

PLACE	NUMBER	NAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME
1	69	Marcus Mumford	-	M1839	men	1	1	1:29:49
2	110	Ryan McFlynn	Griffithstown Harriers	M1839	men	2	2	1:30:09
3	109	Leighton Rawlinson	Caerleon	M1839	men	3	3	1:31:03
4	97	Richard Johnson	Mynydd Du	M4049	men	4	1	1:33:09
5	94	Julian Baker	Les Croupiers	M4049	men	5	2	1:33:28
6	47	Dominic Pascoe	-	M1839	men	6	4	1:33:51
7	116	Tom Jeffery	Les Croupiers	M1839	men	7	5	1:34:04
8	127	Laurence Humphreys	Fairwater Runners	M1839	men	8	6	1:35:34
9	82	Matthew Hurford	Les Croupiers	M1839	men	9	7	1:37:41
10	123	Steve Davies	Pontypwl & District	M5059	men	10	1	1:39:10
11	77	Haydn Hartnell	Islwyn	M5059	men	11	2	1:39:56
12	112	Miles Thomas	Lliswerry Runners	M1839	men	12	8	1:40:38
13	65	Simon Anthony Lewis	Parc Bryn Bach	M1839	men	13	9	1:40:41
14	32	Matthew Reynolds	-	M1839	men	14	10	1:41:12
15	121	Alun Jones	Les Croupiers	M4049	men	15	3	1:41:32
16	91	Ray Morgan	Pontypwl & District	M1839	men	16	11	1:41:51
17	107	Rhodri Evans	Pontypridd Roadents	M1839	men	17	12	1:42:30
18	89	Gavin Jones	Wye Valley Runners	M1839	men	18	13	1:42:53
19	79	James White	San Domenico	M1839	men	19	14	1:43:07
20	113	Alex Lewis	Neath Harriers	M1839	men	20	15	1:43:28
21	99	David Headon	Les Croupiers	M5059	men	21	3	1:43:51
22	68	Gareth Hall	Lliswerry Runners	M1839	men	22	16	1:44:59
23	16	Jonathan Sliczny	Griffithstown Harriers	M1839	men	23	17	1:45:15
24	108	Ben Graham	-	M1839	men	24	18	1:45:46
25	124	Glyn Sansom	San Domenico	M5059	men	25	4	1:45:47

PLACE	NUMBER	NAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME
26	56	Kevin Anthony Jones	Vegan Runners	M4049	men	26	4	1:46:58
27	117	David Standing	Fairwater Runners	M1839	men	27	19	1:47:09
28	59	Gareth Hardman	Bridgend AC	M4049	men	28	5	1:47:39
29	73	Niki Morgan	Chepstow Harriers	F4049	ladies	1	1	1:47:41
30	38	Phillip Miles	Parc Bryn Bach	M6069	men	29	1	1:47:46
31	83	Morris Attard	Outdoor Fitness	M1839	men	30	20	1:47:58
32	88	Colin Wilmott	Griffithstown Harriers	M5059	men	31	5	1:48:09
33	8	Iestyn Rhodes	Pontypwl & District	M1839	men	32	21	1:48:27
34	13	John Diffy	San Domenico	M4049	men	33	6	1:49:03
35	115	Mike Thurgood	Caerleon	M4049	men	34	7	1:49:17
36	122	Paul Thomas	Lliswerry Runners	M4049	men	35	8	1:49:34
37	104	Paul Donovan	Pontypwl & District	M4049	men	36	9	1:50:37
38	18	Darren Ramage	Spirit of Monmouth	M1839	men	37	22	1:50:59
39	103	David Quigley	-	M5059	men	38	6	1:51:04
40	70	Robert Wilson	Penarth & Dinas	M5059	men	39	7	1:51:39
41	131	Steve Harrhy	Lliswerry Runners	M4049	men	40	10	1:51:52
42	44	Kim Wehden	Islwyn	M5059	men	41	8	1:52:26
43	93	Thomas Guy	Griffithstown Harriers	M4049	men	42	11	1:52:30
44	62	Kevin Russell	San Domenico	M5059	men	43	9	1:52:56
45	15	Nicholas Walsh	Griffithstown Harriers	M4049	men	44	12	1:54:02
46	74	Ceri Tapper	-	M4049	men	45	13	1:54:19
47	54	Rob Davies	Lliswerry Runners	M4049	men	46	14	1:55:32
48	1	Helen Duffield	Chepstow Harriers	F4049	ladies	2	2	1:55:53
49	106	Mike Davies	Caerleon	M5059	men	47	10	1:55:59
50	129	Luke James	Monross Trailblazers	M1839	men	48	23	1:56:19

PLACE	NUMBER	NAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME
51	71	Andrew Ellison	Rhondda Valley Runners	M1839	men	49	24	1:56:22
52	81	Paul Harmes	Lliswerry Runners	M4049	men	50	15	1:56:28
53	63	Julian Boon	Forest of Dean AC	M4049	men	51	16	1:57:05
54	30	Paul Day	Lliswerry Runners	M6069	men	52	2	1:57:17
55	118	Pete Stunell	-	M1839	men	53	25	1:57:47
56	85	Tim Reese	Lliswerry Runners	M4049	men	54	17	1:58:34
57	75	Lisa Blackmore	Outdoor Fitness	F1839	ladies	3	1	1:58:52
58	102	Carl Edwards	Pontypridd Roadents	M4049	men	55	18	1:59:01
59	9	Justin Pocknell	Caerleon	M4049	men	56	19	1:59:13
60	25	Christopher Harry	Lliswerry Runners	M4049	men	57	20	1:59:18
61	64	Simon Downs	East End Road Runners	M4049	men	58	21	1:59:34
62	126	Neale Wood	Lliswerry Runners	M5059	men	59	11	2:00:09
63	49	Robert Drake	Cardiff BMF	M4049	men	60	22	2:00:11
64	72	David McElhill	-	M1839	men	61	26	2:01:03
65	51	Christopher Potter	-	M4049	men	62	23	2:01:07
66	61	Brian Dias	Les Croupiers	M1839	men	63	27	2:01:41
67	111	Gareth Hart	Caerleon	M4049	men	64	24	2:02:00
68	114	Gary Cuthbert	Ross Running	M4049	men	65	25	2:02:50
69	78	Guy Mawson	San Domenico	M4049	men	66	26	2:02:52
70	55	Paul Dursley	Lliswerry Runners	M5059	men	67	12	2:03:00
71	76	Richard Day	Pontypridd Roadents	M4049	men	68	27	2:03:10
72	11	Richard Thomas	Fairwater Runners	M1839	men	69	28	2:04:09
73	87	Lauder Sarah	-	F1839	ladies	4	2	2:05:02
74	100	Graham Bazley	Town & Country Harriers	M4049	men	70	28	2:05:20
75	86	Simon Gill	-	M1839	men	71	29	2:05:29

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76	52	Spencer Joseph	Southville Running Club Bristol	M5059	men	72	13	2:05:31
77	80	Malcolm Bradley	Penarth & Dinas	M6069	men	73	3	2:05:55
78	125	Sharon Woods	Pontypwl & District	F5059	ladies	5	1	2:06:02
79	2	Ken Simpkin	-	M4049	men	74	29	2:06:48
80	45	David Palmer	Vegetarian Cycling & Athletic Club	M5059	men	75	14	2:06:55
81	120	Neil Parker	Islwyn	M4049	men	76	30	2:07:08
82	66	Nud Rehman	Fairwater Runners	M1839	men	77	30	2:07:36
83	22	Maria Richards	Islwyn	F1839	ladies	6	3	2:07:43
84	105	Nick Pounder	Pontypridd Roadents	M1839	men	78	31	2:08:09
85	17	Liz Richards	Caerleon	F4049	ladies	7	3	2:08:39
86	7	Andrew Dickens	Pontypwl & District	M4049	men	79	31	2:08:58
87	58	Michael Ellison	-	M4049	men	80	32	2:09:34
88	27	Dave Timson	Pontypwl & District	M4049	men	81	33	2:09:59
89	128	Peter Roberts	Griffithstown Harriers	M5059	men	82	15	2:11:17
90	119	Louise Howells	Lliswerry Runners	F1839	ladies	8	4	2:12:20
91	19	Katharine Hughes	-	F4049	ladies	9	4	2:13:06
92	34	Glyn Hicks	Islwyn	M6069	men	83	4	2:14:20
93	101	Jan Edwards	Pontypridd Roadents	F4049	ladies	10	5	2:14:53
94	6	Julie Roche	Fairwater Runners	F4049	ladies	11	6	2:15:51
95	84	Steve Williams	Lliswerry Runners	M5059	men	84	16	2:15:59
96	39	Cindy Crossland	Town & Country Harriers	F4049	ladies	12	7	2:16:07
97	60	Tammy Swinglehurst	-	F4049	ladies	13	8	2:16:08
98	3	Howard Attwood	Lliswerry Runners	M6069	men	85	5	2:17:29
99	37	Sue Tagg	Parc Bryn Bach	F4049	ladies	14	9	2:17:54
100	67	Heather Dennis	Penarth & Dinas	F1839	ladies	15	5	2:20:59

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101	33	Julie Davies	Pontypwl & District	F4049	ladies	16	10	2:21:41
102	14	Robert Anderson	Lliswerry Runners	M7079	men	86	1	2:23:31
103	132	Claire Watkins	Pontypwl & District	F1839	ladies	17	6	2:23:59
104	46	Nick Jackson	Lliswerry Runners	M4049	men	87	34	2:29:45
105	95	Michelle Jayne	Parc Bryn Bach	F1839	ladies	18	7	2:31:27
106	98	Tom Bird	Lliswerry Runners	M4049	men	88	35	2:32:35
107	92	Rob Brown	Chepstow Harriers	M6069	men	89	6	2:32:38
108	23	Christine Vorres	Pontypwl & District	F5059	ladies	19	2	2:32:51
109	24	Sara Wakefield	Pontypwl & District	F1839	ladies	20	8	2:32:54
110	48	Harry Whiting	-	M5059	men	90	17	2:33:05
111	50	Angela Hall	Outdoor Fitness	F4049	ladies	21	11	2:40:15
112	90	Andrew Price	Hay Hotfooters	M4049	men	91	36	2:42:17
113	96	Kelly Collins	Parc Bryn Bach	F1839	ladies	22	9	2:46:14
114	43	Claire Dunkerton	Lliswerry Runners	F1839	ladies	23	10	2:52:37
115	42	Zara Cumpstone	Lliswerry Runners	F1839	ladies	24	11	2:52:38
116	4	Yvonne Forsey	Lliswerry Runners	F5059	ladies	25	3	3:03:12