

Cardiff Marathon 2003 - Full results

Race No	First Name	Surname	Guntime	Gender	Category	Club
870	Richard	Gardiner	02:24:32.90	Male	SENIOR	Cardiff AC
854	Julian	Baker	02:30:05.70	Male	SENIOR	Les Croupiers
197	Mike	Evans	02:35:52.45	Male	SENIOR	TROTS
707	Mick	McGeoch	02:42:47.80	Male	45-49	Les Croupiers
733	Gareth	Thomas	02:48:03.50	Male	SENIOR	
900	Jason	Harne	02:50:51.50	Male	SENIOR	
637	Rob	Atkin	02:51:04.45	Male	45-49	Matlock AC
859	Ruth	Pickvance	02:51:35.70	Female	40-44	Swansea Harriers
417	Alun	Williams	02:51:44.10	Male	40-44	Fairwater Runners
772	Evan	Bond	02:52:03.60	Male	SENIOR	Stragglers
801	Sandy	Johston	02:52:33.90	Male	50-54	Les Croupiers
120	David	Coles	02:53:15.55	Male	40-44	Les Croupiers
93	Ian	Spilsbury	02:53:27.00	Male	SENIOR	Penarth & District
702	Rosalyn	Alexander	02:54:07.20	Female	SENIOR	
881	David	Cunningham	02:54:37.50	Male	SENIOR	
885	Ian	Stainthorpe	02:55:00.95	Male	40-44	Rochdale Harriers
400	Dr. Johnathan	Bisson	02:55:04.00	Male	40-44	
661	Paul	Loxton	02:55:33.30	Male	45-49	
862	Robert	Dickinson	02:57:33.20	Male	45-49	Forest Of Dean
541	Dave	Oldham	02:59:18.40	Male	SENIOR	Les Croupiers
503	Iain	Darby	02:59:31.60	Male	SENIOR	DML Running Club
171	Philip	Watson	03:00:10.20	Male	SENIOR	
669	Christopher	Nellins	03:02:04.15	Male	45-49	Headington Road Runners
448	Daniel	Ashman	03:02:52.70	Male	SENIOR	
817	Ian	Boardley	03:03:24.70	Male	SENIOR	Beverley AC
730	Graeme	Miller	03:03:56.95	Male	SENIOR	Littledown Harriers
644	Andrew	Mynard	03:04:22.40	Male	SENIOR	
540	Carl	Ellis	03:04:33.55	Male	SENIOR	
14	Colin	Davies	03:04:35.50	Male	40-44	Brecon Athletic
833	Nicholas	Gidman	03:05:00.60	Male	SENIOR	
405	Alexander	Meredith	03:05:44.95	Male	SENIOR	
896	Thomas	Williams	03:05:45.15	Male	SENIOR	
672	Eric	Botchett	03:06:16.20	Male	SENIOR	
365	Andrew	Spencer	03:06:44.25	Male	40-44	Griffithstown Harriers
507	Simon	Handley	03:06:50.50	Male	SENIOR	

962	Michael	Smith	03:07:09.00		
758	Michael	Kestle	03:07:11.80	Male	50-54 Newquay RR
427	Philip	Ide	03:07:24.40	Male	50-54 South London Harriers
249	Chris	Perrington	03:08:11.35	Male	SENIOR
759	Thomas	Skinner	03:08:26.25	Male	SENIOR
86	Paul	Read	03:08:28.60	Male	SENIOR
805	Dean	Lloyd	03:09:52.40	Male	SENIOR
612	Michael	Woods	03:10:25.10	Male	SENIOR
757	David	Hall	03:10:25.40	Male	SENIOR
63	Clive	Williams	03:10:35.90	Male	SENIOR
658	Terry	Booth	03:10:38.35	Male	SENIOR Windsor Slough Eton & Hounslow
545	Ben	Farag	03:10:38.75	Male	40-44 Les Croupiers
88	Anthony	Griffiths	03:11:00.50	Male	SENIOR
332	Gary	White	03:11:09.35	Male	50-54 Hamworth Harriers
263	Joe	Welch	03:11:23.00	Male	SENIOR
846	Terence	Caveney	03:11:23.10	Male	40-44 Les Croupiers
782	Michael	Anthony	03:12:08.00	Male	45-49 Llisbury Runners
852	Timothy	Phillips	03:12:21.15	Male	40-44 Epsom & Ewell Harriers
85	Michael	Johnson	03:12:32.50	Male	SENIOR
338	Nigel	Legge	03:13:39.15	Male	55-59 Fairwater Runners
592	Gerry	O'Beirne	03:13:42.70	Male	45-49
349	Robert	Pearce	03:13:56.65	Male	SENIOR
132	Ibrahim	Jalloh	03:14:01.70	Male	SENIOR
819	Kim	Grant	03:14:03.30	Female	SENIOR
943	Mike	Holgate	03:14:12.30	Male	45-49
677	Ian	Spencer	03:14:20.30	Male	40-44 Stafford Harriers
816	Gerard	McDaid	03:14:25.90	Male	40-44 foyle valley
798	Paul	Dawes	03:14:59.20	Male	SENIOR San Domenico
802	William	Teague	03:15:16.90	Male	40-44
268	William	Grey	03:15:41.75	Male	SENIOR
147	Damian	Pathy	03:15:41.75	Male	SENIOR
401	John	Thomas	03:15:45.75	Male	60+ Corby Athletic Club
607	Malachy	McAllister	03:15:49.30	Male	SENIOR
127	Keith	Thompson	03:15:53.10	Male	40-44
706	Anthony	Yates	03:16:04.75	Male	SENIOR
732	Richard	Sewell	03:16:21.45	Male	45-49 Les Croupiers
413	Edwin	Evans	03:16:40.85	Male	55-59 Welsh Veterans AA
416	Howard	Parsell	03:17:28.90	Male	40-44

491	Richard	Boldero	03:17:47.85	Male	SENIOR	
50	Gareth	Harvey	03:18:43.20	Male	SENIOR	
708	Adam	Sharp	03:18:48.50	Male	SENIOR	
893	Martin	Ennis	03:18:51.20	Male	SENIOR	
623	Robert	Stephens	03:19:05.20	Male	40-44	Multisport
773	Paul	Lynton	03:19:09.60	Male	45-49	
656	Nigel	Stone	03:19:55.50	Male	45-49	Somer AC
762	Penny	Clayton	03:20:01.10	Female	SENIOR	South West Road Runners
837	David	Collins	03:20:09.00	Male	SENIOR	
20	Alwyn	Powell	03:20:12.10	Male	SENIOR	
34	Graeme	Donnan	03:20:18.50	Male	50-54	Les Croupiers
734	James	Delaney	03:20:32.00	Male	45-49	San Domenico RRC
783	Mark	Dunscombe	03:20:38.70	Male	40-44	Sarn Helen
124	Paul	O'Callaghan	03:20:49.30	Male	SENIOR	
304	Andrew	Stephenson	03:21:19.45	Male	SENIOR	
786	Russell	Evans	03:22:08.10	Male	40-44	
105	Sam	Ryall	03:22:34.90	Male	SENIOR	
681	Terry	Coles	03:22:41.90	Male	40-44	
763	Witold	Radke	03:22:51.35	Male	60+	T.S. Walbrzych
326	Khalid	Ahmed	03:23:01.90	Male	SENIOR	
562	Tom	Holden	03:23:05.80	Male	50-54	Birchfield Harriers
649	David	Johns	03:23:07.10	Male	45-49	Cardiff AAC
527	Paul	Stuart	03:23:14.00	Male	SENIOR	
840	Nigel	Brooks	03:23:22.25	Male	SENIOR	
437	Lloyd	Richard	03:23:27.45	Male	40-44	Dulwich Runners
603	Nicola	Bedwell	03:23:32.30	Female	40-44	
485	Clive	Osmond	03:23:40.50	Male	40-44	Les Croupiers
482	Marc	Cuddihy	03:23:49.20	Male	40-44	
731	Christian	Vincent	03:24:01.20	Male	SENIOR	
926	David	Brady	03:24:04.80	Male	50-54	
928	Veronica	Singleton	03:24:14.00	Female	40-44	Les Croupiers
89	Simon	Hurford	03:24:32.70	Male	40-44	
103	Noel	Charlton	03:24:53.65	Male	SENIOR	
436	Nigel	Barker	03:24:59.50	Male	40-44	Great Western Runners
160	Alan	Taylor	03:25:10.45	Male	45-49	
611	Philip	Blasé	03:25:19.15	Male	SENIOR	
628	Nina	Van de pol	03:25:25.40	Female	SENIOR	
898	Andrew	Connochie	03:25:33.70	Male	SENIOR	

250	John	Simpson	03:25:37.10	Male	SENIOR	
6	John	Spiteri	03:25:39.90	Male	SENIOR	Penarth & District Runners
884	Gary	Hyatt	03:25:40.70	Male	55-59	Les Croupiers R.C.
630	Michael	Jones	03:25:41.75	Male	40-44	
613	Neil	Jones	03:25:55.60	Male	45-49	Wells City Harriers
764	Ade	White	03:26:03.10	Male	SENIOR	Islwyn
877	Stephen	Lewis	03:26:11.90	Male	55-59	Les Croupiers
165	Stuart	Walker	03:26:28.30	Male	40-44	
710	Martyn	Blud	03:26:30.65	Male	SENIOR	
299	Jeff	Davies	03:26:32.30	Male	SENIOR	
892	David	Stearn	03:26:38.20	Male	SENIOR	
624	Mark	Davies	03:27:04.60	Male	40-44	
469	Judi	Bowsher	03:27:07.20	Female	40-44	Brackla Harriers
735	Huw	Percy	03:27:11.50	Male	SENIOR	Padarn Triathlon
671	Danny	Kay	03:27:25.95	Male	60+	Avon Valley Runners
395	Andrew	Chainey	03:27:34.60	Male	SENIOR	
811	Sam	Bradley	03:27:41.60	Male	SENIOR	
345	John	Holland	03:28:03.90	Male	40-44	
932	Clive	Gillman	03:28:10.90	Male	50-54	South Devon Athletic Club
748	Andrew	Clements	03:28:24.85	Male	SENIOR	
657	Michael	Edwards	03:28:29.20	Male	40-44	Somer AC
554	Stephen	Collier	03:28:39.35	Male	SENIOR	
688	Graham	Taylor	03:29:11.75	Male	45-49	Serpentine RC
920	Robert	Looker	03:29:26.15	Male	SENIOR	
784	Brian	Lovett	03:29:34.60	Male	SENIOR	San Domenico RRC
343	Rachel	Bown	03:29:52.00	Female	SENIOR	FromeAC
534	Ray	Wallace	03:29:59.35	Male	SENIOR	
496	Mandy	Jones	03:30:03.50	Female	40-44	Islwyn Running Club
303	Roger	Jones	03:30:09.65	Male	40-44	
948	Cornelius	Corcoran	03:30:35.10	Male	SENIOR	Pontypridd Roadents
499	Simon	Montgomery	03:30:37.40	Male	SENIOR	Tadley Runners
504	Leighton	Davies	03:30:52.55	Male	SENIOR	Brackla Harriers
12	Chris	Moore	03:30:59.25	Male	40-44	
353	Simon	Mingay	03:31:00.10	Male	40-44	
226	Dawn	Critchell	03:31:10.20	Female	35-39	EGDON HEATH HARRIERS
228	Stephen	Iles	03:31:41.15	Male	45-49	LINGFIELD RUNNING CLUB
937	Peter	Riley	03:31:58.80	Male	55-59	burnham joggers
172	Nicholas	Rees	03:32:06.65	Male	SENIOR	

774	John	Hollingdale	03:32:07.15	Male	SENIOR	
745	James	Barr	03:32:12.55	Male	SENIOR	Willowfield Harriers
560	Leslie	Unsworth	03:32:30.90	Male	45-49	Avon Valley Runners
539	Liz	Ringham	03:32:31.05	Female	35-39	Avon Valley Runners
494	Sarah	Tudball	03:33:06.40	Female	SENIOR	
481	Garry	Tann	03:34:24.00	Male	45-49	Abergele Harriers
424	Richard	Hale	03:34:29.45	Male	50-54	Axe Valley Runners
264	Mark	Bollom	03:34:46.90	Male	SENIOR	
800	Michael	Taylor	03:34:51.20	Male	SENIOR	
575	Howard	Davies	03:35:02.70	Male	50-54	
910	Peter	Davies	03:35:08.70	Male	55-59	
164	Peter	Nicholas	03:35:13.15	Male	40-44	
683	Nick	Lewis	03:35:19.10	Male	SENIOR	
386	Peter	Cottnam	03:35:28.40	Male	40-44	Penarth & Dinas Runners
686	Andrew	Fallas	03:35:52.85	Male	SENIOR	
73	Steven	Westcough	03:36:08.50	Male	40-44	
897	Ashley	Wager	03:36:24.45	Male	40-44	
475	Patrick	Stockreisser	03:36:31.15	Male	SENIOR	
684	Ivor	Cardwell	03:36:31.20	Male	SENIOR	Newport Harriers
288	Mark	Bray	03:37:04.60	Male	SENIOR	
146	Vivienne	Clement	03:37:41.45	Female	35-39	
823	Alan	Littlejohns	03:37:49.20	Male	55-59	South West Road Runners
360	Mark	Unsworth	03:37:54.10	Male	40-44	
640	Lyndon	Currie	03:37:58.30	Male	40-44	drr
65	Richard	Bailey	03:38:13.50	Male	SENIOR	
157	Raymond	Boyce	03:38:20.80	Male	40-44	Cornelly Striders
815	Terry	Field	03:38:26.20	Male	55-59	North Devon Road Runners
946	Dominic	Sullivan	03:38:26.25	Male	SENIOR	Serpentine
639	Gary	Wade	03:38:33.60	Male	45-49	Road Runners Club
791	Douglas	Lamont	03:38:49.80	Male	50-54	Bellahouston RR
653	Mick	Taylor	03:39:19.95	Male	SENIOR	
126	Andrew	Godwin	03:39:43.10	Male	40-44	
237	Linda	Finch	03:40:19.45	Female	35-39	Tadley Runners
824	Dorian	Widdick	03:40:24.80	Male	SENIOR	
871	Damon	Stewart	03:40:38.55	Male	SENIOR	Les Croupiers
643	Ian	Haines	03:41:01.45	Male	SENIOR	
167	Sarah	Swaysland	03:41:09.40	Female	SENIOR	
765	Andy	Barnes	03:41:11.70	Male	45-49	

363	David	Palmer	03:41:20.50	Male	40-44	Vegitarian Cycling & Athletic
559	Arran	Davies	03:41:27.70	Male	SENIOR	
30	Matthew	Hopkins	03:41:45.80	Male	SENIOR	
809	Nigel	Cockram	03:41:56.80	Male	50-54	
724	Richard	Williams	03:42:08.80	Male	SENIOR	
426	Sean	Courtney	03:42:33.30	Male	SENIOR	
659	Peter	Mannion	03:42:35.50	Male	SENIOR	
546	Graham	Clarke	03:42:38.20	Male	SENIOR	
839	Lee	McMeeking	03:42:43.15	Male	SENIOR	
542	David	Ryder	03:42:44.10	Male	SENIOR	Oak Park
212	Elin	Morris	03:42:50.70	Female	35-39	
567	Gilbert	John	03:42:56.90	Male	50-54	Les Croupiers
189	Sybil	Upton	03:43:15.35	Female	50-54	
232	Richard	Griffin	03:43:19.55	Male	50-54	Blackheath & Bromley Harriers
518	Peter	Jones	03:43:21.55	Male	45-49	Langport Runners
519	Royston	Toon	03:43:30.55	Male	55-59	CHEPSTOW HARRIERS
9	Blair	Drummond	03:44:00.75	Male	45-49	
246	Robert	Gillan	03:44:10.55	Male	45-49	
693	Peter	Hughes	03:44:30.15	Male	SENIOR	
58	Billy	Pearce	03:44:31.75	Male	SENIOR	Dulwich Park Runners
557	Paul	Edwards	03:44:47.75	Male	40-44	Pembrokeshire Harriers
725	Roy	Barnes	03:44:52.80	Male	45-49	Road Runners
578	Alan	Mann	03:45:02.55	Male	45-49	Les Croupiers
766	Dominic	Pascoe	03:45:07.40	Male	SENIOR	
23	Ivan	Randall	03:45:08.45	Male	SENIOR	
662	Sarah	Shewell	03:45:25.30	Female	40-44	Sevenoaks
478	Juliet	Davey	03:45:32.00	Female	40-44	Brackla Harriers
447	Marc	King	03:45:51.70	Male	SENIOR	
576	Andrew	Bickle	03:45:58.15	Male	45-49	Road Runners Club
399	Andrew	Richards	03:46:05.50	Male	SENIOR	
398	Mark	Reynolds	03:46:05.60	Male	SENIOR	
620	Richard	Bristow	03:46:06.70	Male	SENIOR	South Wales Police Athletic Cl
703	Simon	Grant	03:46:08.10	Male	SENIOR	
847	Kieron	Jones	03:46:12.70	Male	SENIOR	
906	Steve	Smith	03:46:20.60	Male	40-44	
650	Brian	Tennant	03:46:25.10	Male	SENIOR	Serpentine RC
673	Mark	Spratt	03:46:25.95	Male	SENIOR	
704	Bruce	Catterson	03:46:27.90	Male	55-59	

32	David	Townhill	03:46:42.65	Male	SENIOR	
497	Stephen	Jones	03:46:47.80	Male	45-49	Islwyn Running Club
148	James	Townhill	03:46:51.85	Male	SENIOR	
660	Steve	Partridge	03:46:59.90	Male	SENIOR	
604	Phillip	Howells	03:47:03.30	Male	55-59	realrunner.com
290	Andrew	Thomas	03:47:23.00	Male	SENIOR	
581	Michael	Fogg	03:47:28.50	Male	SENIOR	UWC Harriers
878	Steven	Owen	03:47:45.25	Male	40-44	Loftus Athletics Club
879	Alistair	Suttcliff	03:47:45.50	Male	SENIOR	Loftus Athletics Club
876	Alistair	Sutcliffe	03:47:45.60	Male	SENIOR	LoftusAC
44	Iestyn	Harris	03:47:53.15	Male	40-44	
740	Alex	McInch	03:47:53.45	Male	SENIOR	
111	Robert	Hector	03:48:11.35	Male	SENIOR	
480	Goff	Lewis	03:48:20.75	Male	45-49	
728	Kenneth	Powney	03:48:23.90	Male	55-59	
648	Graham	Rowland	03:48:24.20	Male	40-44	
10	Robert	Lewis	03:48:25.90	Male	50-54	
618	Michael	Hodges	03:48:27.00	Male	45-49	
154	Anthony	Powell	03:48:27.10	Male	SENIOR	
627	Charles	Garbett	03:48:28.35	Male	45-49	
727	Jeremy	Alford	03:48:38.90	Male	SENIOR	
129	Chris	Wilkinson	03:48:41.25	Male	50-54	Cardiff Harlequins
755	Michael	Harry	03:48:50.10	Male	SENIOR	
753	Andrew	James	03:49:12.30	Male	SENIOR	
348	Nathan	Phelps	03:49:31.80	Male	SENIOR	
130	David	Hatcher	03:49:52.00	Male	40-44	
354	Michael	Beynon	03:50:22.90	Male	SENIOR	
850	John	Rhoden	03:50:36.85	Male	45-49	
907	Alex	Graham	03:50:40.00	Male	SENIOR	
184	Margot	Cooper	03:50:49.50	Female	40-44	
697	Raymond	James	03:50:51.25	Male	40-44	Port Talbot Harriers
473	Neil	Williams	03:50:53.70	Male	40-44	
831	Gareth	Jones	03:51:03.85	Male	SENIOR	Les Croupiers RC
143	Jamie	Read	03:51:12.40	Male	SENIOR	
169	Joanne	Ramsay	03:51:12.55	Female	SENIOR	
692	Rob	Meredith	03:51:17.90	Male	SENIOR	
307	Jonny	Watson	03:51:25.10	Male	SENIOR	
789	Lee	Williams	03:51:35.55	Male	SENIOR	

670	Richard Palmer	03:51:39.30	Male	SENIOR	
19	Terrence Irvine	03:51:54.75	Male	45-49	MOD (Army)
749	Oliver Ince	03:52:01.20	Male	SENIOR	
770	Anthony Holling	03:52:07.30	Male	45-49	Port Talbot Harriers AC
203	Elizabeth Lavis	03:52:07.95	Female	45-49	Brackla Harriers
570	Anthony Phillips	03:52:15.55	Male	40-44	Penarth & Dinas Runners
905	Jason Evans	03:52:18.85	Male	SENIOR	
711	Helen Embling	03:52:25.40	Female	45-49	Bridgend AC
552	Tudor Jones	03:52:34.30	Male	40-44	
38	Geraint Williams	03:52:47.40	Male	SENIOR	
537	Nick Darroch	03:52:53.60	Male	45-49	
394	Christopher Smart	03:52:55.15	Male	45-49	Nailsea RC
102	Derek Chadwick	03:52:55.80	Male	SENIOR	
214	Glenda Jackson	03:53:07.10	Female	55+	
723	Amanda Elias	03:53:08.00	Female	35-39	Neath Harriers/Sospan RR
155	Ed Whiting	03:53:38.95	Male	SENIOR	
750	Ivan Arkinstall	03:53:49.40	Male	40-44	Ivanhoe Runners
92	Sharon Broome	03:53:58.20	Female	SENIOR	
479	Jonathon Johnson	03:54:04.00	Male	SENIOR	
935	Phillip Jenkins	03:54:04.00			
923	Gavin Fisher	03:54:13.35	Male	SENIOR	
253	Andrew Lucas	03:54:14.10	Male	40-44	
404	Rebecca Harris	03:54:36.25	Female	35-39	
291	Rhys Jenkins	03:54:39.25	Male	SENIOR	
388	David Wheeler	03:54:39.50	Male	40-44	
370	Joseph Mein	03:55:12.75	Male	SENIOR	
794	Scott Collins	03:55:23.40	Male	SENIOR	
838	Richard Mahoney	03:55:26.50	Male	SENIOR	
551	Frances Doyle	03:55:32.30	Male	SENIOR	
161	Garfield Jones	03:55:51.65	Male	SENIOR	
235	Stephen Katchi	03:55:59.60	Male	SENIOR	Les Croupiers
826	Anna Fishlock	03:56:25.10	Female	SENIOR	
177	Gareth Morgan	03:56:29.90	Male	SENIOR	
820	Aeron Rees	03:56:31.00			
860	Liz Nesor	03:56:31.50	Female	SENIOR	
371	Jeremy Sinclair	03:56:35.55	Male	SENIOR	
769	Tim Pollard	03:56:45.95	Male	40-44	Weston AC
856	David Brown	03:56:52.40	Male	60+	Vale of Glamorgan RC

321	Tod	Kindler	03:56:53.80	Male	SENIOR	
696	William	Jackson	03:56:54.10	Male	45-49	Army Athletics
355	Amaryllis	Roper	03:57:01.65	Female	45-49	
585	Julian	Williams	03:57:01.70	Male	SENIOR	
701	Paul	O'Brien	03:57:35.75	Male	45-49	
901	Bill	Evans	03:57:44.30	Male	40-44	
402	Ivo	Ford	03:57:50.85	Male	40-44	
564	Darrell	Harrison	03:58:12.75	Male	SENIOR	Pembrokeshire Harriers
565	Terri	Harrison	03:58:13.00	Female	SENIOR	Pembrokeshire Harriers
435	Edward	Thomas	03:58:20.50	Male	SENIOR	
4	Chi	Wong	03:58:28.90	Male	SENIOR	
645	Tracey	Booth	03:58:29.75	Female	40-44	Hogweed Totters
529	Michael	James	03:58:32.35	Male	40-44	
243	Kate	Kindler	03:58:41.75	Female	SENIOR	
818	Vicky	Harne	03:58:56.40	Female	SENIOR	Beverley AC
741	Robert	Perrin	03:59:05.25	Male	50-54	
584	Mark	Tibbert	03:59:09.70	Male	SENIOR	
938	Paul	Clarke	03:59:11.95	Male	50-54	
341	Graham	Wright	03:59:15.15	Male	40-44	
526	David	Quin	03:59:41.35	Male	SENIOR	
439	Jamie	Seekings	03:59:46.30	Male	SENIOR	
218	David	Perrett	03:59:56.45	Male	40-44	
914	Gareth	Davies	04:00:15.50	Male	SENIOR	Loughborough Students
642	Graham	Ford	04:00:19.65	Male	SENIOR	
262	Edward	Ayala-Angear	04:00:22.20	Male	40-44	
614	Christopher	Roberts	04:00:35.50	Male	40-44	
626	Andy	Carter	04:00:37.30	Male	40-44	
41	Lee	Dawkins	04:00:38.15	Male	SENIOR	
514	Ian	Phillips	04:00:39.50	Male	SENIOR	
646	Ian	Scott	04:00:43.25	Male	50-54	new eltham joggers
889	Ceridwen	Owen	04:01:08.35	Female	SENIOR	
739	Simon	Hughes	04:01:12.40	Male	SENIOR	
334	Nick	Elliott	04:01:20.15	Male	SENIOR	
33	Mark	Perry	04:01:31.35	Male	SENIOR	
804	Davidq	Brown	04:01:50.60	Male	SENIOR	
875	Jeffrey	Norris	04:02:32.90	Male	45-49	
841	David	Browning	04:02:40.00	Male	60+	Fairwater Runners
183	Fiona	Jeffreys-Thomas	04:02:51.35	Female	35-39	

498	Claire	Phillips	04:02:51.35	Female	SENIOR	
705	Stephen	Williams	04:03:00.25	Male	45-49	Les Croupiers
428	David	Rose	04:03:17.35	Male	SENIOR	Brackla Harriers
373	Cesar	Ortega	04:03:25.20	Male	SENIOR	
186	Gerwyn	Neale	04:03:40.35	Male	SENIOR	
486	Dan	Landeg	04:03:43.50	Male	SENIOR	
777	Ran	Fiennes	04:04:09.90	Male	55-59	
999	Mike	Stroud	04:04:10.00	Male	45-49	
687	John	Clapp	04:04:52.60	Male	50-54	Hogweed Trotters
718	Mark	Lewis	04:05:02.50	Male	SENIOR	
151	Nathan	Ryan	04:05:39.75	Male	SENIOR	
221	Andrew	Gibbons	04:05:42.70	Male	SENIOR	
682	Helen	Jones	04:06:04.95	Female	35-39	
569	Anthony	Fox	04:06:06.55	Male	SENIOR	
215	Eileen	Wall	04:06:09.65	Female	50-54	
25	Rosalind	Edmonds	04:06:25.35	Female	40-44	
382	Howell	Owens	04:07:14.10	Male	50-54	R.R.C.
245	Susan	Urbano	04:07:17.50	Female	35-39	
244	Huw	Lewis	04:07:31.95	Male	SENIOR	
247	Chris	Buckton	04:07:40.50	Male	45-49	
787	Dan	Watford	04:08:29.40	Male	SENIOR	
793	Ian	Swanson	04:08:34.00	Male	50-54	Port Talbot Harriers
474	Charles	Walsh	04:08:47.75	Male	SENIOR	
387	Jamie	Rowland	04:09:04.45	Male	SENIOR	
799	Aiden	Thomas	04:09:05.40	Male	SENIOR	
729	Kerry	Bennett	04:09:28.85	Male	40-44	
641	George	Holdsworth	04:09:28.90	Male	SENIOR	
139	Steven	Whitford	04:09:42.40	Male	SENIOR	
207	Liz	Sowter	04:09:43.40	Female	SENIOR	
848	Natt	Hutt	04:10:08.80	Male	SENIOR	
94	Stephen	Owen	04:10:16.20	Male	45-49	Les Croupiers
691	Gareth	Williams	04:10:22.45	Male	SENIOR	
261	Phil	Rikards	04:10:38.10	Male	SENIOR	
508	Keith	Jones	04:10:41.40	Male	40-44	
797	David	Bryer	04:10:45.40	Male	SENIOR	
903	Dan	Tipp	04:10:48.35	Male	SENIOR	
68	Darren	Mein	04:10:51.85	Male	SENIOR	
476	Kevin	Russell	04:10:55.70	Male	40-44	South Wales Police

636	Christopher	Blockwell	04:11:03.10	Male	40-44	
459	Peter	Harris	04:11:15.95	Male	45-49	
310	Abigail	Rees	04:11:23.55	Female	SENIOR	
530	Joel	Rees	04:11:23.75	Male	SENIOR	
619	Alun	Brain	04:11:24.50	Male	SENIOR	
501	Christopher	Williams	04:11:26.50	Male	40-44	
887	Edwin	Counsell	04:11:28.50	Male	40-44	
357	Byron	Beer	04:11:32.80	Male	40-44	
379	Adam	Fairbank	04:11:52.35	Male	SENIOR	
359	Mike	Quick	04:12:03.50	Male	50-54	Bracknell Forest Runners
141	Jeremy	Griffiths	04:12:13.35	Male	40-44	
239	David	Lewis	04:12:33.45	Male	45-49	new eltham joggers
131	Colin	Poole	04:12:43.20	Male	60+	Blackheath Harriers
964	Adam	Edwards	04:12:47.00			
577	Tad	Lancucki	04:12:47.75	Male	50-54	100 Marathon Club
56	Caspar	Neill	04:12:53.60	Male	SENIOR	
531	Vivien	Toms	04:13:03.65	Female	55+	Avon Valley Runners
66	Kathryn	Scott	04:13:05.95	Female	40-44	
152	Stuart	Wild	04:13:14.30	Male	55-59	
329	Steven	Vout	04:13:52.40	Male	SENIOR	
364	Robert	Heaton-Jones	04:13:53.00	Male	45-49	
317	Andrew	Bowdler	04:14:02.50	Male	45-49	
543	Hugh	Daniels	04:14:14.80	Male	SENIOR	
950	Ryan	Anthony	04:14:16.00			
882	Steve	Lewis	04:14:16.10	Male	SENIOR	Port Talbot Harriers
455	Gerald	Watt	04:14:41.00			
934	Michael	Smith	04:14:41.25	Male	45-49	
865	Stuart	Whittaker	04:15:10.80	Male	SENIOR	
219	Steven	James	04:15:11.15	Male	SENIOR	
921	Bart	Poublon	04:15:29.15	Male	SENIOR	
535	Raymond	Norman	04:15:33.85	Male	40-44	
230	Terence	Wootton	04:15:37.50	Male	55-59	new eltham joggers
663	Vivien	Collins	04:15:45.20	Female	SENIOR	
389	David	Bennett	04:15:50.75	Male	SENIOR	
54	Robin	Payne	04:15:52.10	Male	55-59	
532	Brian John	Mills	04:16:12.10	Male	45-49	100 Marathon Club
471	Stuart	Henderson	04:16:12.80	Male	45-49	
72	Mike	Lister	04:16:40.65	Male	50-54	Les Croupiers

635	Jane	Fletcher	04:16:45.85	Female	SENIOR	Les Croupiers
260	Paul	Sanderson	04:17:02.35	Male	SENIOR	
374	Lee	Prescott	04:17:18.55	Male	SENIOR	
778	Mark	Davies	04:17:22.60	Male	SENIOR	
895	Adam	McMeeking	04:17:24.15	Male	SENIOR	
528	Julian	Bowles	04:17:26.70	Male	SENIOR	
451	Paul	James	04:17:40.55	Male	SENIOR	
949	Rodney	Greenway	04:17:53.95	Male	SENIOR	
908	Maurice	Timmins	04:18:10.00	Male	55-59	
566	Pamela	Storey	04:18:18.55	Female	55+	Serpentine Running Club
104	Kevin	Harris	04:18:33.25	Male	SENIOR	
676	Jeff	Gorwill	04:18:33.60	Male	SENIOR	
680	Josh	Allerton	04:18:34.60	Male	SENIOR	
227	Les	Hooper	04:18:36.70	Male	50-54	EGDON HEATH HARRIERS
208	Andrew	Sinclair	04:18:40.40	Male	SENIOR	
781	Sean	O'Connor	04:18:49.45	Male	SENIOR	
74	John	Cunnane	04:18:50.25	Male	55-59	
313	Lee	Clements	04:18:54.00	Male	SENIOR	
256	Lee	Miller	04:18:54.10	Male	SENIOR	
506	James	White	04:18:56.40	Male	SENIOR	
891	Nick	Roe	04:19:11.75	Male	45-49	
634	Colin	Riley	04:19:24.40	Male	SENIOR	
502	Stuart	Vanstone	04:19:47.65	Male	SENIOR	
408	Paul	Percival	04:20:08.10	Male	45-49	
18	Mark	Lintern	04:20:14.80	Male	SENIOR	
372	Nicole	Lloyd	04:20:23.85	Female	SENIOR	
39	David	McClaren	04:20:24.00			
248	David	Hesketh	04:20:30.35	Male	SENIOR	
173	Michael	Griffiths	04:20:40.40	Male	40-44	
333	Francis	Cowe	04:20:51.60	Male	SENIOR	
902	Nigel	Lane	04:20:52.25	Male	45-49	
714	Jason	Barnett	04:20:56.80	Male	SENIOR	
464	Adam	Murphy	04:21:02.25	Male	SENIOR	
849	Ashley	Morgan	04:21:12.95	Female	35-39	
347	Jeffrey	Donovan	04:21:37.60	Male	40-44	
927	Thomas	Stafford	04:21:57.40	Male	50-54	
698	David	Greaves	04:22:09.10	Male	SENIOR	
325	Christopher	Jones	04:22:16.45	Male	SENIOR	

77	John	McDonnell	04:22:46.10	Male	SENIOR	
328	Mark	Earls	04:22:46.50	Male	40-44	
587	Nicholas	Cuffie	04:22:46.80	Male	40-44	
397	John	King	04:23:24.30	Male	55-59	
918	Mathew	West	04:23:32.25	Male	SENIOR	
883	Bob	Bell	04:23:58.50	Male	55-59	Hogweed Trotters
675	Nicholas	James	04:24:00.35	Male	SENIOR	
580	Peter	Padley	04:24:08.60	Male	40-44	
122	Donald	Morgan	04:24:28.80	Male	55-59	
45	Lyndon	Thomas	04:24:28.90	Male	60+	
123	Linda	Morgan	04:24:37.50	Female	55+	
204	Phillip	Doel	04:24:38.75	Male	40-44	
412	Paul	Darby	04:24:39.00	Male	SENIOR	
689	David	Major	04:24:45.15	Male	SENIOR	Road Runners Club
803	Nicholas	Melville	04:24:53.65	Male	SENIOR	
425	Peter	Courtney	04:25:27.10	Male	45-49	
664	Nigel	Williams	04:25:28.10	Male	40-44	
59	Lynne	Lewis	04:25:40.80	Female	35-39	
174	Colette	Borg	04:25:43.50	Female	SENIOR	
125	Jason	Donagh	04:25:51.40	Male	SENIOR	
213	Wayne	Radnedge	04:26:04.25	Male	40-44	
665	Rachel	Elden	04:26:11.20	Female	SENIOR	
285	Nick	Williams	04:26:22.45	Male	SENIOR	
806	John	Dawson	04:26:39.60	Male	60+	Lichfield RC
113	Karen	Thomas	04:26:44.50	Female	35-39	
941	Lisa	Jenkins-Williams	04:26:46.10	Female	SENIOR	
834	Gavin	Parsons	04:26:52.50	Male	SENIOR	
217	Marcia	Howells	04:27:14.90	Female	40-44	
720	John	Renton	04:27:19.35	Male	40-44	
911	Peter	Reed	04:27:22.90	Male	40-44	Veterans A.C.
912	Moir	Reed	04:27:22.90	Female	45-49	Veterans A.C.
940	Andrew	Williams	04:27:36.15	Male	SENIOR	
522	Russell	Barwise	04:27:46.50	Male	SENIOR	
305	Steven	James	04:28:34.70	Male	SENIOR	
788	Martin	Hill	04:28:34.80	Male	SENIOR	
825	Nigel	Frowen	04:28:54.35	Male	SENIOR	
595	Craig	Jones	04:28:55.30	Male	SENIOR	
403	Noel	Harris	04:29:04.50	Male	SENIOR	

754	Christian	Wheeler	04:29:06.60	Male	SENIOR	
629	Gavin	Parry	04:29:43.30	Male	50-54	
864	John	Walshaw	04:29:51.55	Male	55-59	Redcar RC
240	Wayne	Bryant	04:30:15.50	Male	SENIOR	Brackla Harriers
631	Francis	Rushe	04:30:42.30	Male	SENIOR	
779	Christopher	Moseley	04:30:44.40	Male	SENIOR	
180	Matthew	Brushett	04:30:45.20	Male	SENIOR	
544	Mark	Smith	04:30:52.70	Male	SENIOR	
390	Gavin	Jones	04:31:04.25	Male	SENIOR	
493	Karen	Evans	04:31:09.70	Female	SENIOR	
606	Stephen	Commander	04:32:05.45	Male	SENIOR	
318	Michael	Bartlett	04:32:09.00	Male	SENIOR	
924	Michael	Kennedy	04:32:20.70	Male	50-54	
917	Sean	McAteer	04:32:45.40	Male	SENIOR	
616	Matthew	Wictome	04:33:04.75	Male	SENIOR	
383	David	Hibbs	04:33:09.20	Male	40-44	
668	Andrew	Burr	04:33:46.65	Male	SENIOR	
621	Philip	Stokes	04:33:46.90	Male	SENIOR	Andover AC
855	Nigel	Rashley	04:34:03.00	Male	45-49	
597	Richard	Webb	04:34:22.00	Male	SENIOR	
821	Matthew	Williams	04:34:40.40	Male	SENIOR	
913	Peter	Ruhen	04:34:40.70	Male	60+	Honiton Running Club
853	Michael	Murphy	04:34:57.80	Male	45-49	Les Croupiers
929	Dougie	Tobutt	04:35:02.60	Male	50-54	Bolton
638	Gerald	James	04:35:08.95	Male	50-54	
99	Rachel	Gillard	04:35:15.10	Female	SENIOR	
814	Howard	Taylor	04:35:28.60	Male	45-49	Hogweed Trotters
792	Roger	Jones	04:36:06.85	Male	50-54	
572	Steven	McCarthy	04:36:14.15	Male	40-44	
163	David	Rosser	04:36:57.50	Male	60+	Amman Valley Harriers
679	Gareth	Watkins	04:38:21.95	Male	SENIOR	
460	Simon	O'Leary	04:38:22.30	Male	SENIOR	
191	Len	Baggs	04:39:12.85	Male	55-59	
462	John	McSherry	04:39:22.15	Male	SENIOR	
880	Phil	Scott	04:39:36.40	Male	SENIOR	
423	Anthony	Wiggin	04:39:41.10	Male	SENIOR	Pentyrch Rugby Club
915	Kevin	Martin	04:39:41.35	Male	40-44	Northern(IOM)ac
558	Janine	Burford	04:39:54.50	Female	SENIOR	

830	David	Toms	04:40:11.30	Male	50-54	Brandon Fern Hoppers
828	Mick	Curry	04:40:22.10	Male	45-49	
761	Stuart	Dawson	04:40:26.15	Male	40-44	
944	Mark	Down	04:40:30.10	Male	SENIOR	
556	Frances	Mills	04:40:33.75	Female	40-44	Tring Running Club
568	Stephen	Jones	04:40:38.90	Male	40-44	
61	Deborah	Roberts	04:40:39.40	Female	SENIOR	
140	Tracey	Newman	04:40:41.00	Female	SENIOR	Les Croupiers
429	Brian	Davies	04:40:58.25	Male	SENIOR	
571	Martim	Neville	04:41:23.70	Male	40-44	Isllyn
179	Ian	Holt	04:42:06.00	Male	SENIOR	
384	Jeff	Waite	04:42:13.20	Male	SENIOR	
62	Lynne	Ashby	04:42:38.70	Female	40-44	
588	Matthew	Kibblewhite	04:42:46.80	Male	SENIOR	
555	Laura	Grasby	04:43:03.50	Female	SENIOR	
176	Daniel	Francis	04:43:23.00			
278	Tim	Hughes	04:43:23.50	Male	40-44	
119	Michael	Williams	04:43:42.45	Male	SENIOR	
449	Geraint	Collins	04:43:51.55	Male	SENIOR	
505	Fiona	Gwyther	04:44:00.90	Female	35-39	
26	Jason	Morrissey	04:44:17.85	Male	SENIOR	
796	Max	Scott-Cook	04:45:27.85	Male	55-59	
199	Jacqueline	Harries	04:45:41.15	Female	40-44	
933	Chris	Amy	04:46:00.40	Female	50-54	
362	Nigel	Clarke	04:46:29.40	Male	45-49	
301	Jamie	Wheaton	04:46:37.35	Male	SENIOR	
300	Paul	Richards	04:46:37.35	Male	SENIOR	
808	Tim	Dyer	04:46:59.35	Male	SENIOR	
414	Steven	Morris	04:47:21.30	Male	SENIOR	
434	Julian	Bill	04:48:07.70	Male	SENIOR	
768	Fabian	Jones	04:48:15.40	Male	SENIOR	
279	Simone	Collins	04:49:34.65	Female	SENIOR	
101	Michael	Woodfield	04:49:55.85	Male	SENIOR	
98	John	Manson	04:49:57.55	Male	SENIOR	
842	James	McKay	04:51:02.80	Male	SENIOR	
930	Geoffrey	Dennis	04:51:17.70	Male	60+	Tring Running Club
431	Hayley	Jeans	04:52:00.50	Female	SENIOR	
744	Ian	Spence	04:52:49.20	Male	SENIOR	

29	Jeffrey	Clark	04:52:49.55	Male	SENIOR	
516	Joshua	Cohen	04:53:42.45	Male	SENIOR	
75	Rhian	Jones	04:53:49.70	Female	SENIOR	
411	Anthony	Vallario	04:53:55.15	Male	45-49	Port Talbot Harriers
690	Linda	Hart	04:53:55.70	Female	35-39	Road Runners Club
466	Stephen	James	04:54:36.45	Male	SENIOR	
547	Mark	Clarke	04:54:49.30	Male	SENIOR	
393	Andrew	Herbert	04:54:50.70	Male	SENIOR	
813	David	Marriott	04:55:01.85	Male	SENIOR	Bridgend
963	Maurice	O'Connor	04:55:02.00			
275	Graham	Wooding	04:55:34.70	Male	45-49	
452	Christopher	Lloyd	04:55:53.50	Male	SENIOR	
939	Michael	Alsworth	04:56:32.50	Male	50-54	100 Marathon Club
40	Nicola	Davies	04:57:20.70	Female	35-39	
738	Julie	Smith	04:57:30.75	Female	35-39	
185	Christopher	Canning	04:58:09.50	Male	SENIOR	
947	Liam	Fenelon	04:58:10.60	Male	60+	100 Marathon Club
942	Karen	Lewis	04:58:38.50	Female	SENIOR	
775	Brian	Smith	04:59:23.70	Male	60+	Road Runners Club
674	Dean	Ahmed	05:00:53.15	Male	SENIOR	
752	Doug	Lawrence	05:01:22.80	Male	SENIOR	Kidderminster & Stourport AC
609	James	Snook	05:01:39.30	Male	SENIOR	
175	Claire	Snook	05:01:39.40	Female	SENIOR	
377	Nicola	Perry	05:01:39.60	Female	SENIOR	
115	Keith	Miller	05:03:14.90	Male	45-49	
654	Joanna	Allerton	05:04:05.65	Female	SENIOR	
596	Terence	Webb	05:05:43.60	Male	45-49	
346	Michael	Perry	05:06:52.00	Male	SENIOR	
361	Iain	Cronin	05:06:52.00	Male	SENIOR	
574	Norman	Jones	05:09:13.90	Male	45-49	
832	Andi	Schmidt	05:10:05.70	Male	SENIOR	
472	Karen	Saunders	05:10:10.20	Female	SENIOR	Stroud & District Athletic Clu
602	Hellen	Allsop	05:11:19.80	Female	35-39	
170	Cerys	Humphreys	05:12:29.45	Female	SENIOR	
315	Mark	Chilton	05:12:54.20	Male	SENIOR	
490	Stephen	Chilton	05:12:54.50	Male	SENIOR	
352	Philip	McGonagall	05:15:32.65	Male	50-54	203 FD Hosp Running Club
655	Gemma	Brain	05:16:03.90	Female	SENIOR	

37	Nicky	Brain	05:16:19.30	Female	40-44	
827	Robert	Ryan	05:16:27.80	Male	45-49	
589	Peter	Janicijevic	05:16:27.85	Male	45-49	
409	Olugbenga	Fakande	05:16:29.95	Male	40-44	
109	Janet	Bell	05:17:11.20	Female	55+	Pembrokshire Harriers
272	Robert	Wicks	05:17:30.50	Male	SENIOR	
339	Fotini	Maragakis	05:19:38.00	Female	SENIOR	
96	Huw	Townley	05:22:47.30	Male	40-44	
367	Victoria	Jones	05:23:48.50	Female	SENIOR	
509	Daniel	Broome	05:24:35.25	Male	SENIOR	
810	Nicholas	Graham	05:25:13.10	Male	SENIOR	
156	Paula	Thornley	05:25:36.50	Female	40-44	
391	Stephen	Hales	05:26:09.25	Male	SENIOR	
209	Peter	Warneant	05:26:51.40	Male	50-54	
467	Alfred	Oliveira	05:27:30.35	Male	60+	Footworks Miami FL USA
21	Geraint	Griffiths	05:27:47.70	Male	SENIOR	
583	David	Reeves	05:28:43.20	Male	45-49	
114	Keri	Hutchinson	05:28:51.40	Female	SENIOR	
27	Franoine	Falzon	05:28:51.45	Female	SENIOR	
231	Denis	Pratt	05:29:03.25	Male	50-54	
281	Michael	Abbott	05:30:12.90	Male	40-44	
776	Allen	Watts	05:30:17.50	Male	60+	Sarn Helen Lampeter
888	Francois	Roland	05:34:58.45	Male	45-49	
899	Willems	Jean	05:34:58.80	Male	55-59	
443	Christine	Howson	05:38:22.70	Female	40-44	
295	Martin	Britton	05:38:23.00			
442	Vicki	Groves	05:38:23.20	Female	35-39	
271	Karen	Stevens	05:38:27.60	Female	35-39	
432	Laura	Currie	05:38:44.55	Female	SENIOR	
55	Phillip	Bryant	05:39:03.60	Male	40-44	
145	Shawn	Eastman	05:40:16.20	Male	SENIOR	
836	Howard	Bush	05:43:31.15	Male	55-59	
206	Pedro	Martinez	05:45:53.50	Male	SENIOR	
308	David	Philpott	05:47:51.80	Male	40-44	
549	John	Hopkins	05:48:22.35	Male	40-44	
622	Vusi	Siphika	05:51:07.45	Male	SENIOR	
52	Gary	Cook	05:54:20.50	Male	50-54	
719	Victoria	Archbold	05:54:25.60	Female	SENIOR	

548 James	Hogg	05:56:00.45	Male	60+	
69 Huw	Jones	05:57:03.50	Male	40-44	
419 Sallyann	Melhuish	05:58:39.45	Female	35-39	
812 Fiona	Derrick	05:58:48.50	Female	40-44	
625 Wayne	Jenkins	06:01:00.50	Male	40-44	
652 David	Headon	n/a	Male	40-44	Les Croupiers
444 Alistair	Chambers	n/a	Male	40-44	
869 Charles	Coray	n/a	Male	40-44	
904 Andrew	Clanahan	n/a	Male	45-49	
822 Derek	Church	n/a	Male	45-49	
736 Cassandra	Sabo	n/a	Female	SENIOR	
378 Claire	Fitzgerald	n/a	Female	SENIOR	
678 Michael	Johnson	n/a	Male	SENIOR	
890 Neal	Boardley	n/a	Male	SENIOR	
845 Stephen	New	n/a	Male	SENIOR	Gwent Police
200 Richard	Harries	n/a	Male	SENIOR	