

City of Newport Half Marathon 2013 Results
Please note that all positions are given on gun time.



Bringing care home

Bib	First Name	Last Name	Club	Category	M/F	Gun Time	O/all Pos	Cat Pos	Gen Pos	Chip Time
631	Ryan	Mcflynn	Fairwater Runners Cwmbran	MS	M	01:17:23.85	1	1	1	01:17:21.80
773	Leighton	Rawlinson		MS	M	01:18:29.65	2	2	2	01:18:27.65
356	Mike	Griffiths	Lliswerry Runners	MS	M	01:18:53.85	3	3	3	01:18:52.65
257	James	Elgar	Newt/Lliswerry Runners	MS	M	01:19:32.90	4	4	4	01:19:30.50
341	Annabel	Granger	Bristol And West	F35	F	01:21:45.85	5	1	1	01:21:44.70
850	Steve	Sanders		MS	M	01:23:14.45	6	5	5	01:23:10.35
207	Julian	Davies	Pontypridd Roadents	M45	M	01:23:24.80	7	1	6	01:23:22.50
556	James	King		MS	M	01:24:21.65	8	6	7	01:24:16.30
403	Haydn	Hartnell	Islwyn R C	M50	M	01:24:44.00	9	1	8	01:24:40.70
409	Mickey	Havard	San Domenico	M45	M	01:25:29.75	10	2	9	01:25:28.25
511	Peter	Jeremiah		MS	M	01:26:08.60	11	7	10	01:26:05.75
397	Michael	Harris		MS	M	01:26:30.10	12	8	11	01:26:24.55
877	Paul	Slaymaker	Worcester Tri Club	MS	M	01:26:51.25	13	9	12	01:26:46.95
1041	Richie	Willmot		MS	M	01:26:54.35	14	10	13	01:26:38.45
959	Matt	Turner	Pontypool Rcc	MS	M	01:27:24.45	15	11	14	01:27:20.25
1060	Emma	Wookey	Lliswerry Runners	FS	F	01:27:24.80	16	1	2	01:27:22.25
565	Jonathan	Langley		MS	M	01:27:47.85	17	12	15	01:27:46.60
1053	John	Woodcock		M40	M	01:28:07.75	18	1	16	01:28:04.35
64	Thomas	Bland		MS	M	01:28:20.20	19	13	17	01:28:18.25
785	Nick	Rees		M50	M	01:28:58.25	20	2	18	01:28:47.70
502	Stephen	Jenkins		M40	M	01:29:05.40	21	2	19	01:29:03.15
323	Nicola	Gething	Parc Bynbach Rc	F40	F	01:29:21.70	22	1	3	01:29:19.90
1010	Mark	White		MS	M	01:29:27.55	23	14	20	01:29:27.55
278	Gavin	Facey		MS	M	01:29:44.65	24	15	21	01:29:38.65

976	Andrew	Walsh		MS	M	01:29:47.25	25	16	22	01:29:40.65
1077	Gerald	Armstrong	Frome	M40	M	01:29:50.55	26	3	23	01:29:41.05
878	Jonathan	Sliczny	Griffithstown Harriers	MS	M	01:29:51.35	27	17	24	01:29:44.65
284	Anthony	Fidow	Lliswerry Runners	M55	M	01:30:00.30	28	1	25	01:29:56.40
563	Tim	Lane		MS	M	01:30:06.60	29	18	26	01:29:45.95
769	Darren	Ramage	Spirit Of Monmouth	MS	M	01:30:10.40	30	19	27	01:30:06.80
435	Patrick	Hoare	Lliswerry Runners	M45	M	01:30:16.65	31	3	28	01:30:12.75
76	Jason	Brewer		M40	M	01:30:21.90	32	4	29	01:30:15.10
960	Robert	Type		M40	M	01:30:32.05	33	5	30	01:30:22.30
103	Karl	Burgess		MS	M	01:30:36.90	34	20	31	01:30:33.75
178	Matt	Creed	Lliswerry Runners	MS	M	01:30:44.75	35	21	32	01:30:39.45
659	Ray	Morgan		MS	M	01:30:48.20	36	22	33	01:30:45.95
1042	Colin	Wilmott	Griffithstown Harriers	M55	M	01:30:57.35	37	2	34	01:30:51.00
360	Jason	Griffiths		M40	M	01:31:03.35	38	6	35	01:30:58.10
544	Daman	Jukes	Parc Bynbach Rc	M40	M	01:31:05.80	39	7	36	01:31:04.05
1072	Luke	Morrish		MS	M	01:31:18.35	40	23	37	01:31:15.80
916	Jarred	Sutton		MS	M	01:31:24.55	41	24	38	01:31:15.60
244	Anthony	Dunn		M50	M	01:31:31.85	42	3	39	01:31:27.90
533	Christopher	Jones	Lliswerry Runners	M50	M	01:31:33.40	43	4	40	01:31:29.80
751	William	Precious		MS	M	01:31:40.00	44	25	41	01:31:27.90
476	Mark	Humphries		M45	M	01:31:40.50	45	4	42	01:31:32.10
1063	Luke	Wreford	Lliswerry Ninja	MS	M	01:31:41.10	46	26	43	01:31:34.10
527	Neil	Jones		MS	M	01:32:07.70	47	27	44	01:32:06.05
95	Andy	Buchanan		MS	M	01:32:12.65	48	28	45	01:32:03.75
750	Elizabeth	Precious		FS	F	01:32:13.45	49	2	4	01:32:01.05
1026	Daniel H	Williams		MS	M	01:32:31.50	50	29	46	01:32:20.70
291	Tom	Fitzgerald	Team Cracker	MS	M	01:32:44.05	51	30	47	01:32:33.60
712	Tim	Parker		MS	M	01:32:54.95	52	31	48	01:32:48.70
210	Mike	Davies		M50	M	01:32:55.20	53	5	49	01:32:50.45
136	Alistair	Church		M45	M	01:32:59.30	54	5	50	01:32:46.50
241	Sam	Duggan		MS	M	01:33:05.75	55	32	51	01:33:02.20
120	Damian	Caswell	Ebbw Vale Running Club	MS	M	01:33:13.80	56	33	52	01:33:08.70
615	Howard	Mason		M45	M	01:33:14.45	57	6	53	01:33:09.10

465	Louise	Howells	Lliswerry Runners	FS	F	01:33:19.85	58	3	5	01:33:15.10
809	Tim	Richards	Events Logic / Trizoo	MS	M	01:33:25.35	59	34	54	01:33:13.25
841	Jack	Rowland		MS	M	01:33:26.95	60	35	55	01:33:23.30
1076	Paul	Chick	Lliswerry Runners	M40	M	01:33:34.75	61	8	56	01:33:24.75
977	Nicholas	Walsh	Griffithstown Harriers	M40	M	01:33:51.65	62	9	57	01:33:44.95
404	Robert	Hartshorn		M45	M	01:34:04.45	63	7	58	01:33:59.55
111	Ivor	Cardwell		M45	M	01:34:22.25	64	8	59	01:34:13.65
947	Mike	Thurgood		M45	M	01:34:30.45	65	9	60	01:34:23.45
275	David	Evans		M40	M	01:34:38.85	66	10	61	01:34:28.65
331	Keith	Gittins		M50	M	01:34:39.30	67	6	62	01:34:33.70
958	Joe	Tuck		MS	M	01:34:44.30	68	36	63	01:34:33.70
1039	Justin	Williams		MS	M	01:34:50.30	69	37	64	01:34:29.00
970	Jade	Wakley		FS	F	01:34:51.85	70	4	6	01:34:45.95
433	Stephen	Hitchen	Les Croupiers	MS	M	01:34:55.25	71	38	65	01:34:38.40
499	Benjamin	Jenkins		MS	M	01:35:09.10	72	39	66	01:35:01.90
619	Chris	Matthews	Lliswerry Runners	M45	M	01:35:21.25	73	10	67	01:35:10.05
375	Brian	Hall		M45	M	01:35:25.25	74	11	68	01:35:16.85
242	Antoinette	Dumayne	Lliswerry Runners	FS	F	01:35:28.85	75	5	7	01:35:23.15
824	Peter	Rodger		M55	M	01:35:34.15	76	3	69	01:35:26.85
591	Brian	Lovett	San Domenico	M45	M	01:35:39.90	77	12	70	01:35:38.50
238	Peter	Drewett		MS	M	01:35:49.80	78	40	71	01:35:37.35
388	Paul	Harmes		M45	M	01:35:51.85	79	13	72	01:35:43.55
370	Henry	Hackford		MS	M	01:35:53.45	80	41	73	01:35:42.15
523	Michael	Jones		MS	M	01:35:53.60	81	42	74	01:35:44.60
955	Huw	Triggs		MS	M	01:35:53.70	82	43	75	01:35:47.60
842	Gareth	Rowlands		MS	M	01:35:55.15	83	44	76	01:35:44.60
475	Kate	Humphries		F40	F	01:36:07.10	84	2	8	01:35:58.20
656	Eiddig	Morgan		MS	M	01:36:08.75	85	45	77	01:35:59.55
223	Andrew	Dawe	Lliswerry Runners	M45	M	01:36:18.80	86	14	78	01:36:07.40
652	Dylan	Morgan		MS	M	01:36:32.30	87	46	79	01:36:05.30
637	Benjamin	Mcneil		MS	M	01:36:34.60	88	47	80	01:36:17.45
208	Ceri-Anne	Davies	Pontypridd Roadents	F40	F	01:36:40.00	89	3	9	01:36:32.15
1052	Neale	Wood	Lliswerry Runners	M50	M	01:36:55.70	90	7	81	01:36:51.25

197	William	Davies		MS	M	01:36:59.80	91	48	82	01:36:49.55
677	Matthew	Mulcahy		M40	M	01:37:08.80	92	11	83	01:36:59.05
393	Julian	Harris		MS	M	01:37:20.80	93	49	84	01:36:43.30
368	Matthew	Gwenter		MS	M	01:37:21.20	94	50	85	01:37:12.90
577	Terry	Lewis	Islwyn R C	M50	M	01:37:22.45	95	8	86	01:37:11.40
325	Craig	Gibbs		MS	M	01:37:25.70	96	51	87	01:37:05.10
783	Michael	Rees		M40	M	01:37:28.85	97	12	88	01:37:21.85
905	Andrew	Stevens	Lliswerry Runners	MS	M	01:37:29.05	98	52	89	01:37:14.45
348	Robert	Grierson	Cardiff University Harriers	MS	M	01:37:43.35	99	53	90	01:37:32.50
540	Gareth	Jones		MS	M	01:37:47.25	100	54	91	01:37:36.50
600	Jamie	Maher		MS	M	01:37:49.35	101	55	92	01:37:11.50
67	Phil	Booth		M45	M	01:38:02.70	102	15	93	01:37:51.00
29	Anthony	Atkins		MS	M	01:38:06.35	103	56	94	01:38:04.55
698	Andrew	Ost	Chepstow Harriers	MS	M	01:38:14.55	104	57	95	01:38:08.70
358	Helen	Griffiths		FS	F	01:38:24.45	105	6	10	01:38:13.45
943	Rhys	Thomas	Griffithstown Harriers	MS	M	01:38:26.15	106	58	96	01:38:19.45
620	Dave	Matthews		MS	M	01:38:31.80	107	59	97	01:38:19.70
230	Andrew	Dickens	Pont Y Pwl District Runners	M40	M	01:38:33.05	108	13	98	01:38:30.95
357	Lloyd	Griffiths		MS	M	01:38:34.80	109	60	99	01:38:19.10
967	Martin	Wade		M40	M	01:38:35.40	110	14	100	01:38:28.10
1001	Gordon	Webster		M45	M	01:39:00.00	111	16	101	01:38:46.50
992	Jamie	Watkins		MS	M	01:39:11.30	112	61	102	01:39:11.30
994	Ricci	Watts	Pont Y Pwl District Runners	MS	M	01:39:11.95	113	62	103	01:39:03.35
919	Rosie	Sweetman		FS	F	01:39:17.15	114	7	11	01:39:14.50
899	Jacqui	Spiller		F45	F	01:39:19.80	115	1	12	01:39:13.30
1049	Louise	Withers		F35	F	01:39:22.35	116	2	13	01:39:14.75
297	Paul	Forde		M40	M	01:39:45.15	117	15	104	01:39:33.45
324	Anthony	Gettins		MS	M	01:40:09.05	118	63	105	01:39:50.55
948	David	Timson		M45	M	01:40:10.10	119	17	106	01:40:02.20
71	Richard	Bowie	Fairwater Runners Cwmbran	M50	M	01:40:11.20	120	9	107	01:40:01.10
594	Richard	Mackay	Richard Mackay	MS	M	01:40:26.80	121	64	108	01:40:05.20
675	Robert	Morter		MS	M	01:40:32.50	122	65	109	01:40:13.85
478	Tavis	Hurn		M40	M	01:40:38.45	123	16	110	01:40:15.30

376	Alan	Hall		MS	M	01:40:40.10	124	66	111	01:40:16.10
739	Nick	Pirouet	Usk Runners	MS	M	01:40:40.85	125	67	112	01:40:18.95
757	Colin	Price		M50	M	01:40:42.15	126	10	113	01:40:30.45
199	Stewart	Davies		MS	M	01:40:56.90	127	68	114	01:40:39.10
747	Christopher	Potter		M45	M	01:41:04.15	128	18	115	01:40:51.05
942	Gavin	Thomas		MS	M	01:41:10.05	129	69	116	01:40:48.90
657	Chris	Morgan		MS	M	01:41:12.00	130	70	117	01:40:57.15
513	Sam	Johansen		MS	M	01:41:12.15	131	71	118	01:40:57.75
170	Doug	Cowper		M40	M	01:41:23.55	132	17	119	01:41:13.25
623	Paul	Mcafee	Spirit Of Monmouth	M45	M	01:41:24.00	133	19	120	01:41:02.05
6	Mark	Adams		MS	M	01:41:38.05	134	72	121	01:40:17.55
1057	Vickie	Woodsford	San Domenico	FS	F	01:41:41.00	135	8	14	01:41:29.95
702	Mark	Owen		MS	M	01:41:42.45	136	73	122	01:41:19.65
820	Chris	Rock		M40	M	01:41:47.25	137	18	123	01:41:30.10
529	David Wyn	Jones	Dai Run	MS	M	01:41:47.35	138	74	124	01:41:29.65
190	Mathew	Daniel		MS	M	01:41:57.05	139	75	125	01:41:49.25
450	Christy	Hopkins		MS	M	01:42:02.35	140	76	126	01:41:22.45
373	Matt	Hall	Portishead Running Club	MS	M	01:42:02.95	141	77	127	01:41:40.40
246	Marc	Durkin	Penarth And Dinas Runners	MS	M	01:42:06.70	142	78	128	01:41:50.95
922	Ben	Sykes		MS	M	01:42:07.75	143	79	129	01:41:52.20
374	Anthony	Hall		M40	M	01:42:08.30	144	19	130	01:41:48.75
774	Jason	Read		M40	M	01:42:22.65	145	20	131	01:42:10.65
135	Gareth	Chislett		MS	M	01:42:31.95	146	80	132	01:42:22.55
844	Samuel	Rushworth	Chepstow Town	MS	M	01:42:41.25	147	81	133	01:42:07.10
873	Michael	Skyrme	Fairwater Runners Cwmbran	M40	M	01:42:45.55	148	21	134	01:42:07.15
720	Andrew	Pearce		MS	M	01:42:48.00	149	82	135	01:42:35.35
256	Richard	Elgar	N.E.W.T	MS	M	01:42:48.35	150	83	136	01:42:37.60
634	Sarah	Mcloughlin	Les Croupiers	F40	F	01:42:50.30	151	4	15	01:42:43.00
686	Ross	Nowell		MS	M	01:43:13.75	152	84	137	01:42:24.80
266	Nathan	Evans		MS	M	01:43:23.15	153	85	138	01:43:06.85
706	Rhys	Parfitt		MS	M	01:43:23.25	154	86	139	01:43:15.15
236	Paul	Donovan	Pont Y Pwl District Runners	M45	M	01:43:23.50	155	20	140	01:42:58.60
950	Samantha	Toop	Pont Y Pwl District Runners	FS	F	01:43:23.55	156	9	16	01:42:59.10

218	Liam	Davies	Fetch Everyone	M50	M	01:43:31.55	157	11	141	01:43:15.55
294	Adam	Fletcher	Islwyn R C	MS	M	01:43:33.85	158	87	142	01:43:15.05
423	Bryn	Hewitt-Thomas		MS	M	01:43:34.15	159	88	143	01:43:15.20
363	James	Guile		MS	M	01:43:37.35	160	89	144	01:42:49.45
174	Ellis	Craig		MS	M	01:43:39.70	161	90	145	01:43:08.80
588	Jonathan	Lloyd		M40	M	01:43:41.65	162	22	146	01:43:21.60
592	Kevin	Macdonald	Dragons Running Club	M40	M	01:43:42.30	163	23	147	01:43:25.40
185	Matthew	Cunnell		M45	M	01:43:42.95	164	21	148	01:43:33.75
1011	Rowena	White	San Domenico	FS	F	01:43:44.10	165	10	17	01:43:33.35
635	Nicholas	Mcnally		MS	M	01:43:46.80	166	91	149	01:43:14.70
288	Simon	Fish		MS	M	01:43:48.85	167	92	150	01:43:28.00
481	Philip	Hyatt		M50	M	01:43:51.60	168	12	151	01:43:37.30
616	Jason	Massey		MS	M	01:43:51.80	169	93	152	01:43:38.25
1064	Christopher	Wreford		MS	M	01:43:54.45	170	94	153	01:43:22.90
794	Dan	Reilly		MS	M	01:43:56.45	171	95	154	01:43:42.55
907	Elizabeth	Stokes	Griffithstown Harriers	F40	F	01:44:00.15	172	5	18	01:43:41.05
894	Adrian	Smith		MS	M	01:44:03.65	173	96	155	01:43:36.25
259	Michael	Elliston	Les Croupiers	M40	M	01:44:06.55	174	24	156	01:43:52.45
914	Peter	Stunell		MS	M	01:44:06.75	175	97	157	01:43:52.90
196	Steven	Davies		MS	M	01:44:12.25	176	98	158	01:43:54.90
828	Stuart	Ropke		MS	M	01:44:12.35	177	99	159	01:43:56.80
535	Aled	Jones		M45	M	01:44:22.85	178	22	160	01:43:43.60
1002	David	Webster		M50	M	01:44:25.65	179	13	161	01:44:09.60
248	Paul	Dursley	Lliswerry Runners	M55	M	01:44:27.25	180	4	162	01:44:24.15
808	Liz	Richards		F45	F	01:44:27.35	181	2	19	01:44:07.80
910	Jen	Stoneman		F35	F	01:44:29.80	182	3	20	01:44:07.10
715	Helen	Passant		F40	F	01:44:31.10	183	6	21	01:44:17.50
550	Sarah	Kellett	Spirit Of Monmouth	FS	F	01:44:35.45	184	11	22	01:44:13.50
937	Christopher	Thomas	Ebbw Vale Running Club	M50	M	01:44:44.30	185	14	163	01:43:58.55
177	Jamie	Cree		MS	M	01:44:56.65	186	100	164	01:44:56.65
226	James	Day		MS	M	01:45:10.10	187	101	165	01:44:51.65
982	Tim	Washbrook		MS	M	01:45:12.65	188	102	166	01:44:50.85
754	Ian	Price	Lliswerry Runners	M40	M	01:45:22.10	189	25	167	01:45:01.25

1073	Shaun	Collins		MS	M	01:45:31.55	190	103	168	01:45:13.40
1044	Ben	Wilson		MS	M	01:45:33.95	191	104	169	01:45:22.25
407	Lee	Harvey		M40	M	01:45:36.25	192	26	170	01:45:22.40
506	Martyn	Jenkins	Fairwater Runners Cwmbran	M50	M	01:45:41.55	193	15	171	01:45:02.05
711	Richard	Parker		MS	M	01:45:43.80	194	105	172	01:44:54.40
928	Andrew	Taylor		M55	M	01:45:52.05	195	5	173	01:45:37.10
719	Joanne	Peacock		F45	F	01:45:56.60	196	3	23	01:45:36.55
24	Matthew	Armstrong		M40	M	01:45:59.90	197	27	174	01:45:55.65
827	Robert	Roper	Abergavenny Striders	M60	M	01:46:01.50	198	1	175	01:45:47.40
558	Rita	Kingdon		FS	F	01:46:03.20	199	12	24	01:45:26.10
391	Oliver	Harris		MS	M	01:46:05.45	200	106	176	01:46:01.25
742	Justin	Pocknell		M40	M	01:46:13.95	201	28	177	01:44:48.50
849	Jackson	Sanders		MS	M	01:46:27.95	202	107	178	01:46:14.90
369	Robert	Haase		M50	M	01:46:33.60	203	16	179	01:46:20.30
629	Daren	Mcdonnell		M40	M	01:46:38.10	204	29	180	01:46:06.45
587	Mark	Lloyd		MS	M	01:46:38.20	205	108	181	01:46:10.20
492	Nick	James	Dragons Running Club	M40	M	01:46:45.90	206	30	182	01:46:29.60
85	Nicola	Broom		FS	F	01:46:47.90	207	13	25	01:45:40.50
646	Matthew	Minifie		MS	M	01:46:57.50	208	109	183	01:46:12.70
630	Lyndon	Mcerlaine	Lliswerry Runners	MS	M	01:47:04.25	209	110	184	01:46:29.10
442	Victoria	Holloway		F40	F	01:47:06.25	210	7	26	01:47:03.15
436	Keith	Hobbs		M50	M	01:47:16.40	211	17	185	01:46:47.90
306	John	Frankish		M45	M	01:47:23.05	212	23	186	01:46:46.15
33	Howard	Attwood	Lliswerry Runners	MS	M	01:47:31.05	213	111	187	01:46:56.35
545	Tony	Kear		M45	M	01:47:42.40	214	24	188	01:47:21.25
474	Andrew	Hughes		M40	M	01:47:49.55	215	31	189	01:47:29.25
597	Paul	Madden		M50	M	01:48:07.05	216	18	190	01:47:47.30
452	Keith	Hopkins		M60	M	01:48:08.70	217	2	191	01:47:54.20
188	Stuart	Dagnall		MS	M	01:48:12.30	218	112	192	01:47:56.30
830	Kathryn	Rosen		FS	F	01:48:19.15	219	14	27	01:48:04.30
617	David	Mather	Spirit Of Monmouth	M45	M	01:48:20.25	220	25	193	01:47:59.40
444	Laura	Holmes	Islwyn R C	FS	F	01:48:24.85	221	15	28	01:47:56.65
555	Emma	King	Spirit Of Monmouth	FS	F	01:48:28.80	222	16	29	01:48:07.65

865	Peter	Short	Forest Of Dean	MS	M	01:48:29.35	223	113	194	01:47:50.75
482	John	Ivins		M45	M	01:48:35.85	224	26	195	01:48:12.45
302	Paul	Foster		MS	M	01:48:46.15	225	114	196	01:48:43.00
158	Clare	Connor		F40	F	01:48:51.65	226	8	30	01:48:36.75
514	Dylan	John		MS	M	01:48:55.10	227	115	197	01:48:45.60
273	Thomas	Evans		MS	M	01:49:10.25	228	116	198	01:47:28.35
272	David	Evans		M45	M	01:49:12.95	229	27	199	01:48:36.65
1048	Darren	Winnel		MS	M	01:49:16.05	230	117	200	01:48:45.60
815	Martin	Riley		MS	M	01:49:30.50	231	118	201	01:49:06.55
165	Kenneth	Coppard		M50	M	01:49:38.15	232	19	202	01:49:10.85
874	Cressida	Slater		FS	F	01:49:45.15	233	17	31	01:49:26.20
31	Warren	Attewell		M45	M	01:49:49.20	234	28	203	01:49:23.70
144	Richard	Clay		MS	M	01:49:50.15	235	119	204	01:49:03.45
70	Richard	Bowen		MS	M	01:49:53.00	236	120	205	01:49:24.40
812	Tom	Riddington	Chepstow Harriers	M40	M	01:49:54.60	237	32	206	01:49:30.95
707	Daniyel	Parish		M40	M	01:49:58.55	238	33	207	01:49:22.80
779	Luke	Rees		MS	M	01:50:03.70	239	121	208	01:49:35.15
38	Matthew	Baker		MS	M	01:50:03.85	240	122	209	01:49:39.75
650	Sean	Monaghan		M40	M	01:50:04.35	241	34	210	01:49:10.30
618	Nic	Matthews		MS	M	01:50:07.90	242	123	211	01:50:05.60
173	Nick	Cox		MS	M	01:50:08.80	243	124	212	01:49:49.75
381	Paul	Hancocke		MS	M	01:50:16.35	244	125	213	01:49:45.80
1074	Rob	Anderson	Lliswerry Runners	M70	M	01:50:28.00	245	1	214	01:50:28.00
938	Helen	Thomas		F50	F	01:50:31.10	246	1	32	01:50:10.60
184	Gillian	Cummins		FS	F	01:50:39.85	247	18	33	01:50:12.00
86	Angharad	Brown		F40	F	01:50:42.00	248	9	34	01:50:30.80
50	Paul	Bateman		M50	M	01:50:45.35	249	20	215	01:50:22.55
825	Charlotte	Roe	Lliswerry Runners	FS	F	01:50:52.25	250	19	35	01:50:08.85
414	James	Hayhoe		MS	M	01:50:54.95	251	126	216	01:50:29.55
443	Elliot	Holman		MS	M	01:50:55.75	252	127	217	01:49:42.15
654	Christopher	Morgan		MS	M	01:51:12.50	253	128	218	01:50:59.30
986	Hannah	Watkins		FS	F	01:51:12.65	254	20	36	01:50:59.95
763	Suzie	Przeslak		FS	F	01:51:16.20	255	21	37	01:50:16.80

949	Royston	Toon	Chepstow Harriers	MS	M	01:51:18.35	256	129	219	01:50:35.95
1071	Simon	Stickland	Holiday Inn, Newport",MS"	M	#####	709	256	470		708
961	Henk	Vantwillert		MS	M	01:51:18.70	257	130	220	01:50:54.30
35	Jeffrey	Baggott	Jeff	M45	M	01:51:22.20	258	29	221	01:50:14.60
429	Andrew	Hillis		M45	M	01:51:22.25	259	30	222	01:50:21.85
906	Richard	Stockham	Nailsea Running Club	M55	M	01:51:34.05	260	6	223	01:51:05.40
839	Dave	Rowe	Miller Milers	M45	M	01:51:37.80	261	31	224	01:51:11.05
699	Ruth	Ovey	Lliswerry Runners	F35	F	01:51:41.45	262	4	38	01:51:24.10
193	Nick	Davies	Lliswerry Runners	M50	M	01:51:50.70	263	21	225	01:51:03.00
8	Chris	Adams		M40	M	01:51:56.65	264	35	226	01:51:36.60
866	Carl	Short		MS	M	01:51:59.25	265	131	227	01:51:30.35
283	Kelly	Felstead		FS	F	01:52:03.35	266	22	39	01:51:31.05
672	Brian	Morris		M40	M	01:52:03.40	267	36	228	01:51:36.30
586	Joe	Llewellyn-Spooner		MS	M	01:52:08.95	268	132	229	01:51:28.45
748	Richard	Powell		M40	M	01:52:16.35	269	37	230	01:51:36.15
690	Pete	Oldfield		M45	M	01:52:20.25	270	32	231	01:51:29.25
150	Timothy	Coe		MS	M	01:52:24.55	271	133	232	01:51:54.45
1000	John	Griffiths		M55	M	01:52:24.75	272	7	233	01:52:22.15
451	Neil	Hopkins		M45	M	01:52:28.05	273	33	234	01:52:04.70
14	Andrew	Anderson		M40	M	01:52:32.95	274	38	235	01:51:40.00
425	Glyn	Hicks	Islwyn R C	M60	M	01:52:45.60	275	3	236	01:51:58.20
349	Steven Trevor	Griffin	Team Griffin/Raffour	MS	M	01:52:56.80	276	134	237	01:52:49.20
746	John	Popple		M40	M	01:52:57.35	277	39	238	01:52:39.40
917	Claire	Swann		F40	F	01:52:58.15	278	10	40	01:52:29.55
157	Dave	Coltherd		MS	M	01:52:58.30	279	135	239	01:52:58.30
330	Stephen	Gingell		M50	M	01:53:02.25	280	22	240	01:52:42.95
875	Adam	Slaughter		MS	M	01:53:12.20	281	136	241	01:52:47.20
537	Stephen	Jones		MS	M	01:53:12.75	282	137	242	01:52:31.15
1035	Nick	Williams		MS	M	01:53:13.30	283	138	243	01:52:02.20
181	Natalie	Crockett		FS	F	01:53:15.15	284	23	41	01:52:11.65
490	Greg	James		M40	M	01:53:20.25	285	40	244	01:52:07.45
310	Huw	Fry	Rochdale Tri Club	MS	M	01:53:27.45	286	139	245	01:52:41.60
507	Jeanette	Jenkins	Fairwater Runners Cwmbran	F50	F	01:53:29.40	287	2	42	01:52:50.45

664	Lucy	Morgan		FS	F	01:53:32.75	288	24	43	01:52:56.00
705	Richard	Parcell		M45	M	01:53:38.60	289	34	246	01:52:55.10
134	Neil	Chipper	Lliswerry Runners	M50	M	01:53:39.85	290	23	247	01:53:21.90
345	Ruth	Green	Weston Ac	F40	F	01:53:43.05	291	11	44	01:53:16.55
148	John	Cocker	Penarth And Dinas Runners	MS	M	01:53:46.65	292	140	248	01:53:10.25
595	Susan	Mackenzie		FS	F	01:53:50.60	293	25	45	01:53:22.00
892	Ian	Smith		M50	M	01:53:58.40	294	24	249	01:53:33.40
169	Samantha	Cousins	Didcot Runners	F35	F	01:53:58.65	295	5	46	01:53:43.20
503	Gareth	Jenkins		M40	M	01:54:03.25	296	41	250	01:53:27.60
100	Nicola	Burford	Dragons Running Club	F35	F	01:54:03.95	297	6	47	01:53:42.00
36	Lisa	Bain		F40	F	01:54:04.00	298	12	48	01:53:07.00
217	Annette	Davies	Fetch Everyone	F50	F	01:54:13.95	299	3	49	01:53:45.10
526	Sophie	Jones		FS	F	01:54:17.65	300	26	50	01:53:19.10
289	Alan	Fishwick		M45	M	01:54:17.85	301	35	251	01:53:48.15
536	Bethan	Jones		FS	F	01:54:18.00	302	27	51	01:53:57.95
525	David	Jones		MS	M	01:54:18.30	303	141	252	01:53:19.70
1065	Matthew	Wreford		MS	M	01:54:22.30	304	142	253	01:53:51.20
73	Carl	Brain		M45	M	01:54:29.95	305	36	254	01:54:10.20
704	Robert	Painter		M40	M	01:54:36.35	306	42	255	01:54:18.70
52	Fadi	Baydoun		M40	M	01:54:42.55	307	43	256	01:54:05.50
814	Pablo	Riesco		MS	M	01:54:45.45	308	143	257	01:53:51.55
1034	Paul	Williams		M60	M	01:54:51.60	309	4	258	01:54:09.50
548	Jan	Keelan		F45	F	01:54:57.05	310	4	52	01:54:29.55
902	Spiro	Stathakis	Lliswerry Runners	MS	M	01:54:58.25	311	144	259	01:54:31.10
1043	Geraint	Wilson		MS	M	01:55:02.00	312	145	260	01:53:56.90
644	Timothy	Miller	Wangler Opticians	MS	M	01:55:09.85	313	146	261	01:54:37.45
989	Michael	Watkins	Wangler Opticians	M45	M	01:55:12.30	314	37	262	01:54:39.55
355	Carl	Griffiths		M40	M	01:55:23.45	315	44	263	01:54:42.75
983	Tom	Waters		MS	M	01:55:27.65	316	147	264	01:55:14.55
1016	Darren	William		MS	M	01:55:31.20	317	148	265	01:55:04.20
515	Lorretta	John		F35	F	01:55:33.45	318	7	53	01:55:05.05
680	Darren	Mullan		M40	M	01:55:34.40	319	45	266	01:54:36.65
282	Kate	Farmer		FS	F	01:55:35.65	320	28	54	01:55:09.25

584	Steve	Little		M45	M	01:55:36.95	321	38	267	01:55:03.10
496	Andrew	Jayne	Dragons Running Club	M50	M	01:55:41.05	322	25	268	01:54:38.90
1075	David	Macarthy		M40	M	01:55:41.45	323	46	269	01:54:39.55
612	Richard	Marshall		MS	M	01:55:51.85	324	149	270	01:55:10.75
1007	David	Westley	Lliswerry Runners	M55	M	01:55:54.65	325	8	271	01:55:09.05
897	Nick	Spear		MS	M	01:55:55.65	326	150	272	01:55:17.80
146	John	Clifford		MS	M	01:55:57.15	327	151	273	01:55:16.25
547	Peter	Keefe	N.E.W.T	MS	M	01:56:07.45	328	152	274	01:55:12.95
395	David	Harris		M55	M	01:56:10.55	329	9	275	01:55:41.60
749	Nairn	Powell		F45	F	01:56:15.80	330	5	55	01:55:20.95
16	Ralph	Andrew	Lliswerry Runners	M50	M	01:56:16.30	331	26	276	01:55:29.80
43	Karen	Barratt	Spirit Of Monmouth	FS	F	01:56:17.30	332	29	56	01:55:44.25
206	Darren	Davies		M40	M	01:56:25.50	333	47	277	01:55:51.75
30	Samuel	Attewell		MS	M	01:56:26.65	334	153	278	01:56:02.10
1102					N	01:56:28.65	335	1	1	01:56:28.65
614	Paul	Mason		MS	M	01:56:34.80	336	154	279	01:56:22.15
726	Kerry	Pellatt		F40	F	01:56:35.50	337	13	57	01:56:04.15
13	Lisa	Amos		F40	F	01:56:40.25	338	14	58	01:55:26.40
233	Richie	Donovan		M40	M	01:56:45.20	339	48	280	01:55:21.60
339	Derek	Gough		M45	M	01:56:52.90	340	39	281	01:56:22.30
542	Rachael	Jordan		FS	F	01:56:53.70	341	30	59	01:56:11.80
234	Martin	Donovan	Lliswerry Runners	M50	M	01:56:54.35	342	27	282	01:56:17.35
549	Peter	Keen		M45	M	01:56:59.90	343	40	283	01:56:30.70
1015	Liz	Willey		F35	F	01:57:05.15	344	8	60	01:56:26.40
101	Christoher	Burgess		MS	M	01:57:06.85	345	155	284	01:56:36.05
968	Lee	Wadley		MS	M	01:57:07.65	346	156	285	01:56:35.75
744	Jen	Pollock		F35	F	01:57:10.60	347	9	61	01:56:09.45
575	Christopher	Lewis		M45	M	01:57:12.50	348	41	286	01:56:12.95
915	Christopher	Suller		MS	M	01:57:13.05	349	157	287	01:56:32.35
988	James	Watkins		M40	M	01:57:13.15	350	49	288	01:56:46.15
495	Aleem	Javed		MS	M	01:57:15.85	351	158	289	01:56:24.15
701	Katy	Owen		FS	F	01:57:16.70	352	31	62	01:55:58.75
638	Hannah	Mcpake		FS	F	01:57:16.75	353	32	63	01:55:59.00

54	Geoffrey	Bayliss		M60	M	01:57:25.45	354	5	290	01:56:36.90
162	Matthew	Cook		M40	M	01:57:32.70	355	50	291	01:56:10.55
1067	Andrew	Young		MS	M	01:57:34.95	356	159	292	01:57:05.25
1054	Carol	Woodford	Lliswerry Runners	F50	F	01:57:38.35	357	4	64	01:56:52.80
500	Neil	Jenkins		MS	M	01:57:38.90	358	160	293	01:57:17.60
326	Thomas	Gibson	Gss	MS	M	01:57:40.95	359	161	294	01:57:40.95
253	James	Edwards		MS	M	01:57:41.00	360	162	295	01:56:47.75
228	Matthew	Dennehy		MS	M	01:57:49.75	361	163	296	01:56:45.20
559	Andrew	Kitson		M40	M	01:58:00.55	362	51	297	01:57:36.70
603	Benjamin	Major		MS	M	01:58:02.25	363	164	298	01:57:12.25
604	Kelly	Major		FS	F	01:58:02.60	364	33	65	01:57:13.00
900	Mark	Spooner		M45	M	01:58:05.25	365	42	299	01:57:24.25
647	Debbie	Mitson		F45	F	01:58:08.45	366	6	66	01:57:27.45
833	Darren	Routley	Routley	MS	M	01:58:10.40	367	165	300	01:56:53.40
834	Lewis	Routley		MS	M	01:58:10.60	368	166	301	01:56:54.05
531	Tricia	Jones	Dragons Running Club	F40	F	01:58:15.20	369	15	67	01:57:52.70
641	Darren	Mercer		MS	M	01:58:16.05	370	167	302	01:57:37.75
636	Sean	Mcnally		MS	M	01:58:18.30	371	168	303	01:58:01.45
243	Nicholas	Dunbar		M40	M	01:58:19.60	372	52	304	01:57:55.65
593	Jason	Macey		MS	M	01:58:20.55	373	169	305	01:57:45.90
786	Charnine	Rees		FS	F	01:58:27.75	374	34	68	01:58:11.85
956	Sarah	Trimby		FS	F	01:58:33.25	375	35	69	01:57:59.65
957	Stuart	Trimby		MS	M	01:58:33.45	376	170	306	01:57:59.30
316	Jonathan	Gallinagh		MS	M	01:58:34.95	377	171	307	01:57:14.25
777	Angharad-Elin	Rees		FS	F	01:58:36.85	378	36	70	01:58:08.65
963	Rachel	Vernall		F40	F	01:58:36.85	379	16	71	01:58:24.85
681	Russell	Munton		MS	M	01:58:52.50	380	172	308	01:58:52.50
333	Rhys	Gladwyn		M40	M	01:58:53.55	381	53	309	01:58:31.45
456	Chris	Hourihane		M40	M	01:58:54.05	382	54	310	01:58:31.65
805	Natalie	Richards		FS	F	01:59:00.65	383	37	72	01:58:22.75
59	Marcus Lee	Biggs		MS	M	01:59:06.75	384	173	311	01:58:07.05
313	Michael	Tune		M45	M	01:59:06.80	385	43	312	01:58:00.15
96	Ben	Buchanan		MS	M	01:59:10.75	386	174	313	01:58:16.25

487	Bethan	James		FS	F	01:59:12.45	387	38	73	01:58:15.85
846	Russell Karl	Rykala		M55	M	01:59:13.80	388	10	314	01:58:41.10
831	David	Rossiter		MS	M	01:59:16.55	389	175	315	01:58:28.65
175	Joe	Cranton		MS	M	01:59:17.95	390	176	316	01:58:59.50
1032	Jon	Williams		M45	M	01:59:32.85	391	44	317	01:58:40.65
731	Simon	Petfield		M45	M	01:59:42.85	392	45	318	01:59:42.85
49	David	Bateman	Lliswerry Runners	M45	M	01:59:43.05	393	46	319	01:58:56.65
168	Jamie	Rees		MS	M	01:59:43.45	394	177	320	01:59:18.45
1005	Martin	Westley	Lliswerry Runners	MS	M	01:59:43.95	395	178	321	01:58:59.20
66	Michael	Bonnett		M55	M	01:59:52.15	396	11	322	01:59:07.95
336	Rob	Golledge		MS	M	01:59:53.25	397	179	323	01:59:00.90
573	Nathan	Lewis		MS	M	01:59:57.90	398	180	324	01:58:42.45
990	Andrew	Watkins		M40	M	02:00:00.15	399	55	325	01:59:44.85
859	Alison	Sheedy	Lliswerry Runners	F45	F	02:00:00.75	400	7	74	01:59:29.45
81	Yvonne	Brindley	N.E.W.T	F45	F	02:00:01.55	401	8	75	01:59:40.90
987	Elizabeth	Watkins		FS	F	02:00:02.30	402	39	76	01:59:14.10
1037	Sarah	Williams		FS	F	02:00:05.60	403	40	77	01:59:10.10
467	Kenneth	Howells		M40	M	02:00:06.70	404	56	326	01:59:33.65
449	Aimee	Hopkins	Lliswerry Runners	FS	F	02:00:08.15	405	41	78	01:59:01.25
394	Alun Lloyd	Harris	Zodiac Aerospace High Flyers	M50	M	02:00:09.80	406	28	327	01:59:57.35
46	Peter	Bartlett	Dragons Running Club	MS	M	02:00:13.10	407	181	328	01:59:50.90
390	Emily	Harris		FS	F	02:00:15.55	408	42	79	02:00:15.55
117	Clive	Carter	Lliswerry Runners	M55	M	02:00:19.30	409	12	329	01:59:47.75
923	Christian	Sylvester		MS	M	02:00:26.40	410	182	330	01:59:43.70
2	Cat	Adams		FS	F	02:00:27.85	411	43	80	01:59:05.15
608	Joseph	Manley		MS	M	02:00:28.60	412	183	331	01:59:52.05
159	Joseph	Connor		M50	M	02:00:28.70	413	29	332	01:59:24.75
216	Richard	Davies		M45	M	02:00:28.95	414	47	333	01:59:19.90
798	Dave	Rennick		MS	M	02:00:30.40	415	184	334	01:59:52.90
723	Richard	Pearson		MS	M	02:00:32.80	416	185	335	01:59:38.45
521	Kelly	Jones		FS	F	02:00:37.05	417	44	81	02:00:03.85
985	Kira	Watkins		FS	F	02:00:37.25	418	45	82	02:00:04.80
274	Deborah	Evans	Dragons Running Club	F50	F	02:00:47.75	419	5	83	02:00:24.95

354	Paul	Griffiths		MS	M	02:00:56.00	420	186	336	02:00:01.00
860	Paul	Shepherd		MS	M	02:01:04.15	421	187	337	02:00:22.95
235	Nadine	Donovan	Pont Y Pwl District Runners	F40	F	02:01:05.70	422	17	84	02:00:41.40
1030	Amanda	Williams		F40	F	02:01:06.70	423	18	85	02:00:14.80
929	Andrew	Taylor		M40	M	02:01:06.85	424	57	338	01:59:56.45
5	Lynda	Adams		F40	F	02:01:07.75	425	19	86	02:00:39.95
682	Xavier	Navarro		MS	M	02:01:15.00	426	188	339	02:00:59.45
862	Samuel	Shingler		MS	M	02:01:20.30	427	189	340	02:00:48.30
491	Louisa	James		FS	F	02:01:22.90	428	46	87	02:00:35.20
194	Amy	Davies	Amy Davies	FS	F	02:01:25.70	429	47	88	02:00:38.25
539	Martyn	Jones	Lliswerry Runners	M45	M	02:01:28.05	430	48	341	02:00:57.50
564	Judith	Langdon		FS	F	02:01:48.35	431	48	89	02:00:52.35
338	Mike	Gorshkov		M40	M	02:01:50.95	432	58	342	02:00:57.05
674	Claire	Dunkerton	Lliswerry Runners	FS	F	02:01:52.45	433	49	90	02:01:03.50
139	Helen	Clancy	Chepstow Harriers	F45	F	02:01:56.15	434	9	91	02:01:28.95
981	Katharine	Ware		FS	F	02:02:00.80	435	50	92	02:00:53.10
413	Robert	Hay		M45	M	02:02:05.75	436	49	343	02:01:08.75
427	Christopher	Hill		M45	M	02:02:20.80	437	50	344	02:01:24.40
1040	Elena	Willis		FS	F	02:02:24.80	438	51	93	02:01:25.55
463	Gareth	Howell		MS	M	02:02:26.10	439	190	345	02:01:36.65
53	Jane	Bayliss	Chepstow Harriers	F55	F	02:02:30.80	440	1	94	02:02:04.40
925	Avisa	Talemi		FS	F	02:02:33.55	441	52	95	02:01:56.15
802	Neil	Reynolds		MS	M	02:02:36.00	442	191	346	02:01:45.70
385	James	Harding		MS	M	02:02:36.05	443	192	347	02:01:45.70
560	Julie	Knight		F45	F	02:02:51.05	444	10	96	02:02:03.95
673	Stuart	Morris		M40	M	02:02:51.75	445	59	348	02:02:04.30
708	Sophie	Park		FS	F	02:02:59.25	446	53	97	02:01:37.05
91	Gareth	Brunnock	Gareh Brunnock	MS	M	02:03:00.65	447	193	349	02:02:30.55
832	Emma	Rossiter		FS	F	02:03:02.45	448	54	98	02:01:38.25
494	Holly	Janes-Thomas		FS	F	02:03:03.00	449	55	99	02:01:50.10
895	Adrian	Sopp		M45	M	02:03:14.85	450	51	350	02:02:36.35
131	Miles	Chidlow		M40	M	02:03:16.05	451	60	351	02:02:29.75
411	Philip	Hawkins		M40	M	02:03:16.10	452	61	352	02:02:30.30

760	Manon Fflur	Pritchard		FS	F	02:03:22.90	453	56	100	02:02:41.35
818	Simon	Roberts		MS	M	02:03:26.90	454	194	353	02:02:43.70
48	Lisa	Bateman	Lliswerry Runners	F45	F	02:03:28.10	455	11	101	02:02:42.10
996	Kelly	Watts		FS	F	02:03:28.70	456	57	102	02:02:57.80
789	Kirsty	Regan		F40	F	02:03:29.55	457	20	103	02:02:54.30
149	Andy	Cockeram	Lliswerry Runners	M45	M	02:03:30.05	458	52	354	02:02:47.15
826	Alison	Roper		FS	F	02:03:30.40	459	58	104	02:03:04.30
286	Margie	Fielden		F55	F	02:03:34.65	460	2	105	02:02:42.30
847	Glynn	Salter		M40	M	02:03:35.85	461	62	355	02:02:17.25
380	Lisa	Hancock		F35	F	02:03:37.25	462	10	106	02:02:50.25
821	Kim	Rockliffe		M50	M	02:03:40.75	463	30	356	02:03:22.80
822	Kim	Rockliffe		F50	F	02:03:41.30	464	6	107	02:03:23.65
102	Andrew	Burgess		MS	M	02:03:45.55	465	195	357	02:03:19.70
605	Rhiannon	Mallett		FS	F	02:03:58.80	466	59	108	02:03:30.20
886	Charlotte	Smith		F35	F	02:04:18.40	467	11	109	02:03:37.45
885	Rhys	Smith		MS	M	02:04:18.65	468	196	358	02:03:39.70
855	Kate	Sergent		F55	F	02:04:23.50	469	3	110	02:03:27.70
389	Jacqueline	Harries		F50	F	02:04:31.50	470	7	111	02:03:52.45
60	Gary	Bird		M50	M	02:04:32.80	471	31	359	02:03:53.20
528	Rachael	Jones		F35	F	02:04:34.15	472	12	112	02:03:58.65
94	Cathy	Bruton		F35	F	02:04:35.15	473	13	113	02:03:53.30
93	Paul	Bruton	Lliswerry Runners	MS	M	02:04:35.20	474	197	360	02:03:53.45
1013	Neil	Wilcox		MS	M	02:04:44.05	475	198	361	02:04:16.35
678	Sharron	Mulcahy		F40	F	02:04:53.30	476	21	114	02:03:56.75
969	Sara	Wakefield	Pont Y Pwl District Runners	F35	F	02:04:53.70	477	14	115	02:04:17.65
931	Simon	Tee	Lliswerry Runners	M45	M	02:05:13.65	478	53	362	02:04:25.25
1031	Julian	Williams		M45	M	02:05:20.55	479	54	363	02:04:45.60
202	Jared	Davies		MS	M	02:05:34.25	480	199	364	02:04:44.45
911	Richard	Street		M55	M	02:05:41.10	481	13	365	02:04:49.70
978	Sarah	Walters		FS	F	02:05:42.45	482	60	116	02:04:59.05
566	Rob	Larkins		M55	M	02:05:49.30	483	14	366	02:04:48.00
447	Alice	Hopkin	203 Welsh Field Hospital	FS	F	02:05:55.70	484	61	117	02:05:00.00
209	Richard	Davies		M50	M	02:05:58.70	485	32	367	02:05:44.05

58	Andy	Bibey		MS	M	02:06:01.95	486	200	368	02:05:11.25
62	Hannah	Blackaby		FS	F	02:06:05.35	487	62	118	02:05:09.65
87	Andrew	Brown		M45	M	02:06:24.35	488	55	369	02:05:39.05
1045	Richard	Wilson	Outdoor Fitness Rc	M40	M	02:06:46.10	490	63	371	02:05:40.15
898	Linda	Spillane	N.E.W.T	F55	F	02:06:49.30	491	4	119	02:06:14.10
280	Catherine	Falvey		FS	F	02:06:49.45	492	63	120	02:06:21.75
12	Miles	Allison		M55	M	02:06:56.20	493	15	372	02:05:54.20
676	Sian	Moseley		FS	F	02:07:13.25	494	64	121	02:06:15.80
883	Victoria	Smith		FS	F	02:07:14.55	495	65	122	02:05:44.70
107	Rachael	Burke		FS	F	02:07:22.00	496	66	123	02:06:23.90
1006	Stuart	Westley		M40	M	02:07:28.35	497	64	373	02:06:44.05
364	Emma	Gunter		F35	F	02:07:32.30	498	15	124	02:06:54.90
568	Gerald	Le Vesconte		M50	M	02:07:35.05	499	33	374	02:06:35.95
851	Clare	Sandford		FS	F	02:07:48.05	500	67	125	02:06:34.80
792	Fiona	Reid		FS	F	02:07:48.35	501	68	126	02:06:46.60
353	David	Griffiths		MS	M	02:07:50.45	502	202	375	02:06:35.50
69	Abigail	Bowen		FS	F	02:07:51.35	503	69	127	02:07:02.95
262	Karen	Emmott	Lliswerry Runners	F45	F	02:08:04.75	504	12	128	02:07:06.00
332	Jamiee	Gittins		FS	F	02:08:12.15	505	70	129	02:07:08.85
743	Samuel	Pollard		MS	M	02:08:13.85	506	203	376	02:08:13.85
609	Ruth	Mansfield		FS	F	02:08:16.15	507	71	130	02:07:10.55
776	Zoe	Rees		FS	F	02:08:18.95	508	72	131	02:07:19.15
483	Nick	Jackson	Lliswerry Runners	M45	M	02:08:27.65	509	56	377	02:07:43.65
685	Claire	Notman		FS	F	02:08:38.65	510	73	132	02:07:37.50
823	Steve	Roderick		M45	M	02:08:51.20	511	57	378	02:07:18.10
872	Paul	Skippon		M45	M	02:08:55.95	512	58	379	02:07:30.60
118	Natalie	Cartlidge		F40	F	02:08:56.40	513	22	133	02:07:53.90
697	Christopher	Osmond		MS	M	02:09:00.75	514	204	380	02:08:30.95
691	Kenneth Wayne	Oliver	Islwyn R C	M50	M	02:09:04.35	515	34	381	02:07:59.25
461	David	Howell		M45	M	02:09:10.30	516	59	382	02:07:59.00
622	Paul	Mayo		MS	M	02:09:15.65	517	205	383	02:07:44.85
245	Lee	Durkee	Pont Y Pwl District Runners	MS	M	02:09:15.95	518	206	384	02:07:34.90
1014	David	Wilkie		MS	M	02:09:37.45	519	207	385	02:09:37.45

534	Alison	Jones	Lliswerry Runners	F50	F	02:09:52.55	520	8	134	02:08:53.50
661	Richard	Morgan		M40	M	02:09:53.20	521	65	386	02:08:32.80
941	Allun	Thomas	British Transport Police	M40	M	02:10:22.45	522	66	387	02:08:50.35
579	Mark	Ley		MS	M	02:10:26.10	523	208	388	02:09:16.60
801	James	Reynolds		MS	M	02:10:33.05	524	209	389	02:09:33.10
829	Carl	Rose		M40	M	02:10:37.75	525	67	390	02:09:26.75
709	Andrew	Park		M60	M	02:10:41.60	526	6	391	02:09:05.35
258	Gill	Ellis	Chepstow Harriers	F50	F	02:10:42.85	527	9	135	02:09:42.05
729	Clifford	Perry		MS	M	02:10:50.65	528	210	392	02:09:52.75
1008	Syd	Wheeler	Chepstow Harriers	M60	M	02:10:50.75	529	7	393	02:09:50.30
125	Paul	Chambers		MS	M	02:10:50.90	530	211	394	02:10:06.45
124	Michael James	Chambers		M50	M	02:10:51.55	531	35	395	02:09:22.20
143	Bethany	Clarke	British Transport Police	FS	F	02:10:54.15	532	74	136	02:09:21.45
214	Helen	Davies		FS	F	02:10:56.55	533	75	137	02:10:05.55
761	Tracey	Probert		F40	F	02:10:56.75	534	23	138	02:09:52.45
440	Helen	Hodgson	Women Running Penarth	F40	F	02:10:57.90	535	24	139	02:09:59.00
694	Clare	O'Reilly	Penarth And Dinas Runners	FS	F	02:11:05.20	536	76	140	02:09:52.10
780	Rachael	Rees		F35	F	02:11:15.05	537	16	141	02:10:06.00
1103					N	02:11:25.75	538	2	2	02:11:25.75
89	Sarah	Brown		FS	F	02:11:26.30	539	77	142	02:10:38.60
480	Gareth	Hutchings		MS	M	02:11:27.40	540	212	396	02:11:27.40
552	Rachel	Kennedy		F45	F	02:11:28.55	541	13	143	02:09:57.90
551	Jason	Kennedy		M45	M	02:11:28.65	542	60	397	02:09:59.75
904	David	Stephens		M40	M	02:11:29.55	543	68	398	02:10:21.15
933	David	Thomas		MS	M	02:11:31.40	544	213	399	02:11:31.40
718	Simon	Payne		MS	M	02:11:32.25	545	214	400	02:11:17.30
752	Holly	Preston		F35	F	02:11:33.90	546	17	144	02:11:33.90
562	Rebekah	Lane	Chepstow Harriers	F35	F	02:11:35.35	547	18	145	02:10:35.30
553	David	Kent		M40	M	02:11:38.70	548	69	401	02:10:37.45
517	Susan	Johns		F40	F	02:11:38.70	549	25	146	02:10:39.45
964	Paul David	Vincent		M40	M	02:11:40.80	550	70	402	02:10:37.60
765	Mark	Quarterly		M40	M	02:11:41.25	551	71	403	02:10:37.95
432	Julia	Hitchcock		F40	F	02:11:47.25	552	26	147	02:10:52.05

806	Anthony	Richards		M40	M	02:11:48.70	553	72	404	02:10:18.65
366	Lee	Guscott		MS	M	02:11:56.30	554	215	405	02:11:22.55
367	Ray	Guscott		M55	M	02:11:56.55	555	16	406	02:11:01.70
908	Virginia	Stone	Chepstow Harriers	F40	F	02:12:04.65	556	27	148	02:11:03.75
418	Andrew	Heard		M50	M	02:12:14.95	557	36	407	02:11:51.20
63	Jasmine	Bland	Jazzie J	FS	F	02:12:17.30	558	78	149	02:12:17.30
771	Amy	Rappell	Rampant Fluffy	FS	F	02:12:28.35	559	79	150	02:11:23.85
299	Yvonne	Forsey	Lliswerry Runners	F55	F	02:12:33.10	560	5	151	02:11:57.80
633	Nadia	Mcgettigan		FS	F	02:12:37.25	561	80	152	02:11:17.35
632	Gareth	Mcgettigan		MS	M	02:12:37.25	562	216	408	02:11:17.40
160	Jayne	Constance		F45	F	02:12:38.55	563	14	153	02:11:39.20
879	Phil	Smalley		MS	M	02:12:51.95	564	217	409	02:11:28.70
721	Joanna	Pearce		FS	F	02:12:52.15	565	81	154	02:11:28.95
727	Karen	Penny		F45	F	02:12:55.05	566	15	155	02:11:53.85
717	Richard	Payne		MS	M	02:13:01.30	567	218	410	02:12:12.20
853	Tim	Sergent		M45	M	02:13:01.50	568	61	411	02:12:04.80
267	Jenna	Evans	203 Welsh Field Hospital	FS	F	02:13:26.80	569	82	156	02:12:29.75
56	Matt	Bedder		MS	M	02:13:56.20	570	219	412	02:13:04.20
740	Richard	Pitman		MS	M	02:14:00.10	571	220	413	02:12:34.90
606	Terence	Maloney		M55	M	02:14:00.35	572	17	414	02:12:33.95
251	Rhiannon	Edwards	Rhi	FS	F	02:14:01.80	573	83	157	02:13:32.20
1055	Rhian	Woodman		FS	F	02:14:04.20	574	84	158	02:13:01.20
448	Claire	Hopkins		FS	F	02:14:06.75	575	85	159	02:13:01.20
72	Russell	Boyle		MS	M	02:14:20.35	576	221	415	02:12:53.40
402	Deborah	Hartley		FS	F	02:14:31.00	577	86	160	02:13:13.70
651	Kate	Monnelly		FS	F	02:14:31.10	578	87	161	02:13:13.70
439	Zoe	Hodges		F35	F	02:14:46.10	579	19	162	02:13:17.95
1101	Dudley	Hill		MS	M	02:14:46.25	580	222	416	02:14:08.25
893	John	Smith	100 Marathon Club	MS	M	02:14:50.45	581	223	417	02:14:08.40
347	Stewart	Greenwell	Usk Runners	M60	M	02:14:53.60	582	8	418	02:14:17.30
401	Sarah	Hart		FS	F	02:15:02.35	583	88	163	02:15:02.35
344	Matthew	Gray		M40	M	02:15:05.25	584	73	419	02:15:05.25
399	Dean	Harrison		MS	M	02:15:10.20	585	224	420	02:14:18.60

392	Antony	Harris		MS	M	02:15:12.85	586	225	421	02:13:58.10
371	David	Hale		M50	M	02:15:15.00	587	37	422	02:14:50.00
279	Caroline	Facey		F50	F	02:15:20.15	588	10	164	02:14:41.85
387	Debra	Hardwick		F45	F	02:15:20.15	589	16	165	02:14:04.10
458	Vicki	Howe		F40	F	02:15:20.85	590	28	166	02:14:42.70
145	Jane	Clay		F35	F	02:15:36.05	591	20	167	02:14:19.25
640	Antony	Mee		MS	M	02:15:39.00	592	226	423	02:14:53.70
689	Tom	Ojakovoh		MS	M	02:15:44.20	593	227	424	02:15:10.75
758	Christopher	Prigg		M50	M	02:15:45.50	594	38	425	02:14:18.90
869	Thomas	Sims		MS	M	02:15:50.45	596	229	427	02:14:54.35
317	Nicola	Gane		F45	F	02:15:51.10	597	17	168	02:14:51.20
264	Ben	Evans		MS	M	02:15:52.65	598	230	428	02:14:36.10
870	William	Sims		MS	M	02:16:03.75	599	231	429	02:15:08.30
167	Richard	Corken		MS	M	02:16:04.40	600	232	430	02:15:10.25
328	Sandeep	Gill		MS	M	02:16:13.45	601	233	431	02:15:20.65
201	Nicola	Davies		F35	F	02:16:14.05	602	21	169	02:14:53.65
868	Dave	Siegel		M45	M	02:16:19.25	603	62	432	02:15:39.45
298	Sarah	Forrester		F40	F	02:16:34.25	604	29	170	02:15:10.55
624	Claire	Mccarthy		F35	F	02:16:34.60	605	22	171	02:15:10.90
836	James	Rowberry		MS	M	02:16:38.40	606	234	433	02:15:28.00
787	Lana	Rees		FS	F	02:16:49.75	607	89	172	02:15:47.90
319	Louise	Gardner		F35	F	02:16:56.10	608	23	173	02:15:52.60
416	Jo	Hayward		F40	F	02:17:12.60	609	30	174	02:15:50.80
734	Rebecca	Phillips		FS	F	02:17:12.75	610	90	175	02:16:03.05
268	Christopher	Evans		MS	M	02:17:14.50	611	235	434	02:15:46.80
37	Lucy	Baker		FS	F	02:17:22.05	612	91	176	02:16:46.30
19	Angela	Mansfield		FS	F	02:17:22.45	613	92	177	02:16:46.65
469	Gwyneth	Howells		F55	F	02:17:38.90	614	6	178	02:16:32.30
643	Nicola	Millard		FS	F	02:17:41.35	615	93	179	02:16:14.40
296	Karen	Ford		F45	F	02:18:01.80	616	18	180	02:17:06.95
77	Matthew	Briant		M45	M	02:18:16.50	617	63	435	02:17:09.80
309	Leanne	Freeman	Outdoor Fitness Rc	F35	F	02:18:17.00	618	24	181	02:17:08.30
308	Aaron	Freeman	Outdoor Fitness Rc	MS	M	02:18:28.25	619	236	436	02:17:22.30

322	Julie	Gething		F40	F	02:18:34.30	620	31	182	02:17:22.55
509	Alison	Jenkins		F45	F	02:18:42.15	621	19	183	02:17:19.45
997	Jacqueline	Webb	Chepstow Harriers	F50	F	02:18:46.40	622	11	184	02:17:46.00
11	Akbar	Ali		MS	M	02:18:55.15	623	237	437	02:17:49.35
203	Ronald	Davies		M40	M	02:19:05.30	624	74	438	02:17:44.70
753	Christopher	Preston		MS	M	02:19:05.30	625	238	439	02:17:45.10
1025	Christopher	Williams		MS	M	02:19:19.95	626	239	440	02:18:10.20
1022	Kara	Williams		FS	F	02:19:20.25	627	94	185	02:18:10.95
1066	John	Wybrant	Lliswerry Runners	M60	M	02:19:24.60	628	9	441	02:17:44.75
412	Stuart	Hawkins		M45	M	02:19:34.90	629	64	442	02:18:13.10
1003	Marc	Weild		MS	M	02:19:50.20	630	240	443	02:18:21.45
132	Gareth	Childs		MS	M	02:19:50.85	631	241	444	02:18:22.20
57	Lisa	Bentham		FS	F	02:20:01.25	632	95	186	02:18:38.15
311	John	Fry	Fairwater Runners Cwmbran	M60	M	02:20:10.05	633	10	445	02:18:54.25
82	Paul	Brookes		M40	M	02:20:19.75	634	75	446	02:19:04.55
83	Mark	Brookes		M40	M	02:20:19.90	635	76	447	02:19:04.45
269	Angela	Evans		FS	F	02:20:23.70	636	96	187	02:19:23.00
645	Geoff	Miller		M55	M	02:20:39.00	637	18	448	02:19:57.50
405	Laura Caitlin	Harvey		FS	F	02:20:54.10	638	97	188	02:19:52.80
991	Vicky	Watkins	Local Fitness	FS	F	02:21:11.10	639	98	189	02:20:00.60
446	Marie-Claire	Hopkin		F40	F	02:21:23.55	640	32	190	02:20:12.65
142	Paul	Clarke		M40	M	02:21:32.15	641	77	449	02:20:25.85
172	Kelly	Cox		FS	F	02:21:41.85	642	99	191	02:20:14.00
434	Gary	Hitchens		MS	M	02:21:49.65	643	242	450	02:21:10.35
669	Katherine	Morris		FS	F	02:21:50.15	644	100	192	02:20:36.05
408	Chris	Hassell		MS	M	02:21:51.40	645	243	451	02:20:36.20
1017	Kirstyn	Williams		FS	F	02:21:58.90	646	101	193	02:21:10.10
301	Jane	Foster		FS	F	02:22:14.10	647	102	194	02:21:17.80
667	Iain	Morgan-Jones		M40	M	02:22:17.05	648	78	452	02:20:58.00
1019	Lewis	Williams		MS	M	02:22:17.40	649	244	453	02:22:17.40
854	Martyn	Sergent		M45	M	02:22:19.65	650	65	454	02:21:23.70
198	Michael	Davies		MS	M	02:22:29.20	651	245	455	02:21:23.50
108	Karen	Burke		F50	F	02:22:31.80	652	12	195	02:21:34.30

926	Lauren	Talemi	Team Paula	FS	F	02:22:31.80	653	103	196	02:21:21.65
314	Gemma	Gadd		FS	F	02:22:35.00	654	104	197	02:21:41.15
662	Jodie-Lisa	Morgan		F35	F	02:22:49.30	655	25	198	02:22:09.80
17	Ben	Andrews		MS	M	02:22:50.00	656	246	456	02:22:09.95
247	Lynda	Dursley	Lliswerry Runners	F50	F	02:22:52.00	657	13	199	02:21:54.75
660	Kay	Morgan		F35	F	02:22:52.85	658	26	200	02:22:14.95
692	Peter	Olivier	Comtec	M45	M	02:22:59.20	659	66	457	02:21:36.20
901	Sarah	Spuffard		FS	F	02:23:03.80	660	105	201	02:21:36.45
121	Tracey	Chadd		F35	F	02:23:04.75	661	27	202	02:22:09.60
454	Sian	Horley	Strength Box	FS	F	02:23:09.45	662	106	203	02:22:16.90
759	Deborah	Prigg		F50	F	02:23:52.50	663	14	204	02:22:26.00
1	Gemma	Acreman		FS	M	02:23:55.05	664	107	458	02:22:51.40
755	Ruth	Price		F40	F	02:23:58.90	665	33	205	02:22:33.10
329	Bailjit	Gill		F35	F	02:24:06.75	666	28	206	02:23:13.40
703	Sandie	Page		FS	F	02:24:23.35	667	108	207	02:24:23.35
714	Lesley	Parrat		F50	F	02:24:39.30	668	15	208	02:23:22.90
972	Sian	Walden		FS	F	02:24:57.45	669	109	209	02:23:45.45
811	Hester	Richardson		F40	F	02:24:57.55	670	34	210	02:23:30.45
816	Madeleine	Risk		FS	F	02:24:57.75	671	110	211	02:23:45.60
583	Bethan	Little		FS	F	02:24:58.15	672	111	212	02:23:43.85
270	Cheryl	Evans		F35	F	02:24:59.55	673	29	213	02:23:32.30
979	Ruth	Walters		FS	F	02:25:20.95	674	112	214	02:24:30.25
180	Andy	Crisp		MS	M	02:25:21.45	675	247	459	02:24:30.45
489	Andrew	James		MS	M	02:25:22.55	676	248	460	02:24:06.20
890	Sharon	Smith		F40	F	02:25:51.45	677	35	215	02:24:32.75
848	Darren	Samuel		MS	M	02:25:54.45	678	249	461	02:25:25.45
807	Kerry	Richards		F40	F	02:26:05.30	679	36	216	02:25:18.50
277	Annette	Exley		F45	F	02:26:13.30	680	20	217	02:25:13.25
770	Celia	Randerson	Lliswerry Runners	F35	F	02:26:21.85	681	30	218	02:25:00.25
876	Richard	Slaughter		MS	M	02:26:27.05	682	250	462	02:25:46.95
74	Rachel	Braine		F40	F	02:26:31.05	683	37	219	02:25:33.70
477	Alice	Hunt		F35	F	02:26:39.65	684	31	220	02:25:35.70
1004	Rose-Marie	Wells		F40	F	02:26:55.35	685	38	221	02:25:35.65

110	Michelle	Bushell		FS	F	02:27:18.95	686	113	222	02:27:18.95
232	Karla	Donaldson		FS	F	02:27:19.15	687	114	223	02:27:19.15
663	Stephen	Morgan		M50	M	02:27:33.45	688	39	463	02:26:19.35
655	Huw	Morgan		MS	M	02:27:33.65	689	251	464	02:26:18.95
693	Wendy Ceridwen	Oneill		F50	F	02:27:56.35	690	16	224	02:27:56.35
1012	Peter	Widdrington		MS	M	02:27:56.45	691	252	465	02:26:51.55
610	Lucy	Marley		FS	F	02:28:11.30	692	115	225	02:26:43.25
791	Jane	Reid		FS	F	02:28:23.00	693	116	226	02:26:58.20
290	Bryn	Fitzgerald		MS	M	02:28:38.25	694	253	466	02:27:53.45
930	Melissa	Teague		FS	F	02:28:38.30	695	117	227	02:27:53.20
864	Abi	Short		FS	F	02:28:59.75	696	118	228	02:27:56.00
183	Deborah	Cumming		F45	F	02:29:07.05	697	21	229	02:28:51.95
295	Stephen	Ford		MS	M	02:29:08.70	698	254	467	02:27:50.00
109	Jenny	Burns		F40	F	02:29:13.40	699	39	230	02:28:05.40
200	Aimee	Davies		FS	F	02:29:14.05	700	119	231	02:28:17.25
1024	Ceri-Anne	Williams		F35	F	02:29:28.40	701	32	232	02:29:28.40
215	Samantha	Davies		FS	F	02:29:33.10	702	120	233	02:28:21.50
611	Stephen	Marsh		M55	M	02:29:46.55	703	19	468	02:28:25.55
538	Jessica	Jones	Outdoor Fitness Rc	FS	F	02:29:49.80	704	121	234	02:28:40.95
1046	Cherie	Wilson	Outdoor Fitness Rc	F40	F	02:29:49.85	705	40	235	02:28:41.70
65	Hayley	Blignaut	Dragons Running Club	F35	F	02:29:57.35	706	33	236	02:28:45.55
252	Helen	Edwards	Dragons Running Club	F40	F	02:29:59.90	707	41	237	02:28:48.90
1050	Boy	Wonder		MS	M	02:30:03.45	708	255	469	02:28:38.60
837	Joanna	Rowberry		FS	F	02:30:10.25	710	122	238	02:29:00.00
835	Kate	Rowberry		FS	F	02:30:10.30	711	123	239	02:29:00.50
9	Les	Ainscough		M50	M	02:30:13.70	712	40	471	02:28:56.55
520	Will	Jones		MS	M	02:30:35.50	713	257	472	02:30:35.50
219	Nicola	Davies	British Military Fitness	FS	F	02:31:15.60	714	124	240	02:30:39.80
254	Kate	Edwards	British Military Fitness	FS	F	02:31:15.75	715	125	241	02:29:56.15
25	Rachel	Arnold		FS	F	02:31:25.55	716	126	242	02:29:51.20
383	Emma Joy	Harber		FS	F	02:31:25.85	717	127	243	02:30:22.35
212	Teslin	Davies		F55	F	02:31:35.75	718	7	244	02:30:27.35
596	Fiona	Mackenzie		FS	F	02:31:46.15	719	128	245	02:31:17.50

4	Rayana	Adams		F40	F	02:32:07.20	720	42	246	02:30:50.05
580	Diana	Leyshon		F40	F	02:32:07.65	721	43	247	02:30:50.25
1051	Dionne	Wood		F35	F	02:32:16.65	722	34	248	02:32:16.65
222	Jo	Daviss		F40	F	02:32:30.15	723	44	249	02:31:26.95
293	Pamela	Flanagan		M45	M	02:32:30.15	724	67	473	02:31:27.20
625	Debbie	Mccarthy		F40	F	02:32:31.95	725	45	250	02:31:29.05
578	Chris	Lewis	Lliswerry Runners	F50	F	02:34:37.60	726	17	251	02:33:07.10
151	Laura	Cole		FS	F	02:34:37.90	727	129	252	02:33:06.90
1027	Keri	Williams		F35	F	02:34:50.95	728	35	253	02:33:22.05
733	Morwenna	Phillips		FS	F	02:35:16.55	729	130	254	02:33:55.25
735	David	Phillips		M50	M	02:35:16.95	730	41	474	02:33:55.95
486	Victoria	James		FS	F	02:35:18.55	731	131	255	02:33:55.85
97	David	Bugeja		M40	M	02:36:11.60	732	79	475	02:36:11.60
161	Carly	Cook		FS	F	02:36:16.80	733	132	256	02:35:05.40
255	Natalie	Elgar	N.E.W.T	FS	F	02:36:16.80	734	133	257	02:35:06.05
998	Emily	Webb		FS	F	02:36:24.00	735	134	258	02:35:01.30
571	Karen	Lewis		FS	F	02:36:39.30	736	135	259	02:35:33.95
128	Calais	Chard		FS	F	02:36:39.90	737	136	260	02:35:41.55
1018	Sian	Williams		FS	F	02:36:40.20	738	137	261	02:35:41.85
803	Maxine	Rhodes		F45	F	02:37:12.45	739	22	262	02:35:36.60
105	Rosalind	Burgess	Lliswerry Runners	F45	F	02:38:28.90	740	23	263	02:37:28.25
695	Claire	Orford		F35	F	02:39:13.95	741	36	264	02:37:49.85
944	Isabelle	Thomissen		FS	F	02:40:26.90	742	138	265	02:38:56.25
285	Rachel	Field	The Emergency Nurses	F35	F	02:41:33.25	743	37	266	02:40:09.35
187	Linda	Dack		FS	F	02:43:06.00	744	139	267	02:42:01.20
497	Laura	Jeffreys		FS	F	02:45:59.95	745	140	268	02:45:07.00
424	Mark	Hickman		MS	M	02:46:00.20	746	258	476	02:45:06.60
934	Clive	Thomas	Watkins And Gunn	M45	M	02:46:41.95	747	68	477	02:45:36.60
493	Hanan	Jamil		MS	M	02:48:01.15	748	259	478	02:46:54.60
891	Louise	Smith		F40	F	02:48:17.60	749	46	269	02:46:48.20
372	Natalie	Halket	Wessex Garages	FS	F	02:48:30.05	750	141	270	02:47:28.30
881	Kelly	Smith		FS	F	02:48:47.10	751	142	271	02:47:18.20
532	Tracey	Jones		F40	F	02:49:30.00	752	47	272	02:48:01.55

1078	Elle	Symonds		FS	F	02:49:30.25	753	143	273	02:48:30.40
445	Lee	Holmes		M45	M	02:52:02.05	754	69	479	02:50:43.60
26	Gareth	Arnold		MS	M	02:52:02.20	755	260	480	02:50:44.05
479	Phil	Hurn		M45	M	02:54:28.85	756	70	481	02:54:28.85
903	Nicola	Steer		FS	F	02:54:29.40	757	144	274	02:52:57.80
23	Jessica	Arlett		FS	F	02:54:29.45	758	145	275	02:52:57.70
55	Gemma	Beaton		FS	F	02:57:07.45	759	146	276	02:55:49.45
382	Helen	Hancox		F35	F	02:57:07.65	760	38	277	02:55:49.65
119	Katherine	Castle		FS	F	02:57:10.10	761	147	278	02:55:58.25
281	Gemma	Farley		FS	F	02:57:58.60	762	148	279	02:56:53.45
1056	Chris	Woods		MS	M	03:01:19.50	764	261	482	02:59:46.80
113	Jean	Carlson		F50	F	03:01:20.30	765	18	281	02:59:53.85
781	Kim	Rees		F35	F	03:09:07.95	766	39	282	03:08:00.35
112	Rebecca	Carless		F35	F	03:09:08.25	767	40	283	03:08:00.95
984	Rebecca	Watkins		FS	F	03:09:10.85	768	150	284	03:07:41.00
856	Anne	Sevenoaks		F55	F	03:09:10.90	769	8	285	03:07:58.30
34	Rebecca Faye	Austin		FS	F	03:22:56.35	770	151	286	03:21:32.00
263	Emma	Evans		FS	F	03:23:08.35	771	152	287	03:21:44.05
522	Kirsty	Jones	Team Ethan	FS	F	03:25:07.15	772	153	288	03:23:38.75
221	Andrea	Davies-Tuthill		F40	F	03:30:17.95	773	48	289	03:29:07.20
1068	Jodie	Williams								
1069	Jonathon	Avery								
1070	Jamie	Marchant								
3	Robert	Adams		M45	M					
7	Lee	Adams		M45	M					
10	David	Aldington		M40	M					
15	Clare	Anderson		F45	F					
18	Sarah	Angel		F40	F					
20	Paul	Annet		MS	M					
21	Henrietta	Anstey		F40	F					
22	Michael	Anthony	Lliswerry Runners	M55	M					
27	Az	Ashraf		M40	M					
28	Jennie	Ashton		FS	F					

32	Ian	Attwood		M60	M					
39	Lois	Baldry		FS	F					
40	Johan	Bangsund		M40	M					
41	Victoria	Barnes		FS	F					
42	Tom	Barr		MS	M					
44	Mirko	Barth		M50	M					
45	Clare	Bartlett		F35	F					
47	Steven	Bartlett	Wafty Crankers	MS	M					
51	Phillip	Bates		M45	M					
61	Tina	Birkby		FS	F					
68	Kathryn	Boucherat		F50	F					
75	Simon	Bray		M45	M					
78	Amanda	Bright		F35	F					
79	Natalie	Brimble		FS	F					
80	Geoff	Brimble	Newport Harriers	M45	M					
84	Lucy	Brooks		FS	F					
88	Jamie	Brown		MS	M					
90	Lindsay	Bruce		F35	F					
92	Vikki	Brustad		F35	F					
98	Chris	Bullen		M45	M					
99	Katie	Bunston		FS	F					
104	Sarah-Jane	Burgess		F35	F					
106	Bryn	Burgess	Lliswerry Runners	M55	M					
114	Elizabeth	Carpenter		FS	F					
115	Liam	Carroll		MS	M					
116	Geraint	Heath	Lliswerry Runners	MS	M					
122	Elisabeth	Chamberlain		FS	F					
123	Sarah	Chamberlain	Penarth Ladies Running Club	FS	F					
126	Anna	Chapman		FS	F					
127	Jason	Chapman		MS	M					
129	Simon	Cheetham		MS	M					
130	Samantha	Chick	Lliswerry Runners	F40	F					
133	Emily	Chinn		F40	F					

137	Laura	Churchill		F35	F				
138	Mark	Cichuta		M50	M				
140	Anne Marie	Clarke		FS	F				
141	Kate	Clarke		FS	F				
147	James	Cobb		MS	M				
152	Richard	Coles		M40	M				
153	Alan	Coles	Act Plumbers Limited	M40	M				
154	Julie	Coles		F40	F				
155	Stephen	Collard		M40	M				
156	Daniel	Colsey		MS	M				
163	Wayne	Cooper		M40	M				
164	Roger	Cope		M40	M				
166	Rhodri	Cording		MS	M				
171	Nick	Cox		MS	M				
176	Adrian	Crawford		MS	M				
179	John	Cregg		M45	M				
182	Fiona	Cross	Pont Y Pwl District Runners	FS	F				
186	Paula	Curtis		FS	F				
189	Douglas	Dalwood		MS	M				
191	Noelwyn	Daniel	Healthy Life Activties	M45	M				
192	Mccarthy	David		M40	M				
195	Ben	Davies		MS	M				
204	Robert	Davies	Lliswerry Runners	M40	M				
205	Martyn	Davies		M40	M				
211	Claire Louise	Davies	Dragons Running Club	F45	F				
213	Cleo	Davies		FS	F				
220	Rachael	Davies		FS	F				
224	Catherine	Dawe		F40	F				
225	Nicky	Day		MS	M				
227	Joanna	Dearden		FS	F				
229	Christopher	Derbyshire	Snafu	M45	M				
231	Marie	Doble		FS	F				
237	Laura	Dowsett		FS	F				

239	Timothy	Driscoll		M40	M					
240	Jonathan	Duffy	Jd Runners	MS	M					
249	Yasmine	Duval		FS	F					
250	Mandy	Eastwood		F40	F					
260	Tom	Ellor		MS	M					
261	Mark	Emes	Bitton Road Runners	M50	M					
265	Kayleigh	Evans		FS	F					
271	Sharon	Evans		F45	F					
276	Michael	Evans		MS	M					
287	Dan	Finch		MS	M					
292	Emma	Fitzmaurice		FS	F					
300	Ceri	Fortt		FS	F					
303	Gareth	Fotheringham		MS	M					
304	Marilyn	Fouwather		F55	F					
305	Michelle	Fouweather		F35	F					
307	Andrew	Frayling		MS	M					
312	Robin	Fuller		MS	M					
315	Rachel	Gaisford		F40	F					
318	Rebecca	Gardner		FS	F					
320	Phillip	George	Les Croupiers	MS	M					
321	Alison	George		F55	F					
327	Lois	Gill		FS	F					
334	Simone	Goddard		FS	F					
335	Andrew	Goddard		M40	M					
337	Rebecca	Goodall		FS	F					
340	James	Graham	Lower Machen Deerhounds	MS	M					
342	James	Grant		MS	M					
343	Rhys	Gravell		MS	M					
346	Rebecca	Greenslade		FS	F					
350	Tristan	Griffin	203 Welsh Field Hospital	M45	M					
351	Eve	Griffiths		FS	F					
352	Victoria	Griffiths		FS	F					
359	Sarah	Griffiths		FS	F					

361	Meryl Julie	Webb	203 Welsh Field Hospital	F40	F					
362	Kelly	Groves		FS	F					
365	Dominic	Guscott		MS	M					
377	Andrew	Hamilton		MS	M					
378	Andrew	Hamilton		M55	M					
379	Stephen	Hampson		M45	M					
384	Yvonne	Hardcastle		F55	F					
386	Philip	Harding		M50	M					
396	Marion	Harris	Alchester Running Club	F55	F					
398	Avril	Harrison		FS	F					
400	Rebecca	Harrison		F35	F					
406	Mark	Harvey	Chepstow Harriers	M50	M					
410	Anneka	Hawkins		FS	F					
415	Julian	Hayman		M55	M					
417	Miranda	Healey		F40	F					
419	Amy	Hellerman	Admiral	FS	F					
420	Lisa	Hembury		FS	F					
421	David	Hendy		M50	M					
422	Emily	Hennessy		FS	F					
426	Darren	Hill		M40	M					
428	John	Hill	Lliswerry Runners	M60	M					
430	Helen	Hinsley	Bitton Road Runners	F45	F					
431	Eddie	Hiscocks		MS	M					
437	Saul	Hodder		MS	M					
438	Paula	Hoddinott		F45	F					
441	Carmel	Holdaway	Dc2 Roadrunners	MS	M					
453	Phillip	Horley	Strength Box	MS	M					
455	Charlotte	Hoskins		FS	F					
457	Hannah	Howe		FS	F					
459	Tom	Howe		MS	M					
460	Harriet	Howell		FS	F					
462	Kim	Howell		F55	F					
464	Kyle	Howells		MS	M					

466	Rachel	Howells		F35	F					
468	Sarah	Howells		F40	F					
470	Andrew	Howells-Smith		M40	M					
471	Rebecca	Hudd		FS	F					
472	Ben	Hughes		MS	M					
473	Sarah	Hughes		FS	F					
484	Steve	Jackson	Royal Air Force Aa	M45	M					
485	Nick	Jacques		M50	M					
488	Laura	James		FS	F					
498	Teresa	Jeffries	Dragons Running Club	F45	F					
501	Wendy	Jenkins		F35	F					
504	Nigel	Jenkins		M45	M					
505	Deborah	Jenkins		F45	F					
508	Marianne	Jenkins	Marianne	F40	F					
510	Tyler	Jennifer		FS	F					
512	Marnie	Johannesen		F40	F					
516	Beverley	Johns		F40	F					
518	Paul	Johnsey		MS	M					
519	Dean	Johnson		MS	M					
524	Ceri	Jones		FS	F					
530	Bleddyn	Jones	Lliswerry Runners	MS	M					
541	Ashley	Jones		MS	M					
543	David	Jordan		MS	M					
546	Mark	Keats		MS	M					
554	Alison	Kibblewhite		F40	F					
557	Tony	King		M50	M					
561	Tom	Knowles		M40	M					
567	Elizabeth	Last		FS	F					
569	Alex	Lee		MS	M					
570	Spencer	Lewis		MS	M					
572	Dana	Lewis		FS	F					
574	Nia	Lewis		F35	F					
576	Julie	Lewis	Islwyn R C	F45	F					

581	Ian	Liddiatt	Cardiff Triathletes	M40	M					
582	Beth	Linton		F35	F					
585	Gareth	Llewellym		MS	M					
589	Amy	Lloyde		FS	F					
590	Elizabeth	Logan		FS	F					
598	Sile	Magee		FS	F					
599	Niamh	Maguire		FS	F					
601	Kelly	Mainwaring		FS	F					
602	Louise	Maitland		F35	F					
607	Steven	Maloney		MS	M					
613	Ashley	Marshall		MS	M					
621	Peter	Matthews		M45	M					
626	Menna	Mccarthy	Dragons Running Club	F40	F					
627	Shane	Mccarthy	Strength Box	M40	M					
628	Lisa	Mcdonald		F45	F					
639	James	Meacham		MS	M					
642	Joseph	Meringolo		MS	M					
648	Shane	Mock		M45	M					
649	Ellie	Mogridge		FS	F					
653	Elin	Morgan	Cardiff University Harriers	FS	F					
658	Joanna	Morgan		FS	F					
665	Ruth	Morgan		F55	F					
666	Amberley	Morgan	Usk Runners	FS	F					
668	Grant	Morris		MS	M					
670	Gwen	Morris	Ingli Runners	FS	F					
671	David	Morris		MS	M					
679	Joe	Mulcahy		M50	M					
683	Stephen	Nicholas		M40	M					
684	Richard	Nicholls		MS	M					
687	Andrew	Oak		MS	M					
688	Kate	O'Connor		F40	F					
696	David	Orford		MS	M					
700	Stacey	Owen		FS	F					

710	Rebecca	Parker	Becky	FS	F					
713	Steven	Parkins		MS	M					
716	Niku	Patel		MS	M					
722	Adrian	Pearce		M40	M					
724	Nicola	Pegington		FS	F					
725	Nicolas	Peksa	Sandhurst Joggers	MS	M					
728	Mike	Perrett		M40	M					
730	Hannah	Perry		FS	F					
732	Hannah	Phillips		FS	F					
736	Andy	Phillips	Bitton Road Runners	M50	M					
737	Sarah	Phillips-Mruk		F35	F					
738	Gareth	Pinder		MS	M					
741	Mel	Plant		M45	M					
745	Christopher	Pope		MS	M					
756	Lee	Price		MS	M					
762	Karleigh Louise	Prosser		FS	F					
764	Kath	Pulman	203 Welsh Field Hospital	FS	F					
766	Jason	Quest		MS	M					
767	Tej	Quine		F45	F					
768	Rebecca	Raikes		FS	F					
772	Victoria	Ratcliffe	Teignbridge Trotters	F35	F					
775	Jamie	Read		MS	M					
778	Caroline	Rees		FS	F					
782	Christina	Rees		F40	F					
784	Lynda	Rees		F45	F					
788	Tim	Reese	Lliswerry Runners	M50	M					
790	Nud	Rehman	Fairwater Runners Cwmbran	MS	M					
793	John	Reid		M40	M					
795	Adele	Reilly		F40	F					
796	John	Relish		M55	M					
797	Lee	Relish		MS	M					
799	Angelina	Retter		FS	F					
800	Emma	Reynolds		FS	F					

804	Andy	Richards		MS	M					
810	Kathryn	Richards	Lliswerry Runners	FS	F					
813	Lisa	Ridley		FS	F					
817	Mark	Roberts		MS	M					
819	Cathy	Robins		FS	F					
838	Ian	Rowe		M40	M					
840	Mark	Rowe		M50	M					
843	Robert	Runners		M60	M					
845	Rachel Claire	Rykala		FS	F					
852	Jason	Scaife		MS	M					
857	Maxine	Sewell		FS	F					
858	Paul	Shapcott	Tamer Trotters	M40	M					
861	Rhys	Sheppard		MS	M					
863	Elizabeth	Shingler		F55	F					
867	Timothy	Siddle	Dragons Running Club	MS	M					
871	Nia	Singleton		FS	F					
880	Matt	Smith		MS	M					
882	Siana	Smith		FS	F					
884	Claire	Smith		F35	F					
887	Anna	Smith		F35	F					
888	Sarah	Smith		F35	F					
889	Emma	Smith		F40	F					
896	Darren	Sparkes		M40	M					
909	Hannah	Stonelake		FS	F					
912	Alison	Strong		F40	F					
913	David	Stubbs		M50	M					
918	Andrew	Sweeting		MS	M					
920	Jim	Swidenbank		MS	M					
921	Sian	Sykes		FS	F					
924					N					
927	Cheryl	Taylor		F40	F					
932	Hollie	Thomas		FS	F					
935	Kevin Neil	Thomas		M45	M					

936	Dee	Thomas		F45	F					
939	Dale	Thomas		M50	M					
940	Craig	Thomas		MS	M					
945	Sinead	Thomson	Lliswerry Runners	FS	F					
946	Beverley	Thorne		F45	F					
951	Natalie	Tooze		FS	F					
952	Shelley	Traylor	Dragons Running Club	F35	F					
953	Geraint	Treharne		MS	M					
954	Mary	Trenfield		F50	F					
962	Rob	Vaughan		MS	M					
965	John	Vlahos		M55	M					
966	Mike	Vowles	Weston Ac	M55	M					
971	Karen	Walbyoff		F35	F					
973	Richard	Waldron	Badtri	MS	M					
974	Gavin	Walker		MS	M					
975	Barry	Walker	Weston Athletic Club	M50	M					
980	Corinne	Wardjones		F45	F					
993	Kirstie Danielle	Watts	Help For Heroes	FS	F					
995	Paul David	Watts		M50	M					
999	Stefan	Sanchez		MS	M					
1009	Greg	White		MS	M					
1020	Michelle	Williams		FS	F					
1021	David	Williams		MS	M					
1023	Lauren	Williams		FS	F					
1028	Darren	Williams		M40	M					
1029	Sarah	Williams		F40	F					
1033	Steve	Williams		M55	M					
1036	Rhian	Williams		FS	F					
1038	Christopher	Williams		M40	M					
1047	Dawn	Wilson		F50	F					
1058	Clare	Woodward		FS	F					
1059	Chris	Woodward		M40	M					
1061	David	Worgan	Crophorne Electrical Services	MS	M					

1062	Joshua	Worrad		MS	M					
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