

Number	Time	Position	Name	Surname	Age	Category	Club
73	1:13:01 a.m.	1	MIKE	PFEIFFER		MV50+	BRECON AC
88	1:14:31 a.m.	2	SIMON	LEWIS		M18+	ABERDARE
37	1:15:34 a.m.	3	SAMUEL	RYALL	41	MV40+	PONTYPRIDD ROADENTS AC
2	1:17:31 a.m.	4	IESTYN	RHODES	38	M18+	PONT Y PWL AND DISTRICT RUNNERS
85	1:17:45 a.m.	5	ROBERT	JOHN		MV40+	FAIRWATER CWMBRAN
72	1:18:39 a.m.	6	CHRIS	PARKER		MV50+	PORT TALBOT HARRIERS
64	1:21:38 a.m.	7	EMMA	WOOKEY		F18+	LLISWERRY RUNNERS
68	1:23:08 a.m.	8	ANDREW	WALSH		M18+	GRIFFITHSTOWN HARRIERS
7	1:23:49 a.m.	9	ADRIAN	BULL	38	M18+	USK RUNNERS
108	1:24:14 a.m.	10	ADRIAN	WOODS		MV50+	PONT Y PWL AND DISTRICT RUNNERS
50	1:25:14 a.m.	11	BICKEL	ROB	42	MV40+	CAERLEON RC
76	1:25:19 a.m.	12	ANDREW	CHARLES		M18+	PORT TALBOT HARRIERS
84	1:26:02 a.m.	13	ANGELA	JONES		FV40+	FAIRWATER CWMBRAN
23	1:26:31 a.m.	14	NATHAN	KERSLEY	34	M18+	
103	1:29:30 a.m.	15	ROGER	MILLS		MV40+	FAIRWATER CWMBRAN
48	1:31:17 a.m.	16	RICCI	WATTS	28	M18+	PONT Y PWL AND DISTRICT RUNNERS
94	1:32:00 a.m.	17	JUSTIN	ROSS		M18+	ISLWYN
111	1:32:09 a.m.	18	MICHAEL	SKYRME		MV40+	FAIRWATER CWMBRAN
67	1:32:13 a.m.	19	GARETH	BARRINGTON		MV40+	LLISWERRY RUNNERS
45	1:32:41 a.m.	20	BOB	WATSON	45	MV40+	
38	1:33:38 a.m.	21	CHRISTOPHER	SHELLARD	34	M18+	
26	1:33:52 a.m.	22	LUBICA	MECIAROVA	29	F18+	PONT Y PWL AND DISTRICT RUNNERS
82	1:34:02 a.m.	23	ANDY	STOTT		MV50+	CHEPSTOW
6	1:34:07 a.m.	24	STEVEN	BRYANT	52	MV50+	PONT Y PWL
35	1:34:21 a.m.	25	MIKE	RIDD	32	M18+	LLISWERRY RUNNERS
36	1:34:21 a.m.	26	REBECCA	ROTHWELL	33	F18+	LLISWERRY RUNNERS
25	1:34:22 a.m.	27	STUART	LUKINS	40	MV40+	LLISWERRY RUNNERS
60	1:34:22 a.m.	28	TIM	REESE		MV50+	LLISWERRY RUNNERS
91	1:35:18 a.m.	29	DANIELLE	PHILLIPS		F18+	PARC BRYN BACH
101	1:35:54 a.m.	30	TOM	STONE		M18+	
59	1:35:59 a.m.	31	PAUL	DURSLEY		MV60+	LLISWERRY RUNNERS
93	1:36:41 a.m.	32	KEITH	LANGLEY		MV60+	PONT Y PWL AND DISTRICT RUNNERS
107	1:37:10 a.m.	33	SANDRA	CHIPPER		FV40+	LLISWERRY RUNNERS
80	1:37:23 a.m.	34	JULIA	ABBOTT		F18+	
69	1:37:29 a.m.	35	CHRIS	O'BRIEN		MV40+	PONT Y PWL AND DISTRICT RUNNERS
83	1:37:33 a.m.	36	RHYS LLYWELYN	JAMES		M18+	ERYRI HARRIERS
12	1:38:27 a.m.	37	JESS	ELLIS	34	F18+	LES CROUPIERS
58	1:39:13 a.m.	38	PAUL	DAY		MV60+	LLISWERRY RUNNERS
62	1:40:05 a.m.	39	ANNE MARIE	HARRIS		FV40+	PONT Y PWL AND DISTRICT RUNNERS
66	1:40:14 a.m.	40	MARTYN	JENKINS		MV50+	FAIRWATER CWMBRAN
104	1:40:34 a.m.	41	ALUN	HICKS		M18+	
109	1:40:43 a.m.	42	SHARON	WOODS		FV50+	PONT Y PWL AND DISTRICT RUNNERS
19	1:41:18 a.m.	43	STEWART	HARDING	30	M18+	
92	1:41:40 a.m.	44	PAUL	HARVEY		M18+	ISLWYN
11	1:41:56 a.m.	45	RUSSELL	DOBBS	40	MV40+	ISLWYN RUNNING CLUB
99	1:42:02 a.m.	46	RICHARD LEE	REGAN		MV40+	PONT Y PWL AND DISTRICT RUNNERS
70	1:42:03 a.m.	47	MARINA	WRIGHT		F18+	LLISWERRY RUNNERS
40	1:42:17 a.m.	48	PETER	SHORT		MV60+	FOREST OF DEAN
102	1:43:38 a.m.	49	MALCOLM	BRADLEY		MV60+	PENARTH & DINAS RUNNERS
9	1:43:46 a.m.	50	ALISTAIR	CUMMINGS	36	M18+	PONT Y PWL AND DISTRICT RUNNERS
29	1:45:14 a.m.	51	DANIEL	NEWTON	42	MV40+	PONT Y PWL AND DISTRICT RUNNERS
75	1:45:50 a.m.	52	CHRISTIE	COLEMAN		MV40+	CWM OGWR RUNNING CLUB
81	1:47:09 a.m.	53	CHRIS	CAREY		MV40+	PONT Y PWL AND DISTRICT RUNNERS
112	1:47:15 a.m.	54	DAVID	LEWIS		MV50+	
95	1:47:32 a.m.	55	REBECCA	POOLE		F18+	FAIRWATER CWMBRAN
78	1:47:39 a.m.	56	ADRIAN	GUILLIAM		MV40+	FAIRWATER CWMBRAN
52	1:48:54 a.m.	57	RAVEN	TIMMS		FV40+	LLISWERRY
51	1:48:55 a.m.	58	RUSSELL	WAREHAM		MV40+	ISLWYN
57	1:49:11 a.m.	59	LISA	ERICILSON		F18+	PONT Y PWL AND DISTRICT RUNNERS
87	1:49:11 a.m.	60	TERRY	LEWIS		MV50+	ISLWYN
86	1:49:13 a.m.	61	JULIE	LEWIS		FV40+	ISLWYN
98	1:49:14 a.m.	62	JUSTIN	POCKNELL		MV40+	CAERLEON RC
96	1:49:22 a.m.	63	GLYN	HICKS		MV60+	ROBERTTOWN RR
65	1:49:41 a.m.	64	JEANETTE	JENKINS		FV50+	FAIRWATER CWMBRAN

