

Bib No	First Name	Last Name	Club	Category	Gender	Finish-Gun Time
519	Phillip	Matthews	Swansea Harriers AC	MS	M	00:40:21.25
220	Matthew	Edmonds	Micky Morris Racing Team	MS	M	00:42:25.15
403	Richard	Jackson-Hookins	Les croupiers	MS	M	00:43:15.85
844	Luke	Williams	San Domenico RC	MS	M	00:43:18.70
290	Paul	Graham	Pontypridd Roadents AC	MS	M	00:43:31.25
400	Tim	Iveson	Builth and district	MS	M	00:43:32.55
59	Darren	Bishop	Pontypridd Roadents AC	MS	M	00:43:33.85
432	Charlie	Jones	Cheltenham and County Harriers	MS	M	00:43:46.35
105	Ben	Butler-Madden	Penarth and Dinas Runners	MS	M	00:43:53.95
245	Matthew	Evans	Aberdare VAAC	MS	M	00:44:43.70
51	Marcus	Bennetto	Forest of Dean AC	MS	M	00:44:46.90
337	Billy	Hayton	Pontypridd Roadents AC	MS	M	00:45:06.40
417	Mark	Jennings	Micky Morris Racing Team	M40	M	00:45:14.00
393	Matthew	Hurford	Les croupiers	M45	M	00:45:19.35
803	Danny	Warren	BADGERS	MS	M	00:45:33.60
566	Doug	Nicholls	Les croupiers	MS	M	00:45:38.85
860	Martyn	Winser	Chepstow Harriers	MS	M	00:45:41.55
37	Stephen	Bartlett	Pontypridd Roadents AC	M50	M	00:45:51.85
86	Jake	Brooke-Smith	Pontypridd Roadents AC	MS	M	00:45:54.35
568	Martin	Norton	Lliswerry Runners	MS	M	00:46:06.05
433	David	Jones	Carmarthen Harriers	MS	M	00:46:11.80
237	Clara	Evans	Cardiff AAC	WS	F	00:46:22.35
807	Leighton	Webb	Micky Morris Racing Team	MS	M	00:46:49.35
246	Neil	Evans	Lliswerry Runners	MS	M	00:47:07.40
653	Andy	Raynor	Forest of Dean AC	MS	M	00:47:24.30
769	Miles	Thomas	Lliswerry Runners	MS	M	00:47:40.00
534	Mark	Mogford	Micky Morris Racing Team	MS	M	00:47:47.55
45	Jon	Belcher	Lliswerry Runners	M40	M	00:48:01.10
722	Luke	Spencer	Aberdare VAAC	MS	M	00:48:11.15
647	Matt	Pryor	Les croupiers	M40	M	00:48:13.45
584	Chris	Oxley	San Domenico RC	MS	M	00:48:16.25
815	Dan	Whaites	Lliswerry Runners	MS	M	00:48:29.75
821	Richard	Wilder	San Domenico RC	M40	M	00:48:38.65
133	Aaron	Chetwynd	BADGERS	MS	M	00:48:43.50
224	Gethin	Edwards	Pontyclun Road Runners	M40	M	00:48:46.00
554	Peter	Morton	Bristol and West AC	MS	M	00:48:47.65
447	Ross	Jones	Ebbw Vale RC	MS	M	00:48:48.80
620	Rhys	Pippard	Unattached	M45	M	00:48:52.10
766	Ross	Thomas	Caldicot Running Club	MS	M	00:48:57.20

714	Ieuan	Smith	Lliswerry Runners	MS	M	00:48:59.55
122	Neil	Catchlove	Lordshill Road Runners	M40	M	00:49:00.40
461	Lee	Kibble	Forest of Dean AC	MS	M	00:49:02.00
464	Gareth	Knight	Newport Harriers	MS	M	00:49:03.85
501	Richard	Lund	Caldicot Running Club	M40	M	00:49:06.20
622	Laurence	Pole	Pontypridd Roadents AC	M40	M	00:49:19.05
419	Christopher	Jeynes	Brackla Harriers	M40	M	00:49:24.40
552	David	Mort	Cardiff Triathlon Club	MS	M	00:49:25.20
599	Gavin	Patterson	Parc Bryn Bach Running Club	MS	M	00:49:28.70
67	Julian	Boon	Forest of Dean AC	M45	M	00:49:30.90
117	Jonathan	Carter	Chepstow Harriers	M45	M	00:49:36.60
156	Lauren	Cooper	Parc Bryn Bach Running Club	WS	F	00:49:41.55
142	Rob	Clarke	Caldicot Running Club	M40	M	00:49:45.60
845	Marc	Williams	Cr@p Tri	MS	M	00:49:46.80
138	Nathan	Christoforato	Penarth and Dinas Runners	MS	M	00:50:08.05
604	James	Pearce	Lliswerry Runners	M40	M	00:50:15.05
136	Sandra	Chipper	Lliswerry Runners	W45	F	00:50:27.40
436	Gareth	Jones	Pontypridd Roadents AC	MS	M	00:50:41.80
467	Johnny	Lam	San Domenico RC	M45	M	00:50:44.50
326	Michael	Harris	Caerleon RC	M40	M	00:50:49.30
516	Allan	Matthews	Spirit of Monmouth	M50	M	00:50:55.25
329	Haydn	Hartnell	Islwyn RC	M55	M	00:50:57.15
91	James	Bruce	Les croupiers	M40	M	00:50:57.35
29	Anthony	Bannon	San Domenico RC	MS	M	00:51:10.10
424	Gwyn	Johnson	Pontypridd Roadents AC	MS	M	00:51:16.85
207	Kate	Drew	Taunton AC	WS	F	00:51:25.30
333	Mickey	Havard	San Domenico RC	M50	M	00:51:33.55
429	Bleddyn	Jones	Islwyn RC	M40	M	00:51:40.80
485	Harry	Lewis	Cardiff Triathlon Club	MS	M	00:51:41.05
96	Mark	Burbidge	Unattached	MS	M	00:51:43.70
863	Emma	Wookey	Lliswerry Runners	WS	F	00:51:53.85
488	Ian	Liddiatt	Cardiff Triathlon Club	M45	M	00:52:08.10
191	Rob	Davies	Lliswerry Runners	M45	M	00:52:10.30
448	Roxanne	Jones	HEREFORD COURIERS	WS	F	00:52:19.00
761	Gareth	Thomas	Cardiff Triathlon Club	MS	M	00:52:19.95
665	Oliver	Rennison	Forest of Dean AC	MS	M	00:52:25.50
475	Gareth	Lawrence	Unattached	M40	M	00:52:30.90
226	Jo	Edwards	Unattached	W35	F	00:52:32.45
601	Andrew	Pearce	Griffithstown Harriers	MS	M	00:52:35.45
19	Dale	Appleby	Unattached	MS	M	00:52:36.55
797	Carl	Walsh	Rhondda Valley Runners	M45	M	00:52:40.15
295	Darren	Griffiths	Unattached	MS	M	00:52:42.75
178	Ian	Davies	Caerleon RC	M45	M	00:52:45.65
556	Matthew	Mulcahy	Caerleon RC	M45	M	00:52:47.90
762	James	Thomas	Parc Bryn Bach Running Club	MS	M	00:52:50.35
628	Kris	Powell	Bridgend AC	MS	M	00:52:54.00
381	Dickie	Hudd	Chepstow Harriers	M45	M	00:52:55.20
510	Richie	Mann	San Domenico RC	MS	M	00:52:56.60
553	Paul	Morton	Penarth and Dinas Runners	MS	M	00:52:59.05
209	Tom	Duck	Unattached	MS	M	00:53:03.90

712	Elizabeth	Smith	Westbury Harriers	WS	F	00:53:07.85
780	Matt	Turner	Unattached	M45	M	00:53:08.95
729	Darren	Stevens	Merthyr Running Club	M45	M	00:53:09.50
163	Darragh	Crofts	Pegasus RC	MS	M	00:53:18.90
212	Nettie	Dumayne	Lliswerry Runners	WS	F	00:53:22.00
817	David	Wheeler	Chepstow Harriers	MS	M	00:53:30.00
274	Tim	Fry	Cardiff AAC	M40	M	00:53:30.25
784	Carl	Urquhart	Pontypool and District Runners	M50	M	00:53:46.25
697	Martin	Scrivens	Monross Trailblazers	MS	M	00:53:47.45
21	Jonathon	Astley	Parc Bryn Bach Running Club	MS	M	00:53:49.10
108	Allen	Cameron	Peanut butter nutter	MS	M	00:53:49.75
218	Stuart	Edgar	Cardiff Triathlon Club	MS	M	00:53:51.70
699	John	Seaward	San Domenico RC	MS	M	00:53:57.60
624	Alex	Porazinski	Unattached	M40	M	00:53:58.20
524	James	Mcloughlin	Unattached	M45	M	00:54:00.00
532	Ryan	Minard	Aberdare VAAC	MS	M	00:54:09.95
685	Rebecca	Rothwell	Lliswerry Runners	W35	F	00:54:11.40
518	Emma	Matthews	Builth and district	WS	F	00:54:26.90
149	Nicky	Collin	Lliswerry Runners	WS	F	00:54:34.40
822	Sally	Wilder	San Domenico RC	W35	F	00:54:39.40
306	Andrew	Gunter	Parc Bryn Bach Running Club	MS	M	00:54:44.25
529	Bryan	Meredith	Rhondda Valley Runners	M50	M	00:54:49.60
523	Philip	Mckechnie	Cardiff Triathlon Club	MS	M	00:55:03.35
640	Jason	Pritchard	Caerleon RC	M40	M	00:55:03.50
121	Damian	Caswelll	Parc Bryn Bach Running Club	M40	M	00:55:04.90
365	Nick	Holliday	Cirencester AC	M60	M	00:55:05.55
284	Keith	Gittins	Caerleon RC	M55	M	00:55:07.85
540	Anna	Moon	San Domenico RC	WS	F	00:55:11.25
396	Phil	Hyatt	Caerleon RC	M55	M	00:55:16.00
572	Chris	O Brien	Pontypool and District Runners	M40	M	00:55:20.85
558	Jim	Murray	Pontypridd Roadents AC	M45	M	00:55:23.95
580	Andy	Ost	Chepstow Harriers	M40	M	00:55:31.05
495	Daniel	Lloyd	CDF Runners	M40	M	00:55:42.85
97	Hugh	Burchard	Bitton Road Runners	M55	M	00:55:52.20
739	Lou	Summers	Pontypool and District Runners	W50	F	00:56:01.20
179	Ian	Davies	Parc Bryn Bach Running Club	MS	M	00:56:05.25
314	Lee	Hammond	Fairwater Runners Cwmbran	M45	M	00:56:09.15
402	Samuel	Jackson	Parc Bryn Bach Running Club	MS	M	00:56:12.10
835	Hannah	Williams	Parc Bryn Bach Running Club	WS	F	00:56:13.50
704	Justin	Showell	March AC	M45	M	00:56:16.85
228	Mathew	Edwards	Unattached	MS	M	00:56:21.70
71	Phil	Booth	Boothmeister	M50	M	00:56:24.15
437	Geraint	Jones	Cr@p Tri	M40	M	00:56:24.25
229	Paul	Edwards	Unattached	M45	M	00:56:30.80
657	Nathan	Reeks	Caldicot Running Club	MS	M	00:56:43.15
251	Ryan	Evans	Rhondda Valley Runners	M45	M	00:56:49.05
596	Stephen	Paskell	Pontyclun Road Runners	M40	M	00:56:51.05
408	Nigel	James	Unattached	M50	M	00:56:59.90
355	Simon	Hill	White Rock Runners	M50	M	00:57:02.75
208	Andrew	Driscoll	Aberdare VAAC	MS	M	00:57:04.45

223	Emma	Edwards	Caerphilly Runners	W35	F	00:57:07.10
383	Darren	Hughes	Caerphilly Runners	M40	M	00:57:09.15
494	Peter	Llewellyn	Unattached	MS	M	00:57:11.50
269	Cherry	Fowler	Forest of Dean AC	W45	F	00:57:16.55
618	Steven	Phillips	Islwyn RC	M40	M	00:57:19.30
82	Nathan	Briant	Unattached	MS	M	00:57:21.40
833	Gareth	Williams	Parc Bryn Bach Running Club	M55	M	00:57:22.20
376	Gareth	Howells	Caerleon RC	MS	M	00:57:28.10
551	Tim	Morris	Monmouth Tri Club	M50	M	00:57:35.65
615	Matthew	Phillips	Caerphilly Runners	MS	M	00:57:36.90
662	Sian	Rees	Caerphilly Runners	W35	F	00:57:36.90
168	Callum	Curtis	Run4All Neath	MS	M	00:57:37.80
458	James	Kent	Unattached	MS	M	00:57:37.85
793	Jade	Wakley	Caerleon RC	WS	F	00:57:37.90
307	Henry	Hackford	Unattached	MS	M	00:57:39.50
42	Mark	Beard	Pontypool and District Runners	M50	M	00:57:40.70
143	Lisa	Cleary	Penarth and Dinas Runners	W50	F	00:57:42.60
427	Andrew	Jones	Penarth and Dinas Runners	MS	M	00:57:44.30
294	Clare	Griffiths	Merthyr Running Club	W45	F	00:57:46.10
681	Peter	Rodger	Caerleon RC	M60	M	00:57:46.15
765	Rhodri	Thomas	Pegasus RC	MS	M	00:57:46.35
631	Steve	Preddy	Les croupiers	M45	M	00:57:46.90
101	Richard	Bushell	Cardiff Triathlon Club	MS	M	00:57:47.45
110	Ruth	Cann	Penarth and Dinas Runners	W35	F	00:57:48.10
210	Helen	Duffield	Chepstow Harriers	W45	F	00:57:48.25
684	Gethin	Rose	Unattached	M45	M	00:57:53.55
609	Gavin	Petrelli	Unattached	MS	M	00:57:54.95
73	Simon	Bowen	Unattached	MS	M	00:57:55.40
321	Gina	Hardman	Bridgend AC	W45	F	00:57:55.45
806	David	Webb	Unattached	MS	M	00:57:57.75
506	Tony	Mackay	Pegasus RC	M50	M	00:57:57.90
478	Craig	Lehaj	Islwyn RC	MS	M	00:57:58.45
57	Neil	Beynon	Parc Bryn Bach Running Club	M45	M	00:58:00.20
626	Catherine	Powell	Pontyclun Road Runners	W35	F	00:58:00.90
128	Angela	Champion	Les croupiers	W40	F	00:58:03.60
709	Andrew	Smith	Pontypool and District Runners	MS	M	00:58:12.00
438	Gwyn	Jones	Les croupiers	M50	M	00:58:13.35
728	Richard	Steele	CDF Runners	MS	M	00:58:13.60
792	Damian	Waite	Caldicot Running Club	M40	M	00:58:16.30
102	Stuart	Buswell	Caerphilly Runners	M50	M	00:58:17.15
330	Paul	Harvey	Pontypool and District Runners	MS	M	00:58:25.20
804	Tim	Washbrook	Unattached	MS	M	00:58:28.40
187	Neil	Davies	Unattached	M60	M	00:58:35.85
344	Iestyn	Henson	Pontypridd Roadents AC	M50	M	00:58:42.35
331	Jonathon	Hatfield	Caerphilly Runners	M45	M	00:58:48.55
183	Laura	Davies	Lliswerry Runners	WS	F	00:58:49.95
468	Kit	Lambert	Penarth and Dinas Runners	MS	M	00:58:50.50
808	Nick	Webb	Parc Bryn Bach Running Club	M45	M	00:58:50.80
77	Malcolm	Bradley	Penarth and Dinas Runners	M65	M	00:58:54.00
221	Amy	Edwards	Rhondda Valley Runners	W35	F	00:58:56.35

470	Stephen	Lapham	Unattached	M45	M	00:58:58.45
262	Lubica	Ford	Pontypool and District Runners	WS	F	00:58:58.85
801	Stuart	Ward	Caerphilly Runners	MS	M	00:59:19.15
38	Joel	Barwick	Unattached	MS	M	00:59:20.45
671	Steven	Richards	Forest of Dean AC	M45	M	00:59:20.55
837	Ian	Williams	Islwyn RC	M40	M	00:59:21.50
273	James	Frost	Unattached	M40	M	00:59:24.30
64	Nigel	Bleach	Seriously Mad Runners	M45	M	00:59:32.30
794	Toby	Wales	Spirit of Monmouth	M45	M	00:59:35.05
836	Hywel	Williams	Caerphilly Runners	MS	M	00:59:36.05
194	Lewis	Davies-Percy	Islwyn RC	MS	M	00:59:36.90
99	Steve	Burrell	Pontyclun Road Runners	M50	M	00:59:38.90
500	Katy	Luff	Caldicot Running Club	W35	F	00:59:41.65
605	Nick	Penn	Unattached	M40	M	00:59:41.85
691	Kath	Sage	Caldicot Running Club	W40	F	00:59:41.85
579	Nick	Osman	Parc Bryn Bach Running Club	M45	M	00:59:48.20
857	Christopher	Wilson	Caldicot Running Club	M45	M	00:59:50.40
159	Caroline	Cotterell	Cirencester AC	W45	F	00:59:52.70
327	Paul	Harris	Roberttown Road Runners	M40	M	00:59:57.45
610	Daniel	Phillips	Unattached	MS	M	00:59:59.65
805	Matthew	Watkins	Porthcawl Runners	MS	M	01:00:01.55
195	Matthew	Dawe		MS	M	01:00:01.60
449	Ryan	Jones	Caerleon RC	MS	M	01:00:04.00
717	Nicola	Smith	Pontypool and District Runners	W50	F	01:00:04.65
513	Jenny	Martin	Les croupiers	W35	F	01:00:05.95
456	David	Kembery	Ogmore Phoenix Runners	M45	M	01:00:09.50
537	Sam	Monday	Caldicot Running Club	MS	M	01:00:21.50
27	Shane	Baker	Pontypool and District Runners	MS	M	01:00:22.75
463	Darren	Kippest	Parc Bryn Bach Running Club	M45	M	01:00:23.60
144	Nicholas	Clifton	Unattached	MS	M	01:00:25.25
759	Elliott	Thomas	Seriously Mad Runners	M45	M	01:00:25.75
25	Mark	Baker	Unattached	M45	M	01:00:26.45
480	Anthony	Lewis	Parc Bryn Bach Running Club	M50	M	01:00:26.85
810	Gary	Webber	Rhondda Valley Runners	M50	M	01:00:28.40
391	Louise	Hunt	Penarth and Dinas Runners	W35	F	01:00:36.35
90	Edward	Brown	White Rock Runners	M40	M	01:00:38.90
689	Joanne	Ryan	Rhondda Valley Runners	W40	F	01:00:40.80
587	Chris	Panes	Roberttown Road Runners	M50	M	01:00:45.40
398	Sajid	Iqbal	Unattached	MS	M	01:00:50.10
698	Christopher	Seal	Penarth and Dinas Runners	MS	M	01:00:52.20
115	Graham	Carrick	Pegasus RC	M50	M	01:00:53.40
157	Ben	Cottam	Caerphilly Runners	M40	M	01:00:53.90
243	Mark	Evans	Brackla Harriers	M50	M	01:00:54.30
775	Emma	Tracey	Caldicot Running Club	W35	F	01:00:57.40
76	Kevin	Bradfield	Parc Bryn Bach Running Club	M50	M	01:00:58.75
705	Tosh	Simpkin	Unattached	M45	M	01:00:59.40
18	Bethan	Apglyn	Penarth and Dinas Runners	WS	F	01:01:00.15
694	David	Sansom	Pontyclun Road Runners	M40	M	01:01:02.15
645	Carson	Pryce	Cardiff Triathlon Club	MS	M	01:01:05.15
708	Amy	Smith	HEREFORD COURIERS	WS	F	01:01:09.35

603	Melissa	Pearce	Parc Bryn Bach Running Club	W45	F	01:01:10.35
79	Mark	Breese	Unattached	M45	M	01:01:10.70
696	Julie	Scholey	Les croupiers	W55	F	01:01:14.30
413	Jeanette	Jenkins	Fairwater Runners Cwmbran	W55	F	01:01:18.80
44	Steven	Bedford	Les croupiers	M45	M	01:01:19.65
412	Jamie	Jenkins	Unattached	MS	M	01:01:22.45
502	Alex	Lyne	Unattached	MS	M	01:01:24.05
199	Andrew	Dickens	Pontypool and District Runners	M45	M	01:01:30.00
63	Martin	Blakebrough	Spirit of Monmouth	M55	M	01:01:36.05
39	Mark	Batten	Chepstow Harriers	M45	M	01:01:39.35
147	Keith	Coleman	Ogmore Phoenix Runners	M45	M	01:01:40.80
88	Kris	Broome	Unattached	MS	M	01:01:42.50
185	Michael H	Davies	Les croupiers	M65	M	01:01:45.30
732	Carl	Stockden	Roberttown Road Runners	M45	M	01:01:47.95
320	Edwin	Hanly	Unattached	M55	M	01:01:49.35
574	Catherine	Olivant	Brecon AC	W40	F	01:01:51.10
546	Nick	Morgan	Unattached	M45	M	01:01:51.85
211	Nick	Dukes	Les croupiers	M40	M	01:01:53.05
527	Phillip	Mears	White Rock Runners	M50	M	01:01:53.65
189	Owain	Davies	CDF Runners	MS	M	01:02:00.60
686	Mark	Rowe	Unattached	M55	M	01:02:01.90
234	Antony	Evans	Caerleon RC	MS	M	01:02:04.30
180	Joshua	Davies	Penarth and Dinas Runners	MS	M	01:02:05.60
497	Stephen	Locke	Newport Harriers	M45	M	01:02:10.30
272	Roger	Freeman	Parc Bryn Bach Running Club	MS	M	01:02:12.60
297	Kyle	Griffiths	Aberdare Athletics	M45	M	01:02:14.80
238	Jack	Evans	Pegasus RC	MS	M	01:02:16.90
242	Katie	Evans	Unattached	WS	F	01:02:17.60
150	Dennis	Collins	Rhondda Valley Runners	M50	M	01:02:19.60
349	Stuart	Hignell	Major Milers Running Club	M45	M	01:02:22.00
455	Michael	Kelly	Islwyn RC	MS	M	01:02:26.55
743	Cerys	Swift	Parc Bryn Bach Running Club	WS	F	01:02:26.75
472	Dawn	Lau	Unattached	W40	F	01:02:27.35
703	Ross	Shepherd		M40	M	01:02:30.90
176	Gareth	Davies	Penarth and Dinas Runners	M40	M	01:02:32.05
670	Liz	Richards	Caerleon RC	W50	F	01:02:33.45
313	David	Hammond	Unattached	M50	M	01:02:34.80
643	Michael	Probert	Pontypool and District Runners	M50	M	01:02:42.00
752	Lowenna	Taylor	Caerleon RC	WS	F	01:02:43.25
120	Peter	Carwardine	HEREFORD COURIERS	M60	M	01:02:49.30
263	Richard	Ford	Caldicot Running Club	M45	M	01:02:51.85
119	Kim	Carwardine	Chepstow Harriers	W35	F	01:02:53.40
277	Paul	Galea	Roberttown Road Runners	M50	M	01:02:54.55
666	Andrew	Reynolds	Pontypridd Roadents AC	M40	M	01:02:54.70
734	Elizabeth	Stokes	Griffithstown Harriers	W45	F	01:02:55.90
813	Lesley	Westgate	Taunton AC	W60	F	01:03:05.20
65	Mark	Bloomfield	Pegasus RC	M45	M	01:03:05.30
644	Mark	Prosser	Fairwater Runners Cwmbran	M45	M	01:03:07.35
814	Richard	Westgate	Taunton AC	M60	M	01:03:13.35
113	Chris	Carey	Pontypool and District Runners	M50	M	01:03:14.40

646	Sarah	Pryor	Pegasus RC	W40	F	01:03:20.55
58	Rob	Bickel	Caerleon RC	M40	M	01:03:27.10
232	Rachel	Ellis	Unattached	W35	F	01:03:37.65
738	Ellen	Sugden	Pegasus RC	W40	F	01:03:42.55
570	Ellen	Oakley	Newport pip	WS	F	01:03:46.00
664	Zoe	Rees	Caerphilly Runners	WS	F	01:03:48.20
862	Stephen	Wood	Pegasus RC	M40	M	01:03:50.35
14	Paula	Allen	Pegasus RC	W40	F	01:03:50.40
222	Craig	Edwards	Unattached	MS	M	01:03:54.90
865	Mike	Workman	Caerphilly Runners	M40	M	01:03:55.85
716	Marcus	Smith	Parc Bryn Bach Running Club	M45	M	01:04:03.10
415	Martyn	Jenkins	Fairwater Runners Cwmbran	M55	M	01:04:03.40
155	Andrew	Cooper	Merthyr Running Club	M45	M	01:04:07.30
853	Stuart	Williams	Pontypridd Roadents AC	M50	M	01:04:10.95
268	Kevin	Fowler	Pegasus RC	M55	M	01:04:11.80
276	Maixent	Gaillard	Fairwater Runners Cwmbran	M40	M	01:04:13.45
656	Gemma	Reeks	Caldicot Running Club	WS	F	01:04:14.75
839	Jen	Williams	Caerphilly Runners	WS	F	01:04:17.55
505	Lucy	MacDonald	Spirit of Monmouth	WS	F	01:04:24.75
450	Simon	Jones	Major Milers Running Club	M45	M	01:04:24.95
533	Paul	Mitchell	Penarth and Dinas Runners	M40	M	01:04:27.20
481	Caerwyn	Lewis	Ogmore Phoenix Runners	M50	M	01:04:30.60
401	Hayley	Jackson	Parc Bryn Bach Running Club	W40	F	01:04:31.30
818	David	Wherry	Caldicot Running Club	MS	M	01:04:33.25
592	David	Parry	Parc Bryn Bach Running Club	M45	M	01:04:36.10
286	Matthew	Gobbett	Caerleon RC	MS	M	01:04:36.75
473	Richard	Lau	Unattached	MS	M	01:04:38.00
249	Rhiannydd	Evans	Islwyn RC	WS	F	01:04:40.65
336	Wayne	Hayhurst	Ogmore Phoenix Runners	MS	M	01:04:40.70
811	Andrew	Weeks	Unattached	M40	M	01:04:41.80
675	Chris	Roberts	Ogmore Phoenix Runners	M50	M	01:04:44.65
8	Sian	Adey	Islwyn RC	W35	F	01:04:45.90
678	Shane	Roberts	Parc Bryn Bach Running Club	M40	M	01:04:49.10
597	Keith	Paterson	San Domenico RC	M70	M	01:04:50.50
866	Ben	Worsey	Cardiff Triathlon Club	MS	M	01:04:54.50
7	Rebecca	Adams-Smith	Caerleon RC	W35	F	01:05:00.80
677	Leonie	Roberts	Fairwater Runners Cwmbran	W40	F	01:05:07.35
557	Timothy	Murphy	Fairwater Runners Cwmbran	M55	M	01:05:08.20
318	Paul	Hancox	Griffithstown Harriers	M55	M	01:05:10.60
181	Julie	Davies	Caerphilly Runners	W50	F	01:05:11.90
315	Lucy	Hammond	Maindy Harriers	W45	F	01:05:12.70
46	Martin	Belcher	Kenilworth	M65	M	01:05:13.10
770	Ian	Thorne	Pegasus RC	M50	M	01:05:16.55
693	John	Sanderson	3M Gorseinon	M60	M	01:05:17.65
452	Andrew	Kaye	Forest of Dean AC	M55	M	01:05:22.55
420	Gary	John	Les croupiers	M60	M	01:05:23.65
382	Josh	Hudd	Chepstow Harriers	MS	M	01:05:25.05
332	Gail	Havard	Unattached	W50	F	01:05:25.30
364	Stewart	Hole	Unattached	MS	M	01:05:27.05
250	Robert	Evans	Ebbw Vale RC	M55	M	01:05:29.00

441	Layton	Jones	Fuddy Muckers OCR	M40	M	01:05:34.75
60	Emma	Bissex	Pegasus RC	W40	F	01:05:36.45
855	Andrew	Williamson	Pegasus RC	M40	M	01:05:40.40
477	Andrew	Lee	Pontypool and District Runners	M45	M	01:05:43.65
585	Gwyn	Palfrey	Parc Bryn Bach Running Club	M55	M	01:05:46.90
197	Nathan	Dee	Pegasus RC	MS	M	01:05:49.90
345	Luke	Heslop	Pegasus RC	M40	M	01:05:50.45
89	Julie	Broughton	Les croupiers	W50	F	01:05:51.45
482	Chris	Lewis	Unattached	M50	M	01:06:00.90
69	Kevin	Booth	Unattached	M55	M	01:06:03.15
177	Helen	Davies	Unattached	W35	F	01:06:04.00
731	Charles	Stevenson	Rhondda Valley Runners	MS	M	01:06:07.10
800	Beverley	Warburton	Penarth and Dinas Runners	W55	F	01:06:07.85
370	Michael	Hopkins	Westbury Harriers	M50	M	01:06:08.60
498	Andy	Longstaffe	Unattached	MS	M	01:06:11.00
206	Nicholas	Drage	White Rock Runners	M50	M	01:06:13.80
486	Jane	Lewis	Fairwater Runners Cwmbran	W45	F	01:06:19.75
749	Adrian	Taylor	Merthyr Running Club	M55	M	01:06:19.95
255	Kate	Farmer	Unattached	W35	F	01:06:21.80
796	Dean	Wallbank	Caerphilly Runners	M45	M	01:06:25.65
758	Dean	Thomas	Merthyr Running Club	M45	M	01:06:26.25
387	Rickey	Hughes	Forest of Dean AC	MS	M	01:06:27.35
356	Laura	Hire	Parc Bryn Bach Running Club	WS	F	01:06:28.20
30	Rachael	Baralos	Caerphilly Runners	WS	F	01:06:29.60
205	Malcolm	Downes	Caerphilly Runners	M40	M	01:06:29.60
707	Richard	Skyrme	CDF Runners	M40	M	01:06:29.90
756	Suzie	Tew	Parc Bryn Bach Running Club	W45	F	01:06:35.00
367	Jennet	Holmes	Pontypridd Roadents AC	W40	F	01:06:41.15
614	Linda	Phillips	Westbury Harriers	W40	F	01:06:42.10
787	Jo	Valentine	Pegasus RC	WS	F	01:06:43.65
520	Lewis	Mayo	Unattached	MS	M	01:06:43.95
560	Shaun	Mutter	Unattached	MS	M	01:06:44.95
166	Sally	Crouch	Unattached	WS	F	01:06:45.10
279	Becca	Garner	Pontypool and District Runners	WS	F	01:06:46.65
864	Emma	Wootten	Unattached	W35	F	01:06:50.15
215	Yvonne	Dury	Unattached	W45	F	01:06:55.35
287	Ron	Godfrey	Pontypool and District Runners	M55	M	01:06:57.75
340	Rebecca	Helmore	Seriously Mad Runners	W40	F	01:07:00.55
240	Julia	Evans	Pegasus RC	W55	F	01:07:00.90
795	Natalie	Walker	Caerleon RC	W35	F	01:07:03.85
593	Rebecca	Parry	Wigston Phoenix RC	W45	F	01:07:04.15
430	Byron	Jones	Dragons Running Club	M45	M	01:07:06.60
127	Christophe	Chambost	Pontyclun Road Runners	MS	M	01:07:12.10
856	Colin	Wilmott	Griffithstown Harriers	M60	M	01:07:12.90
539	Anne-Marie	Montoto	Merthyr Running Club	W50	F	01:07:12.90
225	Jeremy	Edwards	Unattached	M55	M	01:07:16.50
669	Anne	Rice-Jones	Islwyn RC	W50	F	01:07:17.30
434	Delphine	Jones	Parc Bryn Bach Running Club	W35	F	01:07:19.80
158	Shaun	Cotter	Unattached	M50	M	01:07:20.30
217	Joanne	East	Pegasus RC	WS	F	01:07:21.85



190	Rachel	Davies	Unattached	WS	F	01:07:26.85
95	Rachael	Bunting	BADGERS	WS	F	01:07:35.80
304	Sally	Groves	Pegasus RC	W50	F	01:07:36.40
126	Paul	Chamberlain	Unattached	MS	M	01:07:37.05
843	Lloyd	Williams	Unattached	M45	M	01:07:37.75
563	Stephen	New	Caerphilly Runners	M50	M	01:07:41.20
175	David	Davies	Caerleon RC	M50	M	01:07:41.40
339	Katie	Healey	CDF Runners	WS	F	01:07:44.95
421	Rhian	John	Run4All Neath	W35	F	01:07:47.45
867	Alun	Wylde	Ogmore Phoenix Runners	M45	M	01:07:50.30
724	Emma	Spuffard	Caldicot Running Club	W35	F	01:07:58.30
409	Beynon	James	Ogmore Phoenix Runners	M45	M	01:08:06.40
852	Sophie	Williams	Spirit of Monmouth	WS	F	01:08:08.50
679	Vicky	Roberts	Spirit of Monmouth	WS	F	01:08:11.05
457	Lyndon	Kenney	Griffithstown Harriers	M60	M	01:08:15.20
830	David	Williams	Vegetarian Cycling and AC	M55	M	01:08:21.35
48	Ian	Bell	San Domenico RC	M55	M	01:08:24.55
453	Tony	Kear	Caerleon RC	M50	M	01:08:32.20
104	Nick	Butler	Caerphilly Runners	M40	M	01:08:38.70
372	Steve	Houghton	Caerleon RC	M55	M	01:08:44.70
600	Daniel	Payton	Unattached	M40	M	01:08:44.90
782	Ally	Twigg	Seriously Mad Runners	WS	F	01:08:44.90
196	Michele	Deal	Pontypool and District Runners	W50	F	01:08:50.45
723	Philip	Spiteri	Unattached	M45	M	01:08:58.90
747	Michael	Tasker	Caerleon RC	M45	M	01:09:00.30
53	Charlie	Best	Pontypool and District Runners	MS	M	01:09:00.75
652	Danielle	Rayner	Penarth and Dinas Runners	WS	F	01:09:01.90
386	Rhys	Hughes	Unattached	MS	M	01:09:04.50
244	Martin	Evans	RunNewport	M55	M	01:09:07.15
116	John	Carroll	Roberttown Road Runners	M50	M	01:09:08.10
41	Keren	Beard	Griffithstown Harriers	W45	F	01:09:10.40
649	Jo	Radford	Sole Sister	W50	F	01:09:20.50
536	Tim	Monckton	Penarth and Dinas Runners	MS	M	01:09:20.90
466	Claire	Kulisa	Caerphilly Runners	W40	F	01:09:20.90
341	Charlene	Henshall	Caerleon RC	WS	F	01:09:25.30
786	Morris	Urquhart	Caerleon RC	M45	M	01:09:25.45
454	Amy	Kelleher	Caerphilly Runners	WS	F	01:09:30.20
545	Laura	Morgan	Unattached	WS	F	01:09:32.60
549	Ethan	Morris	Rhondda Valley Runners	MS	M	01:09:37.50
135	Emily	Chinn	Unattached	W45	F	01:09:39.50
283	David	George	Les croupiers	M45	M	01:09:40.00
711	Cheryl	Smith	Unattached	W35	F	01:09:50.15
526	Jonathan	Mead	Pontyclun Road Runners	M55	M	01:09:51.60
111	Dhana	Caple	CDF Runners	W45	F	01:09:52.40
375	Ashley	Howells	Ogmore Phoenix Runners	M45	M	01:09:52.50
98	Katie	Burden	Caerphilly Runners	WS	F	01:09:53.55
850	Sara	Williams	Caerphilly Runners	W40	F	01:09:55.15
153	Richard	Cook	Griffithstown Harriers	MS	M	01:09:56.60
598	Sarah	Patnett	Penarth and Dinas Runners	W40	F	01:09:57.80
275	Alun Edward	Fuller	Unattached	M60	M	01:10:05.30

538	Margrett	Monk	Parc Bryn Bach Running Club	W65	F	01:10:05.45
291	Gemma	Green	Rhondda Valley Runners	W35	F	01:10:07.50
606	Darren	Perry	Unattached	M40	M	01:10:10.50
184	Luke	Davies	Islwyn RC	MS	M	01:10:12.85
395	Ann	Hurley	Rhondda Valley Runners	W40	F	01:10:16.05
425	Alison	Jones	Women Running Penarth	W45	F	01:10:18.25
303	Jenna	Groves	Pegasus RC	WS	F	01:10:20.35
293	Christian	Griffiths	Unattached	MS	M	01:10:23.90
744	Darren	Swift	Parc Bryn Bach Running Club	M50	M	01:10:34.85
742	Bobbie	Swift	Parc Bryn Bach Running Club	W40	F	01:10:34.85
444	Paul	Jones	Aberdare VAAC	MS	M	01:10:35.35
308	Ceri	Haddock	Pontypridd Roadents AC	MS	M	01:10:37.20
193	Teresa	Davies	Parc Bryn Bach Running Club	W50	F	01:10:41.65
72	Mitchell	Bosse	Caerphilly Runners	MS	M	01:10:42.80
36	Amanda	Barringto	Penarth and Dinas Runners	W50	F	01:10:42.80
701	Leona	Shanley	Rhondda Valley Runners	W45	F	01:10:43.20
173	Ralph	Davey	Les croupiers	M70	M	01:10:43.60
348	Rachel	Higginson	Les croupiers	W35	F	01:10:44.65
503	Bethan	Lyne	Unattached	W40	F	01:10:49.70
85	Paul	Brookes	Unattached	M45	M	01:10:54.90
216	Ceri	East	Merthyr Running Club	W40	F	01:10:55.50
702	Donna	Sheen	Forest of Dean AC	W35	F	01:11:03.65
347	Peter	Hewitt	Forest of Dean AC	MS	M	01:11:03.95
11	Mark	Alford	Caerleon RC	M50	M	01:11:09.00
186	Nathan	Davies	Unattached	M45	M	01:11:14.40
323	Faye	Harman	Unattached	W40	F	01:11:15.35
380	Shirley	Howman	Penarth and Dinas Runners	W55	F	01:11:16.40
204	Mark	Douglas	Pontypridd Roadents AC	MS	M	01:11:18.45
302	Dan	Groves	Pegasus RC	M45	M	01:11:19.05
165	Fiona	Cross	Fairwater Runners Cwmbran	W35	F	01:11:20.15
654	Joanna	Read	Unattached	W35	F	01:11:20.30
106	Lisa	Cadwallader	Ebbw Vale RC	W35	F	01:11:20.80
134	Sian	Chicken	Unattached	W45	F	01:11:28.00
422	Jonathan	Johns	Caerphilly Runners	M45	M	01:11:30.80
54	Michelle	Best	Pontypool and District Runners	W40	F	01:11:31.40
55	Simon	Best	Pontypool and District Runners	M45	M	01:11:32.10
404	Cath	James	Caerphilly Runners	W40	F	01:11:36.25
5	Nigel	Adams	Penarth and Dinas Runners	M50	M	01:11:43.20
426	Alun	Jones	Pontypool and District Runners	M50	M	01:11:45.80
555	Oliver	Morris	Unattached	M45	M	01:11:46.30
2	Claire	Adams	Rhondda Valley Runners	W45	F	01:11:48.80
512	Cerys	Marsh	Rhondda Valley Runners	WS	F	01:11:48.90
174	Carys	Davies	Unattached	W45	F	01:11:49.85
816	Phillip	Whaley	Unattached	M45	M	01:11:50.10
385	Lloyd	Hughes	Caerleon RC	MS	M	01:11:53.20
124	Ceri	Caswell	Parc Bryn Bach Running Club	W40	F	01:12:02.40
264	Tanya	Forehead	Caldicot Running Club	W40	F	01:12:03.50
479	Charlotte	Leigh	Caerleon RC	W35	F	01:12:10.15
47	Claire	Bell	Les croupiers	W50	F	01:12:10.30
487	Karen	Lewis	Caerphilly Runners	W50	F	01:12:15.35

517	Andy	Matthews	Unattached	M50	M	01:12:15.35
854	Yvonne	Williams	Penarth and Dinas Runners	W60	F	01:12:16.15
200	Sian	Doherty	Unattached	W45	F	01:12:16.75
820	Paul	Whitmarsh	Penarth and Dinas Runners	M40	M	01:12:17.20
148	Victoria	Coles	Pontypool and District Runners	W40	F	01:12:18.15
392	Peter	Hunt	Caerphilly Runners	M45	M	01:12:24.20
848	Richard	Williams	Unattached	M45	M	01:12:32.60
278	Victoria	Gardener	Caerphilly Runners	W40	F	01:12:32.60
92	Michael	Brunnock	Pontypool and District Runners	M50	M	01:12:38.00
586	Kaylea	Palkowski	Caerphilly Runners	WS	F	01:12:41.00
22	David	Bailyes	Caerphilly Runners	M55	M	01:12:41.10
748	Adelle	Taylor	Les croupiers	W35	F	01:12:41.25
227	Lorna	Edwards	Unattached	W55	F	01:12:44.55
613	Jackie	Phillips	Unattached	W45	F	01:12:49.30
706	Darpan	Singh	Pontyclun Road Runners	M40	M	01:12:52.30
416	Robert	Jenkins	Porthcawl Runners	M50	M	01:12:56.10
825	Lianne	Willetts	Caerphilly Runners	W45	F	01:12:59.10
471	Cameron	Large	Penarth and Dinas Runners	M45	M	01:12:59.25
258	Erika Lina	Fitzgibbon	Women Running Penarth	W65	F	01:13:02.55
288	Michelle	Gooch	Pontypool and District Runners	W50	F	01:13:03.95
140	Sheryl	Clark	Islwyn RC	W40	F	01:13:08.05
31	Tim	Barker	Les croupiers	MS	M	01:13:08.15
760	Emma	Thomas	Islwyn RC	W35	F	01:13:16.25
842	Lisa	Williams	Unattached	W40	F	01:13:17.30
259	Jim	Fitzgibbon	Unattached	M65	M	01:13:18.80
578	Claire	Orford	Pontypool and District Runners	W35	F	01:13:19.50
632	Eleanor	Preece	White Rock Runners	WS	F	01:13:28.65
680	Amanda	Robinson	Unattached	W50	F	01:13:30.50
40	Anne	Beard	Pontypool and District Runners	W50	F	01:13:36.30
715	Julie	Smith	Merthyr Running Club	W45	F	01:13:44.60
130	Laura	Chapple	Run4All Neath	W35	F	01:13:53.85
639	Gaz	Pritchard	Cardiff Triathlon Club	MS	M	01:13:54.95
406	Karen	James	Griffithstown Harriers	W40	F	01:14:00.15
366	Andrew	Hollins	Pegasus RC	M40	M	01:14:01.40
525	Laura	McLoughlin	Unattached	W45	F	01:14:02.35
132	Mark	Cheshire	RunNewport	M40	M	01:14:03.00
547	Daniel	Morgan	Ebbw Vale RC	M55	M	01:14:11.75
346	Eleanor	Hetenyi	CDF Runners	WS	F	01:14:15.60
499	Tracy	Lord	Forest of Dean AC	W45	F	01:14:15.90
3	Liselette	Adams	Forest of Dean AC	W40	F	01:14:17.10
394	Alun	Hurley	Rhondda Valley Runners	M50	M	01:14:21.00
256	Stephen	Farmer	Penarth and Dinas Runners	M55	M	01:14:21.15
521	Laura	McCarthy	Pontypridd Roadents AC	W55	F	01:14:22.05
254	Nick	Everitt	Unattached	MS	M	01:14:26.90
733	Liam	Stockden	Pontypridd Roadents AC	MS	M	01:14:29.75
260	Emma	Fitzmaurice	Unattached	W35	F	01:14:30.35
590	Sally	Park	RunNewport	W40	F	01:14:32.55
231	Lynne	Ellis	Women Running Penarth	W55	F	01:14:37.90
798	Jayne	Walters	Pontypool and District Runners	W45	F	01:14:39.10
465	Mandy	Knott	Forest of Dean AC	W40	F	01:14:40.50

531	Hannah	Miles	Les croupiers	WS	F	01:14:42.25
357	Peter	Hire	Unattached	MS	M	01:14:42.30
791	Yangi	Vundamina	Caerleon RC	W40	F	01:14:45.55
642	Vanessa	Pritchard	Caerleon RC	W40	F	01:14:45.55
721	Andrew	Spencer	Griffithstown Harriers	M50	M	01:14:46.35
493	Catherine	Llewellyn	Merthyr Running Club	W50	F	01:14:50.35
528	Mel	Daley	Pontypool and District Runners	W45	F	01:14:54.05
451	Robert	Joslin	Rhondda Valley Runners	M45	M	01:14:56.00
300	Abby	Groves	Pegasus RC	WS	F	01:14:57.70
257	Rachael	Finlayson	AT run	W45	F	01:14:59.80
637	Ryan	Price	Seriously Mad Runners	MS	M	01:15:00.05
509	John	Maloney	Unattached	M50	M	01:15:05.25
230	Jeff	Ellaway	RunNewport	M60	M	01:15:05.35
75	Jenny	Bradfield	Griffithstown Harriers	W40	F	01:15:09.15
351	Jonathan	Hill	Rmr	M45	M	01:15:10.05
736	Richard	Street	Pegasus RC	M60	M	01:15:12.30
162	Catherine	Courts	Port Talbot Harriers	W45	F	01:15:12.75
161	Andrew	Courts	Port Talbot Harriers	M55	M	01:15:14.00
26	Mary	Baker	Unattached	W45	F	01:15:14.35
790	Jane	Voyle	Roberttown Road Runners	W45	F	01:15:21.60
550	Gavin	Morris	Unattached	MS	M	01:15:21.95
93	Rhiannon	Buckley	Ogmore Phoenix Runners	WS	F	01:15:27.50
492	Sarah	Littlewood	Ogmore Phoenix Runners	W35	F	01:15:28.80
564	John	Newton	Unattached	MS	M	01:15:28.85
49	Marisa	Benjamin	Pontypool and District Runners	WS	F	01:15:31.15
23	Andy	Baker	Cwmbran Pub Runners	M40	M	01:15:32.00
688	Jason	Russell	Islwyn RC	M40	M	01:15:39.30
201	Stuart	Dolbel	Caldicot Running Club	M45	M	01:15:40.80
515	Hilary	Matheson	Caldicot Running Club	W60	F	01:15:41.20
667	Joanna	Rhydderch	Run4All Neath	W35	F	01:15:42.90
267	Louise	Foster	Ogmore Phoenix Runners	W35	F	01:15:44.75
727	Chris	Stanlake	Ogmore Phoenix Runners	MS	M	01:15:46.35
292	Bridgette	Griffiths	Pontypridd Roadents AC	W50	F	01:15:56.85
683	Jason	Roissetter	Unattached	M45	M	01:15:58.10
399	Minka	Isaksson	Unattached	W35	F	01:15:58.35
718	Steve	Smith	Caerleon RC	M50	M	01:16:05.10
146	Peter	Colbourne	Fairwater Runners Cwmbran	M45	M	01:16:08.05
575	Kenneth Wayne	Oliver	Islwyn RC	M55	M	01:16:12.75
442	Matthew	Jones	Brimsham Bullets	MS	M	01:16:20.95
778	Darran	Tucker	Unattached	M45	M	01:16:31.35
781	Louise	Tuson	Unattached	W45	F	01:16:33.35
573	Victoria	O Brien	Cwmbran Pub Runners	W40	F	01:16:34.15
530	Dawne	Meynell-Western	Rhondda Valley Runners	W40	F	01:16:35.85
325	Louise	Harris	Roberttown Road Runners	W45	F	01:16:43.05
658	Catherine	Reen	Roberttown Road Runners	W45	F	01:16:43.20
783	Christine	Underhill	Unattached	M55	M	01:16:47.45
655	Dave	Reed	Rhondda Valley Runners	M50	M	01:16:48.60
198	Liz	Denton	Les croupiers	W55	F	01:16:51.45
139	Paula	Church	Unattached	W40	F	01:17:01.80
616	Nicola	Phillips	Sole Sister	W50	F	01:17:06.10

829	Christine	Williams	Celtic Tri	W50	F	01:17:06.55
809	Tim	Webb	Pegasus RC	M65	M	01:17:07.00
94	Sarah	Buckley	RunNewport	W35	F	01:17:07.10
362	Peter	Hodges	Les croupiers	M55	M	01:17:14.35
350	Cheryl	Hill	Undy & Redwick Runners	W45	F	01:17:25.00
774	Caren	Todd	Cwmbran Pub Runners	WS	F	01:17:27.60
446	Rachel	Jones	Cwmbran Pub Runners	W40	F	01:17:28.15
112	Nicholas	Card	Pontypool and District Runners	M55	M	01:17:30.20
248	Paula	Evans	Caerphilly Runners	W45	F	01:17:30.50
378	Samantha	Howells	Caerleon RC	W45	F	01:17:36.65
285	Claire	Gladwin	Caerleon RC	W40	F	01:17:36.80
627	Fern	Powell	Caerleon RC	WS	F	01:17:36.90
541	Charlotte	Moran	Caerleon RC	W40	F	01:17:37.90
171	Kathleen	Daly	Unattached	W50	F	01:17:40.15
562	Wendy	Netto	Sole Sister	W55	F	01:17:41.05
755	Suzanne	Taylor	RunNewport	W35	F	01:17:46.75
335	Mike	Haworth	CDF Runners	MS	M	01:17:55.75
203	Claire	Douglas	Caerleon RC	W40	F	01:18:00.25
623	Sarah	Pope	Women Running Penarth	W50	F	01:18:12.80
368	Hannah	Hopes	Les croupiers	WS	F	01:18:19.50
849	Robyn	Williams	Run4All Neath	WS	F	01:18:21.05
443	Nicola	Jones	Dragons Running Club	W40	F	01:18:22.60
846	Natalie	Williams	Merthyr Running Club	W35	F	01:18:23.05
418	Kath	Jervis	Parc Bryn Bach Running Club	W60	F	01:18:27.95
125	Karen	Chadwell	Les croupiers	W45	F	01:18:32.00
773	Jude	Toasland	Brecon AC	W50	F	01:18:33.75
490	Donna	Littlechild	Hendre Lakes Running Club	W35	F	01:18:34.30
118	Lynne	Carter	Islwyn RC	W45	F	01:18:53.45
129	Lisa	Chaplin	Islwyn RC	W35	F	01:18:53.75
514	Jon	Martin	Les croupiers	M40	M	01:19:02.15
741	Thomas	Sweetman	Unattached	MS	M	01:19:03.45
740	David	Sweetman	Unattached	M45	M	01:19:04.00
435	Emma	Jones	Roberttown Road Runners	W35	F	01:19:17.00
114	Samantha	Carpenter	Sole Sister	W45	F	01:19:25.00
239	John	Evans	Islwyn RC	M50	M	01:19:32.25
310	Julie	Haigh	Caerphilly Runners	W55	F	01:19:32.80
188	Nicola	Davies	White Rock Runners	W45	F	01:19:35.40
353	Melanie	Hill	White Rock Runners	W45	F	01:19:38.10
682	Sarah	Rogers	Unattached	W40	F	01:19:42.70
252	Teresa	Evans	Islwyn RC	W40	F	01:19:43.20
411	Tania	James Price	Pontypool and District Runners	W45	F	01:19:47.65
851	Sarah	Williams	Runwithus Abergavenny	W35	F	01:19:50.05
858	Lisa	Wilson	Unattached	W50	F	01:19:52.70
672	Sian	Roach	Caerphilly Runners	W40	F	01:19:57.45
192	Sharon	Davies	Sospan Road Runners	W40	F	01:19:58.90
154	Laura	Coombes	Les croupiers	W40	F	01:19:59.85
840	Jessica	Williams	Rhondda Valley Runners	WS	F	01:20:04.05
764	Melanie	Thomas	Ogmore Phoenix Runners	W45	F	01:20:06.00
4	Natalie	Adams	Unattached	W35	F	01:20:09.70
491	Anne Marie	Littlestone	Les croupiers	W45	F	01:20:11.60

687	Joanne	Rowling	Ogmore Phoenix Runners	W45	F	01:20:13.90
423	Sharon	Johns	Caerphilly Runners	W45	F	01:20:15.40
595	Emma	Pask	Islwyn RC	W40	F	01:20:19.40
476	Susan	Lazarus	Women Running Penarth	W50	F	01:20:24.60
363	Helen	Hodgson	Women Running Penarth	W45	F	01:20:24.65
802	Karen	Warlow	Women Running Penarth	W45	F	01:20:24.85
56	Jamie	Bevan	Ogmore Phoenix Runners	M40	M	01:20:25.65
342	Joanne	Henshall	Caerleon RC	W45	F	01:20:38.00
650	Elizabeth	Randall	Les croupiers	W35	F	01:21:01.90
754	Sophie	Taylor	Pontyclun Road Runners	WS	F	01:21:05.70
167	Shawn	Cullen	Ogmore Phoenix Runners	M40	M	01:21:08.75
629	Robert	Powell	Unattached	M50	M	01:21:10.35
630	Jayne	Powney	Ogmore Phoenix Runners	W45	F	01:21:10.95
565	Rebecca	Newton	Ogmore Phoenix Runners	WS	F	01:21:14.80
841	Lisa	Williams	Pontypridd Roadents AC	W40	F	01:21:19.90
673	Carl	Roberts	Runwithus Abergavenny	M45	M	01:21:21.85
123	Lydia	Cawsey	Parc Bryn Bach Running Club	WS	F	01:21:22.65
445	Phillip	Jones	Celtic Tri	M45	M	01:21:23.95
751	Dom	Taylor	Caerphilly Runners	MS	M	01:21:24.25
779	Emily	Tucker	Unattached	WS	F	01:21:24.85
236	Catrin	Evans	Les croupiers	W40	F	01:21:25.50
235	Brenda	Evans	Pontypridd Roadents AC	W65	F	01:21:25.95
270	Danielle	Francombe	Unattached	WS	F	01:21:45.05
338	Rhys	Heal	CDF Runners	MS	M	01:21:52.85
735	Lisa	Storey	Islwyn RC	W45	F	01:21:53.15
812	Helen	Welch	Pontypridd Roadents AC	W45	F	01:22:02.30
522	Kirsty	McGowen	Les croupiers	WS	F	01:22:10.10
612	Huw	Phillips	Cardiff AAC	M45	M	01:22:20.50
847	Rhianne	Williams	Islwyn RC	W35	F	01:22:29.10
496	Claire	Lloyd Thomas	Roberttown Road Runners	W45	F	01:23:03.10
768	Miles	Thomas	Roberttown Road Runners	M40	M	01:23:03.20
170	Marc	Daley	Major Milers Running Club	MS	M	01:23:04.40
33	Michael	Barnes	Cwmbran Pub Runners	MS	M	01:23:14.25
720	Liz	Sorrell	Unattached	W35	F	01:23:26.00
316	Natalie	Hampson	Unattached	W45	F	01:23:27.00
172	Beth	Daniel	Unattached	W50	F	01:23:45.55
35	Clare	Barrett	Islwyn RC	W35	F	01:23:51.05
324	Joanne	Harris	Islwyn RC	W35	F	01:23:52.95
474	Kay	Lawless	Pontyclun Road Runners	W55	F	01:23:54.85
369	Dawn	Hopkins	Ogmore Phoenix Runners	W35	F	01:23:55.25
34	Alexis	Barrett	Ogmore Phoenix Runners	W40	F	01:23:56.05
311	Rhiannon	Hale	Islwyn RC	W35	F	01:23:56.55
61	Sally	Bissex	Pegasus RC	W35	F	01:24:06.40
440	Julia	Jones	Port Talbot Harriers	W50	F	01:24:10.60
511	Linzi	Margetson	Unattached	W35	F	01:24:11.05
730	Sandra	Stevens	Merthyr Running Club	W70	F	01:24:12.45
247	Nichola	Evans	Rhondda Valley Runners	W45	F	01:24:12.55
253	Tracy	Evans	RunNewport	W55	F	01:24:13.35
737	Tracy	Strydom	RunNewport	W50	F	01:24:13.40
52	Debbie	Bennion	Ogmore Phoenix Runners	W55	F	01:24:20.55

317	Nikki	Hancox	Griffithstown Harriers	W45	F	01:24:22.80
319	Bethan	Handley	Unattached	WS	F	01:24:35.75
241	Julie	Evans	Unattached	W35	F	01:24:38.75
405	Claire	James	Unattached	W40	F	01:24:55.00
407	Leigh	James	Unattached	M55	M	01:24:55.15
648	Hayley	Pugh	Pontypridd Roadents AC	W40	F	01:25:10.60
576	Beverly	Ooss	Unattached	W55	F	01:25:18.30
777	Rachel	Truscott	Roberttown Road Runners	W35	F	01:25:28.10
379	Sharron	Howells	Roberttown Road Runners	W45	F	01:25:28.20
265	Abby	Forster	Pontypridd Roadents AC	WS	F	01:25:51.95
266	Hilary	Forster	Pontypridd Roadents AC	W60	F	01:25:52.30
834	Geraint	Williams	YFenni Triathlon	M50	M	01:26:00.45
559	Craig	Musker	Unattached	MS	M	01:26:01.75
785	Julie	Urquhart	Unattached	W50	F	01:26:02.90
80	Sydney	Wheeler	Chepstow Harriers	M80	M	01:26:03.60
861	Katie	Wood	Ogmore Phoenix Runners	WS	F	01:26:08.50
625	Amanda	Portlock-White	Unattached	W45	F	01:26:22.00
674	Catherine	Roberts	Caerphilly Runners	W60	F	01:26:26.70
298	Leon	Grother	Unattached	M45	M	01:26:29.80
641	Sharon	Pritchard	Ogmore Phoenix Runners	W45	F	01:26:31.40
660	Charlotte	Rees	Griffithstown Harriers	WS	F	01:26:34.30
663	Wendy	Rees	Griffithstown Harriers	W55	F	01:26:34.60
390	Emma	Hughes-McEwan	Unattached	WS	F	01:26:35.45
607	Debbie	Perry	Unattached	W40	F	01:26:35.95
388	Sarah	Hughes	Unattached	W35	F	01:26:37.30
62	Stephen	Blake	Pegasus RC	M45	M	01:26:43.40
489	Claire	Lilley	Islwyn RC	W40	F	01:26:55.60
282	Claire	George	Les croupiers	W45	F	01:27:09.10
746	Tracey	Tapper	Caerleon RC	W35	F	01:27:10.10
767	Sarah	Thomas	Caerleon RC	W45	F	01:27:10.30
301	Caroline	Groves	Caerleon RC	W40	F	01:27:10.30
638	Tyrone	Price	Unattached	M45	M	01:27:23.30
384	Llion	Hughes	Unattached	M45	M	01:27:28.00
831	Elizabeth	Williams	Pontypool and District Runners	W40	F	01:27:33.50
462	Michelle	Kimble	Unattached	W45	F	01:27:44.25
651	Julie	Ransom	Ogmore Phoenix Runners	W40	F	01:27:54.00
594	Angharad	Parry-Jones	Les croupiers	W40	F	01:27:59.55
577	Beth	Oram	Runwithus Abergavenny	W40	F	01:28:05.50
543	Diane	Morgan	Islwyn RC	W50	F	01:28:15.65
567	Nikki	Noble	Unattached	W35	F	01:28:17.70
219	Allyson	Edmonds	Unattached	W50	F	01:28:40.05
439	Hannah	Jones	Roberttown Road Runners	W35	F	01:29:05.35
78	Wendy	Brady	Unattached	W45	F	01:29:22.40
602	Liam	Pearce	Unattached	MS	M	01:29:48.40
428	Angharad	Jones	Caerphilly Runners	W40	F	01:29:59.00
819	Alison	White	Runwithus Abergavenny	W35	F	01:30:22.80
535	Rosamund	Mogg	Sole Sister	W50	F	01:30:26.65
776	Emma	Tropman	Bea Fit	W35	F	01:30:35.90
81	Gary	Brewster	Unattached	MS	M	01:30:54.30
676	Emma	Roberts	Caerphilly Runners	W35	F	01:31:04.45

289	Cathy	Gould	Caerphilly Runners	W40	F	01:31:04.50
28	Sian	Baldwin	Caerphilly Runners	W40	F	01:31:04.70
389	Susan	Hughes	Cwmbran Pub Runners	W55	F	01:31:05.30
24	Jayne	Baker	Cwmbran Pub Runners	W35	F	01:31:05.40
137	Joanne	Christian	Unattached	WS	F	01:31:05.70
152	Kath	Cook	Cwmbran Pub Runners	W40	F	01:31:10.55
17	Nicola	Allford	Cwmbran Pub Runners	W35	F	01:31:19.50
431	Catherine	Jones	Unattached	WS	F	01:32:01.80
661	Llinos	Rees	Penallta Runners	W35	F	01:32:02.10
789	Cheryl	Vines	Unattached	W35	F	01:32:09.50
745	Claire	Tapper	Unattached	W45	F	01:32:10.40
659	Caroline	Rees	Unattached	W45	F	01:32:11.05
9	Katherine	Adsett	Unattached	W40	F	01:32:11.65
633	Angela	Price	Islwyn RC	W40	F	01:32:29.35
343	Elizabeth	Henson	Pontypridd Roadents AC	W45	F	01:32:45.20
328	Terence	Hart	Caerphilly Runners	MS	M	01:33:00.05
591	Angela	Parry	Ogmore Phoenix Runners	W55	F	01:33:08.10
414	Lisa	Jenkins	Ogmore Phoenix Runners	W40	F	01:33:11.90
827	Angharad	Williams	Cwmbran Pub Runners	W35	F	01:33:42.30
569	Karen	O'Brien	Sospan Road Runners	W55	F	01:33:44.20
131	Emma	Charles	Unattached	W40	F	01:33:44.20
588	Debbie	Panes	Roberttown Road Runners	W50	F	01:33:46.60
213	Karen	Dummett	Islwyn RC	W45	F	01:33:54.85
692	Jo	Sanderson	Sole Sister	W45	F	01:34:10.95
619	Laura	Pinney	Pontypridd Roadents AC	W40	F	01:34:27.30
164	Colin	Crooks	Pegasus RC	M60	M	01:34:28.30
202	Lisa	Donovan	Unattached	W35	F	01:35:36.70
668	Michelle	Rice	Sole Sister	W50	F	01:36:15.60
66	Sally	Bloomfield	Seriously Mad Runners	W50	F	01:36:22.20
10	Gemma	Aldridge	Les croupiers	WS	F	01:36:39.20
20	Glynis	Appleby	RunNewport	W60	F	01:36:55.90
544	Kate	Morgan	RunNewport	W35	F	01:37:11.45
305	Leeann	Guerin	Les croupiers	W40	F	01:37:34.30
70	Louise	Booth	Unattached	WS	F	01:38:10.80
182	Ketti	Davies	Unattached	W35	F	01:38:24.40
83	Sian	Bright	Ogmore Phoenix Runners	WS	F	01:38:24.50
360	Claire	Hodges	Les croupiers	WS	F	01:38:34.30
361	Lizzy	Hodges	Les croupiers	W55	F	01:38:35.20
583	Michelle	Owen	Islwyn RC	W35	F	01:38:46.05
309	Tracy	Haddock	Unattached	WS	F	01:38:53.95
828	Chrissi	Williams	Unattached	W40	F	01:38:59.75
824	Tony	Wildy	Unattached	M75	M	01:39:33.20
823	Elaine	Wildy	Unattached	W70	F	01:39:33.45
757	Alica	Thomas	Ogmore Phoenix Runners	W40	F	01:39:41.20
354	Rachael	Hill	Unattached	W40	F	01:40:22.45
371	Paula	Hopkinson	RunNewport	W40	F	01:40:22.50
750	Claire	Taylor	Ogmore Phoenix Runners	W40	F	01:42:08.10
109	Vickie	Cameron-Davies	Ogmore Phoenix Runners	WS	F	01:42:11.35
608	Helen	Perry	Ogmore Phoenix Runners	W40	F	01:42:23.20
13	Nicola	Allen	Ogmore Phoenix Runners	W40	F	01:43:25.50



373	Clair	Houston	Pontypridd Roadents AC	W35	F	01:45:09.80
145	Ruth	Cochran	Unattached	W50	F	01:45:10.10
397	Julie	Iheanacho	Les croupiers	W50	F	01:45:12.10

# swerry Runners

port's friendly running club.

Overall Pos	Category Pos	Gender Pos	Chip Time
1	1	1	00:40:21.30
2	2	2	00:42:24.65
3	3	3	00:43:14.00
4	4	4	00:43:18.70
5	5	5	00:43:30.30
6	6	6	00:43:31.35
7	7	7	00:43:31.90
8	8	8	00:43:44.05
9	9	9	00:43:52.00
10	10	10	00:44:42.60
11	11	11	00:44:46.10
12	12	12	00:45:05.05
13	1	13	00:45:13.75
14	1	14	00:45:16.05
15	13	15	00:45:32.00
16	14	16	00:45:36.95
17	15	17	00:45:40.80
18	1	18	00:45:48.45
19	16	19	00:45:53.05
20	17	20	00:46:02.05
21	18	21	00:46:10.00
22	1	1	00:46:19.35
23	19	22	00:46:47.85
24	20	23	00:47:05.75
25	21	24	00:47:20.25
26	22	25	00:47:37.30
27	23	26	00:47:46.45
28	2	27	00:47:58.05
29	24	28	00:48:07.45
30	3	29	00:48:08.05
31	25	30	00:48:13.85
32	26	31	00:48:27.95
33	4	32	00:48:36.95
34	27	33	00:48:39.40
35	5	34	00:48:37.85
36	28	35	00:48:42.95
37	29	36	00:48:46.10
38	2	37	00:48:46.95
39	30	38	00:48:49.00

40	31	39	00:48:56.25
41	6	40	00:48:57.25
42	32	41	00:48:57.20
43	33	42	00:49:00.55
44	7	43	00:49:03.30
45	8	44	00:49:15.60
46	9	45	00:49:17.30
47	34	46	00:49:19.55
48	35	47	00:49:26.00
49	3	48	00:49:29.00
50	4	49	00:49:35.95
51	2	2	00:49:38.25
52	10	50	00:49:39.65
53	36	51	00:49:42.05
54	37	52	00:50:04.50
55	11	53	00:50:10.30
56	1	3	00:50:24.50
57	38	54	00:50:38.10
58	5	55	00:50:39.80
59	12	56	00:50:35.20
60	2	57	00:50:48.35
61	1	58	00:50:52.90
62	13	59	00:50:52.85
63	39	60	00:51:04.75
64	40	61	00:51:11.05
65	3	4	00:51:19.85
66	3	62	00:51:28.45
67	14	63	00:51:36.20
68	41	64	00:51:35.40
69	42	65	00:51:32.55
70	4	5	00:51:50.55
71	6	66	00:52:00.50
72	7	67	00:52:05.45
73	5	6	00:52:14.65
74	43	68	00:52:12.55
75	44	69	00:52:16.25
76	15	70	00:52:01.90
77	1	7	00:52:27.00
78	45	71	00:52:19.05
79	46	72	00:52:29.15
80	8	73	00:52:18.40
81	47	74	00:52:37.80
82	9	75	00:52:35.80
83	10	76	00:52:37.85
84	48	77	00:52:43.35
85	49	78	00:52:45.90
86	11	79	00:52:48.20
87	50	80	00:52:51.40
88	51	81	00:52:55.75
89	52	82	00:52:50.80

90	6	8	00:53:07.85
91	12	83	00:52:56.20
92	13	84	00:53:02.65
93	53	85	00:53:05.55
94	7	9	00:53:19.00
95	54	86	00:53:18.25
96	16	87	00:53:12.05
97	4	88	00:53:34.60
98	55	89	00:53:33.45
99	56	90	00:53:41.70
100	57	91	00:53:41.85
101	58	92	00:53:45.70
102	59	93	00:53:52.45
103	17	94	00:53:18.50
104	14	95	00:53:44.40
105	60	96	00:54:04.65
106	2	10	00:54:07.90
107	8	11	00:54:22.85
108	9	12	00:54:32.10
109	3	13	00:54:35.95
110	61	97	00:54:35.30
111	5	98	00:54:28.10
112	62	99	00:54:50.60
113	18	100	00:54:53.05
114	19	101	00:54:49.95
115	1	102	00:54:40.90
116	2	103	00:54:53.85
117	10	14	00:54:58.80
118	3	104	00:55:06.45
119	20	105	00:55:12.45
120	15	106	00:55:17.50
121	21	107	00:55:19.00
122	22	108	00:55:34.15
123	4	109	00:55:39.15
124	1	15	00:55:57.35
125	63	110	00:55:50.30
126	16	111	00:55:59.85
127	64	112	00:56:07.45
128	11	16	00:55:57.90
129	17	113	00:56:10.55
130	65	114	00:56:13.60
131	6	115	00:55:53.05
132	23	116	00:55:42.90
133	18	117	00:56:15.85
134	66	118	00:56:32.15
135	19	119	00:56:25.60
136	24	120	00:56:35.15
137	7	121	00:56:53.05
138	8	122	00:56:53.80
139	67	123	00:56:59.25

140	4	17	00:56:45.70
141	25	124	00:56:47.30
142	68	125	00:56:58.45
143	2	18	00:57:01.80
144	26	126	00:56:56.20
145	69	127	00:57:03.00
146	5	128	00:57:00.70
147	70	129	00:57:08.90
148	9	130	00:57:35.65
149	71	131	00:57:14.35
150	5	19	00:57:14.80
151	72	132	00:57:16.40
152	73	133	00:57:05.35
153	12	20	00:57:19.10
154	74	134	00:57:07.30
155	10	135	00:57:28.40
156	2	21	00:57:29.25
157	75	136	00:57:12.00
158	3	22	00:57:35.75
159	2	137	00:57:27.05
160	76	138	00:57:19.35
161	20	139	00:57:30.20
162	77	140	00:57:39.55
163	6	23	00:57:32.60
164	4	24	00:57:36.05
165	21	141	00:57:48.05
166	78	142	00:57:32.70
167	79	143	00:57:46.10
168	5	25	00:57:47.10
169	80	144	00:57:35.35
170	11	145	00:57:43.50
171	81	146	00:57:35.55
172	22	147	00:57:41.40
173	7	26	00:57:42.50
174	1	27	00:57:49.90
175	82	148	00:57:59.25
176	12	149	00:57:56.05
177	83	150	00:58:06.20
178	27	151	00:58:05.45
179	13	152	00:57:54.80
180	84	153	00:58:13.70
181	85	154	00:58:18.25
182	3	155	00:58:15.40
183	14	156	00:58:12.05
184	23	157	00:58:20.75
185	13	28	00:58:46.50
186	86	158	00:58:39.25
187	24	159	00:58:27.25
188	1	160	00:58:33.20
189	8	29	00:58:35.05

190	25	161	00:58:52.80
191	14	30	00:58:50.00
192	87	162	00:58:55.95
193	88	163	00:59:09.75
194	26	164	00:59:10.80
195	28	165	00:58:59.05
196	29	166	00:58:48.30
197	27	167	00:59:25.70
198	28	168	00:59:08.60
199	89	169	00:59:11.25
200	90	170	00:59:20.80
201	15	171	00:59:20.95
202	9	31	00:59:29.70
203	30	172	00:59:08.85
204	2	32	00:59:29.65
205	29	173	00:59:23.35
206	30	174	00:59:36.75
207	6	33	00:59:27.55
208	31	175	00:59:26.85
209	91	176	00:59:36.25
210	92	177	00:59:43.65
211	93	178	00:59:29.30
212	94	179	00:59:45.75
213	3	34	00:59:49.35
214	10	35	00:59:48.75
215	31	180	00:59:39.25
216	95	181	01:00:07.20
217	96	182	01:00:06.20
218	32	183	01:00:04.45
219	97	184	01:00:04.45
220	33	185	00:59:58.25
221	34	186	00:59:55.25
222	16	187	01:00:02.80
223	17	188	01:00:07.10
224	11	36	01:00:20.60
225	32	189	01:00:30.05
226	3	37	01:00:18.20
227	18	190	01:00:14.35
228	98	191	01:00:33.25
229	99	192	01:00:34.10
230	19	193	01:00:40.30
231	33	194	01:00:41.45
232	20	195	01:00:34.05
233	12	38	01:00:46.20
234	21	196	01:00:38.75
235	35	197	01:00:32.60
236	15	39	01:00:43.65
237	34	198	01:00:44.45
238	100	199	01:00:36.95
239	16	40	01:00:54.60

240	7	41	01:00:50.35
241	36	200	01:00:35.20
242	1	42	01:01:04.15
243	2	43	01:01:07.80
244	37	201	01:01:01.85
245	101	202	01:01:10.80
246	102	203	01:00:43.90
247	38	204	01:01:23.55
248	6	205	01:01:08.75
249	39	206	01:01:18.65
250	40	207	01:01:11.30
251	103	208	01:01:14.30
252	2	209	01:01:17.70
253	41	210	01:01:17.05
254	7	211	01:01:26.45
255	4	44	01:01:12.10
256	42	212	01:01:46.75
257	35	213	01:01:48.20
258	22	214	01:01:39.00
259	104	215	01:01:43.70
260	8	216	01:01:36.70
261	105	217	01:01:42.60
262	106	218	01:01:17.75
263	43	219	01:01:50.80
264	107	220	01:01:48.10
265	44	221	01:02:05.10
266	108	222	01:01:50.55
267	17	45	01:01:49.50
268	23	223	01:01:49.85
269	45	224	01:01:57.75
270	109	225	01:02:00.40
271	18	46	01:01:58.30
272	5	47	01:01:34.45
273	36	226	01:02:20.00
274	37	227	01:02:13.45
275	4	48	01:01:42.05
276	24	228	01:02:01.90
277	25	229	01:02:13.65
278	19	49	01:01:51.60
279	4	230	01:02:34.90
280	46	231	01:02:21.85
281	13	50	01:02:33.05
282	26	232	01:02:22.80
283	38	233	01:02:23.20
284	8	51	01:02:13.30
285	1	52	01:03:00.60
286	47	234	01:02:38.75
287	48	235	01:02:32.10
288	5	236	01:02:58.40
289	27	237	01:02:45.20

290	6	53	01:02:54.35
291	39	238	01:02:57.85
292	14	54	01:02:56.85
293	7	55	01:03:14.40
294	20	56	01:03:20.70
295	21	57	01:03:14.60
296	40	239	01:03:09.65
297	8	58	01:03:10.60
298	110	240	01:03:29.00
299	41	241	01:03:31.95
300	49	242	01:03:35.95
301	9	243	01:03:42.05
302	50	244	01:03:32.55
303	28	245	01:03:39.80
304	10	246	01:03:42.30
305	42	247	01:03:52.65
306	22	59	01:04:02.25
307	23	60	01:03:44.45
308	24	61	01:03:56.55
309	51	248	01:04:00.80
310	43	249	01:03:44.20
311	29	250	01:03:52.30
312	9	62	01:04:08.60
313	111	251	01:04:19.55
314	52	252	01:04:02.40
315	112	253	01:04:07.90
316	113	254	01:03:54.25
317	25	63	01:04:14.05
318	114	255	01:04:11.80
319	44	256	01:03:58.05
320	30	257	01:04:05.75
321	15	64	01:04:20.30
322	45	258	01:04:11.60
323	1	259	01:04:31.65
324	115	260	01:04:17.85
325	16	65	01:04:40.95
326	10	66	01:04:32.60
327	11	261	01:04:31.65
328	12	262	01:04:27.65
329	5	67	01:04:38.70
330	9	68	01:04:40.40
331	3	263	01:04:43.40
332	31	264	01:04:51.70
333	6	265	01:04:41.80
334	13	266	01:03:56.45
335	7	267	01:04:53.65
336	116	268	01:04:54.25
337	6	69	01:04:46.80
338	117	269	01:04:39.55
339	14	270	01:04:32.75



340	46	271	01:05:02.85
341	11	70	01:04:47.65
342	47	272	01:05:00.05
343	53	273	01:04:52.30
344	15	274	01:05:21.20
345	118	275	01:05:07.40
346	48	276	01:05:00.15
347	7	71	01:05:10.20
348	32	277	01:05:14.75
349	16	278	01:05:33.25
350	17	72	01:05:24.60
351	119	279	01:05:27.15
352	3	73	01:05:50.65
353	33	280	01:06:01.90
354	120	281	01:04:41.10
355	34	282	01:05:34.95
356	10	74	01:05:45.75
357	17	283	01:05:43.80
358	18	75	01:05:42.40
359	54	284	01:05:38.60
360	55	285	01:05:49.60
361	121	286	01:05:42.75
362	26	76	01:05:54.65
363	27	77	01:05:41.85
364	49	287	01:06:03.10
365	50	288	01:05:06.80
366	11	78	01:06:01.70
367	12	79	01:06:11.25
368	13	80	01:05:56.65
369	28	81	01:05:52.75
370	122	289	01:06:27.25
371	123	290	01:05:50.75
372	29	82	01:06:17.20
373	30	83	01:06:30.65
374	19	84	01:05:57.30
375	12	85	01:06:23.65
376	18	291	01:05:59.25
377	14	86	01:06:18.80
378	4	87	01:06:32.05
379	20	88	01:06:37.95
380	13	89	01:06:25.60
381	56	292	01:06:29.60
382	124	293	01:06:32.80
383	8	294	01:06:56.80
384	8	90	01:05:54.45
385	19	295	01:06:25.60
386	9	91	01:06:29.40
387	21	92	01:07:00.00
388	35	296	01:06:51.10
389	31	93	01:06:31.05

390	32	94	01:07:06.60
391	33	95	01:07:18.70
392	10	96	01:06:46.15
393	125	297	01:06:58.65
394	57	298	01:07:03.45
395	36	299	01:06:55.45
396	37	300	01:06:47.75
397	34	97	01:06:23.65
398	22	98	01:07:03.40
399	58	301	01:07:12.80
400	23	99	01:07:28.90
401	59	302	01:07:29.05
402	35	100	01:07:16.10
403	36	101	01:07:18.70
404	9	303	01:07:35.10
405	20	304	01:07:44.65
406	21	305	01:07:38.20
407	38	306	01:07:37.85
408	51	307	01:08:04.80
409	22	308	01:07:18.05
410	52	309	01:07:58.65
411	37	102	01:07:42.55
412	11	103	01:08:18.75
413	60	310	01:08:24.60
414	61	311	01:08:07.10
415	126	312	01:07:51.10
416	38	104	01:08:15.00
417	127	313	01:08:24.25
418	23	314	01:08:29.95
419	39	315	01:07:20.50
420	14	105	01:08:29.80
421	12	106	01:08:09.10
422	128	316	01:08:35.10
423	15	107	01:08:43.00
424	39	108	01:08:59.10
425	62	317	01:08:29.85
426	40	109	01:08:43.15
427	41	110	01:08:45.10
428	129	318	01:08:43.55
429	15	111	01:08:57.50
430	63	319	01:08:55.60
431	24	112	01:09:15.70
432	24	320	01:09:13.90
433	16	113	01:08:31.35
434	64	321	01:09:15.00
435	42	114	01:09:20.00
436	16	115	01:09:19.20
437	130	322	01:09:14.20
438	17	116	01:09:11.25
439	10	323	01:09:31.95

440	1	117	01:09:45.95
441	25	118	01:08:19.25
442	53	324	01:09:18.50
443	131	325	01:09:13.15
444	18	119	01:09:17.75
445	17	120	01:09:16.15
446	43	121	01:09:30.30
447	132	326	01:08:58.35
448	40	327	01:09:46.15
449	19	122	01:09:44.40
450	133	328	01:09:17.20
451	134	329	01:09:54.50
452	13	123	01:09:53.00
453	135	330	01:09:54.45
454	14	124	01:09:59.05
455	18	125	01:09:14.35
456	2	331	01:09:16.70
457	26	126	01:09:16.30
458	20	127	01:10:09.00
459	65	332	01:09:35.55
460	21	128	01:09:36.65
461	27	129	01:10:38.50
462	136	333	01:10:38.60
463	41	334	01:10:15.60
464	66	335	01:10:25.15
465	22	130	01:10:25.85
466	5	131	01:10:29.30
467	137	336	01:10:46.55
468	67	337	01:10:27.35
469	28	132	01:10:45.55
470	29	133	01:09:52.80
471	30	134	01:10:32.10
472	19	135	01:11:00.50
473	68	338	01:10:26.20
474	23	136	01:10:21.05
475	69	339	01:10:21.70
476	24	137	01:10:31.85
477	42	340	01:10:54.85
478	43	341	01:10:47.55
479	70	342	01:10:49.75
480	20	138	01:10:48.45
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482	21	140	01:10:46.45
483	71	343	01:10:38.60
484	138	344	01:11:02.95
485	25	141	01:11:13.20
486	26	142	01:11:17.00
487	31	143	01:10:53.20
488	15	144	01:11:25.55
489	16	145	01:11:12.05

490	44	345	01:11:11.70
491	2	146	01:11:28.40
492	22	147	01:11:23.40
493	54	346	01:11:29.50
494	27	148	01:11:20.25
495	72	347	01:11:20.20
496	73	348	01:11:29.65
497	28	149	01:11:28.65
498	45	349	01:11:40.80
499	45	150	01:11:29.35
500	25	350	01:11:30.20
501	32	151	01:11:32.45
502	6	152	01:11:54.50
503	23	153	01:12:03.00
504	55	351	01:12:13.00
505	46	352	01:12:37.90
506	24	154	01:11:55.15
507	74	353	01:12:14.35
508	2	155	01:11:57.70
509	17	156	01:12:33.15
510	29	157	01:11:15.15
511	139	354	01:11:40.00
512	33	158	01:12:14.90
513	30	159	01:12:14.65
514	4	355	01:12:14.55
515	34	160	01:12:47.60
516	46	161	01:12:13.20
517	18	162	01:12:37.45
518	19	163	01:12:41.35
519	25	164	01:12:25.45
520	35	165	01:13:04.65
521	140	356	01:12:12.25
522	31	166	01:13:16.50
523	56	357	01:13:08.90
524	26	167	01:13:02.95
525	57	358	01:13:25.90
526	26	359	01:13:22.45
527	47	168	01:12:52.20
528	27	169	01:12:49.50
529	32	170	01:12:51.70
530	47	360	01:13:21.00
531	27	361	01:14:02.00
532	7	171	01:13:38.75
533	141	362	01:13:42.70
534	142	363	01:12:52.70
535	36	172	01:13:00.60
536	33	173	01:13:57.50
537	8	174	01:13:34.10
538	28	175	01:13:44.15
539	34	176	01:13:14.65

540	48	177	01:13:33.40
541	143	364	01:14:07.55
542	35	178	01:13:40.45
543	36	179	01:13:40.70
544	48	365	01:14:05.45
545	20	180	01:14:11.45
546	29	181	01:14:00.85
547	75	366	01:14:02.35
548	49	182	01:14:07.65
549	30	183	01:13:54.10
550	144	367	01:13:56.90
551	49	368	01:13:55.20
552	11	369	01:13:56.05
553	37	184	01:14:27.90
554	76	370	01:14:05.35
555	12	371	01:14:02.10
556	31	185	01:14:06.25
557	28	372	01:14:07.00
558	32	186	01:13:58.25
559	33	187	01:14:14.65
560	145	373	01:14:14.85
561	50	188	01:14:26.45
562	37	189	01:14:26.90
563	146	374	01:13:54.85
564	51	190	01:14:37.75
565	58	375	01:14:27.90
566	59	376	01:14:51.40
567	77	377	01:14:28.85
568	3	191	01:14:29.20
569	38	192	01:14:53.50
570	39	193	01:14:42.85
571	147	378	01:14:45.60
572	21	194	01:14:35.40
573	78	379	01:14:46.90
574	40	195	01:15:02.55
575	50	380	01:15:10.60
576	79	381	01:15:32.30
577	29	382	01:15:24.40
578	148	383	01:15:17.65
579	80	384	01:15:58.45
580	34	196	01:15:09.30
581	38	197	01:15:33.25
582	39	198	01:15:41.20
583	35	199	01:15:01.85
584	36	200	01:15:05.40
585	30	385	01:15:32.70
586	51	386	01:15:53.65
587	9	201	01:15:21.25
588	40	202	01:16:26.75
589	22	203	01:15:53.90

590	23	204	01:15:31.75
591	5	387	01:16:14.75
592	41	205	01:15:47.95
593	31	388	01:15:39.10
594	37	206	01:16:05.70
595	52	207	01:16:36.85
596	41	208	01:16:37.55
597	32	389	01:16:35.75
598	38	209	01:16:19.80
599	39	210	01:16:18.95
600	42	211	01:16:18.50
601	53	212	01:16:18.80
602	43	213	01:16:11.20
603	24	214	01:16:48.85
604	10	215	01:16:28.85
605	42	216	01:16:26.90
606	149	390	01:16:43.20
607	44	217	01:16:54.95
608	25	218	01:17:07.75
609	54	219	01:16:49.70
610	55	220	01:16:45.15
611	45	221	01:17:00.55
612	43	222	01:17:01.20
613	4	223	01:18:04.40
614	40	224	01:17:03.10
615	26	225	01:17:11.35
616	44	226	01:17:34.40
617	41	227	01:17:51.80
618	45	228	01:17:56.80
619	60	391	01:17:47.95
620	150	392	01:17:18.85
621	81	393	01:17:19.75
622	46	229	01:17:37.00
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625	11	231	01:17:48.40
626	43	232	01:18:19.85
627	44	233	01:18:22.35
628	46	234	01:18:46.30
629	47	235	01:17:48.55
630	45	236	01:18:51.75
631	47	237	01:18:28.90
632	27	238	01:18:30.50
633	48	239	01:18:51.90
634	49	240	01:18:48.00
635	50	241	01:18:25.05
636	56	242	01:19:06.15
637	46	243	01:19:03.35
638	48	244	01:18:39.45
639	47	245	01:18:42.35

640	48	246	01:19:10.80
641	49	247	01:19:06.40
642	51	248	01:18:26.20
643	28	249	01:19:22.35
644	50	250	01:19:23.15
645	51	251	01:19:21.90
646	61	395	01:19:24.20
647	52	252	01:19:11.05
648	49	253	01:19:32.60
649	57	254	01:19:44.15
650	62	396	01:20:01.00
651	53	397	01:20:28.55
652	53	255	01:20:00.85
653	58	256	01:20:02.35
654	52	257	01:19:52.35
655	82	398	01:20:01.70
656	59	258	01:20:06.65
657	83	399	01:19:48.60
658	151	400	01:20:27.30
659	60	259	01:20:25.60
660	53	260	01:19:49.75
661	3	261	01:20:39.65
662	61	262	01:20:48.35
663	152	401	01:20:19.05
664	54	263	01:20:55.55
665	55	264	01:20:37.50
666	62	265	01:20:56.25
667	84	402	01:20:47.45
668	50	266	01:21:31.60
669	56	267	01:21:26.05
670	63	403	01:21:25.75
671	153	404	01:21:19.00
672	154	405	01:21:32.25
673	51	268	01:21:55.90
674	57	269	01:21:56.50
675	29	270	01:22:42.30
676	52	271	01:22:32.30
677	53	272	01:22:34.70
678	12	273	01:22:32.65
679	54	274	01:22:48.80
680	54	275	01:22:50.05
681	55	276	01:23:01.10
682	56	277	01:23:16.60
683	30	278	01:23:03.05
684	57	279	01:23:03.85
685	1	280	01:22:40.10
686	58	281	01:23:17.15
687	13	282	01:22:53.05
688	31	283	01:22:53.45
689	14	284	01:23:10.30

690	59	285	01:23:39.70
691	63	286	01:24:00.65
692	58	287	01:23:18.30
693	55	288	01:23:41.25
694	33	406	01:23:41.85
695	56	289	01:23:45.55
696	15	290	01:24:01.65
697	59	291	01:23:47.40
698	60	292	01:23:48.10
699	64	293	01:24:31.00
700	5	294	01:24:31.35
701	54	407	01:24:31.95
702	155	408	01:24:34.00
703	32	295	01:24:34.35
704	1	409	01:25:27.10
705	65	296	01:25:02.25
706	61	297	01:25:06.75
707	6	298	01:25:08.10
708	85	410	01:24:55.55
709	62	299	01:25:22.95
710	66	300	01:25:25.95
711	16	301	01:25:26.40
712	67	302	01:25:12.90
713	57	303	01:25:13.10
714	60	304	01:26:37.30
715	86	411	01:25:50.35
716	58	305	01:25:37.85
717	63	306	01:25:34.80
718	61	307	01:25:42.65
719	64	308	01:25:42.55
720	59	309	01:25:42.15
721	87	412	01:26:16.10
722	88	413	01:25:42.15
723	60	310	01:26:35.80
724	65	311	01:26:24.35
725	61	312	01:26:46.50
726	62	313	01:26:24.55
727	63	314	01:26:44.85
728	33	315	01:27:19.90
729	62	316	01:26:58.80
730	34	317	01:27:16.65
731	63	318	01:27:24.75
732	66	319	01:27:58.70
733	156	414	01:28:50.40
734	64	320	01:28:44.50
735	64	321	01:29:01.20
736	35	322	01:29:13.55
737	65	323	01:29:21.50
738	157	415	01:29:07.85
739	66	324	01:29:31.45



740	65	325	01:29:31.75
741	66	326	01:29:29.40
742	17	327	01:30:05.75
743	67	328	01:30:04.95
744	68	329	01:29:52.35
745	67	330	01:30:10.70
746	68	331	01:30:20.00
747	69	332	01:30:47.05
748	69	333	01:30:47.20
749	70	334	01:30:53.70
750	67	335	01:30:54.20
751	68	336	01:31:12.20
752	68	337	01:31:12.75
753	69	338	01:31:12.35
754	69	339	01:31:19.10
755	158	416	01:32:24.40
756	18	340	01:32:02.25
757	70	341	01:32:06.65
758	71	342	01:32:43.85
759	19	343	01:32:10.95
760	71	344	01:32:10.65
761	36	345	01:32:05.15
762	70	346	01:32:37.50
763	71	347	01:32:59.15
764	72	348	01:32:55.90
765	13	417	01:32:55.80
766	72	349	01:34:14.45
767	37	350	01:35:02.70
768	38	351	01:35:05.70
769	70	352	01:35:05.10
770	7	353	01:35:32.55
771	73	354	01:35:34.85
772	73	355	01:36:00.60
773	71	356	01:36:57.45
774	74	357	01:36:53.35
775	72	358	01:36:53.60
776	73	359	01:36:59.60
777	20	360	01:36:59.95
778	75	361	01:37:45.30
779	74	362	01:37:53.15
780	74	363	01:37:22.30
781	1	418	01:38:08.75
782	2	364	01:38:08.55
783	75	365	01:38:10.15
784	76	366	01:38:57.85
785	77	367	01:38:58.55
786	78	368	01:40:57.40
787	75	369	01:41:01.05
788	79	370	01:41:12.60
789	80	371	01:42:15.70

790	76	372	01:43:37.65
791	39	373	01:43:35.90
792	40	374	01:43:35.85