	M	50		1621	00:55:40
1595	1234	00:57:17	Catherine	Lloyd-Bennett	F		3M Gorseinon Road Runners	1642	00:55:50
1596	2172	00:57:18	Vic	Huelin	M			1641	00:55:48
1597	3201	00:57:18	Mark	Gabb	M			1563	00:55:09
1598	3410	00:57:19	Nigel Leighton	Jones	M	55	Llanelli Strollers	1681	00:56:14
1599	2065	00:57:20	David	Williams	M	45		1440	00:53:48
1600	1312	00:57:20	Megan	Spacie	F			1526	00:54:49
1601	531	00:57:20	Sam	Morris	F	40		1539	00:54:55
1602	3099	00:57:21	Ben	Reynaga	M			1786	00:57:09
1603	3796	00:57:22	Steven	William-Jones	M		Admiral	1657	00:55:59
1604	2427	00:57:22	Robert	George	M	50		1543	00:54:56
1605	2985	00:57:23	Bernard	Carroll	M	60		1732	00:56:41
1606	943	00:57:23	Peter	Burrage	M	55		1595	00:55:28
1607	1926	00:57:24	Annmarie	Trotman	F	35		1718	00:56:33
1608	3235	00:57:24	Philip	Thomas	M			1467	00:54:08
1609	2719	00:57:25	Thomas	Dixon	M			1648	00:55:53
1610	3816	00:57:25	Adam	Jones	M		Admiral	1672	00:56:09
1611	1872	00:57:26	Gareth	Bennett	M			1575	00:55:17
1612	3864	00:57:26	Mike	Lewis	M	50		1610	00:55:34
1613	2353	00:57:26	Nanette	John	F	50		1608	00:55:34
1614	3726	00:57:27	Tim	Phillips	M		Admiral	1706	00:56:30
1615	3590	00:57:28	Gwynfor	Davies	M	55		1779	00:57:06
1616	1311	00:57:30	Abi	Cherry	F			1565	00:55:10
1617	783	00:57:30	Jude	Davies	F	35		1552	00:55:02
1618	2550	00:57:30	Gwyn	Williams	M	40		1781	00:57:08
1619	1848	00:57:31	Paul	Griffiths	M	60		1665	00:56:03
1620	1038	00:57:32	Carolyn	Jay	F	45		1546	00:54:59
1621	2446	00:57:32	Lisa	Isaac	F			1746	00:56:51
1622	2752	00:57:32	Shelley	Broomfield	F			1515	00:54:41
1623	3723	00:57:34	Huw	Jones	M	45	Admiral	1685	00:56:16
1624	194	00:57:34	Rob	Constable	M	45		1542	00:54:56
1625	1191	00:57:34	Lindsay	Davis	M	50	Totton RC	1622	00:55:40
1626	1522	00:57:35	Catrin	Jones	F			1652	00:55:56
1627	2215	00:57:35	Laura	Hall	F	45	3M Gorseinon Road Runners	1616	00:55:36
1628	2331	00:57:36	Alun	Thomas	M	45		1817	00:57:25
1629	2255	00:57:36	Huw	Rhys-Thomas	M			1560	00:55:09
1630	3269	00:57:37	Claire	Hayes-Rees	F	35		1754	00:56:56
1631	2574	00:57:37	Stephen	Palmer	M	45		1631	00:55:45
1632	332	00:57:38	Maggie	Webb-Elder	F			1668	00:56:05
1633	3404	00:57:38	Ian	Swanson	M	60	Port Talbot Harriers	1632	00:55:46
1634	1163	00:57:38	Lauren	Thomas	F			1653	00:55:57
1635	2760	00:57:39	Jack	Ellis	M			1579	00:55:19
1636	1400	00:57:40	Kate	Fradley	F		LC Cobras	1521	00:54:45
1637	1684	00:57:40	Linda	Hadley	F	50		1615	00:55:36
1638	2058	00:57:40	Pedr	Morris	M			1602	00:55:30
1639	1823	00:57:41	Clifford	Ashwin	M	55		1670	00:56:08
1640	3149	00:57:43	Nora	O'Leary	F			1649	00:55:54
1641	2459	00:57:44	Samantha	Board	F			1831	00:57:31
1642	404	00:57:44	Iain	Mccallum	M	50		1580	00:55:19
1643	3691	00:57:46	Caryl	Williams-Ford	F	35		1721	00:56:37
1644	2014	00:57:46	Janet	Bowen	F	40		1519	00:54:44
1645	2380	00:57:46	Sara	Morgan	F	35	Outdoor Fitness	1647	00:55:51
1646	3248	00:57:47	Gerald	Curtis	M	55		1709	00:56:30
1647	3247	00:57:47	David	Curtis	M			1707	00:56:30
1648	2876	00:57:49	Caroline	Facey	F	50		1624	00:55:41

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1649	992	00:57:49	Kathryn	Diiulio	F	35		1594	00:55:27
1650	152	00:57:49	Steven	Howlett	M	40		1662	00:56:02
1651	3194	00:57:50	Sarah	Hendry	F			1728	00:56:40
1652	719	00:57:51	Sarah	Gatley	F			1636	00:55:47
1653	2259	00:57:55	Gareth	Evans	M			1778	00:57:06
1654	2767	00:57:58	Philip	George	M	55		1651	00:55:56
1655	2170	00:57:59	Sian	Wadham	F	35		1673	00:56:10
1656	122	00:57:59	Sam	Donaldson	M			1834	00:57:34
1657	3043	00:57:59	Michael	Steeds	M	50		1601	00:55:29
1658	887	00:57:59	Clare	Bennett	F	45		1583	00:55:22
1659	323	00:58:00	Julian	Hoskins	M	45		1507	00:54:33
1660	3153	00:58:01	Manon	Wigley	F	20		1714	00:56:31
1661	2049	00:58:01	Jeff	Davies	M	40		1825	00:57:28
1662	3483	00:58:02	Lynne	Ellis	F	50		1727	00:56:40
1663	3635	00:58:02	Jack	Fell	M	70	City of Norwich AC	1710	00:56:30
1664	3487	00:58:03	Lindsay	Wheeler-Jones	F	35		1780	00:57:07
1665	490	00:58:03	Rob	Jones	M	45		1555	00:55:04
1666	1968	00:58:03	David	Pierce-Williams	M	55	Newbury AC	1737	00:56:47
1667	3690	00:58:03	Rhian	George	F	35		1751	00:56:54
1668	2145	00:58:05	Helen	Etheridge	F			1623	00:55:40
1669	2537	00:58:05	Jim	Fitzgibbon	M	60		1617	00:55:37
1670	2370	00:58:05	Hayley	Harris	F			1716	00:56:31
1671	886	00:58:05	Marcus	Bennett	M	45		1598	00:55:28
1672	2371	00:58:06	Michael	Harris	M			1715	00:56:31
1673	820	00:58:08	Andrew	Ogierman	M	45	Datchet Dashers	1696	00:56:21
1674	111	00:58:08	Ross	Jones	M			1614	00:55:35
1675	1114	00:58:09	Jonathan	Sellick	M			1730	00:56:41
1676	880	00:58:10	Gary	Stevens	M			1692	00:56:19
1677	543	00:58:10	Felicity	Jones	F	35		1776	00:57:05
1678	1459	00:58:10	Darren	Jones	M			1505	00:54:33
1679	1986	00:58:11	Jenny	Mcadie	F	35		1587	00:55:24
1680	478	00:58:12	Kelly	Grant	F	40		1759	00:56:58
1681	3192	00:58:12	Mike	Collins	M	55		1548	00:55:00
1682	749	00:58:12	Sophie	Blatchford	F			1561	00:55:09
1683	1515	00:58:12	Ralph	Nicholls	M	50		1562	00:55:09
1684	1900	00:58:13	Emma	Rees	F	35		1682	00:56:14
1685	1309	00:58:15	Chris	Thomas	M			1479	00:54:16
1686	1718	00:58:15	Sean	Morgan	M	45		1490	00:54:20
1687	1920	00:58:15	Tina	Crocker	F		Women Running Penarth	1749	00:56:52
1688	3535	00:58:16	Darren	Holland	M			1713	00:56:31
1689	896	00:58:16	Frances	Hains	F	65		1699	00:56:25
1690	3654	00:58:17	John	Scadding	M	50	Great Western Runners	1629	00:55:44
1691	675	00:58:18	Dean	Hughes	M	40		1590	00:55:26
1692	1342	00:58:19	Kevin	Hopkins	M	40		1770	00:57:02
1693	710	00:58:20	Andy	Booth	M	55		1596	00:55:28
1694	2372	00:58:20	Leanne	Joshua	F			1701	00:56:26
1695	2658	00:58:20	Rhys	Underdown	M	20		1664	00:56:03
1696	2361	00:58:20	Sion	Jones	M			1702	00:56:26
1697	700	00:58:20	Mark	Williamson	M	50		1589	00:55:25
1698	2659	00:58:21	Iestyn	Williams	M	20		1666	00:56:04
1699	3044	00:58:21	Allison	Jones	F	35		1680	00:56:13
1700	2006	00:58:22	Kevin	Lewis	M	45		1639	00:55:48
1701	790	00:58:22	Samantha	Jones	F			1544	00:54:57
1702	2312	00:58:23	Nicholas	Holmes	M			1645	00:55:51
1703	3222	00:58:24	Mike	Clinch	M	50		1722	00:56:37
1704	1827	00:58:24	Catherine	Nock	F			1764	00:57:00
1705	134	00:58:25	Ruth	Williams	F	45		1691	00:56:19
1706	823	00:58:25	Chloe	Duggan	F			1571	00:55:13
1707	2379	00:58:25	Sharon	Williams	F	45		1736	00:56:47
1708	1500	00:58:26	Angharad	Cray	F	50		1742	00:56:49
1709	838	00:58:29	Robert	Rees	M			1676	00:56:12
1710	2056	00:58:29	Tom	Cottrell	M			1791	00:57:11
1711	958	00:58:30	Adam	Fradgley	M			1655	00:55:58
1712	2209	00:58:30	Andrea	Pace	F	45		1782	00:57:08
1713	135	00:58:31	Dean	Chapman	M	45		1667	00:56:04
1714	2725	00:58:31	Darren	Hughes	M	45		1861	00:57:52

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1715	1037	00:58:31	Andrew	Jones	M	45		1658	00:55:59
1716	3390	00:58:31	Janet	Williams	F	55	Active Swansea	1703	00:56:27
1717	3237	00:58:31	Steven	Gadd	M	50		1806	00:57:19
1718	2838	00:58:32	Jayne	Price	F	35		1695	00:56:21
1719	3829	00:58:33	Jacqui	Vaughan	F	45		1599	00:55:29
1720	944	00:58:35	Victoria	Anderson	F			1852	00:57:46
1721	584	00:58:37	Allan	Crawford	M	40		1687	00:56:17
1722	298	00:58:37	Mark	Williams	M	40		1663	00:56:02
1723	1403	00:58:38	Laura	Chapple	F		Celtic Tri	1723	00:56:37
1724	1135	00:58:38	Ian	Hampson	M			1726	00:56:39
1725	423	00:58:39	Emma	Davies	F			1796	00:57:15
1726	1612	00:58:39	James	Davies	M			1719	00:56:33
1727	2207	00:58:40	Phil	Legg	M			1842	00:57:40
1728	822	00:58:41	Shirley	Davies	F	45		1585	00:55:23
1729	3181	00:58:42	Andrew	Frudd	M	40		1772	00:57:02
1730	210	00:58:43	Michael	Kearney	M	50		1869	00:57:56
1731	3281	00:58:43	Janice	Davies	F	60		1758	00:56:58
1732	3280	00:58:43	Ray	Davies	M	60		1757	00:56:57
1733	3852	00:58:44	Isabel	Evans	F	40		1860	00:57:52
1734	467	00:58:45	Nicola	Williams Tesho	F	35		1792	00:57:11
1735	3805	00:58:45	Aleem	Javed	M		Admiral	1625	00:55:41
1736	3031	00:58:46	Aled	Evans	M	40		1906	00:58:22
1737	2877	00:58:46	Anna	Rue	F			1771	00:57:02
1738	1289	00:58:46	Mark	Jones	M			1775	00:57:05
1739	1320	00:58:47	Mike	Footman	M	40		1697	00:56:24
1740	906	00:58:50	Mark	Stevenson	M			1659	00:55:59
1741	3620	00:58:51	Lynn	Davies	M	40		1802	00:57:18
1742	2879	00:58:52	Samantha	Cashmore	F			1569	00:55:13
1743	2167	00:58:52	Tony	Hall	M	60		1850	00:57:45
1744	3362	00:58:52	Wyn	Williams	M	45		1545	00:54:57
1745	1449	00:58:53	Ceri-Anne	Brown	F			1788	00:57:10
1746	2029	00:58:54	Alan	Rose	M	55		1769	00:57:01
1747	1667	00:58:54	Josh	Danaher	M	20		1677	00:56:12
1748	1496	00:58:54	Eamonn	Mcgreevy	M	60		1753	00:56:55
1749	1450	00:58:54	Roy	Silva	M			1790	00:57:11
1750	3904	00:58:54	Anna	Cunningham	F			1756	00:56:56
1751	3836	00:58:55	Nigel	Thomas	M	55		1725	00:56:37
1752	3546	00:58:55	Dean	Edwards	M	40		1735	00:56:46
1753	3545	00:58:55	Sarah	Rees	F	40		1738	00:56:47
1754	1109	00:58:56	Paul	Morris	M			1747	00:56:52
1755	969	00:58:56	Angela	Jones	F	35		1814	00:57:23
1756	1817	00:58:58	Jonathan	Roberts	M	45		1689	00:56:17
1757	2346	00:58:58	Declan	Connaughton	M	45		1660	00:56:01
1758	2970	00:58:58	Emma	Davies	F	35		1894	00:58:14
1759	2360	00:58:58	Philip	Corbin	M	50		1661	00:56:02
1760	319	00:58:58	Marc	Whitelock	M	50		1768	00:57:01
1761	1070	00:58:59	Michael	Marnell	M			1603	00:55:30
1762	2906	00:59:00	Corinna	Collins	F	45		1739	00:56:48
1763	312	00:59:00	Arwyn	Williams	M	45		1688	00:56:17
1764	3738	00:59:01	Matthew	Griffiths	M		Admiral	1711	00:56:30
1765	2547	00:59:02	Michael	Stoneman	M	40		1724	00:56:37
1766	1643	00:59:02	Kareena	Ardolino	F			1698	00:56:24
1767	2250	00:59:03	Paula	Bodger	F	35		1887	00:58:10
1768	3704	00:59:04	Sean	Crowley	M			1620	00:55:39
1769	928	00:59:04	Ian	Williams	M			1656	00:55:58
1770	2092	00:59:05	Andrew	Thomas	M			1827	00:57:29
1771	3374	00:59:08	Paul	Sydenham	M	55		1763	00:57:00
1772	3129	00:59:08	Nigel	Thomas	M	55		1765	00:57:00
1773	2175	00:59:09	Verina	Thomas	F			1846	00:57:42
1774	1214	00:59:10	Paul	Richards	M			1755	00:56:56
1775	827	00:59:10	Colin	Gardner	M	60		1784	00:57:09
1776	1903	00:59:10	Sara	Thomas	F	35		1816	00:57:25
1777	1560	00:59:10	Michelle	Ward	F	40	Forest of Dean AC	1731	00:56:41
1778	788	00:59:10	Jonathan	Clarke	M			1808	00:57:20
1779	988	00:59:11	Bethan	Hughes	F	35		1795	00:57:13
1780	2715	00:59:11	Sean	Aspland	M			1611	00:55:34

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1781	781	00:59:11	Chris	Morgans	M			1705	00:56:28
1782	3167	00:59:12	Steven	Williams-Jones	M			1885	00:58:08
1783	2621	00:59:12	Ryan	Smith	M	20		1712	00:56:30
1784	102	00:59:13	Simon	Lewis	M	40		1679	00:56:13
1785	2448	00:59:13	Colin	Isaac	M	60		1929	00:58:32
1786	1700	00:59:16	Sara	Lloyd	F			1787	00:57:09
1787	1818	00:59:16	Kerrin	Keogh	F			1720	00:56:37
1788	3693	00:59:17	Rebecca	Reid	F			1875	00:58:00
1789	3679	00:59:17	Michael	Locke	M			1628	00:55:42
1790	165	00:59:17	Kevin	Rees	M	40		1777	00:57:06
1791	2225	00:59:17	Fiona	Crook	F	40		1805	00:57:19
1792	2220	00:59:18	Richard	Crook	M	45		1807	00:57:20
1793	2629	00:59:18	Matt	Jones	M			1634	00:55:47
1794	2919	00:59:18	Matthew	Jones	M			1635	00:55:47
1795	1758	00:59:18	Luke	Fox	M			1640	00:55:48
1796	2948	00:59:19	Rhodri	Hopkins	M			1734	00:56:45
1797	1266	00:59:21	Kirsty	Leckonby	F			1646	00:55:51
1798	2747	00:59:21	Sian	Willis	F			1683	00:56:15
1799	1527	00:59:21	Martin	Campbell	M	45		1830	00:57:30
1800	2572	00:59:22	Ellis	Hopkins	M	50		1741	00:56:48
1801	1627	00:59:22	Lynne	Evans	F	50		1836	00:57:35
1802	3017	00:59:23	Douglas	Dawson	M			1801	00:57:18
1803	2060	00:59:25	Catherine	Llewellyn	F	45		1899	00:58:19
1804	3371	00:59:25	David	Locke	M	65		1932	00:58:34
1805	648	00:59:26	Mike	De Wet	M			1704	00:56:27
1806	1939	00:59:26	Betsan	Rolles	F	40		1797	00:57:16
1807	3846	00:59:27	Richard	Morgan	M	45		1605	00:55:33
1808	3425	00:59:28	Ruth	Smith	F	50	Women Running Penarth	1882	00:58:05
1809	3123	00:59:28	Natalie	Utter	F			1883	00:58:05
1810	1153	00:59:28	Carole Davies	Hooper	F	50	Wye Valley Runners	1815	00:57:23
1811	956	00:59:29	Bethan	Thomas	F	35		1690	00:56:18
1812	1546	00:59:29	Jessica	Hutchinson	F			1835	00:57:35
1813	1535	00:59:29	Marie	Parsons	F			1785	00:57:09
1814	2780	00:59:30	Pauline	Thomas	F	70		1931	00:58:34
1815	3143	00:59:30	Cheryl	Parkhouse	F	35		1766	00:57:01
1816	3748	00:59:31	Talitha	Harries	F		Admiral	1917	00:58:27
1817	2173	00:59:31	Huw	Phillips	M	20		1858	00:57:51
1818	1390	00:59:32	Brita	Webb	F	40		1829	00:57:30
1819	3622	00:59:32	Gagan	Gandhi	M			1891	00:58:12
1820	206	00:59:33	Laura	Hawkins	F	35		1903	00:58:21
1821	204	00:59:33	Keith	Hawkins	M			1905	00:58:22
1822	3340	00:59:34	Lyneth	Porte Davies	F	45		1826	00:57:29
1823	2630	00:59:34	Tracey	Wynne	F	45		1809	00:57:21
1824	1014	00:59:35	Jonathan	Brooks	M	45		1824	00:57:28
1825	1878	00:59:35	Bethan	Aston	F			1896	00:58:17
1826	2773	00:59:36	Kelly	Robinson	F			1760	00:56:59
1827	162	00:59:36	Gemma	Woolfe	F			1744	00:56:51
1828	2288	00:59:36	Susan	Rolls	F	45		1965	00:58:52
1829	391	00:59:37	Christopher	Williams	M			1654	00:55:57
1830	186	00:59:37	Heidy	Davies	F	45		1794	00:57:12
1831	2820	00:59:37	Paula	Walters	F	35		1743	00:56:50
1832	3130	00:59:37	Cai	Sampson	F	20		1924	00:58:31
1833	2403	00:59:40	Thomas	Annetts	M			1752	00:56:55
1834	2437	00:59:41	Mathew	Thomas	M			1843	00:57:40
1835	1425	00:59:41	Linda	Waller	F	55	3M Gorseinon Road Runners	1855	00:57:49
1836	2213	00:59:43	Rachel	Harries	F	40		1866	00:57:55
1837	972	00:59:44	Alison	Banfield	F	35		1888	00:58:11
1838	3026	00:59:44	Cerianne	Jenkins	F	35		1740	00:56:48
1839	3407	00:59:44	Peter	Maksimovic	M	50		1669	00:56:08
1840	1958	00:59:45	Joanna	Morgan	F	35		1838	00:57:38
1841	1950	00:59:46	Sarah	Whitby	F	40		1840	00:57:39
1842	1071	00:59:46	Sarah	Hawker	F	40		1783	00:57:08
1843	2978	00:59:46	Tim	Heath	M			1820	00:57:25
1844	2570	00:59:47	Sian	Tomos	F	40		1851	00:57:45
1845	2893	00:59:48	Andrew	Calow	M			1745	00:56:51
1846	223	00:59:48	Christopher	Hockley	M	40		1868	00:57:56

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1847	368	00:59:49	Johnathan	Dight	M			1822	00:57:27
1848	1285	00:59:49	Michelle	Williams	F	45	Wye Valley Runners	1762	00:57:00
1849	3494	00:59:49	Laura	Lohk	F			1914	00:58:26
1850	3322	00:59:50	David	Rosser	M	75	Amman Valley Harriers	1999	00:59:14
1851	2091	00:59:51	Louise	Ratcliffe	F	35		1833	00:57:32
1852	3457	00:59:52	Simon	Cox	M	45		1948	00:58:44
1853	1743	00:59:53	Alice	Sullivan	F	35		1956	00:58:47
1854	3886	00:59:53	Nicola	Chiffi	F		Disability Wales	1789	00:57:10
1855	716	00:59:53	Chris	Rees	M			1774	00:57:05
1856	3014	00:59:54	Henry	Gilbert	M	55		1854	00:57:49
1857	2723	00:59:56	Helen	Vardy	F	35		1893	00:58:13
1858	2093	00:59:58	Amie	Halliday	F			1968	00:58:54
1859	1001	00:59:58	Sian	Jenkins	F			1837	00:57:36
1860	2047	00:59:58	Fran	Faull	F			1969	00:58:55
1861	803	00:59:59	Tina	Gabb	F	35		1922	00:58:29
1862	2316	01:00:00	Simon	Loughran	M	50		1872	00:57:59
1863	3859	01:00:00	Emma	Rees Taylor	F			1803	00:57:19
1864	2657	01:00:01	Nicola	Bevan	F			1910	00:58:26
1865	2640	01:00:01	Dean	Rees	M			1911	00:58:26
1866	2511	01:00:01	Hobbs	Mari	F	50		1881	00:58:04
1867	2911	01:00:01	Rhiona	Williams	F	20		1901	00:58:20
1868	1373	01:00:01	Neil	Davies	M	60		1844	00:57:41
1869	2136	01:00:02	Carol-Ann	Long	F	35		1902	00:58:21
1870	2788	01:00:03	Craig	Jenkins	M	40		1856	00:57:49
1871	1367	01:00:03	Bethan	Hopkins	F	45		1864	00:57:53
1872	650	01:00:03	Paul	Rees	M	50		1918	00:58:27
1873	2944	01:00:03	Deborah	Wood	F	40	Lliswerry Runners	1870	00:57:57
1874	2894	01:00:03	Susan Lynne Hathaway	Sullivan	F	40		1945	00:58:41
1875	2884	01:00:04	Diane	Ridgeway	F	40		1946	00:58:42
1876	2736	01:00:04	Keith	Starr	M	60		1957	00:58:47
1877	595	01:00:05	Kerry	Greenfield	M	65		1812	00:57:22
1878	786	01:00:05	Chris	Weirman	M			1813	00:57:22
1879	1549	01:00:06	Joanne	Farmer	F	35		1839	00:57:38
1880	566	01:00:06	Don	Clarey	M	60		1819	00:57:25
1881	567	01:00:06	Rebecca	Clarey	F			1818	00:57:25
1882	1613	01:00:07	Wendy	Lawrence	F	55	Forest of Dean AC	1853	00:57:48
1883	3837	01:00:07	Helen	Thomas	F			1729	00:56:40
1884	1977	01:00:08	Ronald	Brown	M	55		2007	00:59:17
1885	1545	01:00:08	Ann	Griffiths	F	35		1810	00:57:22
1886	3730	01:00:09	Scott	Davies	M		Admiral	1832	00:57:31
1887	113	01:00:10	Michael	Spencer	M	45		1947	00:58:43
1888	2620	01:00:10	Andrew	Davies	M	40		2045	00:59:47
1889	1668	01:00:10	Caitlin	Ireland	M	20		1828	00:57:30
1890	2619	01:00:10	Tyler	Davies	M	20		2044	00:59:47
1891	3899	01:00:12	Laura	Taylor	F	35		1847	00:57:42
1892	1184	01:00:12	Catherine	Bowen	F	45		1889	00:58:12
1893	1042	01:00:12	Cecile	Charbonneau	F			1793	00:57:12
1894	3030	01:00:12	Peter	Morris	M	45		1748	00:56:52
1895	1329	01:00:13	Rhian	Davies	F			1886	00:58:08
1896	826	01:00:13	Bethan	Waters	F	35		1930	00:58:34
1897	2862	01:00:13	Michelle	Jones	F	40		1874	00:57:59
1898	2131	01:00:14	Victoria	Pryke	F			1975	00:58:59
1899	2130	01:00:14	Richard	House	M			1976	00:58:59
1900	3572	01:00:14	Stephanie	Maiello	F			1845	00:57:41
1901	1482	01:00:14	Katherine	Clarke	F			1876	00:58:00
1902	2920	01:00:15	Derrian	Markham	F	45		2023	00:59:32
1903	2925	01:00:15	Elwyn	Marfell-Jones	M	45		2024	00:59:32
1904	2229	01:00:16	Malcolm	Callender	M	55		1937	00:58:38
1905	2889	01:00:16	Luke	Tanner	M	20		1811	00:57:22
1906	1152	01:00:16	Tamsin	Josty	F	40		1848	00:57:43
1907	3208	01:00:17	Karen	Davies	F	35		2000	00:59:14
1908	3206	01:00:17	Claire	Russell	F			1992	00:59:10
1909	1959	01:00:17	Siriol	Jones	F	45		1849	00:57:43
1910	1622	01:00:18	Jean-Robert	Cadet	M	55		2017	00:59:26
1911	1270	01:00:19	Carol	Isherwood	F	40		1933	00:58:35
1912	1162	01:00:19	David	Hughes	M	45		1919	00:58:28

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1913	1624	01:00:20	Claire	Kirk	F	55		1928	00:58:32
1914	1683	01:00:20	John	Myerscough	M	40		1915	00:58:26
1915	1175	01:00:22	Gary	Seto	M			2073	01:00:07
1916	2086	01:00:22	Marilyn	Rowson	F	60	Les Croupiers	1841	00:57:40
1917	1082	01:00:23	Martin	Summons	M			1879	00:58:02
1918	1512	01:00:24	David	Williams	M			1909	00:58:25
1919	3085	01:00:25	Richard	Bond	M			1767	00:57:01
1920	385	01:00:27	Kay	Barnes	F	40		1939	00:58:39
1921	3303	01:00:27	Matt	Hewitt	M			1892	00:58:12
1922	3394	01:00:30	Michael	Williams	M	45		2020	00:59:28
1923	3685	01:00:32	Robert	Price	M			1991	00:59:10
1924	3372	01:00:32	Stephen	Merchant	M	45		1984	00:59:05
1925	3133	01:00:33	Hannah	Roberts	F			1916	00:58:27
1926	1554	01:00:34	Sarah	Gray	F	45		1773	00:57:04
1927	1444	01:00:34	Lilian	Martin	F	35		1871	00:57:58
1928	3888	01:00:35	Sasha	Butler	F		Disability Wales	1862	00:57:53
1929	1062	01:00:36	Philip	Howell	M	40		1986	00:59:08
1930	1045	01:00:36	Michael	Howell	M	45		1987	00:59:08
1931	1397	01:00:37	Hayley	Deeks	F			2003	00:59:15
1932	3653	01:00:37	Louise	Piper-Jones	F		Porthcawl Runners	2004	00:59:15
1933	2609	01:00:39	Rhian	Lewis	F	40		1977	00:58:59
1934	1793	01:00:39	Helen	Godden	F	35		1859	00:57:52
1935	1286	01:00:41	Jason	Bradley	M	40		1799	00:57:17
1936	3401	01:00:43	Philip	Williams	M	45		1927	00:58:32
1937	1218	01:00:45	Lydia	Smith	F	40	LC Cobras	1863	00:57:53
1938	3476	01:00:47	Niki	Davies	M	20		1798	00:57:16
1939	1011	01:00:48	Kim	Wells	F	35		1963	00:58:51
1940	3642	01:00:49	Jacqueline	King	F	40		1958	00:58:47
1941	3605	01:00:49	Susan	Learmonth	F	40		1873	00:57:59
1942	3245	01:00:50	Ryan	Smith	M			2031	00:59:40
1943	3058	01:00:50	Rachel	Chiromo	F			1942	00:58:40
1944	484	01:00:51	Sallie	West	F	45		1880	00:58:03
1945	2178	01:00:53	Steven	Price	M			1950	00:58:45
1946	3727	01:00:53	Joanne	Hayes	F		Admiral	2028	00:59:39
1947	866	01:00:54	Russell	Jones	M	55		1971	00:58:56
1948	3661	01:00:54	Ryan	Davies	M	45		2043	00:59:46
1949	2962	01:00:55	Katie	Lucas	F			1949	00:58:45
1950	1142	01:00:55	Paul	Franklin	M	60		2075	01:00:09
1951	231	01:00:55	Michelle	Rivett	F	40	Vegan Runners UK	1804	00:57:19
1952	1634	01:00:56	Jacqueline	Green	F	55	Forest of Dean AC	1935	00:58:38
1953	3793	01:00:57	Catherine	Hook	F		Admiral	1936	00:58:38
1954	917	01:00:58	Kevin	Twissell	M			1800	00:57:17
1955	3246	01:00:58	Gareth	Hughes	M			2048	00:59:48
1956	1252	01:00:58	Ali	King	F			1884	00:58:07
1957	3145	01:00:59	Nia	Dickie	F	45		2108	01:00:30
1958	612	01:01:00	Andrew	Grint	M	45		1940	00:58:39
1959	2941	01:01:00	Elin	Powell	F			1941	00:58:39
1960	2667	01:01:01	Natasha	Louca-Jones	F	35		1865	00:57:54
1961	1473	01:01:01	Paul	Mort	M	50		1898	00:58:18
1962	2578	01:01:04	Ceri	Williams	F	40		1907	00:58:23
1963	1697	01:01:04	Annette	Williams	F	40		2039	00:59:44
1964	532	01:01:04	Martin	Nicholls	M	40		2025	00:59:36
1965	486	01:01:06	Kelly	Christopher	F	35		1944	00:58:41
1966	2095	01:01:07	Phillip	Bowen	M	40		1998	00:59:14
1967	596	01:01:07	Sara	Thompson	F	35		1867	00:57:55
1968	3161	01:01:08	Rachel	Holland	F	35		1823	00:57:27
1969	3637	01:01:08	Corrine	Davies	F	35		1890	00:58:12
1970	3152	01:01:08	Sian	Wigley	F	50		2027	00:59:38
1971	3458	01:01:09	Ashley	Draisey	M			1952	00:58:46
1972	3571	01:01:09	Michael	Albones	M			2091	01:00:22
1973	1712	01:01:09	Linda	Keelan	F	45		2066	01:00:03
1974	2317	01:01:10	Dele	Aboderin	F	50		1988	00:59:09
1975	1219	01:01:10	James	Murphy	M			1993	00:59:11
1976	3203	01:01:10	Ruth	Addicott	F	35		1908	00:58:25
1977	1432	01:01:12	Vera	Behrning	F	35		1821	00:57:26
1978	1077	01:01:12	Bethan	Amos	F			1904	00:58:22

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1979	2325	01:01:13	Caroline	Morgan	F	40		2019	00:59:27
1980	707	01:01:13	Rachel	Williams	F			1934	00:58:36
1981	1115	01:01:14	John	Wilkinson	M	50		1961	00:58:49
1982	3623	01:01:14	Marilyn	Evans	F	50		1921	00:58:28
1983	1866	01:01:14	Cheryl	Bunney	F	40	Aberdare Valley AAC	2047	00:59:47
1984	1927	01:01:15	Clare	Morgan	F	40		1857	00:57:49
1985	2364	01:01:15	Ben	Mallard	M			1979	00:59:01
1986	1486	01:01:16	Stephanie	Clarke	F			1981	00:59:01
1987	705	01:01:17	Simon	Williams	M			1997	00:59:14
1988	2499	01:01:17	Emma	Andrews	F			2106	01:00:29
1989	3523	01:01:18	Ian	Cole	M			1925	00:58:31
1990	2672	01:01:18	Sophie	Rouys	F	40		1923	00:58:29
1991	1278	01:01:20	Chris	Mellor	M	45		1953	00:58:46
1992	1531	01:01:20	Kevin	Button	M			1920	00:58:28
1993	3377	01:01:20	Nicholas	Waters	M			2055	00:59:55
1994	198	01:01:21	Alison	Maddocks	F	60		2001	00:59:14
1995	1088	01:01:21	Gabriel	Fernandez	M			1980	00:59:01
1996	1934	01:01:26	Ashley	Haynes	M			1972	00:58:56
1997	2849	01:01:29	Natalie	Moyce	F	35		2053	00:59:52
1998	1274	01:01:30	Shahnaz	Scully	F			1877	00:58:01
1999	3216	01:01:30	Josie	Wright	F			1878	00:58:01
2000	3505	01:01:31	Claire	Maciver	F			1989	00:59:10
2001	2276	01:01:31	Judith	Michael	F	35		2040	00:59:44
2002	2744	01:01:32	Andrew	Poole	M			2046	00:59:47
2003	2596	01:01:32	Catherine	Swain	F	50		1966	00:58:53
2004	857	01:01:33	Katie	Jenkins	F			1982	00:59:02
2005	3189	01:01:33	Prabhjot	Saini	M			2081	01:00:12
2006	1886	01:01:34	Paul	Jeffreys	M	45		1897	00:58:17
2007	840	01:01:35	Karl	Maddock	M	40		1895	00:58:14
2008	3346	01:01:38	Siwan	Gruffudd	F			1964	00:58:51
2009	996	01:01:38	Rebecca	Osborn	F			2114	01:00:34
2010	3860	01:01:39	Scott	Edwards	M			2144	01:01:00
2011	3234	01:01:39	David	Salt	M	60		2054	00:59:54
2012	2043	01:01:39	Thomas	Williams	M			2011	00:59:18
2013	2800	01:01:40	Ian	Lloyd	M			1900	00:58:19
2014	3116	01:01:41	Claire	Lamerton	F	35		2041	00:59:45
2015	2257	01:01:42	Allison	Ayers	F	35		2070	01:00:04
2016	1475	01:01:42	Dawn	Holder	F	35	Builth & District	1912	00:58:26
2017	2062	01:01:43	Robert	Anderson	M			2057	00:59:56
2018	1761	01:01:43	Lindi	Lloyd	F	40		2096	01:00:24
2019	2390	01:01:44	Menna	Jenkins	F	35		1974	00:58:58
2020	1467	01:01:44	Onyema	Law	F	35		1959	00:58:47
2021	1394	01:01:48	Caroline	Drew	F	40		2050	00:59:51
2022	193	01:01:49	Dan	Constable	M			1995	00:59:11
2023	101	01:01:50	Victoria	Ford	F	40		2008	00:59:17
2024	3644	01:01:51	John	Barry	M	50		1955	00:58:46
2025	658	01:01:51	Elizabeth	Phillips	F	40		2010	00:59:18
2026	3489	01:01:52	Phil	Jones	M	45		1926	00:58:31
2027	2206	01:01:52	Phil	Rees	M			2077	01:00:11
2028	1099	01:01:54	Eluned	Jones	F	40		2021	00:59:29
2029	3821	01:01:54	Steve	Hopkins	M	40		2014	00:59:21
2030	1461	01:01:54	Gerald	Kemp	M	45		2029	00:59:39
2031	2453	01:01:54	Danielle	Egan	F	20		2161	01:01:07
2032	3533	01:01:55	Gethin	Wilcox	M			2126	01:00:41
2033	3183	01:01:55	Diane	Phillips	F	35		1978	00:59:00
2034	2792	01:01:55	Louise	Ward	F			2135	01:00:51
2035	815	01:01:56	Katy	Harris	F			1967	00:58:54
2036	587	01:01:56	Dawn	Davies	F	45		1960	00:58:49
2037	718	01:01:56	Angelina	Rees-Jones	F			1985	00:59:06
2038	216	01:01:57	Paul	Robbins	M	45	Port Talbot Harriers	2063	00:59:59
2039	526	01:01:58	Simon	Gillings	M	50		2009	00:59:18
2040	1992	01:01:58	Lynwen	Williams	F	35		2085	01:00:15
2041	2432	01:02:00	Matthew	Jones	M			2015	00:59:24
2042	2810	01:02:00	Adam	Shore	M			2115	01:00:35
2043	3507	01:02:01	Penelope	Harry	F			2174	01:01:17
2044	3148	01:02:01	Alison	Davidson	F	40		2095	01:00:24

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2045	2378	01:02:02	Sarah	Stacey	F	35		1913	00:58:26
2046	2739	01:02:05	Helen	Jones	F	45	Builth & District	1951	00:58:45
2047	3553	01:02:06	Marie	Smith	F			1994	00:59:11
2048	3009	01:02:07	Kate	Reilly	F	35		2005	00:59:16
2049	2477	01:02:10	Matthew	Stroud	M			2056	00:59:56
2050	1576	01:02:11	Karl	Besley	M			2064	00:59:59
2051	1727	01:02:12	Malcolm	Williams	M	65		1962	00:58:49
2052	3336	01:02:13	Bethan	Bale	F			2018	00:59:26
2053	275	01:02:17	Christophe	Plisson	M			2002	00:59:15
2054	3258	01:02:17	Bethan	Simms	F			2049	00:59:50
2055	3252	01:02:18	Michael	Murphy	M	40		2065	01:00:00
2056	620	01:02:18	Runner		M	620		1938	00:58:38
2057	3054	01:02:18	Lisa	Francis	F			2120	01:00:37
2058	616	01:02:19	Louise	Burgess	F			2058	00:59:56
2059	1384	01:02:19	Emma	Swan	F			2121	01:00:38
2060	3142	01:02:19	Rosemarie	Williams	F	50	Robert Davies Health & Fitness	2016	00:59:24
2061	3173	01:02:20	Sarah	Perons	F	50	Les Croupiers	1943	00:58:40
2062	2328	01:02:20	Andy	Morrissey	M			2151	01:01:05
2063	2914	01:02:20	Christy	Welsh	F	35		1996	00:59:13
2064	2327	01:02:21	Dean	Roderick	M			2155	01:01:05
2065	3520	01:02:21	Tanya	May	F	40		2200	01:01:38
2066	2490	01:02:21	Lynn	Holmes	F	50	3M Gorseinon Road Runners	2181	01:01:23
2067	685	01:02:22	Ashley	Farrell	M			2012	00:59:20
2068	3578	01:02:22	Christopher	Mulready	M			1954	00:58:46
2069	2777	01:02:22	Stacy	Francis	F			2093	01:00:23
2070	2483	01:02:23	Andrew	Gummer	M	45		2087	01:00:17
2071	1860	01:02:24	Jennifer	Isaac	F			2086	01:00:16
2072	3482	01:02:25	Megan	Colbeck	F	40		1983	00:59:05
2073	2292	01:02:25	Jenny	Baker	F	35		1973	00:58:58
2074	1372	01:02:26	Geraldine	Clayton	F	45		1970	00:58:55
2075	1188	01:02:26	Christopher	Walden	M	65	Wye Valley Runners	2201	01:01:38
2076	1600	01:02:28	Rebeca	Morgans	F			2116	01:00:35
2077	1751	01:02:28	Mariska	Van Den Broek	F	40		2139	01:00:57
2078	1830	01:02:28	Bronwen	Williams	F			2140	01:00:57
2079	2230	01:02:28	Carlo	Marensi	M	45		2178	01:01:21
2080	2706	01:02:28	Karen	Churchill	F	55		2006	00:59:16
2081	2258	01:02:29	Leigh	Ayers	M			2154	01:01:05
2082	2188	01:02:30	Angela	Brown	F	45		2030	00:59:40
2083	2907	01:02:30	Alex	Best	M			2088	01:00:20
2084	872	01:02:32	James	Thomas	M			2196	01:01:35
2085	3438	01:02:32	Liz	Hughes	F			2052	00:59:51
2086	1460	01:02:35	Julie	Kemp	F	45		2089	01:00:20
2087	1579	01:02:35	Marian	Davies	F			2032	00:59:40
2088	2510	01:02:37	Kathy	Lewis	F	55		2074	01:00:08
2089	1470	01:02:38	Rhian	Morgan	F			2099	01:00:27
2090	1466	01:02:39	Gwen	Evans	F	35		2103	01:00:28
2091	2222	01:02:40	Katie	Davies	F			2118	01:00:37
2092	1763	01:02:40	Jane	Roe	F	50		2221	01:01:49
2093	2149	01:02:41	Jamie	Thomas	M			2026	00:59:36
2094	3660	01:02:42	Phill	Meaclem	M	45		2062	00:59:58
2095	3250	01:02:42	Julia	Morgan	F	45		2082	01:00:14
2096	304	01:02:42	Alison	Maguire	F	40		2035	00:59:42
2097	3634	01:02:43	Richard	Reed	M	40		2117	01:00:37
2098	2910	01:02:43	Ngairé	Williams	F	20		2146	01:01:01
2099	3240	01:02:43	Sally	O'Neil	F	40		2150	01:01:04
2100	3140	01:02:43	Sue	Murphy	F	35		2067	01:00:03
2101	3141	01:02:43	Lauren	Powis	F	20		2069	01:00:04
2102	3672	01:02:43	Alex	Thomas	M	40		2153	01:01:05
2103	3542	01:02:43	David	Roberts	M	55		2145	01:01:01
2104	2026	01:02:44	Ian	Stevenson	M	50		2111	01:00:32
2105	1180	01:02:44	James	Phillips	M	40		2042	00:59:46
2106	642	01:02:44	Chris	Turner	M	60		2076	01:00:10
2107	3393	01:02:45	Elizabeth	Walker	F	40		2210	01:01:42
2108	3418	01:02:45	Dawn	Taylor	F	35		2225	01:01:52
2109	2497	01:02:45	Angela	Morgan	F	50		2131	01:00:48
2110	1334	01:02:47	Helen	Davies	F	55		2179	01:01:22

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2111	985	01:02:47	Andrew	Jenkins	M	45		2079	01:00:12
2112	3858	01:02:47	Kelly	Morton	F	35		2072	01:00:06
2113	1322	01:02:47	Debbie	Price	F	35		2156	01:01:05
2114	3585	01:02:48	Michael	Davies	M			2158	01:01:06
2115	3066	01:02:49	Liam	Dark	M			2129	01:00:48
2116	3065	01:02:49	Matthew	Rogers	M			2130	01:00:48
2117	2374	01:02:50	Patricia	Godfrey	F	60	Ampthill & Flitwick Flyers RC	2219	01:01:47
2118	787	01:02:51	Chris	Jones	M			2013	00:59:21
2119	3050	01:02:53	Michael	Glover	M	40		1990	00:59:10
2120	2793	01:02:53	Cerys Wyn	Rees	F			2187	01:01:28
2121	2559	01:02:54	David	Evans	M	45		2180	01:01:22
2122	3455	01:02:55	Sarah	Taylor	F	40		2122	01:00:39
2123	860	01:02:55	Rebecca	Hibberd	F			2094	01:00:24
2124	2507	01:02:55	Kerry	Mcgreevy	F			2141	01:00:58
2125	3321	01:02:56	Faith	Cobley	F	20		2128	01:00:47
2126	2634	01:02:56	Matthew	Jones	M	20		2080	01:00:12
2127	2627	01:02:56	James	Carr	M	20		2078	01:00:12
2128	2652	01:02:56	Alexandra	Wallis-Evans	F	20		2071	01:00:04
2129	850	01:02:57	Ben	Powell	M			2038	00:59:44
2130	2036	01:02:57	Samantha	Alexander	F	20		2100	01:00:27
2131	1788	01:03:01	Jane	Llewellyn	F	55		2148	01:01:03
2132	1479	01:03:02	Mick	Aston	M	55	Leamington Cycling & Athletic Club	2127	01:00:44
2133	2455	01:03:03	Nicola	Jones	F	40		2107	01:00:30
2134	2839	01:03:04	Andrew	Rees	M			2033	00:59:41
2135	2831	01:03:05	Ruth	Rees	F	35		2036	00:59:42
2136	2649	01:03:05	Suzanne	Jones	F	50		2195	01:01:34
2137	1672	01:03:05	Sarah	Roberts	F			2061	00:59:57
2138	2366	01:03:06	Jennifer	James	F	40		2090	01:00:21
2139	2665	01:03:06	Mark	Rush	M			2248	01:02:12
2140	1290	01:03:07	Graeme	Hughes	M	40		2198	01:01:37
2141	2583	01:03:07	Susan	Davies	F	50		2199	01:01:37
2142	2845	01:03:10	Cindy	Coombes	F	50		2142	01:00:59
2143	3503	01:03:15	Paula	Mullins	F	40		2138	01:00:56
2144	2522	01:03:19	Janine	Evans	F			2279	01:02:35
2145	2034	01:03:21	Sarah	Williams	F	40		2059	00:59:57
2146	3880	01:03:21	Sarah	Morton	F			2186	01:01:28
2147	2046	01:03:21	Anna	Smith	F	35		2060	00:59:57
2148	1988	01:03:22	John	Lovell	M	60		2143	01:00:59
2149	1108	01:03:22	Melanie	Allen	F	40		2336	01:03:22
2150	2653	01:03:23	Steve	Kent	M	50		2124	01:00:40
2151	396	01:03:23	Dave	Wisby	M			2166	01:01:10
2152	3297	01:03:23	Catherine	Jones	F	40		2157	01:01:05
2153	395	01:03:24	Bex	Wisby	F			2168	01:01:11
2154	3114	01:03:25	Joanne	Jones	F	35		2218	01:01:47
2155	1084	01:03:25	Andrew	Cobley	M	50		2173	01:01:16
2156	392	01:03:25	Charles	Jonathan	M	45		2112	01:00:33
2157	1379	01:03:25	Natalie	Bateman	F	35		2194	01:01:31
2158	203	01:03:26	Jayne	Evans	F	55		2110	01:00:31
2159	3714	01:03:26	Richard	Riby	M		Unilever Team	2188	01:01:29
2160	3251	01:03:26	Neil	Harvey	M	50		2193	01:01:31
2161	3265	01:03:26	Clare	Harvey	F			2191	01:01:30
2162	3668	01:03:27	Seamus	Edney	M	50		2098	01:00:26
2163	3184	01:03:27	Ronan	Ruddy	M			2101	01:00:27
2164	1319	01:03:28	Rhian	Macnamara	F			2022	00:59:29
2165	1578	01:03:29	Sarah	Davies	F			2113	01:00:33
2166	2050	01:03:29	Ian	Janes	M	40		2037	00:59:43
2167	521	01:03:29	Dafydd	Lewis	M	40		2034	00:59:42
2168	2765	01:03:29	Chris	Light	M			2109	01:00:31
2169	3673	01:03:29	Paula	Phillips	F	40		2190	01:01:29
2170	818	01:03:30	Jayne	Fishwick	F	40		2102	01:00:28
2171	3674	01:03:31	Louise	Thomas	F	40		2192	01:01:30
2172	3779	01:03:34	Zane	Thorne	M		Admiral	2303	01:02:56
2173	349	01:03:35	Catherine	Rennie	F			2133	01:00:50
2174	2597	01:03:36	Tony	Henebery	M	45	Mumbles Milers	2172	01:01:15
2175	2599	01:03:39	Peter	Hopping	M	40		2105	01:00:29
2176	487	01:03:39	Matthew	Carter	M			2092	01:00:23

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2177	3589	01:03:40	Katie	Stevens	F			2119	01:00:37
2178	597	01:03:40	Nick	Thompson	M			2104	01:00:29
2179	175	01:03:41	Danny	Evans	M	40		2149	01:01:04
2180	511	01:03:42	Jean Francois	Cooper	M			2051	00:59:51
2181	202	01:03:44	Malcolm	Jones	M	70		2255	01:02:16
2182	1277	01:03:45	Julia	Durham	F			2207	01:01:41
2183	1283	01:03:45	Bronwen	Graham	F	35		2208	01:01:41
2184	499	01:03:45	Aaron	Lewis	M			2068	01:00:03
2185	1807	01:03:46	Rhiannon	Walton	F			2206	01:01:41
2186	3699	01:03:47	Larissa	Pearce	F	20		2227	01:01:52
2187	3850	01:03:47	Caroline	Adams	F			2083	01:00:15
2188	2140	01:03:49	Kayleigh	Padley	F			2239	01:02:03
2189	352	01:03:49	Mark	Torrance	M	45		2097	01:00:25
2190	2141	01:03:49	Amy Marie	Williams	F			2240	01:02:04
2191	1065	01:03:51	Karen	Maddock-Jones	F	50		2084	01:00:15
2192	3538	01:03:53	Becca	Hughes	F	20		2237	01:02:03
2193	3537	01:03:54	Suzanne	Hughes	F	45		2238	01:02:03
2194	2147	01:03:55	Jemma	Jones	F			2224	01:01:51
2195	1972	01:03:55	Laura	Wood	F			2171	01:01:15
2196	1538	01:03:55	Ryan	Scott	M	20		2275	01:02:30
2197	3663	01:03:55	Sara	Manchipp	F			2276	01:02:31
2198	2289	01:03:55	Lee	Cobley	M			2230	01:01:59
2199	2332	01:03:56	Joanne	Trevains	F	40		2160	01:01:07
2200	3669	01:03:56	Margaret	Edney	F	50		2137	01:00:55
2201	1748	01:03:56	Gareth	Miles	M	40		2147	01:01:02
2202	1167	01:03:56	Gysintha	Hackett	F			2251	01:02:15
2203	1983	01:04:00	Ann	Rees	F	45		2254	01:02:16
2204	389	01:04:02	Hannah	Rees	F			2217	01:01:46
2205	858	01:04:03	Gemma	Williams	F			2125	01:00:40
2206	2243	01:04:03	Charmaine	Gregory	F	35		2298	01:02:50
2207	2730	01:04:05	Chris	Thyer	M			2123	01:00:40
2208	2290	01:04:06	Terry	Shore	M	60		2285	01:02:38
2209	1236	01:04:07	Melvyn	Williams	M	45		2184	01:01:26
2210	2643	01:04:08	Peter	Bateman	M	60		2164	01:01:09
2211	2429	01:04:08	Emma	Houlden	F			2185	01:01:27
2212	3228	01:04:09	Robert	Derrick	M	60		2222	01:01:50
2213	1894	01:04:09	Jacqui	Grant	F			2136	01:00:53
2214	2333	01:04:11	Amy	Foley	F			2262	01:02:22
2215	299	01:04:12	Darren	Elson	M			2287	01:02:41
2216	2482	01:04:12	Wayne	Davies	M	45		2349	01:03:32
2217	726	01:04:13	Hanan	Jamil	M			2290	01:02:44
2218	708	01:04:14	Charlotte	White	F			2169	01:01:12
2219	599	01:04:15	Kelly	Foard	F			2189	01:01:29
2220	196	01:04:15	Kenneth	Maddocks	M	65		2244	01:02:09
2221	2115	01:04:16	Alison	Davies	F	45		2234	01:02:01
2222	1375	01:04:16	Lynsey	Genan	F			2152	01:01:05
2223	2105	01:04:16	Philip	Rees	M	50		2235	01:02:01
2224	1669	01:04:16	Lauren	Bratton	F	20		2197	01:01:35
2225	1997	01:04:17	Catherine	Hylton	F			2182	01:01:24
2226	2032	01:04:19	Jafar	Ghalamkary	M	50		2389	01:03:57
2227	1197	01:04:21	Lionel	Jones	M	40		2177	01:01:21
2228	2590	01:04:21	Sian	Harries	F			2159	01:01:06
2229	427	01:04:24	Robert	Evans	M	50	Ebbw Vale RC	2211	01:01:43
2230	405	01:04:24	David	Evans	M	50		2213	01:01:45
2231	407	01:04:24	Alison	Evans	F	45		2214	01:01:45
2232	2462	01:04:24	Bridgette	Griffiths	F	45		2215	01:01:45
2233	3480	01:04:24	Alex	Hurcombe	F			2163	01:01:08
2234	3534	01:04:24	Philip	Wilcox	M	55		2324	01:03:11
2235	3777	01:04:24	Rachael	Evans	F		Admiral	2203	01:01:40
2236	188	01:04:26	Catherine	Johnson	F	45		2236	01:02:01
2237	3022	01:04:27	Laura	Davies	F			2284	01:02:37
2238	3555	01:04:28	Tina	Lloyd	F	45		2242	01:02:05
2239	1587	01:04:29	Lauren	Savigar	F			2216	01:01:46
2240	2261	01:04:30	Bethan	Roberts	F			2134	01:00:51
2241	856	01:04:31	Lindsey	Kinver	F			2232	01:01:59
2242	1641	01:04:31	Charlotte	John	F	20	Neath Harriers	2212	01:01:44

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2243	3792	01:04:32	Gareth	Simms	M		Admiral	2209	01:01:42
2244	3536	01:04:32	Kathryn	Eccleston	F	40		2332	01:03:18
2245	369	01:04:32	David	Watkins	M			2132	01:00:49
2246	3885	01:04:32	Heather	Aitchison	F	45	Disability Wales	2220	01:01:49
2247	2016	01:04:33	Catrin	O'Brien	F			2334	01:03:19
2248	1280	01:04:34	Keir	Mellor	M			2265	01:02:23
2249	3357	01:04:35	Graham	Daniels	M	45		2273	01:02:30
2250	1553	01:04:35	Geraint	Jenkins	M			2267	01:02:25
2251	2242	01:04:37	Sophie	Thomas	F			2338	01:03:23
2252	1709	01:04:39	Hannah	Stubbs	F	20		2229	01:01:57
2253	1060	01:04:39	Christian	Mescall	M	20		2176	01:01:20
2254	2781	01:04:39	Rebecca	Lye	F			2246	01:02:10
2255	2223	01:04:39	Debra	Clarke	F	40		2170	01:01:13
2256	1924	01:04:41	Lianne	Parkinson	F	40		2226	01:01:52
2257	1085	01:04:42	Clare	Tucker	F			2183	01:01:25
2258	1820	01:04:42	Gwyn	Jackson	M	60		2328	01:03:15
2259	884	01:04:42	Richard	Gear	M			2167	01:01:10
2260	3739	01:04:46	Carly	Stabler	F		Admiral	2266	01:02:25
2261	3295	01:04:46	Clare	Britton	F			2376	01:03:48
2262	3076	01:04:48	David	Seal	M	40		2165	01:01:09
2263	3575	01:04:52	Molly	Banning	F	50		2175	01:01:17
2264	459	01:04:54	Caroline	Chilton-Bates	F	40		2398	01:04:03
2265	456	01:04:54	Alan	Chilton-Bates	M	50		2397	01:04:03
2266	1364	01:04:54	Richard	Evans	M			2330	01:03:17
2267	3110	01:04:55	Faye	Perry	F			2231	01:01:59
2268	3432	01:04:56	Irene	Mann	F	60		2277	01:02:34
2269	2551	01:04:58	Alfryn	Easter	M	60	3M Gorseinon Road Runners	2247	01:02:12
2270	2853	01:04:59	Owen	George	M	60		2280	01:02:36
2271	2852	01:04:59	Peter	Morse	M	60		2281	01:02:36
2272	836	01:05:00	David	Woodham	M	50		2233	01:02:00
2273	3071	01:05:00	Stephanie	Webber	F			2300	01:02:54
2274	562	01:05:01	Emma	Slade	F			2162	01:01:08
2275	831	01:05:01	Craig	Evans	M			2204	01:01:40
2276	830	01:05:01	Ryan	Evans	M			2205	01:01:41
2277	3630	01:05:02	Matthew	Evans	M	20		2269	01:02:26
2278	3629	01:05:03	Jonathan	Evans	M	40		2272	01:02:27
2279	3263	01:05:03	Rachel	Gabb	F	35		2271	01:02:27
2280	1344	01:05:03	Toni	Hall-Edwards	F			2327	01:03:14
2281	2710	01:05:07	Elaine	Williams	F	55	Islwyn RC	2241	01:02:04
2282	2323	01:05:08	Cathy	Sivak	F	40		2250	01:02:14
2283	2989	01:05:09	Richard	Bennett	M			2223	01:01:50
2284	3475	01:05:09	Steve	Davies	M	45		2202	01:01:39
2285	2471	01:05:10	Andrew	Hiscox	M			2268	01:02:26
2286	1692	01:05:14	Delyth	Lloyd	F	50		2318	01:03:05
2287	3857	01:05:15	Tina	Morris	F			2333	01:03:18
2288	2495	01:05:15	Hazel	Morgan	F	45		2331	01:03:18
2289	3221	01:05:17	Charmaine	Clinch	F	45		2347	01:03:29
2290	2553	01:05:17	Gwynddri	Williams	M	50		2364	01:03:40
2291	2377	01:05:18	Amy	John	F			2335	01:03:19
2292	1838	01:05:18	Chaz	Needham	M			2260	01:02:18
2293	2650	01:05:18	Jennifer	Walker	F	40		2249	01:02:13
2294	1839	01:05:19	Lisa	Needham	F			2259	01:02:18
2295	1144	01:05:20	Macauley	Swales	M	20		2345	01:03:29
2296	3171	01:05:21	Sally	Filer	F	50		2315	01:03:02
2297	1035	01:05:23	Catherine	Newman	F			2302	01:02:55
2298	804	01:05:29	Anita	Lavis	F			2392	01:03:59
2299	572	01:05:29	Natalie	Hussey	F	35		2274	01:02:30
2300	3057	01:05:30	William	Campbell	M			2263	01:02:22
2301	1898	01:05:31	Lisa	Clinton	F			2256	01:02:17
2302	1871	01:05:33	Lesley	Nicholson	F	45		2253	01:02:16
2303	1220	01:05:34	Wendy	Gardiner	F	40		2245	01:02:09
2304	3902	01:05:35	Simon	Andrew	M			2258	01:02:17
2305	3900	01:05:37	Tracey	Lewis	F	35	Disability Wales	2433	01:04:44
2306	3132	01:05:38	Neil	Mansell	M	60		2326	01:03:13
2307	324	01:05:39	Samantha	Perrott	F	40		2288	01:02:42
2308	986	01:05:41	Andy	Emm	M			2296	01:02:48

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2309	2883	01:05:41	Lea	Tanner	M	45		2294	01:02:47
2310	2355	01:05:41	Angharad	Taylor	F	35		2257	01:02:17
2311	2888	01:05:41	Judith	Tanner	F	45		2295	01:02:47
2312	2809	01:05:42	Shane	Hussey	M			2304	01:02:57
2313	2812	01:05:42	Sofiya	Abrachuk	F			2305	01:02:57
2314	2802	01:05:43	Andrew	Williams	M			2357	01:03:35
2315	2958	01:05:43	Stephen	Walker-Williams	M			2358	01:03:36
2316	3364	01:05:44	Darren	Forrester	M	40		2228	01:01:53
2317	1299	01:05:44	Nadine	Thomas	F	40		2289	01:02:43
2318	3075	01:05:45	Rachel	Seal	F	40		2243	01:02:07
2319	2946	01:05:45	Celvin	Davies	M			2339	01:03:26
2320	2714	01:05:46	Byron	Lewis	M	40		2310	01:02:59
2321	2452	01:05:48	Fred	Coleman	M			2261	01:02:18
2322	1030	01:05:51	Mark	Lucas	M	50		2355	01:03:33
2323	2401	01:05:51	Galye	Hughes	F	40		2329	01:03:16
2324	2492	01:05:52	Judith	Morgan	F			2344	01:03:28
2325	1980	01:05:52	Bethan	Jenkins	F			2352	01:03:33
2326	2139	01:05:52	Lynn	Hudson	F	55		2314	01:03:01
2327	2137	01:05:52	Rachel	Stewart	F			2313	01:03:01
2328	3683	01:05:52	Lowri	Griffiths	F	35		2312	01:03:00
2329	3682	01:05:52	Jon	Griffiths	M	40	Village Vipers	2311	01:03:00
2330	2010	01:05:53	Joanne	King	M			2316	01:03:04
2331	2011	01:05:53	Ryan	King	M			2317	01:03:04
2332	2814	01:05:53	Sian	Millan	F	35	Brackla Harriers	2286	01:02:39
2333	3021	01:05:57	Christopher	Kennedy	M			2405	01:04:11
2334	693	01:05:58	Suzanne	Kesteven	F	40		2309	01:02:59
2335	1463	01:05:59	Peter	Rogers	M	50		2252	01:02:15
2336	3643	01:05:59	Gwen	King	F	20		2388	01:03:57
2337	849	01:06:00	Sarah	Lewis	F			2463	01:05:06
2338	2001	01:06:00	Jan	Stanton	F	55		2278	01:02:35
2339	482	01:06:01	Alex	West	M	20		2325	01:03:11
2340	3540	01:06:01	Haulwen	Warlow	F	45	Pembrokeshire Harriers	2291	01:02:44
2341	331	01:06:01	Olivia	Barker	F			2343	01:03:27
2342	1593	01:06:01	Anne	Burke	F	35		2299	01:02:52
2343	3551	01:06:01	Elaine	Davies	F	45	Pembrokeshire Harriers	2293	01:02:45
2344	1982	01:06:02	Angela	Sonn	F	50	Forest of Dean AC	2371	01:03:44
2345	2177	01:06:02	Gareth	Knight	M			2356	01:03:35
2346	2549	01:06:05	Miranda	Williams	F	40		2362	01:03:38
2347	2864	01:06:07	Gavin	Adderson	M			2292	01:02:45
2348	3782	01:06:09	Fionnuala	King	F		Admiral	2322	01:03:07
2349	680	01:06:09	Jessica	Bidmead	F			2306	01:02:58
2350	1434	01:06:10	Gunnar	Behrning	M			2264	01:02:23
2351	2311	01:06:12	Steven Mark	Smith	M	40		2270	01:02:26
2352	3218	01:06:12	Jackie	Spencer	F	40		2342	01:03:26
2353	1067	01:06:14	Catherine	Skuse	F	35		2323	01:03:09
2354	171	01:06:14	Judith	Jeeves	F	50		2354	01:03:33
2355	2703	01:06:14	Elizabeth	Barclay	F	40		2438	01:04:47
2356	3179	01:06:14	Clare	Ferguson	F	40		2439	01:04:47
2357	608	01:06:14	Elizabeth	Marshall	F	40		2282	01:02:37
2358	3117	01:06:15	Mark	Jones	M			2283	01:02:37
2359	1206	01:06:15	Holly	Millward	F			2424	01:04:29
2360	1182	01:06:16	Salina	Price	F			2307	01:02:58
2361	3202	01:06:18	Michelle	Bray	F	40		2366	01:03:42
2362	975	01:06:21	Abigail	Bleach	F	20		2421	01:04:25
2363	3286	01:06:24	Linda	Owens	F	60	3M Gorseinon Road Runners	2320	01:03:06
2364	3229	01:06:25	Kath	Hughes	F	35		2363	01:03:39
2365	2515	01:06:26	Sarah	Partridge	F	35		2396	01:04:02
2366	833	01:06:27	Ceri	Pritchard	F			2308	01:02:58
2367	3628	01:06:29	Paul	Evans	M	40		2391	01:03:58
2368	2905	01:06:31	Carly	Mcreech	F			2385	01:03:55
2369	2731	01:06:31	Neil	Tucker	M	40		2319	01:03:06
2370	3906	01:06:31	Sarah	Hanley	F			2350	01:03:32
2371	588	01:06:33	Dion	James	M			2346	01:03:29
2372	697	01:06:35	Richard	Stevens	M	40		2301	01:02:54
2373	1642	01:06:35	Mike	Scott	M	50		2348	01:03:31
2374	1658	01:06:37	Loanne	Cole	F	20		2378	01:03:50

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2375	3052	01:06:39	Fiona	Mcelroy	F	40		2360	01:03:37
2376	3046	01:06:39	Siobhan	Fitchett	F			2361	01:03:38
2377	3547	01:06:39	Runner		M	3547		2368	01:03:43
2378	3257	01:06:40	Hannah	Davies	F			2543	01:06:40
2379	3794	01:06:43	Amy	Hellerman	F		Admiral	2432	01:04:42
2380	2042	01:06:44	Nadine	Dunseath	F	35		2365	01:03:41
2381	1571	01:06:44	Stephen	Melton	M			2390	01:03:57
2382	2768	01:06:45	Liz	Jones	F			2297	01:02:50
2383	1789	01:06:46	Bernita	De Wet	F	40		2488	01:05:28
2384	2885	01:06:47	Helen	Roberts	F	45		2383	01:03:54
2385	3831	01:06:47	Bernadette	Payne	F			2374	01:03:46
2386	3602	01:06:49	Sam	Ward	F	40		2337	01:03:23
2387	1174	01:06:49	Denise	Bradley	F	45		2373	01:03:45
2388	2450	01:06:50	Gareth	Thomas	M	45		2446	01:04:53
2389	3175	01:06:50	Karen	Hughes	F			2359	01:03:36
2390	1635	01:06:50	Andrew	Bevan	M			2430	01:04:39
2391	554	01:06:51	Alyson	Huxtable	F	45		2477	01:05:18
2392	828	01:06:55	Justin	Showell	M	40	Purple Patch Runners	2411	01:04:16
2393	863	01:06:56	Elise	Parker	F			2351	01:03:33
2394	2304	01:06:58	Nick	Kostromin	M			2387	01:03:57
2395	1902	01:06:58	Ashleigh	Twomey	F			2375	01:03:46
2396	1296	01:06:58	Kate	Hemingway	F	35		2401	01:04:05
2397	1660	01:06:59	Ellena	Jones	F	20		2402	01:04:08
2398	1457	01:06:59	Janine	George	F	40		2353	01:03:33
2399	3596	01:07:01	Lynne	Hodgetts	F	55		2321	01:03:07
2400	2476	01:07:01	Jennifer	Stephens	F	60		2340	01:03:26
2401	394	01:07:02	Sharon	Jonathan	F	50		2441	01:04:49
2402	3728	01:07:03	Fiona	Wilson	F		Admiral	2506	01:05:45
2403	3756	01:07:04	Luke	Tooze	M		Admiral	2505	01:05:44
2404	2954	01:07:05	Verity	James	F	35		2400	01:04:03
2405	1981	01:07:06	Lindsey	Woosnam	F			2429	01:04:38
2406	1581	01:07:08	Alun	Powell	M	60		2377	01:03:50
2407	1305	01:07:09	Jenny	Jones	F			2412	01:04:16
2408	1044	01:07:10	Sarah	Joseph	F	45		2413	01:04:18
2409	2513	01:07:11	Catrin	Codd	F	35		2393	01:04:00
2410	3119	01:07:14	Emma	Kehoe	F	40		2425	01:04:29
2411	3289	01:07:14	Claire	Rawle	F	35		2367	01:03:42
2412	2396	01:07:15	Justine	Powell	F	40		2381	01:03:53
2413	3464	01:07:15	Hannah	Walters	F	20		2455	01:05:03
2414	1537	01:07:15	Samantha	Welbourn	F	35		2423	01:04:27
2415	3470	01:07:16	Barry	Walters	M	50		2458	01:05:03
2416	3909	01:07:16	Danny	Bloor	M			2341	01:03:26
2417	1946	01:07:16	Melonie	Senior	F	40		2372	01:03:44
2418	3501	01:07:17	Eilidh	Shields	F	45		2496	01:05:35
2419	190	01:07:17	Karen	Cobb	F	45		2498	01:05:36
2420	1916	01:07:18	Marc	Parry	M			2369	01:03:43
2421	1915	01:07:18	Amy	Hanley	F			2370	01:03:43
2422	3593	01:07:20	Lyndon	Harris	M			2448	01:04:55
2423	895	01:07:20	Paul	Roberts	M	45		2403	01:04:10
2424	1547	01:07:20	Dee	Clark	F	45		2386	01:03:55
2425	3609	01:07:21	Christopher	Gray	M			2417	01:04:22
2426	3806	01:07:22	Jamie	Mcleod	M		Admiral	2379	01:03:51
2427	3894	01:07:23	Teresa	Kirk	M			2440	01:04:49
2428	3243	01:07:23	Rhian	Milello	F	45		2569	01:07:07
2429	3292	01:07:23	Jade	Howells	F			2568	01:07:07
2430	3842	01:07:24	Sandra	Carmella-Lickey	F	40		2501	01:05:38
2431	1865	01:07:24	Helen	Smith	F	60		2431	01:04:39
2432	2051	01:07:26	John	Selby	M	45		2382	01:03:54
2433	1282	01:07:26	Andrea	Bradley	F	40		2399	01:04:03
2434	558	01:07:26	Anna	Lewis	F	35		2459	01:05:04
2435	2772	01:07:27	Matthew	Gray	M			2468	01:05:10
2436	2286	01:07:28	Susannah	Jenkins	F	45		2407	01:04:14
2437	1076	01:07:28	Mark	Arnold	M	45		2410	01:04:14
2438	2075	01:07:28	Rebecca	Cooper	F			2470	01:05:11
2439	3378	01:07:29	Adam	Dilger	M			2515	01:06:04
2440	3376	01:07:29	Scott	Johnston	M			2516	01:06:05

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2441	1005	01:07:30	Katy Louise	Goss	F			2380	01:03:52
2442	1960	01:07:30	Jennifer	Hart	F	20		2416	01:04:20
2443	848	01:07:30	Alex	O'Brien	M			2422	01:04:27
2444	3273	01:07:31	Deborah	Lewis	F	40	Mumbles Milers	2384	01:03:55
2445	1666	01:07:33	Nia	Thomas	F	20		2444	01:04:51
2446	2847	01:07:35	Hakon Christoffer	Jonsmyr	M			2414	01:04:19
2447	859	01:07:37	Rebecca	Jones	F			2406	01:04:12
2448	978	01:07:37	Amanda	Bleach	F	35		2504	01:05:41
2449	778	01:07:38	Nicola	Jones	F			2419	01:04:24
2450	131	01:07:41	Dean	Bufton	M	40		2395	01:04:01
2451	444	01:07:44	Gary	Moon	M	40		2394	01:04:00
2452	1689	01:07:46	Lisa	Ogilvie	F	45		2445	01:04:52
2453	2927	01:07:47	Olivia	Andrews	F	35		2452	01:04:58
2454	3819	01:07:47	Kate	Ogilvie	F		Admiral	2447	01:04:53
2455	2101	01:07:47	Sophie	Wint	F			2451	01:04:58
2456	333	01:07:51	Stephen	Rees	M	60		2420	01:04:24
2457	1938	01:07:52	Caroline	Psaila	F	45		2548	01:06:44
2458	145	01:07:53	Beverley	Evans	F	45		2486	01:05:27
2459	149	01:07:54	Adrian	Evans	M	45		2487	01:05:28
2460	686	01:07:56	Gareth	Williams	M			2404	01:04:10
2461	1158	01:07:57	Aaron	Hill	M			2418	01:04:24
2462	1724	01:07:57	Kim	Evans	F	50		2473	01:05:15
2463	183	01:07:57	Clare	Fencott	F			2415	01:04:19
2464	782	01:07:58	Gareth	Whitnell	M			2491	01:05:32
2465	2189	01:07:59	Jackie	Mccormick	F	50		2465	01:05:10
2466	2352	01:07:59	Sian	Hughes	F			2408	01:04:14
2467	435	01:08:01	Ruth	Martin	F	55	Almost Athletes	2409	01:04:14
2468	1653	01:08:01	Angharad	Jenkins	F	20		2462	01:05:05
2469	1445	01:08:02	Richard	Boobyer	M			2472	01:05:14
2470	2221	01:08:03	Salma	Haque	F			2437	01:04:46
2471	2224	01:08:03	Nada	Omran	F			2436	01:04:46
2472	1051	01:08:04	Jonathan	Thomas	M	45		2427	01:04:30
2473	1021	01:08:05	Andrea	Craig	F			2575	01:07:16
2474	1847	01:08:05	Richard	Lloyd	M			2428	01:04:31
2475	2533	01:08:06	Faye	Jones	F			2523	01:06:13
2476	603	01:08:07	Justine	Jones	F	45		2450	01:04:57
2477	937	01:08:07	Lisa	Morgan	F			2567	01:07:06
2478	3342	01:08:08	Rhiannon	Churchill	F	40		2435	01:04:45
2479	2270	01:08:08	Jennifer	Bull	F	35		2434	01:04:45
2480	610	01:08:09	Jamie	Clarke	M			2426	01:04:29
2481	3680	01:08:09	Natalie	Elgar	F			2476	01:05:17
2482	1808	01:08:10	John	Sanderson	M	55	3M Gorseinon Road Runners	2475	01:05:17
2483	2210	01:08:12	Aine	Tormey	F	40		2519	01:06:10
2484	1816	01:08:13	David	Pavey	M	50		2474	01:05:16
2485	1733	01:08:15	Leon	Lewis	M			2466	01:05:10
2486	3843	01:08:15	Christopher	Bennetta	M			2442	01:04:50
2487	1734	01:08:16	Ria	Lewis	F			2469	01:05:10
2488	174	01:08:16	Eleanor	Preece	F			2489	01:05:28
2489	3454	01:08:17	Emma	Norris	F			2578	01:07:19
2490	1264	01:08:18	Richard	Teulon	M	45		2467	01:05:10
2491	1722	01:08:19	Samantha	Lewis	F	35		2471	01:05:13
2492	2066	01:08:19	Caroline	Davies	F	40		2453	01:05:00
2493	1257	01:08:19	Emma	Jones	F			2460	01:05:05
2494	1256	01:08:19	Amy	Jones	F			2461	01:05:05
2495	553	01:08:20	Janet	Sanders	F	45		2551	01:06:47
2496	1063	01:08:21	Rebecca	Williams	F			2552	01:06:48
2497	1620	01:08:23	Olugbenga	Fakande	M	50		2511	01:05:51
2498	3078	01:08:23	Charlotte	Owen	F			2495	01:05:35
2499	1548	01:08:24	Jack	Newton	M			2482	01:05:20
2500	1532	01:08:24	Zoe	Lewis	F	20		2481	01:05:20
2501	2263	01:08:24	Saira	Luckman	F	45		2443	01:04:50
2502	3232	01:08:27	Steven	Joseph	M			2479	01:05:18
2503	2698	01:08:27	Gareth	Williams	M			2480	01:05:19
2504	2226	01:08:28	Rebecca	Adams	F			2490	01:05:30
2505	3887	01:08:31	Samantha	Davies	F		Disability Wales	2509	01:05:48
2506	3656	01:08:32	Victoria	Bellamy	F	40		2512	01:05:55

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2507	1284	01:08:32	Victoria	Morris	F	40		2508	01:05:47
2508	2841	01:08:33	Janine	Snell	F	45		2557	01:06:53
2509	3834	01:08:33	Matthew	Larner	M			2449	01:04:56
2510	3398	01:08:35	Stuart	Cairns	M	65		2454	01:05:01
2511	1242	01:08:37	Kevin	Rees	M	40		2497	01:05:36
2512	3446	01:08:39	Richard	Arnold	M			2507	01:05:45
2513	2439	01:08:40	Joanna	Morgan	F			2524	01:06:14
2514	1000	01:08:40	Marco	Diiulio	M			2528	01:06:17
2515	2972	01:08:41	Zoe	Perry	F	35		2478	01:05:18
2516	842	01:08:41	Marie	Welfare	F			2485	01:05:25
2517	3045	01:08:44	Kate	Bevan	F			2502	01:05:40
2518	1254	01:08:44	Sian	Mcgill	F	35		2500	01:05:37
2519	753	01:08:45	Sarah	Rowlands	F			2493	01:05:32
2520	3550	01:08:45	Jamie	Woods	M			2464	01:05:07
2521	2307	01:08:47	Philip	Manfield	M	50		2606	01:08:05
2522	2604	01:08:49	Richard	Davies	M	45		2546	01:06:43
2523	1936	01:08:50	Bermadette	Stratford	F	45		2483	01:05:21
2524	1911	01:08:53	Vicky	Taylor	F			2565	01:07:04
2525	1907	01:08:53	Anthony	Higgins	M			2566	01:07:04
2526	1272	01:08:54	Hayley	Lewis	F	40		2456	01:05:03
2527	1273	01:08:54	Bethan	Lewis	F	35		2457	01:05:03
2528	457	01:08:56	Sandra	Burnett	F	50		2499	01:05:36
2529	2707	01:08:59	May	James	F	40		2536	01:06:25
2530	1133	01:09:01	Sue	Jeal	F	40		2514	01:06:04
2531	320	01:09:03	Helen	Munt	F			2492	01:05:32
2532	665	01:09:04	Michelle	Owen	F			2527	01:06:16
2533	2995	01:09:04	Howard	Davies	M	40		2484	01:05:22
2534	1304	01:09:07	Katy	Williams	F			2549	01:06:46
2535	1303	01:09:07	Julia	Williams	F	55		2550	01:06:46
2536	732	01:09:08	Lee	Jukes	M			2533	01:06:21
2537	3097	01:09:12	Chris	Sheppard	M	50		2494	01:05:35
2538	1240	01:09:13	Stephen	Dalling	M	55	LC Cobras	2518	01:06:09
2539	1229	01:09:13	Rebecca	Hopkins	F			2503	01:05:41
2540	2636	01:09:14	Heidi	Jones	F	40		2556	01:06:52
2541	2835	01:09:15	Harriet	Hopkinson	F	20		2538	01:06:31
2542	2579	01:09:16	Gill	Williams	F	50		2540	01:06:32
2543	238	01:09:17	William	Sandry	F	20		2517	01:06:08
2544	2296	01:09:20	Nicola	Thomas	F	35		2614	01:08:24
2545	2354	01:09:22	Sian	Breeze	F			2513	01:05:56
2546	189	01:09:25	Kevin	Phillips	M			2560	01:06:59
2547	2921	01:09:26	Nicky	Travers	M	40		2620	01:08:32
2548	3204	01:09:27	Sian	Addicott	F	35		2544	01:06:41
2549	3479	01:09:27	Victoria	Griffiths	F	35		2529	01:06:18
2550	3466	01:09:28	Leanne	Evans	F			2530	01:06:18
2551	3088	01:09:28	Julia	Hannon	F	40		2521	01:06:13
2552	235	01:09:30	Jackie	Sandry	F	45		2534	01:06:21
2553	2856	01:09:31	Helen	Power	F			2561	01:07:03
2554	1502	01:09:32	James	Churchill	M	20		2615	01:08:27
2555	865	01:09:32	Helen	Williams	F	35	Aberdare Valley AAC	2532	01:06:20
2556	3461	01:09:33	Thomas	Walsh	M	45		2522	01:06:13
2557	736	01:09:37	Rhian	Pole	F	35		2604	01:07:57
2558	3327	01:09:39	Lynwen	Matthews	F			2510	01:05:49
2559	1595	01:09:40	John	Lambert	M	70		2539	01:06:31
2560	2169	01:09:44	Gail	Huelin	F			2609	01:08:16
2561	3444	01:09:48	David	Clarke	M	50		2563	01:07:03
2562	3486	01:09:48	Diane	Williams	F	45		2564	01:07:04
2563	3126	01:09:51	Kelly	Mctaggart	F			2558	01:06:57
2564	1858	01:09:51	Elise	Jenkins	F	45		2581	01:07:20
2565	2444	01:09:51	Jonathan	Thomas	M			2600	01:07:51
2566	3574	01:09:53	Marie	Parfitt	F	35	LC Cobras	2553	01:06:49
2567	410	01:09:53	Luisa	Arianna	F			2559	01:06:58
2568	639	01:09:55	Catherine	Roberts	F	45		2572	01:07:12
2569	1105	01:09:57	Ian	Beer	M	40		2542	01:06:36
2570	3287	01:09:58	Robin	Padfield	M	40		2585	01:07:25
2571	1368	01:09:59	Andrew	Grove	M	40		2586	01:07:26
2572	2993	01:10:00	Lance	Pardoe	M	40		2520	01:06:13

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2573	3907	01:10:01	Peta	Horsburgh	F			2594	01:07:41
2574	436	01:10:02	Marie	Morse	F	40		2531	01:06:19
2575	991	01:10:02	Gareth	Lewis	M			2554	01:06:50
2576	523	01:10:03	Mike	Kay	M	40		2525	01:06:15
2577	164	01:10:03	Robert	Johnston	M	55	3M Gorseinon Road Runners	2537	01:06:29
2578	1136	01:10:04	Kay	Francis-John	F	40	Rhondda Valley Runners	2526	01:06:15
2579	2491	01:10:08	Paula	Price	F	45	Brecon AC	2541	01:06:32
2580	520	01:10:10	Leon	Cox	M			2535	01:06:22
2581	908	01:10:12	Jean	Sellars	F	65		2579	01:07:20
2582	328	01:10:20	Paul	Drury	M			2570	01:07:10
2583	329	01:10:21	Sarah	Fitzgerald	F	40		2571	01:07:10
2584	2554	01:10:22	Carolyn	Wallace	F	50		2591	01:07:38
2585	2151	01:10:23	Ann	Evans	F	50		2603	01:07:57
2586	1190	01:10:26	Barrie	Davies	M			2588	01:07:28
2587	1662	01:10:29	Angharad	Vale	M	20		2590	01:07:38
2588	3440	01:10:29	Stuart	Woodward	M			2573	01:07:13
2589	2109	01:10:30	Laura	Williams	F			2555	01:06:51
2590	1769	01:10:31	Rebecca	Chilcott	F			2583	01:07:21
2591	3591	01:10:31	Russell	Evans	M	45		2576	01:07:18
2592	3862	01:10:32	Steve	Jones	M	40		2624	01:08:40
2593	3345	01:10:34	Duncan	Rowe	M	50		2616	01:08:28
2594	522	01:10:34	Sharadan	Milsom	M	40		2545	01:06:42
2595	3210	01:10:34	Rebecca	Heenan	F			2584	01:07:23
2596	1435	01:10:38	Reina	Den Hollander	F	40		2547	01:06:44
2597	2644	01:10:38	Helen	Mahon	F	35		2587	01:07:27
2598	434	01:10:38	Claire	Hobbs	F			2592	01:07:39
2599	1213	01:10:40	Adam	Whitehouse	M			2602	01:07:53
2600	1811	01:10:41	Steven	West	M			2562	01:07:03
2601	2009	01:10:43	Bleddyn	Price	M	45		2596	01:07:44
2602	1171	01:10:43	Jayson	Arnold	M	40		2641	01:09:08
2603	2441	01:10:43	Ruth	Dockerty	F			2589	01:07:30
2604	2887	01:10:44	Emily	Liles	F			2599	01:07:48
2605	2873	01:10:45	Chris	Davies	M			2597	01:07:46
2606	1825	01:10:46	Andrea	Wilcox	F			2628	01:08:45
2607	2375	01:10:46	Clare	Hyndman	F	40		2580	01:07:20
2608	2833	01:10:46	Alison	Sheppeard	F	45		2574	01:07:15
2609	2829	01:10:50	Nia	Sheppeard	F			2577	01:07:18
2610	2697	01:10:54	Joanne	Harris	F			2582	01:07:21
2611	139	01:11:03	Susan	Jones	F	45		2605	01:07:58
2612	376	01:11:10	Terence	Clarke	M	50		2593	01:07:39
2613	1140	01:11:14	Richard	Davies	M			2653	01:09:30
2614	2713	01:11:15	Rachel	Elliott	F			2595	01:07:42
2615	2865	01:11:17	Angela	Adderson	F	45		2601	01:07:53
2616	1785	01:11:23	Justin	Bradley	M			2607	01:08:09
2617	2994	01:11:26	Bethan	Morgan	F			2644	01:09:10
2618	2990	01:11:26	Alison	Reynolds	F	40		2642	01:09:10
2619	1494	01:11:27	Roy	Griffiths	M	45		2689	01:10:46
2620	3124	01:11:27	Neal	Harman	M	50		2598	01:07:47
2621	2402	01:11:30	Deborah	Bolton	F	35		2613	01:08:18
2622	2487	01:11:33	Andrew	Chapman	M			2649	01:09:26
2623	148	01:11:34	Maria	Lalic	F	50		2610	01:08:17
2624	2146	01:11:37	Fiona	Haggerty	F	40		2608	01:08:14
2625	933	01:11:43	Niall	Hughes	M			2723	01:11:43
2626	3478	01:11:44	Lauren	Thomas	F	20		2618	01:08:29
2627	1851	01:11:45	Nicola	Baker	F	45	Porthcawl Runners	2617	01:08:29
2628	3477	01:11:45	Sian	Tossell	F	45	Brackla Harriers	2619	01:08:30
2629	1498	01:11:46	Carlos	Zepeda	M			2629	01:08:47
2630	1249	01:11:46	Judith	Harris	F	35		2640	01:09:05
2631	1497	01:11:48	Deborah	Jenkins	F			2631	01:08:50
2632	3603	01:11:52	Nicola	Sillman	F			2667	01:10:04
2633	3433	01:11:55	Christine	Larkin	F	40	Sospan Road Runners	2630	01:08:48
2634	2074	01:11:55	Thomas	Richardson	M			2611	01:08:17
2635	3239	01:11:56	Sian	Power	F	35		2643	01:09:10
2636	2061	01:11:56	Liz	Jones	F			2612	01:08:18
2637	2305	01:11:57	Lee	Bamford	M			2678	01:10:31
2638	2539	01:11:57	Sian	Davies	F			2679	01:10:32

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2639	2532	01:11:58	Christine	Lucas	F	50		2622	01:08:35
2640	652	01:12:00	Kirstie	James	F			2626	01:08:44
2641	2742	01:12:00	Sharon	Halpin	F	35		2656	01:09:38
2642	379	01:12:06	Leanne	Casley	F	40		2659	01:09:44
2643	144	01:12:07	Colin	Duncan	M	75		2623	01:08:39
2644	737	01:12:07	Jean	Foster	F	60		2621	01:08:34
2645	2428	01:12:08	Vince	Jordan	M			2635	01:08:59
2646	1609	01:12:11	Emma	Corbett	F			2638	01:09:03
2647	1610	01:12:11	Jenny	Griffiths	F	60	Stopsley Striders	2639	01:09:03
2648	2813	01:12:13	Peter	Moryc	M	55		2676	01:10:22
2649	3064	01:12:14	Nikki	Harvey	F	40		2632	01:08:52
2650	3070	01:12:14	Ruth	Leeds	F	40		2633	01:08:52
2651	3033	01:12:15	June	Wheel	F	40		2661	01:09:47
2652	3361	01:12:20	William	Morgan	M	50		2637	01:09:02
2653	914	01:12:21	Ben	Williams	M	20		2636	01:08:59
2654	2211	01:12:21	Daniela	Jansen	F	35		2627	01:08:45
2655	1843	01:12:24	Megan	Griffiths	F	20		2625	01:08:43
2656	3752	01:12:25	Jo	Doidge	F		Admiral	2634	01:08:56
2657	1651	01:12:26	Jordan	Mcdonald	M	20		2651	01:09:30
2658	1655	01:12:26	Georgia	Harris	F	20		2652	01:09:30
2659	1661	01:12:26	Kiera	Evans	F	20		2657	01:09:39
2660	2999	01:12:27	Sarah	Thomas	F	40		2645	01:09:17
2661	2998	01:12:27	Hannah	Davies	F	35		2646	01:09:17
2662	3127	01:12:30	James	Liverick	M			2650	01:09:29
2663	2295	01:12:39	Samantha	Lewis	F			2658	01:09:39
2664	2545	01:12:47	Julia	Moriarty	F			2647	01:09:23
2665	2668	01:12:47	Ian	Leigh	M			2654	01:09:32
2666	1487	01:12:50	Peter	Abraham	M			2718	01:11:34
2667	1483	01:12:50	Sarah	Gough	F			2720	01:11:34
2668	3358	01:12:51	Elizabeth	Evans	F	35		2701	01:11:03
2669	3876	01:12:55	Hannah	Woodward	F		Wheezels	2694	01:10:50
2670	3000	01:12:57	Geraint	Thomas	M	40		2655	01:09:33
2671	3256	01:12:57	Cath	Jackson	F	50		2714	01:11:19
2672	274	01:13:03	Selma	Sapmaz	F	35		2665	01:10:01
2673	483	01:13:11	Lloyd	Rees	M			2674	01:10:22
2674	1505	01:13:12	Jazmin	Brandon	F	20		2708	01:11:12
2675	3499	01:13:14	David	Colbeck	M	65		2664	01:09:54
2676	2433	01:13:17	Diane	Smith	F	55		2696	01:10:52
2677	2561	01:13:18	Bethan	James	F	40		2693	01:10:50
2678	2622	01:13:20	Nicola	Ridd-Davies	F	40		2668	01:10:06
2679	1513	01:13:21	Jemma	White	F			2669	01:10:08
2680	1008	01:13:21	Ceri	Griffiths	M			2648	01:09:25
2681	1759	01:13:22	Eluned	Mulligan	F			2662	01:09:51
2682	115	01:13:22	Rachel	Newton	F	35		2660	01:09:45
2683	1514	01:13:28	Rhydian	Powell	M			2741	01:12:22
2684	2430	01:13:30	Jonathan	Hughes	M	40		2666	01:10:02
2685	2278	01:13:42	Lorraine	Hodson	F	45		2663	01:09:53
2686	2935	01:13:45	Emma	Harris	F	20		2670	01:10:11
2687	1617	01:13:46	Nicola	Barclay	F	35		2721	01:11:38
2688	2231	01:13:46	Alexandra	Douglas	F			2722	01:11:38
2689	3320	01:13:46	Hayley	Blignaut	F	35		2671	01:10:14
2690	1725	01:13:46	Annette	Taylor	F	45		2672	01:10:14
2691	2164	01:13:47	Ciara	Small	F			2743	01:12:23
2692	2557	01:13:48	Bethan	Mchugh	F	35		2675	01:10:22
2693	2976	01:13:51	Andy	Coomber	M	50		2681	01:10:38
2694	1806	01:13:52	Helen	Dunn	F	50		2680	01:10:33
2695	2493	01:13:55	Elinor	Marsh	F			2690	01:10:49
2696	3198	01:13:57	Gayle	Quick	F			2683	01:10:43
2697	3178	01:13:57	Pauline	Collins	F	55		2685	01:10:43
2698	282	01:13:57	Jamie	Mathias	M			2744	01:12:25
2699	300	01:13:57	Stephen James	Grainger	M			2745	01:12:26
2700	2516	01:13:58	Anthony	Cox	M	65		2699	01:10:54
2701	990	01:14:00	Claire	Rees	F			2707	01:11:10
2702	637	01:14:02	Jessica	Davies	F			2726	01:11:46
2703	104	01:14:04	Amanda	Neyland	F	45		2677	01:10:25
2704	729	01:14:05	David	Rees	M	60		2712	01:11:15

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2705	1870	01:14:05	Helen	Hurst	F	45		2700	01:11:03
2706	1388	01:14:06	Sean	Evans	M	40		2747	01:12:42
2707	792	01:14:07	Emma	Davies	F			2687	01:10:44
2708	2089	01:14:11	Carolyn	Jones	F	40		2673	01:10:17
2709	592	01:14:16	Megan	Davies	F	20		2703	01:11:07
2710	2900	01:14:18	Simon	James	M			2770	01:13:15
2711	878	01:14:19	Lynette	Hartley	F	35		2776	01:13:22
2712	1159	01:14:19	Claire	King	F			2777	01:13:22
2713	547	01:14:20	Laura	Stowe	F			2682	01:10:38
2714	3567	01:14:21	Dawn	Comisini	F	45		2728	01:11:54
2715	1933	01:14:21	Hilary	Bevan	F	50		2729	01:11:54
2716	168	01:14:24	Jayne	Woodman	F	40		2760	01:13:02
2717	780	01:14:24	Cerys	Bevan	F	40		2784	01:13:32
2718	3778	01:14:25	Shareen	Bentley	F	20		2697	01:10:52
2719	107	01:14:27	Joanne	Morgan	F	45		2713	01:11:18
2720	2614	01:14:28	Sarah	Todhunter	F	35		2684	01:10:43
2721	2624	01:14:28	Helen	Thompson Jones	F	35		2686	01:10:44
2722	2044	01:14:29	Charlotte	Bloodworth	F	35		2730	01:11:57
2723	2615	01:14:29	Lucy	Nicholson-Smith	F			2688	01:10:44
2724	465	01:14:30	Jean	Williams	F	50		2691	01:10:49
2725	466	01:14:31	Lillebeth	Larun	F	50		2695	01:10:51
2726	468	01:14:31	Carl	Morland	M			2692	01:10:50
2727	1059	01:14:34	Rachel	Davies	F	20		2711	01:11:15
2728	545	01:14:36	Joanna	Furber	F	35		2698	01:10:53
2729	2740	01:14:39	Nicola	Davies	F	45	Builth & District	2715	01:11:20
2730	3600	01:14:41	Nathan	Phillips	M			2706	01:11:10
2731	3042	01:14:43	Laura	Bills	F	20		2710	01:11:14
2732	3601	01:14:44	Ffion	Evans	F			2709	01:11:14
2733	2395	01:14:45	Karen	Collins	F	55		2719	01:11:34
2734	3874	01:14:47	Alan	Penfold	M	45	Wheezels	2749	01:12:43
2735	1090	01:14:50	Lorraine	Evans	F			2724	01:11:44
2736	2974	01:14:50	Chantelle	West	F			2725	01:11:44
2737	3106	01:14:54	Ailsa	Harris	F	40		2775	01:13:21
2738	370	01:14:54	Dean	Kent	M	45		2704	01:11:09
2739	371	01:14:54	Stephen	Swinhoe	M			2705	01:11:09
2740	1087	01:14:56	Nicola	Bowden	F	40		2750	01:12:46
2741	1189	01:15:02	Jon	Antoniazzi	M			2702	01:11:07
2742	1484	01:15:06	Heather	Aston	F	45	Leamington Cycling & Athletic Club	2753	01:12:47
2743	924	01:15:07	Lisa	Purcell	F	40		2716	01:11:32
2744	922	01:15:07	Rian	Penford	F	40		2717	01:11:32
2745	2600	01:15:08	Rhian	Bourne	F			2798	01:14:02
2746	3645	01:15:12	Helen	Edwards	F	40		2733	01:12:08
2747	1664	01:15:14	Rose	Dorward	M	20		2742	01:12:23
2748	3639	01:15:14	Rachel	Bendall	F	40		2727	01:11:52
2749	1930	01:15:25	Julie	Lewis	F	45		2731	01:11:58
2750	1300	01:15:26	Robert	Clarke	M	50		2763	01:13:09
2751	2443	01:15:26	Richard	Harry	M			2765	01:13:09
2752	1293	01:15:26	Claire	Brain	F			2764	01:13:09
2753	867	01:15:30	Gemma	Rees	F			2732	01:12:05
2754	1196	01:15:33	Rachel	Armstrong	F			2756	01:12:54
2755	3638	01:15:34	Amanda	Percy	F			2735	01:12:12
2756	3448	01:15:34	Osama	Al-Saied	M	20		2790	01:13:53
2757	3640	01:15:34	Elizabeth	Jones	F	35		2736	01:12:12
2758	3469	01:15:40	Michelle	Higgins	F			2746	01:12:27
2759	3708	01:15:44	Maria	Bloor	F	50		2734	01:12:11
2760	2144	01:15:44	Ali	Whatmore	F	40		2740	01:12:21
2761	2143	01:15:44	Ruth	Sully	F	50		2739	01:12:21
2762	3657	01:15:49	Sionedd	Powell	F			2767	01:13:11
2763	1012	01:15:52	Gwen	Boothby	F			2738	01:12:18
2764	1015	01:15:52	Ann	O'Brien	F	55		2737	01:12:17
2765	347	01:15:52	Alison	Booth	F	45		2792	01:13:54
2766	348	01:15:53	Lisa	Fabb	F	40		2793	01:13:54
2767	1975	01:15:54	Holie	Kerton	F	20		2794	01:13:55
2768	2096	01:15:54	Joanne	Bowen	F	40		2797	01:14:00
2769	982	01:15:55	Andrea	Bird	F	50		2748	01:12:42
2770	3437	01:15:55	Rachel	Price	F	40		2769	01:13:13

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2771	2079	01:15:55	Ffion	Lewis	F	20		2754	01:12:49
2772	2947	01:15:56	Rhys	Hopkins	M			2780	01:13:22
2773	2628	01:15:59	Christine	Jones	F	40		2752	01:12:47
2774	191	01:16:04	Lucy	Constable	F	20		2782	01:13:25
2775	263	01:16:06	Karen	Jones	F	60		2751	01:12:46
2776	2343	01:16:06	Julie	Flook	F	40		2783	01:13:28
2777	3787	01:16:10	Tom	Adams	M			2755	01:12:50
2778	1869	01:16:11	Amy	Bennett	F			2759	01:13:01
2779	1419	01:16:11	Heather	James	F	50		2787	01:13:37
2780	3068	01:16:11	Adrian	James	M	50		2786	01:13:37
2781	192	01:16:12	Laura	Constable	F			2785	01:13:33
2782	2081	01:16:16	Luciana	Di Iulio	F			2766	01:13:10
2783	2204	01:16:18	Melanie	Weaver	F	35		2768	01:13:12
2784	3164	01:16:19	Craig	Jones	M			2757	01:12:59
2785	3163	01:16:19	Joanna	Hopkins	M			2758	01:13:00
2786	754	01:16:20	Katie	Wingar	F			2762	01:13:07
2787	267	01:16:27	Jon	Campbell	M			2778	01:13:22
2788	1979	01:16:27	Matt	Morgan	M			2779	01:13:22
2789	1973	01:16:36	Louise	Gibbs	F	40		2807	01:14:37
2790	1326	01:16:38	Sharon	Clement	M	40		2796	01:13:59
2791	766	01:16:40	Maria	Richards	F	40		2761	01:13:06
2792	3087	01:16:48	Jenaya	Smith	F	35		2773	01:13:15
2793	3086	01:16:48	Dean	Shears	M		Rugby & Northampton AC	2771	01:13:15
2794	1901	01:16:51	Michele	Raithby	F	55		2801	01:14:07
2795	1883	01:16:56	Alexander	Franklin	M	20		2772	01:13:15
2796	1976	01:17:02	Jennifer	Kerton	F	20		2818	01:15:02
2797	1413	01:17:02	Cerys	Owens	F			2788	01:13:44
2798	462	01:17:07	Donna	Rawle	F			2824	01:15:18
2799	524	01:17:12	Lorraine	Treadwell	F	45		2781	01:13:22
2800	2219	01:17:12	Donna	Woods	F	45		2789	01:13:44
2801	1179	01:17:12	Valerie	George	F	45		2774	01:13:20
2802	3429	01:17:26	Jamie	Howells	M			2803	01:14:19
2803	302	01:17:29	Allen	Munt	M	50		2795	01:13:57
2804	140	01:17:31	Mellissa	Nash	F	35		2815	01:15:00
2805	614	01:17:33	Samantha	Clarke	F	40		2791	01:13:53
2806	1809	01:17:33	Rebecca	Saltmarsh	F	40		2800	01:14:06
2807	2112	01:17:34	Clare	Jones	F	40		2799	01:14:05
2808	1929	01:17:34	Catherine	James	F	45		2802	01:14:07
2809	2133	01:17:42	Teleri	Bowen	F			2804	01:14:27
2810	2863	01:17:48	Gillian	Gabb	F	55		2813	01:14:50
2811	2308	01:17:49	Ceri	Griffin	M			2831	01:15:39
2812	799	01:17:54	Rhiannon	Protheroe	F			2806	01:14:31
2813	3484	01:17:56	Mrs	Jones	F			2822	01:15:14
2814	2418	01:18:03	Keith	Gittins	M	50		2847	01:17:11
2815	757	01:18:04	Tracey	Parsons	F			2805	01:14:30
2816	3624	01:18:05	Hayley	Davies	F	45		2808	01:14:42
2817	1031	01:18:10	Laura	Macdermott	F			2821	01:15:11
2818	3369	01:18:17	Alice	Sims	F			2812	01:14:50
2819	143	01:18:18	Sally	Sims	F	60		2810	01:14:49
2820	586	01:18:18	Hannah	Brown	F			2817	01:15:02
2821	1962	01:18:25	Angela	Russell	F	35		2809	01:14:49
2822	1963	01:18:25	Jessica	Legge	F			2811	01:14:49
2823	770	01:18:27	Kathryn	Lewis	F			2814	01:14:52
2824	2124	01:18:28	Pauline	Ada	F			2828	01:15:26
2825	3527	01:18:29	Dyfrig	Mason	M	45		2823	01:15:18
2826	3526	01:18:30	Siriol	Hipkiss	F	40		2825	01:15:19
2827	2571	01:18:34	Bethan	Jones	F	45		2816	01:15:01
2828	816	01:18:36	Phillip	Griffiths	M			2827	01:15:21
2829	1536	01:18:37	Sarah	Bowring	F	45		2820	01:15:10
2830	765	01:18:43	Hayley	Jones	F			2819	01:15:09
2831	3225	01:18:44	Peter	Burrows	M			2834	01:16:01
2832	691	01:19:06	Emma	Williams	F			2826	01:15:20
2833	378	01:19:08	Michael	Francis	M	20		2830	01:15:35
2834	2606	01:19:22	Helen	Beckers	F	40		2832	01:15:46
2835	3381	01:19:23	Lucie	Griffiths	F			2833	01:15:49
2836	1555	01:19:25	Lindsey	Stock	F			2829	01:15:32

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2837	2106	01:19:27	Amanda	Edwards	F	45		2859	01:18:16
2838	3385	01:19:27	Lillian	Dobby Mbe	F	70		2860	01:18:16
2839	1192	01:19:30	Lorna	Pearce	F			2835	01:16:07
2840	2675	01:19:32	Mary	Simmonds	F			2836	01:16:17
2841	2405	01:19:42	Ashley	Davies	M			2837	01:16:29
2842	1922	01:19:56	Louise	Barry	F			2849	01:17:25
2843	138	01:20:00	Paul	Harries	M	40		2868	01:19:05
2844	126	01:20:00	Debbie	Harries	F	45		2869	01:19:05
2845	1143	01:20:02	Peter	Swales	M	50		2838	01:16:35
2846	2393	01:20:10	Caroline	Tew	F	40		2866	01:18:52
2847	2942	01:20:12	Josh	Battye	M	20		2874	01:19:16
2848	417	01:20:14	Gareth	Walters	M	40		2839	01:16:38
2849	613	01:20:15	Christopher	Pearson	M			2841	01:16:48
2850	2605	01:20:16	Andrea	Schwartz	F	40		2840	01:16:39
2851	617	01:20:16	Natalie	Pearson	F			2842	01:16:49
2852	2923	01:20:18	Joanne	Farmer	F	35		2864	01:18:39
2853	755	01:20:24	Rachel	Westermarck	F			2850	01:17:33
2854	2882	01:20:26	Delyth	Davies	F	45		2844	01:17:01
2855	2180	01:20:43	Ayo	Thompson	F			2878	01:19:20
2856	561	01:20:44	Laura	Slade	F	45		2843	01:16:50
2857	2784	01:20:46	Victoria	Hackett	F			2846	01:17:09
2858	3588	01:20:51	Stephen	Scrine	M	55		2845	01:17:03
2859	454	01:20:55	Hayley	Rendell	F	35		2848	01:17:14
2860	2611	01:20:57	Claire	Carter	F			2852	01:17:44
2861	1713	01:21:06	Suzanne	Williams	F	40		2853	01:17:48
2862	536	01:21:06	Nia	Harries	F			2855	01:17:51
2863	1386	01:21:06	Laura	Carthew	F	35		2854	01:17:48
2864	3903	01:21:07	Jane	Elliott	F	55	3M Gorseinon Road Runners	2851	01:17:33
2865	1744	01:21:10	Hayley	Davies	F	35		2856	01:17:52
2866	2246	01:21:10	Isioma	Ikediashi	F			2883	01:19:46
2867	2004	01:21:12	Elizabeth	Owen	F			2861	01:18:19
2868	807	01:21:20	Julian	Rees	M	45		2858	01:17:59
2869	843	01:21:20	Cathy	Bartlett	F			2857	01:17:58
2870	3873	01:21:21	Mark	Thompson	M	45	Wheezels	2877	01:19:17
2871	2438	01:21:39	Bethan	Williams	F	35		2867	01:19:02
2872	3670	01:21:52	Mandy	Peace	F	45	Sospan Road Runners	2862	01:18:32
2873	2028	01:21:52	Sallyanne	Greenslade	F	40		2863	01:18:33
2874	1729	01:21:54	Michelle	Sion	F	35		2876	01:19:16
2875	1730	01:21:55	Hailey	Evans	F	40		2875	01:19:16
2876	824	01:21:59	June	Griffiths	F			2865	01:18:44
2877	921	01:22:02	Janet	West	F	45		2873	01:19:07
2878	1921	01:22:25	Carrie	Dowling	F			2887	01:19:55
2879	220	01:22:32	Donna	Rees	F	40		2889	01:20:03
2880	1714	01:22:57	Alex	Rogers	M			2885	01:19:51
2881	3543	01:22:59	Amanda	Richards	F	45		2871	01:19:06
2882	3261	01:23:00	Susan	Pendleton	F	40		2872	01:19:06
2883	1392	01:23:00	Louise	Clark	F	40		2870	01:19:06
2884	2165	01:23:02	Antonina	Mendola	F	45		2893	01:20:17
2885	2166	01:23:02	Gill	Elliot	F	50		2892	01:20:17
2886	1217	01:23:05	Stacey	Parvin	F			2900	01:21:37
2887	125	01:23:09	Geraint	Jones	M	40		2906	01:22:10
2888	2217	01:23:09	Natasha	Smith	F			2905	01:22:10
2889	1351	01:23:09	Angharad	Williams	F	20		2882	01:19:45
2890	1352	01:23:10	Holly Mair	Yeomans	F	20		2881	01:19:45
2891	999	01:23:14	Kathryn	Kirkup	F	35		2879	01:19:27
2892	1987	01:23:17	Rhiannon	Beveridge	F			2884	01:19:48
2893	3451	01:23:22	Catherine	Shellard	F	35		2888	01:19:56
2894	3838	01:23:24	David	Taylor	M	50	Admiral	2886	01:19:54
2895	1638	01:23:25	Tegan	Collins	F	20		2894	01:20:34
2896	2059	01:23:28	Jennie	Janes	F	35		2880	01:19:42
2897	1657	01:23:36	Rhiannon	Todd	F	20		2895	01:20:46
2898	1822	01:23:36	Annette	Kennedy	F	40		2891	01:20:06
2899	1360	01:23:37	Kirsty	Gough	F			2890	01:20:06
2900	3105	01:23:42	David	Chapple	M	50		2918	01:23:29
2901	589	01:24:01	Angharad	Davies	F	20		2896	01:20:52
2902	1659	01:24:04	Catrin	Thomas	F	20		2898	01:21:13

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2903	246	01:24:20	Jeffery	Harris	M	65		2925	01:24:20
2904	167	01:24:30	Lisa	Howells	F	40		2901	01:21:51
2905	2123	01:24:30	Kayleigh	Wakeham	F			2911	01:22:31
2906	3678	01:24:33	Rebecca	Riley	F	35		2922	01:23:38
2907	133	01:24:38	Peta	Phillips	F	35		2909	01:22:29
2908	1465	01:24:50	Philip	Juliff	M			2897	01:21:13
2909	861	01:24:53	Hannah	Pudner	F			2899	01:21:29
2910	1736	01:25:04	Gail	Barrott	F	50		2904	01:21:56
2911	1569	01:25:11	David	Hutchinson	M	45		2930	01:25:11
2912	2647	01:25:12	Peter	Squire	M	40		2902	01:21:54
2913	3415	01:25:12	Anthony	Lewis	M			2903	01:21:54
2914	1845	01:25:38	Gail	Edwards	F	40		2912	01:22:32
2915	1856	01:25:38	Andrew	Edwards	M	45		2910	01:22:31
2916	501	01:25:44	Gemma	Hale	F			2908	01:22:13
2917	506	01:25:44	Bethan	Hale	F			2907	01:22:12
2918	424	01:25:47	Janet	Platt	F	50		2917	01:23:23
2919	3001	01:26:05	Rhian	Dowling	F			2914	01:22:37
2920	3790	01:26:17	Yasmin	Hudson	F	20		2913	01:22:36
2921	3577	01:26:19	Karen	Hardy	F			2915	01:22:43
2922	386	01:26:26	Donald	Fearns	M	75		2921	01:23:35
2923	3409	01:26:27	Lesley	Maksimovic	F	45		2916	01:23:13
2924	105	01:26:29	Sam	Fuge	M			2919	01:23:29
2925	205	01:26:46	Derek	Hawkins	M	65		2924	01:24:16
2926	170	01:27:03	Keith	Skeggs	M	40		2926	01:24:23
2927	1906	01:27:31	Tracey	Davies	F	45		2923	01:23:47
2928	326	01:27:32	Sylvia	Hoyland	F	35		2920	01:23:33
2929	535	01:27:43	Paula	Stockley	F			2927	01:25:02
2930	582	01:28:42	Nik	Mellough	M			2928	01:25:03
2931	2819	01:28:46	Sarah	Fletcher	F	20		2929	01:25:04
2932	2966	01:28:58	Alison	Jones	F	50	Lliswerry Runners	2935	01:26:26
2933	3865	01:29:04	Paul	Williams	M	50		2931	01:25:21
2934	1691	01:29:16	Benjamin	Jones	M			2932	01:25:34
2935	3356	01:29:19	Victoria	Jones	F			2940	01:26:50
2936	3343	01:29:19	Nia	Jones	F			2941	01:26:50
2937	1393	01:29:24	Robert	Brandon	M	40		2942	01:27:24
2938	1408	01:29:24	Wendy	Ansell	F	40		2943	01:27:25
2939	890	01:29:32	Margaret	Herbert	F	55		2933	01:26:25
2940	889	01:29:32	Laura	Potticary	F			2934	01:26:25
2941	912	01:30:03	Emma	Baker	F			2937	01:26:41
2942	913	01:30:03	Wendy	Baker	F	45		2938	01:26:42
2943	2148	01:30:03	Paul	Gallagher	M	50		2944	01:27:27
2944	679	01:30:20	Ainsley	Evans	M			2936	01:26:38
2945	497	01:30:25	Sean	Price	M			2939	01:26:43
2946	1844	01:31:21	Alissa	Ansari	F	20		2945	01:27:39
2947	1703	01:31:27	Yasmin	Hudson	F	20		2946	01:27:45
2948	2344	01:31:40	Alafa-A Caroline	Gillis Edward Brown	F			2948	01:28:35
2949	594	01:32:10	Hannah	Bird	F	35		2947	01:28:27
2950	1868	01:32:57	Helen	Phillipart	F	45		2949	01:29:56
2951	3884	01:33:18	Idah	Khan	F			2957	01:31:13
2952	237	01:33:48	Anne	Miles	F	55		2956	01:31:09
2953	951	01:33:54	Emma	Withey	F	40		2951	01:30:14
2954	952	01:33:54	Vanessa	Cashmore	F	40		2950	01:30:14
2955	751	01:33:55	Andrea	Jenkins	F	45		2954	01:30:52
2956	750	01:33:55	Rebecca	Mainwaring	F			2953	01:30:52
2957	1639	01:34:17	Lauren	Jones	F	20		2958	01:31:26
2958	3882	01:34:33	Stephanie	Thompson	F			2952	01:30:44
2959	3337	01:34:50	Lindzi	Miller	F			2955	01:31:00
2960	3896	01:34:50	Alison	Fletcher	F	35		2959	01:31:34
2961	3260	01:38:23	Tracy	Elliston	F	50		2960	01:34:35
2962	3447	01:38:26	Marucs	Bowen	M			2964	01:36:10
2963	2625	01:38:51	Elizabeth	Davies	F	50		2961	01:35:22
2964	1647	01:38:58	Susan	Morgan	F	60		2962	01:35:29
2965	2373	01:39:04	Karen	Mcqueen	F			2963	01:35:59
2966	3414	01:40:02	Idris	Prosser	M	70		2966	01:36:20
2967	496	01:40:02	Paul	Price	M	55		2965	01:36:18
2968	525	01:40:30	Catherine	Atherton	F	35		2967	01:36:41

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2969	1704	01:40:35	Cerys	Gibbins	F	20		2968	01:36:53
2970	2617	01:41:32	Diane	Thompson	F			2969	01:38:20
2971	2409	01:41:33	Barry	Lewis	M			2970	01:38:21
2972	3563	01:42:47	Irene	Maggs	F	40		2971	01:39:24
2973	2745	01:42:48	Kathy	Davies	F	60		2972	01:39:25
2974	2120	01:43:09	Yvonne	Jardine	F	50		2977	01:41:10
2975	2122	01:43:10	Sabrina	Begum	F			2978	01:41:10
2976	1670	01:43:22	Megan	Jones	F	20		2976	01:40:40
2977	1663	01:43:23	Fran	Holt	F	20		2975	01:40:40
2978	2197	01:43:43	Uche	Otiegede	F			2973	01:40:35
2979	2196	01:43:43	Katie	Ruddy	F			2974	01:40:35
2980	3334	01:45:00	Meinir	Jones	F			2979	01:41:11
2981	3351	01:45:00	Susan	Lewis	F	50		2980	01:41:11
2982	3347	01:45:04	Mair	Wilson	F	50		2981	01:41:13
2983	3352	01:45:09	Eirian	Leonard	F	40		2983	01:41:18
2984	3332	01:45:09	Angharad	Stephens	F	35		2984	01:41:18
2985	3331	01:45:09	Bethan	Lewis	F			2982	01:41:17
2986	3350	01:45:11	Rhian	Davies	F	45		2985	01:41:22
2987	800	01:46:16	Anna	Naughton	F	60		2986	01:42:55
2988	759	01:46:17	Joanna	Jones	F	35		2987	01:42:57
2989	1895	01:47:03	Becky	Newman	F			2988	01:43:19
2990	885	01:47:04	Georgina	Potticary	F			2989	01:43:20
2991	891	01:47:05	Dianne	Potticary	F	55		2990	01:43:20
2992	1637	01:50:45	Emma	Thomas	F	20		2994	01:48:07
2993	1665	01:50:45	Sian	Jenkins	F	20		2995	01:48:07
2994	1728	01:50:45	Beth	Rees	F	20		2996	01:48:08
2995	3341	01:51:26	Emma	Thomas	F			2991	01:47:35
2996	363	01:51:34	James	Anthony	M	55		2992	01:47:51
2997	374	01:51:34	Valerie	Clarke	F	50		2993	01:47:51
2998	2938	01:55:27	Sandra	Beveridge	F	50		2997	01:52:22
2999	2929	01:55:27	Mirren	Beveridge	F	20		2998	01:52:24
3000	3878	01:58:29	Wanda	Woodward	F	60	Wheezels	2999	01:54:44
3001	3875	01:58:30	Paul	Coffey	M	50	Wheezels	3000	01:54:45
3002	534	02:04:47	Laura	Stockley	F			3001	02:02:06