

2013 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1	3	00:28:44	Peter	Emasse	M	J	RUN FAST	1	00:28:44
2	1	00:29:00	Bernard	Rotich	M		MOYO SPORTS	2	00:29:00
3	6	00:29:14	Nicolas	Torry	M		SERPENTINE RC	3	00:29:13
4	2	00:29:24	Boniface	Kongin	M		RUN FAST	4	00:29:24
5	8	00:29:57	Paul	Martelletti	M		RUN FAST	5	00:29:57
6	4	00:29:58	David	Webb	M		LEEDS CITY	6	00:29:58
7	18	00:30:24	Weynay	Ghebresalasia	M	J	BIRCHFIELD HARRIERS	7	00:30:24
8	13	00:30:25	Richard	Horton	M	J	SHAFTESBURY BARNET HARRIERS	8	00:30:25
9	3872	00:30:36	Dewi	Griffiths	M		SWANSEA HARRIERS	9	00:30:36
10	12	00:30:55	Tom	Merson	M		BRISTOL AND WEST AC	10	00:30:55
11	5	00:31:14	Frank	Tickner	M		WELLS CITY	11	00:31:14
12	9	00:31:19	Benjamin	Jones	M		COVENTRY GODIVA HARRIERS	12	00:31:18
13	10	00:31:22	Daniel	Woodgate	M		LUTON / ST MARYS UNIVERSITY	13	00:31:21
14	75	00:31:23	Jon	Hopkins	M		CARDIFF AAC	14	00:31:22
15	89	00:31:26	Ian	Williams	M		TIPTON	15	00:31:25
16	7	00:31:53	Peter	Huck	M		RUN FAST	16	00:31:52
17	90	00:32:11	Matt	Evans	M		SWANSEA HARRIERS	17	00:32:09
18	14	00:32:11	Harvey	Speed	M		COVENTRY GODIVA HARRIERS	18	00:32:10
19	76	00:32:12	Nathaniel	Lane	M		CARDIFF AAC	19	00:32:11
20	3482	00:32:13	Michael	Kallenberg	M		CARDIFF AAC	20	00:32:12
21	37	00:32:15	Phil	Matthews	M		SWANSEA HARRIERS	21	00:32:15
22	3859	00:32:18	Daniel	Rothwell	M		SWANSEA HARRIERS	22	00:32:17
23	22	00:32:19	Polline	Wanjiku	F		RUN FAST	23	00:32:18
24	1702	00:32:23	Thomas	Beedell	M		WOODFORD GREEN	24	00:32:23
25	61	00:32:26	Ricky	Challinor	M		LIVERPOOL	25	00:32:25
26	85	00:32:33	Graham	Breen	M		LES CROUPIERS	26	00:32:31
27	2585	00:32:49	Daniel	Clarke	M		COVENTRY GODIVA HARRIERS	27	00:32:47
28	2246	00:32:51	Scott	Hazell	M		COVENTRY GODIVA HARRIERS	28	00:32:48
29	71	00:32:53	Daniel	Bodman	M		ABERDARE VALLEY AAC	29	00:32:52
30	36	00:32:56	Matt	Collins	M		FAIRWATER RUNNERS	30	00:32:54
31	40	00:32:59	Matty	Edmunds	M		LLISWERRY RUNNERS	31	00:32:56
32	3798	00:33:05	Tes	Goitom	M		LES CROUPIERS	32	00:33:02
33	83	00:33:09	Jerome	Edwards	M		LES CROUPIERS	33	00:33:05
34	91	00:33:17	Matt	Harvey	M		NEATH HARRIERS	34	00:33:14
35	3442	00:33:21	Chris	Davies	M			35	00:33:18
36	657	00:33:30	Joshua	Griffiths	M	J	SWANSEA HARRIERS	36	00:33:28
37	17	00:33:32	Huw	Evans	M	40	LES CROUPIERS	37	00:33:30
38	3843	00:33:35	Elsidig	Ibrahim	M		CARDIFF AAC	38	00:33:32
39	63	00:33:37	Lee	Jones	M	40	DESSIDE AC	40	00:33:36
40	62	00:33:37	Brendan	Rothery	M		ERYRI HARRIERS	39	00:33:35
41	72	00:33:46	Matthew	Wells	M		BRIDGEND AC	41	00:33:43
42	2070	00:33:55	Oliver	Williams	M		LES CROUPIERS	42	00:33:52
43	2702	00:33:57	Tish	Jones	F		BELGRAVE HARRIERS	43	00:33:55
44	64	00:34:07	Chris	Evans	M		ERYRI HARRIERS	45	00:34:04
45	3164	00:34:08	Chris	Millington	M		LES CROUPIERS	44	00:34:04
46	65	00:34:22	Andy	Edwards	M		DEESTRIDERS	46	00:34:21
47	35	00:34:23	Daryll	Barnby	M		FAIRWATER RUNNERS	47	00:34:21
48	658	00:34:26	Scott	Campbell	M		WESTBURY HARRIERS	48	00:34:24
49	23	00:34:32	Gladys	Ruto	F		RUN FAST	49	00:34:30
50	73	00:34:35	Edward	Donovan	M		LES CROUPIERS	50	00:34:31
51	3158	00:34:41	Ifan	Richards	M		MEIRIONYDD RUNNING CLUB	51	00:34:38
52	92	00:34:45	Andrea	Whitcombe	F	40	SWANSEA HARRIERS	52	00:34:43
53	2454	00:34:50	Paul	Griffiths	M	45	NEATH HARRIERS	53	00:34:46
54	20	00:34:51	Katrina	Wootton	F		COVENTRY GODIVA HARRIERS	54	00:34:49
55	2854	00:34:56	Stephen	Thomas	M	45	ABERDARE VALLEY AAC	55	00:34:54
56	1356	00:35:00	Gareth	Ayres	M		PORT TALBOT HARRIERS	56	00:34:58
57	38	00:35:01	Mark	Jennings	M		FAIRWATER RUNNERS	57	00:34:58
58	1066	00:35:02	Simon	Beedell	M		CHILTERN HARRIERS AC	59	00:34:59
59	2444	00:35:03	Peter	Coles	M	50	PONTYPRIDD ROADENTS AC	58	00:34:59
60	43	00:35:05	Steffan	Sims	M	45	FAIRWATER RUNNERS	60	00:35:02
61	1514	00:35:07	Lee	Aherne	M	45	PARC BRYN BACH	61	00:35:05
62	2899	00:35:10	Richard	Wilder	M	40	SAN DOMENICO RRC	63	00:35:08
63	3391	00:35:11	Matthew	Jacklin	M		ABERDARE VALLEY AAC	62	00:35:08
64	1316	00:35:21	Matthew	Hurford	M	40	LES CROUPIERS	64	00:35:16
65	2875	00:35:27	Martin	Shaw	M	40	BRECON AC	66	00:35:26
66	26	00:35:28	Jenny	Jagger	F		BRISTOL AND WEST AC	65	00:35:26
67	3535	00:35:29	Ian	Harris	M		3MS GORSEINON RR	67	00:35:26
68	2475	00:35:35	Mike	Evans	M		TROTS	68	00:35:32
69	2077	00:35:35	Darren	Blazier	M	40	ABERGELE	69	00:35:32
70	2993	00:35:40	John	Rooney	M			70	00:35:34

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
71	77	00:35:41	Kate	Roberts	F		BRIDGEND AC	71	00:35:39
72	27	00:35:42	Claire	Jacobs	F		TIPTON	72	00:35:39
73	25	00:35:45	Emma	D'Alton	F	35	WESTBURY HARRIERS	73	00:35:41
74	385	00:35:46	Eamonn	Kirk	M	40	SWANSEA HARRIERS	74	00:35:43
75	1815	00:35:50	Royston	Whitehouse	M	50	NEATH HARRIERS	75	00:35:46
76	389	00:35:51	Richard	Copp	M			77	00:35:48
77	1055	00:35:56	Christopher	Silver	M			76	00:35:48
78	70	00:36:00	Chris	Yorke	M	45	NWRRC	78	00:35:58
79	3249	00:36:02	Michael	Dury	M		ISLWYN RC	79	00:35:59
80	68	00:36:07	Simon	Roberts	M	40	BUCKLEY RUNNERS	80	00:36:05
81	3560	00:36:17	Carl	Ellis	M		NEATH HARRIERS	81	00:36:12
82	3413	00:36:25	Owen	Flage	M	40	OLDHAM & ROYTON H & AC	83	00:36:22
83	448	00:36:26	Matthew	Reynolds	M			84	00:36:23
84	3295	00:36:28	Christopher	Jenkins	M		NEATH HARRIERS	86	00:36:25
85	2105	00:36:29	Chris	Fulcher	M	45	NEATH HARRIERS	85	00:36:24
86	3214	00:36:30	Antonio	Cirillo	M		SWANSEA HARRIERS	82	00:36:12
87	346	00:36:35	Emyr	Morgan	M	40	SOUTHAMPTON ATHLETIC CLUB	87	00:36:31
88	2607	00:36:38	Phil	Bristow	M	50	SAN DOMENICO RRC	89	00:36:34
89	1913	00:36:40	Philip	Kendrick	M	50	BRECON AC	90	00:36:37
90	2440	00:36:42	Kevin	Griffiths	M	45	TROTS	88	00:36:33
91	2894	00:36:43	Tim	Crossman	M	50		91	00:36:38
92	3360	00:36:43	Martin	Williams	M	45	LES CROUPIERS	92	00:36:40
93	246	00:36:50	Jason	Dickinson	M	45	TROTS	94	00:36:48
94	42	00:36:51	Steve	Davies	M	50	PONT Y PWL	93	00:36:48
95	44	00:37:03	Emma	Wookey	F	J	LLISWERRY RUNNERS	97	00:37:00
96	99	00:37:05	Ifan	Lloyd	M	50	SWANSEA HARRIERS	96	00:37:00
97	1650	00:37:05	Michael	Bryant	M			95	00:36:56
98	53	00:37:06	Emma	Crowe	F	40	WREXHAM AC	99	00:37:02
99	2569	00:37:08	Steve	Rhind	M	45		98	00:37:01
100	3453	00:37:11	Alun	Jones	M		LES CROUPIERS	100	00:37:07
101	2796	00:37:23	Adam	Grant	M			101	00:37:15
102	3161	00:37:23	David	Richardson	M			103	00:37:19
103	67	00:37:25	Andy	Campbell	M		WRECSAM TRI	105	00:37:23
104	1298	00:37:25	Paul	Clarke	M			102	00:37:18
105	2797	00:37:31	Alex	Clark	M			104	00:37:22
106	84	00:37:33	Samuel	Longville	M		CARDIFF AAC	107	00:37:30
107	2512	00:37:34	Peter	Osborne	M	50	LLANELLI AC	108	00:37:31
108	1968	00:37:41	Haydn	Hartnell	M	50	ISLWYN RC	109	00:37:36
109	252	00:37:45	Alex	Williams	M	45	PORT TALBOT HARRIERS	110	00:37:36
110	3778	00:37:48	Peter	Crane	M	50	NEATH HARRIERS	113	00:37:41
111	2838	00:37:48	Eddie	Campbell-Adams	M			112	00:37:38
112	3445	00:37:49	Andrew	Dwyer	M	45		111	00:37:37
113	665	00:37:51	Richard L	Jones	M	50		115	00:37:50
114	2191	00:37:53	Steven Warren	Dinham	M		PORT TALBOT HARRIERS	114	00:37:42
115	3698	00:37:57	Steve	Sanders	M		ADMIRAL	116	00:37:52
116	3875	00:38:01	Paul	Evans	M	45		106	00:37:26
117	1760	00:38:09	Kieran	John	M	J		117	00:38:05
118	1124	00:38:13	Eryl John	Husband	M	55	LANCASTER	121	00:38:09
119	3494	00:38:15	Mark	Finlayson	M		LES CROUPIERS	122	00:38:11
120	493	00:38:18	Louise	Bardsley	F		READING AC	124	00:38:14
121	2667	00:38:19	Llyr	Lewis	M			120	00:38:09
122	2888	00:38:21	Gareth	Poston	M			125	00:38:14
123	3592	00:38:23	Elysia	Ridley	F		SWANSEA HARRIERS	126	00:38:17
124	1591	00:38:23	Leyton	Fleet	M	40	FOREST OF DEAN AC	123	00:38:12
125	871	00:38:24	Benjamin	Bowen	M			119	00:38:08
126	2647	00:38:26	Tom	Lloyd	M			118	00:38:07
127	1251	00:38:26	Glyn	Sansom	M	50	SAN DOMENICO RRC	129	00:38:23
128	2867	00:38:27	Johnny	Lam	M	40	SAN DOMENICO RRC	130	00:38:23
129	2056	00:38:28	Kneath	Philippart	M	55	SWANSEA HARRIERS	127	00:38:20
130	486	00:38:28	John	George	M			132	00:38:24
131	822	00:38:29	Ceri	Davies	M		SAN DOMENICO RRC	128	00:38:20
132	98	00:38:31	Simon	Wilson	M	45	SWANSEA HARRIERS	133	00:38:26
133	2724	00:38:34	Callum	Bear	M	J	LLANELLI AC	134	00:38:30
134	1187	00:38:34	Nick	Reid	M			131	00:38:24
135	2940	00:38:44	Michael	Roderick	M		SWANSEA HARRIERS	135	00:38:38
136	2141	00:38:48	Michael	Murphy	M	55	LES CROUPIERS	137	00:38:42
137	3781	00:38:51	Katie	Hughes	F	35	WESTBURY HARRIERS	138	00:38:44
138	2760	00:38:52	Andrew	Charles	M			136	00:38:40
139	223	00:38:53	Simon	Thomas	M	40	FETCH EVERYONE	139	00:38:48
140	1205	00:38:55	Michael	Hodder	M			141	00:38:50

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
141	3162	00:38:56	Jack	Jones	M		SWANSEA HARRIERS	140	00:38:48
142	2900	00:38:57	Sally	Wilder	F		SAN DOMENICO RRC	142	00:38:51
143	3583	00:38:59	Paul	Price	M	45		144	00:38:54
144	3032	00:39:01	Stephen	Davies	M	55	MANSFIELD HARRIERS AC	145	00:38:54
145	2775	00:39:02	Rhodri	Evans	M			146	00:38:56
146	1168	00:39:02	John	Rees	M	50		148	00:38:58
147	2651	00:39:05	Vicky	Tester	F		WESTBURY HARRIERS	149	00:39:01
148	3547	00:39:10	Marley	Swindells	M			147	00:38:57
149	97	00:39:11	Ceri-Anne	Santos	F	J	SWANSEA HARRIERS	153	00:39:06
150	1950	00:39:12	Wayne	Bowen	M			143	00:38:51
151	741	00:39:14	Steve	Lawrence	M			154	00:39:08
152	3799	00:39:15	David	Garcia Ruiz	M			150	00:39:02
153	2280	00:39:15	Richard	Segust	M	45		151	00:39:05
154	1238	00:39:16	Karl	Eenmaa	M	40	PORT TALBOT HARRIERS	152	00:39:05
155	3329	00:39:18	Lee	Sandham	M	40	NEATH HARRIERS	155	00:39:11
156	977	00:39:18	Julian	Boon	M	40	FOREST OF DEAN AC	156	00:39:11
157	2181	00:39:20	Huw	Roberts	M	55	BRIDGEND AC	159	00:39:15
158	2177	00:39:26	Andrew	Morris	M			160	00:39:18
159	854	00:39:30	Ori	Bowen	M			157	00:39:14
160	82	00:39:30	Susan	Watson	F	45	LES CROUPIERS	163	00:39:24
161	1830	00:39:30	Steve	Williams	M	55	NEATH HARRIERS	162	00:39:24
162	1638	00:39:34	Attila	Garai	M	45		161	00:39:23
163	1133	00:39:39	Deborah	Steer	F	50	ST ALBANS STRIDERS	164	00:39:30
164	1960	00:39:40	Frankie	Ward	M	40		158	00:39:15
165	52	00:39:40	Nicola	Gething	F	40	PARC BRYN BACH	167	00:39:36
166	3501	00:39:41	Dale	Williams	M			168	00:39:36
167	721	00:39:41	Stefan	Goodwin	M			166	00:39:31
168	1167	00:39:44	Vincent	Brain	M			170	00:39:39
169	3536	00:39:47	Andrew	Blair	M	45	LES CROUPIERS	171	00:39:40
170	1599	00:39:49	William	Ferguson	M	45		169	00:39:38
171	1917	00:39:50	Chris	Allton	M	45	SWANSEA HARRIERS	172	00:39:43
172	1290	00:39:50	Keith	Thompson	M	50		174	00:39:45
173	3082	00:39:51	Ann	Thomas	F	45	TROTS	175	00:39:46
174	96	00:39:52	Ellen	Gallie	F		SWANSEA HARRIERS	179	00:39:47
175	2054	00:39:53	Adam	Morton	M			173	00:39:44
176	1910	00:39:53	Steven	Hooper	M	45	PONTYPRIDD ROADENTS AC	176	00:39:46
177	3777	00:40:00	Philip	Crane	M	50		181	00:39:54
178	2936	00:40:00	Alex	Lewis	M		NEATH HARRIERS	180	00:39:47
179	1664	00:40:01	Philip	Tucker	M			182	00:39:54
180	3399	00:40:02	Richard	Davies	M			165	00:39:30
181	3256	00:40:07	Robert	Evans	M	50	EBBW VALE RC	185	00:40:01
182	1315	00:40:08	Stephen	Cable	M		3MS GORSEINON RR	186	00:40:04
183	2321	00:40:11	Gair	Mcadie	M			178	00:39:47
184	3796	00:40:13	Neema	Mal	M		LES CROUPIERS	187	00:40:04
185	3055	00:40:15	Simon	Gill	M		LLISWERRY RUNNERS	188	00:40:05
186	312	00:40:15	Kevin	Jones	M	45	VEGAN RUNNERS UK	189	00:40:05
187	2997	00:40:17	Andrew	Davies	M			193	00:40:09
188	2028	00:40:17	Gabriella	Maine	F		LES CROUPIERS	194	00:40:11
189	634	00:40:18	Andrew	Brain	M			190	00:40:06
190	2968	00:40:18	Trystan	Daniels	M	J		177	00:39:47
191	2095	00:40:20	John	Crotty	M			192	00:40:08
192	1985	00:40:22	Tony	Wain	M	45	SERPENTINE RC	195	00:40:12
193	2794	00:40:22	Simon	Smith	M			184	00:40:00
194	2767	00:40:23	Jon	Hancock	M	40	TROTS	197	00:40:16
195	722	00:40:24	Julie	Evans	F	40		191	00:40:07
196	1565	00:40:24	Laurence	Worth	M	50	PEMBROKESHIRE HARRIERS	196	00:40:12
197	3468	00:40:26	Mick	Mcgeoach	M	55	LES CROUPIERS	198	00:40:17
198	2132	00:40:26	Terry	O'Brien	M	55		183	00:39:58
199	2862	00:40:30	James	Head	M		GLOUCESTER AC	199	00:40:22
200	51	00:40:30	Niki	Morgan	F	45	CHEPSTOW HARRIERS	202	00:40:25
201	3239	00:40:30	Jason	Lammie	M	40	SOUTHVILLE RUNNING CLUB	200	00:40:22
202	861	00:40:32	Rob	Falconer	M	55	SWANSEA HARRIERS	201	00:40:24
203	50	00:40:33	Lou	Summers	F	45	CHEPSTOW HARRIERS	205	00:40:30
204	54	00:40:36	Jay	Jennions	F		DEESTRIDERS	210	00:40:34
205	3108	00:40:38	Marcus	Bennetto	M	J	FOREST OF DEAN AC	203	00:40:29
206	1530	00:40:40	Adam	Flay	M			207	00:40:33
207	3546	00:40:41	Niki	Puleio	M			208	00:40:34
208	2758	00:40:42	Stephen	Raikes	M			209	00:40:34
209	3570	00:40:46	William	Edwards	M	40	PORTHCAWL HARRIERS	213	00:40:39
210	2011	00:40:48	Mark	Dunscombe	M	50	SARN HELEN	212	00:40:37

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211	1473	00:40:49	Dominic	Johnson	M			204	00:40:30
212	1190	00:40:50	Gareth	Harris	M			216	00:40:40
213	3699	00:40:54	Graham	Schultz	M		ADMIRAL	218	00:40:47
214	3873	00:40:55	Runner	3873	M			206	00:40:31
215	1883	00:40:57	Emyr	Jones	M	40		217	00:40:42
216	3062	00:40:58	Paul	Warlow	M			214	00:40:40
217	2646	00:40:58	Alun	Williams	M	50	FAIRWATER RUNNERS	215	00:40:40
218	2016	00:40:59	David.E	Williams	M	50	LES CROUPIERS	221	00:40:51
219	3302	00:41:03	Bernard	Henderson	M	55	PORT TALBOT HARRIERS	222	00:40:52
220	3857	00:41:03	Jeffrey	Davis	M	45		220	00:40:51
221	1868	00:41:07	Matt	Tooze	M	40		230	00:41:02
222	1286	00:41:08	Paul	Abraham	M	45		227	00:40:58
223	1844	00:41:09	Tim	Davies	M			219	00:40:49
224	1062	00:41:13	Gavin	Robertson	M			226	00:40:58
225	2370	00:41:14	Marcus	Coles	M	40	LES CROUPIERS	231	00:41:06
226	1425	00:41:14	Steven	Williams	M			229	00:41:01
227	1989	00:41:17	Matthew	Rees	M			224	00:40:54
228	3254	00:41:21	Derek	Hegarty	M	50		228	00:41:01
229	1137	00:41:21	David	Bembo	M	45		225	00:40:57
230	1506	00:41:22	Jonathan	Meadows	M			223	00:40:54
231	2929	00:41:28	Lloyd	Morgan	M		SAN DOMENICO RRC	234	00:41:19
232	712	00:41:29	Matthew	Lewis	M		LES CROUPIERS	233	00:41:17
233	1424	00:41:29	Jeremy	Forshew	M	45	LES CROUPIERS	232	00:41:17
234	1781	00:41:30	Howard	Kent	M	60	LES CROUPIERS	238	00:41:22
235	1043	00:41:31	Ashley	Pascoe	M	40		237	00:41:20
236	2844	00:41:31	Gerard	Howells	M	45	CHIPPENHAM HARRIERS	236	00:41:20
237	3621	00:41:35	Matthew	Crole-Rees	M		ADMIRAL	241	00:41:27
238	2616	00:41:37	Dale	Crutcher	M			243	00:41:28
239	3368	00:41:38	Paul	Morris	M	50	LES CROUPIERS	244	00:41:32
240	3437	00:41:41	Carol	Glover	F		SWANSEA HARRIERS	247	00:41:36
241	2421	00:41:42	Rebecca	Davies	F		WYE VALLEY RUNNERS	242	00:41:28
242	632	00:41:44	Simon	Partridge	M	60	NEATH HARRIERS	248	00:41:37
243	56	00:41:44	Michaela	Owen	F		CYBI STRIDERS	249	00:41:38
244	81	00:41:45	Kelly	Morgan	F	35	ABERDARE VALLEY AAC	251	00:41:41
245	2665	00:41:46	Nicola	Rimmer	F			253	00:41:41
246	47	00:41:49	Jade	Gittins	F		CAERLEON RC	254	00:41:44
247	1885	00:41:50	Paul	Whitmarsh	M		PENARTH & DINAS RUNNERS	245	00:41:32
248	1600	00:41:55	Alun	Board	M			235	00:41:19
249	2503	00:41:56	Matthew	Bound	M	40		240	00:41:24
250	1385	00:41:59	Robert	Bamsey	M	55	NEATH HARRIERS	260	00:41:54
251	1103	00:42:00	Jenny	Maddocks	F		ST ALBANS STRIDERS	258	00:41:50
252	2176	00:42:01	Neil	Stevens	M	40	EBBW VALE RC	256	00:41:50
253	3466	00:42:03	Paulo	Simoies	M			239	00:41:23
254	2331	00:42:06	Matthew	Jones	M			257	00:41:50
255	3143	00:42:10	Ben	Hubbard	M			250	00:41:39
256	2082	00:42:13	Ian	Hoskins	M	40	3MS GORSEINON RR	265	00:42:00
257	894	00:42:15	Mathew	Court	M			263	00:41:59
258	3734	00:42:16	Daniel	Thomas	M		ADMIRAL	211	00:40:36
259	3568	00:42:16	Richie	Hart	M	45		255	00:41:45
260	3362	00:42:19	Gerald	Brace	M	40		267	00:42:06
261	2630	00:42:21	Michael	Williams	M	40		259	00:41:52
262	1324	00:42:23	Huw	Rowcliffe	M		SARN HELEN	271	00:42:09
263	3282	00:42:25	Richard	Jones	M	55		273	00:42:11
264	887	00:42:25	Laura	Stockley	F			264	00:42:00
265	2907	00:42:26	Debbie	Evans	F	45	PENARTH & DINAS RUNNERS	269	00:42:08
266	876	00:42:26	Daniel	Henwood	M			246	00:41:33
267	2791	00:42:28	Angela	Jones	F	45	FAIRWATER RUNNERS	282	00:42:22
268	2985	00:42:29	Stephen	Hughes	M	J		278	00:42:19
269	3340	00:42:30	Richard	Pegler	M	40	FOREST OF DEAN AC	276	00:42:16
270	49	00:42:31	Ceri	Bartley	F		ISLWYN RC	289	00:42:26
271	3106	00:42:31	Jeffrey	Hanson	M	50		284	00:42:23
272	2199	00:42:33	Ricki	Morgan	M		LES CROUPIERS	277	00:42:19
273	2102	00:42:34	Daniel	Luffman	M	40		280	00:42:20
274	2834	00:42:35	Darren	Stevens	M	40		285	00:42:23
275	2863	00:42:35	Rory	Mathias	M			266	00:42:01
276	3572	00:42:35	John	Morris	M			252	00:41:41
277	2365	00:42:36	Sarah	Davies	F	35	OXFORD CITY AC	290	00:42:28
278	3093	00:42:36	Allen	Bunney	M	45	ABERDARE VALLEY AAC	283	00:42:23
279	2169	00:42:39	Sara	Thomas	F			279	00:42:20
280	2116	00:42:39	Alex	Humphreys	M			268	00:42:07

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
281	1773	00:42:39	Stephen	Thomas	M	50		275	00:42:15
282	2464	00:42:41	Tim	Jones	M			272	00:42:10
283	3091	00:42:42	Peter	Jones	M	55		261	00:41:54
284	1472	00:42:42	Colin	Thomason	M	45		274	00:42:13
285	1302	00:42:43	Lee	White	M			287	00:42:25
286	1447	00:42:45	Martin	Wootton	M			295	00:42:35
287	100	00:42:48	Jacqueline	Brace	F	50	BRIGEND AC	299	00:42:42
288	2012	00:42:51	Jon	Belcher	M			294	00:42:34
289	2719	00:42:52	Matthew	Tippins	M			286	00:42:24
290	2952	00:42:53	Daniel	Greenwell	M			270	00:42:09
291	1099	00:42:54	Stephen	Lisle	M			281	00:42:21
292	1786	00:42:55	Llyr	Ab Einion	M	J	ABERYSTWYTH AC	292	00:42:32
293	969	00:42:56	Jim	Storrar	M	50	FOREST OF DEAN AC	303	00:42:45
294	2502	00:42:58	Owen	Shadick	M			301	00:42:43
295	2287	00:42:58	Thomas	John	M	J	NEATH HARRIERS	310	00:42:51
296	994	00:42:58	Malcolm	Bradley	M	60	PENARTH & DINAS RUNNERS	298	00:42:39
297	2164	00:43:00	Andrew	Griffiths	M			296	00:42:36
298	1731	00:43:01	Andrew	Davies	M	40		300	00:42:42
299	255	00:43:01	Christine	Dight	F			293	00:42:34
300	1164	00:43:02	James	Kirkpatrick	M	50		311	00:42:51
301	2953	00:43:03	Philip	Meyler	M	55	PONTYPRIDD ROADENTS AC	319	00:42:54
302	3124	00:43:03	Peter	Moody	M	70	CARMARTHEN AND DISTRICT HARRIERS	325	00:42:57
303	621	00:43:04	Nick	Francis	M			309	00:42:51
304	442	00:43:05	Dr. Pushpa	Dissanayake	M			329	00:43:00
305	1376	00:43:05	Leann	Gibbs	F	40		318	00:42:54
306	2163	00:43:06	Simon	Hazel	M	40	LES CROUPIERS	312	00:42:52
307	2561	00:43:07	John	Gardener	M	70	PEMBROKESHIRE HARRIERS	306	00:42:50
308	3230	00:43:08	Andrew	Beaton	F	40		307	00:42:50
309	59	00:43:09	Lisa	Morley	F	40	WREXHAM AC	332	00:43:02
310	2038	00:43:09	Lisa	Cleary	F	45	PENARTH & DINAS RUNNERS	308	00:42:50
311	3147	00:43:10	Caroline	Blake	F	40		321	00:42:56
312	3632	00:43:11	Adam	Farrell	M		ADMIRAL	297	00:42:36
313	481	00:43:11	Hywel	Longman	M			313	00:42:52
314	2571	00:43:11	Roger	Capper	M	40		322	00:42:56
315	563	00:43:12	David	Pole	M	40		324	00:42:57
316	232	00:43:12	Owen	Thomas	M	45		330	00:43:02
317	2606	00:43:13	Calvin	Hold	M		SWANSEA HARRIERS	334	00:43:06
318	2793	00:43:14	Gareth	Morgan	M			320	00:42:56
319	3213	00:43:14	John	Magee	M		LES CROUPIERS	327	00:42:59
320	2883	00:43:14	Stephen	Poole	M	50	RHONDDA VALLEY RUNNERS	328	00:43:00
321	2109	00:43:15	James	Delaney	M	55		326	00:42:58
322	111	00:43:16	Tim	Ford	M	45		291	00:42:31
323	3020	00:43:17	Stella	Roushias	F		SWANSEA HARRIERS	314	00:42:52
324	1271	00:43:18	David	Moore	M			323	00:42:56
325	3355	00:43:18	Nick	Heard	M	55		302	00:42:44
326	45	00:43:21	Louise	Howells	F	35	LLISWERRY RUNNERS	346	00:43:16
327	3439	00:43:22	Daniel	Bolton	M			305	00:42:47
328	3366	00:43:23	Stuart	Macdonald	M			337	00:43:09
329	1810	00:43:24	Benjamin	Grice	M			335	00:43:07
330	1571	00:43:24	Matthew	Hudson	M			333	00:43:02
331	2326	00:43:25	Clive	Osmond	M	50	LES CROUPIERS	340	00:43:12
332	3353	00:43:26	Cain	Thomas	M	40		344	00:43:16
333	2786	00:43:29	Stephen	Bendle	M	45	SWANSEA HARRIERS	347	00:43:18
334	2931	00:43:30	Andy	Wayt	M	40		338	00:43:10
335	2553	00:43:32	Claire	Beatty	F	35	LES CROUPIERS	354	00:43:26
336	308	00:43:32	Paul	Wallis	M	40		342	00:43:14
337	2006	00:43:33	Owain	Morris	M			317	00:42:53
338	1036	00:43:35	Scott	Berry	M		FOREST OF DEAN AC	349	00:43:19
339	2010	00:43:35	Nina	Brocklebank	F	40	3MS GORSEINON RR	353	00:43:24
340	230	00:43:36	Craig	Jones	M			316	00:42:53
341	133	00:43:36	Dominic	Shields	M	45	SAN DOMENICO RRC	348	00:43:18
342	2205	00:43:37	Rod	Davies	M			350	00:43:20
343	1196	00:43:39	Mary	Bowen-Rees	F	50	TROTS	362	00:43:31
344	2576	00:43:40	Aron	Jones	M			358	00:43:30
345	2443	00:43:40	Tom	Avington	M			288	00:42:25
346	1169	00:43:41	Ruth	Treharne	F	45	ISLWYN RC	345	00:43:16
347	58	00:43:41	Tracey	Llewlynn	F	35	CYBI STRIDERS	366	00:43:35
348	3829	00:43:41	Steve	Porter	M	40		341	00:43:14
349	1445	00:43:42	Phill	Hopkinson	M			360	00:43:30
350	714	00:43:43	Jonathan	Bowen	M			315	00:42:52

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
351	2228	00:43:44	Daniel	Manning	M	J		351	00:43:20
352	2941	00:43:44	Richard	Drewett	M	45		367	00:43:37
353	3849	00:43:45	Sean	Woodman	M		ADMIRAL	368	00:43:37
354	1047	00:43:45	Caerwyn	Ash	M			262	00:41:55
355	2581	00:43:45	John	Bibby	M	45		343	00:43:15
356	2466	00:43:47	Alex	Pirie	M			331	00:43:02
357	2675	00:43:47	Paul	Nowaczek	M	40		359	00:43:30
358	1621	00:43:48	John	Evans	M	45		361	00:43:31
359	1984	00:43:48	Sarah	Knox	F	40	SERPENTINE RC	357	00:43:28
360	2850	00:43:51	Natalie	Crane	F	35		371	00:43:39
361	1301	00:43:53	Andrew	Hughes	M	40		370	00:43:38
362	816	00:43:54	Kevin	Pugh	M	45		364	00:43:32
363	2733	00:43:57	Emma	Lloyd	F	35		355	00:43:26
364	3848	00:43:58	Sandrine	Gorin	M			369	00:43:38
365	3622	00:43:59	Jos	Davies	F	35	ADMIRAL	339	00:43:11
366	1289	00:43:59	Phillip	Watts	M			385	00:43:49
367	3764	00:44:00	Richard	Elgar	M		LLISWERRY RUNNERS	378	00:43:42
368	2061	00:44:02	John	Redmond	M	40		380	00:43:47
369	3874	00:44:02	Peter	Walters	M	50	TROTS	384	00:43:49
370	2352	00:44:04	James	Chess	M			392	00:43:53
371	3224	00:44:04	Richard	Dennant	M	50	FOREST OF DEAN AC	391	00:43:52
372	2476	00:44:05	Louise	Jones-Evans	F	45		382	00:43:48
373	2872	00:44:05	Bill	Leslie	M	40	AMMAN VALLEY HARRIERS	352	00:43:22
374	1965	00:44:06	Mark	Bryant	F	45		373	00:43:39
375	1174	00:44:07	Jon	Chapple	M	40		377	00:43:42
376	2996	00:44:09	John	Marson	M	40	SOSPAN ROAD RUNNERS	398	00:43:56
377	3104	00:44:09	Tim	Green	M	45	LES CROUPIERS	356	00:43:27
378	441	00:44:10	Stephanie	Gibson	F			393	00:43:54
379	706	00:44:11	Gareth	Parry	M			383	00:43:49
380	3316	00:44:12	Jamie	Richmond	M			363	00:43:32
381	2683	00:44:13	David	Howell	M			376	00:43:41
382	2887	00:44:13	Andrew	Williams	M			374	00:43:40
383	3803	00:44:15	Trevor	Hedges	M			365	00:43:35
384	2216	00:44:15	Mike	Griffiths	M	40		388	00:43:51
385	3002	00:44:16	Michael	Davies	M	60	LES CROUPIERS	394	00:43:54
386	2480	00:44:16	Brian	Bromfield	M	50		336	00:43:08
387	2046	00:44:18	Chris	Rees	M			402	00:44:01
388	877	00:44:18	Jon	Trew	M			410	00:44:10
389	3126	00:44:19	Simon	Batty	M	45		403	00:44:02
390	769	00:44:19	Darren	Way	M	40	BITTON ROAD RUNNERS	409	00:44:09
391	2672	00:44:21	Matthew	Rees	M			407	00:44:06
392	3120	00:44:24	Helen	Jones	F	40		404	00:44:04
393	78	00:44:25	Shelley	Brace	F		STOKE	419	00:44:20
394	2598	00:44:26	Wayne	Jones	M	40	BRECON AC	395	00:43:55
395	2890	00:44:27	Ioan	Davies	M			375	00:43:41
396	2705	00:44:28	Samuel	Young	M	J		304	00:42:46
397	2809	00:44:29	Morgan	Allen	M	50	PEMBROKESHIRE HARRIERS	408	00:44:07
398	1417	00:44:31	Paul	Davies	M			415	00:44:12
399	3825	00:44:31	Rhun	Llwyd	M			400	00:44:00
400	3459	00:44:32	Ruth	Barrett	F		SAN DOMENICO RRC	426	00:44:27
401	3221	00:44:32	Andrew	Lucas	M	50	3MS GORSEINON RR	381	00:43:48
402	2822	00:44:33	Robert	Evans	M	40		423	00:44:23
403	1771	00:44:33	Andrew	Hilton	M	40		379	00:43:46
404	3770	00:44:34	David	Phelps	M			416	00:44:13
405	2254	00:44:34	Martin	Slucutt	M		SWANSEA HARRIERS	387	00:43:51
406	146	00:44:34	Justin	Showell	M	40	FENLAND RC	411	00:44:10
407	48	00:44:34	Emma	Bayliss	F		PONT Y PWL	433	00:44:30
408	3840	00:44:35	Aine	Kenny	F			389	00:43:52
409	499	00:44:35	Matthew	Rees	M			396	00:43:55
410	2088	00:44:36	Darren	Chapple	M		RUN4ALL RUNNING CLUB	406	00:44:05
411	1322	00:44:36	Kerrith	Ashby	M	40		397	00:43:55
412	3484	00:44:37	Paul	Davies	M	45	PORT TALBOT HARRIERS	390	00:43:52
413	1907	00:44:38	Ioan	Richards	M			422	00:44:23
414	3117	00:44:38	Jason	Evans	M			418	00:44:16
415	3686	00:44:39	Garan	Pieniazek	M		ADMIRAL	420	00:44:20
416	2816	00:44:41	Rob	Morgan	M	40		412	00:44:10
417	961	00:44:41	Dawn	Kenwright	F	55	SARN HELEN	432	00:44:29
418	1024	00:44:42	Heath	Brett	M	40		405	00:44:04
419	2513	00:44:43	Adrian	Thornhill	M	45		414	00:44:12
420	560	00:44:43	Ryan	Herbert	M	J		440	00:44:37

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
421	2377	00:44:44	Graham	Colvin	M	50	CELTIC TRI	435	00:44:33
422	3842	00:44:47	Martin	Turton	M	45	TEAM DEVIANT	425	00:44:25
423	1922	00:44:47	David	Way	M			428	00:44:28
424	2195	00:44:47	Darren	Mamiso	M			434	00:44:32
425	829	00:44:50	Alan	Robertson	M	55	FOREST OF DEAN AC	438	00:44:35
426	597	00:44:50	Suz	West	F	35	BOURNEVILLE HARRIERS	427	00:44:27
427	2861	00:44:51	Lloyd	Griffiths	M			443	00:44:38
428	488	00:44:51	Colin	Wellstead	M	45		399	00:43:56
429	1646	00:44:53	Nick	Hedges	M	40		446	00:44:40
430	3412	00:44:54	Keri	Phillips	M	45		417	00:44:16
431	2648	00:44:56	Jonathan	Roberts	M	45		439	00:44:36
432	476	00:44:56	Sharon	Anderson	F	45		449	00:44:43
433	1257	00:44:58	Elizabeth	Bretherton	F			413	00:44:12
434	2192	00:44:59	Michael	Elliston	M	40	LES CROUPIERS	453	00:44:46
435	3448	00:44:59	Martin	Reed	M	50		442	00:44:38
436	3427	00:45:00	John	Seaward	M		SAN DOMENICO RRC	451	00:44:45
437	1691	00:45:01	Joanna	Griffiths	F			461	00:44:53
438	3268	00:45:02	James	Roberts	M			424	00:44:25
439	3562	00:45:02	Esther	Williams-Kadiri	F	40		431	00:44:28
440	3561	00:45:02	Adewale	Kadiri	M	45	PURPLE PATCH RUNNERS	429	00:44:28
441	3060	00:45:03	Lucille	Gummerson	F	40		448	00:44:43
442	2516	00:45:07	Gareth	Davies	M			421	00:44:21
443	1988	00:45:08	John	Rees	M			460	00:44:52
444	1171	00:45:09	Lloyd	West	M	50		450	00:44:43
445	286	00:45:10	Janet	Richards	F	45	LLISWERRY RUNNERS	467	00:44:56
446	2387	00:45:11	James	Ferguson	M	40		386	00:43:50
447	134	00:45:12	Marcia	Smith	F		SAN DOMENICO RRC	464	00:44:54
448	3310	00:45:12	Lana	Brace	F	40		468	00:44:58
449	2373	00:45:13	Seamus	Gallagher	M		SAN DOMENICO RRC	465	00:44:55
450	2690	00:45:13	Iwan	Hughes	M	40		462	00:44:54
451	1641	00:45:13	Hannah	Thomas	F			466	00:44:56
452	3014	00:45:14	Brian	Downey	M	50	ABM MOB BOTS	452	00:44:46
453	2108	00:45:15	Kevin	Fitzgerald	M	65		456	00:44:51
454	3406	00:45:15	Mark	Greenslade	M			459	00:44:52
455	2857	00:45:15	SiGn	Phillips	F	50	SWANSEA HARRIERS	444	00:44:38
456	686	00:45:17	Nicky	Cordiner	M	40		437	00:44:35
457	2827	00:45:17	Brian	Gough	M	70	PONTYPRIDD ROADENTS AC	481	00:45:07
458	2551	00:45:19	Derek	Fenton	M	50		472	00:44:59
459	1131	00:45:19	James	Jones	M			457	00:44:51
460	2057	00:45:21	Steve	Roberts	M	45		454	00:44:48
461	1843	00:45:21	Daneen	Hughes	F		WYE VALLEY RUNNERS	470	00:44:59
462	254	00:45:21	Johnathan	Dight	M			463	00:44:54
463	2399	00:45:22	Geoffrey	Pearson	M	50		445	00:44:39
464	2405	00:45:23	Mark	Johnson	M			436	00:44:34
465	1267	00:45:24	Rod	Harris	M	45		471	00:44:59
466	2146	00:45:24	Sam	Jones	M	J		372	00:43:39
467	3654	00:45:25	Matthew	Hooper	M		ADMIRAL	491	00:45:14
468	1026	00:45:25	Rhodri	Lewis	M			497	00:45:18
469	1857	00:45:26	Andrew	Smedley	M			469	00:44:58
470	3677	00:45:26	Steven	Mccuaig	M		ADMIRAL	441	00:44:37
471	1841	00:45:27	Alan	Watts	M			500	00:45:19
472	2171	00:45:28	Richard	Morgan	M			494	00:45:16
473	3794	00:45:29	Lyn	Thomas	M			401	00:44:00
474	2483	00:45:33	Mario	Rabaiotti	M	50	PORT TALBOT HARRIERS	480	00:45:07
475	2411	00:45:33	Michael	Davies	M	50		477	00:45:05
476	1285	00:45:34	Ian	Nash	M	45	BITTON ROAD RUNNERS	508	00:45:26
477	668	00:45:35	Robert	Bevan	M	40		492	00:45:14
478	2559	00:45:36	David	Thomas	M			514	00:45:28
479	303	00:45:36	Mark	Lewis	M			488	00:45:13
480	3661	00:45:37	Ross	Jones	M		ADMIRAL	430	00:44:28
481	1849	00:45:38	Richard	Tate	M	45		493	00:45:15
482	2544	00:45:38	Robert	Jones	M	45		478	00:45:05
483	2706	00:45:39	Noelwyn	Daniel	M	45		473	00:44:59
484	2047	00:45:40	Catharine	Bleasdale	F	45	TROTS	501	00:45:19
485	2614	00:45:40	Michael	Rossiter	M	50	LES CROUPIERS	455	00:44:48
486	305	00:45:41	Andrew	Bartle	M			519	00:45:36
487	1609	00:45:42	Stephen	Riseley	M	50		486	00:45:12
488	1075	00:45:43	Ceri	Stone	M	45		489	00:45:13
489	3286	00:45:43	Kevin	Jenkins	M	50	TROTS	504	00:45:22
490	2958	00:45:43	Joshua	Cantrill	M			490	00:45:13

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
491	2918	00:45:43	Mark	Jones	M			474	00:45:01
492	1648	00:45:44	Jonc	Cousins	M	40		506	00:45:24
493	1035	00:45:45	Peter	Cook	M	40	READING AC	483	00:45:10
494	3346	00:45:45	Paul	Davies	M	40		484	00:45:10
495	2889	00:45:46	Wendy	Owen	F	40	SAN DOMENICO RRC	496	00:45:18
496	1468	00:45:47	Andrea	Hurman	F	45	PENARTH & DINAS RUNNERS	476	00:45:05
497	1507	00:45:49	Claire	Conway	F			502	00:45:20
498	1060	00:45:49	Mike	Lane	M		BLACK PEAR JOGGERS	475	00:45:03
499	2823	00:45:49	Rachel	Evans	F	40		507	00:45:25
500	1956	00:45:50	Matthew	Williams	M			513	00:45:26
501	331	00:45:52	Colin	Spence	M	60	SOUTHVILLE RUNNING CLUB	510	00:45:26
502	3064	00:45:52	Barry	Morgan	M		BRACKLA HARRIERS	511	00:45:26
503	3502	00:45:53	Rich	Skyrme	M			482	00:45:09
504	164	00:45:53	Adam	Cooke	M			521	00:45:40
505	3650	00:45:55	Chris	Hinchey	M		ADMIRAL	503	00:45:21
506	3378	00:45:56	Robert	Gray	M	50		533	00:45:50
507	1744	00:45:56	Lucy	Boucher	F			509	00:45:26
508	754	00:45:59	David	Freeman	M			534	00:45:50
509	3533	00:45:59	Dean	Thomas	M	40		538	00:45:51
510	3077	00:46:00	Matthew	Cook	M			535	00:45:50
511	1272	00:46:00	Aled	Hughes	M		CWM OGWR RUNNING CLUB	485	00:45:11
512	3261	00:46:01	Mark	Prior	M			505	00:45:24
513	3130	00:46:03	Joanne	Tucker	F	40	LES CROUPIERS	499	00:45:19
514	2166	00:46:03	Stephen	Murphy	M			529	00:45:47
515	2971	00:46:06	Carwyn	Jenkins	M	40	3MS GORSEINON RR	495	00:45:16
516	57	00:46:08	Jo	Mcdonough	F		PRESTATYN RC	552	00:46:01
517	3759	00:46:08	Lloyd	Harris	M		EBBW VALE RC	517	00:45:35
518	2525	00:46:09	Caroline	Jones	F	50	TROTS	545	00:45:56
519	3793	00:46:09	Ifan	Williams	M	J		447	00:44:41
520	304	00:46:10	Antony	Metcalfe	M	40		523	00:45:40
521	580	00:46:11	Steven	Badger	M	40		515	00:45:28
522	2859	00:46:12	Jamey	Taylor	M			498	00:45:18
523	3354	00:46:12	Jon	Young	M			516	00:45:30
524	1040	00:46:13	Wayne	Holford	M			549	00:46:00
525	1704	00:46:14	James	Davies	M			487	00:45:12
526	1359	00:46:16	Christopher	Moore	M	55	FOREST OF DEAN AC	547	00:45:58
527	641	00:46:17	Samuel	Tucker	M			537	00:45:51
528	1224	00:46:17	Leighton	Gardner	M	45	SWANSEA HARRIERS	568	00:46:10
529	873	00:46:18	Barry	Griffiths	M	45	BRECON AC	532	00:45:48
530	1180	00:46:18	David	Driscoll	M			522	00:45:40
531	2023	00:46:19	Clive	Greaves	M	45	3MS GORSEINON RR	544	00:45:55
532	3203	00:46:19	Alistair	Thomson	M			526	00:45:42
533	2035	00:46:20	Paul	Brown	M	40		556	00:46:03
534	3837	00:46:20	Sally	Munro	F	35		546	00:45:56
535	2390	00:46:22	Ian	Ranft	M			458	00:44:52
536	3706	00:46:22	Darren	Thomas	M		ADMIRAL	539	00:45:53
537	3551	00:46:22	Lee	Griffiths	M	40	ABERDARE VALLEY AAC	548	00:45:59
538	2465	00:46:22	Dan	Steele	M			518	00:45:36
539	2919	00:46:25	Kirsty	Ellis	F			524	00:45:41
540	265	00:46:25	Keith	Powell	M	55	TROTS	559	00:46:05
541	760	00:46:26	Robert	Evans	M	40	FAIRLANDS VALLEY SPARTANS	531	00:45:47
542	2670	00:46:28	Owen	Bodger	M	40		530	00:45:47
543	3380	00:46:28	Clara	Evans	F	J	HEREFORD & COUNTY AC	550	00:46:00
544	2942	00:46:30	Julie	Scholey	F	50	LES CROUPIERS	577	00:46:19
545	1226	00:46:30	Keith	Verheyden	M	50	FETCH EVERYONE	542	00:45:54
546	1434	00:46:30	Jonathan	Kinnear	M	45		558	00:46:04
547	471	00:46:30	Caryl	Davies	F		SARN HELEN	566	00:46:08
548	3388	00:46:30	Christina	Smith	F	50	3MS GORSEINON RR	565	00:46:07
549	1287	00:46:31	Jim	Holland	M	40		569	00:46:14
550	1446	00:46:31	Gareth	Jenkins	M		CWM OGWR RUNNING CLUB	557	00:46:04
551	3785	00:46:32	Richard	Thomas	M	40		567	00:46:09
552	1957	00:46:33	Mike	Wade	M	50		525	00:45:41
553	2346	00:46:33	Antony	Evans	M		WYE VALLEY RUNNERS	560	00:46:05
554	3550	00:46:35	Scott	Gray	M			584	00:46:30
555	1121	00:46:36	Nick	Wellsted	M	40	FOREST OF DEAN AC	541	00:45:54
556	1362	00:46:37	Brian	Francis	M	50	FOREST OF DEAN AC	574	00:46:18
557	1313	00:46:37	Joseph	Hawkins	M			570	00:46:16
558	1920	00:46:39	Andrew	Dunscombe	M	45		562	00:46:06
559	2535	00:46:40	Steven	Phillips	M			575	00:46:18
560	2605	00:46:40	Rod	Perons	M	50	LES CROUPIERS	527	00:45:43

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
561	2256	00:46:41	Llinos	Jones	F		AMMAN VALLEY HARRIERS	540	00:45:53
562	1266	00:46:41	Caroline	Harris	F	45	OUTDOOR FITNESS	571	00:46:16
563	3348	00:46:42	Jenny	Martin	F		LES CROUPIERS	536	00:45:50
564	1146	00:46:43	Andrew	Blackman	M	55	WYE VALLEY RUNNERS	564	00:46:06
565	3277	00:46:44	Jason	Benson	M			528	00:45:45
566	1964	00:46:45	Louise	Piper-Jones	F	35	PORTHCAWL HARRIERS	572	00:46:16
567	1310	00:46:47	Geraint	Hussey	M	40		543	00:45:55
568	1817	00:46:47	Russell	Crocker	M	40		555	00:46:03
569	2304	00:46:48	Andrew	Proctor	M			582	00:46:27
570	2499	00:46:49	Paul	Jones	F	40	ABM ITU INOTROOPS	553	00:46:01
571	3142	00:46:50	Ainsley	Evans	M			596	00:46:37
572	1508	00:46:50	Gary	Davidson	M	50		586	00:46:30
573	1933	00:46:52	Sara	Gwynn	F			602	00:46:46
574	926	00:46:53	Andrew	Gibbs	M			592	00:46:34
575	1694	00:46:54	Robert	Freeman	M	40	FOREST OF DEAN AC	598	00:46:42
576	2183	00:46:55	Richard	Weller	M	45		573	00:46:16
577	69	00:46:55	Chris	Scott	M	40		585	00:46:30
578	1812	00:46:55	Gary	Bodman	M	50	LES CROUPIERS	551	00:46:01
579	2008	00:46:57	Hywel	Williams	M			583	00:46:30
580	3807	00:46:57	Andrew	Downie	M		LC COBRAS	578	00:46:22
581	897	00:46:58	Rhydderch	Wilson	M	40		512	00:45:26
582	2543	00:46:58	Neil	Watkins	M	45		554	00:46:01
583	1240	00:46:59	James	Ace	M			479	00:45:06
584	1132	00:46:59	Nigel Ian	Sutton	M	55		579	00:46:26
585	675	00:47:00	Paul	Furlong	M	65	PENARTH & DINAS RUNNERS	610	00:46:52
586	903	00:47:00	William	Short	M			590	00:46:32
587	3188	00:47:01	Kathryn	Holley	F		EBBW VALE RC	580	00:46:27
588	1862	00:47:01	Dominic	Morris	M	J	RUN4ALL RUNNING CLUB	588	00:46:30
589	694	00:47:03	Robin	D'Arcy	M			581	00:46:27
590	166	00:47:04	Neil	Thomas	M	60		597	00:46:38
591	2632	00:47:04	Ceri	Jones	M	45		616	00:46:55
592	859	00:47:04	Peter	Abbott	M			576	00:46:18
593	3370	00:47:06	Niall	O'Brien	M			589	00:46:31
594	2954	00:47:06	Bob	Woolterton	M	65		614	00:46:55
595	2727	00:47:07	Reuben	Morgan	M			618	00:46:56
596	1071	00:47:11	Steffan	Davies	M			591	00:46:33
597	758	00:47:11	Jeff	Deere	M	60		606	00:46:50
598	2364	00:47:12	Stuart	Evans	M			600	00:46:45
599	869	00:47:12	Bryan	Meredith	M	50	RHONDDA VALLEY RUNNERS	599	00:46:43
600	2855	00:47:17	Brendan	Price	M			627	00:47:00
601	276	00:47:18	Michael	Powell	M			604	00:46:47
602	3495	00:47:18	Geraint	Pritchard	M	40		615	00:46:55
603	943	00:47:20	Clint	Welson	M		WYE VALLEY RUNNERS	634	00:47:03
604	3530	00:47:21	Kyle	Winter	M			617	00:46:56
605	1366	00:47:22	Jamie	Clode	M			630	00:47:02
606	253	00:47:22	Andrea	Williams	F	40	PORT TALBOT HARRIERS	644	00:47:13
607	3446	00:47:24	Carolynne	Sanders	F	40	MALVERN JOGGERS	629	00:47:01
608	1328	00:47:24	Adrian	Luckman	M	45		613	00:46:52
609	343	00:47:25	Alex	Grove	M			601	00:46:46
610	904	00:47:25	William	Daniels	M			620	00:46:57
611	3220	00:47:25	Gareth	Nicholas	M	55		608	00:46:50
612	3101	00:47:28	Gareth	Davies	M	40		649	00:47:17
613	1516	00:47:29	Brian	Loneragan	M			611	00:46:52
614	1261	00:47:32	Russell	Davies	M	45		651	00:47:18
615	3692	00:47:33	Darren	Ritchie	M		ADMIRAL	624	00:46:59
616	3232	00:47:33	Stephanie	Doyle	F			603	00:46:46
617	1636	00:47:33	Stephen	Milburn	M	50		636	00:47:07
618	3257	00:47:33	Louise	Evans	F	45	EBBW VALE RC	626	00:46:59
619	1912	00:47:34	Jamie	Sampson	M	40		621	00:46:58
620	466	00:47:34	Kerry	Williams	M			605	00:46:49
621	2342	00:47:37	Carwyn	Evans	M			638	00:47:09
622	3664	00:47:37	Geraint	Jones	M		ADMIRAL	595	00:46:36
623	3619	00:47:37	John	Coles	M		ADMIRAL	593	00:46:35
624	2245	00:47:38	Amy	Edwards	F		RHONDDA VALLEY RUNNERS	641	00:47:11
625	3576	00:47:39	Helen-Marie	Davies	F	35	SWANSEA HARRIERS	645	00:47:14
626	2860	00:47:39	Tim	Padfield	M	45		647	00:47:16
627	3625	00:47:41	Alex	Deem	M		ADMIRAL	653	00:47:18
628	3096	00:47:41	Katrina	Wheadon	F		ROYAL WOOTON BASSETT HOUNDS RC	594	00:46:36
629	3233	00:47:41	Jason	Smith	M	40	WYE VALLEY RUNNERS	635	00:47:05
630	3408	00:47:42	Dafydd	Lewis	M			520	00:45:37

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
631	1608	00:47:42	Lawrence	Chancer	M			650	00:47:17
632	1323	00:47:42	Tim	Godfrey	M			642	00:47:12
633	3373	00:47:42	Andy	Rees	M	50		648	00:47:16
634	1579	00:47:42	Matthew	Marsden	M	40		623	00:46:59
635	467	00:47:42	Kate	Russell	F	35		637	00:47:08
636	2126	00:47:44	Graham	Huxtable	M	50		632	00:47:03
637	3308	00:47:44	Huw	Davies	M	40		633	00:47:03
638	2302	00:47:44	Martin	Foster	M	55		658	00:47:26
639	3283	00:47:44	Simon	Evans	M			587	00:46:30
640	2196	00:47:46	Richard	Collier	M			561	00:46:05
641	2893	00:47:48	Dave	Hope	M	50	ABM ITU INOTROOPS	628	00:47:01
642	1198	00:47:48	Julie	Cooke	F	55		622	00:46:58
643	2716	00:47:52	Brenda	Avery	F	60	CHEPSTOW HARRIERS	679	00:47:40
644	2395	00:47:53	Hoey	Lee	M	J		657	00:47:24
645	2802	00:47:53	Gary	Cleaves	M	55	EBBW VALE RC	609	00:46:51
646	3543	00:47:55	Stephen	Harris	M			674	00:47:38
647	306	00:47:58	Andrew	Stoneman	M			686	00:47:45
648	60	00:47:58	Emma	Collins	F	50	DENBIGH RUNNERS	698	00:47:54
649	1475	00:47:58	Jordan	Discombe	M			685	00:47:44
650	1211	00:47:58	Neil	Willis	M			607	00:46:50
651	513	00:47:58	Andrew	Davies	M	40		631	00:47:02
652	3631	00:48:00	Rob	Fairclough	M	50	ADMIRAL	662	00:47:28
653	2729	00:48:00	Lyndsey	Paolella	F			664	00:47:29
654	1906	00:48:00	Tony	Baker	M	45		671	00:47:36
655	2382	00:48:03	Andrew	Thomas	M	45		690	00:47:48
656	2293	00:48:03	Philippa	Sampson	F	45		661	00:47:27
657	2583	00:48:05	Ralph	Lloyd	M	50	WYE VALLEY RUNNERS	625	00:46:59
658	184	00:48:05	David	Hebbes	M	60		667	00:47:31
659	2003	00:48:05	Debbie	Cockram	F	45	FAIRWATER RUNNERS	675	00:47:38
660	2014	00:48:06	Rachel	Bowen	F	35		639	00:47:10
661	2068	00:48:07	Tim	Washbrook	M			684	00:47:44
662	2766	00:48:08	Anthony	Harris	M			655	00:47:20
663	1914	00:48:08	Cyril	Walters	M	65	TROTS	687	00:47:46
664	2852	00:48:08	Laura	Rose	F			668	00:47:35
665	3146	00:48:09	Brendan	Sweeney	M	45		646	00:47:16
666	2564	00:48:10	Gavin	Davies	M			660	00:47:26
667	1637	00:48:10	Jeffrey	Dong	M	40		643	00:47:13
668	479	00:48:10	Sarah	Travers	F	40		677	00:47:40
669	1859	00:48:11	Luke	Daniel	M			612	00:46:52
670	2843	00:48:13	Jayne	Howells	F	45	CHIPPENHAM HARRIERS	693	00:47:49
671	3336	00:48:14	Brian	Fox	M	65		702	00:47:58
672	3023	00:48:16	Arjun	Nambiar	M		ABM UROLOGY UNITED	619	00:46:57
673	3300	00:48:17	Dean	Cartwright	M	40		676	00:47:38
674	3042	00:48:20	Stephen	Lloyd	M			705	00:48:02
675	2363	00:48:21	Marc	Davies	M			688	00:47:47
676	3247	00:48:22	Andrew	Evans	M	50		670	00:47:36
677	3588	00:48:22	Barrie	Roberts	M	70	BOURNEVILLE HARRIERS	691	00:47:48
678	1444	00:48:23	Liam	Davies	M	55	FETCH EVERYONE	692	00:47:48
679	1378	00:48:26	Tony	Bell	M	40		640	00:47:10
680	572	00:48:27	Stephen	Owen	M	55	LES CROUPIERS	659	00:47:26
681	949	00:48:29	Emma	Parsons	F	40		680	00:47:41
682	603	00:48:31	Nick	Meek	M	45		696	00:47:51
683	1946	00:48:32	Ben	Adams	M		RUN4ALL RUNNING CLUB	689	00:47:47
684	398	00:48:32	Brian	Griffiths	M	55	ELLESMERE PORT RC	695	00:47:51
685	2033	00:48:33	Lizzy	Felton	F			708	00:48:03
686	2771	00:48:33	Richard	Broad	M	65		683	00:47:43
687	2788	00:48:35	Gareth	Phillips	M	50		663	00:47:29
688	3627	00:48:35	Luke	Dorrington	M		ADMIRAL	665	00:47:30
689	1432	00:48:35	Jan	Edwards	F	55	WYE VALLEY RUNNERS	718	00:48:16
690	359	00:48:36	Vaughan	Budd	M			682	00:47:41
691	1512	00:48:36	Adam	Gittoes	M			681	00:47:41
692	3048	00:48:37	Peter	Cucuz	M			719	00:48:16
693	1197	00:48:38	Ronald	Anthony	M	60	TROTS	720	00:48:16
694	3227	00:48:38	Mark	Thomas	M	40		700	00:47:58
695	2519	00:48:40	Stephen	Baddick	M			707	00:48:03
696	3761	00:48:40	Andrew	Yorath	M			737	00:48:29
697	2154	00:48:40	Dave	Powner	M			669	00:47:35
698	434	00:48:41	Callum	Mcphee	M	J		694	00:47:49
699	3707	00:48:43	Mathew	Thomas	M		ADMIRAL	717	00:48:16
700	355	00:48:45	Darren	Hughes	M			740	00:48:30

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
701	1138	00:48:46	Paul	Hambly	M	40	PORT TALBOT HARRIERS	703	00:48:01
702	1633	00:48:47	Alison	Banfield	F	35		725	00:48:20
703	1606	00:48:48	Margrett	Monk	F	60	PARC BRYN BACH	727	00:48:22
704	2741	00:48:48	Shaun	Wiltshire	M			714	00:48:13
705	2897	00:48:51	Richard	Brown	M			713	00:48:12
706	2658	00:48:52	Martyn	Dulake	M	45		723	00:48:17
707	1743	00:48:53	David	Boucher	M	60		730	00:48:23
708	1723	00:48:55	Kevin	Chapman	M	40		710	00:48:07
709	2573	00:48:56	Gaynor	Jones	F	40		751	00:48:39
710	1726	00:48:56	Bill	Griffiths	M	60	WYE VALLEY RUNNERS	656	00:47:20
711	1369	00:48:56	Julie	Webster	F	40		728	00:48:22
712	635	00:48:56	Ken	Kelling	M	50		678	00:47:40
713	2970	00:48:59	Simon	Davies	M	40		711	00:48:09
714	1361	00:49:01	Callum	Francis	M	J	FOREST OF DEAN AC	757	00:48:43
715	1798	00:49:02	Adrian	Killa	M			732	00:48:25
716	848	00:49:03	Andrew	Russell	M	40	TROTS	755	00:48:41
717	1233	00:49:03	Thomas	Smith	M	50		729	00:48:23
718	1552	00:49:04	Rhys	Jones	M			754	00:48:40
719	1216	00:49:06	Keiron	Burrows	M	45		699	00:47:55
720	3818	00:49:07	Iain	Burns	M		ABM MOB BOTS	654	00:47:20
721	1452	00:49:07	David	Evans	M			701	00:47:58
722	3016	00:49:08	Benny	Collins	M		ABM MOB BOTS	741	00:48:31
723	2623	00:49:10	Nick	Fielden	M			724	00:48:18
724	3264	00:49:11	Steve	McLelland	M	55	3MS GORSEINON RR	763	00:48:46
725	480	00:49:12	Matthew	Minifie	M			715	00:48:14
726	3876	00:49:14	Runner	3876	M			742	00:48:32
727	382	00:49:14	Natalie	Hern	F	45	GRIFFITHSTOWN HARRIERS	749	00:48:36
728	1892	00:49:15	Lynne	Bain	F	45	RUN4ALL RUNNING CLUB	736	00:48:28
729	1756	00:49:15	Debra	Clarke	F	45	RUN4ALL RUNNING CLUB	735	00:48:27
730	1686	00:49:16	Brian	Symonds	M	70	WYE VALLEY RUNNERS	780	00:48:57
731	2824	00:49:16	Andy	Evans	M	45		733	00:48:26
732	1713	00:49:16	Owain	Jones	M	J		775	00:48:53
733	3511	00:49:17	Elizabeth	Baynton-Clarke	F	55		767	00:48:49
734	1467	00:49:18	Andrew	Bowen	M			563	00:46:06
735	809	00:49:18	Huw	Morris	M			709	00:48:06
736	2998	00:49:19	Paul	Williams	M			772	00:48:51
737	3200	00:49:20	Leigh	De-Vulgt	M			672	00:47:37
738	2140	00:49:20	Owen	Pearse	M			759	00:48:43
739	836	00:49:21	Lewis	Dempster	M	J		704	00:48:01
740	3792	00:49:21	Ben	O'Calaghan	M			697	00:47:53
741	2810	00:49:21	Neil	Jones	M			752	00:48:39
742	2922	00:49:22	Michael	Parkhouse	M			673	00:47:38
743	2504	00:49:22	Kelly	Rose	F	35	WYE VALLEY RUNNERS	762	00:48:46
744	1631	00:49:23	Jay M	Ramsurrun	M	60		761	00:48:44
745	2311	00:49:24	Michelle	Ratti	F			726	00:48:22
746	2619	00:49:26	Jaime	Williams	M			766	00:48:48
747	1350	00:49:32	Mark	Thompson	M			716	00:48:15
748	1156	00:49:34	Richard	Evans	M	50		734	00:48:26
749	2898	00:49:34	Andrew	Williams	M			746	00:48:34
750	1419	00:49:34	Richard	Parsons	M	40		792	00:49:08
751	192	00:49:34	Phil	Jones	M	40		743	00:48:32
752	806	00:49:35	Margaret E	Fligelstone	F	50		765	00:48:48
753	3136	00:49:37	Heidi	Lea	F	40		747	00:48:34
754	1654	00:49:38	David	Hutchinson	M	45		795	00:49:09
755	821	00:49:38	Graham	Davies	M	45		706	00:48:02
756	2004	00:49:38	Daniel	Goodfellow	M			750	00:48:36
757	567	00:49:40	Berwyn	Lewis	M	40		802	00:49:13
758	1297	00:49:41	Andrew	Rees	M	40		748	00:48:36
759	1529	00:49:41	Steve	Williams	M	40		782	00:48:59
760	3402	00:49:41	Michael	Brett	M			712	00:48:10
761	2676	00:49:43	Richard	Marvin	M	45		796	00:49:10
762	3766	00:49:44	Robert	Dick	M			739	00:48:29
763	1093	00:49:45	Alun	Evans	M	45		815	00:49:23
764	826	00:49:46	Rhys	Williams	M			769	00:48:50
765	2600	00:49:47	Katie	Mcdermott	F		SARN HELEN	790	00:49:07
766	1067	00:49:47	Gareth	Hemming	M			760	00:48:44
767	2402	00:49:47	Chris	Taylor	M			758	00:48:43
768	1431	00:49:47	Eleanor	Ross	F			753	00:48:39
769	3138	00:49:49	Gareth	Howell	M			721	00:48:17
770	723	00:49:49	Silke	Luhrmann	F	45		778	00:48:55

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
771	2634	00:49:50	Ricardo	Martins	M		WYE VALLEY RUNNERS	799	00:49:11
772	1543	00:49:51	James	Ashwn	M			801	00:49:12
773	1958	00:49:51	Matthew	Locke	M	40		774	00:48:52
774	2916	00:49:53	Andrew	Gourlay	M			819	00:49:27
775	3186	00:49:53	Gerwyn	Williams	M	40		783	00:49:01
776	1364	00:49:53	Nick	Stocker	M	40		839	00:49:40
777	3187	00:49:54	Steven	Fleet	M			722	00:48:17
778	2522	00:49:54	Andy	Williams	M	45		810	00:49:19
779	1905	00:49:54	Jordan	Kibble	M			820	00:49:27
780	747	00:49:55	Gary	Thompson	M			800	00:49:11
781	1712	00:49:56	Gareth	Jones	M	50		832	00:49:33
782	2410	00:49:56	Emmanuel	Bakare	M	45		830	00:49:33
783	1825	00:49:58	Neil	Wheeler	M	40	RUN4ALL RUNNING CLUB	744	00:48:32
784	333	00:49:59	Richard	Roberts	M			773	00:48:52
785	2413	00:50:01	Steven	Evans	M	40		779	00:48:57
786	3094	00:50:01	Kristian	Davies	M			806	00:49:17
787	2879	00:50:02	Michael	Cosgrove	M	50		731	00:48:24
788	1656	00:50:03	Michael	Grant	M	55		756	00:48:42
789	2635	00:50:04	Ashleigh	Williams	M			789	00:49:06
790	2994	00:50:05	Angie	Ridge	F	45	RUN4ALL RUNNING CLUB	818	00:49:25
791	1438	00:50:05	Alun	Jeremiah	M			771	00:48:51
792	1660	00:50:05	Lynne	Compton	F	45	WYE VALLEY RUNNERS	827	00:49:30
793	2211	00:50:06	Gafin	Griffiths	M		LES CROUPIERS	855	00:49:52
794	2715	00:50:08	Eleri	Rivers	F	35	SARN HELEN	823	00:49:28
795	2707	00:50:10	Clare	Sheppard	F	35	LLISWERRY RUNNERS	812	00:49:20
796	123	00:50:11	Marie-Claire	Hopkin	F	40		858	00:49:53
797	3504	00:50:11	Dave	Williams	M			776	00:48:55
798	2812	00:50:14	Rachael	Bayona	F			791	00:49:07
799	1659	00:50:15	Gareth	King	M			807	00:49:17
800	1558	00:50:15	Suzanne	Bevan	F	45		787	00:49:06
801	3245	00:50:16	Jeff	Aston	M	65	LES CROUPIERS	816	00:49:23
802	1450	00:50:17	Pete	Douel	M	60		781	00:48:59
803	2354	00:50:17	Barry	Nichols-Grey	M			808	00:49:18
804	2355	00:50:17	Eleanor	Nichols-Grey	F			805	00:49:17
805	2514	00:50:18	Brian	Griffiths	M	65	3MS GORSEINON RR	738	00:48:29
806	1672	00:50:20	John Kevin	Williams	M	45		849	00:49:46
807	2307	00:50:20	Alan	Ryland	M	60		856	00:49:53
808	3539	00:50:21	Shaun	Davies	M			881	00:50:12
809	1833	00:50:22	Steven	Perks	M	50	RUN4ALL RUNNING CLUB	835	00:49:37
810	2599	00:50:22	Dean	Seymour	M			837	00:49:39
811	1789	00:50:22	Sian	Watkins	F	40		770	00:48:51
812	3638	00:50:23	Rob	Golledge	M		ADMIRAL	813	00:49:20
813	794	00:50:24	Jon	Pinch	M			836	00:49:39
814	2529	00:50:26	Nigel	Williams	M			860	00:49:56
815	3567	00:50:28	Eirwyn	Morgan	M			768	00:48:49
816	3791	00:50:30	Luc	Morgan	M	J		785	00:49:02
817	746	00:50:30	Paul	Robbins	M	45		821	00:49:27
818	2034	00:50:31	Nicholas	Harris	M		CWM OGWR RUNNING CLUB	841	00:49:41
819	3860	00:50:31	Hefin	Rees	M			826	00:49:30
820	1288	00:50:32	Thomas	Spencer	M			843	00:49:42
821	2456	00:50:32	Matt	Bailey	M	40		777	00:48:55
822	3306	00:50:33	Stuart	Thomas	M			829	00:49:33
823	1538	00:50:33	Stephanie	Foulkes-Moran	F	35		876	00:50:10
824	3240	00:50:34	Andrea	Goude	F	40		869	00:50:01
825	2257	00:50:34	Martyn	Borland	M	55		867	00:50:01
826	3383	00:50:34	Mark	Castle	M	45		797	00:49:10
827	2320	00:50:35	Jenny	Mcadie	F	35		825	00:49:30
828	631	00:50:35	Paul	Cook	M			886	00:50:14
829	3156	00:50:36	Celyn	Evans	M		SOSPAN ROAD RUNNERS	845	00:49:43
830	1368	00:50:36	Graham	James	M	50	FOREST OF DEAN AC	866	00:50:01
831	2322	00:50:36	William	Crowe	M			809	00:49:19
832	2858	00:50:36	David	Rothwell	M	J		853	00:49:52
833	3497	00:50:38	Andrew	Davies	M			842	00:49:42
834	828	00:50:38	David	Lloyd-Hawkshaw	M	40		859	00:49:56
835	3172	00:50:38	Caryl	Williams-Ford	F	35		824	00:49:29
836	3044	00:50:39	Emma	Rees-Taylor	F	35		788	00:49:06
837	195	00:50:39	Ian	Brice	M	45		863	00:50:00
838	2206	00:50:39	Gary	Gregor	M	65		871	00:50:04
839	3112	00:50:39	Dave	Gould	M	45		828	00:49:32
840	3379	00:50:40	Paul	Graham	F		PONTYPRIDD ROADENTS AC	877	00:50:11

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
841	1011	00:50:41	Daniel	Cloke	M			846	00:49:43
842	3498	00:50:41	Anthony	Davies	M			848	00:49:46
843	2398	00:50:42	Junior	Scully	M			913	00:50:35
844	2595	00:50:43	Laura	Collacott	F		SOUTHVILLE RUNNING CLUB	814	00:49:20
845	2106	00:50:43	Gareth	Anson-Harries	M			784	00:49:02
846	1953	00:50:44	Emily	Davies	F		WYE VALLEY RUNNERS	854	00:49:52
847	1513	00:50:44	Ryan	Evans	M			840	00:49:41
848	1869	00:50:44	Kristian	Watts	M			894	00:50:21
849	2066	00:50:46	Penelope	Graepel	F	50		844	00:49:42
850	3675	00:50:47	Andrew	Matthews	M		ADMIRAL	874	00:50:09
851	3210	00:50:49	Andrew	Brown	M	40		817	00:49:24
852	3087	00:50:50	Andrew	Reynolds	M	40		847	00:49:45
853	1941	00:50:51	Anthony	Williams	M	45		851	00:49:51
854	3541	00:50:52	Christopher	Bloodworth	M	50		919	00:50:38
855	2509	00:50:53	Gareth	Rees	M			883	00:50:13
856	1389	00:50:53	Robbie	Mcgee	M			803	00:49:15
857	383	00:50:54	Kelly	Walker	F			889	00:50:16
858	2853	00:50:57	Brian	Brookes	M	60		944	00:50:53
859	2340	00:50:57	Matthew	John	M	40		870	00:50:02
860	2659	00:50:58	Hedd	Tudur	M			811	00:49:20
861	1615	00:50:59	Becky	Debuf	F	40		666	00:47:31
862	1982	00:50:59	Ricky	Mattioli	M	45		902	00:50:27
863	3324	00:51:00	Martin	George	M		LLANELLI AC	935	00:50:47
864	1899	00:51:01	Brian	Cotton	M			896	00:50:23
865	3184	00:51:05	Kelvin	Phillips	M			786	00:49:02
866	3598	00:51:05	Richard	Cannon	M			885	00:50:14
867	2681	00:51:05	Nicholas	Orum	M			850	00:49:49
868	2730	00:51:06	Chris	Morcom	M	50		904	00:50:28
869	1440	00:51:07	Keith	Evans	M			838	00:49:39
870	2026	00:51:07	Gareth	Jones	M			822	00:49:28
871	1540	00:51:08	Tim	Soar	M	50		899	00:50:25
872	2184	00:51:08	Louise	Ward	F			939	00:50:51
873	2744	00:51:09	Matthew	Griffiths	M			888	00:50:15
874	866	00:51:09	Jacqui	Wynnds	F	60	FOREST OF DEAN AC	890	00:50:16
875	289	00:51:09	Ernest	Clift	M	55		875	00:50:09
876	1281	00:51:09	Mark	Jones	M	50		929	00:50:44
877	2776	00:51:11	Ryan	Meredith	M			932	00:50:45
878	2374	00:51:12	Wayne	Edmond	M	60		909	00:50:32
879	663	00:51:12	Julian	Wake	M	40		873	00:50:09
880	1805	00:51:15	Chris	Timmins	M	40		921	00:50:41
881	1548	00:51:16	Christopher	Williams	M	40		910	00:50:32
882	963	00:51:16	David	Hodges	M	50	LES CROUPIERS	895	00:50:22
883	3526	00:51:16	Richard	Williams	M			745	00:48:34
884	2122	00:51:17	Richard	Lewis	M			872	00:50:07
885	3460	00:51:17	Ruth	Newman	F	40		652	00:47:18
886	3303	00:51:18	Andrew	Townsend	M		OUTDOOR FITNESS	941	00:50:51
887	662	00:51:18	Chris	Davies	M			930	00:50:44
888	3569	00:51:21	James	Thomas	M	J		879	00:50:12
889	1658	00:51:21	Deian	Owen	M			891	00:50:18
890	1339	00:51:21	James	Chambers	M	40		887	00:50:14
891	2742	00:51:21	Chris	Webb	F	40		906	00:50:31
892	3279	00:51:21	Mark	Fermandel	M			965	00:51:02
893	2334	00:51:22	Alex	Thomas	M			893	00:50:21
894	2913	00:51:24	Anthony	Holling	M	55	PORT TALBOT HARRIERS	920	00:50:38
895	1860	00:51:24	John	Heycock	M	45	TAIBACH JUNIOR RUGBY	857	00:49:53
896	3111	00:51:25	Desmond	Davies	M	60		897	00:50:24
897	3853	00:51:26	Emma	Pullen	F			865	00:50:01
898	2895	00:51:26	Sarah	Roberts	F			901	00:50:27
899	1847	00:51:26	Ian	Lloyd	M			861	00:49:57
900	1806	00:51:28	Darian	Jones	M	40		852	00:49:51
901	1955	00:51:29	Brian	Varcas	M	55		908	00:50:32
902	2404	00:51:30	Clive	Mccall	M	50		878	00:50:11
903	3599	00:51:30	Peter	Drew	M	50	ABM PLASTIC FANTASTIC	892	00:50:19
904	700	00:51:30	Joshua	Oconnor	M	J		923	00:50:41
905	3218	00:51:30	Rhodri	Owen	M	J		882	00:50:12
906	3403	00:51:30	Sonia	Creswell	F	35		868	00:50:01
907	3765	00:51:31	Huw	Williams	M	45	BRIDGEND AC	952	00:50:57
908	3061	00:51:31	Mark	Hopkins	M	J		764	00:48:47
909	1568	00:51:31	Giulian	Hill	F	45		864	00:50:00
910	2949	00:51:33	Brinley	Aherne	M	65		933	00:50:46

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
911	1931	00:51:34	Susan	Jeal	F	40		931	00:50:45
912	3434	00:51:36	Allen	Bevan	M	55		978	00:51:09
913	2785	00:51:37	Marc	King	M			953	00:50:58
914	1033	00:51:37	Robin	Bodger	M	40		950	00:50:56
915	1853	00:51:39	Christian	Rees	M			922	00:50:41
916	3228	00:51:41	Christine	Sutton	F			977	00:51:09
917	2613	00:51:45	Christina	Rossiter	F	50	LES CROUPIERS	948	00:50:54
918	736	00:51:47	Richard	Sorroll	M			831	00:49:33
919	1222	00:51:48	Julian	Griffiths	M	45		884	00:50:13
920	623	00:51:48	Chloe	Stening	F	J		833	00:49:34
921	3607	00:51:48	Karen	Davies	F	35		916	00:50:37
922	624	00:51:48	Graeme	Stening	M	45		834	00:49:35
923	830	00:51:49	Daniel	Lovelock	M			862	00:49:58
924	2226	00:51:49	Antonio	Milello	M	50		949	00:50:55
925	3179	00:51:49	Dylan	Harris	M	J		970	00:51:03
926	1443	00:51:50	Annette	Davies	F	50	FETCH EVERYONE	964	00:51:01
927	1278	00:51:50	Luthfur	Rahman	M			992	00:51:22
928	531	00:51:52	Nick	Jacques	M	50		917	00:50:37
929	2185	00:51:53	Donna	Hunkin	F	35		1016	00:51:33
930	2567	00:51:53	Bethan	Jones	F			971	00:51:04
931	2807	00:51:55	Mark	John	M	40		903	00:50:28
932	295	00:51:55	Jonathan	Palmer	M			898	00:50:25
933	2748	00:51:56	Robert	Powell	M			983	00:51:15
934	2840	00:51:56	Rhodri	Rees	M			968	00:51:03
935	155	00:51:57	Mike	Pritchard	M	55		996	00:51:25
936	3658	00:51:58	Michael	John	M		ADMIRAL	957	00:50:59
937	2270	00:51:58	Thierry	Maffeis	M	40		915	00:50:36
938	3776	00:51:59	Angela	Delaney	F	45	SWANSEA HARRIERS	994	00:51:22
939	290	00:51:59	Carole	Morgan	F	50		991	00:51:20
940	2167	00:52:00	Delash	Patel	M			880	00:50:12
941	1135	00:52:00	James	Owen	M			1008	00:51:30
942	3012	00:52:01	Geraldine	Williams	F		ABM PLASTIC FANTASTIC	934	00:50:46
943	501	00:52:01	Blaise	Emery	F			943	00:50:53
944	3347	00:52:01	Julia	Rees	F			936	00:50:48
945	1215	00:52:02	Ross	Jones	M		CWM OGWR RUNNING CLUB	937	00:50:49
946	3178	00:52:03	Darren	Harris	M	45		986	00:51:16
947	356	00:52:04	Laura	Parsons	F			938	00:50:50
948	3636	00:52:04	David	Foulston	M		ADMIRAL	927	00:50:44
949	2318	00:52:04	Richard	Jenkins	M			1055	00:52:04
950	2306	00:52:08	Aaron	Pegler	M			924	00:50:42
951	2626	00:52:08	Darren	James	M	45		974	00:51:07
952	2258	00:52:08	Debbie	Davies	F	45		961	00:50:59
953	3611	00:52:09	Scott	Bennett	M		ADMIRAL	1028	00:51:48
954	3197	00:52:09	Tim	Warner	M	40		911	00:50:34
955	966	00:52:10	David	Trew	M	55		980	00:51:13
956	3717	00:52:12	Delyth	Wright	F		ADMIRAL	1027	00:51:48
957	1894	00:52:12	Alyson	Egan	F	45		1015	00:51:33
958	188	00:52:13	Ian	Bevan	M			976	00:51:08
959	204	00:52:15	Fiona	Humphreys	F			905	00:50:28
960	3642	00:52:15	Tudor	Gunn	M		ADMIRAL	955	00:50:59
961	2400	00:52:15	Ashley	Fovargue	M	45		1007	00:51:30
962	2608	00:52:17	Jane	Griffiths	F	35		946	00:50:53
963	124	00:52:18	Martin	Carter-Thomas	M			958	00:50:59
964	3614	00:52:18	Andrew	Boucheron	M		ADMIRAL	926	00:50:44
965	3479	00:52:21	Sarah	Jones	F	45		997	00:51:25
966	954	00:52:22	Chris	Purnell	M	45		989	00:51:19
967	3519	00:52:22	Tracy	Thomas	F	45		1000	00:51:26
968	2194	00:52:22	Gareth	Edmunds	M			925	00:50:42
969	3694	00:52:22	Dean	Robinson	M		ADMIRAL	1032	00:51:51
970	1000	00:52:23	Bronwen	Atkins	F			951	00:50:57
971	1750	00:52:23	Claire	Morgan	F	50	FOREST OF DEAN AC	1009	00:51:30
972	1284	00:52:23	Robert	Rees	M			1058	00:52:08
973	2718	00:52:23	Tim	Stewart	M			1059	00:52:08
974	2299	00:52:23	Paul	Clarke	M	40		988	00:51:17
975	3075	00:52:24	Jamie	Trollope	M			804	00:49:16
976	1703	00:52:25	David	Dermoddy	M			914	00:50:36
977	1177	00:52:25	Ann	Rowell	F	55	TROTS	1053	00:52:04
978	921	00:52:25	Gary	Sawdon	M	50		1029	00:51:48
979	2521	00:52:26	Kenneth	Oliver	M	50	ISLWYN RC	1026	00:51:47
980	3404	00:52:27	Nikki	Powell	F	35		1046	00:52:00

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
981	3805	00:52:28	Laura	Chapple	F		RUN4ALL RUNNING CLUB	966	00:51:02
982	3297	00:52:29	Raymond	James	M	50	PORT TALBOT HARRIERS	1011	00:51:30
983	787	00:52:29	David	Ure	M			793	00:49:09
984	3618	00:52:30	Stephen	Chappell	M		ADMIRAL	998	00:51:25
985	646	00:52:31	Ross	Baglow	M			1034	00:51:53
986	1823	00:52:31	Kate	Jones	F		ABM MOB BOTS	1018	00:51:37
987	1004	00:52:31	Gareth	Giddings	M	40		1049	00:52:02
988	1819	00:52:32	Paul	Richards	M			1013	00:51:32
989	2943	00:52:32	Nigel	Davies	M	55		1080	00:52:16
990	3529	00:52:33	Jason	Evans	M		TEAM JEN	947	00:50:53
991	1607	00:52:34	Bernard	Monk	M	65	PARC BRYN BACH	982	00:51:14
992	1835	00:52:35	Richard	Barrow	M			979	00:51:12
993	3290	00:52:36	Jade	Thomas	F	J	SWANSEA HARRIERS	1098	00:52:29
994	3358	00:52:36	Paul	Stone	M	40		1036	00:51:54
995	1493	00:52:37	Julie	Broughton	F	45		962	00:51:00
996	3084	00:52:38	Mark	Rees	M			981	00:51:13
997	1870	00:52:38	Daniel	Evans	M			972	00:51:04
998	2162	00:52:39	Michael	Szulik	M			940	00:50:51
999	2036	00:52:39	Shirley	Albrow	F	55	FOREST OF DEAN AC	1051	00:52:02
1000	3097	00:52:40	Ian	Storrar	M	45		1012	00:51:32
1001	2917	00:52:40	Christopher	Gourlay	M			1078	00:52:15
1002	2538	00:52:40	Justin	John	M	40		1081	00:52:17
1003	2215	00:52:41	James Froggy	Evans	M			963	00:51:00
1004	3069	00:52:42	Rhian	Durham	F		PONTYPRIDD ROADENTS AC	1024	00:51:45
1005	3669	00:52:43	Emma	Leach	F		ADMIRAL	1063	00:52:10
1006	1923	00:52:45	Michael	Coe	M			1023	00:51:42
1007	2083	00:52:47	Uku	Kumari	M	60	SWANSEA HARRIERS	1099	00:52:29
1008	1360	00:52:47	Stefanie	Francis	F	45	FOREST OF DEAN AC	1066	00:52:10
1009	2656	00:52:48	Lucy	Morgan	F	35		1054	00:52:04
1010	341	00:52:49	Karen	Phillips	F	50		1045	00:52:00
1011	1070	00:52:49	Dean	Hughes	M	40		975	00:51:08
1012	268	00:52:49	Chris	Carley	M			1040	00:51:56
1013	1644	00:52:50	Sara	Morgan	F	J	PONTYPRIDD ROADENTS AC	1071	00:52:13
1014	3134	00:52:50	Polly	Natynczuk	F	J		928	00:50:44
1015	2992	00:52:50	Rhian	Owen	F	50		1072	00:52:13
1016	1970	00:52:50	Ian	Rapsey	M			1001	00:51:26
1017	958	00:52:51	Mark	Holt	M			1006	00:51:29
1018	2336	00:52:51	Penny	Kennedy	F	45	SWANSEA HARRIERS	1033	00:51:53
1019	1595	00:52:52	Richard	Bond	M			942	00:50:52
1020	1486	00:52:53	Terry	Shore	M	60		1047	00:52:01
1021	1116	00:52:54	Trevor	Alderson	M	50		960	00:50:59
1022	2610	00:52:54	Aleem	Javed	M			1035	00:51:53
1023	209	00:52:55	Thomas	Docherty	M			959	00:50:59
1024	1016	00:52:55	Robin	Edwards	M			794	00:49:09
1025	3361	00:52:56	Jon	Parnell	M	40		984	00:51:15
1026	1916	00:52:56	Suzanne	Kendrick	F	50		985	00:51:16
1027	1383	00:52:57	Gwilym	Jones	M			798	00:49:11
1028	2093	00:52:57	Wayne	Jenkins	M	40		1005	00:51:27
1029	1030	00:52:57	David	Phillips	M	45		1043	00:51:58
1030	2468	00:52:58	Will	Cowburn	M	65		1014	00:51:32
1031	3127	00:52:58	Sean	Kiernan	M	40		1002	00:51:26
1032	2575	00:52:59	Eiri	Evans	F		3MS GORSEINON RR	1119	00:52:47
1033	752	00:52:59	Jon	Stone	M			967	00:51:02
1034	1961	00:53:00	Wayne	Isaac	M			1017	00:51:36
1035	1129	00:53:00	Paul	Rowley	M	55		1050	00:52:02
1036	307	00:53:00	Martin Allen	Williams	M	40		987	00:51:17
1037	2275	00:53:01	Steve	Brown	M	55		973	00:51:06
1038	1344	00:53:03	Daniel	Kanaris	M			1057	00:52:05
1039	3512	00:53:03	Alexander	Still	M			995	00:51:23
1040	1909	00:53:03	Gary	Jones	M	45		1079	00:52:15
1041	3132	00:53:04	Laura	Jones	F			1093	00:52:24
1042	3431	00:53:06	Alex	Davies	F			1061	00:52:08
1043	1457	00:53:06	Caroline	Loach	F	40		1056	00:52:05
1044	1779	00:53:07	Huw	Macrae Jones	M			1064	00:52:10
1045	3744	00:53:09	Dean	Morgan	M		ADMIRAL	990	00:51:20
1046	2991	00:53:10	Davies	Tudur	M	50		999	00:51:26
1047	1751	00:53:11	Sali	Davies	F	40	3MS GORSEINON RR	1094	00:52:26
1048	2964	00:53:11	Derek	Balsdon	M	70		1041	00:51:57
1049	1850	00:53:13	Kathryn	Tate	F	50		1062	00:52:09
1050	1876	00:53:13	Paul	Wyatt	M			1052	00:52:04

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1051	3566	00:53:14	Reggie	Chamberlain-King	M			945	00:50:53
1052	3712	00:53:14	Helen	Williams	F		ADMIRAL	1116	00:52:45
1053	2080	00:53:14	Glyn	Hicks	M	60	ISLWYN RC	1095	00:52:27
1054	3663	00:53:16	Gabrielle	Jones	F	35	ADMIRAL	1110	00:52:41
1055	3248	00:53:17	Will	Davey	M			969	00:51:03
1056	438	00:53:18	Paul	Peters	M	45		1159	00:53:09
1057	2915	00:53:21	Ian	Broom	M	50		1141	00:52:56
1058	753	00:53:22	Rachel	Jones	F			956	00:50:59
1059	1699	00:53:22	Kieran	Brown	M			1130	00:52:52
1060	2471	00:53:23	Patrick	Phillips	M			1068	00:52:11
1061	837	00:53:23	Kate	Penquet	F			1100	00:52:30
1062	3574	00:53:23	Paul	Forde	M			1096	00:52:29
1063	3177	00:53:25	Beth	Lewis	F	35	LES CROUPIERS	1115	00:52:43
1064	3628	00:53:25	Andrew	Driscoll	M		ADMIRAL	1030	00:51:50
1065	1893	00:53:25	Gel	Bousie	F	45		1070	00:52:13
1066	2230	00:53:25	Phil	Rees	M	50		1073	00:52:13
1067	568	00:53:27	Dawn	Morgan	F	40		1003	00:51:26
1068	2847	00:53:27	Jonathan	Hay	M			1022	00:51:40
1069	596	00:53:28	Anthony	Nuttall	M			1122	00:52:48
1070	1149	00:53:28	Vyvan	Smith	M	50		1114	00:52:43
1071	2552	00:53:28	Warren	Abraham	M	40		1176	00:53:20
1072	3395	00:53:29	Alec	McDonald	M			954	00:50:58
1073	1557	00:53:29	Rhys	Jones	M	40		993	00:51:22
1074	1550	00:53:31	Dan	Tucker	M			1154	00:53:06
1075	1539	00:53:31	Oliver	Barrett	M			1118	00:52:47
1076	1665	00:53:32	Chris	Blandford	M	40		1138	00:52:56
1077	2241	00:53:32	Matthew	Kelly	M	40		912	00:50:35
1078	1363	00:53:33	Andrew	Walsh	M			900	00:50:26
1079	2375	00:53:33	Julian	Williams	M			1031	00:51:50
1080	3068	00:53:34	Ian	Moss	M			1087	00:52:21
1081	2752	00:53:34	Adam	Gilbert	M			907	00:50:32
1082	2976	00:53:34	Mark	Bridgens	M			1112	00:52:43
1083	3363	00:53:35	Dylan	Hughes	M	40		1038	00:51:56
1084	342	00:53:37	Tomos	Grove	M			1107	00:52:38
1085	1940	00:53:39	Jonathan	Neads	M			1085	00:52:19
1086	526	00:53:39	Philippa	Francis	F	50		1136	00:52:54
1087	2190	00:53:39	Craig	Wilkinson	M			1145	00:53:00
1088	1842	00:53:40	Robert	Cox	M			1065	00:52:10
1089	2450	00:53:41	Gareth	Noot	M			1010	00:51:30
1090	1549	00:53:41	Ben	Curtin	M			1089	00:52:22
1091	1111	00:53:42	Neil	Webb	M			1042	00:51:58
1092	595	00:53:44	Paige	Lewis	F			1153	00:53:04
1093	2200	00:53:44	Pete	Heckles	M			1082	00:52:17
1094	361	00:53:46	Philip	Clifford	M	50	WYE VALLEY RUNNERS	1162	00:53:13
1095	2891	00:53:46	Kim	Phelps	F	35		1102	00:52:32
1096	2052	00:53:46	Angharad	Vaughan-Owen	F			1142	00:52:56
1097	1010	00:53:46	John	Evans	M	65		1140	00:52:56
1098	3267	00:53:46	Philippe	Wauters	M	40		1037	00:51:54
1099	439	00:53:48	Anthony	Snape	M			1128	00:52:51
1100	951	00:53:48	Chris	Hawkins	M	60	FOREST OF DEAN AC	1135	00:52:53
1101	3806	00:53:49	Marc	Thomas	M			1084	00:52:18
1102	1719	00:53:49	Chris	Wall	M	50		1019	00:51:37
1103	1720	00:53:49	Bethan	Wall	F	45		1020	00:51:37
1104	3372	00:53:49	Bill	Meiklejohn	M	60		1069	00:52:12
1105	3492	00:53:49	Isabelle	Ford	F			1185	00:53:27
1106	2540	00:53:49	Victoria	Walters	F			1139	00:52:56
1107	2881	00:53:50	Kate	D'Arcy	F			1123	00:52:48
1108	3486	00:53:50	Robert	Lewis	M	45		1067	00:52:11
1109	1897	00:53:51	Jose Luis	De La Cuesta Padilla	M	40		1103	00:52:34
1110	3714	00:53:51	Sara	Williams	F	35	ADMIRAL	1137	00:52:55
1111	890	00:53:52	Christina	Williams	F	40		1083	00:52:17
1112	561	00:53:52	Josh	Herbert	M	J		1209	00:53:44
1113	2002	00:53:53	Paul	Williams	M	50		1108	00:52:40
1114	2805	00:53:53	Charlotte	Vaux	F			1104	00:52:35
1115	3319	00:53:54	John	Davies	M	60		1120	00:52:47
1116	2652	00:53:56	Deborah	Evans	F	50		1201	00:53:38
1117	1027	00:53:58	Keith	Coleman	M	40		1126	00:52:50
1118	1561	00:53:59	Nicholas	Jenkins	M	45	RUN4ALL RUNNING CLUB	1086	00:52:20
1119	2617	00:53:59	Pippa	Wilson	F	35		1075	00:52:13
1120	2826	00:53:59	Vanessa	Boyett	F	35	TROTS	1004	00:51:26

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1121	2584	00:54:00	Ian	Evans	M			1097	00:52:29
1122	482	00:54:00	Chris	Morton	M	45		1124	00:52:49
1123	2628	00:54:03	James	Mason	M			1214	00:53:48
1124	1107	00:54:04	Julie	Stantiford	F	35		1195	00:53:34
1125	3115	00:54:04	Simon	Flaherty	M	45		1092	00:52:23
1126	682	00:54:05	Michael	Dando	M			1048	00:52:01
1127	2015	00:54:06	Nigel	Evans	M	50		1173	00:53:19
1128	2292	00:54:06	Ian	Cole	M			1216	00:53:50
1129	2406	00:54:07	Andrew	Weeks	M			1131	00:52:52
1130	1039	00:54:09	Gareth	Dockerty	M			1152	00:53:03
1131	1778	00:54:10	Philip	John	M	45		1025	00:51:46
1132	1398	00:54:11	Mark	Beauchamp	M	50		1133	00:52:53
1133	3171	00:54:11	Mark	Ford	M	40		1148	00:53:02
1134	972	00:54:11	Lisa	Psaila	F			1174	00:53:19
1135	2801	00:54:14	Jeffery	Robinson	M			1200	00:53:37
1136	571	00:54:15	Sara	Reed	F			1147	00:53:02
1137	1268	00:54:17	Andrew	Cadmore	M	40	BRECON AC	1218	00:53:51
1138	162	00:54:17	Rachael	Lauder	F	40		1044	00:51:59
1139	2892	00:54:19	Adam	Lewis	M			1021	00:51:38
1140	1585	00:54:20	Jeff	Hicks	M	45		1170	00:53:17
1141	3080	00:54:23	Mark	Wilcox	M	55		1157	00:53:08
1142	1015	00:54:24	Andrew	Jones	M			918	00:50:37
1143	2982	00:54:25	Ian	Rothery	M	55	CYBI STRIDERS	1217	00:53:50
1144	1488	00:54:25	Mali	Williams	F			1146	00:53:01
1145	2356	00:54:25	Richard	Nuth	M	40		1206	00:53:42
1146	1818	00:54:26	Sian	Wadham	F	35	RUN4ALL RUNNING CLUB	1121	00:52:48
1147	3345	00:54:26	Edward	Harris	M	40		1132	00:52:52
1148	1229	00:54:27	Patrick	Dear	M			1077	00:52:14
1149	1990	00:54:27	John	Rees	M	60		1205	00:53:42
1150	2642	00:54:27	Matthew	Lewis	M			1088	00:52:22
1151	1670	00:54:27	Darren	Hughes	M	45		1239	00:54:07
1152	1442	00:54:28	James	Ollerhead	M	J		1074	00:52:13
1153	2780	00:54:29	Calum	Orford	M			1260	00:54:17
1154	647	00:54:29	Luke	Heslop	M			1158	00:53:08
1155	2327	00:54:29	Rachel	White	F			1090	00:52:23
1156	512	00:54:29	Adrian	Evans	M	40		1172	00:53:18
1157	3471	00:54:30	Sam	Adamson	M	J		1101	00:52:30
1158	3301	00:54:30	Jessica	Cartwright	F			1178	00:53:22
1159	3034	00:54:31	Dewi	Griffiths	M	40		1076	00:52:14
1160	1816	00:54:31	Gill	Edwards	F	45		1150	00:53:03
1161	118	00:54:31	Samantha	Perrott	F	40		1134	00:52:53
1162	1951	00:54:31	Nicholas	Tune	M			1167	00:53:15
1163	886	00:54:32	Marcus	Adanah	M			1181	00:53:24
1164	1522	00:54:32	Keith	Starr	M	65		1161	00:53:13
1165	2415	00:54:34	Fiona	Evans	F	40		1227	00:53:59
1166	2495	00:54:34	James	Ridgeway	M			1166	00:53:15
1167	3229	00:54:35	Lindy	Beaton	F	50		1186	00:53:27
1168	2469	00:54:35	Jeff	Unsworth	M	50	LLISWERRY RUNNERS	1224	00:53:56
1169	2978	00:54:36	Bethan	Bale	F	35		1202	00:53:38
1170	1397	00:54:37	Alison	Jollow	F	60		1253	00:54:12
1171	2977	00:54:37	Meleri	Cole	F	35		1203	00:53:40
1172	860	00:54:39	Melonie	Senior	F	40	ISLWYN RC	1246	00:54:09
1173	827	00:54:40	Paul	Webber	M			1215	00:53:49
1174	3597	00:54:40	Jeff	Stephens	M	40		1247	00:54:09
1175	3602	00:54:40	Philip	Sheridan	M			1177	00:53:21
1176	1603	00:54:40	Adam	O'Gorman	M			1168	00:53:16
1177	2247	00:54:41	Philip	Smith	M	60	WYE VALLEY RUNNERS	1204	00:53:41
1178	1089	00:54:42	Marcus	Luporini	M	40		1125	00:52:49
1179	1739	00:54:43	Rhian	Davies	F	35		1208	00:53:42
1180	1738	00:54:43	Jane	Griffiths	F			1207	00:53:42
1181	3321	00:54:45	Claire Marie	Jones	F		LES CROUPIERS	1143	00:52:58
1182	1555	00:54:45	Carl	Hawkes	M			1060	00:52:08
1183	1403	00:54:45	Rebecca	Holland	F	35		1275	00:54:27
1184	1402	00:54:45	Darren	Holland	M			1274	00:54:26
1185	733	00:54:45	Sarah	Davis	F	45		1105	00:52:37
1186	1837	00:54:46	Lee	Daniel	M			1228	00:54:00
1187	3174	00:54:46	Cai	Williams	M			1106	00:52:38
1188	3335	00:54:47	Wyn	Meredith	M	40		1197	00:53:35
1189	1202	00:54:48	Karen	Barnett	F	40	FOREST OF DEAN AC	1222	00:53:54
1190	654	00:54:48	Neil	Thomas	M			1091	00:52:23

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1191	1880	00:54:49	David	Morgan	M	50		1273	00:54:26
1192	2148	00:54:49	Richard	Davies	M			1219	00:53:53
1193	194	00:54:49	Tom	Mullen	M			1127	00:52:50
1194	1824	00:54:52	Stuart	James	M	45		1190	00:53:30
1195	3700	00:54:53	James	Shannon	M	45	ADMIRAL	1191	00:53:32
1196	984	00:54:54	Amy	Jones	F			1129	00:52:51
1197	759	00:54:55	Victoria	Bailey	F		ABM GERUNIMO	1183	00:53:25
1198	228	00:54:55	Catherine	Rooke	F	45		1285	00:54:33
1199	3243	00:54:56	Gareth	Thomas	M	45		1236	00:54:04
1200	3556	00:54:57	Liz	Morgan	F	35	SAN DOMENICO RRC	1164	00:53:14
1201	3577	00:54:57	Richard	Davies	M	45		1212	00:53:48
1202	3768	00:54:58	Steven	Evans	M	50		1156	00:53:07
1203	1275	00:55:00	Andrew	Lustig	M			1261	00:54:17
1204	1161	00:55:00	Tim	Ardouin	M	50		1113	00:52:43
1205	2938	00:55:01	Sarah	Davies	F	40		1226	00:53:58
1206	3305	00:55:03	Sarah	Cuke	F			1280	00:54:29
1207	3311	00:55:03	Ella	Brace	F	J		1182	00:53:24
1208	1012	00:55:03	Scott	Mainwaring	M			1160	00:53:10
1209	3005	00:55:03	Sharon	Trotman	F	40	ABM PLASTIC FANTASTIC	1180	00:53:23
1210	772	00:55:05	Will	Fuller	M	40		1192	00:53:32
1211	2856	00:55:05	Andrew	Rothwell	M	55		1221	00:53:54
1212	1901	00:55:05	Erika Lina	Fitzgibbon	F	60	WOMEN RUNNING PENARTH	1171	00:53:18
1213	3304	00:55:05	Damian	Cuke	M		CLC STRIDERS	1284	00:54:32
1214	1217	00:55:06	Alun George	Jones	M	50		1289	00:54:35
1215	2948	00:55:07	Robert	Mckinley	M	50		1193	00:53:33
1216	974	00:55:08	Andrew	Hill	M	40		1117	00:52:45
1217	2409	00:55:09	David	Evans	M	45		1144	00:53:00
1218	1643	00:55:09	Nikki	Hicks	M			1149	00:53:02
1219	770	00:55:10	Alice	Sullivan	F	35		1251	00:54:12
1220	1436	00:55:10	Emma	Slade	F			1229	00:54:02
1221	1390	00:55:11	Lyn	Evans	M	50	PENARTH & DINAS RUNNERS	1210	00:53:46
1222	3394	00:55:13	Simon	Ambler	M	55		1111	00:52:43
1223	1528	00:55:15	Rob	Henderson	M	40		1199	00:53:36
1224	1223	00:55:16	Mike	Gleeson	M	40	SWANSEA HARRIERS	1324	00:54:55
1225	3528	00:55:17	Lewis	Wedlake	M	J		1109	00:52:41
1226	1032	00:55:19	Stephen	Calvert	M	45		1163	00:53:13
1227	2774	00:55:20	Cordelia	Loughlin	F			1194	00:53:34
1228	3318	00:55:21	Clare	Hilling	F	55		1257	00:54:15
1229	3788	00:55:22	Gary	Davies	M			1220	00:53:53
1230	1212	00:55:22	Andrew	Biston	M	45		1256	00:54:14
1231	3443	00:55:23	Michael	Williams	M	50		1296	00:54:41
1232	2792	00:55:24	Janet	Jones	F			1341	00:55:06
1233	2577	00:55:24	Carol	Woodford	F	50	LLISWERRY RUNNERS	1213	00:53:48
1234	1476	00:55:24	Mark	Wells	M	40		1349	00:55:11
1235	1578	00:55:24	Richard	Holmes	M	40		1240	00:54:07
1236	3291	00:55:25	James	Evans	M	J		1300	00:54:42
1237	2024	00:55:26	Darren	Jones	M			1264	00:54:21
1238	3289	00:55:26	Robert	Bater	M	45		1330	00:54:59
1239	1759	00:55:27	Kathryn	Ayres	F			1269	00:54:24
1240	3832	00:55:29	Jenny	Fifield	F	50		1286	00:54:33
1241	1059	00:55:29	Joe	Kennedy	M	60		1326	00:54:57
1242	2831	00:55:30	Layton John	Jones	M	45		1331	00:55:01
1243	3168	00:55:31	Gareth	Phillips	M			1188	00:53:28
1244	2250	00:55:31	Linda	Keelan	F			1151	00:53:03
1245	1254	00:55:31	Neil	Griffiths	M	55		1211	00:53:47
1246	1634	00:55:32	Ifan	Gwilym	M			1179	00:53:22
1247	2972	00:55:32	Elin	Thomas	F			1242	00:54:07
1248	2032	00:55:33	Lloyd	James	M			1235	00:54:03
1249	436	00:55:33	Caroline	Heady	F			1270	00:54:25
1250	3038	00:55:35	Richard	Herbert	M			1196	00:53:35
1251	2210	00:55:35	Matthew	Meador	M			1368	00:55:21
1252	1695	00:55:36	Anna	Freeman	F	40	FOREST OF DEAN AC	1303	00:54:42
1253	1484	00:55:37	Lee	Harries	M			1271	00:54:25
1254	2051	00:55:37	Hannah	Murtagh	F			1332	00:55:01
1255	1858	00:55:39	Shaun	Amphlett	M			1238	00:54:05
1256	2654	00:55:40	Ali	Wood	F	45		1255	00:54:13
1257	1721	00:55:40	Mark	Davies	M	45		1267	00:54:23
1258	1640	00:55:41	Gary	Rombach	M			1231	00:54:02
1259	3092	00:55:42	Steve	Jones	M	55		1250	00:54:12
1260	1624	00:55:43	Rhiannon	Simms	F			1278	00:54:28

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1261	893	00:55:46	Marc	Taylor	M			1249	00:54:12
1262	2142	00:55:48	Gillian	Murphy	F	60	LES CROUPIERS	1319	00:54:53
1263	2100	00:55:48	Samantha	Hyett	F	35		1282	00:54:30
1264	716	00:55:49	Mark	Mcneish	M	40		1272	00:54:25
1265	353	00:55:50	Sheryl	Stoneman	F	40		1198	00:53:35
1266	1102	00:55:50	Richard	Delaney	M	40		1258	00:54:15
1267	3490	00:55:50	Laura	Cottrell	F			1169	00:53:17
1268	362	00:55:51	Debi	Clifford	F	45	WYE VALLEY RUNNERS	1362	00:55:19
1269	2098	00:55:51	Lesley	Mainwaring	F	45	RUN4ALL RUNNING CLUB	1336	00:55:02
1270	2579	00:55:51	Len	Collacott	M	55		1279	00:54:29
1271	3783	00:55:52	Vicky	Ashford	F		ADMIRAL	1337	00:55:02
1272	1232	00:55:52	Claire	Williams	F	50		1307	00:54:43
1273	1056	00:55:52	Chris	Cowell	M	45		1277	00:54:28
1274	2412	00:55:53	Lawrence	Gilbert	M	60		1259	00:54:16
1275	3487	00:55:54	Neil	Gabriel	M			1351	00:55:13
1276	2284	00:55:55	Mark	Gregory	M	45		1321	00:54:55
1277	724	00:55:55	Leandra	Rizza	F	50		1165	00:53:14
1278	364	00:55:55	Emma	Fortune	F	35		1225	00:53:56
1279	1248	00:55:56	Pete	Orphan	M	45		1039	00:51:56
1280	2301	00:55:57	Ruth	Hale	F	45		1378	00:55:26
1281	2388	00:55:57	James	O'Malley	M			1232	00:54:02
1282	3532	00:55:59	David	Drake	M	45		1233	00:54:02
1283	3657	00:55:59	Elizabeth	James Mahoney	F	35	ADMIRAL	1311	00:54:48
1284	3033	00:56:00	Liz	Rees	F	35		1281	00:54:30
1285	2711	00:56:02	Alexandra	Doherty	F		LES CROUPIERS	1343	00:55:07
1286	2269	00:56:03	Neil	Langstone	M	45		1371	00:55:23
1287	2935	00:56:04	Liam	Jones	M			1175	00:53:20
1288	2701	00:56:05	Tracy	Burton	F	50	LLISWERRY RUNNERS	1189	00:53:29
1289	1800	00:56:05	Tom	Davies	M			1184	00:53:26
1290	1980	00:56:06	Rob	Williams	M	55	BRECON AC	1407	00:55:39
1291	2150	00:56:08	Stuart	Edwards	M	45		1369	00:55:21
1292	2259	00:56:08	Martin	Bowen Jones	M	50		1308	00:54:46
1293	2188	00:56:09	Alan	Mann	M	55	LES CROUPIERS	1306	00:54:42
1294	1145	00:56:10	Lisa	Isaac	F			1381	00:55:28
1295	1977	00:56:11	Gayle	Douglass	F			1230	00:54:02
1296	2920	00:56:11	Mark	Richards	M			1294	00:54:38
1297	2442	00:56:11	David	Hirst	M	55		1315	00:54:49
1298	3672	00:56:12	Gareth	Lougher	M		ADMIRAL	1348	00:55:11
1299	1749	00:56:12	Sarah	Whitby	F	40		1223	00:53:55
1300	1995	00:56:12	Derek	Wallace	M	55		1291	00:54:36
1301	1766	00:56:12	Neil	Pryce	M			1350	00:55:12
1302	1682	00:56:12	Ian	Gill	M			1265	00:54:22
1303	1334	00:56:13	Michael	Glover	M	40		1254	00:54:13
1304	1478	00:56:14	Cameron	Hopkins	M			1287	00:54:33
1305	1705	00:56:14	Jeremy	Haynes	M	45	LC COBRAS	1346	00:55:09
1306	2680	00:56:14	Samantha	Singh	F	40		1297	00:54:41
1307	2482	00:56:15	Huw	Morris	M	50		1339	00:55:05
1308	761	00:56:16	Sian	Coughlan	F	40		1361	00:55:18
1309	1400	00:56:17	Allan	Crawford	M	45		1268	00:54:24
1310	1671	00:56:17	Julie	Williams	F	45		1335	00:55:02
1311	3045	00:56:17	Clare	Channon	F			1298	00:54:41
1312	2494	00:56:18	Gavin	Wells	M			1329	00:54:58
1313	2966	00:56:18	Ross	Poines	M		WELSH ANGLO ATHLETICS	1360	00:55:17
1314	2313	00:56:18	Jane	Morris	F			1312	00:54:48
1315	3211	00:56:18	Eleanor	Reed	F		SWANSEA HARRIERS	1363	00:55:19
1316	3312	00:56:18	Christine	Toy	F			1293	00:54:37
1317	2129	00:56:19	Stephen	Godwin	M			1302	00:54:42
1318	1079	00:56:21	David Martyn	Jones	M	45	LLISWERRY RUNNERS	1345	00:55:07
1319	2725	00:56:21	Charlotte	Bear	F	35		1248	00:54:10
1320	2882	00:56:22	Martin	Davies	M	40		1317	00:54:52
1321	2131	00:56:24	Huw	Williams	M	55		1325	00:54:56
1322	1517	00:56:24	Alison	Connaughton	F	35		1305	00:54:42
1323	1160	00:56:24	Danny	Evans	M	40		1243	00:54:08
1324	156	00:56:25	Adrian	Thomas	M	40		1323	00:54:55
1325	699	00:56:25	Leanne	Oconnor	F			1398	00:55:37
1326	3107	00:56:26	Neil	Gregory	M	40		1187	00:53:28
1327	3133	00:56:27	Sally	Natynczuk	F	50		1263	00:54:19
1328	2300	00:56:28	Ceri	Clarke	F	35		1376	00:55:25
1329	3780	00:56:28	Harry	Franklin	M	75		1440	00:56:11
1330	1460	00:56:29	Susan	Martin	F	40		1241	00:54:07

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1331	120	00:56:30	Kathryn	Kearney	F	50		1417	00:55:51
1332	3845	00:56:30	Adrian	Davies	M			1333	00:55:02
1333	3244	00:56:31	Richard	Barnes	M			1283	00:54:30
1334	2984	00:56:31	Neil	Leader	M	40		1292	00:54:37
1335	2349	00:56:32	Adam	Lewis	M			1310	00:54:47
1336	2278	00:56:32	Kathryn	Hopkins	F			1396	00:55:37
1337	3485	00:56:32	Stuart	Rowlands	M	50		1299	00:54:41
1338	1021	00:56:32	Katie	Davies	F			1359	00:55:16
1339	2219	00:56:33	Steve	Jones	M	45		1252	00:54:12
1340	2491	00:56:34	Carl	Farrant	M			1328	00:54:58
1341	1186	00:56:35	Eleanor	Reid	F			1392	00:55:35
1342	2783	00:56:35	Sarah	Fish	F	40		1385	00:55:31
1343	2262	00:56:35	Jamie	Ward	M			1370	00:55:22
1344	2720	00:56:37	Steve	Mcwilliams	M	60		1446	00:56:15
1345	2179	00:56:37	Jennifer	James	F	40		1234	00:54:03
1346	1192	00:56:37	Roger	Morrell	M	50		1455	00:56:21
1347	976	00:56:38	Gareth	Davies	M	40		1295	00:54:38
1348	3071	00:56:39	Leighton	Williams	M	45		1342	00:55:06
1349	2165	00:56:40	Roy	Evans	M	40		1316	00:54:51
1350	2660	00:56:41	Nadine	Tudur	F			1334	00:55:02
1351	630	00:56:42	Kevin	Mccreadie	M	45		1461	00:56:23
1352	1930	00:56:43	Danielle	Hardcastle	F			1353	00:55:14
1353	435	00:56:45	Gareth	Stephens	M			1405	00:55:39
1354	2762	00:56:45	Ian	Michael	M	45		1439	00:56:10
1355	1564	00:56:47	Lindsay	Davis	M	55	TOTTON RC	1245	00:54:09
1356	2231	00:56:48	Kerry	Mcgreevy	F			1391	00:55:34
1357	2120	00:56:48	Eamonn	Mcgreevy	M	60		1390	00:55:33
1358	2065	00:56:48	Dylan	Jones	M	45		1309	00:54:47
1359	3419	00:56:49	Mathew	Gibson	M			1366	00:55:20
1360	2309	00:56:49	Sian	Jenkins	F			1262	00:54:18
1361	485	00:56:51	Mark	Ellis	M	55		1416	00:55:50
1362	2932	00:56:52	Sara	Jones	F			1276	00:54:27
1363	2685	00:56:52	Emma	Davies	F			1374	00:55:24
1364	2062	00:56:55	Wendy	Redmond	F	35		1314	00:54:49
1365	2983	00:56:56	Nick	Pierpoint	M	55	TRING RC	1301	00:54:42
1366	2989	00:56:57	Natalie	Jones	F		LLANELLI STROLLERS	1354	00:55:14
1367	1821	00:56:57	Gemma	Evans	F			1380	00:55:27
1368	3520	00:56:58	Michelle	Bates	F	45	PARC BRYN BACH	1486	00:56:35
1369	2242	00:56:59	Philip	Hobbs	M			1347	00:55:09
1370	3538	00:57:00	Jean	Gardner	F	40		1288	00:54:34
1371	2546	00:57:01	Sharon	Penhale	F	40		1414	00:55:48
1372	2736	00:57:04	Howard	Roberts	M	50		1155	00:53:06
1373	2119	00:57:06	Gareth	Jones	M	45		1444	00:56:13
1374	3475	00:57:07	Kelly	Brooks	F			1514	00:56:53
1375	2279	00:57:07	Kevin	Hopkins	M	40		1438	00:56:09
1376	1560	00:57:07	Nicholas	Donovan	M			1290	00:54:36
1377	2515	00:57:08	Eleri	Andrew	F			1318	00:54:52
1378	1459	00:57:09	Matthew	Evans	M			1373	00:55:23
1379	1527	00:57:10	Paul	Baker	M	40		1386	00:55:32
1380	2532	00:57:10	Steven	Daniels	M			1449	00:56:18
1381	925	00:57:11	Marcus	Bennett	M	45		1313	00:54:48
1382	1932	00:57:11	Richard	Jenkins	M			1483	00:56:33
1383	3331	00:57:11	Diane	Rowlands	F	50	WYE VALLEY RUNNERS	1431	00:56:05
1384	2955	00:57:12	Lowri	Hughes	F	35		1453	00:56:20
1385	689	00:57:12	Huw	Jones	M	45		1377	00:55:26
1386	1787	00:57:13	Einion	Gruffudd	M	45		1304	00:54:42
1387	3193	00:57:14	Darryl	Hope	M			1364	00:55:19
1388	2811	00:57:14	Susan	Learmonth	F	40		1237	00:54:05
1389	803	00:57:15	Nicola	Fitchett	F			1355	00:55:14
1390	1928	00:57:15	Phil	Blackler	M	50		1395	00:55:36
1391	2925	00:57:16	Keri	Hamer	F			1322	00:54:55
1392	3513	00:57:17	Diana	Vulpe	F			1502	00:56:44
1393	2508	00:57:17	Andres	Delgado	M	40		1375	00:55:24
1394	490	00:57:17	James	Dainton	M			1320	00:54:53
1395	1619	00:57:19	Liam	Hunt	M	J		1428	00:56:02
1396	1618	00:57:19	Mark	Hunt	M	40		1427	00:56:01
1397	3049	00:57:19	Robert	Morgan	M			1475	00:56:30
1398	2848	00:57:20	Adrian	Bence	M			1338	00:55:04
1399	3095	00:57:20	Sarah	Pope	F	50	WOMEN RUNNING PENARTH	1388	00:55:33
1400	109	00:57:21	Marina	Harris	F	40		1434	00:56:06

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1401	108	00:57:21	Philip	Harris	M	40		1433	00:56:06
1402	3135	00:57:23	Emily	Kingston	F	35		1489	00:56:37
1403	924	00:57:23	Clare	Bennett	F	45		1327	00:54:58
1404	2754	00:57:25	Malcolm	Mcdermott	M	50		1266	00:54:22
1405	3579	00:57:27	Sharon	Thomas	F	40		1462	00:56:24
1406	698	00:57:27	Matthew	John	M			1488	00:56:37
1407	144	00:57:28	Emma	Davies	F			1404	00:55:39
1408	323	00:57:28	Sian	Williams	F			1420	00:55:53
1409	807	00:57:29	Louis	Fligelstone	M	50		1498	00:56:41
1410	3377	00:57:30	Owain	Peckover	M			1401	00:55:38
1411	2798	00:57:31	Josh	Kelly	M			1412	00:55:43
1412	2180	00:57:32	Leanne	Fethney	F		RUN4ALL RUNNING CLUB	1344	00:55:07
1413	2473	00:57:32	Leah	Rogers	F			1357	00:55:15
1414	352	00:57:32	Lisa	Draper	F			1469	00:56:28
1415	2988	00:57:33	Nigel	Jones	M	55	LLANELLI STROLLERS	1415	00:55:48
1416	715	00:57:33	Kelly	Mcneish	F	35		1437	00:56:08
1417	997	00:57:33	Sara	Thomas	F	35		1548	00:57:15
1418	1115	00:57:33	Martin	Kearns	M	50		1403	00:55:38
1419	1392	00:57:34	Peter	Martin	M			1493	00:56:39
1420	1391	00:57:34	Lilian	Martin	F	35		1492	00:56:38
1421	374	00:57:37	Lesley	Colman	F	40	CHIPPENHAM HARRIERS	1424	00:55:59
1422	3773	00:57:37	Debbie	Keogh	F	40		1429	00:56:02
1423	3085	00:57:37	Michaela	Rees	F	35		1443	00:56:13
1424	1567	00:57:37	Ben	Giesbrecht	M	55	RUNNING SOMEWHERE ELSE	1506	00:56:47
1425	3496	00:57:38	Leanne	Phillips	F	40	LLISWERRY RUNNERS	1340	00:55:05
1426	2609	00:57:39	Tara	Worrall	F		PEMBROKESHIRE HARRIERS	1384	00:55:30
1427	1536	00:57:39	Bethan	Amos	F			1406	00:55:39
1428	3527	00:57:39	Louise	Udiawar	F			1352	00:55:13
1429	3344	00:57:40	Ivor	Novelle	M	45		1410	00:55:41
1430	1106	00:57:40	Elinor	Thomas	F			1409	00:55:41
1431	1136	00:57:40	Brian	Watkins	M	45		1539	00:57:09
1432	1871	00:57:40	Michael	Watkins	M	40		1244	00:54:08
1433	1023	00:57:41	Nicole	Casey	F	40		1494	00:56:39
1434	3693	00:57:43	Jonathan	Roberts	M		ADMIRAL	1365	00:55:19
1435	2160	00:57:45	Megan	Spacie	F			1504	00:56:46
1436	2679	00:57:45	Joseph	Clifton	M			1552	00:57:16
1437	2678	00:57:45	June	Clifton	F	55		1553	00:57:17
1438	3181	00:57:46	Ellis	Hopkins	M			1451	00:56:19
1439	2089	00:57:47	Rhydwyn	Harris	M	45	ISLWYN RC	1394	00:55:35
1440	1639	00:57:48	Alan	Pugh	M			1436	00:56:08
1441	1902	00:57:49	Jim	Fitzgibbon	M	60		1426	00:56:01
1442	2053	00:57:50	Alex	Parry	M	45		1603	00:57:50
1443	2488	00:57:50	Rebecca	Scadding	F			1356	00:55:15
1444	3705	00:57:51	Andrew	Taylor	M		ADMIRAL	1379	00:55:26
1445	2800	00:57:51	Leigh	Ayers	M			1549	00:57:16
1446	3343	00:57:52	Nicola	Walker	F			1393	00:55:35
1447	2841	00:57:52	Jonathan	Britton	M			1532	00:57:03
1448	2314	00:57:53	Andy	Morris	M	45		1459	00:56:23
1449	2560	00:57:54	Caroline	Drew	F	40		1478	00:56:31
1450	437	00:57:55	Kim	Wells	F	35		1473	00:56:29
1451	196	00:57:55	Lisa	Cronin	F			1534	00:57:04
1452	3610	00:57:56	Anthony	Beer	M		ADMIRAL	1402	00:55:38
1453	618	00:57:56	Simon	Hurford	M			1372	00:55:23
1454	2556	00:57:56	Steve	Wickwar	M	40		1536	00:57:07
1455	2172	00:57:57	Christopher	Morgan	M			1537	00:57:08
1456	800	00:57:58	Jay	Toor	M			1545	00:57:12
1457	666	00:57:59	Lisa	Morgan	F	40		1460	00:56:23
1458	2478	00:58:00	Jill	Luckwell	F	50		1387	00:55:33
1459	3320	00:58:00	Emma	Doolan	F	35		1521	00:56:57
1460	322	00:58:01	Erika	Thomas	F			1465	00:56:25
1461	3148	00:58:02	Lynne	Evans	F	40		1447	00:56:15
1462	885	00:58:03	Steven	Price	M			1389	00:55:33
1463	3072	00:58:03	Gemma	Slatergemmaslater	F			1530	00:57:02
1464	3682	00:58:05	Meilyr	Passmore	M		ADMIRAL	1529	00:57:01
1465	3322	00:58:05	Tracey	Newman	F	40	LES CROUPIERS	1538	00:57:09
1466	1094	00:58:06	Rhys	Gedrych	M			1533	00:57:04
1467	1706	00:58:06	Ruby	Harcombe	F			1432	00:56:06
1468	609	00:58:06	Craig	Phillips	M			1445	00:56:14
1469	315	00:58:07	Joanne	Sperduty	F			1399	00:55:37
1470	967	00:58:07	Peter	Davies	M			1358	00:55:16

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1471	2201	00:58:07	Elisha	Pike	F			1418	00:55:52
1472	1247	00:58:08	Keri	Hiles	M	40		1448	00:56:17
1473	2965	00:58:08	Sarah	Beynon	F			1419	00:55:52
1474	3341	00:58:08	Ryan	Jones	M	40		1413	00:55:45
1475	2747	00:58:09	Malcolm	Parker	M	70	ISLWYN RC	1421	00:55:57
1476	1861	00:58:09	Julian	Rees	M			1499	00:56:42
1477	3420	00:58:10	Stacy	Baker	M			1479	00:56:32
1478	2923	00:58:10	Carys	Jones	F			1487	00:56:36
1479	2527	00:58:10	Rob	David	M			1441	00:56:12
1480	1151	00:58:11	Andrew	Rees	M			1383	00:55:30
1481	143	00:58:11	Phillip	Evans	M			1508	00:56:47
1482	205	00:58:11	Isla	Humphreys	F			1463	00:56:24
1483	3854	00:58:12	Lizzie	Gillman	F			1535	00:57:04
1484	2489	00:58:12	Carol	Woodman	F			1481	00:56:33
1485	3253	00:58:13	Roger	Stein	M	55		1471	00:56:29
1486	3063	00:58:16	Nia	Moss	F			1430	00:56:03
1487	3454	00:58:16	Stephen	Barclay	M	40		1516	00:56:54
1488	1382	00:58:16	Elizabeth	Parker	F	40	LLISWERRY RUNNERS	1411	00:55:41
1489	1200	00:58:17	Lowri	Rees	F			1542	00:57:11
1490	1937	00:58:18	Stuart	Rees	M			1423	00:55:58
1491	3315	00:58:19	Sion	Mason-Evans	M			1543	00:57:12
1492	547	00:58:19	David	Pole	M	40		1520	00:56:56
1493	3749	00:58:19	Callum	Ogilvey	M		ADMIRAL	1458	00:56:23
1494	1337	00:58:19	Amy	Doman	F			1531	00:57:02
1495	2696	00:58:20	Steffan	Shadrach	M			1505	00:56:47
1496	1087	00:58:22	Mari	Griffiths	F			1556	00:57:18
1497	1048	00:58:22	Jo	Hilborne	F	45		1476	00:56:30
1498	2911	00:58:24	Stacey	Price	M	40		1467	00:56:27
1499	1309	00:58:25	Alex	Milton	M	45		1581	00:57:33
1500	2668	00:58:26	Dave	Shields	M	45	VIRGIN ACTIVE CARDIFF RC	1452	00:56:19
1501	3846	00:58:27	Laura	Hall	F			1495	00:56:39
1502	2067	00:58:28	Christopher	Thomas	M			1613	00:57:56
1503	2568	00:58:28	Andrew	Keddie	M			1482	00:56:33
1504	1018	00:58:29	Chris	Marshall	M	40		1560	00:57:21
1505	2209	00:58:29	Daniel	Jones	M			1468	00:56:28
1506	648	00:58:29	Kate	Reilly	F	35		1555	00:57:17
1507	3587	00:58:30	Karen	Devine	F	40	ABM ITU INOTROOPS	1571	00:57:27
1508	3858	00:58:32	Mark	Biscoe	M			1509	00:56:48
1509	500	00:58:33	Lydia	Smith	F	45	LC COBRAS	1450	00:56:18
1510	1273	00:58:34	Tim	Burton	M	45		1442	00:56:12
1511	478	00:58:34	Catrin	Morgan	F			1457	00:56:22
1512	3376	00:58:35	Emma	Vaux	F	35		1500	00:56:43
1513	2537	00:58:35	Andrew	Jones	M	40		1497	00:56:40
1514	2214	00:58:38	Lee	Jollow	F	35		1466	00:56:26
1515	2218	00:58:40	David	Williams	M	45		1367	00:55:20
1516	959	00:58:41	Mark	Baker	M	45		1397	00:55:37
1517	3078	00:58:43	Huw	Lewis	M	55		1496	00:56:40
1518	855	00:58:44	Felicity	Shelley	F			1477	00:56:31
1519	2995	00:58:45	Sharon	Henton	F	40		1491	00:56:38
1520	1525	00:58:45	Joanne	Pudner	F			1507	00:56:47
1521	1355	00:58:46	John	Mcintyre	M			1484	00:56:34
1522	1354	00:58:46	Stacey	Mcintyre	F	35		1485	00:56:34
1523	1458	00:58:46	Rebecca	Young	F			1526	00:57:01
1524	998	00:58:46	Helena	Sykes	F			1546	00:57:14
1525	3503	00:58:47	Ashley	Rees	M			1435	00:56:07
1526	2523	00:58:47	Mark	Heycock	M			1628	00:58:06
1527	1959	00:58:48	Jeremy	Ashdown	M			1629	00:58:06
1528	2059	00:58:49	Amanda	Coulson	F	65		1522	00:56:59
1529	369	00:58:50	Ben	Coulson	M			1525	00:57:00
1530	1846	00:58:50	Daniel	Hillier	M			1527	00:57:01
1531	3287	00:58:50	Chris	Osborne	M	50		1523	00:57:00
1532	3441	00:58:50	Frank	Britton	M	60		1612	00:57:54
1533	368	00:58:50	Kate	Skidmore	F			1524	00:57:00
1534	2417	00:58:52	Richard	Morris	M			1578	00:57:31
1535	1083	00:58:52	Michael	Howell	M	45		1619	00:58:00
1536	390	00:58:53	Anthony	Manley	M	55		1589	00:57:43
1537	3864	00:58:53	Hollie	Jeans	F			1474	00:56:30
1538	644	00:58:54	Martyn	Simpson	M			1464	00:56:25
1539	2341	00:58:54	Karen	Penny	F	45		1454	00:56:21
1540	3790	00:58:55	Lucy	Thomas	F	40		1567	00:57:25

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1541	3416	00:58:55	Liz	Carpenter	F			1515	00:56:54
1542	2135	00:58:56	Michelle	Williams	F	45	WYE VALLEY RUNNERS	1472	00:56:29
1543	1763	00:58:56	Clare	Jones	F	40		1616	00:57:58
1544	2986	00:58:57	John	Bourne	M	65		1599	00:57:49
1545	1986	00:58:58	Kenneth	Blackie	M	45		1574	00:57:29
1546	902	00:58:59	Abi	Cherry	F			1456	00:56:22
1547	3017	00:58:59	Clare	Ford	F	50	ABM MOB BOTS	1490	00:56:38
1548	3332	00:59:00	Dominic	Masters	M	40		1566	00:57:25
1549	3767	00:59:01	Jessica	Wray	F			1595	00:57:47
1550	3633	00:59:01	Kevin	Foley	M	45	ADMIRAL	1400	00:55:38
1551	1576	00:59:02	Bev	Sime	F	45		1422	00:55:58
1552	103	00:59:03	Christopher	Hockley	M	40		1634	00:58:08
1553	318	00:59:04	Craig	Watkins	M			1425	00:56:01
1554	2627	00:59:05	Sian	Thomas	F			1528	00:57:01
1555	2289	00:59:06	Ryan	John	M	J		1592	00:57:45
1556	629	00:59:07	Daniel	Griffiths	M			1541	00:57:10
1557	3274	00:59:07	Matthew	Thomas	M	45		1614	00:57:56
1558	3521	00:59:10	Eleanor	Wilde	F			1382	00:55:29
1559	1827	00:59:10	Laura	Henton	F			1621	00:58:03
1560	2117	00:59:11	Iain	Robertson	M	45		1551	00:57:16
1561	2305	00:59:12	Sam	Ward	F	40		1501	00:56:44
1562	2159	00:59:12	Rachel	Gabb	F	35	RUN4ALL RUNNING CLUB	1575	00:57:29
1563	2451	00:59:15	Rebecca	Anderson	F			1559	00:57:20
1564	116	00:59:15	Carol	Morgan	F	40		1557	00:57:18
1565	1589	00:59:15	Peter	Jones	M	60		1689	00:58:45
1566	3166	00:59:16	Peter	Rogers	M	50		1618	00:57:59
1567	2653	00:59:17	Richard	Bennett	M			1518	00:56:55
1568	3510	00:59:17	Barry	James	M	60	PORTHCAWL HARRIERS	1558	00:57:19
1569	707	00:59:19	Jamie	Weeks	M			1408	00:55:40
1570	3278	00:59:19	Karen	Benson	F	35		1503	00:56:46
1571	608	00:59:20	Hugh	Price	M	60		1480	00:56:32
1572	1918	00:59:20	Allan	Smith	M	80	3MS GORSEINON RR	1582	00:57:33
1573	3381	00:59:20	Gwen	Smith	F	45		1703	00:58:54
1574	3010	00:59:20	Edd	Drew	M		ABM PLASTIC FANTASTIC	1580	00:57:33
1575	494	00:59:21	Don	Clarey	M	50		1550	00:57:16
1576	1072	00:59:22	Andrew	Jones	M	50		1562	00:57:22
1577	2369	00:59:22	Fiona	Jackson	F			1714	00:59:01
1578	379	00:59:23	Lianne	Greenslade	F	J		1637	00:58:10
1579	971	00:59:23	Susan	Wonnacott	F	35		1652	00:58:20
1580	3870	00:59:24	Ashi	Malik	F	35		1510	00:56:50
1581	3175	00:59:24	Rhodri	Williams	M			1547	00:57:14
1582	987	00:59:25	Sean	Thomas	M	40		1683	00:58:41
1583	3160	00:59:25	Kate	Jenkins	F			1662	00:58:28
1584	3871	00:59:26	Craig	Nicolson	M			1470	00:56:29
1585	3039	00:59:26	Annamarie	Parsons	F	40		1609	00:57:53
1586	1357	00:59:27	Ted	Powell	M			1641	00:58:13
1587	2345	00:59:28	Jamie	Lewis	M			1579	00:57:32
1588	2930	00:59:29	Dave	Pearce	M	45		1684	00:58:42
1589	2924	00:59:29	Greg	Leeman	M			1611	00:57:54
1590	3867	00:59:29	Richard	Murray	M			1576	00:57:31
1591	1602	00:59:31	Steven	Lovidge	M	45		1651	00:58:19
1592	1518	00:59:32	Michael	Moore	M			1519	00:56:55
1593	3176	00:59:32	Jan	Williams	F	55		1564	00:57:23
1594	2332	00:59:33	Karen	Davies	F	40		1665	00:58:29
1595	587	00:59:34	Alex	Rothe	M	J		1572	00:57:28
1596	1724	00:59:34	Michelle	Chapman	F	35		1517	00:56:54
1597	1225	00:59:36	Martin	Jones	M		LES CROUPIERS	1657	00:58:22
1598	2125	00:59:36	Phillipa	Cole	F	45		1512	00:56:52
1599	2113	00:59:37	Fiona	Crook	F	45		1563	00:57:23
1600	2112	00:59:37	Richard	Crook	M	45		1565	00:57:23
1601	3105	00:59:40	Andy	Booth	M	55	ROAD RUNNERS CLUB	1554	00:57:17
1602	2042	00:59:41	David	Griffiths	M			1669	00:58:30
1603	2429	00:59:43	Carla	Lewis	F			1593	00:57:45
1604	862	00:59:43	Bethan	Waters	F	35		1655	00:58:22
1605	1537	00:59:43	Richard	Amos	M			1591	00:57:43
1606	3066	00:59:43	Joseph	Davies	M	J		1653	00:58:22
1607	2041	00:59:44	Corrine	Davies	F	40		1600	00:57:49
1608	3652	00:59:44	Catherine	Hook	F		ADMIRAL	1638	00:58:11
1609	497	00:59:44	Peter	Harris	M	J		1620	00:58:01
1610	3330	00:59:45	Andy	Rowlands	M	50	WYE VALLEY RUNNERS	1680	00:58:38

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1611	2621	00:59:45	Nathan	Wilcox	M			1587	00:57:40
1612	489	00:59:47	Dan	Triggs	M			1654	00:58:22
1613	425	00:59:48	Christine	Williams	F	45		1674	00:58:33
1614	3822	00:59:48	Louise	Rees James	F			1667	00:58:29
1615	185	00:59:48	Kevin	Davis	M	50		1583	00:57:33
1616	2485	00:59:49	Anthony	Marsh	M			1561	00:57:22
1617	543	00:59:51	Sara	Thomas	F	35		1646	00:58:16
1618	1757	00:59:51	Betsan	Rolles	F	40		1661	00:58:27
1619	1921	00:59:53	Angela	Bowkett	F	45	FOREST OF DEAN AC	1708	00:58:58
1620	2386	00:59:54	Clare	Ferguson	F	40		1673	00:58:33
1621	173	00:59:55	Andrew	Melham	M	55		1731	00:59:07
1622	3185	00:59:56	Thomas	Annetts	M			1540	00:57:09
1623	579	00:59:58	Sarah	Rees	F			1670	00:58:31
1624	2836	00:59:58	Victoria	Williams	F			1584	00:57:33
1625	2837	00:59:59	Lisa	Williams	F	35		1758	00:59:22
1626	2271	00:59:59	Catherine	Llewellyn	F	45		1746	00:59:15
1627	1100	00:59:59	Natalie	Robinson	F			1710	00:58:58
1628	1969	00:59:59	Tony	Fisher	M	40		1588	00:57:43
1629	1101	00:59:59	Oliver	Wood	M			1709	00:58:58
1630	3745	01:00:00	Joshua	Morris	M		ADMIRAL	1625	00:58:05
1631	2542	01:00:00	Kate	Hurst	F			1747	00:59:16
1632	1077	01:00:01	Leanne	Sullivan	F			1650	00:58:18
1633	3665	01:00:01	Tamsin	Jones	F	35	ADMIRAL	1570	00:57:26
1634	347	01:00:01	Martyn	Price	M	40		1685	00:58:42
1635	651	01:00:01	Matthew	Dainton	M			1586	00:57:37
1636	598	01:00:01	Adam	Cornford	M			1573	00:57:29
1637	2265	01:00:02	Jackie	Martin	F	45		1660	00:58:27
1638	3215	01:00:02	Ruth	Hale	F			1740	00:59:12
1639	3435	01:00:03	Alison	Davies	F	40		1687	00:58:44
1640	1544	01:00:03	Clifford	Ashwin	M	55		1635	00:58:09
1641	3850	01:00:03	Araminta	Peacock	F			1594	00:57:46
1642	1688	01:00:04	Jennifer	Hampson	F			1569	00:57:26
1643	3710	01:00:05	Dave	Wathan	M	45	ADMIRAL	1623	00:58:04
1644	1388	01:00:06	Jennifer	Henderson	F	45		1604	00:57:52
1645	934	01:00:07	Jolene	Williams	F			1585	00:57:35
1646	982	01:00:07	Dean	Kent	M	45		1602	00:57:50
1647	983	01:00:07	Stephen	Swinhoe	M			1596	00:57:47
1648	3472	01:00:07	Rachel	Stewart	F			1749	00:59:16
1649	1112	01:00:08	Laura	Mulcahy	F			1607	00:57:53
1650	2260	01:00:08	Ian	Phillips	M	50		1622	00:58:04
1651	814	01:00:08	Ruth	Williams	F	45		1724	00:59:04
1652	3823	01:00:08	Steve	Hopkins	M	40		1577	00:57:31
1653	2376	01:00:09	Sion	Crees	M			1631	00:58:07
1654	1768	01:00:10	Jonathan	Sellick	M			1659	00:58:25
1655	2227	01:00:11	Sharon	Williams	F	50		1699	00:58:51
1656	3797	01:00:12	Andrew	James	M	40		1511	00:56:52
1657	1866	01:00:12	Helen	Alexander	F			1767	00:59:25
1658	2539	01:00:13	Samantha	Board	F	35		1781	00:59:37
1659	570	01:00:13	Catherine	Howells	F			1711	00:58:59
1660	3266	01:00:14	Sarah	Jenkins	F			1608	00:57:53
1661	1308	01:00:16	Alaric	Harrison	M			1800	00:59:47
1662	1404	01:00:17	Jenny	Baker	F	35		1704	00:58:57
1663	3554	01:00:17	Howard	King	M	40		1695	00:58:47
1664	1374	01:00:17	Rachel	Hicks	F			1745	00:59:14
1665	313	01:00:18	Michelle	Rivett	F	40	LES CROUPIERS	1513	00:56:53
1666	3719	01:00:19	Chelsey	Mcgillicuddy	F		ADMIRAL	1666	00:58:29
1667	110	01:00:19	Victoria	Ford	F	40		1648	00:58:17
1668	1031	01:00:19	Elizabeth	Phillips	F	40		1647	00:58:17
1669	3003	01:00:22	Richard	Donne	M	50		1694	00:58:47
1670	2905	01:00:22	Rebecca	Pritchard	F	35		1705	00:58:57
1671	2055	01:00:23	Ashley	Draisey	M			1568	00:57:25
1672	2927	01:00:24	Elizabeth	Macgowan	F	35		1671	00:58:32
1673	1669	01:00:25	Philip	Stoneman	M	45		1751	00:59:17
1674	1632	01:00:25	Stephen	Lewis	M	45		1721	00:59:03
1675	2497	01:00:26	James	Roach-John	M		PEMBROKESHIRE HARRIERS	1645	00:58:15
1676	3762	01:00:27	Natalie	Elgar	F		LLISWERRY RUNNERS	1606	00:57:53
1677	2591	01:00:27	Bernard	Carroll	M	60		1792	00:59:41
1678	2592	01:00:27	Martin	Carroll	M	50		1782	00:59:37
1679	3223	01:00:27	James	Howells	M			1624	00:58:05
1680	1679	01:00:28	Sharon	Crocker	F			1791	00:59:41

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1681	3563	01:00:29	Richard	Jones	M			1778	00:59:34
1682	573	01:00:30	Craig	Williams	M	40		1656	00:58:22
1683	574	01:00:30	Debra	Lewis	F	40		1658	00:58:23
1684	2422	01:00:30	Wendy	Lawrence	F	55	FOREST OF DEAN AC	1779	00:59:35
1685	2655	01:00:30	Steve	Whyte	M	50		1726	00:59:04
1686	3839	01:00:31	Caroline	Kelly	F	40		1663	00:58:28
1687	653	01:00:31	Rhys	Morris	M			1692	00:58:47
1688	1898	01:00:31	Lindi	Lloyd	F	40		1743	00:59:13
1689	2731	01:00:32	Rachel	Sanders	F			1644	00:58:15
1690	2073	01:00:32	Lee	Fudge	M	40	RHONDDA VALLEY RUNNERS	1630	00:58:06
1691	3352	01:00:32	Lloyd	Wells	M			1677	00:58:36
1692	3683	01:00:33	Daniel	Phillips	M		ADMIRAL	1632	00:58:08
1693	1073	01:00:34	Carolyn	Jay	F	45		1676	00:58:36
1694	1890	01:00:34	Jones	Jason	M	40		1762	00:59:23
1695	1845	01:00:37	Katie	Hillier	F			1696	00:58:48
1696	2060	01:00:39	Gareth	Thomas	M	45		1615	00:57:57
1697	2743	01:00:39	Alan	Kirton	M	45		1682	00:58:40
1698	3457	01:00:40	Richard	Price Deer	M		TEAM JEN	1712	00:59:01
1699	705	01:00:40	Denise	Bradley	F	50		1672	00:58:32
1700	3821	01:00:40	Catherine	Isaac	F	45		1686	00:58:43
1701	1239	01:00:40	Jordan	Shamsaee	M			1626	00:58:06
1702	1483	01:00:41	Yasmin	Ford	F	40	ABM MOB BOTS	1786	00:59:39
1703	283	01:00:41	Anna	Colclough	F			1752	00:59:18
1704	2695	01:00:41	Jenna	Shadrach	F			1733	00:59:08
1705	2058	01:00:41	Rhys	Roberts	M	J		1838	01:00:10
1706	2403	01:00:42	Angharad	Taylor	F	35		1783	00:59:37
1707	2225	01:00:43	Sian	Breeze	F			1798	00:59:45
1708	1667	01:00:43	Erin	Thomas	F			1755	00:59:20
1709	3226	01:00:43	Russell	Jones	M	55		1702	00:58:54
1710	2431	01:00:44	Andrew	Hiscox	M			1544	00:57:12
1711	498	01:00:44	Aimee	Williams	F			1722	00:59:03
1712	428	01:00:44	Keith	Jordan	M	50		1639	00:58:11
1713	778	01:00:44	Sarah	Gatley	F			1729	00:59:05
1714	777	01:00:45	James	Beynon	M	40		1723	00:59:04
1715	3339	01:00:45	Lloyd	Williams	M	40		1627	00:58:06
1716	2347	01:00:46	My-Yen	Butler	F			1681	00:58:39
1717	3470	01:00:48	Tom	Long	M	50		1700	00:58:51
1718	2448	01:00:48	Mark	Probert	M			1597	00:57:47
1719	1999	01:00:48	Niki	Davies	M	J		1605	00:57:52
1720	2044	01:00:49	Mike	Footman	M	40		1598	00:57:48
1721	1994	01:00:50	Michael	Lane	M	60		1735	00:59:11
1722	1144	01:00:51	Colin	Isaac	M	60		1829	01:00:08
1723	2645	01:00:51	Alexandra	Hills	F	40		1664	00:58:28
1724	2790	01:00:52	Rebecca	Hurley	F			1765	00:59:25
1725	3205	01:00:52	Gemma	Pugh	F			1766	00:59:25
1726	2734	01:00:56	Anna	Wake	F	40		1678	00:58:37
1727	3668	01:00:58	Aimee	Lacey	F		ADMIRAL	1675	00:58:34
1728	978	01:00:59	Paul	Brain	M	65		1688	00:58:44
1729	2158	01:01:02	Huw	Jenkins	M			1716	00:59:02
1730	3771	01:01:02	Dyfed	Stevenson	M			1728	00:59:05
1731	3432	01:01:04	David	Eagle	M			1643	00:58:14
1732	711	01:01:04	Steffan	Casey	M	J		1719	00:59:03
1733	2263	01:01:05	Emma	James	F			1744	00:59:13
1734	1784	01:01:06	Bernadette	Stratford	F	45		1826	01:00:07
1735	3271	01:01:06	Stuart	Foyle	M			1590	00:57:43
1736	3455	01:01:08	Elizabeth	Barclay	F	40		1796	00:59:44
1737	2255	01:01:09	Sarah	Hawker	F	40		1742	00:59:13
1738	2620	01:01:09	Royston	Whitney	M			1725	00:59:04
1739	3382	01:01:10	Robert	Hopping	M	45		1601	00:57:50
1740	581	01:01:10	James	Holmes	M			1720	00:59:03
1741	2587	01:01:11	Paul	Childs	M			1756	00:59:21
1742	189	01:01:12	Michelle	Dougal	F			1610	00:57:54
1743	3365	01:01:13	Luke	Tanner	M	J		1701	00:58:53
1744	119	01:01:15	Michael	Kearney	M	50		1871	01:00:37
1745	3070	01:01:15	Nadia	Davies	F			1763	00:59:23
1746	1256	01:01:20	Scott	Williams	M			1748	00:59:16
1747	577	01:01:22	Kevin	Button	M			1697	00:58:48
1748	3433	01:01:23	Fiona	White	F	40		1668	00:58:30
1749	3149	01:01:23	Jan	George	F	40	RUN4ALL RUNNING CLUB	1713	00:59:01
1750	3662	01:01:24	Huw	Jones	M	45	ADMIRAL	1821	01:00:04

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1751	1349	01:01:24	Laura	Weaver	F			1835	01:00:09
1752	1420	01:01:26	Nicola	Bowden	F	40		1636	00:58:09
1753	1179	01:01:27	Matt	Jones	M	40		1824	01:00:06
1754	2368	01:01:28	David	John	M			1860	01:00:30
1755	957	01:01:28	Nicholas James	Rideout	M	J		1825	01:00:07
1756	3523	01:01:29	Viv	Evans	M	40		1737	00:59:11
1757	3196	01:01:30	Rebecca	Jones	F			1814	00:59:54
1758	411	01:01:32	Aaron	Harris	M			1847	01:00:18
1759	3478	01:01:32	Jason	Garrahan	M	40		1764	00:59:23
1760	562	01:01:32	Lauren	Bratton	F	J		1855	01:00:25
1761	2178	01:01:34	Sarah	Dunscombe	F	40		1790	00:59:40
1762	2886	01:01:35	Lorna	Hosken-Thomas	F	50		1718	00:59:02
1763	2700	01:01:36	Phill	Meaclem	M	45		1727	00:59:05
1764	1155	01:01:36	Tim	Andrewes	M			1715	00:59:02
1765	1028	01:01:36	Carlo	Marensi	M	45		1932	01:01:21
1766	1939	01:01:37	Peter	Roberts	M	45		1717	00:59:02
1767	2517	01:01:37	Philip	Jenkins	M	45		1769	00:59:27
1768	1110	01:01:38	Tristan	Jeans	M	J		1679	00:58:38
1769	614	01:01:38	Mark	Williams	M			1794	00:59:43
1770	2490	01:01:39	Duncan	Barron	M	40		1887	01:00:58
1771	1372	01:01:40	Bev	James	F	55	FOREST OF DEAN AC	1773	00:59:29
1772	645	01:01:40	Mark	Kneath	M			1881	01:00:52
1773	2832	01:01:40	Suzanne	Owens	F			1811	00:59:53
1774	1340	01:01:41	Amanda	Hill	F			1837	01:00:10
1775	3524	01:01:42	Tammy	Mountain	F	35		1757	00:59:21
1776	1752	01:01:43	Natasha	Evans	F			1690	00:58:45
1777	2967	01:01:44	Graham	Daniels	M	50		1736	00:59:11
1778	1993	01:01:44	Leo	Garcia	M			1691	00:58:46
1779	2637	01:01:44	Simon	Lloyd	M			1753	00:59:19
1780	1992	01:01:44	Hannah	Townsend	F			1698	00:58:49
1781	2638	01:01:44	Rebecca	Lansdowne	F			1750	00:59:17
1782	160	01:01:44	Jayne	Evans	F	50		1775	00:59:31
1783	2979	01:01:45	Ben	Davies	M			1799	00:59:46
1784	296	01:01:45	Andrew	Quirolo	M	45		1649	00:58:18
1785	1755	01:01:45	Lucy	Marley	F	35		1617	00:57:59
1786	1546	01:01:45	Graham	Lawson	M			1777	00:59:34
1787	1966	01:01:46	Mandy	Weare	F	45	FOREST OF DEAN AC	1880	01:00:51
1788	2649	01:01:46	Kerrin	Roberts	F			1902	01:01:05
1789	2643	01:01:47	Sharon	Halpin	F	35		1732	00:59:08
1790	3552	01:01:47	Adie	Pearson	M	45		1776	00:59:34
1791	1406	01:01:47	Francesca	Hampson	F	35		1836	01:00:09
1792	141	01:01:48	Alec	Warburton	M	55		1754	00:59:20
1793	3307	01:01:48	David	Pavey	M	55		1768	00:59:26
1794	3415	01:01:49	Victoria	Griffiths	F	35		1706	00:58:57
1795	410	01:01:50	Anthony	Jones	M			1872	01:00:38
1796	1325	01:01:51	Ffion	James	F	J		1772	00:59:29
1797	1680	01:01:52	Sallie	West	F	50	3MS GORSEINON RR	1806	00:59:50
1798	1891	01:01:52	Ralph	Allemano	M	60	SWANSEA HARRIERS	1873	01:00:39
1799	3656	01:01:53	Danny	James	M		ADMIRAL	1633	00:58:08
1800	1523	01:01:54	Tom	Denman	M			1804	00:59:49
1801	1524	01:01:55	Nicola	Denman	F	35		1808	00:59:51
1802	157	01:01:57	Amanda	Neyland	F	45		1795	00:59:44
1803	3222	01:01:58	T A	Williams	F	40		1734	00:59:10
1804	2589	01:01:58	Kerry	Greenfield	M	65		1780	00:59:35
1805	1333	01:01:59	Darren	Jones	M			1640	00:58:12
1806	1927	01:01:59	Nia	Dickie	F	45		1862	01:00:30
1807	3534	01:01:59	Christian	James	M			1642	00:58:13
1808	3863	01:01:59	Francesca	Matthews	F			1807	00:59:51
1809	1836	01:02:00	Sarah	Taylor Daniel	F	35		1921	01:01:13
1810	2423	01:02:01	Gareth	James	M			1839	01:00:10
1811	2474	01:02:02	Nathan	Roberts	M			1801	00:59:48
1812	131	01:02:03	Simon	Lewis	M	40		1730	00:59:06
1813	914	01:02:03	Kathryn	Ferris	F			1784	00:59:38
1814	2045	01:02:03	Andrew	Thomas	M			1843	01:00:13
1815	1029	01:02:03	Adam	Rennie	M			1739	00:59:11
1816	895	01:02:04	Kwok	Lee	M			1805	00:59:50
1817	3559	01:02:04	Lowri	Williams	F			1741	00:59:12
1818	704	01:02:05	Andy	Williams	M	45		1774	00:59:31
1819	2723	01:02:06	Cheryl	Hill	F	40		1802	00:59:48
1820	2756	01:02:06	Michael	Steeds	M	50		1707	00:58:58

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1821	916	01:02:08	Gareth	Edwards	M	45		1803	00:59:48
1822	956	01:02:08	Nicholas	Rideout	M	45		1761	00:59:22
1823	1707	01:02:08	Suzanna	Hammond	F			1831	01:00:08
1824	3488	01:02:10	Rhiannon	Gabriel	F	35		1947	01:01:28
1825	3852	01:02:10	Shane	Watkins	M	J		1693	00:58:47
1826	3163	01:02:11	Bethan	Bevan	F			1827	01:00:07
1827	552	01:02:11	Rachael	Pugh	F	40		1785	00:59:38
1828	3449	01:02:12	Kevin	Morgan	M	40		1760	00:59:22
1829	3334	01:02:12	Catriona	Davies	F			1858	01:00:27
1830	584	01:02:13	Sarah	Rees	F	35		1830	01:00:08
1831	3169	01:02:13	Gareth	Edmondson	M			1759	00:59:22
1832	1737	01:02:14	Jamie	Thomas	M			1789	00:59:40
1833	1722	01:02:14	Johanne	Hughes-Dowdle	F	40		1848	01:00:18
1834	3755	01:02:15	Elliot	Homewood	M	J	ADMIRAL	1846	01:00:17
1835	3596	01:02:15	Gary	Stevens	M			1815	00:59:56
1836	1572	01:02:15	Karen	Davies	F	40		1844	01:00:15
1837	1900	01:02:16	Tony	Hall	M	65		1876	01:00:44
1838	1915	01:02:17	Nadine	Williams	F	J		2004	01:02:05
1839	870	01:02:17	Nicky	Hamlyn	M			1817	00:59:56
1840	1020	01:02:18	Kirsty	Macdonald	F			1895	01:01:02
1841	1022	01:02:18	John	Macdonald	M	50		1893	01:01:01
1842	1509	01:02:18	Mark	Ley	M			1818	01:00:01
1843	2037	01:02:18	Paul	Michael	M	45		1875	01:00:41
1844	3604	01:02:19	Lisa	Kostromin	F			1856	01:00:25
1845	1610	01:02:22	Caroline	Morgan	F	40		1841	01:00:11
1846	948	01:02:22	Phil	Jones	M	45		1870	01:00:36
1847	2094	01:02:24	Leighton	James	M			1866	01:00:33
1848	3067	01:02:24	Tracy	Rosser	F			1845	01:00:17
1849	3013	01:02:25	Catrin	Codd	F	35	ABM PLASTIC FANTASTIC	1874	01:00:39
1850	2238	01:02:26	Marie	Parsons	F			1850	01:00:19
1851	2622	01:02:27	Nerys	Fielden	F	35		1820	01:00:01
1852	3603	01:02:27	Robert	Latham	M	40		1771	00:59:28
1853	3593	01:02:29	Laura	Peel	F			1812	00:59:53
1854	1373	01:02:31	Ian	James	M	55	FOREST OF DEAN AC	1852	01:00:21
1855	2820	01:02:32	Catherine	Bowen	F	45		1867	01:00:34
1856	1573	01:02:33	Niall	Oulton	M	J		1787	00:59:39
1857	3815	01:02:34	Tracy	Loney	F	40	UNILEVER	1981	01:01:55
1858	1677	01:02:34	Vanessa	Pegler	F	40	FOREST OF DEAN AC	1853	01:00:24
1859	960	01:02:37	Mark	Miller	M			1950	01:01:29
1860	1974	01:02:42	Allison	Maybrey	F	40	WITNEY RD RUNNERS	1971	01:01:50
1861	3687	01:02:43	Lee-Ann	Radnidge	F		ADMIRAL	1816	00:59:56
1862	1535	01:02:44	Vincent	Russell	M	50		1797	00:59:45
1863	2244	01:02:44	Marc	Whitlock	M	50		1861	01:00:30
1864	2232	01:02:44	Mark	O'Dare	M	45		1840	01:00:11
1865	3428	01:02:46	Dave	Wisby	M			1819	01:00:01
1866	2951	01:02:46	Ian	Hutchinson	M	65		2017	01:02:21
1867	2549	01:02:46	Rebecca	Jenkins	F			1854	01:00:24
1868	422	01:02:46	Seamus	Edney	M	50		1879	01:00:50
1869	300	01:02:47	Lyudmila	Vaughan	F			1929	01:01:20
1870	1130	01:02:49	Helen	Mahon	F	35		1897	01:01:03
1871	186	01:02:49	Paula	Price	F	50	BRECON AC	1822	01:00:05
1872	3522	01:02:50	Jatin	Verma	M			1738	00:59:11
1873	187	01:02:50	Jennifer	Stephens	F	60		1823	01:00:06
1874	2353	01:02:51	Laura	Ingham	F	35		1793	00:59:42
1875	2338	01:02:51	Amanda	Kyle	F	35		1788	00:59:39
1876	130	01:02:52	Joanne	Morgan	F	45		1810	00:59:52
1877	696	01:02:52	Bill	Rumble	M	55		1965	01:01:41
1878	279	01:02:53	Hannah	Toghill	F			1813	00:59:53
1879	2039	01:02:54	Deborah	Lewis	F	40	MUMBLES MILERS	1809	00:59:52
1880	3154	01:02:54	Liza	Ludbrook	F	40		1857	01:00:26
1881	2845	01:02:54	Kevin	Anderson	M	65		1894	01:01:01
1882	3189	01:02:57	Rhianydd	Evans	F			1941	01:01:26
1883	2099	01:02:57	Claire	Reid	F	35		1927	01:01:18
1884	2524	01:02:59	Tracey	Morris	F	40		1890	01:01:01
1885	1943	01:02:59	Rebecca	Williams	F	J		1944	01:01:27
1886	881	01:03:01	Anne	Evans	F			1883	01:00:54
1887	1942	01:03:01	Diane	Williams	F	45		1948	01:01:29
1888	3601	01:03:01	Joelle	Evans	F	J		1885	01:00:55
1889	2640	01:03:02	Simon	Clarke	M			1886	01:00:56
1890	2315	01:03:03	Lee	Bamford	M			2014	01:02:14

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1891	263	01:03:03	Amanda	Glanville	F	35		1849	01:00:19
1892	1173	01:03:04	Ailish	Breen	F			1936	01:01:24
1893	2283	01:03:05	Mari	Hobbs	F	50		1891	01:01:01
1894	564	01:03:05	Rhian	Pole	F	35		2032	01:02:27
1895	2124	01:03:05	Leonard	Williams	M			1899	01:01:04
1896	3327	01:03:06	Luke	Milward	M			1942	01:01:26
1897	2096	01:03:06	Alice	Mcphee	F			1851	01:00:21
1898	3000	01:03:06	Lisa	Fabb	F	40	ABM GERUNIMO	1907	01:01:06
1899	1246	01:03:07	Beth	Fisher	F	40		2041	01:02:34
1900	2669	01:03:07	Alexandra	Tombs	F	40	VIRGIN ACTIVE CARDIFF RC	1889	01:01:00
1901	3590	01:03:07	Belinda	Hansford	F	55		1917	01:01:12
1902	1867	01:03:08	Andrew	Rhodes	M			1834	01:00:08
1903	1348	01:03:08	Wendy	Hunt	F	45		1882	01:00:52
1904	2339	01:03:08	Rosalyn	Mills	F			2002	01:02:04
1905	2296	01:03:08	Michelle	Ward	F	40	FOREST OF DEAN AC	1976	01:01:51
1906	2666	01:03:09	Kay	Roberts	F	35		1869	01:00:35
1907	3246	01:03:09	Joceline	Keenan Team Renal	F	35		1940	01:01:25
1908	2458	01:03:11	Andrew	Barber	M			1770	00:59:28
1909	2773	01:03:12	Julie	Jones	F	40		2011	01:02:10
1910	3235	01:03:13	Anthony	Bonetto	M			1935	01:01:23
1911	2501	01:03:13	Lauren	Shurety	F			2076	01:02:58
1912	3234	01:03:14	Lucy	Bonetto	F	35		1939	01:01:25
1913	338	01:03:15	Alun	Powderhill	M	45		1832	01:00:08
1914	815	01:03:16	Hugh	Bennett	M	40		1833	01:00:08
1915	989	01:03:17	Gillian	Handscomb	F	40		1884	01:00:54
1916	898	01:03:18	Leanne	Fakande	F	40		1828	01:00:08
1917	2604	01:03:18	Sarah	Perons	F	50	LES CROUPIERS	2016	01:02:20
1918	2869	01:03:19	Joice	Bandoquillo Showell	F			1900	01:01:04
1919	2926	01:03:19	Dione	Ball	F	40	EBBW VALE RC	1888	01:00:58
1920	3099	01:03:19	Alison	Sandy	F	50		1982	01:01:55
1921	354	01:03:22	Michael	Stoneman	M	40		1909	01:01:07
1922	3043	01:03:23	Kelly	Morton	F	35		1968	01:01:47
1923	3015	01:03:23	Abigail	Clayton	F		ABM MOB BOTS	1896	01:01:02
1924	2064	01:03:24	Erika	Hole	F			1977	01:01:52
1925	2143	01:03:24	Tracey	Ravenscroft	F	40		1978	01:01:52
1926	395	01:03:25	Andrew	Meehan	M			1868	01:00:34
1927	1647	01:03:25	Rachel	Charles	F	35		1910	01:01:08
1928	1545	01:03:27	Bahar	Lawson	F			1923	01:01:15
1929	740	01:03:28	Jane	Llewellyn	F	55		1920	01:01:13
1930	2688	01:03:29	Meirion	Green	F	35		2012	01:02:11
1931	2866	01:03:29	Vicky	Lott	F	35	ABM ITU INOTROOPS	1961	01:01:39
1932	3288	01:03:31	Linda	Owens	F	60	3MS GORSEINON RR	2008	01:02:08
1933	2091	01:03:31	Keith	Yeates	M	50		1865	01:00:31
1934	2950	01:03:32	Geraldine	Clayton	F	50		1842	01:00:12
1935	2578	01:03:32	Rhys	Pellard	M			1943	01:01:27
1936	2712	01:03:32	Julia	Peek	F	35		1892	01:01:01
1937	3098	01:03:33	Susan	Banfield	F	55		1933	01:01:21
1938	1411	01:03:33	James	Thomas	M	40		2019	01:02:22
1939	812	01:03:35	Samantha	Croker	F			1901	01:01:04
1940	3110	01:03:35	Stephen	Palmer	M	45		1926	01:01:17
1941	3317	01:03:36	Natasha	Jones	F			1863	01:00:31
1942	811	01:03:36	David	Croker	M	50		1905	01:01:05
1943	810	01:03:36	Bonita	Croker	F	50		1906	01:01:06
1944	1741	01:03:37	Emma	Jones	F	40		1908	01:01:06
1945	2835	01:03:37	Sandra	Stevens	F	65		2001	01:02:04
1946	2545	01:03:37	Gareth	Evans	M			1997	01:02:02
1947	1701	01:03:38	Robert	Adams	M			1934	01:01:22
1948	1541	01:03:39	Siriol	Jones	F	50		1949	01:01:29
1949	558	01:03:39	Jude	Davies	F	40		1930	01:01:20
1950	1879	01:03:39	Graham	Jones	M			1992	01:01:59
1951	2871	01:03:40	Lynwen	Williams	F	35		2018	01:02:22
1952	2787	01:03:40	Nerys	Jones	F	35		2010	01:02:09
1953	464	01:03:41	Lesley	Nicolson	F	50		1878	01:00:48
1954	1736	01:03:43	Ben	Gibbon	M			1916	01:01:11
1955	1735	01:03:43	Rachel	Gibbon	F			1912	01:01:08
1956	3225	01:03:43	Tamsin	Josty	F	45		1919	01:01:13
1957	2912	01:03:44	Natalie	Opdenoordt	F	45		1922	01:01:14
1958	2962	01:03:44	Daniel	Jeffries	M			1956	01:01:35
1959	1740	01:03:45	Barrie	Davies	M			1985	01:01:56
1960	1394	01:03:45	Marie	Smith	F			1945	01:01:28

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1961	139	01:03:47	Hayley	Jonathan	F	40		1998	01:02:03
1962	140	01:03:47	Ceri	Williams	F	40		1999	01:02:03
1963	3273	01:03:48	Aine	Tormey	F	40		2040	01:02:33
1964	2274	01:03:48	Phil	Stone	M	65		1959	01:01:39
1965	1547	01:03:48	Kate	Fradley	F			2052	01:02:42
1966	3456	01:03:49	Tony	Hennion	M	60		2051	01:02:40
1967	2005	01:03:49	Geraldine	Blake	F	45		2049	01:02:39
1968	3702	01:03:51	Carly	Stabler	F		ADMIRAL	2095	01:03:16
1969	1770	01:03:51	Jennifer	Baker	F			2028	01:02:25
1970	1769	01:03:51	Michael	Baker	M	40		2026	01:02:25
1971	3508	01:03:52	Janette	Pua	F	40		1946	01:01:28
1972	1293	01:03:53	Sarah	Bastian	F	35		1952	01:01:30
1973	1176	01:03:54	Alison	Maddocks	F	60		2084	01:03:03
1974	2419	01:03:54	Jason	Mcgarrigle	M			1915	01:01:10
1975	3309	01:03:55	Liz	Davies	F	40		1937	01:01:24
1976	3473	01:03:55	Lynn	Hudson	F	55		2086	01:03:05
1977	3250	01:03:56	Gwyneth	Thomas	F			2110	01:03:28
1978	128	01:03:56	Neal	Harman	M	50		1903	01:01:05
1979	679	01:03:57	Peter	Guard	M	40		1954	01:01:33
1980	2708	01:03:57	Ruth	Brickell	F			2015	01:02:14
1981	1497	01:03:59	Gemma	Lockwood	F			1877	01:00:46
1982	224	01:03:59	Lisa	Thomas	F	40		1987	01:01:57
1983	3493	01:03:59	Marie Ann	Beardmore	F			1898	01:01:03
1984	1227	01:03:59	Andrew	Harper	M			1911	01:01:08
1985	2017	01:04:01	Eleanor	James	F			1958	01:01:37
1986	1855	01:04:02	Ceri	Raffill	F	35		1963	01:01:40
1987	2908	01:04:05	Aaron	Hill	M			1931	01:01:20
1988	2408	01:04:05	Alistair	Pierpoint	M	J		1969	01:01:48
1989	1264	01:04:05	Gavin	Adderson	M			1972	01:01:50
1990	2555	01:04:06	Debbie	Veck	F	40		1859	01:00:29
1991	1693	01:04:08	Nicola	Bate	F	40		1864	01:00:31
1992	1854	01:04:08	Jackie	Lewis	F	60		1967	01:01:47
1993	1604	01:04:09	Ian	Rees	M			2024	01:02:24
1994	1605	01:04:09	David	Smith	M			2021	01:02:22
1995	3594	01:04:09	Rhodri	Evans	M			1973	01:01:50
1996	2393	01:04:10	Jessica	Hart	F			2067	01:02:54
1997	114	01:04:11	Peter	Roberts	M	45		1924	01:01:15
1998	358	01:04:12	Emma	Jones	F			1904	01:01:05
1999	3050	01:04:12	Michael	Aston	M	55	LEAMINGTON CYCLING & ATHLETIC CLUB	1995	01:02:01
2000	1998	01:04:12	Steven	Davies	M	45		1925	01:01:16
2001	271	01:04:13	Gemma	Howlett-Matthews	F			1979	01:01:53
2002	3595	01:04:14	Martin	Campbell	M	45		1980	01:01:54
2003	274	01:04:14	Rachelle	Prothero	F			2113	01:03:31
2004	2769	01:04:14	Joanne	Bassett	F	35		1938	01:01:24
2005	1139	01:04:16	Paul	Mort	M	55		1918	01:01:13
2006	2175	01:04:17	Peter	Thomas	M			1914	01:01:09
2007	1014	01:04:17	Rachel	Taylor	F			1951	01:01:30
2008	293	01:04:18	Dominic	Boothroyd	M	45		2006	01:02:05
2009	2880	01:04:19	Owen	Griffiths	M	40		1962	01:01:40
2010	2030	01:04:21	Kate	Butt	F			1975	01:01:51
2011	2865	01:04:22	Gareth	Thomas	M	45		1986	01:01:57
2012	174	01:04:22	Debra	Melham	F	50		2116	01:03:31
2013	2864	01:04:22	Lauren	Thomas	F	J		1990	01:01:57
2014	615	01:04:23	Emma	Morris	F			2081	01:03:02
2015	3356	01:04:24	Jonathan	Evans	M			2074	01:02:58
2016	3357	01:04:24	Eric	Evans	M	65		2073	01:02:57
2017	3447	01:04:24	Natalie	Jacob	F			1913	01:01:09
2018	2481	01:04:25	Gareth	Miles	M	45		1988	01:01:57
2019	1997	01:04:27	Harriet	Hopkinson	F	J		2061	01:02:50
2020	3553	01:04:27	Michelle	Tinsley	F	40		1964	01:01:41
2021	2049	01:04:27	Ffion	Richards	F	J		2025	01:02:24
2022	3769	01:04:28	Simon	Rees	M			2047	01:02:37
2023	2174	01:04:28	Lynne	Toy	F	40		1928	01:01:19
2024	1448	01:04:28	Laura	Robinson	F			1966	01:01:42
2025	2123	01:04:28	Rachel	Evans	F	45		1996	01:02:02
2026	775	01:04:29	Lisa	Newton	F	35		2043	01:02:36
2027	776	01:04:29	Daniela	Tucker	F	35		2045	01:02:36
2028	649	01:04:29	Peter	Jones	M	50		2071	01:02:56
2029	2264	01:04:29	Mike	Scott	M	50		2029	01:02:25
2030	2821	01:04:30	Julie	Brown	F	55	BRATS	2101	01:03:21

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2031	272	01:04:32	Emma	Williams	F			2013	01:02:13
2032	2272	01:04:32	Lyn	Thomas	M	45		2046	01:02:36
2033	935	01:04:33	Sarah	Morris	F	35		2003	01:02:05
2034	261	01:04:34	Chris	Stanney	M			1960	01:01:39
2035	2558	01:04:34	Tyler	Davies	M	J		2129	01:03:42
2036	2557	01:04:34	Andrew	Davies	M	45		2128	01:03:42
2037	3571	01:04:34	Kathryn	Morgans	F	35		2033	01:02:28
2038	554	01:04:36	Liz	Phillips	F	40		1953	01:01:31
2039	2704	01:04:38	Wayne	Davies	M	45		2158	01:04:05
2040	2348	01:04:39	Kay	Barnes	F	40	RUN4ALL RUNNING CLUB	2058	01:02:47
2041	2612	01:04:40	Ceri	Avington	F			2048	01:02:38
2042	2819	01:04:40	Morwenna	Phillips	F		LLISWERRY RUNNERS	2005	01:02:05
2043	2462	01:04:41	Arturo	Sanorjo Jr	M		ABM ITU INOTROOPS	2066	01:02:53
2044	1895	01:04:41	Richard	Warr	M			2039	01:02:33
2045	1485	01:04:42	Andrew	Richards	M			2031	01:02:25
2046	2168	01:04:44	Zemlia	Rhead	F			2044	01:02:36
2047	502	01:04:45	Caren	Weston	F	40		2085	01:03:04
2048	919	01:04:46	Lisa	Innes	F			2102	01:03:22
2049	3155	01:04:46	Rebecca	Hopkins	F	J	WESTBURY HARRIERS	2037	01:02:32
2050	1034	01:04:46	Paula	Bodger	F	35		2106	01:03:27
2051	1526	01:04:47	Marie	Fall	F			1989	01:01:57
2052	863	01:04:50	Sam	Donaldson	M			2161	01:04:07
2053	426	01:04:50	Mika	Ireste	F			2103	01:03:23
2054	1728	01:04:50	Dylan	Gravelle	M	50		2027	01:02:25
2055	3450	01:04:51	Darren	Davies	M			2117	01:03:32
2056	3410	01:04:51	Leighanne	Palmer	F			2082	01:03:03
2057	2662	01:04:51	Sally	Killian	F	40		2070	01:02:55
2058	2021	01:04:53	Caroline	Flynn	F			2054	01:02:43
2059	2877	01:04:53	Laura Faye	Moryc	F	35		2126	01:03:41
2060	2420	01:04:53	Andrew	Coffey	M			2007	01:02:07
2061	622	01:04:55	Alan	Rees	M	45		2108	01:03:27
2062	1791	01:04:55	Steven	Reed	M	45		2038	01:02:33
2063	3401	01:04:55	Tom	White	M			1984	01:01:56
2064	3525	01:04:55	Tracey	Nihan	F	40		2099	01:03:20
2065	2337	01:04:56	Claire	Rawle	F	35		2139	01:03:52
2066	3565	01:04:56	Bridgette	Griffiths	F	45		2100	01:03:20
2067	3425	01:04:56	David	Evans	M	50		2098	01:03:20
2068	3109	01:04:58	Darren	James	M			2105	01:03:25
2069	1511	01:04:59	Andy	Smith	M	45		1983	01:01:55
2070	2959	01:04:59	Philip	Williams	M	45		2050	01:02:40
2071	1274	01:04:59	Petrine	Burton	F	40		2042	01:02:35
2072	2460	01:04:59	Joanna	Evans	F	35		2009	01:02:09
2073	3392	01:05:00	Darren	Thomas	M	40		2035	01:02:30
2074	309	01:05:04	Kevin	Twissell	M			1957	01:01:36
2075	169	01:05:04	Sharon	Oliver	F	40		2077	01:02:59
2076	1421	01:05:05	Pamela	Milford	F	40		1991	01:01:58
2077	2186	01:05:07	Peter	Chowdhury	M	40		2171	01:04:17
2078	1785	01:05:07	Sarah	Williams	F			2080	01:03:01
2079	2896	01:05:09	Verity	Watson	F			2000	01:02:04
2080	1182	01:05:12	Martyn	Price	M	50		2069	01:02:54
2081	2684	01:05:12	Paul	Cooper	M	45		2078	01:03:00
2082	1183	01:05:13	Ceri	Price	F			2068	01:02:54
2083	999	01:05:13	Geraint	Hywel	M	40		1970	01:01:49
2084	3058	01:05:14	Ffion	Williams	F			2142	01:03:54
2085	1091	01:05:15	Emma	Albrighton	F	J		2179	01:04:22
2086	3389	01:05:15	Sophie	Stephens	F			1993	01:01:59
2087	3276	01:05:16	Leanne	Williams	F			1994	01:02:00
2088	1341	01:05:18	Sophie	Taylor	F			2088	01:03:06
2089	1622	01:05:19	Reina	Den Hollander	F	40		2064	01:02:51
2090	3199	01:05:20	Victoria	De-Vulgt	F			2123	01:03:36
2091	2593	01:05:21	Paul	Bidder	M	45		1955	01:01:34
2092	487	01:05:21	Hollie	Wellstead	F			2147	01:03:57
2093	3606	01:05:22	Mark	Jones	M	50	RUN4ALL RUNNING CLUB	2114	01:03:31
2094	590	01:05:23	Sian	Moore	F	40	RUN4ALL RUNNING CLUB	2115	01:03:31
2095	3715	01:05:23	Fiona	Wilson	F		ADMIRAL	2144	01:03:55
2096	3280	01:05:24	Jessica	Caterson	F	J		2030	01:02:25
2097	3281	01:05:24	Clare	Hughes	F	50		2034	01:02:28
2098	3422	01:05:24	Alex	Colado	F			1974	01:01:51
2099	1051	01:05:25	Simone	Onyewu	F			2096	01:03:17
2100	1685	01:05:26	Marc	Genesi	M			2092	01:03:10

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2101	616	01:05:26	Leon	Morris	M	J		2157	01:04:05
2102	933	01:05:27	Delyth	Lloyd	F	50		2151	01:04:02
2103	2751	01:05:27	Henry	Gilbert	M	55		2023	01:02:24
2104	1666	01:05:28	Brian	Blandford	M	75		2210	01:04:52
2105	2618	01:05:30	Maxine	Hopkin	F	45		2056	01:02:46
2106	1758	01:05:30	Lisa	Hemming	F			2059	01:02:49
2107	2118	01:05:31	Aled	Samuel	M	55		2093	01:03:10
2108	2459	01:05:33	Mark	Evans	M	45		2053	01:02:42
2109	317	01:05:33	Jason	Watkins	M	50		2036	01:02:31
2110	3088	01:05:34	Peter	Jones	M	65		2087	01:03:05
2111	3578	01:05:35	Laura	Francis	F	45		2104	01:03:24
2112	407	01:05:36	Becky	Church	F			2079	01:03:01
2113	3333	01:05:37	Sandra	Davies	F	35		2192	01:04:32
2114	2097	01:05:39	Stacey	Evans	F			2072	01:02:57
2115	2360	01:05:41	Richard	Norris	M			2125	01:03:41
2116	1519	01:05:42	Philip	Corbin	M	50		2090	01:03:09
2117	2243	01:05:43	Katherine	Quant	F	35		2057	01:02:46
2118	3516	01:05:43	Helen	Dawson	F	35		2075	01:02:58
2119	3089	01:05:46	Bryony	Jones	F			2055	01:02:45
2120	3056	01:05:46	Peter	Hopping	M	40		2022	01:02:24
2121	1170	01:05:48	Mark	Lester	M			2063	01:02:50
2122	3192	01:05:51	Angela	Walsh	F		PORTHCAWL HARRIERS	2065	01:02:52
2123	2447	01:05:53	Mark	Jones	M	45		2089	01:03:06
2124	3674	01:05:53	Holly	Machin	F		ADMIRAL	2186	01:04:28
2125	492	01:05:55	Jessica	Kidd	F			2060	01:02:50
2126	491	01:05:55	Joseph	Kidd	M			2062	01:02:50
2127	2111	01:05:56	Michelle	Bray	F	40	RUN4ALL RUNNING CLUB	2156	01:04:05
2128	2594	01:05:56	Paul	Whittaker	M	45		2275	01:05:40
2129	2846	01:05:57	Mark	Hay	M			2165	01:04:09
2130	1265	01:05:58	Mario	Moruzzi	M	45		2097	01:03:18
2131	3461	01:05:59	Louise	Miles	F			2107	01:03:27
2132	3477	01:05:59	Karin	Jenkins	F	45		2109	01:03:27
2133	2076	01:06:00	David	Williams	M			2083	01:03:03
2134	2550	01:06:02	Andrew	Chapman	M			2160	01:04:06
2135	3826	01:06:03	Darren James	Booth	M	45		2178	01:04:22
2136	2138	01:06:03	Emma	Wheeler	F	45		2212	01:04:56
2137	3678	01:06:04	J'Aime	Mcleod	F		ADMIRAL	2235	01:05:12
2138	2739	01:06:04	Sam	James	F	40		2134	01:03:46
2139	3182	01:06:04	Rhodri	Hopkins	M			2198	01:04:36
2140	2457	01:06:05	Jodi	Barber	F	35		2020	01:02:22
2141	3118	01:06:05	Victoria	Austin	F	45		2121	01:03:33
2142	905	01:06:05	Alan	Rose	M	55		2141	01:03:54
2143	3323	01:06:05	Karen	Ford	F	45		2122	01:03:33
2144	3270	01:06:06	Debbie	Evans	F		EMLYN RUNNERS	2232	01:05:11
2145	3001	01:06:07	Isabel	Evans	F	40		2215	01:04:59
2146	1465	01:06:08	Marie	Rees	F	35		2177	01:04:21
2147	907	01:06:09	Charlie	James	F			2195	01:04:35
2148	2330	01:06:10	Helen	Thompson Jones	F	35		2213	01:04:56
2149	3531	01:06:10	Emma	Bumford	F	35	RHONDDA VALLEY RUNNERS	2133	01:03:45
2150	1510	01:06:12	Andrew	Bevan	M			2146	01:03:56
2151	2031	01:06:13	Eleri	Hurley	F	45		2201	01:04:42
2152	3046	01:06:13	Rebecca	Hanford	F			2111	01:03:29
2153	2319	01:06:13	Diane	Llewellyn	F			2231	01:05:10
2154	1596	01:06:14	Kristina	Enticott	F	35		2148	01:03:58
2155	3866	01:06:15	Rebecca	Edwards	F	35		2176	01:04:20
2156	728	01:06:16	Adrian	Bridgway	M	40		2118	01:03:32
2157	729	01:06:16	Paula	Bridgway	F	45		2119	01:03:32
2158	282	01:06:16	James	John	M			2140	01:03:53
2159	1201	01:06:17	Lewis	Griffiths	M			2112	01:03:29
2160	1967	01:06:19	Judith	Jeeves	F	50		2166	01:04:10
2161	154	01:06:21	Jafar	Ghalamkary	M	50		2304	01:06:02
2162	591	01:06:22	Rachel	Baglow	F			2094	01:03:16
2163	1996	01:06:22	Carolyn	Wallace	F	50		2204	01:04:44
2164	1714	01:06:24	David	Williams	M			2174	01:04:19
2165	3165	01:06:25	Alexandra	Millington	F			2137	01:03:48
2166	1270	01:06:26	Catherine	Hancock	F			2149	01:03:59
2167	3575	01:06:29	Daniella	Forde	F			2268	01:05:34
2168	1307	01:06:30	Kate	Surtees	F			2150	01:04:00
2169	3350	01:06:31	Lee	Durkee	M		PONT Y PWL	2131	01:03:43
2170	1234	01:06:31	Ceri	Fitzgerald	F	45		2130	01:03:43

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2171	3787	01:06:31	Budding	Lloyd Davies	F			2219	01:05:00
2172	121	01:06:32	Tina	Morris	F	35		2214	01:04:58
2173	643	01:06:32	Dominic	Johnson	M			2163	01:04:08
2174	731	01:06:33	Julia	Coffey	F	35		2153	01:04:03
2175	1300	01:06:34	Rebecca	Osborn	F			2145	01:03:55
2176	2273	01:06:37	Lucy	Nicholson-Smith	F			2249	01:05:23
2177	599	01:06:38	Haley	Degruchy	F			2164	01:04:09
2178	3423	01:06:39	Paul	Reid	M			2230	01:05:10
2179	3369	01:06:41	Yasmin	Bird	F			2187	01:04:29
2180	732	01:06:43	Rachel	Hughes	F	35		2167	01:04:11
2181	2009	01:06:43	Jen	Morris	F			2205	01:04:45
2182	823	01:06:43	Angharad	Griffin	F	40		2169	01:04:14
2183	1262	01:06:43	John	Lovell	M	60		2193	01:04:32
2184	227	01:06:45	Steve	Melton	M			2274	01:05:40
2185	2484	01:06:45	Natalie	Marsh	F			2173	01:04:18
2186	2486	01:06:45	Samuel	Marsh	M			2172	01:04:18
2187	2240	01:06:46	Lisa	Kelly	F	35		2136	01:03:47
2188	2825	01:06:48	David	Rees	M			2224	01:05:03
2189	1237	01:06:48	Ann	Benton	F	50		2279	01:05:42
2190	922	01:06:49	Nicola	Jones	F			2120	01:03:33
2191	3483	01:06:50	Jonathan	West	M			2271	01:05:38
2192	3589	01:06:51	Paula	Cole	F	40		2238	01:05:13
2193	1684	01:06:52	Kate	Hopkins	F			2200	01:04:39
2194	549	01:06:55	Layton	Lewis	M	45		2182	01:04:24
2195	798	01:06:58	Sally	Willettts	F	35		2154	01:04:03
2196	2851	01:06:58	Hanan	Jamil	M			2233	01:05:12
2197	799	01:06:58	Martyn	Willettts	M			2155	01:04:04
2198	2127	01:06:58	Elizabeth	Lott	F			2124	01:03:40
2199	2750	01:06:58	Sarah	Brown	F	40		2246	01:05:21
2200	1696	01:07:00	Andrew	Jones	M			2170	01:04:16
2201	3409	01:07:01	Hannah	Balfry	F			2225	01:05:05
2202	1839	01:07:01	Ceri	Parker	M			2291	01:05:49
2203	452	01:07:01	David	Heaven	M			2184	01:04:25
2204	1092	01:07:01	Clare	Morgan	F	40		2310	01:06:09
2205	125	01:07:02	Catherine	Johnson	F	45		2226	01:05:05
2206	2713	01:07:03	Sian	Jones	F	35		2191	01:04:32
2207	1676	01:07:03	Gary	Glenister	M	55		2209	01:04:51
2208	1708	01:07:03	Diane	Thomas	F	55		2211	01:04:53
2209	1742	01:07:04	Leeann	Neagle	F	35		2180	01:04:23
2210	1790	01:07:04	Keri-Ann	Vaughan	F			2132	01:03:44
2211	2086	01:07:04	David	Roberts	M	55		2197	01:04:36
2212	3338	01:07:05	Randall	Baker	M	60		2135	01:03:47
2213	739	01:07:05	Richard	Morgan	M	45		2127	01:03:42
2214	1213	01:07:07	Ceri	Phillips	M	55		2138	01:03:48
2215	2207	01:07:07	Rowan	Tilston	F			2152	01:04:03
2216	2000	01:07:08	Alison	Davidson	F	45		2223	01:05:03
2217	165	01:07:08	Beverley	Lansdowne	F	55		2181	01:04:24
2218	1462	01:07:09	Andrea	Bradley	F	40		2202	01:04:42
2219	153	01:07:10	Michael	Marnell	M			2091	01:03:09
2220	1711	01:07:12	Fiona	Walkley	F	35		2183	01:04:25
2221	2291	01:07:13	Paul	Rees	M			2159	01:04:06
2222	3328	01:07:14	Maureen	Dychitan	F	35	ABM ITU INOTROOPS	2253	01:05:25
2223	3660	01:07:15	Simon	Jones	M		ADMIRAL	2228	01:05:06
2224	1162	01:07:15	Emilia	Ardouin	F	35		2248	01:05:23
2225	2072	01:07:15	Becki	Jones	F			2241	01:05:18
2226	2074	01:07:17	Charlie	Zennadi	F			2243	01:05:19
2227	820	01:07:19	Clare	Celikyay	F	40		2188	01:04:30
2228	1668	01:07:20	Louise	Saddler	F	35		2194	01:04:32
2229	3809	01:07:22	Bethan	Davies	F			2185	01:04:25
2230	3741	01:07:23	Alex	Hammett	M		ADMIRAL	2267	01:05:34
2231	1717	01:07:23	Terri	Kitson	F			2207	01:04:47
2232	1799	01:07:25	Laura	Jenkins	F			2206	01:04:46
2233	2133	01:07:25	Chris	Davies	M			2216	01:04:59
2234	1978	01:07:26	Christopher	Rees	M			2143	01:03:55
2235	937	01:07:28	Jamie	Mathias	M			2251	01:05:24
2236	2714	01:07:32	John	Evans	M			2168	01:04:12
2237	1886	01:07:33	Lucy Charlotte	Lewis	F			2298	01:05:53
2238	2928	01:07:33	Adrian	Smith	M	50		2296	01:05:52
2239	183	01:07:35	Ruth	Cochran	F	45	PONTYPRIDD ROADENTS AC	2190	01:04:31
2240	3272	01:07:37	Corrine	Jones	F		ABM GERUNIMO	2175	01:04:20

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2241	3740	01:07:38	Luke	Evans	M		ADMIRAL	2294	01:05:50
2242	2114	01:07:40	Philip	Howell	M	40		2361	01:06:53
2243	2233	01:07:40	Ryan	O'Dare	M			2189	01:04:30
2244	148	01:07:40	Kelly	Christopher	F	35		2242	01:05:18
2245	1280	01:07:42	Richard	Law	M	50		2227	01:05:05
2246	3814	01:07:43	Joanne	Beynon	F	45	UNILEVER	2369	01:07:04
2247	1887	01:07:43	Amber	Perry	F			2239	01:05:16
2248	992	01:07:44	Lyn	Morris	M	50	ABM WELLBEING WANDERERS	2257	01:05:26
2249	1367	01:07:44	Stephen	Dare	M			2258	01:05:26
2250	3808	01:07:45	Paul	Stephens	M			2237	01:05:13
2251	838	01:07:45	Dawn	Browne	F			2234	01:05:12
2252	2615	01:07:46	Lara	Sheppard	F			2283	01:05:44
2253	3418	01:07:47	Ryan	Smith	M	40		2326	01:06:20
2254	3137	01:07:48	Alfryn	Easter	M	65	3MS GORSEINON RR	2199	01:04:37
2255	3260	01:07:49	Anna Vivian	Jones	F	50		2229	01:05:08
2256	1329	01:07:50	Saira	Luckman	F	45		2217	01:04:59
2257	804	01:07:51	Andrew	Jones	M			2218	01:04:59
2258	1764	01:07:52	Sam	Jones	M	J		2360	01:06:53
2259	3263	01:07:53	Amanda	Moore	F			2245	01:05:20
2260	2699	01:07:53	Lee	Smith	M			2370	01:07:06
2261	3586	01:07:55	Stuart	Jones-Lee	M	40		2341	01:06:35
2262	3371	01:07:55	Michael	Neale	M	45		2280	01:05:42
2263	640	01:07:56	Gurkan	Bulbul	M			2303	01:06:00
2264	3170	01:07:57	Sian	Davies	F	45		2162	01:04:08
2265	2418	01:07:57	Elaine	Davies	F	45	PEMBROKESHIRE HARRIERS	2284	01:05:45
2266	457	01:07:59	Sophie	Dark	F			2208	01:04:48
2267	2691	01:08:00	Bethan Maeve	Jenkins	F		RUN4ALL RUNNING CLUB	2424	01:08:00
2268	360	01:08:01	Tina	Dennis	F	40		2323	01:06:18
2269	3269	01:08:01	Paula	Phillips	F	45	RUN4ALL RUNNING CLUB	2306	01:06:03
2270	2597	01:08:01	Rachel	Waters	F	J		2221	01:05:02
2271	2253	01:08:01	Denna	Exon	F	35		2240	01:05:17
2272	1461	01:08:02	Vicky	Morris	F	40		2269	01:05:35
2273	1792	01:08:03	Lisa	Reed	F	45		2277	01:05:41
2274	2487	01:08:06	Katie	Wilson	F			2263	01:05:30
2275	365	01:08:06	Katie	Rowland	F			2264	01:05:32
2276	3464	01:08:09	Ryan	Davies	M	45		2236	01:05:13
2277	3342	01:08:10	Miranda	Williams	F	40	ABM ITU INOTROOPS	2282	01:05:43
2278	1952	01:08:11	Jessica	Tune	F	35		2247	01:05:22
2279	3421	01:08:11	Stuart	Davies	M			2196	01:04:35
2280	2446	01:08:11	Liam	Jones	M	J		2254	01:05:25
2281	764	01:08:12	Leanne	Ryan	F	40		2305	01:06:02
2282	762	01:08:12	Amanda	Davies	F	40		2302	01:05:59
2283	2414	01:08:13	Kathleen	Montaigue	F			2354	01:06:46
2284	2281	01:08:14	Angela	Morgan	F	50		2314	01:06:10
2285	2182	01:08:15	Fiona	Maclean	F	35		2244	01:05:19
2286	3140	01:08:15	Catrin	Howells Lloyd	F			2261	01:05:29
2287	2239	01:08:16	Steven	Joseph	M			2250	01:05:23
2288	851	01:08:17	Tania	Hill	F	45		2203	01:04:43
2289	2107	01:08:18	Gareth	Williams	M			2252	01:05:25
2290	979	01:08:18	Joanne	Trotman	F	40		2307	01:06:07
2291	1052	01:08:19	Rebecca	Dowiatt	F			2315	01:06:11
2292	3469	01:08:21	Simon	Lloyd	M			2355	01:06:47
2293	3436	01:08:21	Hazel	John	F	35		2356	01:06:48
2294	2252	01:08:23	Caroline	Cooper	F	40		2270	01:05:37
2295	1972	01:08:23	Rebecca	Jones	F	J		2265	01:05:32
2296	725	01:08:24	Claire	Dauria	F	35		2300	01:05:56
2297	2358	01:08:24	Jessica	Dolphin	F			2339	01:06:33
2298	2285	01:08:26	Ian	Evans	M			2289	01:05:47
2299	964	01:08:26	Badger	Miles	M	45		2262	01:05:29
2300	1063	01:08:26	Wendy	Gardiner	F	40		2273	01:05:39
2301	947	01:08:30	Michelle	Pearl	F	40		2272	01:05:38
2302	1449	01:08:30	Gill	Kingston	F	45		2255	01:05:25
2303	2282	01:08:30	Morgan	Hazel	F	45		2332	01:06:26
2304	664	01:08:31	Ryan	Hopkins	M			2342	01:06:36
2305	2492	01:08:32	Craig	Farrant	M			2364	01:06:55
2306	3396	01:08:32	Faye	Jones	F	35		2353	01:06:44
2307	1464	01:08:32	Ann	Beere	F	40		2336	01:06:29
2308	3238	01:08:32	Stephen	Beere	M	40		2335	01:06:29
2309	751	01:08:33	Rhiannon	James	F			2311	01:06:10
2310	3643	01:08:33	Stephen	Haeney	M	40	ADMIRAL	2287	01:05:46

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2311	163	01:08:33	Martin	Young	M			2321	01:06:17
2312	2933	01:08:35	Suzanne	Sansom	F	50		2266	01:05:33
2313	899	01:08:35	Olugbenga	Fakande	M	50		2260	01:05:28
2314	1477	01:08:36	Barry	Kelly	M	40		2309	01:06:08
2315	2139	01:08:38	Thomas	Wheeler	M	J		2395	01:07:30
2316	2526	01:08:39	Louise	Rowlands	F	35		2297	01:05:53
2317	1252	01:08:40	Michelle	Higgins	F			2348	01:06:40
2318	3507	01:08:42	Louise	Warren	F	35		2220	01:05:01
2319	709	01:08:42	Christine	Akesson	F	40		2312	01:06:10
2320	3506	01:08:42	Paul	Warren	M			2222	01:05:02
2321	1678	01:08:44	Susan	Lawrence	F	55		2313	01:06:10
2322	593	01:08:45	Owen	Emmanuel	M			2281	01:05:43
2323	1469	01:08:46	Alison	John	F			2286	01:05:46
2324	392	01:08:46	Kirsty	Luke	F			2285	01:05:46
2325	1487	01:08:47	Jean	Archer	F	55	ABM MOB BOTS	2433	01:08:08
2326	3800	01:08:48	Petra	Wood	F	45		2288	01:05:47
2327	1642	01:08:52	Lynwen	Matthews	F			2259	01:05:27
2328	750	01:08:53	Allyson	Smith	F			2338	01:06:30
2329	258	01:08:54	Claire	Bamford	F			2256	01:05:26
2330	792	01:08:54	Huw	Cooney	M			2276	01:05:40
2331	2149	01:08:55	Sara	Thornton	F	40		2359	01:06:52
2332	1319	01:08:55	Heledd	Jones	F	45		2319	01:06:14
2333	1306	01:08:56	Cherie	Neak	F	40		2299	01:05:56
2334	1305	01:08:56	Andrew	Neak	M	40		2301	01:05:58
2335	3834	01:08:56	Jonathan	Hughes	M	40		2295	01:05:52
2336	3219	01:08:58	Tanya	Peace	F			2293	01:05:49
2337	1630	01:08:59	Richard	Park	M			2292	01:05:49
2338	1061	01:09:01	Francesca	Evans	F	45		2329	01:06:25
2339	2956	01:09:02	Sarah	Best	F			2278	01:05:41
2340	594	01:09:04	Richard	Sweetman	M	40		2334	01:06:29
2341	3646	01:09:06	Lyndon	Harris	M		ADMIRAL	2352	01:06:41
2342	3713	01:09:07	Jerry	Williams	M		ADMIRAL	2411	01:07:46
2343	1520	01:09:07	Sam	White	M	J		2346	01:06:39
2344	138	01:09:07	Natalie	Hussey	F	40		2371	01:07:07
2345	3364	01:09:08	Lea	Tanner	M	45		2357	01:06:48
2346	1120	01:09:09	Rachel	Power	F			2441	01:08:15
2347	738	01:09:12	Anthony	Jones	M	40		2428	01:08:03
2348	1345	01:09:12	Lydia	Bressington	F			2347	01:06:40
2349	3100	01:09:14	Stephanie	Gill	F			2325	01:06:19
2350	900	01:09:15	Bethan	Power	F	35		2290	01:05:49
2351	1296	01:09:15	Simon	Locke	M	40		2308	01:06:08
2352	2316	01:09:15	Rhian	Thomas	F			2450	01:08:29
2353	2703	01:09:15	Jacqui	Murray	F	40		2382	01:07:13
2354	2317	01:09:16	Sian	Davies	F			2451	01:08:30
2355	2500	01:09:17	Danielle	Egan	F			2403	01:07:40
2356	1777	01:09:19	Bethan	Walters	F	J		2425	01:08:02
2357	2586	01:09:20	Emma	Lewis	F			2340	01:06:33
2358	3173	01:09:21	Jamie	Evans	M			2351	01:06:41
2359	2441	01:09:22	Chris	Morgans	M			2402	01:07:39
2360	2396	01:09:22	Anne	Thomas	F	35		2343	01:06:38
2361	773	01:09:23	Ailsa	Harris	F	40		2418	01:07:53
2362	3212	01:09:24	Nicola	John	F	40	LES CROUPIERS	2320	01:06:16
2363	112	01:09:24	Chris	Weirman	M			2404	01:07:41
2364	2596	01:09:25	Mark	Waters	M	45		2328	01:06:25
2365	3414	01:09:25	Katherine	Bevan	F	35		2333	01:06:27
2366	3019	01:09:26	Sarah	Jones	F	40	ABM UROLOGY UNITED	2322	01:06:18
2367	2145	01:09:27	John	Lambert	M	70		2327	01:06:23
2368	1807	01:09:29	Rachel	Hulmes	F	35		2396	01:07:31
2369	1727	01:09:30	Mark	Lock	M			2317	01:06:13
2370	2453	01:09:31	Mairwen	Richards	F			2378	01:07:10
2371	1125	01:09:31	Stephen	Rees	M	60		2365	01:06:56
2372	3509	01:09:34	Ciara	Small	F			2345	01:06:39
2373	1214	01:09:35	Michelle	Owen	F			2444	01:08:23
2374	2090	01:09:36	Meinir	Collyer	F	35		2367	01:07:02
2375	3375	01:09:36	Constantin	Murariu	M			2318	01:06:14
2376	2625	01:09:37	Bethan	James	F	45	ABM ITU INOTROOPS	2379	01:07:11
2377	1263	01:09:38	Angela	Adderson	F	45		2390	01:07:23
2378	496	01:09:38	Mark	Sellars	M	40		2393	01:07:30
2379	1096	01:09:39	Keith	Hawkins	M			2475	01:08:54
2380	1635	01:09:40	Allison	Charles	F	45		2380	01:07:11

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2381	3052	01:09:40	Bethan	Morgan	F	35		2363	01:06:54
2382	3144	01:09:40	Jessica	Timpson	F			2330	01:06:26
2383	3145	01:09:40	Doug	Piper	M	50		2331	01:06:26
2384	1068	01:09:41	Tom	Williams	M			2344	01:06:39
2385	2223	01:09:42	Clare	Hingott	F	35		2401	01:07:36
2386	2224	01:09:42	Meryl	Evans	F			2400	01:07:36
2387	557	01:09:44	Julie	Lewis	F	45		2471	01:08:53
2388	697	01:09:45	Catherine	John	F	40		2477	01:08:56
2389	1184	01:09:47	Cath	Jackson	F	50		2446	01:08:23
2390	3757	01:09:47	Gemma	Evans	F		ADMIRAL	2422	01:07:58
2391	1877	01:09:49	Rachel	Price	F	40		2316	01:06:13
2392	3190	01:09:50	Matthew	Ambler	M			2388	01:07:20
2393	1500	01:09:51	Sandra	Owens	F	35		2374	01:07:08
2394	198	01:09:52	Clare	Fencott	F			2408	01:07:45
2395	421	01:09:53	Margaret	Edney	F	50		2392	01:07:30
2396	3079	01:09:53	Clare	Weekes	F	35		2437	01:08:12
2397	3262	01:09:55	Laura	Davies	F	40		2350	01:06:40
2398	233	01:09:55	Rachel	Newton	F	35		2381	01:07:12
2399	3811	01:09:55	Daniel	Bowen	M			2349	01:06:40
2400	2366	01:09:56	Rhian	Rogers	F			2406	01:07:43
2401	2367	01:09:56	Bethan	Rogers	F			2407	01:07:43
2402	1178	01:09:56	Rebecca	Tompkins	F			2466	01:08:49
2403	636	01:09:56	Kathryn	James	F			2427	01:08:02
2404	363	01:09:57	Bleddyn	Francis	M			2368	01:07:03
2405	1454	01:09:57	Anita	Lewis	F			2445	01:08:23
2406	2939	01:09:57	Catrin	Richards	F	40		2387	01:07:19
2407	1874	01:09:57	Harina	Perkins	F			2324	01:06:18
2408	259	01:09:58	Rosanna	Fildes	F			2337	01:06:30
2409	3802	01:09:58	Christopher	Plaice	M	70		2429	01:08:03
2410	2818	01:10:00	Rhian	Chrysanthou	F			2438	01:08:13
2411	1304	01:10:00	Jonathan	Wilson	M			2448	01:08:24
2412	3481	01:10:02	Vandse	Aithal	M	45		2362	01:06:54
2413	845	01:10:04	Gethin	Thomas	M			2414	01:07:49
2414	3125	01:10:04	Laura	Tucker	F			2358	01:06:49
2415	1611	01:10:05	Giorgio	Vernaschi	M	J		2397	01:07:32
2416	2507	01:10:06	Jane	Birch	F	40		2366	01:07:02
2417	2079	01:10:09	Elaine	Williams	F	55	ISLWYN RC	2373	01:07:08
2418	2937	01:10:10	Siwan	Rees	F	35		2405	01:07:41
2419	3691	01:10:10	Matthew	Richards	M		ADMIRAL	2409	01:07:45
2420	3474	01:10:12	Steven	West	M			2375	01:07:09
2421	1864	01:10:14	Elizabeth	Parton	F	35		2394	01:07:30
2422	1783	01:10:15	Emma	Kehoe	F	40		2410	01:07:46
2423	2151	01:10:16	Jennifer	Hart	F			2416	01:07:52
2424	135	01:10:17	Melissa	Nash	F	35		2413	01:07:48
2425	2884	01:10:17	Daniel	Bloor	M			2545	01:10:17
2426	2709	01:10:19	Jemma	Sedgmond	F		LES CROUPIERS	2495	01:09:14
2427	3011	01:10:19	Kelly	Evans	F		ABM PLASTIC FANTASTIC	2455	01:08:34
2428	2914	01:10:26	Andrew	Vaughan	M	45		2485	01:08:58
2429	843	01:10:31	Matthew	O'Leary	M			2432	01:08:08
2430	676	01:10:31	Chris	Turner	M	60		2399	01:07:33
2431	3647	01:10:31	Kristian	Harris	M		ADMIRAL	2376	01:07:09
2432	1822	01:10:32	Rebecca	Bowers	F	35		2527	01:09:54
2433	1592	01:10:34	Deb	Garner	F	50	PEMBROKESHIRE HARRIERS	2447	01:08:23
2434	3398	01:10:37	Julie	Davies	F	60	3MS GORSEINON RR	2442	01:08:16
2435	1534	01:10:38	Annette	Russell	F	50		2384	01:07:17
2436	193	01:10:40	Malcolm	Jones	M	70		2449	01:08:27
2437	1141	01:10:40	Angela	Farr	F	40		2385	01:07:19
2438	659	01:10:40	Antonia	Cardew	F			2386	01:07:19
2439	1896	01:10:41	Bernita	De Wet	F	45		2503	01:09:22
2440	1692	01:10:44	David	Hilton	M	50		2372	01:07:07
2441	788	01:10:45	Julie	Stephens	F	55		2398	01:07:32
2442	1326	01:10:46	Iona	Llyr	F	45		2457	01:08:36
2443	3681	01:10:47	Rory	O'Brien	M		ADMIRAL	2377	01:07:09
2444	2631	01:10:47	Morgan	Doel	M	J		2434	01:08:09
2445	2506	01:10:49	Christopher	Edwards	M			2440	01:08:13
2446	2768	01:10:49	Leisa	Jones	F	45		2423	01:07:59
2447	3384	01:10:51	Edwina	Clark	F			2426	01:08:02
2448	874	01:10:54	Dean	Bufton	M	40		2415	01:07:49
2449	3591	01:10:57	Emily	Firmston	F			2430	01:08:05
2450	2092	01:11:00	Elisa	Jenkins	F	40		2507	01:09:30

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2451	2789	01:11:01	Christopher	Hatfield	M	65		2412	01:07:47
2452	3499	01:11:02	Denise	Angove	F	50		2391	01:07:25
2453	3275	01:11:06	Christopher	Knapman	M			2462	01:08:47
2454	3157	01:11:10	Fern	Williams	F			2458	01:08:37
2455	1681	01:11:10	Ed	Fitzgerald	M	40		2383	01:07:16
2456	883	01:11:10	Emma	Saunders	F			2493	01:09:02
2457	423	01:11:11	Catherine	Ball	F			2530	01:09:57
2458	1097	01:11:12	Laura	Jones	F	35		2464	01:08:47
2459	2563	01:11:12	Sean	Crockett	M	45		2389	01:07:22
2460	1147	01:11:13	Alexia	Taylor	F	35		2502	01:09:22
2461	1276	01:11:14	Richard	Taylor	M	45		2504	01:09:25
2462	2814	01:11:15	Jeffrey	Collier	M	55		2439	01:08:13
2463	1002	01:11:19	Dean	Stringer	M	45		2417	01:07:52
2464	544	01:11:20	Sarah	Harvey-Aggett	F			2469	01:08:50
2465	1944	01:11:20	Sallyanne	Greenslade	F	40		2436	01:08:11
2466	1123	01:11:20	Justine	Powell	F	40		2533	01:09:58
2467	3006	01:11:22	Sian	Rees-Jones	F	45	ABM PLASTIC FANTASTIC	2512	01:09:35
2468	335	01:11:22	Andrew	Davies	M	40		2463	01:08:47
2469	1435	01:11:23	Sandra	Burnett	F	50		2431	01:08:05
2470	172	01:11:23	Eleanor	Preece	F			2443	01:08:18
2471	797	01:11:23	Sian	George	F			2478	01:08:56
2472	2477	01:11:26	Juliet	Phillips-James	F			2456	01:08:36
2473	2202	01:11:26	Nadine	Holloway	F			2481	01:08:56
2474	3865	01:11:26	Rebecca	Meredith	F			2459	01:08:39
2475	231	01:11:27	Alison	Thomas	F	40		2420	01:07:56
2476	453	01:11:28	Joshua	Heaven	M	J		2470	01:08:51
2477	1241	01:11:28	Jayne	Jones	F	40		2488	01:09:01
2478	3518	01:11:32	Cheryl	Copestake	F	40		2419	01:07:54
2479	3411	01:11:34	Kieran	Leonard	M	J		2435	01:08:10
2480	688	01:11:34	Elinor	Cordiner	F	45		2467	01:08:49
2481	2384	01:11:35	Lorraine	Evans	F			2421	01:07:58
2482	2677	01:11:36	Paul	Dunning	M	45	ABM WELLBEING WANDERERS	2482	01:08:58
2483	1709	01:11:36	Andrew	Hall	M	40		2465	01:08:48
2484	2155	01:11:36	Jude	Harris	F			2452	01:08:31
2485	3451	01:11:37	Lisa	Griffiths	F	40		2468	01:08:49
2486	3385	01:11:38	Carol	Bowen	F	50		2492	01:09:02
2487	402	01:11:39	Lowri	Barnard	F			2484	01:08:58
2488	351	01:11:39	Sarah	Joseph	F	45		2461	01:08:46
2489	3476	01:11:40	Nadine	Hall	F	40	3MS GORSEINON RR	2501	01:09:20
2490	2110	01:11:41	Sinead	Hancock	F	35		2521	01:09:48
2491	825	01:11:46	Charlotte	Williams	F			2569	01:10:50
2492	824	01:11:47	Jen	Williams	F			2570	01:10:50
2493	1620	01:11:48	Lindsey	Woosnam	F			2453	01:08:32
2494	396	01:11:50	Christopher	Walden	M	50	WYE VALLEY RUNNERS	2543	01:10:16
2495	419	01:11:50	Allyson	Brown	F	40		2496	01:09:14
2496	3390	01:11:52	Karen	Morgan	F	35		2514	01:09:39
2497	136	01:11:55	Bethan	Mchugh	F	35		2523	01:09:49
2498	1597	01:11:58	Maria	Lalic	F	55		2476	01:08:54
2499	1086	01:11:58	Josh	Hutin	M			2528	01:09:55
2500	1455	01:11:58	Jean	Foster	F	65		2460	01:08:40
2501	909	01:12:00	Gemma	Jones	F			2491	01:09:02
2502	910	01:12:00	Alastair	Mansell	M			2486	01:08:59
2503	1126	01:12:02	Sally	Alexander	F			2483	01:08:58
2504	702	01:12:03	Amy	Harper	F			2454	01:08:33
2505	2770	01:12:04	Matthew	Cornelius	M			2520	01:09:47
2506	3029	01:12:07	Pradeeo	Bose	M	50		2487	01:08:59
2507	145	01:12:07	Rhianwen	Petruse	F	40		2474	01:08:54
2508	3022	01:12:08	Jonathan	Featherstone	M	40	ABM UROLOGY UNITED	2490	01:09:01
2509	475	01:12:09	Simon	Gillings	M	50		2518	01:09:45
2510	2639	01:12:09	Christina	Rankin-Moore	F			2472	01:08:53
2511	1163	01:12:10	Kirsty Marie	Smith	F			2552	01:10:27
2512	3086	01:12:10	Julie	Evans	F	50	ABM WELLBEING WANDERERS	2506	01:09:29
2513	3180	01:12:11	Catheryn	Hancock	F	40		2560	01:10:44
2514	789	01:12:12	David	Allen	M			2489	01:09:01
2515	3065	01:12:14	Sarah	Davies	F	40		2505	01:09:26
2516	565	01:12:16	Frances	Hall	F	40		2511	01:09:33
2517	2310	01:12:18	Marco	Diulio	M			2524	01:09:49
2518	1495	01:12:23	Hayley	Williams	F			2510	01:09:31
2519	2161	01:12:26	Alan	Bladen	M	75	LES CROUPIERS	2537	01:10:09
2520	2548	01:12:26	Rebecca	Cooper	F			2551	01:10:23

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2521	1401	01:12:29	Cathryn	Crawford	F	40		2556	01:10:36
2522	1689	01:12:30	Vanessa	Trinder	F	35		2571	01:10:51
2523	1041	01:12:31	Rachel	Jones	F	40		2517	01:09:42
2524	713	01:12:31	Helen	Woozley	F	40		2516	01:09:42
2525	386	01:12:32	Peter	Galvin	M	45		2473	01:08:54
2526	3349	01:12:32	Sharon	Martin	F	40		2494	01:09:05
2527	199	01:12:36	Colin	Duncan	M	75		2498	01:09:15
2528	200	01:12:36	Sally	Sims	F	60		2499	01:09:16
2529	1645	01:12:37	Sally	O'Neil	F	45		2522	01:09:48
2530	2084	01:12:37	Alex	Thomas	M	40		2519	01:09:46
2531	1143	01:12:38	Emyr	Griffiths	M	J		2549	01:10:22
2532	850	01:12:39	Barry	Taylor	M	40		2578	01:11:02
2533	3359	01:12:40	Richard	Harry	M			2480	01:08:56
2534	3438	01:12:40	Robert	Clarke	M	50		2479	01:08:56
2535	2078	01:12:41	Annie	Williams	F	45		2590	01:11:22
2536	1521	01:12:42	Tracey	Hughes Jenkins	F	40		2587	01:11:19
2537	1218	01:12:42	Tracey Ann	Jones	F	45		2588	01:11:19
2538	1249	01:12:42	Maxine	Hall	F	35		2586	01:11:19
2539	3204	01:12:42	Karen	Cobb	F	45		2591	01:11:22
2540	2763	01:12:44	Elizabeth	Thompson	F			2500	01:09:18
2541	920	01:12:45	Antje	Cockrill	F	45		2540	01:10:13
2542	329	01:12:46	Jaynie	Rance	F	45		2557	01:10:38
2543	3667	01:12:50	Karl	Knight	M	40	ADMIRAL	2595	01:11:29
2544	2128	01:12:51	Matthew	Agland	M			2513	01:09:36
2545	1551	01:12:55	Donna	Caswell	F	40		2564	01:10:45
2546	3102	01:12:56	Dennis	Bird	M	50	ROYAL WOOTON BASSETT HOUNDS RC	2605	01:11:50
2547	1412	01:12:57	Andrea	Craig	F			2541	01:10:15
2548	2383	01:12:57	Efa	Gruffudd Jones	F	40		2508	01:09:30
2549	2379	01:12:57	Gwydion	Gruffudd	M			2509	01:09:31
2550	451	01:13:00	Alice	Sims	F			2515	01:09:40
2551	600	01:13:00	Holly	Hughes	F			2558	01:10:42
2552	786	01:13:00	Nicholas	Martin	M			2497	01:09:15
2553	445	01:13:00	Ben	Howells	M			2561	01:10:44
2554	446	01:13:01	Zoe	Devlugt	F			2559	01:10:42
2555	444	01:13:01	Melissa	Clifford	F			2563	01:10:45
2556	3027	01:13:06	Sarah	Hughes	F	45	ABM UROLOGY UNITED	2531	01:09:57
2557	3216	01:13:07	Simon	Merrifield	M			2525	01:09:51
2558	656	01:13:09	Annemarie	Jeans	F	45		2536	01:10:08
2559	2687	01:13:11	Kathryn	Eccleston	F	40		2544	01:10:17
2560	2686	01:13:11	Catryn	O'Brien	F	35		2546	01:10:19
2561	1515	01:13:11	Karen	Diamond	F	35		2538	01:10:11
2562	3774	01:13:12	Matthew	Evans	M	J		2539	01:10:11
2563	378	01:13:13	Beverley	Evans	F	45		2535	01:10:07
2564	3670	01:13:15	Suzanne	Lewis	F		ADMIRAL	2594	01:11:28
2565	2945	01:13:18	Terry	Clarke	M	70		2534	01:09:59
2566	3564	01:13:19	Heidi	Jones	F			2625	01:12:25
2567	2963	01:13:19	Christopher	Thomas	M	45		2583	01:11:09
2568	3555	01:13:21	Arlyn	Mansit	F	35	ABM ITU INOTROOPS	2601	01:11:37
2569	3775	01:13:21	Jonathan	Evans	M	40		2547	01:10:20
2570	1848	01:13:22	Lesley	Mcgrotty	F	45		2638	01:12:49
2571	1081	01:13:23	Gareth	Heatley	M	50		2550	01:10:22
2572	3426	01:13:23	Laura	Potticary	F			2651	01:13:01
2573	1095	01:13:25	Tracy	Bevan	F			2584	01:11:10
2574	1269	01:13:25	Debbie	Kiley	F	40		2592	01:11:25
2575	1228	01:13:26	Christine	Jones	F	40		2593	01:11:26
2576	2815	01:13:30	Dawn	Skipper	F	35		2548	01:10:21
2577	3458	01:13:31	Karyn	Badger	F	35		2599	01:11:33
2578	2212	01:13:32	Terry	Reeks	M	75		2554	01:10:32
2579	2661	01:13:32	Karen	Birdsall	F	45		2600	01:11:34
2580	3708	01:13:32	Zane	Thorne	M		ADMIRAL	2634	01:12:33
2581	546	01:13:33	Beth	Kenward	F			2573	01:10:58
2582	2641	01:13:35	Ellie	Clarke	F			2596	01:11:29
2583	545	01:13:35	Laura	Williams	F			2579	01:11:02
2584	2664	01:13:38	Chris	Hammond	M	50		2555	01:10:36
2585	2663	01:13:38	Huw	Thomas	M			2577	01:11:00
2586	3679	01:13:40	Aiesha	Melhas	F		ADMIRAL	2526	01:09:53
2587	3620	01:13:44	Jodie	Collins	F		ADMIRAL	2529	01:09:57
2588	3648	01:13:45	Victoria	Harris	F		ADMIRAL	2532	01:09:57
2589	813	01:13:46	Jane	Robbins	F	35		2585	01:11:13
2590	2217	01:13:48	John	Selby	M	50		2553	01:10:30

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2591	2981	01:13:52	Louise	Sweetman	F	40		2589	01:11:20
2592	1429	01:13:53	Philip	David	M	45		2615	01:12:15
2593	589	01:13:54	Robert	Workman	M	40	RUN4ALL RUNNING CLUB	2576	01:10:59
2594	2438	01:13:56	Jo	Denniss	F	40		2572	01:10:52
2595	2799	01:13:57	Amanda	Edwards	F	45		2630	01:12:28
2596	3868	01:13:59	Neil	Poulton	M			2582	01:11:09
2597	3351	01:13:59	John	Smale	M			2581	01:11:06
2598	3810	01:14:00	Marc	Saunders	M			2562	01:10:45
2599	882	01:14:00	Sarah	Williams	F			2608	01:11:52
2600	521	01:14:02	Andrew	Donnelly	M	45		2606	01:11:50
2601	3424	01:14:02	Lorna	Wilson	F			2580	01:11:04
2602	1038	01:14:06	Ruth	Dockerty	F			2565	01:10:46
2603	847	01:14:07	Matthew	Neve	M			2623	01:12:20
2604	2266	01:14:07	Owen	George	M	60		2568	01:10:49
2605	1627	01:14:08	Suchanya	Jones	F	J		2677	01:13:41
2606	1733	01:14:09	Gerald	Kemp	M	45		2542	01:10:15
2607	473	01:14:10	Jason	Morgan	M	40		2566	01:10:47
2608	2136	01:14:11	Gethin	Wilcox	M			2632	01:12:31
2609	701	01:14:16	Tanya	Gibbons	F	40		2666	01:13:26
2610	548	01:14:18	Rhian	Pole	F	35		2643	01:12:55
2611	3008	01:14:19	Sophie	Bevan	F		ABM PLASTIC FANTASTIC	2633	01:12:33
2612	1154	01:14:25	Emma-Jayne	Ottewell	F			2575	01:10:59
2613	1834	01:14:26	Elizabeth	Perks	F	45	RUN4ALL RUNNING CLUB	2597	01:11:32
2614	2392	01:14:26	Kirsten	Cottam	F			2639	01:12:49
2615	931	01:14:27	Charlotte	Bloodworth	F	40		2621	01:12:20
2616	3440	01:14:29	Clare	Britton	F			2671	01:13:32
2617	1502	01:14:29	Valerie	George	F	50		2574	01:10:59
2618	334	01:14:33	Kerry	Davies	F	35		2610	01:11:57
2619	510	01:14:34	Peter	Critchley	M	55		2631	01:12:31
2620	511	01:14:34	Sarah	Critchley	F	50		2628	01:12:28
2621	2137	01:14:35	Lesleyann	Sterry	F			2644	01:12:55
2622	2693	01:14:36	Zoe	Mathias	F	35		2617	01:12:15
2623	2692	01:14:36	Carol	Redman	F	40		2619	01:12:15
2624	3763	01:14:41	Laura	Rendell	F		LLISWERRY RUNNERS	2612	01:12:05
2625	527	01:14:41	Lily	Blank	F	J		2602	01:11:38
2626	2781	01:14:44	Christopher	Powell	M	45		2567	01:10:47
2627	3819	01:14:44	Rebecca	Hicks	F			2607	01:11:51
2628	454	01:14:46	Darren	Elson	M			2637	01:12:43
2629	2673	01:14:48	Carys	Evans	F			2609	01:11:53
2630	1128	01:14:52	Naomi	Hart	F			2640	01:12:50
2631	2197	01:14:53	Sharon	Bowden	F	50		2604	01:11:45
2632	1761	01:14:53	Ann	Evans	F	50		2603	01:11:42
2633	190	01:14:59	Rebecca	Jones	F	J		2614	01:12:13
2634	1793	01:15:11	Alison	Evans	F	45		2611	01:12:01
2635	3293	01:15:15	Sarah	Perdue	F	35	RUN4ALL RUNNING CLUB	2624	01:12:21
2636	923	01:15:15	Jessica	Seaton	F	55		2635	01:12:35
2637	311	01:15:18	Maragaret	Peacock	F	60		2650	01:13:01
2638	906	01:15:20	Rebecca	Grimes	F			2627	01:12:27
2639	2455	01:15:21	Linzi	Morris	F	40		2649	01:13:00
2640	1380	01:15:22	Joanne	Crompton	F	J		2598	01:11:33
2641	1255	01:15:22	Stephanie	Jones	F	35		2667	01:13:28
2642	2249	01:15:22	Murray	Hickey	M			2647	01:12:56
2643	2251	01:15:23	Aimee	Prince	F			2646	01:12:56
2644	469	01:15:23	Anthony	D'Auria	M	40		2618	01:12:15
2645	470	01:15:23	Jeanette	Rees	F	35		2616	01:12:15
2646	1794	01:15:23	Tracey	Powell	F	50		2620	01:12:16
2647	319	01:15:24	Roger	Hurley	M	40		2613	01:12:09
2648	126	01:15:26	Kevin	Phillips	M			2668	01:13:28
2649	1577	01:15:31	Sheila	Holmes	F	40		2626	01:12:27
2650	1142	01:15:34	Jennifer	Griffiths	F	45		2660	01:13:16
2651	3548	01:15:34	Jonathan	Griffiths	M	50		2659	01:13:16
2652	970	01:15:36	Stephen	Marshall	M			2706	01:14:25
2653	2947	01:15:37	David	Rosser	M	75	AMMAN VALLEY HARRIERS	2675	01:13:39
2654	1748	01:15:37	Cari	Randall	F		LES CROUPIERS	2711	01:14:33
2655	3183	01:15:38	Rhys	Hopkins	M			2696	01:14:12
2656	537	01:15:39	Rachel	Hogg	F	J		2658	01:13:16
2657	3784	01:15:39	Alistair	Downes	M			2661	01:13:16
2658	458	01:15:40	Mari	Jones	F			2629	01:12:28
2659	637	01:15:42	Paul	Gatenby	M			2663	01:13:20
2660	1690	01:15:42	Anthony	Wilby	M			2636	01:12:39

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2661	779	01:15:43	Sian	Barnett	F			2653	01:13:06
2662	1925	01:15:48	Jennifer	Hutt	F	35		2641	01:12:54
2663	3298	01:15:51	Lisa	Griffiths	F			2642	01:12:54
2664	3326	01:15:51	Richard	Pugh	M	45		2697	01:14:12
2665	3723	01:15:51	Brendan	Mulhern	M		ADMIRAL	2692	01:14:00
2666	638	01:15:52	Clare	Gatenby	F			2669	01:13:30
2667	3689	01:15:55	Lloyd	Rees	M		ADMIRAL	2686	01:13:53
2668	1108	01:15:56	Lucy	Davis	F			2681	01:13:47
2669	3517	01:15:57	Jonathan	Thomas	M			2657	01:13:15
2670	3313	01:16:00	Leanne	Hopkins	F			2622	01:12:20
2671	503	01:16:04	Kath	Pugh	F			2648	01:12:58
2672	1981	01:16:08	Alun	Powell	M	65		2662	01:13:19
2673	727	01:16:09	Rebecca	Heenan	F			2670	01:13:31
2674	2990	01:16:11	Chris	Larkin	F	40		2723	01:15:04
2675	3237	01:16:11	Lorraine	Hopkin-Munro	F	55		2684	01:13:52
2676	3545	01:16:13	Laura	Murton	F			2664	01:13:23
2677	377	01:16:13	Adrian	Evans	M	45		2655	01:13:09
2678	2288	01:16:17	Charlotte	John	F	J	NEATH HARRIERS	2718	01:14:55
2679	2335	01:16:21	Teresa	Rhys-Thomas	F			2678	01:13:46
2680	1828	01:16:23	Wendy	Newton	F	45		2645	01:12:56
2681	585	01:16:24	Benjamin	Johnson	M			2654	01:13:09
2682	582	01:16:24	Eleanor	Howells	F			2656	01:13:12
2683	2740	01:16:24	Nicola	Bromham	F		RUN4ALL RUNNING CLUB	2652	01:13:05
2684	3801	01:16:28	Anita	Taanevig	F			2685	01:13:53
2685	465	01:16:29	Ceri	Thomas	F	45		2672	01:13:34
2686	287	01:16:30	Stuart	Whiffin	M			2689	01:13:57
2687	1471	01:16:31	Delyth	Davies	F	45		2665	01:13:25
2688	3750	01:16:32	Yasmin	Muzil	F	J	ADMIRAL	2714	01:14:43
2689	3073	01:16:35	Melanie	Roberts	F			2710	01:14:32
2690	1832	01:16:42	William	Morgan	M	50		2690	01:13:57
2691	3047	01:16:44	Helen	Williams	F	35	ABERDARE VALLEY AAC	2674	01:13:39
2692	2290	01:16:45	Gerald	Davies	M			2676	01:13:40
2693	2505	01:16:46	Kirsty	Razmgah-Edwards	F			2694	01:14:08
2694	3711	01:16:49	Katie	Watts	F		ADMIRAL	2736	01:15:29
2695	1013	01:16:50	Emily	Cook	F			2719	01:14:56
2696	1673	01:16:50	Helen	Jeffrey	F	45		2713	01:14:40
2697	1697	01:16:54	Sarah	Jones	F		ABM UROLOGY UNITED	2695	01:14:10
2698	2777	01:16:55	Helen	Threadgold	F			2735	01:15:29
2699	2778	01:16:55	Rachael	Donovan	F			2737	01:15:29
2700	2050	01:16:57	Caroline	Psaila	F	45		2721	01:15:04
2701	3150	01:16:57	Brigid	Haines	F	50		2679	01:13:46
2702	2235	01:16:59	Kelly	Gipson	F	45		2729	01:15:19
2703	1662	01:17:01	Karen	Hardy	F			2698	01:14:12
2704	3208	01:17:05	Leanne	Raikes	F			2744	01:15:49
2705	2153	01:17:10	Rhian	Pippins	F	35		2702	01:14:18
2706	302	01:17:15	Sarah	Newport	F			2699	01:14:13
2707	1370	01:17:19	Joanna	Lowe	F			2712	01:14:36
2708	332	01:17:21	David	Braithwaite	M	50	SOUTHVILLE RUNNING CLUB	2673	01:13:36
2709	316	01:17:23	Emma	Ballardie	F			2707	01:14:26
2710	1653	01:17:24	Mike	Shaw	M	60	WYE VALLEY RUNNERS	2682	01:13:49
2711	3833	01:17:24	Sarah	Bowring	F	45	WYE VALLEY RUNNERS	2680	01:13:46
2712	1780	01:17:26	Tony	Paget	M	55		2708	01:14:27
2713	965	01:17:30	Joanna	Hodges	F	35		2704	01:14:21
2714	915	01:17:33	Sally	Ware	F	50		2701	01:14:17
2715	1342	01:17:34	Charlotte	Garthwaite	F			2687	01:13:54
2716	1559	01:17:34	Robert	Thomas	M			2683	01:13:51
2717	3265	01:17:39	Richard	Casey	M			2688	01:13:54
2718	2407	01:17:41	June	Wheel	F	40	ABM GERUNIMO	2709	01:14:27
2719	220	01:17:46	Leanne	Casley	F	40		2725	01:15:06
2720	1153	01:17:46	Andrea	Dobson	F	40		2703	01:14:19
2721	1379	01:17:47	Carrie	Crompton	F	50		2693	01:14:00
2722	1377	01:17:47	Kate	Boothby	F	45		2691	01:13:57
2723	620	01:17:48	Vince	Jordan	M			2705	01:14:23
2724	2248	01:17:54	Tony	Hickey	M	55		2734	01:15:29
2725	3113	01:17:56	Rhian	Harry	F			2742	01:15:35
2726	1935	01:17:58	Stacey	Parvin	F			2777	01:17:18
2727	693	01:18:05	Louise	White	F			2757	01:16:30
2728	3489	01:18:07	Christine	Lewis	F	50		2715	01:14:52
2729	2885	01:18:11	Maria	Bloor	F	50		2700	01:14:16
2730	2629	01:18:13	Sian	Beynon	F			2740	01:15:33

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2731	2636	01:18:15	Nicola	Dierkes	F	35		2720	01:15:03
2732	2710	01:18:21	Allyson	Edmonds	F	45		2727	01:15:16
2733	1318	01:18:21	Melissa	Davies	F			2746	01:15:51
2734	1598	01:18:22	Rachel	Adams	F			2747	01:15:51
2735	1381	01:18:22	Andrew	Parker	M	45		2726	01:15:09
2736	1875	01:18:31	Dave	Evans	M	45		2716	01:14:53
2737	1481	01:18:36	Louise	Downing	F	40		2717	01:14:53
2738	3540	01:18:38	Ceri	Saunders	F			2743	01:15:43
2739	393	01:18:44	Kate	Elliott	F			2749	01:15:53
2740	394	01:18:44	Anna	Collenette	F	35		2750	01:15:53
2741	1767	01:18:47	Stuart	Baker	M			2722	01:15:04
2742	3701	01:18:49	Gareth	Simms	M		ADMIRAL	2728	01:15:18
2743	275	01:18:50	Sue	Shannon-Jones	F	60		2724	01:15:05
2744	3037	01:18:52	Sian	Thomas	F			2751	01:15:53
2745	3131	01:18:52	Nicola	Evans	F	40		2748	01:15:52
2746	1542	01:18:52	Melanie	Kedde	F	35		2752	01:16:04
2747	2439	01:18:56	Catherine	Ball	F	40		2745	01:15:50
2748	2222	01:18:57	Adrian	Samuel	M	50		2732	01:15:25
2749	2312	01:18:57	Julia	Hannon	F	40		2733	01:15:28
2750	550	01:18:57	Julie	Pritlove	F	35		2756	01:16:28
2751	3639	01:19:02	Matthew	Griffiths	M		ADMIRAL	2738	01:15:32
2752	3630	01:19:02	Sophie	Evans	F		ADMIRAL	2741	01:15:34
2753	3201	01:19:07	Louise	Snelgrove	F			2779	01:17:23
2754	1165	01:19:08	Stephen	Dalling	M	55	LC COBRAS	2731	01:15:25
2755	1242	01:19:08	Kevin	Dalling	M	50		2730	01:15:24
2756	3634	01:19:09	Erin	Ford	F		ADMIRAL	2758	01:16:30
2757	1987	01:19:10	Odette	Rees	F	40		2762	01:16:47
2758	1188	01:19:17	Hollie	Griggs	F			2793	01:18:10
2759	1852	01:19:22	Taraya	Paget	F	J		2755	01:16:25
2760	326	01:19:24	Sarah	Meadowcroft	F	40		2753	01:16:21
2761	1566	01:19:30	Mark	Rush	M			2739	01:15:33
2762	726	01:19:37	Hayley	Thomas-Yarr	F			2759	01:16:35
2763	535	01:19:38	Kayleigh	Lewis	F			2771	01:17:11
2764	536	01:19:39	Andrew	Lake	M			2774	01:17:15
2765	601	01:19:42	Nigel	Hughes	M			2778	01:17:18
2766	3855	01:19:43	Darren	Jones	M			2797	01:18:30
2767	3397	01:19:53	Frances	Williams	F	40		2760	01:16:43
2768	795	01:19:57	Iestyn	Evans	M			2768	01:17:07
2769	3836	01:19:59	Hazel	Gilbert	F	60		2754	01:16:24
2770	1399	01:20:02	Andrew	Gunning	M	45		2761	01:16:45
2771	3732	01:20:02	Jesca	Williams	F		ADMIRAL	2795	01:18:13
2772	1657	01:20:03	Michele	Raithby	F	55		2773	01:17:14
2773	1076	01:20:05	Joanne	Horton	F	35		2796	01:18:23
2774	551	01:20:07	Meinir	Williams	F	45		2767	01:17:04
2775	1122	01:20:07	Paul	Gallagher	M	50		2808	01:19:24
2776	3779	01:20:09	Rachel	Evans	F			2790	01:18:01
2777	3782	01:20:11	Louise	Joseph	F	40	ABM WELLBEING WANDERERS	2782	01:17:31
2778	1797	01:20:11	Saran	Purchase	F			2781	01:17:30
2779	1396	01:20:13	Hannah	White	F			2776	01:17:17
2780	3209	01:20:15	Danielle	Williams	F			2775	01:17:16
2781	1463	01:20:16	Nicola	Gliddon	F			2769	01:17:09
2782	2461	01:20:18	Cynthia	Evans	F	65		2765	01:16:58
2783	384	01:20:23	Paula	Stockley	F		3MS GORSEINON RR	2770	01:17:09
2784	3585	01:20:24	Antonina	Mendola	F	45		2766	01:16:59
2785	3584	01:20:24	Gill	Elliott	F	50		2764	01:16:56
2786	1407	01:20:24	Catherine	Davies	F	35		2772	01:17:12
2787	3051	01:20:28	Heather	Aston	F	50	LEAMINGTON CYCLING & ATHLETIC CLUB	2787	01:17:53
2788	1838	01:20:29	Hannah	Kinasz	F			2780	01:17:29
2789	2359	01:20:36	Chris	O'Brien	M			2763	01:16:53
2790	1053	01:20:45	Jane	Roe	F	50		2789	01:17:55
2791	2286	01:20:52	Harriet	Smith	F	J		2798	01:18:38
2792	2261	01:20:52	Alice	Woods	F	J		2799	01:18:38
2793	678	01:20:53	Bethan	Emmanuel	F	35		2788	01:17:55
2794	737	01:20:53	Anna-Marie	Sorroll	F			2786	01:17:52
2795	680	01:20:53	Kay	Haines	F			2785	01:17:52
2796	248	01:21:02	Karen	Jones	F	50		2815	01:19:42
2797	606	01:21:07	Michael	Pallett	M			2784	01:17:39
2798	607	01:21:07	Hannah	Pallett	F			2783	01:17:39
2799	2817	01:21:11	Becky	Shaughnessy	F	35		2810	01:19:26
2800	1386	01:21:14	Karen	Higgins	F	40		2791	01:18:08

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2801	1387	01:21:14	Andrew	Higgins	M			2792	01:18:08
2802	1674	01:21:18	Heddwyn	Williams	M	65		2816	01:19:43
2803	3789	01:21:26	Lisa	Morgan	F	40		2823	01:19:56
2804	1924	01:21:50	Nicola	Thomas	F	40		2803	01:18:54
2805	2876	01:21:52	Holly	Morgan	F		ABM ITU INOTROOPS	2824	01:19:59
2806	1851	01:21:52	Donna	Rees	F	40		2807	01:19:22
2807	3709	01:21:54	Jeni	Warren	F	J	ADMIRAL	2828	01:20:26
2808	1613	01:21:55	Mark	Lucas	M	50		2801	01:18:49
2809	1614	01:21:55	Pam	Lucas	F	40		2802	01:18:50
2810	2873	01:21:57	Robert	Latham	M	65		2794	01:18:11
2811	3236	01:22:00	Caroline	Munro	F	45		2813	01:19:41
2812	1358	01:22:17	Philippa	Jones	F	45		2814	01:19:42
2813	380	01:22:21	Sheila	Harris	F	45		2805	01:19:03
2814	1065	01:22:24	Erica	Knight	F	45		2809	01:19:25
2815	3505	01:22:25	Susan	Warren	F	65		2800	01:18:41
2816	901	01:22:34	Julian	Power	M			2806	01:19:08
2817	1979	01:22:35	Angelina	Rees-Jones	F			2804	01:19:01
2818	2134	01:22:36	Rhian	Morris	F	45	RUN4ALL RUNNING CLUB	2817	01:19:43
2819	3116	01:22:40	Jamie	Howells	M			2825	01:20:03
2820	962	01:22:42	Dale	Cousins	M			2822	01:19:53
2821	3828	01:22:42	Charlotte	Peters	F			2821	01:19:49
2822	1480	01:22:43	Nefyn	Jones	M	45		2812	01:19:38
2823	3292	01:22:46	Siwan	King	F			2811	01:19:34
2824	2732	01:22:51	Rhian	Bevan	F			2829	01:20:33
2825	1088	01:22:53	Catherine	James	F	45		2848	01:22:00
2826	639	01:22:57	Paul	Richards	M	40		2840	01:21:24
2827	1498	01:22:59	Lynn	Lockwood	F	55		2818	01:19:46
2828	420	01:23:01	Sarah	Shea	F	40		2827	01:20:21
2829	149	01:23:05	Natalie	Williams	F	40		2830	01:20:34
2830	1119	01:23:08	Ioan	Humphreys	M			2820	01:19:46
2831	1140	01:23:08	Deborah	Fitzsimmons	F	40		2819	01:19:46
2832	805	01:23:14	Robert	Evans	M			2834	01:21:17
2833	835	01:23:14	Amy	Evans	F			2833	01:21:16
2834	2324	01:23:20	Stacey	Williams	F			2835	01:21:19
2835	2325	01:23:21	Philip	Whelan	M			2836	01:21:19
2836	3616	01:23:33	Sarah	Bright	F	35	ADMIRAL	2826	01:20:04
2837	1005	01:23:34	Bethan	Parry	F			2862	01:22:28
2838	2189	01:23:36	Julia	Perry	F	35	RUN4ALL RUNNING CLUB	2832	01:20:42
2839	864	01:23:47	Bev	Mcgonagle	F	50		2857	01:22:14
2840	1371	01:24:05	Rachel Ann	Lowe	F			2842	01:21:25
2841	1090	01:24:11	Kirsty	Doner	F			2870	01:23:18
2842	1080	01:24:17	Chris	Treharne	M			2831	01:20:34
2843	1590	01:24:17	Mary	Mcdermott-Jenkins	F	45		2839	01:21:21
2844	345	01:24:19	Samantha	Jones	F			2841	01:21:25
2845	817	01:24:24	Mike	Demmel	M			2852	01:22:04
2846	1299	01:24:28	Robyn	Stanley	F			2854	01:22:08
2847	780	01:24:35	Angharad	Griffiths	F			2846	01:21:58
2848	3467	01:24:38	Louise	Parry	F			2860	01:22:18
2849	1772	01:24:42	Arwen	Hilton	F	40		2878	01:24:08
2850	583	01:24:45	Rachel	Smith	F			2843	01:21:31
2851	1338	01:25:03	Kathryn	Morgan	F			2855	01:22:09
2852	3258	01:25:04	Cerys	Davies	F	35		2838	01:21:20
2853	785	01:25:05	Sarah	Martin	F		ABM ITU INOTROOPS	2837	01:21:20
2854	892	01:25:11	Bethan	James	F	35		2845	01:21:43
2855	1001	01:25:11	Debbie	Stringer	F	45		2844	01:21:43
2856	808	01:25:14	Katie	Marsh	F	35		2866	01:22:46
2857	397	01:25:15	Phillip	Griffiths	M			2856	01:22:14
2858	1253	01:25:35	Catherine	Bain	F	35		2861	01:22:21
2859	944	01:25:43	Tracey	Jones	F	40		2847	01:21:59
2860	3615	01:25:44	Sian	Bradley	F	35	ADMIRAL	2873	01:23:54
2861	3194	01:25:45	Ashley	Cabico	F			2850	01:22:03
2862	505	01:25:45	Carl	Morland	M			2851	01:22:04
2863	504	01:25:45	Jean	Williams	F	50		2849	01:22:01
2864	3026	01:25:46	Debbie	Bailey	F	35	ABM UROLOGY UNITED	2864	01:22:36
2865	3021	01:25:46	Alison	Lindley	F	45	ABM UROLOGY UNITED	2863	01:22:35
2866	506	01:25:52	Lillebeth	Larun	F	50		2853	01:22:08
2867	1204	01:25:55	Jonathan	Toghill	M			2879	01:24:13
2868	980	01:25:58	Laura	Scrine	F			2865	01:22:45
2869	3018	01:26:03	Karen	Thomas	F	50	ABM UROLOGY UNITED	2867	01:22:53
2870	2329	01:26:18	Donna	Griffiths	F	35		2859	01:22:18

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2871	2333	01:26:19	Fay	Sharpe	F	50	3MS GORSEINON RR	2858	01:22:16
2872	1532	01:26:24	Sue	Barrow	F	60		2871	01:23:19
2873	3195	01:26:29	Kate	Johnson	F			2869	01:23:06
2874	2530	01:26:33	Jenna	Jenkins	F			2887	01:24:43
2875	2234	01:26:39	Geraldine	O'Dare	F	45		2868	01:23:03
2876	3491	01:26:51	Sarah	Newman	F			2880	01:24:20
2877	2906	01:27:12	Rachel	Dorrington	F			2872	01:23:53
2878	748	01:27:25	Sophie	Phillips	F			2881	01:24:24
2879	461	01:27:28	Ged	Wood	M	55		2875	01:24:04
2880	460	01:27:28	Alison	Macnab	F	50		2874	01:24:02
2881	2973	01:27:30	Shan	Davies	F			2882	01:24:25
2882	1098	01:27:33	Derek	Hawkins	M	70		2894	01:25:50
2883	3731	01:27:39	Cameron	Clarke	M	J	ADMIRAL	2891	01:25:46
2884	3729	01:27:40	Damien	Gosling	M	J	ADMIRAL	2893	01:25:48
2885	3028	01:27:45	Bev	James	F	45	ABM UROLOGY UNITED	2884	01:24:35
2886	938	01:27:45	Bethan	Hale	F			2877	01:24:05
2887	939	01:27:45	Gemma	Hale	F			2876	01:24:05
2888	3838	01:27:46	Vellore	Rajkumar	M	55	ABM UROLOGY UNITED	2883	01:24:34
2889	3726	01:27:49	Sarah	Brennan	F		ADMIRAL	2895	01:25:54
2890	247	01:27:54	Ann	Pugh	F	50		2885	01:24:39
2891	1554	01:27:59	Rebecca	Hawkes	F			2889	01:25:26
2892	541	01:28:02	Sian	Lewis	F			2888	01:24:48
2893	3374	01:28:05	Marine	Perrin	F			2886	01:24:40
2894	650	01:28:10	Natasha	Smith	F			2911	01:27:24
2895	1626	01:28:22	Lamphan	Jones	F	45		2915	01:27:54
2896	1209	01:28:40	Paula	Williams	F			2906	01:26:58
2897	3241	01:28:43	Elin	Street	F	J		2892	01:25:46
2898	3742	01:28:55	Sara	Gray	F	J	ADMIRAL	2908	01:27:02
2899	3722	01:28:56	Adelisa	Owens	F		ADMIRAL	2910	01:27:08
2900	3151	01:29:13	Jason	Prigmore	M			2890	01:25:43
2901	1882	01:29:30	Kenneth	Lyons	M			2896	01:26:11
2902	3515	01:29:38	David	Bolton	M	55		2897	01:26:28
2903	3514	01:29:38	Lorraine	Bolton	F	50		2898	01:26:28
2904	2361	01:29:39	Kathryn	Kirkup	F	35		2899	01:26:32
2905	1166	01:29:42	Charlotte	Ajomale	F			2903	01:26:53
2906	3465	01:29:44	Philip	Knapman	M			2912	01:27:25
2907	2147	01:29:46	Paul	Shill	M	50		2902	01:26:44
2908	404	01:29:49	Dana	Thomas	F			2916	01:28:07
2909	403	01:29:50	Heidy	Thomas	F			2917	01:28:08
2910	993	01:29:54	Rhys	Parker	M			2923	01:28:44
2911	539	01:30:00	Rachel	Waltham	F			2907	01:27:02
2912	1533	01:30:03	Ellie	Barrow	F			2905	01:26:55
2913	1113	01:30:03	Emma	Walters	F			2900	01:26:37
2914	1109	01:30:03	Lynwen	Wilson	F			2901	01:26:37
2915	2435	01:30:04	Carrie	Dowling	F			2904	01:26:54
2916	1203	01:30:05	Adrian	Lewis	M	45		2920	01:28:23
2917	297	01:30:31	Anja	Quirolo	F	45		2909	01:27:04
2918	735	01:30:43	Mandie	Adams	F	40		2913	01:27:40
2919	483	01:31:14	Susan	Morgan	F	60		2914	01:27:42
2920	1562	01:31:24	Andrea	Jenkins	F	50	RUN4ALL RUNNING CLUB	2921	01:28:32
2921	941	01:31:29	Nigel	Barnes	M	45		2933	01:30:58
2922	1563	01:31:29	Rebecca	Mainwaring	F	35	RUN4ALL RUNNING CLUB	2922	01:28:36
2923	2303	01:31:30	Hannah	Bird	F	35		2919	01:28:14
2924	3129	01:31:32	Nicola	Davies	F	35		2918	01:28:08
2925	533	01:31:48	Rachael	Middleton-Jones	F	35		2924	01:29:06
2926	534	01:31:48	Howard	Middleton-Jones	M	50		2925	01:29:06
2927	856	01:32:04	Jan	Platt	F	50		2931	01:30:23
2928	344	01:32:05	Rhidian	Phillips	M			2926	01:29:08
2929	586	01:32:21	Donna	Holmes	F	35		2927	01:29:09
2930	2808	01:32:23	Felicity	Jones	F			2928	01:29:29
2931	1193	01:33:13	Nigel	Howells	M	45		2929	01:29:36
2932	2830	01:33:32	Jane	Hubble	F	40		2930	01:29:53
2933	1840	01:33:37	Andrea	Davies	F	35		2937	01:32:26
2934	3820	01:33:56	Angela	Jones	F	60		2936	01:32:17
2935	3629	01:34:27	Kate	Evans	F		ADMIRAL	2932	01:30:53
2936	1314	01:34:40	Emily	Williams	F			2935	01:31:45
2937	213	01:34:51	Tomos	Winfield Young	M			2934	01:31:05
2938	336	01:35:54	Bethan	Saunders	F			2939	01:33:06
2939	2193	01:36:11	Tracy	Elliston	F	50		2938	01:33:04
2940	1416	01:36:15	Ann	Sherwood	F	55		2940	01:33:15

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2941	1195	01:36:27	Alison	Morgan	F			2949	01:35:37
2942	1194	01:36:28	Matt	Morgan	M			2950	01:35:37
2943	3827	01:36:44	Lynette	Booth	F	45		2947	01:35:01
2944	178	01:37:12	Craig	Wade	M			2941	01:33:33
2945	370	01:37:23	Helen	Jones	F			2944	01:34:30
2946	129	01:37:24	Vanessa	Cashmore	F	40		2945	01:34:30
2947	3299	01:37:26	Natalie	Yeates	F			2943	01:34:29
2948	1762	01:37:28	Natalie	Bevan	F			2942	01:34:18
2949	3296	01:38:01	Anne	Miles	F	55		2948	01:35:31
2950	652	01:38:05	Samantha	Scrine	F			2946	01:34:52
2951	3861	01:38:21	Peter	Doodles	M			2955	01:37:11
2952	3040	01:39:55	Sara	Hayes	F	55	ABM GERUNIMO	2951	01:36:38
2953	3004	01:39:56	Jo	Pike	F	50	ABM GERUNIMO	2952	01:36:39
2954	413	01:40:34	Ron	Harris	M	50	LLISWERRY RUNNERS	2953	01:36:52
2955	414	01:40:35	Deborah	Hay-Harris	F	50	LLISWERRY RUNNERS	2954	01:36:53
2956	2029	01:40:39	David	Henry	M	45		2960	01:38:40
2957	455	01:40:45	Sarah	Ivett	F	35		2961	01:38:41
2958	1888	01:40:56	Nicola	Brown	F			2963	01:38:50
2959	1889	01:40:56	Jack	Brown	M			2964	01:38:50
2960	1531	01:41:25	Susan	Jones	F	55		2956	01:37:51
2961	3869	01:41:26	Hannah	Thomas	F		ADMIRAL	2967	01:39:35
2962	1499	01:41:26	Jan	Ohlsson Jones	F	40		2957	01:37:52
2963	1617	01:41:27	Janette	Davies	F	45		2958	01:37:52
2964	3856	01:41:27	Kimberley	Southall	F		ADMIRAL	2966	01:39:34
2965	3724	01:41:28	Jonathan	Fishlock	M		ADMIRAL	2965	01:39:34
2966	3725	01:41:28	Ceri	Jones	F		ADMIRAL	2968	01:39:37
2967	2961	01:41:36	Idris	Prosser	M	70		2959	01:38:11
2968	381	01:42:00	Bethan	Griffiths	F	35		2962	01:38:43
2969	3862	01:42:20	Nikki	Doodles	F			2970	01:41:10
2970	321	01:42:46	Donald	Fearns	M	80		2969	01:39:42
2971	2698	01:42:56	Ryan	Price	M			2974	01:42:50
2972	3718	01:43:05	Sharon	Bowen	F	40	ADMIRAL	2971	01:41:10
2973	3730	01:43:05	Brenda	Phillips	F	40	ADMIRAL	2972	01:41:13
2974	3025	01:45:49	Alison	Lyness	F	45	ABM UROLOGY UNITED	2973	01:42:40
2975	450	01:46:30	Stacey	Fox	F			2975	01:43:30
2976	2903	01:47:12	Helen	Collins	F	50		2976	01:44:12
2977	3851	01:51:20	Warren	Kingston	M	40		2977	01:50:04
2978	991	01:54:58	Jon	Parry	M			2978	01:51:00
2979	990	01:54:58	Craig	Jones	M			2979	01:51:01
2980	3804	01:58:22	Tracy	Price	F	45		2980	01:54:52
2981	2944	01:58:22	Val	Clarke	F	70		2982	01:54:52
2982	3605	01:58:23	Andrew	Price	M	45		2981	01:54:52
2983	936	02:01:44	David	Rees	M	60		2983	01:58:08
2984	852	02:01:47	John	Rees	M	50		2984	01:58:11
2985	4300	02:07:10	Runner	4300	M			2985	02:07:10
2986	2397	02:11:28	Lee	Parker	M			2987	02:07:30
2987	1049	02:11:29	Tracy	Phillips	F	35		2986	02:07:27