

Number	Name	Club	Age Group	Perf.	Postn	Group Winners
48	Adam Bull	Aberdare Athletics	SM	0:14:59	1	SM
38	Phillip Matthews	Swansea Harriers	MV35	0:15:03	2	MV35
8	Oliver Williams	Les Croupier RC	SM	0:15:48	3	
16	Matthew Evans	Aberdare Athletics	SM	0:15:52	4	
11	Joseph Reardon	Aberdare Athletics	U20M	0:16:09	5	U20M
153	Tim Iveson	Builth	MV35	0:16:31	6	
57	Brychan Price-Davies	Brecon AC	U20M	0:16:54	7	
82	Will Hunt	Brecon AC	MV35	0:17:00	8	
68	Phil Morris	Brecon AC	MV35	0:17:07	9	
109	Adrian Lewis	Aberdare Athletics	MV45	0:17:15	10	MV45
84	Luke Spencer	Aberdare Athletics	SM	0:17:22	11	
50	Barney Goodrich	Brecon AC	MV40	0:17:33	12	MV40
145	Jack Stephens	Brecon AC	U20M	0:17:34	13	
40	Dale Williams	Brecon AC	MV40	0:17:54	14	
144	Kit Stephens	Brecon AC	U20M	0:18:03	15	
162	Michael Holloway	n	SM	0:18:08	16	
156	Phil Kendrick	Rhayader	MV55	0:18:11	17	MV55
94	Haydon O'Reilly	n	MV35	0:18:17	18	
105	Peter Sowerby	Brecon AC	MV50	0:18:22	19	MV50
36	Evan Price-Davies	Brecon AC	U20M	0:18:27	20	
152	Sion Parry	BAD RC	MV35	0:18:28	21	
154	Paul Davies	Aberdare Athletics	MV40	0:18:30	22	
12	Charlie Northey	Brecon AC	MV50	0:18:57	23	
62	Wendy Price	n	FV35	0:19:02	24	FV35
55	Tim Hindle	Brecon AC	MV45	0:19:05	25	
45	Carl Davies	n	SM	0:19:14	26	
146	Katie Roby	Brecon AC	SF	0:19:18	27	SF
53	Andrew Smart	n	MV40	0:19:21	28	
52	Simon Lewis	n	MV50	0:19:34	29	
70	Andrew Brasington	Ebbw Vale	MV50	0:19:45	30	
33	Simon Griffiths	n	MV40	0:20:09	31	
23	Ashley Palmer	n	U20M	0:20:13	32	
79	Stephen Davies	n	SM	0:20:16	33	
39	Emma McWilliam	Pontypool	FV35	0:20:19	34	
32	Owen Griffiths	Brecon AC	U20M	0:20:20	35	
106	Kelly Morgan	n	FV35	0:20:25	36	
147	Graham Mack	Merthyr RC	MV60	0:20:31	37	MV60
160	Maurice Luffman	n	SM	0:20:36	38	
6	Gareth Lawrence	n	SM	0:20:39	39	
43	Martin Carter	Hay Hotfooters	MV50	0:20:41	40	
137	Andrew Gunter	Park Bryn Back	SM	0:20:46	41	
73	Mark Simms	Brecon AC	MV60	0:20:57	42	
54	Adam Jones	Brecon AC	SM	0:20:58	43	
161	Morgan Williams	n	SM	0:20:59	44	
104	Ashley Howarth	n	MV45	0:21:06	45	
35	Jonathan Griffiths	n	MV40	0:21:08	46	
134	Chris Dodds	n	MV50	0:21:17	47	
124	Jon Heissig	Brecon Tri	MV45	0:21:20	48	
60	Jordon Price	Brecon AC	U20M	0:21:23	49	
119	Allen Bunney	Aberdare Athletics	MV45	0:21:24	50	
10	Leigh Barker	Brecon AC	SF	0:21:26	51	
157	Derek Osborne	Brecon AC	MV50	0:21:30	52	
129	Harvey Parsons	Brecon AC	U20M	0:21:30	53	
117	Rebecca Rees	n	FV40	0:21:31	54	FV40
168	Clare Griffiths	Merthyr RC	FV45	0:21:34	55	FV45
58	Geriant Evans	Llandovery	MV45	0:21:39	56	

20	Gary Bartram	n	MV40	0:21:40	57	
87	Mike Lewis	n	MV50	0:21:46	58	
114	Laura Higgins	n	SF	0:21:49	59	
28	Ken Davies	n	MV60	0:22:00	60	
76	Sam Jones	Christ Coll	U20M	0:22:04	61	
97	Thomas Few	Taff Ely Tri	SM	0:22:06	62	
96	Alice Bevan	Merthyr RC	SF	0:22:08	63	
110	Nicole Johnstone	Brecon AC	FV40	0:22:16	64	
85	Sue Davies	Brecon AC	FV55	0:22:17	65	FV55
83	Adrian Taylor	Merthyr RC	MV55	0:22:18	66	
27	Brian Morgan	Hay Hotfooters	MV45	0:22:19	67	
100	Gunvor Troelsen	Builth	FV50	0:22:22	68	FV50
56	Paul Bufton	Brecon AC	MV45	0:22:25	69	
2	Aimee Ferguson	Brecon AC	SF	0:22:29	70	
74	Daniel Evans	Christ Coll	U20M	0:22:44	71	
31	Gill Casey	n	FV50	0:22:49	72	
15	Mark Roberts	n	MV55	0:22:56	73	
148	Neil Morgan	Merthyr RC	MV40	0:23:00	74	
77	Luca Davies	Christ Coll	U20M	0:23:06	75	
44	Aderyn Carter	Hay Hotfooters	U20F	0:23:10	76	U20F
71	William Bawd	Christ Coll	MV35	0:23:12	77	
138	John Williams	Merthyr RC	MV35	0:23:19	78	
98	Dr Noemi Gal	Builth	FV40	0:23:24	79	
102	Tim Sheppard	n	MV40	0:23:27	80	
121	Claire Addison	n	SF	0:23:28	81	
101	Catherine Gilbert	Brecon AC	FV40	0:23:40	82	
1	Rob Williams	Brecon AC	MV60	0:23:41	83	
72	Paul Lilygreen	n	MV50	0:23:42	84	
42	Kevin Dunster	n	MV55	0:23:46	85	
22	Andrew Meadows	Park Bryn Bach	SM	0:23:49	86	
29	Marie Davies	n	SF	0:23:53	87	
155	Suzanne Kendrick	Rhayader	FV50	0:24:00	88	
133	Martin Rosser	Hay Hotfooters	MV60	0:24:03	89	
143	Angela Price	Hay Hotfooters	FV45	0:24:05	90	
149	Ania Cidek	Brecon AC	FV35	0:24:10	91	
166	Julie Toy	Merthyr RC	FV50	0:24:11	92	
18	Rose Thomas	Rhayader	FV60	0:24:21	93	FV60
142	Salome Evans	n	FV45	0:24:23	94	
59	Stewart Webb	Brecon Tri	MV45	0:24:27	95	
122	Samantha Cook	n	SF	0:24:32	96	
118	Liam Daly	Builth	MV55	0:24:33	97	
112	John Parker	Brecon Tri	MV50	0:24:44	98	
81	Simon Jones	Swansea Harriers	MV50	0:24:49	99	
113	Isabelle Goodridge	Brecon AC	U20F	0:25:09	100	
67	Duncan Crawley	Brecon AC	MV50	0:25:16	101	
140	Simon Pritchard	Merthyr RC	MV50	0:25:19	102	
128	Jon Parsons	n	MV50	0:25:20	103	
111	Ann Davies	Brecon Tri	FV50	0:25:27	104	
139	Jen Smithson	n	SF	0:25:33	105	
123	Sarah Loure	n	FV35	0:25:34	106	
165	Julie Smith	Merthyr RC	FV45	0:25:39	107	
167	Natolie Hughes	Merthyr RC	SF	0:25:42	108	
92	Kate Hovers	Brecon Tri	FV55	0:25:53	109	
95	Alan Davies	Christ Coll	MV60	0:25:54	110	
37	Kevyn Bodman	n	MV60	0:25:55	111	
169	Gareth Hollyfield	n	MV50	0:26:03	112	
51	Rhodri Evans	Christ Coll	SM	0:26:07	113	

90	Sharon Davies	n	SF	0:26:08	114
126	Jo Lord	n	FV50	0:26:13	115
131	Kathryn Vaughan	Hay Hotfooters	FV35	0:26:14	116
25	Sara Morgan	n	FV40	0:26:15	117
130	Nicola Clements	Hay Hotfooters	FV40	0:26:16	118
88	Susan Holliday	Hay Hotfooters	FV60	0:26:19	119
163	Eirlys Pugh	n	SF	0:26:20	120
75	Adonijah Shioselaga	Christ Coll	U20M	0:26:23	121
49	Shelley Hill	Christ Coll	FV35	0:26:24	122
78	Tim Trumper	Christ Coll	MV50	0:26:25	123
19	Nic Groombridge	n	MV60	0:26:46	124
86	Tina Lavelle	Hay Hotfooters	FV60	0:27:07	125
80	Eirian Griffiths	Brecon AC	SF	0:27:10	126
64	Anita James	n	FV50	0:27:14	127
103	Rachel Powell	Brecon AC	SF	0:27:20	128
164	Suzanne Jones	n	FV40	0:27:22	129
91	Phillipa Torrance	n	SF	0:27:25	130
159	Nicky Williams	Brecon AC	FV35	0:27:26	131
34	Rachel Griffiths	n	FV40	0:27:40	132
151	Nicola Kelly	Builth	FV45	0:27:46	133
63	Syame Rose	n	FV40	0:27:48	134
127	Liz Steed	n	FV55	0:28:03	135
89	Libby Hyde	n	FV35	0:28:05	136
116	Verena Zimmer	n	FV40	0:28:10	137
17	Helen Smart	n	FV40	0:28:11	138
99	Janet Kerr	Builth	FV50	0:28:23	139
115	Soe Zimmer	n	U20F	0:28:25	140
46	Lisa Jones	n	FV45	0:28:33	141
7	Gerry Blake	Brecon AC	FV45	0:28:36	142
125	Julie Lewis	n	FV45	0:28:36	143
69	Susan Lawrence	Pontypool	FV60	0:28:44	144
65	Caroline Frampton	Brecon AC	FV55	0:28:54	145
141	Rebecca Saunders	n	FV40	0:29:00	146
108	Sara Stunner	n	FV40	0:29:12	147
26	Clare Davies	Brecon AC	FV45	0:29:22	148
107	Larie Stunner	n	MV40	0:29:31	149
9	Emily Turner	n	FV40	0:29:36	150
47	Emma Evans	n	FV40	0:29:36	151
132	Lizzie Keylock	Hay Hotfooters	FV35	0:30:00	152
66	Heather Powell	n	SF	0:30:10	153
30	Penny Maisey	n	FV45	0:30:44	154
61	Paula Price	Brecon AC	FV50	0:30:53	155
93	Cath O'Reilly	n	SF	0:31:51	156
21	Sarah Bartram	n	SF	0:32:04	157
5	Alex Marsh	n	SF	0:32:04	158
158	Liz Tiernan	n	FV40	0:32:44	159
24	Jean Ruston	n	FV60	0:32:44	160
13	Sandra Hale	n	FV50	0:37:12	161
14	Gary Williams	n	MV50	0:37:12	162