

Pos	Time	Family	First	Num	Gen	Cat
1	00:17:19	Powell	Anthony	47	M	M40
2	00:17:39	Hughes	Steffan	533	M	OM
3	00:17:46	Griffiths	Kevin	540	M	M40
4	00:18:18	Jones	Jonathan	535	M	M40
5	00:18:21	Webb	Ian	543	M	M50
6	00:18:24	Price	Jason	19	M	M40
7	00:18:31	Thomas	Jeff	556	M	M40
8	00:18:41	Morrison	Andrew	541	M	OM
9	00:19:18	Davies	Jason	545	M	M40
10	00:19:23	Rhys	Dai	45	M	OM
11	00:19:31	Lewis	Roy	4	M	M50
12	00:19:41	Crumplin	Adam	531	M	OM
13	00:19:42	Davies	Stuart	1	M	M40
14	00:19:47	Oughton	Paul	539	M	M50
15	00:19:49	Murray	Kirsty	570	F	F35
16	00:19:56	John	Tim	3	M	OM
17	00:20:10	Coney	James	565	M	OM
18	00:20:11	David Jones	Martin	547	M	OM
19	00:20:14	Pugh	Kevin	20	M	M40
21	00:20:17	Phillips	Jenny	33	F	F35
22	00:20:20	Bowen Rees	Mary	187	F	F45
23	00:20:27	Maine	Gabrielle	184	F	OF
24	00:20:13	Maine	Julian	188	M	M50
25	00:20:37	Bryant	Mark	544	M	M40
26	00:21:04	Edwards	Neil	529	M	M40
27	00:21:08	Standford	Malcolm	511	M	OM
28	00:21:18	Thomas	Gari	559	M	M40
29	00:21:23	Young	Dickon	25	M	OM
30	00:21:24	Harris	David	10	M	OM
31	00:21:29	Halton Davies	Maelien	555	M	OM
32	00:21:31	Bowen Rees	Iwan	566	M	OM
33	00:21:35	Phillips	Gareth	18	M	M40
34	00:21:41	Rogers	Stuart	22	M	OM
35	00:21:53	Haworth	Adrian	48	M	M40
36	00:22:09	Wing	Patrick	577	M	M50
37	00:22:12	Eynon	Lindy	542	F	F45
38	00:22:22	Haworth	Damian	12	M	M40
39	00:22:23	Oak	David	553	M	M60
40	00:22:43	Walsh	Tristan	548	M	OM
41	00:23:04	Springett	Richard	24	M	M40
42	00:23:07	Thomas	Alex	557	M	OM
43	00:23:08	Ciano	Carl	43	M	OM
44	00:23:09	Davies	Nia	505	F	OF
45	00:23:47	Bartley	Jonathan	537	M	OM
46	00:23:51	Tippins	Matthew	554	M	OM
47	00:23:53	Davies	Glyn	506	M	OM
48	00:23:57	Williams	Geraint	524	M	OM
49	00:23:58	Harrison	Alice	11	F	OF

50	00:24:01	Graepel	Penny	549	F	F45
51	00:24:05	Crawford	Oona	564	F	F55
52	00:24:08	Hodge	Chris	35	M	OM
53	00:24:17	Thomas	Jason	530	M	M40
54	00:24:18	Davies	Violetta	516	F	OF
55	00:24:19	Francis	Sion	571	M	OM
56	00:24:22	Job	Stephen	185	M	M40
57	00:24:23	Edmonds	Simon	502	M	M40
58	00:24:24	Davies	Huw	507	M	OM
59	00:24:27	Thomas	Hywel	501	M	OM
60	00:24:45	Meldrum	Adrian	16	M	M40
61	00:24:46	Stanford	Asher	513	M	OM
62	00:24:48	Fitzgerald	Sam	46	M	OM
63	00:24:55	Tippins	Zara	550	F	OF
64	00:24:56	Thomas	Matthew	183	M	OM
65	00:24:56	Canny	Lee	546	M	OM
66	00:24:56	Dark	Jonathan	528	M	OM
67	00:25:01	Emanuel	Ceredig	573	M	M50
68	00:25:28	James	Dylan	576	M	OM
69	00:25:28	Davies	Gethin	538	M	OM
70	00:25:38	Thomas	Ceri	561	F	F45
71	00:25:51	Thomas	Sue	560	F	F35
72	00:25:52	Wilkins	Lewis	558	M	OM
73	00:25:54	Harries	Hannah	9	F	F35
74	00:26:03	Evans	Dafydd	532	M	OM
75	00:26:08	Mann	Matthew	562	M	OM
76	00:26:10	Robins	Nils	575	M	OM
77	00:26:43	Mattey	Richard	40	M	M40
78	00:26:49	Pugh	Mike	5	M	M50
79	00:26:51	Phillips	David	49	M	M60
80	00:26:54	James	Chris	568	M	OM
81	00:26:56	Hurtman	Lauren	525	F	F35
82	00:27:04	Fletcher	Susie Elizabeth	31	F	F35
83	00:27:05	Gregory	Karen	8	F	F35
84	00:27:06	Leighton	Nigel	551	M	M50
85	00:27:29	Rogers	Joanne	21	F	OF
86	00:27:41	Comley	Tracey	521	F	OF
87	00:27:43	Davies	Liz	508	F	OF
88	00:27:47	James	Darren	567	M	OM
89	00:27:48	Hooper	Tina	32	F	F45
90	00:28:52	Edwards	Laura	569	F	F45
91	00:29:14	CURTIS	WAYNE	7	M	M40
92	00:29:40	Thomas	Pauline	563	F	F55
93	00:29:42	Emanuel	Ceri	572	F	F45
94	00:29:44	Thomas	Ellis	192	M	M40
95	00:29:55	Meldrum	Andrew	15	M	M40
96	00:30:40	Jones	Emma	536	F	OF
97	00:31:50	Patterson	Daniel	509	M	OM
98	00:32:13	Patterson	Bethan	510	F	OF
99	00:32:21	Howells	Tim	523	M	M40

100	00:32:21	Robins	Helen	26	F	OF
101	00:32:42	Davidge	Jeannie	526	F	F55
102	00:33:31	Davidge	Claire	527	F	OF
103	00:33:48	Hedley	Diane	515	F	OF
104	00:33:48	Jenkins	Nigel	14	M	M40
105	00:34:21	Davies	Geraint	517	M	OM
106	00:34:22	Haworth	Jennifer	34	F	F55
107	00:34:47	Rowlands	Jonathon	503	M	OM
108	00:34:57	Stanford	Jane	512	F	OF
109	00:35:10	Williams	Alex	574	F	OF
110	00:35:16	Thomas	Julian	519	M	OM
111	00:35:58	Hutchens	Becka	28	F	F35
112	00:36:25	George	Heidi	29	F	OF
113	00:36:27	Rowlands	Amy	504	F	OF
114	00:36:27	Stanford	Sophie	514	F	OF
115	00:37:08	Logan	Evelyn	522	F	OF
116	00:39:10	Crawford	Helene	520	F	OF
117	00:39:11	Sutton	James	518	M	OM
118	00:39:19	Hood	Chris	13	M	OM