

Reverse 10 & South Regional Championship**Reverse 10 - 2007****Sunday 4 February 2007. 10:00 am**

Provisional Pace		Race		Race			
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>min/mil</i>		
1	00:50:06	GARDINER, Richard	Cardiff AAC	Senior Male	05:00.5	1	1
2	00:51:45	REES, Martin	Neath Harriers	Male Vet 50	05:10.4	219	2
3	00:53:55	AHERNE, Lee	club 69	Male Vet 40	05:23.4	55	3
4	00:54:03	PATERSON, Stephen	San Dominico	Senior Male	05:24.2	98	4
5	00:54:20	COLES, Peter	Pontypridd Roadents AC	Male Vet 40	05:25.9	94	5
6	00:54:26	WOOD, Alun	Bridgend AC	Senior Male	05:26.5	146	6
7	00:54:31	ATLIN, Rob	Bridgend AC	Senior Male	05:27.0	149	7
8	00:54:51	CREES, Stuart	Les Croupiers	Senior Male	05:29.0	5	8
9	00:55:09	LEWIS, Tim	Bridgend AC	Senior Male	05:30.8	230	9
10	00:55:25	THOMAS, Stephen	Islwyn	Senior Male	05:32.4	42	10
11	00:56:31	FROST, Nick	Pontypridd Roadents AC	Male Vet 40	05:39.0	91	11
12	00:56:56	COLCOMBE, Gavin	Cardiff AAC	Senior Male	05:41.5	224	12
13	00:57:08	REEVES, Stuart	Les Croupiers	Senior Male	05:42.7	186	13
14	00:57:12	JONES, Steve	Bridgend AC	Senior Male	05:43.1	32	14
15	00:57:20	PARKER, Christopher	Swansea Harriers	Male Vet 40	05:43.9	66	15
16	00:57:30	DUKES, Nick	Les Croupiers	Senior Male	05:44.9	6	16
17	00:58:10	GEORGE, Phillip	Les Croupiers	Senior Male	05:48.9	166	17
18	00:58:58	OXLAY, Chris	newport harriers	Senior Male	05:53.7	126	18
19	00:59:06	LEWIS, Simon	club 69	Male Vet 40	05:54.5	142	19
20	00:59:13	USHER, Wayne	CheltenhamCount Harriers	Senior Male	05:55.2	76	20
21	00:59:27	HEADON, David	Les Croupiers	Male Vet 40	05:56.6	130	21
22	00:59:27	HOWELL, Scott	Les Croupiers	Male Vet 40	05:56.6	188	22
23	00:59:29	CLEMENT, Clem	Penarth & Dinas Runner	Male Vet 40	05:56.8	71	23
24	00:59:32	TABOR, Mick	Les Croupiers	Male Vet 50	05:57.1	189	24
25	00:59:32	PICKVANCE, Ruth	Les Croupiers	Female Vet 45	05:57.1	162	25
26	01:00:23	MOWER, Jeremy	Gloucester	Male Vet 40	06:02.2	25	26
27	01:01:07	HAWKINS, Brian	Senior Male	06:06.6	183	27	
28	01:01:09	SHARDLOW, Richard	Bromsgrove & Reditch AC	Senior Male	06:06.8	84	28
29	01:01:14	THOMAS, Daniel	Llanelli AAC	Senior Male	06:07.3	160	29
30	01:01:31	CRANE, Peter	Neath Harriers	Male Vet 40	06:09.0	205	30
31	01:01:33	RYALL, Samuel	Senior Male	06:09.2	226	31	
32	01:01:55	THOMAS, Andrew	Sospan Llanelli Road Runners	Male Vet 40	06:11.4	161	32
33	01:02:12	GEORGE, Martin	Sospan Llanelli Road Runners	Senior Male	06:13.1	99	33
34	01:02:20	WILLIAMS, Geraint	Pontypridd Roadents AC	Senior Male	06:13.9	132	34
35	01:02:28	DAVIES, Colin	Brecon Athletic Club	Male Vet 40	06:14.7	4	35
36	01:02:29	PASCOE, Dominic	Senior Male	06:14.8	28	36	
37	01:02:35	THOMPSON, Andrew	Griffithstown Harriers	Male Vet 40	06:15.4	144	37
38	01:02:41	VORRES, Dimitri	Griffithstown Harriers	Male Vet 40	06:16.0	137	38
39	01:02:55	WILLIAMS, Martin	Male Vet 40	06:17.4	194	39	
40	01:03:00	OSMOND, Clive	Les Croupiers	Male Vet 40	06:17.9	93	40
41	01:03:01	THOMPSON, Keith	Islwyn	Male Vet 40	06:18.0	234	41
42	01:03:08	JUKES, Daman	club 69	Senior Male	06:18.7	140	42
43	01:03:12	OWEN, Dylan	Les Croupiers	Male Vet 40	06:19.1	164	43
44	01:03:23	JAMES, Wayne	Bridgend AC	Male Vet 40	06:20.2	86	44
45	01:03:29	BAKER, Andrew	Pontypridd Roadents AC	Male Vet 40	06:20.8	204	45
46	01:03:32	DAVIES, Andy	Pontypridd Roadents AC	Male Vet 40	06:21.1	124	46
47	01:03:41	DAVIES, Clive	Sospan Llanelli Road Runners	Male Vet 40	06:22.0	163	47
48	01:04:00	MCDONALD, Ian	San Dominico	Male Vet 40	06:23.9	277	48
49	01:04:06	MASON, Howard	caerleon	Male Vet 40	06:24.5	192	49
50	01:04:09	ADAMS, Christopher	stroud ac	Senior Male	06:24.8	248	50
51	01:04:10	REYNOLDS, Andrew	Neath Harriers	Senior Male	06:24.9	233	51
52	01:04:11	PALMER, Andrew	Penarth & Dinas Runner	Senior Male	06:25.0	246	52
53	01:04:15	DAWES, Paul	San Dominico	Male Vet 40	06:25.4	254	53
54	01:04:24	PHILLIPS, Clare	Swansea Harriers	Female Vet 35	06:26.3	26	54
55	01:04:30	HUGHES, David	Bridgend AC	Male Vet 40	06:26.9	110	55
56	01:04:31	COCKORAN, Cornelieus	Pontypridd Roadents AC	Senior Male	06:27.0	3	56
57	01:04:51	LODDER, Helen	Islwyn	Female Vet 35	06:29.0	90	57
58	01:04:55	CRANE, David	Male Vet 40	06:29.4	206	58	
59	01:05:03	PROUD, David	Les Croupiers	Senior Male	06:30.2	113	59
60	01:05:06	FRAWLES, Gill	Neath Harriers	Female Vet 45	06:30.5	143	60

61	01:05:11	DAVIES, David	Neath Harriers	Male Vet 50	06:31.0	138	61
62	01:05:21	MARSH, Samuel	Senior Male	06:32.0	61	62	
63	01:05:37	RODGER, Peter	Griffithstown Harriers	Male Vet 40	06:33.6	229	63
64	01:05:43	JONES, Ian	Male Vet 40	06:34.2	201	64	
65	01:05:57	THOMAS, Jeff	Bridgend AC	Male Vet 40	06:35.6	207	65
66	01:06:01	BERDERO, Richard	Senior Male	06:36.0	271	66	
67	01:06:15	DELAND, James	San Dominico	Male Vet 50	06:37.4	167	67
68	01:06:17	OWEN, Stephen	Les Croupiers	Male Vet 40	06:37.6	70	68
69	01:06:44	HOPKINS, Matthew	Les Croupiers	Senior Male	06:40.3	82	69
70	01:06:47	MURPHY, Mike	Les Croupiers	Male Vet 50	06:40.6	283	70
71	01:07:01	DAVIES, Mike	caerleon	Male Vet 40	06:42.0	155	71
72	01:07:03	LIDDIATT, Ian	Senior Male	06:42.2	158	72	
73	01:07:15	CURRAN, Peter	Male Vet 40	06:43.4	78	73	
74	01:07:23	GRIFFITHS, Gareth	Senior Male	06:44.2	265	74	
75	01:07:30	PATERSON, Keith	San Dominico	Male Vet 60	06:44.9	24	75
76	01:07:31	DAVIES, Michael	Les Croupiers	Male Vet 50	06:45.0	31	76
77	01:07:38	HARTENELL, Hayden	Islwyn	Male Vet 40	06:45.7	235	77
78	01:07:41	SHORT, Peter	Forest of Dean	Male Vet 50	06:46.0	47	78
79	01:07:45	SANDERSON, Thomas	Senior Male	06:46.4	14	79	
80	01:07:50	JAMES, Leigh	w.s.e. & Hounslow	Senior Female	06:46.9	87	80
81	01:08:03	GRIFFITHS, Bryn	Senior Male	06:48.2	232	81	
82	01:08:05	DAVIES, Gron	Male Vet 40	06:48.4	169	82	
83	01:08:13	STEVENS, Darren	Senior Male	06:49.2	210	83	
84	01:08:20	GUY, Thomas	Griffithstown Harriers	Senior Male	06:49.9	139	84
85	01:08:23	HAINES-JONES, Nicola	Neath Harriers	Female Vet 35	06:50.2	136	85
86	01:08:30	WILLIAMS, Alex	Road Runners Club	Senior Male	06:50.9	262	86
87	01:08:33	REES, Colin	Senior Male	06:51.2	17	87	
88	01:08:35	MORRIS, Phill	IFF Group	Male Vet 40	06:51.4	43	88
89	01:08:36	HECTOR, Robert	Senior Male	06:51.5	44	89	
90	01:08:40	GRUMMELL, Oliver	Village Vipers	Senior Male	06:51.9	216	90
91	01:08:42	THOMAS, Cerith	Male Vet 40	06:52.1	211	91	
92	01:08:50	HENRY, Ian	Senior Male	06:52.9	263	92	
93	01:08:52	BROOKSHAW, Ben	Senior Male	06:53.1	83	93	
94	01:08:56	SCOKINGS, Jamie	Penarth & Dinas Runner	Senior Male	06:53.5	247	94
95	01:09:01	O'SULLIVAN, Tim	Les Croupiers	Male Vet 40	06:54.0	228	95
96	01:09:23	UNSWORTH, Mark	San Dominico	Male Vet 40	06:56.2	255	96
97	01:09:47	BUCK, Martin	Brecon Athletic Club	Male Vet 40	06:58.6	203	97
98	01:09:49	HUGHES, John	Rhondda Tri	Male Vet 40	06:58.8	135	98
99	01:10:03	LEWIS, David	stamford striders	Male Vet 40	07:00.2	100	99
100	01:10:03	BELL, Roger	3 M's Gorseinon	Male Vet 40	07:00.2	258	100
101	01:10:09	CRISPIE, Gerard	Les Croupiers	Male Vet 40	07:00.8	221	101
102	01:10:30	SCHOLEY, Julie	Les Croupiers	Female Vet 45	07:02.9	267	102
103	01:10:36	JONES, KELVIN	Male Vet 40	07:03.5	253	103	
104	01:10:56	LINE, Andrew	Senior Male	07:05.5	220	104	
105	01:11:00	WARNER, Wayne	Senior Male	07:05.9	240	105	
106	01:11:03	ORR, Sally	Cardiff Triathletes	Senior Female	07:06.2	46	106
107	01:11:10	COLES, Marcus	Les Croupiers	Senior Male	07:06.9	259	107
108	01:11:23	HOOPER, Martin	Sospan Llanelli Road Runners	Male Vet 40	07:08.2	147	108
109	01:11:25	MC CARTHY, Kevin	Male Vet 40	07:08.4	151	109	
110	01:11:27	JONES, Peter	langport runners	Male Vet 50	07:08.6	172	110
111	01:11:29	JONES, Mandy	Islwyn	Female Vet 45	07:08.8	37	111
112	01:11:35	JONES, Stephen	Islwyn	Male Vet 40	07:09.4	38	112
113	01:11:38	SMITH, Mike	Senior Male	07:09.7	35	113	
114	01:11:38	MC DONNELL, Kieran	Male Vet 50	07:09.7	152	114	
115	01:12:08	NEW, Steve	100 marathon club	Male Vet 40	07:12.7	208	115
116	01:12:19	NASH, Paul	Male Vet 40	07:13.8	168	116	
117	01:12:27	MAKSIMOVIC, Peter	Male Vet 40	07:14.6	269	117	
118	01:12:27	HOLMES, David	Senior Male	07:14.6	22	118	
119	01:12:28	SYLVESTER, Oliver	Senior Male	07:14.7	280	119	
120	01:12:28	PHILLIPS, Gillian	Sospan Llanelli Road Runners	Female Vet 45	07:14.7	141	120
121	01:12:32	HAMMOND, Peter	Senior Male	07:15.1	257	121	
122	01:12:38	EMMETT, Maureen	IFF Group	Female Vet 45	07:15.7	45	122
123	01:12:50	SMITH, Alun	Rhondda Valley Runners	Male Vet 40	07:16.9	279	123
124	01:12:56	GROVES, Martin	Senior Male	07:17.5	27	124	
125	01:13:02	HARRIS, Rebecca	Female Vet 35	07:18.1	108	125	

126	01:13:23	MATTHEWS, Daniel	Senior Male	07:20.2	227	126	
127	01:13:25	CUNNANE, John	100km association	Male Vet 50	07:20.4	223	127
128	01:13:27	COX, William	langport runners	Male Vet 50	07:20.6	179	128
129	01:13:30	DOBBS, Russell	Islwyn	Senior Male	07:20.9	57	129
130	01:13:42	ROBERTSON, Mike	Male Vet 40	07:22.1	182	130	
131	01:13:57	SHEILDS, Dominic	Male Vet 40	07:23.6	249	131	
132	01:13:58	HARRIS, Noel	Male Vet 40	07:23.7	109	132	
133	01:14:00	HUSSAIN, Matt	Senior Male	07:23.9	270	133	
134	01:14:11	DAVIES, Julie	Griffithstown Harriers	Female Vet 35	07:25.0	174	134
135	01:14:11	CHANDLER, Tim	Male Vet 40	07:25.0	88	135	
136	01:14:14	JERVIS, Jeff	club 69	Male Vet 60	07:25.3	239	136
137	01:14:17	DAVIES, Martin	Male Vet 40	07:25.6	122	137	
138	01:14:18	HEADON, Leah	Senior Male	07:25.7	131	138	
139	01:14:28	BATCUP, Marc	Senior Male	07:26.7	69	139	
140	01:14:31	DAVIES, Colin	Male Vet 50	07:27.0	121	140	
141	01:14:34	GOWARD, Lynn	Valley Vipers	Female Vet 35	07:27.3	77	141
142	01:14:54	DUNSCOMBE, Mark	Sarn Helen	Male Vet 40	07:29.3	52	142
143	01:14:58	HOWELL, Peter	Male Vet 40	07:29.7	153	143	
144	01:15:05	PHILLIPS, Sian	Swansea Harriers	Female Vet 45	07:30.4	125	144
145	01:15:11	HALIWELL, Mark	brackla harriers	Male Vet 40	07:31.0	145	145
146	01:15:24	JONES, Gareth	Senior Male	07:32.3	157	146	
147	01:15:26	WARREN, Paul	Bridgend AC	Senior Male	07:32.5	273	147
148	01:15:30	COLEMAN, Neil	Male Vet 40	07:32.9	184	148	
149	01:15:35	BRAIN, John	langport runners	Male Vet 60	07:33.4	173	149
150	01:15:42	BARNARD, Gwain	Senior Male	07:34.1	16	150	
151	01:15:49	BOWSHER, Judi	Les Croupiers	Female Vet 45	07:34.8	29	151
152	01:16:04	EDWARDS, Amy	Rhondda Valley Runners	Senior Female	07:36.3	106	152
153	01:16:08	ABRAHAM, Adam	Les Croupiers	Senior Male	07:36.7	41	153
154	01:16:15	PEMBERTON, Steve	Senior Male	07:37.4	222	154	
155	01:16:18	DAVIES, Neil	Senior Male	07:37.7	176	155	
156	01:16:37	STEPHENS, Thomas	Senior Male	07:39.6	154	156	
157	01:16:49	REES, Andy	Male Vet 40	07:40.8	243	157	
158	01:16:51	GILLARD, Paul	Male Vet 40	07:41.0	212	158	
159	01:17:09	HALLIGAN, Clarke	east end road runners	Senior Male	07:42.8	213	159
160	01:17:11	MACKENZIE, Paul	Les Croupiers	Senior Male	07:43.0	218	160
161	01:17:23	HAINES, Ian	Islwyn	Senior Male	07:44.2	193	161
162	01:17:38	DENTON, CLIVE	Rhondda Valley Runners	Senior Male	07:45.7	252	162
163	01:17:42	DURBIN, John	Senior Male	07:46.1	209	163	
164	01:17:44	GORMLEY, Gerard	Griffithstown Harriers	Male Vet 40	07:46.3	260	164
165	01:17:46	LISTER, Mike	Les Croupiers	Male Vet 50	07:46.5	10	165
166	01:18:00	FURLONG, Paul	Male Vet 50	07:47.9	53	166	
167	01:18:14	HUGHES, Dewi	Male Vet 50	07:49.3	264	167	
168	01:18:40	DAVIES, Natali	Female Vet 35	07:51.9	40	168	
169	01:18:49	HERN, Simon	Senior Male	07:52.8	39	169	
170	01:19:01	EVANS, Sian	Les Croupiers	Female Vet 35	07:54.0	112	170
171	01:19:13	THOMAS, Cathy	Running 4 Women	Female Vet 35	07:55.2	105	171
172	01:19:14	FALSINI, Helen	Cardiff AAC	Female Vet 35	07:55.3	115	172
173	01:19:15	HERN, Nathan	Senior Male	07:55.4	68	173	
174	01:19:38	GALLAGHER, Liam	Senior Male	07:57.7	256	174	
175	01:20:01	MORGAN, Lloyd	San Dominico	Senior Male	08:00.0	114	175
176	01:20:02	MARTIN, John	Male Vet 40	08:00.1	123	176	
177	01:20:03	RANDLE, Helen	stamford striders	Female Vet 35	08:00.2	101	177
178	01:20:08	FERGUSON, Elaine	Cardiff Triathletes	Senior Female	08:00.7	51	178
179	01:20:58	STARR, Keith	Male Vet 50	08:05.7	165	179	
180	01:21:24	PARKINSON, Bridget	Aberystwyth	Senior Female	08:08.3	187	180
181	01:21:32	WILLIAMS, Stephen	Les Croupiers	Male Vet 50	08:09.1	261	181
182	01:21:55	DAVIES, Tudur	Male Vet 40	08:11.4	215	182	
183	01:22:44	THOMAS, Helen	caerleon	Female Vet 45	08:16.3	156	183
184	01:22:45	BEVAN, Allen	Male Vet 50	08:16.4	272	184	
185	01:22:45	CUNNINGHAM, Ronnie	Senior Female	08:16.4	191	185	
186	01:22:56	MAGGS, Stephen	Senior Male	08:17.5	196	186	
187	01:22:57	LLEWWLLYN, Rhian	Les Croupiers	Senior Female	08:17.6	175	187
188	01:23:29	NEWMAN, Tracey	Les Croupiers	Female Vet 35	08:20.8	120	188
189	01:23:36	MONK, Margaret	club 69	Female Vet 55	08:21.5	127	189
190	01:23:45	ROBERTS, Glenda	Aberystwyth	Female Vet 45	08:22.4	56	190

191	01:23:50	BURNS, Mike	San Dominico	Male Vet 50	08:22.9	170	191
192	01:23:58	WILLIAMS, K	Male Vet 50	08:23.7	245	192	
193	01:23:59	CARTWRIGHT, Joseph	Male Vet 40	08:23.8	250	193	
194	01:24:11	KNIGHT, Roland	Male Vet 50	08:25.0	217	194	
195	01:24:29	NEAL, Sue	Les Croupiers	Female Vet 55	08:26.8	95	195
196	01:24:33	JAMES, Barry	Male Vet 50	08:27.2	116	196	
197	01:24:57	CLINCH, Mike	Male Vet 40	08:29.6	190	197	
198	01:25:22	KINSEY, Simon	Virtual Athletics	Senior Male	08:32.1	13	198
199	01:25:28	WILLIAMS, Christopher	Male Vet 50	08:32.7	251	199	
200	01:25:54	LUNDIE, Blair	Islwyn	Male Vet 50	08:35.3	63	200
201	01:25:54	JONES, Nigel	Male Vet 50	08:35.3	89	201	
202	01:25:54	BILLS, Sian	Islwyn	Female Vet 35	08:35.3	242	202
203	01:25:59	DAVIES, Christine	Sospan Llanelli Road Runners	Female Vet 35	08:35.8	148	203
204	01:26:45	CHIVERS, Richard	Senior Male	08:40.4	12	204	
205	01:26:58	DAVIES, Paul	Male Vet 50	08:41.7	19	205	
206	01:27:07	SKINNER, Paul	Senior Male	08:42.6	231	206	
207	01:27:13	HOUSE, Clare	Senior Female	08:43.2	74	207	
208	01:27:13	TAYLOR, Carla	Senior Female	08:43.2	73	208	
209	01:27:13	EVANS, Gareth	Village Vipers	Senior Male	08:43.2	278	209
210	01:27:22	HINGOTT, Clare	Senior Female	08:44.1	185	210	
211	01:27:29	LEWIS, Neil	Mumbles Milers	Male Vet 40	08:44.8	67	211
212	01:27:29	SCRIVEN, Phillip	Chepstow	Male Vet 40	08:44.8	133	212
213	01:27:37	JERVIS, Kathleen	club 69	Female Vet 45	08:45.6	236	213
214	01:28:20	GALLOP-EVANS, Eve	Female Vet 35	08:49.9	268	214	
215	01:28:51	GEORGE, Andy	Chepstow	Male Vet 40	08:53.0	134	215
216	01:28:59	TURNER, Grahame	langport runners	Male Vet 40	08:53.8	180	216
217	01:29:00	JOHNSON, James	Male Vet 60	08:53.9	171	217	
218	01:29:09	REES, Pauline	Female Vet 45	08:54.8	244	218	
219	01:29:41	GRADON, Tony	Male Vet 50	08:58.0	50	219	
220	01:29:53	WRIGHT, Geoff	Les Croupiers	Male Vet 50	08:59.2	75	220
221	01:30:47	ROSWELL, Kathryn	langport runners	Female Vet 45	09:04.6	177	221
222	01:30:51	MOCK, Steven	Senior Male	09:05.0	18	222	
223	01:31:00	BIRCH, Coleen	Islwyn	Senior Female	09:05.9	282	223
224	01:31:17	EVANS, Clive	Male Vet 60	09:07.6	64	224	
225	01:31:33	BROWN, Michael	Senior Male	09:09.2	214	225	
226	01:31:39	WILLIAMS, Nigel	Male Vet 40	09:09.8	274	226	
227	01:32:18	WILLIAMS, Lynda	Female Vet 35	09:13.7	107	227	
228	01:32:44	LEWIS, Julie	Islwyn	Female Vet 35	09:16.3	129	228
229	01:32:49	EVANS, Wayne	Sospan Llanelli Road Runners	Senior Male	09:16.8	79	229
230	01:33:11	WILSON, Phylly	Wreake Runners	Female Vet 55	09:19.0	34	230
231	01:33:16	CLANCY, Pamela	Female Vet 45	09:19.5	20	231	
232	01:33:26	NEWMAN, Edward	coffin dodgers	Male Vet 60	09:20.5	119	232
233	01:34:10	PARR, Michael	langport runners	Male Vet 60	09:24.8	178	233
234	01:34:16	HENDRY, Joanna	Penarth & Dinas Runner	Female Vet 35	09:25.4	9	234
235	01:34:18	HARRIS, Tudur	Senior Male	09:25.6	266	235	
236	01:34:22	TAHA, Ehar	Senior Male	09:26.0	225	236	
237	01:34:43	DORSETT, Tony	Les Croupiers	Male Vet 60	09:28.1	202	237
238	01:35:13	GRIFFIN, Lisa	Senior Female	09:31.1	200	238	
239	01:36:02	JONES, Gareth	Male Vet 40	09:36.0	275	239	
240	01:36:02	MORRISEY, Jason	Male Vet 40	09:36.0	276	240	
241	01:36:08	RICHARDS, Geraint	Male Vet 40	09:36.6	238	241	
242	01:36:20	HOWELL, Roger	Penarth & Dinas Runner	Male Vet 60	09:37.8	281	242
243	01:38:55	FARR, Rebecca	Senior Female	09:53.3	81	243	
244	01:39:41	JAMES, Tim	Male Vet 40	09:57.9	241	244	
245	01:40:31	EVANS, Jackie	Sospan Llanelli Road Runners	Senior Female	10:02.9	80	245
246	01:42:09	LLEWELLYN, Cathrine	Female Vet 35	10:12.7	237	246	
247	01:42:13	THOMAS, Paula	brackla harriers	Female Vet 45	10:13.1	197	247
248	01:43:09	MANFIELD, Philip	Male Vet 40	10:18.7	96	248	
249	01:43:38	HUGHES, Jean	langport runners	Female Vet 55	10:21.6	181	249
250	01:46:10	JONES, Bethan	Senior Female	10:36.8	11	250	
251	01:46:31	DONNELLY, Mary	brackla harriers	Female Vet 35	10:38.9	199	251
252	01:48:48	MC CABE, Lee	Senior Male	10:52.6	103	252	
253	01:48:48	PRIDDLE, Laura	Senior Female	10:52.6	104	253	
254	01:49:13	ACKLAND, Sian	brackla harriers	Female Vet 35	10:55.1	198	254
255	02:00:44	WATTS, Allen	Sarn Helen	Male Vet 60	12:04.2	117	255