

	Name	<i>Time</i>	Age	Club
1	Mathew Grantham	35.47	19	Micky Morris Racing
2	Mathew Evans	36.23	33	Aberdare
3	Jamie Parry	37.41	30	PBB
4	Andrew Stephens	38.04	43	Mon Ross
5	John Like	39.01	31	Pontypool
6	Simon Lewis	39.11	51	PBB
7	Michael Cope	40.00	42	Mynydd du
8	Lauren Cooper	40.28	23	PBB
9	Calvin Thomas	41.56	35	Gazzels
10	Damian Williams	42.16	50	PBB
11	Adrian Woods	42.29	57	Pontypool
12	Richard Price	43.21	50	N/A
13	Richard Sheehey	43.31	30	PBB
14	Darren Kippest	43.52	44	PBB
15	James Fletcher	44.00	51	Mon Ross
16	Sam Weale	44.08	36	Mon Ross
17	Martin Chamblings	44.38	37	PBB
18	Leon Black	45.05	32	Rhondda Valley
19	Julie Cashell	45.06	41	PBB
20	Paul Tucker	45.17	51	Mynydd du
21	Ruth Pickvance	45.39	55	Mynydd du
22	Ian Davies	45.40	52	PBB
23	Lisa Erickson	45.56	37	Pontypool
24	Ann Evans	45.59	59	Merthyr
25	Harri Like	46.11	31	Pontypool
26	Richard Appleford	46.17	39	Caerphilly
27	Carl Walsh	46.20	45	Rhondda Valley
28	Stephen Morgan	47.36	45	Fairwater
29	Roger Mills	47.45	45	Fairwater
30	Sharon Newell	47.54	47	PBB
31	Sarah Coote	48.04	36	Pontypool
32	Owen Davies	48.14	44	Glyn Dwr Cross fit
33	David Smout	48.26	68	Mynydd du
34	Sarah Jeremiah	48.33	42	PBB
35	Christopher Baker	48.37	34	Fairwater
36	Tony Lewis	48.55	50	PBB
37	Robert Gale	48.58	38	PBB
38	Adrian Taylor	49.04	57	Merthyr
39	Cyril Williams	49.11	62	PBB
40	Jen Watkins	49.27	27	Pontypool
41	Mark Roberts	49.45	57	N/A
42	Christopher Thomas	50.04	58	Ebbw Vale Runners
43	Andrew Wall	50.07	39	N/A
44	Robbie Oliver	50.15	26	N/A
45	David Williams	50.16	36	N/A
46	Damian Heward	50.25	38	Blaenavon Joggers

47	Melissa Pearce	50.34	47	PBB
48	Jeanette Jenkins	50.40	56	Fairwater
49	Sharon Woods	51.01	57	Pontypool
50	Randall Jones	51.22	56	Lliswerry
51	Marcus Smith	51.24	45	PBB
52	Martin Jenkins	51.42	57	Fairwater
53	Matt Willcox	51.56	27	N/A
54	Nick Sloper	52.03	45	Chelsea
55	Simeon Lolin	52.33	50	Lliswerry
56	Dan Newton	52.37	44	Pontypool
57	Terry Vaughan	52.39	45	Mynydd du
58	G Palfrey	52.39	54	PBB
59	Jody McCloy	53.37	36	N/A
60	Rhi Griffin	53.46	40	PBB
61	Helen Williams	53.53	43	PBB
62	Claire Sullivan	53.58	35	PBB
63	Julie Toy	54.04	51	Merthyr
64	Keri Young	54.58	38	PBB
65	Louise Munkley	55.34	39	Merthyr
66	Delphine Jones	55.40	38	PBB
67	Denis Collins	56.19	52	Rhonnda Valley
68	Robert Price	56.48	33	N/A
69	Alison Holton	56.56	45	PBB
70	Ceri East	57.29	44	Merthyr
71	Rhys Lewis	57.59	42	PBB
72	Clive Cooksey	58.00	74	PBB
73	Steve New	58.11	51	Caerphilly
74	Carol Smith	58.39	45	Merthyr
75	Nathan Harper	58.46	30	PBB
76	Julie Smith	58.54	48	Merthyr
77	Gary Willcox	59.47	57	Pontypool
78	Kathryn Price	60.03	48	PBB
79	Deanne Griffiths	60.04	41	PBB
80	Kath Jervis	61.20	60	PBB
81	Eryl Smeethe	62.13	38	N/A
82	Pam Grantham	62.32	52	Lliswerry
83	Katie Hamer	63.52	42	PBB
84	Sue Gray	65.28	50	PBB
85	Sara Long	65.58	35	Merthyr
86	Sarah Williams	66.12	41	PBB
87	Helena Hunt	66.49	52	PBB