The Night Nobbler ~~2023~~ 2024 Results

#	Runner	Club	Age	Bib	Time
1	Ollie Minton 🏆	NBLRs	M18	28	52:03
2	John Perkins 🏆	Amman Valley Harriers	M40	17	53:19
3	Kitty Robinson 🏆	NBLRs	F18	29	53:40
4	Oliver Williams	NBLRs	M18	69	54:29
5	Alex Lewis		M40	1	55:54
6	Geraint Lewis		M18	80	56:22
7	Archie Dilks		M18	57	57:34
8	Rory Fairhurst	Sarn Helen	M18	61	58:35
9	Tom Jones		M18	234	58:57
10	Steve Williams 🏆	Pembrokeshire Harriers	M50	366	58:59
11	Toby Warner		F18	82	1:00:09
12	Rob Davies	Llanelli Ac	M40	25	1:00:25
13	Clara Davies 🏆	Amman Valley Harriers	F40	60	1:01:47
14	Henry Drake		M40	36	1:01:48

15	Josh Ogilvie		F18	79	1:01:52
16	Timothy Mills	NBLRs	M18	137	1:02:11
17	Amanda Haycocks		F40	132	1:02:21
18	Alex Poole		M18	425	1:02:25
19	Heather Warner	Pembrokeshire Harriers	F18	62	1:02:43
20	Jake Flear 🏆	Llanelli Athletic	M16	335	1:03:29
21	Alan Flear	Llanelli Athletic	M40	207	1:04:36
22	John Hewson	Swansea Vale Tri	M40	44	1:05:24
23	Steve Plumb	NBLRs	M40	46	1:06:05
24	Katie Woodhouse 🏆		F50	160	1:06:07
25	Jordan James		M18	585	1:07:27
26	Luke James		M18	584	1:07:28
27	Alex Dallimore		M18	368	1:08:10
28	Ian Evans		M40	367	1:08:27
29	Martin Harris	Pembrokeshire Harriers	M50	32	1:08:39
30	Mark Sibbald		M50	266	1:08:52
31	Ellis Robinson	Pembrokeshire Tri Club	M18	47	1:09:23
32	Dafydd Owen		M18	546	1:09:43
33	Ian Cooper	Lavender Heights	M18	37	1:10:46
34	Jeremy Griffiths	Trots	M50	74	1:11:19
35	Carolyn Watkins	NBLRs	F18	521	1:11:29
36	Carys Ratcliffe		F18	72	1:11:47
37	Simon George		M40	278	1:12:05
38	Dan West		M18	372	1:12:10
39	Colin Glover		M50	569	1:12:20
40	Jonny Williams		M18	156	1:12:29
41	Tom Blackler	Swansea Vale Tri	M18	39	1:12:37

42	David Sangster	Running Punks	M50	230	1:12:46
43	Luke Smith		M50	233	1:12:46
44	Guto Evans	Amman Valley Harriers	M50	42	1:13:08
45	David Pepper		M18	154	1:13:24
46	Steve Dawson	Trots	F40	271	1:13:26
47	Simon Dorken		M40	134	1:13:29
48	David Elvy		M50	77	1:13:31
49	Martin Allen		M50	70	1:14:03
50	James Bevan-Smith		M18	374	1:14:30
51	Russell Williams	Cardigan Running Club	M40	114	1:14:47
52	Billy Goodrick		M18	208	1:14:56
53	Toby Harris	Pembrokeshire Tri Club	M16	27	1:15:13
54	Clare Harris	Pembrokeshire Tri Club	F40	96	1:15:36
55	Lowri Harris	NBLRs	F18	19	1:15:39
56	Ceri Worcester		M18	30	1:15:44
57	Ellie Shevlin		F18	524	1:17:23
58	Matthew Evans		M18	523	1:17:25
59	Aaron Buckingham	NBLRs	M18	267	1:17:32
60	Mathew Hartt		M18	48	1:17:54
61	Haydn Hatfield		M40	334	1:18:06
62	Chris Harris	Pembrokeshire Tri Club	M40	26	1:18:26
63	Clodagh Llewhellin		F40	288	1:18:38
64	Vince Bailey	Trots	M50	361	1:19:21
65	Charlotte Wood		F18	321	1:19:23
66	Jon Davies		M40	58	1:19:39
67	Marc Barrow	Swansea Vale Tri	M40	538	1:19:51
68	Mel Pursey		F18	536	1:20:00

69	Jim Dilks	Tenby Penguins	M40	528	1:20:02
70	Jack Bagley		M18	121	1:20:05
71	George Bagley		M40	403	1:20:07
72	Rhys Thomas	Tenby Penguins	M18	330	1:20:09
73	Fraser Mcmillan	Cardigan Rc	M50	4	1:20:42
74	John Goy	@leastwetri	F40	104	1:20:44
75	Andrew Collins		M18	150	1:20:48
76	Nathan Orford		M50	272	1:21:19
77	Kat Green	Pembrokeshire Harriers	F40	352	1:21:34
78	Chloe Butler 🏆	Caerphilly Triers	F16	292	1:21:40
79	Nick Butler	Caerphilly Triers	M40	304	1:21:43
80	Steven Perks 🏆	Run4all Neath	M60	595	1:22:24
81	Steven Turgyan		M40	280	1:22:27
82	Neil Williams		M40	549	1:22:27
83	Emma Wade		F18	268	1:22:40
84	Owain Hughes		M18	54	1:22:45
85	Cheryl Tanner	Run4all Neath	F40	600	1:22:45
86	Jonathan Harwood	PTC	M40	71	1:23:34
87	Darren Mason		M18	90	1:23:35
88	Rhys Jones		M18	116	1:23:47
89	Andrew Cade		M40	324	1:24:03
90	Estelle Williams		F40	31	1:24:03
91	Elliot Peace		M18	302	1:24:16
92	Ryan Haigh		F18	75	1:24:25
93	Ethan Parsons		F18	430	1:24:46
94	Sarah Doughty	Harriers	F18	23	1:25:00
95	Wayne Haycocks		F50	138	1:25:04

96	Arwyn Wilson		M18	555	1:25:17
97	David Kent	Tenby Aces	M50	308	1:25:18
98	Kevin Jones	Sarn Helen	F50	13	1:25:50
99	Mark Bleasdale	Amman Valley Harriers	M50	55	1:26:48
100	Sarah Puetz	Sarn Helen	F18	65	1:27:00
101	Julian Lewis	Trots	M40	325	1:27:18
102	Matthew Williams	Trots	M40	275	1:27:19
103	Tom Addison		M18	343	1:27:35
104	Eamon O'Loughlin		M40	583	1:27:35
105	Kate Bevan		F18	340	1:27:37
106	Martyn Taylor		F18	246	1:27:51
107	Emily Davies		F40	514	1:28:20
108	Cerys Parry		F18	73	1:28:39
109	Richard Evans		M50	596	1:28:50
110	Nicola Moore		F40	365	1:28:53
111	Ria Burton	Amman Valley Harriers	F40	588	1:28:58
112	Wayne Fowler	Amman Valley Harriers	M40	589	1:28:58
113	Richard Morris	Cardigan	F50	127	1:29:23
114	Andrew Webb		M50	405	1:29:27
115	Sian Dyer		F40	590	1:29:46
116	Matthew Mayer		M18	578	1:30:04
117	Cai Batchelor		F40	529	1:30:09
118	Dave Evans		M18	49	1:30:17
119	Matthew Jordan		M18	527	1:30:17
120	Matthew Dunn		M40	273	1:30:25
121	Naomi Sharp		F40	117	1:30:26
122	Lowri Hart		F18	110	1:30:32

123	Matthew Waldron	Swansea Vale Tri	M18	107	1:30:35
124	Jordan Hart	Swansea Vale Tri	M18	111	1:30:46
125	Claire Protheroe	Llanelli Ac	F40	2	1:30:57
126	Arianna Protheroe	Llanelli Ac	F16	38	1:30:58
127	Hannah Davies		M16	119	1:31:04
128	Jodie Hughes	U Tri	F18	531	1:31:15
129	Scott Malson	U Tri	M18	533	1:31:17
130	Cai Edwards		M18	76	1:32:01
131	Wayne Evans		F18	312	1:32:13
132	Kevin Walters	Amman Valley Harriers	M18	567	1:33:28
133	James Williams		M18	350	1:33:41
134	Gethin Davies		M40	34	1:33:50
135	Rhys Morgan	Amman Valley Harriers	M18	33	1:34:04
136	Louis Shirt		M40	571	1:34:12
137	Claire Richards	Cardigan Running Club	F40	162	1:35:01
138	Karl Cain	#teambeut	M50	570	1:35:11
139	Zac Gorman		M16	550	1:35:12
140	Alana Pranskunas		F18	259	1:35:16
141	Tom Dietrich		M40	258	1:35:17
142	Andrew Salmon	Trots	M50	168	1:35:19
143	Sydney Vickery		F18	265	1:35:28
144	Rhys Wyatt		M18	354	1:35:28
145	Ian Vickery	NBCC	M60	342	1:35:29
146	Dafydd Ap sion		M50	108	1:35:41
147	Oliver Cooper		M40	163	1:35:53
148	Oliver James		M18	113	1:36:17
149	Glyn Drake		M40	303	1:36:38

150	Celeste Carter		F50	192	1:36:45
151	Rob Carter		M60	185	1:36:46
152	Greyham Vaughan		M40	301	1:36:56
153	Greta Mckane	Carmarthen Harriers	F16	35	1:37:53
154	Sioned Timothy		F40	508	1:37:56
155	Claire Davies		F18	14	1:38:01
156	Joseff Rees		M18	16	1:38:02
157	Sian Thomas		F18	15	1:38:02
158	Craig Rees		M40	316	1:38:13
159	Lorna Woodley		F18	320	1:38:13
160	Paul Flint	Amman Valley Harriers	M40	539	1:38:37
161	Sian Evans	Amman Valley Harriers	F18	81	1:38:43
162	Leon Baines		M18	510	1:38:47
163	Luke Baines	NBLRs	M40	511	1:38:48
164	Tim Yallope		M18	360	1:38:51
165	Coral West		F18	146	1:39:27
166	Terry Pugh		M50	427	1:39:28
167	Marysia Pugh		F50	426	1:39:30
168	Imogen Wheeler		F18	212	1:39:50
169	Tara Wroblewska		F18	309	1:42:00
170	Tim Wroblewski		M18	286	1:42:00
171	Kevin Rawlins		M50	369	1:42:09
172	Rhys Jones		M18	359	1:42:35
173	Ollie Dobson		M18	598	1:42:49
174	Edd Reed	Tenby Aces	M40	557	1:43:09
175	Michelle Schwarz		F18	282	1:43:12
176	Wyndham Williams	NBLRs	M40	406	1:43:12

177	Lewis Richards		M40	157	1:43:29
178	Ali Richards		M18	161	1:43:32
179	Alex Saunders		M40	158	1:43:37
180	Paul Worcester	Tenby Penguins	M18	407	1:43:45
181	Helen Tegg		F18	408	1:43:47
182	Anthony Dew	Trots	M40	289	1:43:59
183	Rob Buy		M40	554	1:44:06
184	Tammy Rees-Davies	Amman Valley Harriers	F40	270	1:44:16
185	Michelle Wozencraft	Amman Valley Harriers	F40	274	1:44:20
186	Donna Reed	Tenby Aces	F40	558	1:44:30
187	Will Hopwood		M18	315	1:44:31
188	Kelly Peat		F18	232	1:44:43
189	Mandy Jack	Sospan Road Runners	F50	276	1:44:52
190	Angharad Davies	Sospan Road Runners	F18	106	1:44:55
191	Claire Morgan	Sospan Road Rummerd	F40	136	1:44:56
192	Kieran Head		M40	424	1:44:59
193	Maisie Head		F16	402	1:45:31
194	Vanessa Buckler	Llanelli Ac	F40	518	1:45:34
195	Steph Waring	Tenby Aces	F50	300	1:45:38
196	Clair White	Tenby Aces	F40	295	1:45:40
197	Nicola Thomas		F18	414	1:45:42
198	Steve White	Tenby Aces	M40	370	1:45:44
199	Dan Sheen	Pembrokeshire Tri Club	M40	260	1:45:46
200	Carwyn Jones	Pembrokeshire Tri Club	M50	317	1:45:49
201	Simon Lindley	Pembrokeshire Tri Club	M50	141	1:45:49
202	Simon Phillips	Pembrokeshire Tri Club	M40	306	1:45:49
203	Richard Morgan		M40	339	1:46:08

204	Andrew Smith		M18	331	1:46:08
205	Gwenllian Hughes		F50	599	1:46:09
206	Geraint Hughes		M50	311	1:46:10
207	Glenn Jones		M40	338	1:46:15
208	Aldo Picek		M50	103	1:46:17
209	Laura Manning		F18	189	1:47:08
210	Rachel Mansell		F18	145	1:47:13
211	Jason Sanders		M50	355	1:47:51
212	Stephen Thomas		M40	202	1:48:25
213	Catherine Fulson		F18	175	1:48:26
214	Francis Burke		M18	176	1:49:05
215	Luke Battisson		M18	177	1:49:16
216	Gina Thomas		F18	211	1:49:17
217	Sali Daniels	Vegan Runners	F40	277	1:49:36
218	Thomas Preece	Vegan Runners	F40	284	1:49:36
219	Tiff Roach		F18	188	1:49:49
220	Emma Richard's	Trots	F40	187	1:49:50
221	Megan Richards	Aces	F18	186	1:49:50
222	Sophie Burke	Tenby Aces	F18	178	1:49:51
223	Meg Burns		F18	253	1:49:53
224	Pippa Jolly		F18	204	1:49:53
225	Emma Baker		F18	293	1:49:58
226	Jeff Beynon		M50	250	1:50:33
227	Jessica Svetz		F40	256	1:50:33
228	Joshua Hanlan-Baker		M16	307	1:50:41
229	Dave Humphreys	Aberystwyth Ac	M50	290	1:51:15

230	Jennie Thomas	AAC	F18	203	1:51:15
231	Sarah John		F18	298	1:51:31
232	Thomas Grenfell		M18	297	1:51:32
233	Clive Davis	Pembrokeshire Harriers	M60	128	1:52:34
234	Andrew Davies		M18	291	1:52:37
235	Ceri Davies		F18	281	1:52:38
236	Kevin Davies	NBLRs	M50	283	1:52:39
237	Phil Davies		M50	112	1:52:45
238	Ania Ciolek	Laac	F40	43	1:52:58
239	Zoe Jones		F18	384	1:53:12
240	James Dobson	Cardigan Running Club	M18	159	1:53:27
241	Simon Poole	Ogmore Phoenix Runners	M40	264	1:53:33
242	Julia Esmond	Ogmore Phoenix Runners	F40	336	1:53:35
243	Melanie Thomas	Ogmore Phoenix Runners	F40	261	1:53:35
244	Benjamin Podbury		M18	45	1:53:38
245	Matthew Palmer		M18	509	1:53:40
246	Joshua Richards		M16	573	1:54:21
247	Claire Richards		F18	574	1:54:22
248	Florence Ogilvie		F18	102	1:55:29
249	Ieuan Thomas-Wigley	Trots	M40	180	1:55:29
250	Del Eyre 🏆	Run4all Neath	F60	310	1:55:32
251	Lois Griffiths		F18	327	1:55:49
252	Elsa Taday		F18	410	1:56:15
253	Rebecca Strydom		F40	416	1:56:16
254	Isaac Clark		M16	131	1:56:28
255	Mili Rees		F16	380	1:56:28

256	Mathew Bayliss		M40	123	1:56:33
257	Marian Davies		F40	364	1:56:38
258	Lon Morgan	Trots	F60	125	1:56:41
259	Bethan Evans		F40	346	1:56:46
260	Bridget Moseley	Trots	F60	101	1:56:50
261	Alison Coombs	Sospan Road Runners	F40	319	1:56:53
262	Johanne Vass	Sospan Road Runners	F40	130	1:56:56
263	Miles Thomas		M18	542	1:57:06
264	Hollie Thomas		F18	247	1:57:09
265	Ben Williams		M18	544	1:57:30
266	Emily Williams		F18	547	1:57:31
267	Karen Lewis	Pembrokeshire Tri Club	F50	167	1:57:34
268	David Hawkins		M40	170	1:57:35
269	Debbie Phillips		F50	165	1:57:35
270	Jon Phillips		F60	171	1:57:36
271	Gemma Emile		F40	166	1:57:37
272	Joe Howells		F40	142	1:57:41
273	Kevin Thomas		M40	133	1:58:36
274	Katie Rees		F18	129	1:58:37
275	Hannah Thomas		F40	193	1:58:37
276	Jason Chapman		M40	184	1:58:38
277	Liam Boulcott		M18	419	1:58:53
278	Carla Potter		F40	587	1:58:56
279	Robin Williams		M18	333	1:58:59
280	Amanda Myatt		F50	332	1:59:00
281	Holly Tooze		F18	525	1:59:05
282	Megan Ayers		F18	124	1:59:06

283	Kiri Day	NBLRs	F18	139	1:59:07
284	Amy Lewis	NBLRs	F18	143	1:59:21
285	Darren Bowen	Clwb Cadw Droi	M40	519	1:59:28
286	Alistair Bowen	Cardigan	M50	520	1:59:29
287	Rhys Morgan	Cardigan	M50	563	1:59:29
288	Ali Burleigh		M40	582	2:00:36
289	Kirsty Stone		F18	586	2:00:36
290	Sayaka Fukuda		F40	149	2:02:08
291	Alex Poole		M18	50	2:02:11
292	Yvonne Griffiths		F50	148	2:02:17
293	Helena Burke		F50	347	2:03:17
294	Nell Hellier		F50	351	2:03:18
295	Kristy White		F18	591	2:03:32
296	Hannah Davies		F18	373	2:03:35
297	Ruby Walker		F18	206	2:03:35
298	Clint White		M18	592	2:03:35
299	Sally Sellwood	Cardigan Running Club	F50	122	2:03:57
300	Rachel Matthews	Cardigan Running Club	F50	126	2:04:22
301	Ciara Dowling		F18	164	2:04:25
302	Hannah Carter		F18	174	2:04:26
303	Leila Connolly		F40	173	2:04:30
304	Debi Bartlett	4108214	F50	572	2:04:31
305	Allan Bartlett		F60	515	2:04:34
306	Kim Talbot	Carmarthen Triathlon Club	F18	337	2:05:44
307	Rhian Sula	Stackpole Striders	F40	169	2:06:28
308	Chantal Watt		F40	562	2:06:28
309	Robert Hall	SVT	M40	285	2:06:38

310	Sian Richards	SVT	F40	383	2:06:40
311	Dave Weaving	Running at 40+	M40	182	2:07:12
312	Thomas Jones		M18	345	2:07:36
313	Ffion Randell	Saundersfoot Runners	F18	269	2:07:37
314	Gemma Hayward		F40	561	2:07:47
315	Karly Gorman	Swansea Vale Tri	F18	551	2:07:50
316	Suzanne Williams	Monday Movers	F40	375	2:07:50
317	Kyle Benson		M18	507	2:08:27
318	Melanie Smith		F40	420	2:08:51
319	Clare Hewitt		F50	423	2:08:58
320	Gemma Morris		F40	422	2:09:10
321	Karen Wood	Pembrokeshire Triathlon Club	F50	179	2:09:11
322	Julian Wood	Pembrokeshire Tri Club	M50	181	2:09:12
323	Sandy Gash		F40	294	2:09:19
324	Jess Baldrey		F40	418	2:09:51
325	Caroline Hiorns		F50	249	2:10:18
326	Josh Ashton		F18	238	2:10:22
327	Rebecca Dilks	Pembrokeshire Harriers	F40	530	2:10:59
328	Brian Keane	Pembrokeshire Tri Club	M40	358	2:11:00
329	Michael Wood		M18	153	2:11:11
330	Annie Benzie		F18	152	2:11:12
331	Miriam Thomas	Sospan Road Runner's	F50	172	2:11:21
332	Dan Allerton		M18	237	2:11:27
333	Lucie Waring		F18	239	2:11:27
334	Debbie Mitchell		F50	109	2:11:38
335	Ryan James		M50	105	2:11:40
336	Mark Whitby	Pembrokeshire Harriers	M50	63	2:12:03

337	Suzanne Whitby	Pembrokeshire Harriers	F50	144	2:12:04
338	Nuala Sharp		F50	236	2:12:09
339	Janine Owen	Trots	F40	404	2:12:15
340	Rachel Holland	Saundersfoot Runners	F50	581	2:12:17
341	Eleri Murphy		F40	210	2:12:18
342	Michael Karpaty	Saundersfoot Runners	M60	344	2:12:34
343	Andrew Wallace		M50	362	2:13:06
344	Geraint Prince		M18	231	2:13:54
345	Karen Huggins	Llanelli Ac	F18	522	2:13:59
346	Donna Fernandez	Llanelli Ac	F40	314	2:14:04
347	Sabina Dunkling	Amman Valley Harriers	F40	235	2:14:25
348	Claire Kearney	Llanelli Ac	F40	556	2:14:25
349	Polly Groom		F40	400	2:14:26
350	Rachel Huggins	Llanelli Ac	F18	526	2:14:26
351	Sam Chapman		M18	328	2:14:32
352	Corissa Smith	Trots	F18	428	2:14:36
353	Anna Strzelecki	Trots	F40	98	2:14:38
354	Ross Duffy		M40	429	2:14:39
355	Stephen Noyce		M40	431	2:14:42
356	Clare Willey	Saundersfoot	F50	305	2:14:44
357	Christina Deakin	Llanelli Ac	F50	564	2:14:45
358	Sarah Whiddett	Saundersfoot Runners	F60	199	2:14:47
359	Ema Davies		F18	371	2:15:00
360	Hannah Holliday		F40	576	2:15:00
361	Shelley Grandfield	Dog Bog Adventure Club	F50	401	2:15:08
362	Kelly Fowler	Monday Movers	F18	560	2:15:24
363	Hannah Hammersley	Monday Movers	F18	381	2:15:25

364	Sinead Lewis	Monday Movers	F40	140	2:15:27
365	Kelly Noble	Monday Movers	F40	257	2:15:27
366	Sarah Tamplin	Monday Movers	F40	415	2:15:28
367	Lucy Gray		F40	512	2:15:35
368	Helen Jones		F40	513	2:15:35
369	Claire Joseph		F50	118	2:15:40
370	Helen Williams		F50	115	2:15:40
371	Holly Goodridge		F18	548	2:15:43
372	Zoe Kummer		F18	421	2:15:43
373	Victoria Hammersley		F40	382	2:15:45
374	Mo Cross	Tenby Penguins	F50	196	2:15:57
375	Neil Cross	Tenby Penguins	M50	341	2:15:59
376	Alice Walls	Sole Sisters	F18	543	2:16:23
377	Craig Kearney	Llanelli Ac	M40	559	2:16:57
378	Amy Sibley		F16	552	2:18:33
379	Victoria Williams		F40	263	2:18:34
380	Kate Humphreys		F40	262	2:18:36
381	Alistair Sibley		M50	553	2:18:39
382	Vicki Lewis	Pembrokeshire Tri Club	F40	183	2:21:14
383	Katy Harwood	PTC	F40	597	2:21:16
384	Helen Phillips	Pembrokeshire Tri Club	F40	323	2:21:16
385	Fiona Austin		F18	537	2:23:00
386	Amy Mcpherson	Pembrokeshire Harriers	F18	255	2:23:00
387	Saphire Collins		F18	541	2:23:02
388	Jess James	Pembrokeshire Harriers	F18	252	2:23:02
389	Jo Llewellyn		F40	540	2:23:02
390	Hannah Jones	Llandeilo Soul Runners	F40	299	2:24:29

391	Gemma Thomas		F40	296	2:24:29
392	Paul Denniss	Clwb Rhedeg Pontardawe Running Club	M50	363	2:25:16
393	Jodie Denniss	Clwb Rhedeg Pontardawe Running Club	F50	329	2:25:18
394	Jeri Adey		F18	78	2:26:12
395	Carrie Garner		F18	254	2:26:12
396	Claudia Radulescu	Llandeilo Soul Runners	F40	594	2:28:34
397	Jeanette Edmonds	Llandeilo Soul Runners	F40	568	2:28:35
398	Jen Morse	Amman Valley Harriers	F50	326	2:28:37
399	Lynwen Griffiths	Biscuits	F40	209	2:29:13
400	Gemma Wilson	Arse Like a Sofa	F40	517	2:29:15
401	Jo Williams	PTC	F40	322	2:29:51
402	Steve Rich	Running Punks	M60	155	2:29:54
403	Beth Rich	Pembs Tri	F60	151	2:29:56
404	Eleanor Power	Pembrokeshire Tri Club	F18	318	2:30:03
405	Kevin Wheeler	Pembrokeshire Tri Club	M60	593	2:30:03
406	Jacky Lewis	Llanelli Ac	F50	516	2:31:36
407	Tamsin Austin-Miles		F50	191	2:32:25
408	Bethan Austin-Miles		F16	195	2:32:27
409	Leah Clark		F40	190	2:32:27
410	Jay Thomas		F50	287	2:33:06
411	Morgan Thomas		F16	194	2:33:08
412	Julie White		F40	353	2:34:38
413	Lisa Wilson		F50	356	2:34:38
414	Roger Leese		M40	417	2:35:40
415	Pablo Abrahams	Paul Popham Running Club	M50	200	2:42:03

416	Rebecca Allen	Paul Popham Running Club	F18	532	2:42:04
417	Nicola Davies	Paul Popham Running Club	F40	201	2:42:07
418	Dean Allen	Paul Popham Running Club	M18	534	2:42:11
419	Gareth Clark		M40	580	2:43:46
420	Tara Archer-clark		F40	579	2:43:49
421	Jacqueline Burt	Paul Popham	F50	197	2:43:54
422	Cheryl Gooding	Paul Popham Running Club	F50	198	2:43:55
423	Melanie Evans	Sospan Road Runners	F50	565	2:49:47
424	Alison Balllantine	Sospan Road Runners	F50	566	2:49:48
425	Felicity Clark	Celtic Tri	F40	205	2:53:23
426	Anna Rees	Celtic Tri	F40	248	2:53:23
427	Charlotte Charles		F40	535	2:53:34