



201	Hayward	Kevin Henry	-	24:12	301	Blyth	Jackie	-	30:18
202	Bray	Mark	-	24:16	302	Davies	Ruth	-	30:22 v
203	Hurdidge	Christine	-	24:18 v	303	Brimacombe	Liz	-	30:22 v
204	Moore	Gavin	-	24:37	304	Smith	Lynne	-	30:22 v
205	Edwards	Andrew	-	24:37	305	Davies	Julie	3M's	30:36 v
206	Hurford	Sarah	-	24:43	306	Phillipart	Alison	-	30:56
207		Brunley	-	24:43 v	307	Morris	Maria Kathleen	-	30:56
208	Haynes	Karen	-	24:45	308	Guy	Fiona	-	31:10
209	Perkins	Derek	-	24:49 v	309	Fowler	David	-	31:10 v
210	Price	Richard	Murton Rovers	24:49	310	Connor	Dianne	-	31:46 v
211	Perry	Glenn	-	24:52	311	Burrows	Karen	-	31:46 v
212	Morris	Max	-	24:59 v	312	Ford	Sarah	-	31:52 v
213	Pelusi	Catherine	-	25:08	313	Fowler	Helen	-	32:43 v
214	Shuttleworth	Nashie	-	25:10 v	314	Jay	Sue	-	32:45 v
215	Jones	Sarah	-	25:10	315	Sue	Shannon Jones	-	33:00
216	Thomas	D Keith	Vistison	25:14 v	316	Elwin	Kristin	-	34:24
217	Lewis	Robert	-	25:18 v	317	Fincher	Carole	-	34:44 v
218	Johnson	Leighton	-	25:21 v	318	Thomas	Suzanne	-	35:00 v
219	Jones	Nigel	-	25:21 v	319	Cirillio	Nicola	-	35:11 v
220	Zarate	Elena	-	25:27 v	320	Wahlin	Inger	-	35:39 v
221	Greenfield	Kate	-	25:28					
222	Bibby	Joanne	-	25:34 v					
223	Sharpe	Fay	3M's	25:36 v					
224	Morgan	Rhidian	-	25:36 v					
225	Vaughan	Huw	-	25:38 v					
226	Austin	Vicky	-	25:40 v					
227	Halsey	Jim	-	25:42					
228	Pullen	Russell	Neath Harriers	25:42 v					
229	Tatchley	Yvonne	-	25:42					
230	Evans	Andrew	-	25:44					
231	Brown	Lyn	-	25:51 v					
232	Whittingham-Jones	Sally	-	25:51					
233	Lynch	Dennis	Cornelly	25:51 v					
234	McGregor	Jane	3M's	25:52 v					
235	Bravnerova	Michaela	-	25:56 v					
236	Morrison	Maria	-	25:59					
237	Nedin	Vivian James	-	25:59 v					
238	Moss	Ian	-	26:04					
239	Carlisle	Karl	-	26:09					
240	Poulton	Pippa	-	26:12 v					
241	Lynch	Angela	-	26:23 v					
242	Hockley	Christopher	-	26:27					
243	Jones	Caroline	-	26:27					
244	Daniels	Hubert	Swansea Harriers	26:33 v					
245	Jones	Gillian	-	26:38					
246	Evans	Roger	-	26:38 v					
247	Cosgrove	Emily	-	26:38					
248	Pictor	Sheila	-	26:38 v					
249	Fincher	Matthew	Llanelli Tri Club	26:38					
250	Kelly	Donna	-	26:41					
251	Brocklebank	Nina	-	26:49					
252	Arthur	Tina	-	26:49 v					
253	Rowling	Victoria	-	26:49					
254	Meredith	Julie	-	26:49 v					
255	Matthews	Rachel	-	26:49					
256	Thompson	gary	-	26:59					
257	Sharples	Claire	-	27:04					
258	Thompson	Keith	-	27:04 v					
259	Bayliss	Amanda Jayne	-	27:07					
260	Roberts	Adrian	-	27:13 v					
261	Gilbert	Henry	-	27:16 v					
262	Davies	Sharon	Sospan R R	27:16 v					
263	Dickeson	Alyson	Cardiff AC	27:20 v					
264	Paget	Tony	-	27:20 v					
265	Jones	Matthew	-	27:22					
266	Owens	Linda	-	27:32 v					
267	Bowler	Nicholas	-	27:32					
268	Brown	Collin	-	27:33 v					
269	Barclay	Elizabeth	-	27:35					
270	Perry	Denise	-	27:35					
271	Williams	Caryl	-	27:42 v					
272	Reynolds	Andrea	-	27:47 v					
273	Maddock	Carol	-	27:54 v					
274	Leaves	Mike	-	28:01					
275	Sandbrook	Chrissy	-	28:04 v					
276	Davies	Aine	-	28:07					
277	Weaver	Robert	-	28:07					
278	Clifton	June	-	28:08 v					
279	Jones	Michelle	-	28:14					
280	Poole	Maria	-	28:23					
281	Poole	Anna	-	28:23					
282	Wilson	Finola	-	28:29					
283	Anderson	Sarah Louise	-	28:30 v					
284	Pearce	Kathy	Sospan R R	28:47 v					
285	Chapman	Rebecca	Amman Valley Harriers	28:51					
286	Lanson	Colin	-	28:55 v					
287	Broker	Barbara	-	29:10					
288	Finney	Nissa	-	29:10					
289	Davies	Mary	-	29:11 v					
290	Davies	Christine	Sospan R R	29:34 v					
291	Phillips	Helen	-	29:35 v					
292	Wyatt	Jenny	-	29:38 v					
293	Stevenson	Geoff	-	29:53					
294	Churchill	Rhiannon	3M's	29:54					
295	Tate	Barbara	-	29:54 v					
296	Prior	Carol	-	29:59					
297	Lloyd	Julie	-	30:08					
298	Ford	Karen	-	30:16 v					
299	Benjamin	Mathew	-	30:18					
300	Harris	Wayne	Yellow Cab Runner	30:18 v					