

Merthyr Mawr Trail Running Festival 2017 – Saturday 15th July 2017

Rabbit Run Results F

Position	Number	Time	First Name	Surname	Club	Sex	Males	Females	Age Rank
1	101	0:50:45	JAMES	HUNT	CARDIFF AC	MALE	1		1-SENM
2	407	0:54:51	JAMIE	PARRY		MALE	2		2-SENM
3	126	0:57:42	DANIEL	BEYNON		MALE	3		1-MM35
4	591	0:58:21	PAUL	SPEYER	BRACKLA HARRIERS	MALE	4		2-MM35
5	235	0:58:27	MORGAN	FREEMAN		MALE	5		3-SENM
6	413	0:58:45	STUART	PENNY	CHEPSTOW HARRIERS	MALE	6		1-MM55
7	123	0:59:01	DAVID	BENNETT	PORTHCAWL RUNNERS	MALE	7		1-MM45
8	396	0:59:46	DARREN	OULD	MAINDY HARRIERS	MALE	8		4-SENM
9	176	1:00:45	SIMON	DARKE	MAINDY HARRIERS	MALE	9		2-MM55
10	401	1:01:11	JAMES	OWEN		MALE	10		5-SENM
11	185	1:01:47	MATTHEW	DAVIES	ABERDARE VALLEY AAC	MALE	11		3-MM35
12	349	1:02:40	STEVE	LOVELUCK	MEIRIONNYDD RUNNING CLUB	MALE	12		2-MM45
13	576	1:02:49	ALEXANDER	PRICE		MALE	13		6-SENM
14	462	1:02:50	RICHARD	SHEEHY		MALE	14		7-SENM
15	161	1:02:38	ALAN	CLAYTON		MALE	15		4-MM35
16	317	1:03:17	DEAN	JONES	LORDSHILL ROAD RUNNERS	MALE	16		5-MM35
17	109	1:03:47	STEPHEN	ATTWOOD		MALE	17		6-MM35
18	297	1:03:49	ALEXANDER	HUTTON-LEWIS	CAERPHILLY RUNNERS	MALE	18		8-SENM
19	596	1:03:56	RHYS	GRIFFITH	HENDRE LAKE RUNNING CLUB	MALE	19		7-MM35
20	382	1:03:59	SAMUEL	MORGAN		MALE	20		9-SENM
21	600	1:04:07	TINO	MAIZ		MALE	21		8-MM35
22	583	1:04:09	RICHARD	PERKINS		MALE	22		10-SENM
23	536	1:04:20	STEVEN	HOLMES	SARN HELEN	MALE	23		9-MM35
24	307	1:04:44	RICHARD	JEANS		MALE	24		10-MM35
25	276	1:05:07	IAIN	HENDRY	NEATH HARRIERS	MALE	25		3-MM45
26	348	1:05:15	ANNELIESE	LOVELUCK	MEIRIONNYDD RUNNING CLUB	FEMALE		1	1-MW45
27	217	1:05:28	MIKE	EVANS		MALE	26		4-MM45
28	444	1:05:41	THOMAS	RHODEN		MALE	27		11-SENM
29	238	1:05:50	MIKE	FURNESS	PORTHCAWL RUNNERS	MALE	28		5-MM45
30	268	1:06:06	SIMON	HARRISON	CWM OGWR RUNNING CLUB	MALE	29		6-MM45
31	387	1:06:15	JIM	MURRAY	PONTYPRIDD ROADANTS	MALE	30		7-MM45
32	480	1:06:22	SIMON	STOKES	WHITE ROCK RUNNERS	MALE	31		12-SENM
33	517	1:06:30	BELLA	WHEELER		FEMALE		2	1-SENW
34	417	1:06:31	ANTONY	PHILLIPS	BRIDGEND AC	MALE	32		8-MM45
35	578	1:06:32	SIMON	WILLIAMS	CWM OGWR RUNNING CLUB	MALE	33		9-MM45
36	500	1:06:32	GARETH	THOMPSON		MALE	34		11-MM35
37	504	1:06:37	LYN	VINTER	ROYAL SUTTON COLDFIELD AC	MALE	35		10-MM45
38	245	1:06:40	BEN	GOODING	PEGASUS RUNNING CLUB	MALE	36		12-MM35
39	281	1:06:42	JAIME	HINDLE		MALE	37		13-MM35
40	488	1:06:45	MICK	TABOR	LES CROUPIERS	MALE	38		3-MM55
41	472	1:06:46	CRAIG	SMITH		MALE	39		13-SENM
42	228	1:07:05	MARK	FRANCIS	BRACKLA HARRIERS	MALE	40		11-MM45
43	548	1:07:15	EDDIE	DOOLAN		MALE	41		14-SENM
44	378	1:07:18	ANNE-MARIE	MOON		FEMALE		3	1-MW35

45	292	1:07:30	JOANNE	HUDSON		FEMALE		4	2-MW45
46	402	1:07:46	PAUL	OWEN		MALE	42		14-MM35
47	351	1:08:08	GRAHAM	MACKLEWORTH	CWM OGWR RUNNING CLUB	MALE	43		15-MM35
48	146	1:08:16	MATTHEW	BUNCE	BRACKLA HARRIERS	MALE	44		16-MM35
49	256	1:08:23	CERI	GRIFFITHS		MALE	45		12-MM45
50	175	1:08:47	IAN	CUTHBERT	BRACKLA HARRIERS	MALE	46		4-MM55
51	148	1:09:21	JON	BURNETT		MALE	47		15-SENM
52	350	1:09:35	TONY	MACKAY		MALE	48		13-MM45
53	404	1:09:56	JAMES	PARKIN		MALE	49		16-SENM
54	525	1:09:57	NEIL	WILLIS		MALE	50		17-SENM
55	437	1:10:10	CAROL	REES	LES CROUPIERS	FEMALE		5	3-MW45
56	584	1:10:13	PAUL	O'RILEY		MALE	51		17-MM35
57	505	1:10:17	ANDY	VOWELL		MALE	52		14-MM45
58	580	1:10:29	JUSTIN	SAVAGE		MALE	53		15-MM45
59	524	1:10:40	THOMAS	WILLIAMS		MALE	54		18-SENM
60	597	1:10:42	GARETH	LUDKIN		MALE	55		19-SENM
61	222	1:10:43	CARL	FEIVEN	CORNELLY STRIDERS AC	MALE	56		18-MM35
62	526	1:10:45	PAUL	WINSTANLEY		MALE	57		16-MM45
63	179	1:11:03	DAFYDD	DAVIES		MALE	58		19-MM35
64	264	1:11:03	LUCY	HAMMOND	MAINDY HARRIERS	FEMALE		6	4-MW45
65	323	1:11:20	SIAN	JONES	PARC BRYN BACH RC	FEMALE		7	2-SENW
66	594	1:11:25	JOE	STOAT		MALE	59		20-SENM
67	512	1:11:45	NATALIE	WARREN		FEMALE		8	3-SENW
68	311	1:11:56	CHARLOTTE	JOHNS	BRACKLA HARRIERS	FEMALE		9	5-MW45
69	186	1:12:13	OWEN	DAVIES		MALE	60		20-MM35
70	287	1:12:15	JOSHUA	HOKINGS		MALE	61		1-U20M
71	218	1:12:26	RHIANNON	EVANS		FEMALE		10	2-MW35
72	476	1:12:27	ANGHARAD	STARR	CAERPHILLY RUNNERS	FEMALE		11	3-MW35
73	598	1:12:32	SHARON	WOODS	PONTYPOOL & DISTRICT	FEMALE		12	1-MW55
74	453	1:12:37	DORIAN	RUSSELL		MALE	62		17-MM45
75	345	1:12:55	GWYN	LLOYD	PONTYPRIDD ROADENTS RC	MALE	63		5-MM55
76	290	1:13:09	PAUL	HOWARD		MALE	64		21-MM35
77	204	1:13:17	CIARAN	EDWARDS		MALE	65		2-U20M
78	115	1:13:20	JULIE	BALAAM	BIGGLESWADE AC	FEMALE		13	4-MW35
79	206	1:13:21	MICHAEL	ELLISTON		MALE	66		18-MM45
80	454	1:13:22	TOM	RUSSELL		MALE	67		22-MM35
81	119	1:13:23	TOM	BARRETT		MALE	68		23-MM35
82	442	1:13:26	MATTHEW	REYPERT		MALE	69		24-MM35
83	277	1:13:29	MATTHEW	HENSON		MALE	70		21-SENM
84	502	1:13:34	VANESSA	TURNBULL	CAERPHILLY RUNNERS	FEMALE		14	6-MW45
85	114	1:13:42	JONATHAN	BALAAM		MALE	71		25-MM35
86	289	1:13:51	MELANIE	HOWARD	RUN4ALL RUNNING CLUB	FEMALE		15	5-MW35
87	237	1:13:56	ANDREW	FURLONG		MALE	72		22-SENM
88	422	1:14:13	ALUN	POWELL		MALE	73		6-MM55
89	477	1:14:21	ANDREA	STARRITT	BRACKLA HARRIERS	FEMALE		16	7-MW45
90	239	1:14:32	PAUL	GANDER		MALE	74		26-MM35
91	392	1:14:35	JOSH	OBRIEN		MALE	75		23-SENM

92	498	1:14:37	MARK	THOMAS		MALE	76		27-MM35
93	194	1:14:59	NICHOLAS	DEWAR		MALE	77		24-SENM
94	208	1:14:59	WAYNE	ENTICOTT		MALE	78		19-MM45
95	449	1:15:01	ELERI	ROGERS		FEMALE		17	6-MW35
96	370	1:15:01	ELINOR	MCNAMARA		FEMALE		18	7-MW35
97	376	1:15:10	JONATHAN	MILNE		MALE	79		25-SENM
98	271	1:15:15	WILL	HAVELOCK		MALE	80		28-MM35
99	414	1:15:22	STEVEN	PERKS	RUN4ALL RUNNING CLUB	MALE	81		7-MM55
100	117	1:15:45	TIM	BANKS		MALE	82		26-SENM
101	592	1:15:49	GREG	THOMAS		MALE	83		29-MM35
102	368	1:16:02	PAUL	MCFARLANE		MALE	84		27-SENM
103	473	1:16:02	AARON	SONGHURST		MALE	85		28-SENM
104	534	1:16:08	GWYN	PALFREY	PARC BRYN BACH RC	MALE	86		20-MM45
105	137	1:16:08	NEIL	BROOKS		MALE	87		21-MM45
106	464	1:16:09	DAVID	SINCLAIR	WHITE ROCK RUNNERS	MALE	88		22-MM45
107	192	1:16:25	RUTH	DEARDS	LES CROUPIERS	FEMALE		19	8-MW45
108	585	1:16:26	CHRIS	PRATT	CWM OGWR RUNNING CLUB	MALE	89		23-MM45
109	118	1:16:29	MATTHEW	BARRELL		MALE	90		30-MM35
110	393	1:16:31	JANE	OGILVIE	BRACKLA HARRIERS	FEMALE		20	9-MW45
111	172	1:16:48	CLAIRE	CURTIN	WHITE ROCK RUNNERS	FEMALE		21	4-SENW
112	521	1:16:53	DEAN	WILLIAMS		MALE	91		29-SENM
113	588	1:17:01	KEVIN	WILLIAMS		MALE	92		31-MM35
114	469	1:17:15	RICH	SKYRME		MALE	93		32-MM35
115	411	1:17:23	TOM	PEGLEY		MALE	94		30-SENM
116	511	1:17:25	HOWARD	WARREN		MALE	95		31-SENM
117	483	1:17:28	NIA	SUTTON		FEMALE		22	5-SENW
118	299	1:17:30	HAYLEY	JACKSON	PARC BRYN BACH RC	FEMALE		23	8-MW35
119	343	1:17:31	NINA	LINDHOLM		FEMALE		24	6-SENW
120	546	1:17:33	MARTIN	BEARD	CWM OGWR RUNNING CLUB	MALE	96		24-MM45
121	430	1:17:34	ANDREW	QUINTON		MALE	97		33-MM35
122	432	1:17:38	ANDREW	RAMSEY	CAERPHILLY RUNNERS	MALE	98		34-MM35
123	468	1:17:40	KEVIN	SKINNER		MALE	99		32-SENM
124	130	1:17:43	EM	BISSEX	PEGASUS RUNNING CLUB	FEMALE		25	9-MW35
125	471	1:17:45	NICK	SLOPER		MALE	100		25-MM45
126	420	1:17:47	KATHRYN	POOLE	PONTYPRIDD ROADENTS RC	FEMALE		26	7-SENW
127	538	1:18:02	SARAH	KAVANAGH		FEMALE		27	1-U20W
128	321	1:18:18	ROB	JONES		MALE	101		33-SENM
129	535	1:18:18	BENJAMIN	SCOTT		MALE	102		35-MM35
130	390	1:18:21	SAM	NICHOLSON		MALE	103		36-MM35
131	458	1:18:27	ANN	SAXENA	NEWPORT HARRIERS	FEMALE		28	2-MW55
132	587	1:18:30	ANDREW	COOPER	MERTHYR RUNNING CLUB	MALE	104		37-MM35
133	236	1:18:31	ADRIAN	FROWEN		MALE	105		26-MM45
134	226	1:18:44	GRAHAM	FOSTER	BRACKLA HARRIERS	MALE	106		27-MM45
135	154	1:18:50	ANDREW	CAPLE		MALE	107		28-MM45
136	200	1:19:01	JASON	EDMONDS		MALE	108		29-MM45
137	183	1:19:04	GARETH	DAVIES	BRIDGEND AC	MALE	109		30-MM45
138	372	1:19:09	JOANNE	MEREDITH	PEGASUS RUNNING CLUB	FEMALE		29	8-SENW

139	373	1:19:18	STUART	MILBOURNE		MALE	110		8-MM55
140	461	1:19:36	DAVID	SHEARD	CWM OGWR RUNNING CLUB	MALE	111		31-MM45
141	262	1:20:21	KEVIN	HALMKAN		MALE	112		34-SENM
142	312	1:20:31	ADAM	JOHNSON		MALE	113		35-SENM
143	342	1:20:35	ROBERT	LEWIS		MALE	114		1-MM65
144	334	1:20:36	JOHN	LANE		MALE	115		32-MM45
145	266	1:20:48	NATHAN	HARPER	PARC BRYN BACH RC	MALE	116		36-SENM
146	122	1:21:04	MARY	BEECH	BRACKLA HARRIERS	FEMALE		30	10-MW45
147	247	1:21:11	SOPHIE	GOTT	HENDRE LAKE RUNNING CLUB	FEMALE		31	10-MW35
148	233	1:21:16	JASON	FREEMAN		MALE	117		33-MM45
149	248	1:21:29	DEB	GOULE	PORTHCAWL RUNNERS	FEMALE		32	11-MW45
150	319	1:21:31	MARTIN	JONES		MALE	118		34-MM45
151	371	1:21:32	SIMON	MELKSHAM		MALE	119		38-MM35
152	104	1:21:34	PAULA	ALLEN	PEGASUS RUNNING CLUB	FEMALE		33	11-MW35
153	363	1:21:34	RICHARD	MASON		MALE	120		37-SENM
154	528	1:21:35	STEPHEN	WOOD	PEGASUS RUNNING CLUB	MALE	121		39-MM35
155	593	1:21:35	LOUISE	MUNKLEY	MERTHYR RUNNING CLUB	FEMALE		34	12-MW35
156	366	1:21:40	SIMON	MCCANN	VILLAGE VIPERS	MALE	122		35-MM45
157	426	1:21:48	NATALIE	PROCTOR	VILLAGE VIPERS	FEMALE		35	9-SENW
158	197	1:21:56	MALCOLM	DOWNES	CAERPHILLY RUNNERS	MALE	123		40-MM35
159	298	1:22:04	THOMAS	HUXLEY		MALE	124		38-SENM
160	258	1:22:06	MARTIN	GRIMSDALE	WATFORD HARRIERS	MALE	125		9-MM55
161	495	1:22:11	CLAIRE	THOMAS	PENCOED PANTHERS	FEMALE		36	13-MW35
162	482	1:22:16	ELLEN	SUGDEN	PEGASUS RUNNING CLUB	FEMALE		37	14-MW35
163	202	1:22:33	NEIL	EDWARDS		MALE	126		39-SENM
164	241	1:23:02	PHILIP	GEORGE		MALE	127		10-MM55
165	184	1:23:08	JUSTINE	DAVIES	BRACKLA HARRIERS	FEMALE		38	15-MW35
166	494	1:23:22	NICKY	TEESDALE		MALE	128		41-MM35
167	510	1:23:37	CHARLOTTE	WARREN	PORTHCAWL RUNNERS	FEMALE		39	16-MW35
168	209	1:23:44	JULIA	ESMOND	PENCOED PANTHERS	FEMALE		40	10-SENW
169	367	1:23:51	MICHELLE	MCCULLY	CARDIFF TRIATHLETES	FEMALE		41	17-MW35
170	142	1:23:51	HANNAH	BUCKINGHAM	CARDIFF TRIATHLETES	FEMALE		42	11-SENW
171	470	1:24:10	LIZ	SLATER		FEMALE		43	1-MW65+
172	474	1:24:17	PHILIP	SPITERI		MALE	129		42-MM35
173	589	1:24:30	ROBERT	PARRY		MALE	130		43-MM35
174	429	1:24:41	CORAL	PUTMAN	VEGAN RUNNERS UK	FEMALE		44	12-MW45
175	499	1:24:41	SAMANTHA	THOMAS		FEMALE		45	12-SENW
176	336	1:25:01	PAULA	LAWTON-ARCHER	PURBECK RUNNERS	FEMALE		46	13-MW45
177	193	1:25:09	EDWARD	DEWAR		MALE	131		40-SENM
178	335	1:25:17	DAVE	LAWTON	PURBECK RUNNERS	MALE	132		36-MM45
179	509	1:25:23	BETH	WARREN		FEMALE		47	18-MW35
180	501	1:25:39	CAROLINE	TINSLEY	MAINDY HARRIERS	FEMALE		48	19-MW35
181	527	1:25:53	SUSANNA	WINSTANLEY		FEMALE		49	13-SENW
182	448	1:25:53	DANIELLE	ROBERTS		FEMALE		50	14-SENW
183	465	1:26:02	EMILY	SINCLAIR		FEMALE		51	15-SENW
184	318	1:26:05	DELPHINE	JONES	PARC BRYN BACH RC	FEMALE		52	20-MW35
185	211	1:26:05	JEFFREY	EVANS	CORNELLY STRIDERS AC	MALE	133		37-MM45

186	346	1:26:19	RACHEL	LONERGAN		FEMALE		53	16-SENW
187	112	1:26:56	STUART	BAIN		MALE	134		44-MM35
188	275	1:27:26	KATIE	HAYLOCK		FEMALE		54	17-SENW
189	431	1:27:39	RHIAN	QUINTON		FEMALE		55	21-MW35
190	415	1:27:46	GAIL	PETRIDES		FEMALE		56	22-MW35
191	294	1:27:49	ELEANOR	HUMPHREYS		FEMALE		57	23-MW35
192	403	1:27:55	VICKY	PAGE		FEMALE		58	24-MW35
193	523	1:27:57	SIMON	WILLIAMS		MALE	135		38-MM45
194	158	1:27:59	JOHN	CHANDLER	MAINDY HARRIERS	MALE	136		11-MM55
195	224	1:28:07	ROWENA	FORD		FEMALE		59	18-SENW
196	225	1:28:07	TRACEY	FORD		FEMALE		60	3-MW55
197	549	1:28:40	ALED	WILLIAMS		MALE	137		45-MM35
198	190	1:29:01	TIM	DAVIES	PONTYPRIDD ROADENTS RC	MALE	138		46-MM35
199	138	1:29:01	TRACY	BROOKS	PURBECK RUNNERS	FEMALE		61	14-MW45
200	542	1:29:07	CARLOS	SENDRA		MALE	139		41-SENW
201	199	1:29:12	MICHAEL	DYKE		MALE	140		47-MM35
202	128	1:29:15	CARYS	BHATIA		FEMALE		62	25-MW35
203	313	1:29:21	KATIE	JOHNSON		FEMALE		63	19-SENW
204	188	1:29:21	RYAN	DAVIES		MALE	141		42-SENW
205	155	1:29:51	DHANA	CAPLE		FEMALE		64	26-MW35
206	460	1:30:00	EULEE	SEOW	LES CROUPIERS	FEMALE		65	20-SENW
207	574	1:30:02	JULIE	BROUGHTON	LES CROUPIERS	FEMALE		66	15-MW45
208	213	1:30:05	JULIA	EVANS	PEGASUS RUNNING CLUB	FEMALE		67	4-MW55
209	445	1:30:08	STEVE	RIDDLER	CWM OGWR RUNNING CLUB	MALE	142		12-MM55
210	405	1:30:08	CARYS	PARR	CAERPHILLY RUNNERS	FEMALE		68	27-MW35
211	210	1:30:12	ANDREA	ETHERIDGE		FEMALE		69	16-MW45
212	455	1:30:14	STEVE	RYAN		MALE	143		48-MM35
213	273	1:30:22	RICHARD	HAYES		MALE	144		49-MM35
214	496	1:30:28	GAYNOR	THOMAS		FEMALE		70	28-MW35
215	301	1:30:28	BARRY	JAMES	PORTHCAWL RUNNERS	MALE	145		2-MM65
216	545	1:30:37	WENDY	FOSTER		FEMALE		71	17-MW45
217	355	1:30:37	ALAN	MARCH		MALE	146		39-MM45
218	181	1:30:40	DEWI	DAVIES		MALE	147		50-MM35
219	198	1:30:42	FIONA	DRYSDALE	CWM OGWR RUNNING CLUB	FEMALE		72	18-MW45
220	310	1:30:44	STUART	JENKINS		MALE	148		51-MM35
221	330	1:30:45	ANDREW	LAITY		MALE	149		52-MM35
222	446	1:30:52	BEATRICE	ROBERTS		FEMALE		73	29-MW35
223	485	1:30:56	BOBBIE	SWIFT	PARC BRYN BACH RC	FEMALE		74	30-MW35
224	486	1:31:32	DARREN	SWIFT	PARC BRYN BACH RC	MALE	150		40-MM45
225	381	1:32:02	PAUL	MORGAN		MALE	151		13-MM55
226	410	1:32:05	ROGER	PEACOCK		MALE	152		14-MM55
227	400	1:32:12	HYWEL	OWEN		MALE	153		15-MM55
228	265	1:32:44	RHIANYDD	HAMPTON		FEMALE		75	21-SENW
229	375	1:32:50	JONATHAN	MILLER		MALE	154		43-SENW
230	168	1:33:05	GEMMA	CRIDLAND		FEMALE		76	22-SENW
231	133	1:33:09	SIMON	BOWEN		MALE	155		53-MM35
232	291	1:33:34	ASHLEY	HOWELLS	CWM OGWR RUNNING CLUB	MALE	156		41-MM45

233	328	1:34:03	NATHAN	KING		MALE	157		44-SENM
234	169	1:34:03	KELLY	CROFTS	LES CROUPIERS	FEMALE		77	31-MW35
235	216	1:34:14	LYNNE	EVANS	WOMEN RUNNING PENARTH	FEMALE		78	19-MW45
236	540	1:34:15	JASON	HYDE		MALE	158		54-MM35
237	489	1:34:21	LEANNE	TALBOT		FEMALE		79	23-SENW
238	522	1:34:24	MEIRION	WILLIAMS		MALE	159		42-MM45
239	419	1:34:34	JOHN-PAUL	PIPER		MALE	160		45-SENM
240	242	1:34:37	RICHARD	GEORGE		MALE	161		46-SENM
241	203	1:34:41	RICHARD	EDWARDS		MALE	162		43-MM45
242	259	1:34:43	GINA	GROOM		FEMALE		80	20-MW45
243	260	1:34:45	PHILIP	GROOM		MALE	163		44-MM45
244	573	1:35:09	CARLY	ROSS-JONES		FEMALE		81	5-MW55
245	339	1:35:24	JACKIE	LEWIS	CWM OGWR RUNNING CLUB	FEMALE		82	6-MW55
246	221	1:35:30	ANNA	FAYERS		FEMALE		83	32-MW35
247	507	1:35:35	LUCIA	WAAGENES	PENCOED PANTHERS	FEMALE		84	21-MW45
248	506	1:35:35	CLARK	WAAGENES		MALE	164		45-MM45
249	354	1:35:53	CHRISTINE	MANT		FEMALE		85	24-SENW
250	516	1:36:12	GARRY	WHARMBY	PEGASUS RUNNING CLUB	MALE	165		46-MM45
251	575	1:36:17	GARETH	LLOYD-DAVIES	CWM OGWR RUNNING CLUB	MALE	166		55-MM35
252	543	1:36:27	ROBERT	PROWSE		MALE	167		47-MM45
253	274	1:36:40	EMMA	HAYHURST		FEMALE		86	33-MW35
254	337	1:37:03	KATIE	LEES		FEMALE		87	34-MW35
255	304	1:37:06	LISA	JAMES		FEMALE		88	35-MW35
256	357	1:37:09	CAROLINE	MARTIN		FEMALE		89	25-SENW
257	269	1:37:09	PETE	HARROP	CWM OGWR RUNNING CLUB	MALE	168		16-MM55
258	150	1:37:15	JANINE	BUTTON		FEMALE		90	36-MW35
259	379	1:37:15	LISA	MOORE		FEMALE		91	37-MW35
260	361	1:37:49	DANIEL	MASON		MALE	169		47-SENM
261	295	1:37:52	ANDREW	HURLEY		MALE	170		48-MM45
262	369	1:38:21	KIRSTY	MCGOWAN	LES CROUPIERS	FEMALE		92	26-SENW
263	279	1:38:31	RACHEL	HIGGINSON	LES CROUPIERS	FEMALE		93	38-MW35
264	288	1:38:37	MARTIN	HOUGH		MALE	171		48-SENM
265	149	1:38:38	SHARON	BUSH		FEMALE		94	39-MW35
266	283	1:38:38	STEVEN	HOLLERAN		MALE	172		49-SENM
267	581	1:38:43	HENRY	NEVS	CAERPHILLY RUNNERS	MALE	173		3-U20M
268	196	1:38:51	MARK	DOUGLAS	RHONDDA VALLEY RUNNERS	MALE	174		56-MM35
269	514	1:39:02	DIONNE	WAY		FEMALE		95	27-SENW
270	113	1:39:04	ABIGAIL	BAKER		FEMALE		96	28-SENW
271	374	1:39:11	NATALIE	MILBURN		FEMALE		97	29-SENW
272	134	1:39:11	MICHAEL	BRAIN		MALE	175		57-MM35
273	108	1:39:39	KATE	ATTWOOD		FEMALE		98	40-MW35
274	423	1:39:51	JAYNE	POWNEY	CWM OGWR RUNNING CLUB	FEMALE		99	22-MW45
275	302	1:40:40	CATHERINE	JAMES	CAERPHILLY RUNNERS	FEMALE		100	41-MW35
276	582	1:40:40	JOANNE	NEVS	CAERPHILLY RUNNERS	FEMALE		101	23-MW45
277	257	1:40:40	CLAIRE	GRIFFITHS	CAERPHILLY RUNNERS	FEMALE		102	42-MW35
278	293	1:40:41	MIKE	HUGHES		MALE	176		58-MM35
279	263	1:40:41	KAYLA	HAM		FEMALE		103	30-SENW

280	309	1:40:49	WENDY	JENKINS	PORT TALBOT HARRIERS	FEMALE		104	24-MW45
281	129	1:40:55	GRAHAM	BINGHAM	PONTYPRIDD ROADENTS RC	MALE	177		49-MM45
282	316	1:41:04	ANTHONY	JONES		MALE	178		50-MM45
283	212	1:41:14	JEREMY	EVANS		MALE	179		51-MM45
284	359	1:41:23	JON	MARTIN	LES CROUPIERS	MALE	180		59-MM35
285	595	1:41:28	SIONED	HISCOX		FEMALE		105	31-SENW
286	286	1:41:31	ANTHONY	HOOKINGS		MALE	181		52-MM45
287	300	1:41:34	RAJIV	JADVA		MALE	182		50-SENM
288	331	1:41:34	VERNON	LAMBERT		MALE	183		60-MM35
289	518	1:41:34	VICKI	WHEELER		FEMALE		106	43-MW35
290	577	1:42:19	LUCY	VICKERS		FEMALE		107	32-SENW
291	438	1:42:27	ELIZABETH	REES		FEMALE		108	44-MW35
292	229	1:42:29	PHILIPPA	FRANCIS		FEMALE		109	25-MW45
293	284	1:44:04	JANE	HOLMES	SARN HELEN	FEMALE		110	26-MW45
294	165	1:44:06	DEAN	COOMBES	PEGASUS RUNNING CLUB	MALE	184		51-SENM
295	306	1:44:19	TANIA	JAMES PRICE	PONT-Y-PWL & DIST RUNNERS	FEMALE		111	27-MW45
296	178	1:44:24	CHLOE	DAVIES		FEMALE		112	33-SENW
297	308	1:44:24	RACHEL	JENKINS		FEMALE		113	34-SENW
298	421	1:44:33	SARAH	POPE		FEMALE		114	28-MW45
299	408	1:44:55	BETHAN	PARSONS		FEMALE		115	45-MW35
300	338	1:44:57	IAN	LEWIS	CWM OGWR RUNNING CLUB	MALE	185		53-MM45
301	214	1:45:00	LUCY	EVANS		FEMALE		116	35-SENW
302	544	1:45:00	JACK	WENSLEY		MALE	186		52-SENM
303	364	1:45:23	SAMANTHA	MATHIAS-CHAPMAN		FEMALE		117	29-MW45
304	170	1:45:33	COLIN	CROOKS	PEGASUS RUNNING CLUB	MALE	187		17-MM55
305	329	1:45:35	JULIANNE	KODURAND		FEMALE		118	46-MW35
306	125	1:45:35	TAMMY	BESHELLA		FEMALE		119	47-MW35
307	416	1:46:00	ANITA	PHILLIPS		FEMALE		120	30-MW45
308	481	1:46:50	PATRYCJA	STRZEMIECKA		FEMALE		121	48-MW35
309	227	1:46:55	JANICE	FRANCIS	BRACKLA HARRIERS	FEMALE		122	31-MW45
310	220	1:47:08	SUZANNE	FANCOURT		FEMALE		123	49-MW35
311	207	1:47:40	REBECCA	ENGLAND		FEMALE		124	36-SENW
312	219	1:47:41	RICHARD	EVANS		MALE	188		61-MM35
313	424	1:47:52	BETHANY	PRICE	RUN4ALL RUNNING CLUB	FEMALE		125	32-MW45
314	244	1:49:15	AMANDA	GILBERT		FEMALE		126	33-MW45
315	135	1:49:19	DENISE	BRENNAN		FEMALE		127	34-MW45
316	251	1:49:19	KATY	GRAY		FEMALE		128	37-SENW
317	389	1:49:40	NICOLA	NICHOLAS	CORNELLY STRIDERS AC	FEMALE		129	38-SENW
318	475	1:49:59	SUZANNE	SPITERI		FEMALE		130	35-MW45
319	456	1:50:22	CLARE	SAGE		FEMALE		131	50-MW35
320	383	1:50:22	SARA	MORGAN	PEGASUS RUNNING CLUB	FEMALE		132	51-MW35
321	452	1:50:29	SIAN	RUSHFORTH		FEMALE		133	39-SENW
322	537	1:51:00	HELEN	KAVANAGH	BRACKLA HARRIERS	FEMALE		134	7-MW55
323	467	1:51:03	KAREN	SKINLEY	PENCOED PANTHERS	FEMALE		135	36-MW45
324	466	1:51:03	CHRIS	SKINLEY		MALE	189		54-MM45
325	503	1:51:55	GEOFF	TWIGG		MALE	190		18-MM55
326	191	1:51:56	LEIGHTON	DAVIES		MALE	191		55-MM45

327	391	1:52:26	SOPHIE	NORTON		FEMALE		136	40-SENW
328	180	1:52:26	DAVID	DAVIES		MALE	192		53-SENW
329	530	1:52:26	RACHEL	WOOLLEY	VILLAGE VIPERS	FEMALE		137	41-SENW
330	157	1:52:26	ANGELA	CHAMPION	LES CROUPIERS	FEMALE		138	52-MW35
331	164	1:52:26	JAYE	CONNELLY	VILLAGE VIPERS	FEMALE		139	42-SENW
332	353	1:52:26	RICH	MANSELL	VILLAGE VIPERS	MALE	193		62-MM35
333	384	1:52:26	SARA	MORGAN	VILLAGE VIPERS	FEMALE		140	53-MW35
334	586	1:52:28	CHRIS	PRATT	CWM OGWR RUNNING CLUB	MALE	194		56-MM45
335	436	1:52:45	ANN	REED	PURBECK RUNNERS	FEMALE		141	8-MW55
336	103	1:52:45	TRUDY	ALLEN	PURBECK RUNNERS	FEMALE		142	54-MW35
337	579	1:52:51	MARK	JAMES	PORTHCAWL RUNNERS	MALE	195		57-MM45
338	305	1:52:51	LOUISE	JAMES	PORTHCAWL RUNNERS	FEMALE		143	37-MW45
339	250	1:53:05	MARY-JAYNE	GRANVILLE	PENCOED PANTHERS	FEMALE		144	43-SENW
340	230	1:53:15	EMILY	FRASER	CORNELLY STRIDERS AC	FEMALE		145	2-U20W
341	231	1:53:15	GEORGINA	FRASER	CORNELLY STRIDERS AC	FEMALE		146	38-MW45
342	441	1:53:18	SIAN	REGAN		FEMALE		147	44-SENW
343	280	1:53:20	BRYHER	HILL	PENCOED PANTHERS	FEMALE		148	45-SENW
344	529	1:53:23	TRICIA	WOODHOUSE	RUN4ALL RUNNING CLUB	FEMALE		149	39-MW45
345	232	1:54:10	JACK	FREEMAN		MALE	196		4-U20M
346	171	1:54:14	SHAWN	CULLEN	CWM OGWR RUNNING CLUB	MALE	197		63-MM35
347	314	1:54:54	MAIR	JOHNSON	PONTYPRIDD ROADENTS RC	FEMALE		150	46-SENW
348	457	1:55:05	EVA	SAVAGE		FEMALE		151	40-MW45
349	388	1:55:09	SIAN	NEWTON	CAERPHILLY RUNNERS	FEMALE		152	55-MW35
350	205	1:55:17	KAREN	EGGLETON		FEMALE		153	56-MW35
351	513	1:58:06	KATHY	WATKIN		FEMALE		154	41-MW45
352	380	1:58:06	HELEN	MORGAN		FEMALE		155	42-MW45
353	140	1:58:07	KATE	BROWN		FEMALE		156	57-MW35
354	327	1:58:07	LINDSEY	KIMBER		FEMALE		157	58-MW35
355	296	1:58:07	BECCI	HURLEY		FEMALE		158	47-SENW
356	386	1:58:07	DANIELLE	MOSS		FEMALE		159	59-MW35
357	278	1:58:11	JULIA	HERBERT	PONTYPRIDD ROADENTS RC	FEMALE		160	60-MW35
358	187	1:58:11	RUTH	DAVIES		FEMALE		161	48-SENW
359	131	1:58:40	STEVE	BOND		MALE	198		58-MM45
360	340	1:58:47	NICOLA	LEWIS	PARC BRYN BACH RC	FEMALE		162	61-MW35
361	341	1:58:47	RHYS	LEWIS	PARC BRYN BACH RC	MALE	199		64-MM35
362	249	1:59:31	LYNN	GOWARD	VILLAGE VIPERS	FEMALE		163	43-MW45
363	267	2:00:11	NICOLE	HARRIS		FEMALE		164	49-SENW
364	490	2:00:21	DYLAN	TANNER		MALE	200		65-MM35
365	106	2:00:26	PATRICK	ANDERSON		MALE	201		66-MM35
366	156	2:00:30	ALYS	CARLISLE		FEMALE		165	44-MW45
367	365	2:00:30	SHIRLEY	MATHIAS-CHAPMAN		FEMALE		166	45-MW45
368	433	2:00:39	VICTORIA	RAMSEY	CAERPHILLY RUNNERS	FEMALE		167	62-MW35
369	333	2:00:39	CLAIRE	LANE	CAERPHILLY RUNNERS	FEMALE		168	46-MW45
370	447	2:00:39	CATHERINE	ROBERTS	CAERPHILLY RUNNERS	FEMALE		169	9-MW55
371	315	2:00:39	ANGHARAD	JONES		FEMALE		170	63-MW35
372	360	2:01:46	CHLOE	MASON		FEMALE		171	50-SENW
373	362	2:01:56	KAREN	MASON	TEWKESBURY RUNNING CLUB	FEMALE		172	47-MW45

374	434	2:04:00	JULIE	RANSOM	CWM OGWR RUNNING CLUB	FEMALE		173	64-MW35
375	599	2:04:00	LILLIAN	RYAN		FEMALE		174	65-MW35
376	439	2:04:25	GARETH	REES		MALE	202		59-MM45
377	116	2:04:25	KALPANA	BALAKRISHNAM		FEMALE		175	66-MW35
378	162	2:04:25	TRACEY	COAKLEY		FEMALE		176	67-MW35
379	547	2:07:39	VINCE	LAWLOR	CORNELLY STRIDERS AC	MALE	203		60-MM45
380	163	2:07:51	AMBER	CONDY		FEMALE		177	48-MW45
381	303	2:08:29	HILARY	JAMES		FEMALE		178	49-MW45
382	144	2:10:27	TRACY	BUCKLE	PEGASUS RUNNING CLUB	FEMALE		179	50-MW45
383	143	2:10:30	PAUL	BUCKLE		MALE	204		61-MM45
384	493	2:12:25	CLAIRE	TAYLOR	CWM OGWR RUNNING CLUB	FEMALE		180	68-MW35
385	105	2:14:08	MARYAM	ALSEFRI		FEMALE		181	51-SENW
386	141	2:18:03	ALYSON	BRYANT	CHIPPENHAM HARRIERS	FEMALE		182	69-MW35
387	152	2:18:03	JO-ANNE	CANSFIELD	CHIPPENHAM HARRIERS	FEMALE		183	51-MW45
388	425	2:20:54	VICTORIA	PRITCHARD		FEMALE		184	52-SENW
389	325	2:21:02	ANTHONY	KAVANAGH	CWM OGWR RUNNING CLUB	MALE	205		67-MM35
390	347	2:21:36	GAYNOR	LOVELESS		FEMALE		185	10-MW55
391	395	2:21:36	BEVERLY	OOSS		FEMALE		186	11-MW55
392	173	2:22:18	SUE	CUNNINGHAM		FEMALE		187	52-MW45
393	590	2:22:18	ROBERT	PARRY		MALE	206		68-MM35
394	406	2:26:07	ANGELA	PARRY	CWM OGWR RUNNING CLUB	FEMALE		188	12-MW55
395	539	2:26:10	LISA	JENKINS	CWM OGWR RUNNING CLUB	FEMALE		189	70-MW35
396	243	2:32:00	RACHEL	GIBBS		FEMALE		190	53-MW45
397	356	2:33:00	EMMA	MARSHALL	PENCOED PANTHERS	FEMALE		191	71-MW35
398	412	2:37:00	PHOEBE	PENNELL	PENCOED PANTHERS	FEMALE		192	3-U20W
399	136	2:37:00	LAUREN	BRIGGS	PENCOED PANTHERS	FEMALE		193	53-SENW
400	427	2:38:00	STEPHNE	PUDDY	PENCOED PANTHERS	FEMALE		194	72-MW35
401	531	2:48:52	ALUN	WYLDE	CWM OGWR RUNNING CLUB	MALE	207		62-MM45
402	519	2:51:00	RHIANNON	WHITELEY	CWM OGWR RUNNING CLUB	FEMALE		195	54-SENW
403	160	2:51:04	PIPPA	CLARK	CWM OGWR RUNNING CLUB	FEMALE		196	73-MW35
404	532	3:13:32	EMMA	YOUNG		FEMALE		197	55-SENW
405	177	3:13:32	CHERYL	DAVIES		FEMALE		198	56-SENW