

Position	Number	Name	Club	Age Group	Perf.	Pos.
1	47	Austin Davies	Brecon AC	VM 40	20.36	1
2	144	Peter Ryder	Cardiff AAC	SM	21.46	2
3	6	Tim Hindle	Brecon AC	VM 40	22.18	2
4	35	Philip Kendrick	Brecon AC	VM 45	22.51	3
5	11	Ken Davies	unattached	VM 50	23.31	4
6	3	Jonathan Barnes	Hereford & County	MU20	23.37	5
7	135	Daniel Bodman	Aberdare	SM	23.48	6
8	29	Stafford Rees	Rhayader RC	VM 35	23.51	7
9	134	Kevin Lewis	Neath Harriers	VM45	24.14	8
10	37	Lyndon Gwilym	Club Bryn Bach	VM 50	24.39	9
11	82	Huw Lewis	unattached	SM	24.46	10
12	30	Olly Cayless	Brecon AC	MU20	24.56	11
13	14	Paul Tucker	unattached	VM 40	25.09	12
14	7	Satu Haikala	Brecon AC	VF 40	25.19	13
15	20	Darren Hughes	Builth & District RC	VM 40	25.24	14
16	90	Alun Saunders		0 VF35	25.26	15
17	141	Phil Miles	Parc Bryn Bach	MV55	25.32	16
18	4	Angela Jones	Brecon AC	VF 40	25.38	17
19	27	Martin Buck		VM 45	25.46	18
20	139	Kelsham Hanna	unattached	VM40	25.50	19
21	138	Lisa Newing	Bristol & West	SW	26.02	20
22	52	David Thomas	Gorseinon 3M	VM 35	26.03	21
23	44	Simon James	Abergavenny Striders vet 40	VM 40	26.03	22
24	140	David Garlick	unattached	MV55	26.09	23
25	50	Carl Davies	unattached	SM	26.19	24
26	5	Derek Osborne	Brecon AC	VM 45	26.28	25
27	39	Geraint Evans	Llandovery Roadents	VM 35	26.39	26
28	49	Michael Holloway	unattached	SM	26.42	27
29	28	Gron Davies	unattached	VM 45	26.58	28
30	51	Stephen Davies	unattached	SM	27.09	29
31	81	James Ralph	unattached	SM	27.32	30
32	1	Paul Evans	Brecon AC	SM	27.42	31
33	121	Ellie Davies	Brecon AC	FU20	27.47	32
34	2	Gary Waters	Swansea	Vet 60	27.52	33
35	36	Sue Davies	unattached	VF 45	27.54	34
36	137	Ian Davies	Builth & District RC	VM50	28.00	35
37	54	Stephen Bendle	Swansea Harriers	VM 45	28.01	36
38	147	Derek Rainbird	Parc Bryn Bach	MV55	28.26	37
39	38	Ian Moore	Llandovery Roadents	VM 35	28.43	38
40	142	Emily Kendrick	Brecon AC	SW	28.56	39
41	83	Simon Crowther	unattached	SM	29.40	40
42	80	Noel Williams	unattached	VM40	30.12	41
43	41	Gill Aldworth	unattached	VF 35	30.13	42
44	48	Sarah Rees	Builth & District RC	VF 45	30.21	43
45	150	Dawn Davies	UA	FV40	30.26	44
46	31	Emma Conti	Builth & District RC	VF 35	31.43	45
47	34	Suzanne Kendrick	Rhayader RC	VF 45	31.54	46
48	16	Mike Olivant	unattached	VM 55	31.58	47
49	10	Holly Rees	Brecon AC	FU20	32.04	48
50	136	Laura Grey		0	0 32.12	49
51	8	Joanne Williams	Builth & District RC	VF 35	32.15	50
52	22	Caroline Jones	Builth & District RC	VF 40	32.40	51
53	43	Pamela Suter	Abergavenny Striders vet 40	VF 35	32.49	52
54	84	Michelle Payne	Builth & District RC	SW	32.59	53

55	32	Jennie Conti	Builth & District RC	VF 50	33.20	54
56	87	Annette Davies	Builth & District RC	VF40	33.37	55
57	88	Elsbeth Jarman	Abergavenny Striders vet 40	VF45	33.42	56
58	45	Gareth Holyfield	Abergavenny Striders vet 40	VM 45	33.45	57
59	85	Hazel Aulsebrook	Builth & District RC	VF40	34.03	58
60	145	Tom Forbes	UA	MV60	34.47	59
61	24	Beverley Evans	Builth & District RC	SF	35.32	60
62	114	Rachel Flew	unattached	SF	36.32	61
63	19	H Davies	unattached	VM 65	36.52	62
64	33	Brenda Morgan	unattached	VF 55	37.03	63
65	40	Lynda James	Abergavenny Striders vet 40	VF 40	37.28	64
66	149	Derek Adams	UA	MV50	37.45	65
67	18	Claire Roynon	unattached	VF 45	38.10	66
68	146	Vivienne Ainsworth	Builth & District RC	SW	38.19	67
69	42	Tina Morris	unattached	VF 40	38.30	68
70	143	Muriel Thomson	UA	FV55	39.02	69
71	46	Caroline Frampton	unattached	VF 45	39.22	70
72	13	Kate Chamberlain	unattached	VF 45	39.33	71
73	148	Andrew Wakley	UA	MV65	40.38	72
74	26	Sara Davies	Builth & District RC	SF	41.40	73
75	89	Melanie Saunders		0 VF35	42.38	74
76	91	Jacqueline Morpew		0 SW	43.15	75