

Pos.	NAME	CLUB/TEAM	CAT	VET STD	ACTUAL	VET +/-
1	SCOTT DAVIES	M & D KINETICA RT	J		21:36	
2	HENRY BENNING	NORTH DEVON WHS			21:47	
3	BEN PHILLIPS	BYNEA CC			22:16	
4	WILL BEVAN	ROSS & DIST. CC			22:20	
5	GARETH REES	CWMCARN PARAGON			22:42	
6	ANDREW DALLING	NORTH DEVON WHS			23:06	
7	PETER LLOYD	PEMBS VELO	V46	26:26	23:11	+3:15
8	GARY SPARKES	RAF CA			23:17	
9	ROBERT JONES	OGMORE VALLEY WHS			23:23	
10	TREVOR LLOYD	SWANSEA WHS	V47	26:31	23:38	+2:53
11	DARRAN CARPENTER	CWMCARN PARAGON			23:44	
12	WILL JENKINS	PEMBS VELO			23:46	
13	ROD HICKS	PORT TALBOT WHS	V47	26:31	23:51	+2:40
14	DAVID EVANS	WORCESTER ST. JOHNS	V55	27:04	23:58	+3:06
15	MICHAEL PORTLOCK	VC L'ESCARGOT	V41	26:04	24:01	+2:03
16	JUSTYN DAVIES	TOWY RACING CC	V43	26:13	24:23	+1:50
17	MICHAEL GEORGE	PEMBS VELO			24:44	
17	CLINTON EVANS	CC BLAENAU GWENT			24:44	
19	MARK WILLIAMS	VC L'ESCARGOT	V53	26:55	25:06	+1:49
20	NIGEL PITT	PORT TALBOT WHS	V52	26:51	25:07	+1:44
21	JOHN SHEHAN	BYNEA CC	V65	27:58	25:09	+2:49
22	ANTHONY COWDRY	VC L'ESCARGOT			25:12	
23	PAUL GREER	MERTHYR CC	V44	26:18	25:13	+1:05
24	JON LEAR	PEMBS VELO	V48	26:35	25:16	+1:19
25	BYRON MORGAN	BUSH HEALTHCARE	V50	26:43	25:17	+1:26
26	ROGER DUNBAR	VC L'ESCARGOT	V41	26:04	25:25	+0:39
27	ALEX BRACE	PEMBS VELO	J		25:26	
28	JOHN FRANKLIN	SWANSEA WHS			25:35	
29	LES THOMAS	PORT TALBOT WHS	V50	26:43	25:40	+1:03
30	CHRIS HUGHES	HEREFORD & DIST WHS	V52	26:51	25:42	+1:09
31	MATTHEW PHILLIPS	BYNEA CC			25:43	
32	NIGEL WILLIAMS	MERTHYR CC	V49	26:39	25:46	+0:53
33	BOWEN MASON	OGMORE VALLEY WHS	V57	27:13	25:57	+1:16
34	ANDREW HARRIES	OGMORE VALLEY WHS	V52	26:51	26:05	+0:46
34	JEREMY JONES	PORT TALBOT WHS	V45	26:22	26:05	+0:17
36	REBECCA LEAPER	NORTH SHROPS WHS	L		26:20	
37	STEVE LITTLEWOOD	HEREFORD & DIST WHS	V60	27:28	26:40	+0:48
38	JUSTIN FORD	CC BLAENAU GWENT			27:10	
39	STEPHEN GRIFFITHS	MERTHYR CC			27:23	
40	JEFF GRIFFITHS	PORT TALBOT WHS	V65	27:58	27:39	+0:19
41	GARETH FENN	BYNEA CC			27:45	
42	MELANIE MORGAN	PEMBS VELO	LV40	28:02	27:52	+0:10
43	PAUL GRIFFITHS	ACME WHS (RHONDDA)	V57	27:13	28:19	-1:06
44	STEPHEN LANDEG	OGMORE VALLEY WHS	V58	27:18	28:20	-1:02
45	TIM BRACE	PEMBS VELO	V46	26:26	28:21	-1:55
46	TERRY HARRADINE	CC TOPP	V65	27:58	28:31	-0:33
47	TONY HOWELL	PORT TALBOT WHS	V47	26:31	28:39	-2:08
48	RON BOAST	OGMORE VALLEY WHS	V60	27:28	29:07	-1:39
49	HAYDN HARTNELL	CWMCARN PARAGON	V49	26:39	30:22	-3:43
50	GARY GREGORY	PORT TALBOT WHS			30:31	
51	JOHN EVANS	BYNEA CC	V57	27:13	30:36	-3:23
52	DAVID TRIGGS	PORT TALBOT WHS	V68	28:19	30:50	-2:31
53	GARRY JONES	PORT TALBOT WHS	V53	26:55	31:17	-4:22
54	DAVID ROBERTS	ACME WHS (RHONDDA)	V67	28:12	31:28	-3:16
55	SHIRLEY HOWELL	PORT TALBOT WHS	LV45	28:28	32:46	-4:18
56	JOHN WILLIAMS	PORT TALBOT WHS	V65	27:58	32:55	-4:57
57	JEFF CHAMBERS	BYNEA CC	V70	28:36	33:47	-5:11
58	COLIN SPEAKMAN	PORT TALBOT WHS	V74	29:15	34:55	-5:40
-	WINDSOR JONES	CARDIFF 100 MILES RCC	V62	27:39	DNF	
-	JAMES MANSON	CARDIFF TRI			DNF	
-	CHRIS CHICK	OGMORE VALLEY WHS			DNF	
-	STUART EVANS	PORT TALBOT WHS	V66	28:04	DNF	
-	KIERON DAVIES	BYNEA CC			DNS	
-	GARETH LYNCH	CARDIFF AJAX CC			DNS	
-	ANDREW PARKER	RDF CC			DNS	
-	JAMES RABAIOTTI	CARDIFF AJAX CC	V41	26:04	DNS	

