

<b>Pos</b>	<b>Time</b>	<b>Surname</b>	<b>Name</b>	<b>M/F</b>	<b>Cat</b>	<b>Club</b>
<b>1</b>	0:39:21	COLLINS	Matthew	M	U40	CARDIFF AAC
<b>2</b>	00:39:33	RYDER	Peter	M	U40	CARDIFF AAC
<b>3</b>	00:40:49	AGGLETON	Hugh	M	U40	MDC
<b>4</b>	00:41:29	PALMER	Mark	M	O40	MYNYDD DU
<b>5</b>	00:41:59	JONES	Kristian	M	U40	Sheffield University
<b>6</b>	00:42:49	MURRIN	Paul	M	U40	Chepstow Harriers
<b>7</b>	00:43:10	STOTT	Matt	M	U40	Chepstow Harriers
<b>8</b>	00:43:16	FLOWER	Crispin	M	O40	MYNYDD DU
<b>9</b>	00:43:33	CREES	Stuart	M	U40	LES CROUPIERS RUNNING CLUB
<b>10</b>	00:44:28	GARDNER	Pete	M	O50	WFRA
<b>11</b>	00:44:37	TAYLOR	Sean	M	U40	Griffithstown Harriers
<b>12</b>	00:44:38	FISHER	Gavin	M	O40	Fell Runners Association
<b>13</b>	00:44:49	RYALL	SAMUEL	M	U40	MYNYDD DU
<b>14</b>	00:44:51	BUCHANAN	Dee	M	U40	San Domenico RRC
<b>15</b>	00:44:58	GREEN	Gareth Michae	M	U40	San Domenico RRC
<b>16</b>	00:44:59	BODMAN	Daniel	M	U40	Pontypridd Roadents AC
<b>17</b>	00:45:11	BARNBY	Daryll	M	U40	Fairwater Runners
<b>18</b>	00:45:30	WELLS	Matthew	M	U40	Brackla Harriers
<b>19</b>	00:45:30	PASCOE	Dominic	M	U40	none
<b>20</b>	00:45:34	VORRES	Dimitri	M	O40	Griffithstown Harriers
<b>21</b>	00:45:44	FINES	Helen	F	U40	Vegan Runners UK
<b>22</b>	00:45:44	LEWIS	Neil	M	O40	MYNYDD DU
<b>23</b>	00:45:59	JEFFERY	Tomos	M	U40	Les Croupiers
<b>24</b>	00:46:46	JOHNSON	Richard	M	U40	Clwb Rhedeg Islwyn
<b>25</b>	00:46:56	SUFF	Max	M	O40	none
<b>26</b>	00:47:00	FOSTER	Tom Lloyd	M	U40	Hales Harriers
<b>27</b>	00:47:15	LANE	Andre	M	U40	Newport and East Wales Triathlon
<b>28</b>	00:47:22	WILLIAMS	Oliver	M	U40	none
<b>29</b>	00:47:23	MOON	Benjamin	M	U40	MDC
<b>30</b>	00:47:40	BLORE	James	M	U40	Chepstow Harriers
<b>31</b>	00:47:47	LAWSON	Matthew	M	O40	Chepstow Harriers
<b>32</b>	00:48:07	GITTOES	Marianne	F	U40	Chepstow Harriers
<b>33</b>	00:48:12	HALL	Gareth	M	U40	Lliswerry Runners

<b>34</b>	00:48:14	JONES	Matthew	M	U40	Swansea Harriers
<b>35</b>	00:48:24	HARRHY	Steve	M	O40	Liswerry
<b>36</b>	00:48:32	BRUCE	James	M	U40	Les Croupiers
<b>37</b>	00:48:37	AUSTIN	Dave	M	U40	Chepstow Harriers
<b>38</b>	00:48:44	EVANS	Rhodri	M	U40	Pontypridd Roadents AC
<b>39</b>	00:48:48	AGGLETON	John	M	O50	MDC
<b>40</b>	00:48:53	PARHAM	Gethin	M	U40	Bryn Bach Park R.C.
<b>41</b>	00:49:05	CARTER	Laurie	M	O50	Chepstow Harriers
<b>42</b>	00:49:10	CREBER	Andy	M	O50	Chepstow Harriers
<b>43</b>	00:49:19	SMITH	Adam	M	U40	Cardiff Harlequinns
<b>44</b>	00:49:24	HARRIS	Steven	M	U40	CHEPSTOW HARRIERS
<b>45</b>	00:49:27	MORGAN	Shan	F	U40	Swansea Harriers
<b>46</b>	00:49:33	CLEVES	Andy	M	U40	Les Croupiers
<b>47</b>	00:49:39	BURKE	Wilf	M	O50	Thornbury RC
<b>48</b>	00:49:47	BLACKMORE	ANDREW	M	O40	MDC
<b>49</b>	00:49:50	WELLS	Charlotte	F	U40	Brackla Harriers
<b>50</b>	00:50:24	SAUNDERS	Mark	M	O50	MDC
<b>51</b>	00:50:29	LLOYD	Gwyn	M	O50	Pontypridd Roadents AC
<b>52</b>	00:50:37	HOOPER	Steven	M	O40	Pontypridd Roadents AC
<b>53</b>	00:50:51	SELF	Richard	M	O40	Les Croupiers
<b>54</b>	00:51:01	STEVENS	Darren	M	U40	none
<b>55</b>	00:51:15	JONES	Angela	F	O40	MYNYDD DU
<b>56</b>	00:51:23	WOODHOAD	Martin	M	O40	MYNYDD DU
<b>57</b>	00:51:24	LEWIS	Alex	M	U40	none
<b>58</b>	00:51:28	STOTT	Andy	M	O50	MDC
<b>59</b>	00:51:33	SMOUT	DAVID	M	O60	Bryn Bach Park R.C.
<b>60</b>	00:51:37	SANSOM	Glyn	M	O40	Sandomenico RRC
<b>61</b>	00:51:42	SHIELDS	Dominic	M	O40	San Domenico RRC
<b>62</b>	00:52:10	MORGAN	John	M	O40	Brackla Harriers
<b>63</b>	00:52:13	DALLIMORE	Nick	M	O50	Les Croupiers / MDC
<b>64</b>	00:52:25	DAVIES	Jill	F	U40	Griffithstown Harriers
<b>65</b>	00:52:31	MICHNICK	Adam	M	U40	Wye Valley Runners
<b>66</b>	00:52:35	EVERSON	Mark	M	U40	none
<b>67</b>	00:52:38	DOBBS	Russell James	M	U40	ISLWYN RUNNING CLUB

<b>68</b>	00:53:12	LLOYD	Richard	M	U40	Fairwater Runners
<b>69</b>	00:53:16	WEHDEN	Kim	M	O40	Islwyn Running Club
<b>70</b>	00:53:31	WILSON	Robert	M	O50	Penarth & Dinas
<b>71</b>	00:53:32	OSMOND	Clive G.	M	O50	Les Croupiers
<b>72</b>	00:53:40	HODKINSON	Allan	M	U40	none
<b>73</b>	00:53:45	HOPKINS	MATT	M	U40	LES CROUPIERS RUNNING CLUB
<b>74</b>	00:53:47	BEDWELL	Alice	F	O40	MDC
<b>75</b>	00:54:02	MALARZ	Luke	M	U40	Chepstow Harriers
<b>76</b>	00:54:03	COLVIN	Graham	M	O40	Celtic Tri
<b>77</b>	00:54:38	BEATTY	Claire	F	U40	Les Croupiers
<b>78</b>	00:54:40	THOMAS	Richard	M	U40	Fairwater Runners
<b>79</b>	00:54:44	MORGAN	Niki	F	O40	Chepstow Harriers
<b>80</b>	00:54:49	MASON	ANDREW	M	O40	SPRINGFIELD STRIDERS
<b>81</b>	00:54:51	WILLIAMS	Alun	M	O40	none
<b>82</b>	00:55:02	JONES	Alun	M	U40	LES CROUPIERS RUNNING CLUB
<b>83</b>	00:55:13	JOYCE	Kev	M	O40	Pembrokeshire Harriers
<b>84</b>	00:55:20	LAWRENCE	Nigel	M	O40	Bryn Bach Park R.C.
<b>85</b>	00:55:25	GRANT	Neil	M	O50	Chepstow Harriers
<b>86</b>	00:55:29	STEWART	Jim	M	O60	none
<b>87</b>	00:55:31	MOORE	Jonathan	M	O40	none
<b>88</b>	00:55:38	SUMMERS	Lou	F	O40	Chepstow Harriers
<b>89</b>	00:55:40	CHURCHMAN	Michael	M	U40	none
<b>90</b>	00:55:45	KENT	Howard	M	O50	LES CROUPIERS RUNNING CLUB
<b>91</b>	00:56:14	DAY	Richard	M	O40	Pontypridd Roadents AC
<b>92</b>	00:56:29	PROCTER	Andrew	M	U40	none
<b>93</b>	00:56:35	BEGG	Brian	M	U40	none
<b>94</b>	00:56:40	BARRETT	Ruth	F	U40	San Domenico RRC
<b>95</b>	00:56:51	HUDGELL	Cheryl	F	U40	LES CROUPIERS RUNNING CLUB
<b>96</b>	00:56:56	GUNNER	Gary	M	O60	Croft Ambrey
<b>97</b>	00:57:06	KEMLO	Samuel	M	U40	none
<b>98</b>	00:57:12	DARBY	William John	M	O50	MYNYDD DU
<b>99</b>	00:57:16	HARRIS	Anne Marie	F	U40	MYNYDD DU
<b>100</b>	00:57:26	LAWSON	Vanessa	F	U40	CHEPSTOW HARRIERS
<b>101</b>	00:57:33	GWYNEDD	Dewi		U40	none

<b>102</b>	00:57:36	MELBOURNE	Rowena	F	U40	Trot
<b>103</b>	00:57:40	WILLIAMS	Leslie	M	O60	Rhedwyr Eryri
<b>104</b>	00:57:44	BURNE	Peter	M	U40	none
<b>105</b>	00:57:55	LAW	Naomi	F	U40	MYNYDD DU
<b>106</b>	00:57:56	ASHTON	Gerry	M	O50	Chepstow
<b>107</b>	00:57:57	MORDEY	Richard	M	O40	none
<b>108</b>	00:57:57	JAMES	Keith	M	U40	Lliswerry Runners
<b>109</b>	00:58:01	INNES	Duncan	M	O40	Bristol Orienteering Club
<b>110</b>	00:58:11	JONES	Philip Gwyn	M	U40	none
<b>111</b>	00:58:20	BAXTER	Geoff	M	O40	none
<b>112</b>	00:58:22	POWELL	Sam	M	U40	none
<b>113</b>	00:58:35	RUSSELL	Kevin	M	O50	San Domenico RRC
<b>114</b>	00:58:39	JINNY-JONES	Rhian	F	U40	none
<b>115</b>	00:58:45	SCHOLEY	Julie	F	O50	Les Croupiers
<b>116</b>	00:58:49	HUGHES	Gareth	M	U40	none
<b>117</b>	00:58:59	CAINE	Thomas	M	U40	Village Vipers
<b>118</b>	00:59:03	DRAKE	Robert	M	O40	none
<b>119</b>	00:59:13	OWEN	Ross Stuart	M	U40	none
<b>120</b>	00:59:21	WILLIAMS	Jonathan	M	O40	Fairwater Runners
<b>121</b>	00:59:26	FINCH	Dick	M	O60	Chepstow Harriers
<b>122</b>	00:59:27	PROFFITT	DAVID	M	O50	NEWPORT HARRIERS AC
<b>123</b>	00:59:29	RAMSEY	ALISON	F	U40	HOGWEED TROTTERS
<b>124</b>	00:59:51	STARK	IAN	M	U40	none
<b>125</b>	01:00:01	ADAMS	Neil	M	O40	none
<b>126</b>	01:00:04	HICKS	Glyn	M	O60	ISLWYN RUNNING CLUB
<b>127</b>	01:00:10	TURNBULL	Vanessa	F	O40	Womans Running Network
<b>128</b>	01:00:12	CLEARY	Lisa	F	O40	Penarth & Dinas Runners
<b>129</b>	01:00:15	DONNAN	Graeme	M	O50	none
<b>130</b>	01:00:19	HUGHES	Phil	M	U40	San Domenico RRC
<b>131</b>	01:00:24	BARLOW	Richard	M	O40	Les Croupiers
<b>132</b>	01:00:25	JORDAN	Rhys	M	U40	none
<b>133</b>	01:00:38	DALLIMORE	Caroline	F	O50	Les Croupiers / MDC
<b>134</b>	01:00:50	MANN	Alan	M	O50	Les Croupiers
<b>135</b>	01:01:04	STOTT	Gill	F	O50	MDC

<b>136</b>	01:01:14	GRIFFIN	Paul	M	U40	none
<b>137</b>	01:01:14	HALL	Stephen	M	O40	none
<b>138</b>	01:01:19	MORRIS	Jan	F	O40	Chepstow Harriers
<b>139</b>	01:01:21	EVANS	Marc	M	U40	San Domenico RRC
<b>140</b>	01:01:28	HARDWELL	Darren	M	U40	Chepstow Harriers
<b>141</b>	01:01:32	GOODSON	Nicholas	M	U40	none
<b>142</b>	01:01:36	ASHTON	Sue	F	O50	Chepstow
<b>143</b>	01:01:45	WATSON	BOB	M	O40	FETCHEVERYONE RUNNING CLUB
<b>144</b>	01:01:50	FARR	Christine	F	U40	Bristol Orienteering Club
<b>145</b>	01:01:52	AUSTERBERRY	Judith	F	U40	Chepstow
<b>146</b>	01:02:13	BEAK	Alison	F	O40	none
<b>147</b>	01:02:42	STEPHENS	David	M	U40	none
<b>148</b>	01:02:45	QUINN	Nicholas	M	U40	none
<b>149</b>	01:03:09	HOVERS	Kate	F	O50	Brecon
<b>150</b>	01:03:15	GRANDON	Tony	M	O60	none
<b>151</b>	01:03:20	WILLIAMS	Clare	F	U40	none
<b>152</b>	01:03:20	DAVENPORT	John	M	U40	none
<b>153</b>	01:03:35	OSBORNE	Anna	F	U40	Hales Harriers
<b>154</b>	01:03:52	PARSONS	Rhion	F	U40	none
<b>155</b>	01:04:23	JONES	Natalie	F	U40	Village Vipers
<b>156</b>	01:04:30	BROWN	Rob	M	O60	Chepstow Harriers
<b>157</b>	01:04:58	MCCALL	Allan	M	O40	Chepstow
<b>158</b>	01:05:04	WILLIAMS	Nick	M	O40	LES CROUPIERS RUNNING CLUB
<b>159</b>	01:05:08	DAVIES	Nick	M	O40	CHEPSTOW HARRIERS
<b>160</b>	01:05:14	SUTTON	Lyndon A.	M	O50	Islwyn Running Club
<b>161</b>	01:05:16	MAHONEY	Matthew	M	U40	none
<b>162</b>	01:05:19	BACHE	Christopher	M	O40	none
<b>163</b>	01:05:20	DENNIS	Heather	F	U40	Penarth & Dinas
<b>164</b>	01:05:31	REYNOLDS	Rebecca	F	U40	Fairwater Runners
<b>165</b>	01:05:46	SILVER	Roy	M	O50	WFRA
<b>166</b>	01:05:50	MANLEY	DAVID	M	U40	none
<b>167</b>	01:05:53	HILL	Steve	M	O40	Penarth & Dinas
<b>168</b>	01:06:06	POLE	Laurence	M	U40	Pontypridd Roadents AC
<b>169</b>	01:07:01	THWAITES	Mark	M	O40	none

<b>170</b>	01:07:02	ROSSITER	Michael	M	O50	Les Croupiers
<b>171</b>	01:07:09	MACHIN	Fran	F	U40	Les Croupiers
<b>172</b>	01:07:15	VAUGHAN	Peter	M	O40	none
<b>173</b>	01:07:18	ELLINGHAM	Ray	M	O40	San Domenico RRC
<b>174</b>	01:07:28	DIAS	BRIAN	M	U40	CARDIFF AAC
<b>175</b>	01:07:31	NURSE	Jemma	F	U40	Les Croupiers
<b>176</b>	01:07:35	EVANS	Laura	F	U40	Womans Running Network
<b>177</b>	01:07:44	MCIVE	Gillian	F	U40	LES CROUPIERS RUNNING CLUB
<b>178</b>	01:08:02	VORRES	Christine	F	O50	Griffithstown Harriers
<b>179</b>	01:08:18	EDWARDS	Tracy	F	O40	Rhondda Valley Runners
<b>180</b>	01:08:19	DAVIES	Mark	M	O40	none
<b>181</b>	01:08:31	HALE	Nick	M	O50	Hales Harriers
<b>182</b>	01:08:33	WATER	Gary	M	O60	Swansea Harriers
<b>183</b>	01:08:41	NEW	Steven	M	O40	100 Marathon Club
<b>184</b>	01:09:08	SHORE	Leslie	M	O60	none
<b>185</b>	01:10:55	WOOLLEY	Rachel	F	U40	Village Vipers
<b>186</b>	01:11:36	JONES	Rod	M	O60	LES CROUPIERS RUNNING CLUB
<b>187</b>	01:12:15	LUKE	Emily	F	U40	Penarth & Dinas Runners
<b>188</b>	01:13:03	DAVIES	Ruth	F	O40	none
<b>189</b>	01:13:55	ALEXIS	Errol	M	O70	Les Croupiers
<b>190</b>	01:13:56	QUINN	Tegen	F	U40	none
<b>191</b>	01:13:58	HAVERS	Roberta Iris Jæ	F	U40	CHEPSTOW HARRIERS
<b>192</b>	01:17:40	HELSING	Anna	F	O40	Penarth & Dinas Runners
<b>193</b>	01:17:56	HEYMAN	Eric	M	O50	Village Vipers
<b>194</b>	01:17:56	DAVIES	Claire	F	U40	Village Vipers
<b>195</b>	01:18:18	MURPHY	MARIA	F	O40	none
<b>196</b>	01:18:38	WOOD	Ged	M	O50	none
<b>197</b>	01:19:18	ANDREWS	Dave	M	O60	Chepstow Harriers
<b>198</b>	01:19:25	GEORGE	ANDREW	M	O40	CHEPSTOW HARRIERS
<b>199</b>	01:20:00	DAVIES	Elaine	F	O50	Village Vipers
<b>200</b>	01:20:10	ROSSITER	Christina	F	O40	Les Croupiers
<b>201</b>	01:37:52	HOWE	Hannah	F	U40	Womans Running Network
<b>DNF</b>		SCRIVEN	Phil	M	O40	CHEPSTOW HARRIERS
<b>DNF</b>		BIRCH	Simon	M	O40	ISLWYN RUNNING CLUB