

FIRST NAME	SURNAME	GENDER	CAT	CLUB
SUE	HOTCHKISS	F	F55	LLISWERRY RUNNERS
CATHERINE	ADAMS	F	F40	UNATTACHED
EMMA	ADAMS	F	F40	UNATTACHED
LISELETTE	ADAMS	F	F35	UNATTACHED
CLAIRE	ADAMS	F	F45	RHONDDA VALLEY RUNNERS
MARK	ALFORD	M	M50	CAERLEON RUNNING CLUB
CLARE	ALLEN	F	F45	PEGASUS RC
NICOLA LOUISE	ALLEN	F	F40	CWM OGWR RUNNING CLUB
PAULA	ALLEN	F	F40	PEGASUS RC
PHIL	ALLEN	M	M55	PEGASUS RC
KATE	AMOS	F	FS	UNATTACHED
HELEN	ANDREWS	F	F45	BRIDGEND AC
BETHAN	APGLYN	F	FS	PENARTH AND DINAS RUNNERS
DENISE	APLIN	F	F45	UNATTACHED
ANDREW	ARRAN	M	MS	3M GORSEINON ROAD RUNNERS
CAYO	ARRAN	M	MS	3M GORSEINON ROAD RUNNERS
SARAH	ARTHUR	F	F35	UNATTACHED
JAMES	ASHLEY	M	M40	PARC BRYN BACH
RICHARD	ASHTON	M	MS	WHITE ROCK RUNNERS
JONATHON	ASTLEY	M	MS	PARC BRYN BACH
BRENDA	AVERY	F	F60	CHEPSTOW HARRIERS
JO	BABIJ	F	F45	FOREST OF DEAN AC
ANDY	BAKER	M	M40	UNATTACHED
JAYNE	BAKER	F	F35	UNATTACHED
ALICE	BALAAM	F	FS	CAERLEON RUNNING CLUB
ALISON	BALLANTINE	F	F45	UNATTACHED
MARK	BANKHEAD	M	MS	CORNELLY STRIDERS
CHRIS	BARNES	M	M45	UNATTACHED
MATHEW	BARRELL	M	M40	UNATTACHED
AMANDA	BARRINGTON	F	F50	PENARTH AND DINAS RUNNERS
JOEL	BARWICK	M	MS	UNATTACHED
CAROLINE	BASSETT	F	F35	PEGASUS RC
MARK	BATTEN	M	M45	CHEPSTOW HARRIERS
GARETH	BEARD	M	MS	UNATTACHED
HOLLY	BELCHER	F	FS	UNATTACHED
JON	BELCHER	M	M40	LLISWERRY RUNNERS
IAN	BELL	M	M55	SAN DOMENICO
MARISA	BENJAMIN	F	FS	PONTYPOOL AND DISTRICT RUNNERS
LOUISE	BENNETT	F	F35	CWM OGWR RUNNING CLUB
STEVEN	BENNETT	M	M40	UNATTACHED
CAROLINE	BEST	F	FS	PONTYPRIDD ROADENTS
NAOMI	BEVAN	F	F35	FOREST OF DEAN AC
GEMMA	BEVES	F	F35	CHEPSTOW HARRIERS
ROB	BICKEL	M	M40	CAERLEON RUNNING CLUB
DAVID	BICKER	M	M50	UNATTACHED
LUCY	BICKER	F	F40	UNATTACHED
GRAHAM	BINGHAM	M	M50	PONTYPRIDD ROADENTS
DEAN	BIRT	M	M40	PONTYPRIDD ROADENTS
JOSEPHINE	BISHOP	F	FS	CWM OGWR RUNNING CLUB
EM	BISSEX	F	F40	PEGASUS RC
LEON	BLACK	M	MS	RHONDDA VALLEY RUNNERS
MARTIN	BLAKEBROUGH	M	M50	SPIRIT OF MONMOUTH
NIGEL	BLEACH	M	M45	UNATTACHED

SALLY	BLOOMFIELD	F	F50	UNATTACHED
MARK	BLOOMFIELD	M	M40	PEGASUS RC
EMMA	BLOW	F	F40	CARDIFF AAC
CLARE	BOOBIER	F	F50	UNATTACHED
JULIAN	BOON	M	M45	FOREST OF DEAN AC
KEVIN	BOOTH	M	M55	UNATTACHED
NATASHA	BOOTH	F	FS	PONTYPOOL AND DISTRICT RUNNERS
SARAH	BOOTHBY	F	FS	PONTYPRIDD ROADENTS
RACHEL	BOWEN	F	F35	LLISWERRY RUNNERS
RICHARD	BOWEN	M	MS	UNATTACHED
CLARE	BOWN	F	F40	GRIFFITHSTOWN HARRIERS
KEVIN	BRADFIELD	M	MS	PARC BRYN BACH
MALCOLM	BRADLEY	M	M65	PENARTH AND DINAS RUNNERS
WENDY	BRADY	F	F40	UNATTACHED
MARK	BREESE	M	M45	UNATTACHED
NATHAN	BRIANT	M	MS	UNATTACHED
HEIDI	BRICE	F	FS	UNATTACHED
ROSIE	BRISTOW	F	F40	PEGASUS RC
PAUL	BROOKES	M	M45	UNATTACHED
JAKE	BROOKE-SMITH	M	MS	PONTYPRIDD ROADENTS
ADRIAN	BROOKS	M	M60	UNATTACHED
RHIANNE	BROOKS	F	F35	UNATTACHED
JULIE	BROUGHTON	F	F50	LES CROUPIERS
CHRIS	BROWN	M	MS	UNATTACHED
EDWARD	BROWN	M	M40	WHITE ROCK RUNNERS
ZANA	BRYAN	F	F35	UNATTACHED
TRACEY	BUCKLE	F	F45	PEGASUS RC
RHIANNON	BUCKLEY	F	FS	CWM OGWR RUNNING CLUB
NIGEL	BUNGAY	M	MS	UNATTACHED
KATIE	BURDEN	F	FS	CAERPHILLY RUNNERS
EFA	BURLEY	F	F45	UNATTACHED
SIAN	BURNS	F	F50	SPIRIT OF MONMOUTH
STEVE	BURRELL	M	M50	UNATTACHED
RICHARD	BUSHELL	M	MS	CARDIFF TRIATHLETES
STUART	BUSWELL	M	M50	CAERPHILLY RUNNERS
EOIN	BUTLER	M	MS	WHITE ROCK RUNNERS
NIA	BUTLER	F	F40	PEGASUS RC
NICK	BUTLER	M	M40	CAERPHILLY RUNNERS
BEN	BUTLER-MADDEN	M	MS	PENARTH AND DINAS RUNNERS
JOSHUA	CACHELL	M	MS	PARC BRYN BACH
ALLEN	CAMERON	M	M40	UNATTACHED
KELLY	CAMERON	F	F35	UNATTACHED
ANDREW	CAPLE	M	M50	UNATTACHED
DHANA	CAPLE	F	F40	UNATTACHED
CHERYL	CARDWELL	F	FS	UNATTACHED
IVOR	CARDWELL	M	M50	UNATTACHED
SAMANTHA	CARPENTER	F	F40	SOLE SISTERS NORTH BRISTOL
GRAHAM	CARRICK	M	M50	PEGASUS RC
JOHN	CARROLL	M	M50	UNATTACHED
CLARE	CARTER	F	F40	UNATTACHED
STEPHEN	CARTER	M	M45	PARC BRYN BACH
KIMBERLY	CARWARDINE	F	FS	CHEPSTOW HARRIERS
JULIE	CASHELL	F	F40	PARC BRYN BACH
ESTHER	CASHMAN	F	F40	UNATTACHED

CERI	CASWELL	F	F35	PARC BRYN BACH
DAMIAN	CASWELL	M	M40	PARC BRYN BACH
MICHAEL	CHAMBERLAIN	M	M40	UNATTACHED
CHRISTOPHE	CHAMBOST	M	MS	PONTYCLUN ROAD RUNNERS
JOHN	CHANDLER	M	M55	UNATTACHED
STEPHEN	CHANDLER	M	M45	FRAMPTON COTTERELL HARRIERS
MARGARET	CHANDLER	F	F45	FRAMPTON COTTERELL HARRIERS
MARK	CHANNER	M	M45	FOREST OF DEAN AC
EMILY	CHINN	F	F45	UNATTACHED
KENNETH	CHIRIGHIN	M	M50	UNATTACHED
NICOLA	CHIVERS	F	FS	UNATTACHED
MICHELLE	CHURCH	F	F40	UNATTACHED
PIPPA	CLARK	F	FS	CWM OGWR RUNNING CLUB
LISA	CLEARY	F	F50	PENARTH AND DINAS RUNNERS
SARAH	CLIFTON	F	F40	SPIRIT OF MONMOUTH
SHIRLEY	CLINCH	F	F55	UNATTACHED
NEIL	COE	M	M40	UNATTACHED
PAUL	COLE	M	M40	UNATTACHED
SERAFINA	COLE	F	F50	CALDICOT RUNNING CLUB
CHRISTIE	COLEMAN	M	M50	CWM OGWR RUNNING CLUB
PAUL	COLLIER	M	MS	UNATTACHED
KATHARINE	COLLINS	F	F35	PARC BRYN BACH
REBECCA	COMINS	F	F45	CHEPSTOW HARRIERS
DARRYL	COOK	M	MS	UNATTACHED
KATH	COOK	F	F35	UNATTACHED
ADAM	COOKE	M	M40	UNATTACHED
LAURA	COOMBES	F	F40	LES CROUPIERS
LAUREN	COOPER	F	FS	PARC BRYN BACH
HOLLY	CORLETT	F	FS	UNATTACHED
ANDREW	COURTS	M	M50	PORT TALBOT HARRIERS
CATHERINE	COURTS	F	F40	PORT TALBOT HARRIERS
REBECCA	COX	F	FS	UNATTACHED
PETER	CRANE	M	M55	NEATH HARRIERS
PHILIP	CRANE	M	M55	NEATH HARRIERS
DAVID	CRANE	M	M55	NEATH HARRIERS
JEREMY	CREASEY	M	M50	SPIRIT OF MONMOUTH
STUART	CREES	M	MS	LES CROUPIERS
JOHN	CREGG	M	M50	UNATTACHED
COLIN	CROOKS	M	M60	PEGASUS RC
RYAN	CULLEN	M	MS	UNATTACHED
SHAWN	CULLEN	M	M40	CWM OGWR RUNNING CLUB
ALISON	DACEY	F	F50	WOMEN RUNNING PENARTH
DAVID	DACIES	M	M50	UNATTACHED
MARC	DALEY	M	MS	UNATTACHED
MELINDA	DALEY	F	F45	PONTYPOOL AND DISTRICT RUNNERS
KATHLEEN	DALY	F	F50	UNATTACHED
BETH	DANIEL	F	F45	UNATTACHED
MATTHEW	DARK	M	M40	UNATTACHED
DEAN	DAVID	M	MS	BYNEA CC
BERNADETTE	DAVIES	F	F45	CAERLEON RUNNING CLUB
CARL	DAVIES	M	M40	ISLWYN RC
DEBRA	DAVIES	F	F35	DRAGONS RUNNING CLUB
EMMA	DAVIES	F	FS	UNATTACHED
FIONA	DAVIES	F	F60	PONTYPRIDD ROADENTS

GAVIN	DAVIES	M	M40	UNATTACHED
HANNAH	DAVIES	F	FS	ISLWYN RC
IAN	DAVIES	M	M50	PARC BRYN BACH
JAMES	DAVIES	M	MS	UNATTACHED
JOANNE	DAVIES	F	FS	UNATTACHED
KIMBERLEY	DAVIES	F	FS	CWM OGWR RUNNING CLUB
LISA	DAVIES	F	F40	ISLWYN RC
NEIL	DAVIES	M	M55	UNATTACHED
NEIL	DAVIES	M	MS	UNATTACHED
NICOLA	DAVIES	F	F45	WHITE ROCK RUNNERS
PAUL	DAVIES	M	MS	ABERDARE VALLEY AAC
RACHEL	DAVIES	F	F55	UNATTACHED
ROBERT	DAVIES	M	M45	PONTYPRIDD ROADENTS
TERESA	DAVIES	F	F45	PARC BRYN BACH
DIANE	DAVIES	F	F45	UNATTACHED
IAN	DAVIES	M	M40	CAERLEON RUNNING CLUB
NEIL	DAVIES	M	M55	UNATTACHED
ASHLEY	DAVIS	M	MS	SOMER AC
JO	DAVISS	F	F45	CAERLEON RUNNING CLUB
RACHEL	DAWKES	F	FS	CAERPHILLY RUNNERS
MICHELE	DEAL	F	F50	PONTYPOOL AND DISTRICT RUNNERS
NATHAN	DEE	M	MS	PEGASUS RC
JOANNE	DENDLE	F	F45	PONTYPRIDD ROADENTS
NICK	DENNY	M	MS	PONTYPRIDD ROADENTS
CLIVE	DENTON	M	M45	RHONDDA VALLEY RUNNERS
ANDREW	DICKENS	M	M45	PONTYPOOL AND DISTRICT RUNNERS
CATHERINE	DICKENSON	F	F50	DRAGONS RUNNING CLUB
JOSH	DIXON	M	MS	UNATTACHED
STEPHANIE	DIXON	F	F35	UNATTACHED
SARAH	DODD	F	F40	UNATTACHED
DELIA	DOMACHOWSKI	F	F45	CORNELLY STRIDERS
STUART	DOMINY	M	M40	UNATTACHED
MICHAEL	DONNE	M	MS	UNATTACHED
SUSAN	DONOGHUE	F	F50	PONTYPRIDD ROADENTS
CLAIRE	DOUGLAS	F	F40	CAERLEON RUNNING CLUB
MARK	DOUGLAS	M	MS	RHONDDA VALLEY RUNNERS
JO	DOWDALL	F	F35	UNATTACHED
LUCY	DOWELL	F	FS	UNATTACHED
MALCOLM	DOWNES	M	M40	CAERPHILLY RUNNERS
ANDREW	DRISCOLL	M	MS	MERTHYR RUNNING CLUB
GLYN	DRUCKER	M	M45	CAERPHILLY RUNNERS
HELEN	DUFFIELD	F	F40	CHEPSTOW HARRIERS
VINCENT	DUFFIN	M	MS	SPIRIT OF MONMOUTH
CLAIRE	DUNBAR-BOWEN	F	F40	CWM OGWR RUNNING CLUB
MARC	DURKIN	M	MS	PENARTH AND DINAS RUNNERS
CERI	EAST	F	F40	MERTHYR RUNNING CLUB
VICTORIA	EBDON	F	F45	UNATTACHED
AMY	EDWARDS	F	F35	RHONDDA VALLEY RUNNERS
CARL	EDWARDS	M	M45	PONTYPRIDD ROADENTS
CATHERINE	EDWARDS	F	F50	GRIFFITHSTOWN HARRIERS
EMMA	EDWARDS	F	F35	ABERDARE VALLEY AAC
JANET	EDWARDS	F	F45	PONTYPRIDD ROADENTS
JEROME	EDWARDS	M	M40	LES CROUPIERS
MATTHEW	EDWARDS	M	MS	UNATTACHED

ALUN	EDWARDS	M	M45	UNATTACHED
JAMES	ELGAR	M	MS	MICKY MORRIS RACING TEAM
RICHARD	ELGAR	M	MS	LLISWERRY RUNNERS
LYNNE	ELLIS	F	F55	WOMEN RUNNING PENARTH
RACHEL	ELLIS	F	F35	UNATTACHED
MICHAEL	ELLISTON	M	M45	LES CROUPIERS
ZOE	ELVER	F	F45	PONTYPOOL AND DISTRICT RUNNERS
ROSS	ENGLAND	M	MS	UNATTACHED
LISA	ERICKSON	F	F35	PONTYPOOL AND DISTRICT RUNNERS
BRIAN	EVANS	M	M45	SPIRIT OF MONMOUTH
CARL	EVANS	M	MS	UNATTACHED
CLARA	EVANS	F	FS	PONTYPRIDD ROADENTS
JACK	EVANS	M	MS	PEGASUS RC
JONATHAN	EVANS	M	MS	UNATTACHED
JULIA	EVANS	F	F55	PEGASUS RC
LENA	EVANS	F	F45	GRIFFITHSTOWN HARRIERS
LYN	EVANS	M	M55	PENARTH AND DINAS RUNNERS
MATTHEW	EVANS	M	MS	ABERDARE VALLEY AAC
NEIL	EVANS	M	MS	LLISWERRY RUNNERS
ROBERT	EVANS	M	M50	EBBW VALE RUNNING CLUB
SAM	EVANS	M	MS	UNATTACHED
SARA	EVANS	F	F35	UNATTACHED
DONNA	EVANS	F	F35	RHONDDA VALLEY RUNNERS
BECKY	EVERSHAM	F	F35	UNATTACHED
JO	EVERSON	F	F40	UNATTACHED
STEPHEN	FARMER	M	M50	PENARTH AND DINAS RUNNERS
KINGA	FEKETE	F	F35	UNATTACHED
LUKE	FELTON	M	MS	SPIRIT OF MONMOUTH
LUCY	FINNEY	F	F35	CALDICOT RUNNING CLUB
ERIKA	FITZGIBBON	F	F60	WOMEN RUNNING PENARTH
JACK	FLEET	M	MS	FOREST OF DEAN AC
LEYTON	FLEET	M	M45	FOREST OF DEAN AC
SHARLA	FLEET	F	F40	FOREST OF DEAN AC
SHELL	FLYNN	F	FS	WHITE ROCK RUNNERS
BETHAN	FORD	F	FS	PONTYPRIDD ROADENTS
TANYA	FOREHEAD	F	F40	CALDICOT RUNNING CLUB
REBECCA	FOSTER	F	F40	UNATTACHED
RICHARD	FOSTER	M	MS	UNATTACHED
STEPHANIE	FOULKES	F	F40	UNATTACHED
BRIAN	FRANCIS	M	M55	FOREST OF DEAN AC
STEFANIE	FRANCIS	F	F50	FOREST OF DEAN AC
GEORGINA	FRASER	F	F45	CORNELLY STRIDERS
ROBERT	FREEMAN	M	M40	UNATTACHED
DEBBIE	GARNER	F	F40	SOSPAN ROAD RUNNERS
HELEN	GARON	F	F35	UNATTACHED
JASON	GARRAHAN	M	M45	CAERPHILLY RUNNERS
DANIEL	GEISLER	M	MS	UNATTACHED
SUE	GERSHENSON	F	F45	WHITE ROCK RUNNERS
NICOLA	GETHING	F	F45	PARC BRYN BACH
JOAN	GILBERT	F	F55	UNATTACHED
DEBBIE	GILL	F	F40	UNATTACHED
MAT	GILLIARD	M	MS	UNATTACHED
SALLY	GILSON	F	F40	SPIRIT OF MONMOUTH
JAMIEE	GITTINS	F	FS	UNATTACHED

KEITH	GITTINS	M	M55	CAERLEON RUNNING CLUB
BECCA	GLEDHILL	F	FS	PONTYPOOL AND DISTRICT RUNNERS
RON	GODFREY	M	M50	UNATTACHED
MICHELLE	GOOCH	F	F45	PONTYPOOL AND DISTRICT RUNNERS
DAVID	GOODALL	M	M60	WHITE ROCK RUNNERS
BEN	GOODING	M	MS	PEGASUS RC
DANIELA	GORMLEY	F	F45	GRIFFITHSTOWN HARRIERS
CHRISTOPHER	GOSLING	M	MS	PEGASUS RC
PAUL	GRAHAM	M	MS	PONTYPRIDD ROADENTS
SIMON	GRANT	M	MS	PENARTH AND DINAS RUNNERS
MATTHEW	GRANTHAM	M	MS	MICKY MORRIS RACING TEAM
ROBERT	GREEN	M	M50	UNATTACHED
JANE	GREENHORLER	F	FS	CHEPSTOW HARRIERS
LISA	GRIFFIN	F	F35	PONTYPOOL AND DISTRICT RUNNERS
RHYS	GRIFFITH	M	MS	HENDRE LAKE RUNNING CLUB
BRIDGETTE	GRIFFITHS	F	F50	PONTYPRIDD ROADENTS
BROOKE	GRIFFITHS	F	FS	UNATTACHED
CLARE	GRIFFITHS	F	F45	MERTHYR RUNNING CLUB
DANIEL	GRIFFITHS	M	MS	UNATTACHED
ELIZABETH	GRIFFITHS	F	F35	UNATTACHED
GARRY	GRIFFITHS	M	M40	RHONDDA VALLEY RUNNERS
GAVIN	GRIFFITHS	M	M40	BRO DYSYNNI AC
HUW	GRIFFITHS	M	MS	BRIDGEND AC
LEE	GRIFFITHS	M	MS	PARC BRYN BACH
RHIANNON	GRIFFITHS	F	FS	UNATTACHED
CHRISTIAN	GRIFFITHS	M	MS	UNATTACHED
JOLIE	GRIFFITHS	F	F45	PEGASUS RC
MARK	GRIFFITHS	M	M40	RHONDDA VALLEY RUNNERS
SARAH	GRONOW	F	F40	UNATTACHED
ABBY	GROVES	F	FS	PEGASUS RC
JENNA	GROVES	F	FS	PEGASUS RC
SALLY	GROVES	F	F50	PEGASUS RC
HEFIN	GRUFFYDD	M	M55	PONTYPRIDD ROADENTS
SUSIE	GURNER	F	FS	CAERPHILLY RUNNERS
JO	GWYNNE	F	F40	PONTYPRIDD ROADENTS
MIKE	GWYNNE	M	M45	PONTYPRIDD ROADENTS
STEFFAN	GWYNNE	M	MS	UNATTACHED
RICHARD	HADDOCK	M	MS	PONTYPRIDD ROADENTS
TRACY	HADDOCK	F	FS	UNATTACHED
JULIE	HAIGH	F	F55	CAERPHILLY RUNNERS
LYNZ	HAILE	F	FS	UNATTACHED
KEVIN	HALE	M	M40	BLAENAU GWENT
NICOLA	HALL	F	F40	UNATTACHED
TANIA	HALL	F	F45	CAERLEON RUNNING CLUB
NIGEL	HAMMERSLEY	M	MS	CAERPHILLY RUNNERS
JANEANN	HAMMOND	F	F45	UNATTACHED
LEE	HAMMOND	M	M40	FAIRWATER RUNNERS CWMBRAN
EDWIN	HANLY	M	M55	UNATTACHED
JEN DANGER	HARDING	F	FS	CHEPSTOW HARRIERS
GARETH	HARDMAN	M	M50	BRIDGEND AC
GINA	HARDMAN	M	M45	BRIDGEND AC
TONY	HARDY	M	M50	SPIRIT OF MONMOUTH
NICK	HARLIN	M	MS	UNATTACHED
ANDY	HARRIES	M	M55	UNATTACHED

JO	HARRIS	F	F35	UNATTACHED
LOUISE	HARRIS	F	F45	UNATTACHED
MICHAEL	HARRIS	M	M40	MICKY MORRIS RACING TEAM
NEIL	HARRIS	M	M40	CWM OGWR RUNNING CLUB
NICHOLAS	HARRIS	M	MS	CWM OGWR RUNNING CLUB
PAUL	HARRIS	M	M40	UNATTACHED
SHARON	HARRIS	F	F35	UNATTACHED
GAVIN	HARRY	M	MS	TROTS
HAYDN	HARTNELL	M	M50	ISLWYN RC
PAUL	HARVEY	M	MS	PONTYPOOL AND DISTRICT RUNNERS
RICHARD	HAZELL	M	MS	CAERPHILLY RUNNERS
RHYS	HEAL	M	MS	UNATTACHED
KATIE	HEALEY	F	FS	CDF RUNNERS
TOM	HENRY	M	MS	LLISWERRY RUNNERS
CHARLENE	HENSHALL	F	FS	CAERLEON RUNNING CLUB
JOANNE	HENSHALL	F	F40	CAERLEON RUNNING CLUB
SOPHIE	HENSHALL	F	FS	LLISWERRY RUNNERS
MATTHEW	HENSON	M	MS	UNATTACHED
ELEANOR	HETENYI	F	FS	UNATTACHED
PETER	HEWITT	M	MS	FOREST OF DEAN AC
ANNETTE	HEYLINGS	F	F60	DURSLEY RUNNING CLUB
ANDREW	HILL	M	M40	UNATTACHED
DAVID	HILL	M	MS	UNATTACHED
GARETH	HILL	M	M40	UNATTACHED
GERAINT	HILL	M	MS	UNATTACHED
LUCINDA	HILL	F	F40	UNATTACHED
MELANIE	HILL	F	F45	WHITE ROCK RUNNERS
SIMON	HILL	M	M50	UNATTACHED
LAURA	HIRE	F	FS	UNATTACHED
MARC	HOBBS	M	MS	UNATTACHED
VICTORIA	HOBBS	F	FS	LLISWERRY RUNNERS
LEANNE	HOCKEY	F	F35	WHITE ROCK RUNNERS
CLAIRE	HODGES	F	FS	UNATTACHED
ELIZABETH	HODGES	F	F50	UNATTACHED
PETER	HODGES	M	M55	UNATTACHED
LOUISE	HOGAN	F	F35	CORNELLY STRIDERS
LINSEY	HOLT	F	F35	UNATTACHED
ALISON	HOLTON	F	F45	PARC BRYN BACH
DAWN	HOPKINS	F	FS	UNATTACHED
ANDREW	HOW	M	MS	HENDRE LAKE RUNNING CLUB
DAWN	HOWARD	F	F40	UNATTACHED
SAM	HOWELL-JONES	M	MS	PONTYPRIDD ROADENTS
GARETH	HOWELLS	M	MS	CAERLEON RUNNING CLUB
GARY	HOWELLS	M	MS	LLANELLI TRI
SAMANTHA	HOWELLS	F	F40	CAERLEON RUNNING CLUB
KERRY	HOWELLS	F	F40	UNATTACHED
ANDREW	HOWELLS-SMITH	M	M45	UNATTACHED
DAVID	HOWLAND	M	MS	UNATTACHED
ANDREW	HUGHES	M	M45	UNATTACHED
CLARE	HUGHES	F	F40	BRIDGEND AC
DARREN	HUGHES	M	M40	CAERPHILLY RUNNERS
DAVID	HUGHES	M	MS	UNATTACHED
LLION	HUGHES	M	M40	UNATTACHED
RICHARD	HUGHES	M	MS	CAERLEON RUNNING CLUB

RICKEY	HUGHES	M	MS	FOREST OF DEAN AC
COLETTE	HUME	F	F40	UNATTACHED
HELENA	HUNT	F	F50	UNATTACHED
LOUISE	HUNT	F	F35	PENARTH AND DINAS RUNNERS
DAVID	HUNTER	M	MS	UNATTACHED
ALUN	HURLEY	M	M50	UNATTACHED
ANN	HURLEY	F	F40	RHONDDA VALLEY RUNNERS
LISA	HUTCHENS	F	F40	UNATTACHED
HAYLEY	JACKSON	F	F40	PARC BRYN BACH
KRAIG	JACKSON	M	MS	UNATTACHED
AMANDA	JAMES	F	F40	UNATTACHED
CATH	JAMES	F	F40	CAERPHILLY RUNNERS
EMMA	JAMES	F	F40	UNATTACHED
KAREN	JAMES	F	F40	GRIFFITHSTOWN HARRIERS
KEITH	JAMES	M	M40	UNATTACHED
LEE	JAMES	M	M45	SPIRIT OF MONMOUTH
LEIGH	JAMES	M	M55	UNATTACHED
RHIAN	JAMES	F	F35	UNATTACHED
TANIA	JAMES PRICE	F	F45	UNATTACHED
REBECCA	JANE	F	F35	UNATTACHED
MARK	JEFFREY O'DARE	M	M50	PONTYPRIDD ROADENTS
DAVID	JENKINS	M	M40	FOREST OF DEAN AC
JAMIE	JENKINS	M	MS	UNATTACHED
JEANETTE	JENKINS	F	F55	FAIRWATER RUNNERS CWMBRAN
LISA	JENKINS	F	F40	CWM OGWR RUNNING CLUB
MARTYN	JENKINS	M	M55	FAIRWATER RUNNERS CWMBRAN
STEPHEN	JENKINS	M	M40	BRIDGEND AC
KATH	JERVIS	F	F55	PARC BRYN BACH
ALUN	JOB	M	M40	UNATTACHED
CHRIS	JOHN	M	MS	PORT TALBOT HARRIERS
ROBERT	JOHN	M	M40	MICKY MORRIS RACING TEAM
ADAM	JOHNSON	M	MS	UNATTACHED
BEVERLEY	JOHNSON	F	F50	RHONDDA VALLEY RUNNERS
CARL	JOHNSON	M	M40	ISLWYN RC
COLLETTE	JOHNSON	F	FS	CAERPHILLY RUNNERS
EMILY	JOHNSON	F	FS	UNATTACHED
SIÇN	JOHNSON	F	FS	ISLWYN RC
DANIELLE	JOHNSON	F	FS	RHONDDA VALLEY RUNNERS
ALUN	JONES	M	M50	UNATTACHED
BLEDDYN	JONES	M	MS	UNATTACHED
BRIAN	JONES	M	M45	UNATTACHED
CHRISTOPHER	JONES	M	M45	3M GORSEINON ROAD RUNNERS
DAVID	JONES	M	M50	MERTHYR RUNNING CLUB
DEBBIE	JONES	F	F35	MERTHYR RUNNING CLUB
GARETH	JONES	M	M40	UNATTACHED
GAVIN	JONES	M	MS	UNATTACHED
GAVIN	JONES	M	MS	MONROSS TRAILBLAZERS
HUW	JONES	M	M45	UNATTACHED
JAYNE	JONES	F	F45	ISLWYN RC
KERI-LYN	JONES	F	F45	LLISWERRY RUNNERS
LAYTON	JONES	M	MS	UNATTACHED
LUCY	JONES	F	FS	PONTYPOOL AND DISTRICT RUNNERS
MARTIN	JONES	M	M40	ISLWYN RC
RACHEL	JONES	F	F40	UNATTACHED

ROSS	JONES	M	MS	EBBW VALE RUNNING CLUB
STEVEN	JONES	M	M40	UNATTACHED
ANGHARAD	JONES	F	F40	UNATTACHED
HELEN	JONES	F	F40	UNATTACHED
STACY	KALTER	F	FS	UNATTACHED
ANDREW	KAYE	M	M55	FOREST OF DEAN AC
SARAH	KELLAND	F	FS	PONTYPOOL AND DISTRICT RUNNERS
MICHAEL	KELLY	M	MS	UNATTACHED
DAVID	KEMBERY	M	M45	CWM OGWR RUNNING CLUB
JAYNE	KEMBERY	F	F40	CWM OGWR RUNNING CLUB
DAVID	KEMPTON	M	M55	UNATTACHED
JOANNE	KENDALL	F	F40	CWM OGWR RUNNING CLUB
SORCHA	KENNEDY	F	F40	UNATTACHED
IAN	KENT	M	MS	PARC BRYN BACH
BETH	KERSHAW-NAYLOR	F	FS	CAERLEON RUNNING CLUB
JAMES	KERSHAW-NAYLOR	M	MS	LLISWERRY RUNNERS
WILL	KERSHAW-NAYLOR	M	MS	UNATTACHED
MAAD	KHALIL	M	M55	PONTYPRIDD ROADENTS
SIAN	KHALIL	F	F50	PONTYPRIDD ROADENTS
EMMA	KING	F	F35	SPIRIT OF MONMOUTH
OWEN	KING	M	MS	SOUTHVILLE RC
RYAN	KING	M	M40	SOSPAN ROAD RUNNERS
IEUAN	KINGSTON	M	MS	PONTYPOOL AND DISTRICT RUNNERS
ELEANOR	KITE	F	FS	SPIRIT OF MONMOUTH
HANNAH	KNIGHT	F	FS	UNATTACHED
ANDREW	KNOTT	M	MS	FOREST OF DEAN AC
MANDY	KNOTT	F	F40	FOREST OF DEAN AC
AVE	KOTZE	F	FS	UNATTACHED
CLAIRE	KULISA	F	F35	CAERPHILLY RUNNERS
REBEKAH	LANE	F	F40	CHEPSTOW HARRIERS
GARETH	LAWRENCE	M	M40	UNATTACHED
SARAH	LEES	F	F45	PENARTH AND DINAS RUNNERS
CHARLOTTE	LEIGH	F	F35	CAERLEON RUNNING CLUB
ANTHONY	LEWIS	M	M45	PARC BRYN BACH
CAERWYN	LEWIS	M	M50	CWM OGWR RUNNING CLUB
CARL	LEWIS	M	MS	CAERPHILLY RUNNERS
JANE	LEWIS	F	F45	FAIRWATER RUNNERS CWMBRAN
JO	LEWIS	F	F40	UNATTACHED
LISA	LEWIS	F	FS	UNATTACHED
MICHAEL	LEWIS	M	M70	PARC BRYN BACH
NICOLA	LEWIS	F	F35	UNATTACHED
RACHEL	LEWIS	F	F40	PARC BRYN BACH
RHYS	LEWIS	M	M40	PARC BRYN BACH
RICHARD	LEWIS	M	M40	UNATTACHED
SIMON	LEWIS	M	M50	PARC BRYN BACH
SIMON A	LEWIS	M	M40	PARC BRYN BACH
RACHEL	LEWIS	F	FS	UNATTACHED
DAVID	LIMBRICK	M	M50	ISLWYN RC
CLAIRE	LINEHAM	F	FS	UNATTACHED
DARREN	LITTLE	M	M45	UNATTACHED
CATHERINE	LLEWELLYN	F	F50	MERTHYR RUNNING CLUB
SIAN	LLEWELLYN-GORING	F	F35	CWM OGWR RUNNING CLUB
RYLAND	LLOYD	M	M40	UNATTACHED
SARA	LLOYD	F	F35	PENALLTA RUNNERS

CLAIRE	LLOYD THOMAS	F	F40	UNATTACHED
TRACY	LORD	F	F45	FOREST OF DEAN AC
KATY	LUFF	F	F35	CALDICOT RUNNING CLUB
RICHARD	LUND	F	F40	UNATTACHED
ALEX	LYNE	M	MS	UNATTACHED
GRAHAM	MACK	M	M55	MERTHYR RUNNING CLUB
IAN	MACKENZIE	M	MS	UNATTACHED
IAN	MACRORY	M	M45	UNATTACHED
ELIZABETH	MAHONEY	F	F40	UNATTACHED
VICTORIA	MAIN	F	FS	UNATTACHED
RICHARD	MANN	M	MS	UNATTACHED
RUTH	MANSFIELD	F	FS	UNATTACHED
CLAIRE	MANSON	F	F35	CARDIFF TRIATHLETES
JAMES	MANSON	M	MS	CARDIFF TRIATHLETES
GEOFF	MARKEY	M	M45	CALDICOT RUNNING CLUB
MICHAEL	MARKS	M	M45	FOREST OF DEAN AC
JACKIE	MARTIN	F	F50	SOSPAN ROAD RUNNERS
DAVID	MARTIN-JEWELL	M	M40	UNATTACHED
EMMA	MARTIN-JEWELL	F	F35	UNATTACHED
PAUL	MASON	M	MS	GRIFFITHSTOWN HARRIERS
DAVID	MATHER	M	M50	SPIRIT OF MONMOUTH
STEPHEN	MATHERS	M	MS	PARC BRYN BACH
ANDY	MATTHEWS	M	M50	UNATTACHED
LESLEY	MATTHEWS	F	F50	RHONDDA VALLEY RUNNERS
LIZ	MAY	F	F35	PONTYPRIDD ROADENTS
STEPHEN	MAY	M	M45	PONTYPRIDD ROADENTS
BERNADETTE	MCCARTHY	F	F45	UNATTACHED
RICHARD	MCCARTHY	M	MS	UNATTACHED
TOM	MCCARTHY	M	MS	NEATH HARRIERS
BEN	MCCREADIE	M	MS	UNATTACHED
NIKI	MCGOWAN	M	MS	UNATTACHED
EMMA	MCRAE	F	FS	UNATTACHED
PHILLIP	MEARS	M	M45	WHITE ROCK RUNNERS
ALLAN	MEEK	M	M50	SPIRIT OF MONMOUTH
SOPHIE	MELIA	F	FS	UNATTACHED
SIMON	MELKSHAM	M	M40	UNATTACHED
PHIL	MEYLER	M	M60	PONTYPRIDD ROADENTS
DAWNE	MEYNELL-WESTERN	F	F35	RHONDDA VALLEY RUNNERS
PHILLIP	MILES	M	M65	PARC BRYN BACH
SIMON	MILES	M	M40	PONTYPRIDD ROADENTS
CATHERINE	MILTON-THOMPSON	F	FS	CDF RUNNERS
SALLI - ANNE	MILWARD - BRYANT	F	F45	FOREST OF DEAN AC
RYAN	MINARD	M	MS	ABERDARE VALLEY AAC
VLADIMIR	MIRONOV	M	MS	UNATTACHED
TIM	MONCKTON	M	MS	PENARTH AND DINAS RUNNERS
ANNE-MARIE	MONTOTO	F	F50	MERTHYR RUNNING CLUB
CHARLOTTE	MORAN	F	F35	CAERLEON RUNNING CLUB
AMBERLEY	MORGAN	F	F35	PONTYPOOL AND DISTRICT RUNNERS
AMY	MORGAN	F	F35	CAERPHILLY RUNNERS
CLAIRE	MORGAN	F	F55	FOREST OF DEAN AC
DANIEL	MORGAN	M	MS	BRIDGEND AC
KATE	MORGAN	F	F35	UNATTACHED
NICHOLAS	MORGAN	M	M45	UNATTACHED
RICKI	MORGAN	M	MS	CARDIFF TRIATHLETES

SARA	MORGAN	F	F35	PEGASUS RC
REBECCA	MORGAN	F	FS	ISLWYN RC
SCOTT	MORRIS	M	MS	UNATTACHED
PETER	MORTON	M	MS	BRISTOL & WEST AC
PAUL	MORTON	M	MS	PENARTH AND DINAS RUNNERS
SIAN	MOSELEY	F	F35	PENALLTA RUNNERS
MATTHEW	MULCAHY	M	M40	CAERLEON RUNNING CLUB
TIMOTHY	MURPHY	M	M55	FAIRWATER RUNNERS CWMBRAN
MATT	MURRAY	M	M40	CWM OGWR RUNNING CLUB
THERESA	MURRAY	F	F35	UNATTACHED
CRAIG	MUSKER	M	MS	UNATTACHED
ELIZABETH	NEVILLE	F	F35	UNATTACHED
GRACE	NEWBOULD	F	FS	WOMEN RUNNING PENARTH
DANIEL	NEWTON	M	M40	PONTYPOOL AND DISTRICT RUNNERS
CHRIS	NORMAN	M	MS	LLISWERRY RUNNERS
PADDY	NUGENT	M	M55	WYE VALLEY RUNNERS
CHRIS	O'BRIEN	M	M40	PONTYPOOL AND DISTRICT RUNNERS
DAVID	O'BRIEN	M	MS	WYE VALLEY RUNNERS
MATT	O'BRIEN	M	MS	UNATTACHED
VICTORIA	O'BRIEN	F	F40	UNATTACHED
KRISTIE	O'CONNELL	F	FS	PONTYPRIDD ROADENTS
KENNETH	OLIVER	M	M55	ISLWYN RC
WAYNE	OLIVER	M	M40	UNATTACHED
VAUGHAN	O'NEILL	M	MS	UNATTACHED
CLAIRE	ORFORD	F	F40	CAERLEON RUNNING CLUB
MICHELLE	OSMOND	F	F45	CAERLEON RUNNING CLUB
ANDY	OST	M	MS	CHEPSTOW HARRIERS
PAUL	OVERFIELD	M	M40	UNATTACHED
HOWARD	OWEN	M	MS	LES CROUPIERS
IAN	OWEN	M	MS	SAN DOMENICO
KATE	OWEN	F	F45	UNATTACHED
MICHELLE	OWEN	F	F35	UNATTACHED
TARA	PAISEY	F	FS	UNATTACHED
LAURA	PALFERY	F	F35	UNATTACHED
KATE	PALFREY	F	FS	FAIRWATER RUNNERS CWMBRAN
DAWN	PARFITT	F	F35	PONTYPOOL AND DISTRICT RUNNERS
IAN	PARFITT	M	M45	UNATTACHED
GETHIN	PARKER	M	M40	LES CROUPIERS
GWAWR	PARKER	F	FS	CAERLEON RUNNING CLUB
MALCOLM	PARKER	M	M70	ISLWYN RC
ANGELA	PARRY	F	F55	CWM OGWR RUNNING CLUB
STEPHEN	PASKELL	M	M40	UNATTACHED
GAVIN	PATTERSON	M	MS	PARC BRYN BACH
KAREN	PAYNE	F	F40	CAERLEON RUNNING CLUB
JOANNE	PEACOCK	F	F50	CAERLEON RUNNING CLUB
ANDREW	PEARCE	M	MS	GRIFFITHSTOWN HARRIERS
MELISSA	PEARCE	F	F45	BLAENAU GWENT
MICHAEL	PEART	M	MS	UNATTACHED
RICHARD	PEGLER	M	M40	FOREST OF DEAN AC
VANESSA	PEGLER	F	F45	FOREST OF DEAN AC
GARETH	PEMBRIDGE	M	MS	UNATTACHED
CHRIS	PENNY	M	M40	FOREST OF DEAN AC
LUKE	PERROTT	M	MS	UNATTACHED
CARRIE	PERRY	F	F35	UNATTACHED

RICHARD	PERRY	M	MS	CAERLEON RUNNING CLUB
SIMON	PETERSON	M	M45	FOREST OF DEAN AC
ANTONY	PHILLIPS	M	M50	BRIDGEND AC
DANIEL	PHILLIPS	M	MS	UNATTACHED
DAVID	PHILLIPS	M	M45	CAERPHILLY RUNNERS
HUW	PHILLIPS	M	M40	CARDIFF AAC
PAUL	PHILLIPS	M	MS	UNATTACHED
STEVEN	PHILLIPS	M	M40	ISLWYN RC
HANNAH	PHILLIPS	F	FS	UNATTACHED
ADRIEN	PILAT	M	MS	UNATTACHED
MIKE	PITTARD	M	M50	UNATTACHED
MATTHEW	PIZEY	M	M40	ISLWYN RC
MIKE	POBJOY	M	M45	UNATTACHED
JUSTIN	POCKNELL	M	M45	CAERLEON RUNNING CLUB
CARL	POCOCK	M	MS	UNATTACHED
SARAH	POPE	F	F50	WOMEN RUNNING PENARTH
JONATHAN	PORTELLI	M	MS	UNATTACHED
AMANDA	PORTLOCK-WHITE	F	F45	UNATTACHED
SHARON	POTTER	F	F35	UNATTACHED
LYNDSAY	POULSOM	F	FS	PONTYPOOL AND DISTRICT RUNNERS
CATHERINE	POWELL	F	F35	PONTYCLUN ROAD RUNNERS
GETHIN	POWELL	M	MS	WHITE ROCK RUNNERS
KRIS	POWELL	M	MS	BRIDGEND AC
RICHARD	POWLES	M	M40	FOREST OF DEAN AC
MIKE	PRASAD	M	M45	3M GORSEINON ROAD RUNNERS
CHRIS	PRATT	M	M45	CWM OGWR RUNNING CLUB
ELEANOR	PREECE	F	FS	WHITE ROCK RUNNERS
ANDREW	PRICE	M	MS	PONTYPOOL AND DISTRICT RUNNERS
ANGELA	PRICE	F	F40	ISLWYN RC
DARREN	PRICE	M	M40	ISLWYN RC
JENNY	PRICE	F	F35	PONTYPOOL AND DISTRICT RUNNERS
KATHRYN	PRICE	F	F45	PARC BRYN BACH
RYAN	PRICE	M	MS	SERIOUSLY MAD RUNNERS
TYRONE	PRICE	M	M45	UNATTACHED
HELEN	PRIEST	F	F40	UNATTACHED
NATHAN	PRIEST	M	MS	ISLWYN RC
GAZ	PRITCHARD	M	MS	UNATTACHED
SOLITAIRE	PRITCHARD	F	F40	UNATTACHED
GAIL	PRITCHARD	F	F45	CWM OGWR RUNNING CLUB
JASON	PRITCHARD	M	M40	CAERLEON RUNNING CLUB
VANESSA	PRITCHARD	F	F40	CAERLEON RUNNING CLUB
MARK	PROSSER	M	M40	FAIRWATER RUNNERS CWMBRAN
JOHN	PRYER	M	M50	WHITE ROCK RUNNERS
MATT	PRYOR	M	M40	LES CROUPIERS
SARAH	PRYOR	F	F40	PEGASUS RC
MIKHAEL	PUAR	M	MS	UNATTACHED
DIANA	PURNELL	F	F40	CWM OGWR RUNNING CLUB
ANDREW	RAMSEY	M	MS	CAERPHILLY RUNNERS
VICTORIA	RAMSEY	F	F35	CAERPHILLY RUNNERS
AMANDA	RAMSHAW	F	F40	CHEPSTOW HARRIERS
ANDREA	RANDALL	F	F45	CWM OGWR RUNNING CLUB
HEATHER	RANDALL	F	F35	UNATTACHED
JULIE	RANSOM	F	F40	CWM OGWR RUNNING CLUB
RICHARD	RAY	M	MS	BRECON TRIATHLON CLUB

JEMMA	REARDON	F	FS	UNATTACHED
DAVE	REED	M	M50	RHONDDA VALLEY RUNNERS
NATHAN	REEKS	M	MS	CALDICOT RUNNING CLUB
CATHERINE	REEN	F	F45	UNATTACHED
CHARLOTTE	REES	F	FS	GRIFFITHSTOWN HARRIERS
LAUREN	REES	F	FS	GRIFFITHSTOWN HARRIERS
MATTHEW	REES	M	MS	SWANSEA HARRIERS
NIGE	REES	M	M45	UNATTACHED
ZOE	REES	F	FS	CAERPHILLY RUNNERS
MICHAEL	REEVES	M	MS	CAERLEON RUNNING CLUB
REANNE	REFFELL	F	FS	LES CROUPIERS
BRETT	REGULSKI	M	M55	CHEPSTOW HARRIERS
IESTYN	RHODES	M	MS	PONTYPOOL AND DISTRICT RUNNERS
ANNE	RICE-JONES	F	F50	ISLWYN RC
LEE	RICHARDS	M	M45	ISLWYN RC
NICOLA	RICHARDS	F	F40	ISLWYN RC
SAMUEL	RICHARDS	M	MS	PONTYPRIDD ROADENTS
TEGID SION	RICHARDS	M	MS	UNATTACHED
MANDY	RICHARDS-WILLIAMS	F	F45	UNATTACHED
CAROLINE	RICKARDS	F	F35	FOREST OF DEAN AC
EMMA	ROBERTS	F	F35	CAERPHILLY RUNNERS
LEONIE	ROBERTS	F	F40	GRIFFITHSTOWN HARRIERS
PETER	ROBERTS	M	M45	UNATTACHED
SHANE	ROBERTS	M	M40	PARC BRYN BACH
CATHERINE	ROBERTS	F	F55	UNATTACHED
ALAN	ROBERTSON	M	M60	FOREST OF DEAN AC
MATT	ROBERTSON	M	MS	PENARTH AND DINAS RUNNERS
GEMMA	ROCHE-CLARKE	F	FS	BRIDGEND AC
PETER	RODGER	M	M60	CAERLEON RUNNING CLUB
RACHAEL	ROGERS	F	F40	UNATTACHED
SARAH	ROGERS	F	F40	UNATTACHED
STUART	ROPKE	M	M40	CARDIFF CITY FOOTBALL CLUB
GETHIN	ROSE	M	MS	UNATTACHED
KATIE	ROSS	F	F35	UNATTACHED
REBECCA	ROTHWELL	F	FS	LLISWERRY RUNNERS
MARK	ROWE	M	M50	UNATTACHED
DAVID	ROWLAND	M	M40	EBBW VALE RUNNING CLUB
MELINDA ANN	RUCK	F	F50	FOREST OF DEAN AC
JOHANNA	RUDGE	F	F35	UNATTACHED
BRONWYN	RUSSELL	F	FS	UNATTACHED
JASON	RUSSELL	M	MS	ISLWYN RC
JOHN	RUSSELL	M	M45	FOREST OF DEAN AC
KATE	RUSSELL	F	F35	LES CROUPIERS
NERYS	RUSSELL	F	FS	UNATTACHED
JOANNE	RYAN	F	F40	RHONDDA VALLEY RUNNERS
LOUISE	RYAN-SCALES	F	F40	UNATTACHED
DAN	SANDFORD	M	M40	FOREST OF DEAN AC
CHRIS	SEAL	M	MS	PENARTH AND DINAS RUNNERS
SALLY	SEIGNOT	F	F40	CAERLEON RUNNING CLUB
ANDREW	SHEPARD	M	M45	SOSPAN ROAD RUNNERS
CLARE	SHEPPHARD	F	F40	UNATTACHED
ELIZABETH	SIM	F	F40	CWM OGWR RUNNING CLUB
CHRISTOPHER	SIMONS	M	MS	3M GORSEINON ROAD RUNNERS
CLAIRE	SIMPSON	F	F40	UNATTACHED

EMMA	SKIDMORE	F	F35	UNATTACHED
RICH	SKYRME	M	M40	UNATTACHED
DAREN	SMITH	M	M50	FOREST OF DEAN AC
DAVE	SMITH	M	MS	UNATTACHED
JAMIE	SMITH	M	MS	CAERPHILLY RUNNERS
NICOLA	SMITH	F	F50	PONTYPOOL AND DISTRICT RUNNERS
RUTH	SMITH	F	F55	CAERLEON RUNNING CLUB
SHARON	SMITH	F	F45	PONTYPRIDD ROADENTS
ANDREW	SMITH	M	MS	PONTYPOOL AND DISTRICT RUNNERS
CHRISTINE	SMITH	F	F60	UNATTACHED
JULIE	SMITH	F	F45	MERTHYR RUNNING CLUB
TASH	SMITH	F	FS	RUN4ALL NEATH
LUKE	SPENCER	M	MS	DRAGONS RUNNING CLUB
PHILIP	SPITERI	M	M40	UNATTACHED
SUZANNE	SPITERI	F	F45	UNATTACHED
SAM	STANDERWICK	F	F40	PARC BRYN BACH
CHRIS	STANLAKE	M	MS	CWM OGWR RUNNING CLUB
ALUN	STEPHENS	M	M40	UNATTACHED
CATHERINE	STEPHENS	F	F40	BRIDGEND AC
SIAN	STEPHENS	F	F40	UNATTACHED
DARREN	STEVENS	M	M45	MERTHYR RUNNING CLUB
CHARLES	STEVENSON	M	MS	UNATTACHED
ELIZABETH	STOKES	F	F40	GRIFFITHSTOWN HARRIERS
JENNIFER	STONE	F	F50	UNATTACHED
LISA	STOREY	F	F45	ISLWYN RC
MICHAEL	STRANGE	M	M60	FOREST OF DEAN AC
VICKY	STROUD	F	F35	UNATTACHED
SHEONA	STUBBS	F	F40	UNATTACHED
ELLEN	SUGDEN	F	F40	PEGASUS RC
LOU	SUMMERS	F	F45	PONTYPOOL AND DISTRICT RUNNERS
STEPHEN	SUMMERS	M	M45	BRIDGEND AC
DAVID	SWEETMAN	M	M45	UNATTACHED
KATHRYN	SWEETMAN	F	F40	FETCH EVERYONE
BOBBIE JO	SWIFT	F	F40	PARC BRYN BACH
CERYS	SWIFT	F	F45	PARC BRYN BACH
DARREN	SWIFT	M	M50	UNATTACHED
ANDREW	SWINDELLS	M	M45	COBRA RC
HELEN	TAMBURELLO	F	FS	CAERPHILLY RUNNERS
CERI	TAPPER	M	M45	UNATTACHED
CHELSEA	TAYLOR	F	FS	ISLWYN RC
CLAIRE	TAYLOR	F	F40	CWM OGWR RUNNING CLUB
CLARE	TAYLOR	F	F40	COBRA RC
DOMINIC	TAYLOR	M	MS	CAERPHILLY RUNNERS
ALEX	THOMAS	F	FS	PARC BRYN BACH
ALEX	THOMAS	M	MS	UNATTACHED
ALICA	THOMAS	F	F40	CWM OGWR RUNNING CLUB
DEE	THOMAS	F	F45	UNATTACHED
EMMA	THOMAS	F	F35	ISLWYN RC
JACKIE	THOMAS	F	F55	SOLE SISTERS NORTH BRISTOL
JAMES	THOMAS	M	M50	UNATTACHED
JENNY	THOMAS	F	FS	UNATTACHED
MAXINE	THOMAS	F	F40	UNATTACHED
MELANIE	THOMAS	F	F40	RHONDDA VALLEY RUNNERS
RHODRI	THOMAS	M	MS	PEGASUS RC

SARAH	THOMAS	F	F35	UNATTACHED
SHAN	THOMAS	F	F45	SOSPAN ROAD RUNNERS
JAMES	THOMAS	M	MS	PARC BRYN BACH
MILES	THOMAS	M	M40	UNATTACHED
ROBERT	THOMAS	M	M40	UNATTACHED
IAN	THORNE	M	M45	PEGASUS RC
RACHEL	TILL	F	FS	WOMEN RUNNING PENARTH
CAREN	TODD	F	F35	UNATTACHED
EMMA	TRACEY	F	F35	CALDICOT RUNNING CLUB
JACK	TREMLETT	M	MS	TROTS
DAVID	TROUSE	M	M45	UNATTACHED
DARRAN	TUCKER	M	M45	UNATTACHED
JOHN	TUCKER	M	MS	UNATTACHED
SARAH	TUGWELL	F	F35	UNATTACHED
ALLY	TWIGG	F	FS	UNATTACHED
GEOFF	TWIGG	M	M60	UNATTACHED
CARL	URQUHART	M	M50	PONTYPOOL AND DISTRICT RUNNERS
JORDAN	URQUHART	M	MS	UNATTACHED
JULIE	URQUHART	F	F50	UNATTACHED
MORRIS	URQUHART	M	M40	CAERLEON RUNNING CLUB
EEF	VAN GESTEL	F	F40	FOREST OF DEAN AC
TERRY	VAUGHAN	M	M40	PARC BRYN BACH
KEITH	VERHEYDEN	M	M55	FETCH EVERYONE
EMMA	VERRIER	F	F40	UNATTACHED
JANE	VOYLE	F	F45	UNATTACHED
YANGI	VUNDAMINA	F	F40	CAERLEON RUNNING CLUB
DAMIAN	WAITE	M	M40	CALDICOT RUNNING CLUB
JADE	WAKLEY	F	FS	CAERLEON RUNNING CLUB
TOBY	WALES	M	M45	SPIRIT OF MONMOUTH
NATALIE	WALKER	F	F35	UNATTACHED
SIMON	WALKER	M	MS	UNATTACHED
CARL	WALSH	M	M45	RHONDDA VALLEY RUNNERS
JAYNE	WALTERS	F	F45	PONTYPOOL AND DISTRICT RUNNERS
BEVERLEY	WARBURTON	F	F50	PENARTH AND DINAS RUNNERS
ANNE	WARD	F	F45	UNATTACHED
STUART	WARD	M	MS	UNATTACHED
TIM	WASHBROOK	M	MS	UNATTACHED
DARREN	WATERS	M	M45	SAN DOMENICO
DAVID	WATERS	M	M40	ISLWYN RC
KERRY	WATHEN	F	F35	UNATTACHED
DIANE	WATKINS	F	FS	UNATTACHED
JOANNE	WATKINS	F	F40	BARRY AND VALE HARRIERS
LEIGHTON	WEBB	M	MS	MICKY MORRIS RACING TEAM
LIBBY	WEBB	F	FS	PEGASUS RC
GARY	WEBBER	M	M45	RHONDDA VALLEY RUNNERS
DAFFYDD	WEETMAN	M	M40	ISLWYN RC
PHIL	WELCH	M	MS	BRIDGEND AC
EMILY	WELSH	F	F35	ISLWYN RC
SARAH	WEST	F	FS	UNATTACHED
PHILLIP	WHALEY	M	M45	UNATTACHED
GARY	WHARMBY	M	M50	PEGASUS RC
TERESA	WHATTY	F	F35	UNATTACHED
DAVID	WHEELER	M	MS	CHEPSTOW HARRIERS
TIM	WHITCHER	M	MS	UNATTACHED

RHIAN	WHITE	F	FS	PARC BRYN BACH
RHIANNON	WHITELEY	F	FS	CWM OGWR RUNNING CLUB
ROYSTON	WHITNEY	M	MS	UNATTACHED
SAM	WILDEN	M	MS	UNATTACHED
RICHARD	WILDER	M	M40	SAN DOMENICO
SALLY	WILDER	F	F35	SAN DOMENICO
KAYLEIGH	WILDING	F	FS	UNATTACHED
ANTHONY	WILDY	M	M70	UNATTACHED
ELAINE	WILDY	F	F60	UNATTACHED
SARA	WILKINSON	F	FS	PARC BRYN BACH
ANDREW	WILLIAMS	M	MS	UNATTACHED
CHRISTINA	WILLIAMS	F	F40	UNATTACHED
CYRIL	WILLIAMS	M	M60	PARC BRYN BACH
DAVID	WILLIAMS	M	M55	UNATTACHED
ELEN	WILLIAMS	F	FS	UNATTACHED
EMMA	WILLIAMS	F	F35	UNATTACHED
GLENN	WILLIAMS	M	M40	UNATTACHED
HELEN	WILLIAMS	F	F35	ISLWYN RC
IAN	WILLIAMS	M	MS	ISLWYN RC
LISA	WILLIAMS	F	F40	3M GORSEINON ROAD RUNNERS
LISA	WILLIAMS	F	F40	UNATTACHED
LLOYD	WILLIAMS	M	M40	UNATTACHED
MARC	WILLIAMS	M	MS	UNATTACHED
NATALIE	WILLIAMS	F	F35	MERTHYR RUNNING CLUB
NATHAN	WILLIAMS	M	MS	ABERDARE VALLEY AAC
OWAIN	WILLIAMS	M	MS	UNATTACHED
PHILIP	WILLIAMS	M	M40	PONTYPRIDD ROADENTS
RICHARD	WILLIAMS	M	M45	UNATTACHED
SARA	WILLIAMS	F	F40	CAERPHILLY RUNNERS
SARAH	WILLIAMS	F	FS	UNATTACHED
SIMON	WILLIAMS	M	M45	CAERPHILLY RUNNERS
STEPHEN	WILLIAMS	M	M55	PARC BRYN BACH
HUW	WILLIAMS	M	MS	RHONDDA VALLEY RUNNERS
JANET	WILLIAMS	F	F55	DRAGONS RUNNING CLUB
HELEN	WILLIAMS T36	F	F40	LES CROUPIERS
ANDREW	WILLIAMSON	M	M40	PEGASUS RC
COLIN	WILMOTT	M	M55	GRIFFITHSTOWN HARRIERS
JOHN	WILTSHIRE	M	MS	UNATTACHED
JOHN	WINDEMER	M	M65	TAVISTOCK AC
REBECCA	WINDEMER	F	FS	SAN DOMENICO
KAREN	WINGFIELD	F	F40	UNATTACHED
ROBERT	WITHERALL	M	MS	GRIFFITHSTOWN HARRIERS
JOANNE	WOOD	F	F50	UNATTACHED
MATT	WOOD	M	M45	SPIRIT OF MONMOUTH
STEPHEN	WOOD	M	M40	PEGASUS RC
SUE	WOODRUFF	F	F55	CAERLEON RUNNING CLUB
MICHAEL	WOODS	M	MS	UNATTACHED
BRIDGET	WOODWARD	F	F45	BRECON ATHLETIC CLUB
EMMA	WOOKEY	F	FS	LLISWERRY RUNNERS
EMMA	WOOTEN	F	FS	UNATTACHED
ANDREW	WORTON	M	MS	UNATTACHED
ALUN	WYLDE	M	M40	CWM OGWR RUNNING CLUB
ALED	WYNNE	M	MS	UNATTACHED
NICK	YOUNG	M	MS	UNATTACHED