

Overall Male Standings

position	forname	surname	total points	Category	gender	Stage 1 time	points	Stage 2 time	points	Stage 3 time	points
1	Alex	Matchett	405.97	MS	M	01:07:40.95	134.33	02:09:39	134.72	01:47:44	136.93
2	Richard	Dando	358.37	M40	M	01:18:23.30	115.73	02:24:43	120.7	02:00:58	121.95
3	Philip	Thomas	321.94	MS	M	01:26:04.80	105.23	02:41:24	108.22	02:15:58	108.49
4	Nigel	Morse	319.85	M50	M	01:27:00.10	104.06	02:43:52	106.59	02:15:05	109.20
5	Jamie	Davies	316.6	MS	M	01:18:39.60	115.49	02:59:39	97.23	02:22:00	103.88
6	Olly	Simon	261.15	MS	M	01:10:26.70	128.86	02:12:02	132.29		
7	Nathan	Ford	261.14	MS	M	01:10:04.35	129.26			01:51:51	131.89
8	John	Collier	247.01	MS	M			02:22:02	122.98	01:58:56	124.03
9	James	Murray	241.61	M40	M			02:27:36	118.34	01:59:40	123.27
10	James	Manson	241.04	M40	M	01:17:26.10	117.18			01:58:45	124.22
11	Dan	Whaites	239.62	MS	M	01:17:20.15	117.27			02:00:34	122.35
12	Patrick	Jones	237.18	MS	M	01:16:42.65	118.47	02:27:08	118.71		
13	Anthony	Bannon	228.51	MS	M			02:36:18	111.75	02:06:20	116.77
14	Rich	Brady	228.5	M40	M	01:21:37.00	111.26			02:05:49	117.25
15	Rhys	Harries	227.63	MS	M	01:20:14.75	112.97	02:32:20	114.66		
16	David	Mort	225.36	MS	M	01:22:17.25	110.18	02:31:39	115.18		
17	Jack	Rees	223.87	MS	M	01:21:26.65	111.42	02:35:20	112.45		
18	Damian	Capps	223.65	M40	M	01:21:38.00	111.25	02:35:24	112.4		
19	Osian	Wyn	219.8	MS	M	01:20:22.50	112.86	02:43:20	106.94		
20	Mat	Green	219.78	MS	M	01:21:27.70	111.4	02:41:10	108.38		
21	James	Graham	215.45	MS	M	01:25:59.05	105.78	02:39:15	109.67		
22	Steve	Matchett	213.05	M50	M	01:27:54.35	103.42	02:39:19	109.63		
23	Richard	Leary	212.49	M40	M	01:25:40.50	106.01	02:44:02	106.48		
24	James	Moore	210.31	M40	M	01:26:19.95	105.04	02:45:55	105.27		
25	David	Coates	209.66	M40	M	01:28:40.05	102.42			02:17:33	107.25
26	Richard	Smith	209.47	MS	M	01:29:14.80	101.57			02:16:43	107.90
27	Byron	Davies	206.54	M40	M	01:29:07.80	101.65	02:46:31	104.89		
28	Michael	Battersby	200.94	M60	M	01:28:39.65	102.43	02:57:19	98.51		
29	James Thoma	Davies	198.69	M50	M	01:32:47.50	97.91	02:53:19	100.78		
30	James	Dicks	198.6	MS	M	01:33:15.10	97.19	02:55:20	99.62		
31	Robert	Silcox	198.45	M40	M	01:31:54.10	98.9	02:55:27	99.55		
32	Arwel Rhys	Thomas	197.03	MS	M	01:34:56.05	95.74	02:52:27	101.29		

33	Steven	Plumb	195.22	M40	M	01:33:48.05	96.85	02:57:33	98.38		
34	Dafydd	Bowen	194.52	M40	M	01:34:39.30	95.92			02:29:36	98.61
35	David	Balint	192.4	M40	M	01:35:38.65	94.92			02:31:19	97.49
36	Joel	Hardaker	190.91	MS	M	01:36:45.45	93.87	02:59:59	97.05		
37	Jason	Impey	182.82	M40	M	01:42:37.35	88.44			02:36:18	94.38
38	Paul	White	180.88	M50	M	01:40:45.45	90.13	03:12:28	90.75		
39	Sam	Evans	178.91	MS	M	01:40:21.95	90.35	03:17:13	88.57		
40	Gareth	Williams	176.99	MS	M	01:35:49.50	94.81	03:32:32	82.18		
41	Simon	Phillips	176.71	MS	M	01:39:51.15	90.98	03:23:44	85.73		
42	Chris	Bowman	172.18	M40	M	01:48:23.95	83.65	03:17:17	88.54		
43	Finn	Evans	169.06	MS	M	01:43:45.50	87.52	03:34:13	81.54		
44	David	Hunter	165.29	M60	M	01:46:31.35	85.16	03:37:58	80.13		
45	John	Stagg	164.12	M40	M	01:51:15.70	81.44	03:31:14	82.69		
46	Philip	Thomas	157.91	M50	M	02:33:59.00	58.94	02:56:29	98.97		
47	Chris	Silver	132.29	MS	M	01:08:44.95	132.29				
48	Josh	Lewis	128.53	MS	M	01:10:44.45	128.53				
49	James	Dean	127.6	MS	M			02:16:53	127.6		
50	Morgan	Davies	127.52	MS	M	01:11:00.05	127.52				
51	Gareth	Hodgson	125.69	MS	M	01:12:03.05	125.69				
52	Luke	Pollard	123.25	MS	M	01:13:46.90	123.25				
53	Seamus	Sheard	122.83	MS	M					02:00:06	122.83
54	Richard	Gardiner	121.1	M40	M			02:24:14	121.1		
55	Gethin	REES	120.21	M40						02:02:43	120.21
56	Andy	WILLIAMS	120.21	M40						02:02:43	120.21
57	Mike	Griffiths	119.89	MS	M			02:25:41	119.89		
58	David	HAWKINS	119.21	M40						02:03:45	119.21
59	Ross	Mcnally	118.91	MS	M	01:16:14.05	118.91				
60	Kieran	John	118.7	MS	M	01:16:27.75	118.7				
61	Matthew	ENGLAND	118.65	MS						02:04:20	118.65
62	roscoe	Howell	118.59	MS	M			02:27:17	118.59		
63	Oliver	Webb	118.24	MS	M	01:16:57.70	118.24				
64	Jack	Tremlett	118.19	MS	M			02:27:47	118.19		
65	Sion-Kelly	WILLIAMS	118.04	MS						02:04:58	118.04
66	Simon	DURRANT	117.79	MS						02:05:14	117.79

67	Richard	EDWARDS	117.70	MS						02:05:20	117.70
68	Alastair	NICKLIN	117.59	MS						02:05:27	117.59
69	Thomas	Graham	117.5	MS	M	01:17:05.00	117.5				
70	Tom	JORDAN	117.23	M40						02:05:50	117.23
71	James	WILLIAMSON	117.00	MS						02:06:05	117.00
72	Chris	Holman	116.77	MS	M				02:29:35	116.77	
73	Conrad	LAWSON	116.26	MS						02:06:53	116.26
74	Milo	PURVIS	116.20	M40						02:06:57	116.20
75	Andrew	WALSH	115.82	MS						02:07:22	115.82
76	Rhys	Jones	115.79	MS	M	01:18:19.80	115.79				
77	Nathanial	Harries	115.78	MJ	M	01:18:20.90	115.78				
78	David	Astins	115.66	M40	M	01:18:28.70	115.66				
79	Mathew	BISSETT	115.43	M40						02:07:48	115.43
80	Shane	Davies	115.39	MS	M	01:18:46.55	115.39				
81	Daren	Davies	115.04	MS	M	01:18:57.15	115.04				
82	Gethin	PARHAM	115.01	MS						02:08:16	115.01
83	Suneil	BASU	114.98	M40						02:08:18	114.98
84	Michael	Kipling	114.85	MS	M				02:32:05	114.85	
85	Adrian	Leonard	114.75	MS	M				02:32:13	114.75	
86	Daniel	Evans	114.52	MS	M	01:19:06.30	114.52				
87	Craig	FLANNERY	114.44	M40						02:08:54	114.44
88	Marc	GEARY	114.41	M40						02:08:56	114.41
89	Colin	Wallace	114.33	M50	M	01:19:19.00	114.33				
90	Simon	Smith	114.05	MS	M	01:19:38.35	114.05				
91	Sion	Slyman	114.01	MS	M	01:19:41.20	114.01				
92	Stephen	Coy	113.87	M40	M	01:19:51.30	113.87				
93	Matthew	SHEPHERD	113.85	M40						02:09:34	113.85
94	Richard	Elgar	113.81	MS	M	01:19:55.60	113.81				
95	Keith	TANNETTA	113.72	MS						02:09:43	113.72
96	Olli	SHORT	113.30	M50						02:10:12	113.30
97	Tristian	Manning	112.8	MS	M	01:20:26.70	112.8				
98	Graham	STIGANT	112.75	MS						02:10:50	112.75
99	Russ	TURNER	112.74	M50						02:10:51	112.74
100	Fraser	BATTYE	112.69	M40						02:10:54	112.69

101	Joshua	Jones	112.69	MY	M	01:20:34.80	112.69				
102	Brian	Hosty	112.66	M40	M	01:20:36.20	112.66				
103	Maarten	ODDING	112.48	M40						02:11:09	112.48
104	Lee	Williams	112.47	MS	M	01:20:50.10	112.47				
105	Matt	ANTHONY	112.41	MS						02:11:14	112.41
106	Alex	Picton	112.35	MS	M			02:35:28	112.35		
107	Daryl	HODSON	112.18	MS						02:11:30	112.18
108	Michael	Davies	112.11	MS	M			02:35:48	112.11		
109	Jack	Ackermann	111.99	MJ	M			02:35:58	111.99		
110	Luke	PROBERT	111.83	MS						02:11:55	111.83
111	Alex	BETTS	111.73	MS						02:12:02	111.73
112	Carson	PRYCE	111.54	M40						02:12:15	111.54
113	Oliver	MASTERS	111.50	MS						02:12:18	111.50
114	Jamie	Lewis	111.49	MS	M			02:36:40	111.49		
115	Benjamin	NUSSBERGER	111.39	M40						02:12:26	111.39
116	Martin	Cole	111.22	M50	M	01:21:40.45	111.22				
117	Keith	Horsell	111.21	M40	M	01:21:41.05	111.21				
118	Sam	Edwards	111.11	MS	M	01:21:48.35	111.11				
119	Steve	WHITE	110.79	MS						02:13:09	110.79
120	George	WILLIAMS	110.73	MS						02:13:13	110.73
121	Jonathan	Harwood	110.62	MS	M			02:37:54	110.62		
122	Craig	ANDREWS	110.47	MS						02:13:32	110.47
123	Lee	MURRAY	110.47	MS						02:13:32	110.47
124	Chris	LEWIS	110.44	MS						02:13:34	110.44
125	Chris	Lewis	110.43	M40	M			02:38:10	110.43		
126	Lewis	MURRAY	110.33	M40						02:13:42	110.33
127	Andrew	Batkin	110.25	M40	M	01:22:12.55	110.25				
128	Gareth	JONES	110.20	MS						02:13:52	110.20
129	Gareth	Thomas	109.98	MS	M	01:22:32.30	109.98				
130	Paul	Evans	109.89	MS	M			02:38:57	109.89		
131	Rob	WARRINGTON-BAKER	109.83	MS						02:14:19	109.83
132	john	goy	109.68	MS	M			02:39:15	109.68		
133	Jamie	JENKINS	109.57	MS						02:14:38	109.57
134	Tom	WOODHAMS	109.49	M40						02:14:44	109.49

135	William	HAMILTON	109.46	M40						02:14:46	109.46
136	Joshua	EMBURY	109.45	MS						02:14:47	109.45
137	james	levannais	109.43	MS	M			02:39:37	109.43		
138	Lyndon	DAVIES	109.27	MS						02:15:00	109.27
139	PETER	HOPSON	109.21	M40	M			02:39:56	109.21		
140	ian	Liddiatt	109.21	M40	M			02:39:56	109.21		
141	Rhodri	GOMER	109.20	MS						02:15:05	109.20
142	MATT	HOLE	109.11	MS	M			02:40:05	109.11		
143	Jonathan	Carrick	109.04	M40	M	01:23:03.15	109.04				
144	Gary	EMBURY	108.91	MS						02:15:27	108.91
145	Steve	JONES	108.90	M50						02:15:28	108.90
146	GEORGE	PAYNE	108.87	MS	M			02:40:26	108.87		
147	Alan	FYFE	108.83	MS						02:15:33	108.83
148	Iwan	JONES	108.79	M40						02:15:36	108.79
149	Paul	Seppman	108.74	M40	M	01:23:26.95	108.74				
150	John	FENSOME	108.68	MS						02:15:44	108.68
151	Matt	KERSEL	108.65	MS						02:15:46	108.65
152	Andrew	JONES	108.57	M40						02:15:52	108.57
153	Mark	MARRIN	108.53	MS						02:15:55	108.53
154	RICHARD	BEDDOW	108.51	MS	M			02:40	108.51		
155	Chris	Sumerhill	108.5	MS	M	01:23:44.95	108.5				
156	ALAN	LATTER	108.49	M40	M			02:40:41	108.49		
157	Stephen	Williams	108.48	MS	M	01:23:46.95	108.48				
158	CHARLES	GEORGE	108.47	MS	M			02:41:02	108.47		
159	Stu	HADLEY	108.47	MS						02:16:00	108.47
160	Steve	BOURNE	108.24	M40						02:16:17	108.24
161	Morgan	MEANEY	108.22	MS						02:16:19	108.22
162	PETER	MARTIN	108.15	M40	M			02:41:30	108.15		
163	Darren	BRITTON	107.87	M50						02:16:45	107.87
164	Toby	HOLE	107.81	M40						02:16:50	107.81
165	Christopher.M	Morris	107.78	M40	M	01:24:00.80	107.78				
166	DARREN	BOWDEN	107.61	M40	M			02:42:19	107.61		
167	Simon	BRUSHETT	107.48	MS						02:17:15	107.48
168	Chris	Jones	107.45	M40	M	01:24:26.05	107.45				

169	Rodney	Savage	107.36	M50	M	01:24:33.10	107.36				
170	DANIEL	COOMBS	107.34	M40	M			02:42:43	107.34		
171	Adam	Morton	107.33	MS	M	01:24:35.00	107.33				
172	Emyr	Evans	107.21	MS	M	01:24:45.75	107.21				
173	Phil	WHITE	107.14	M40						02:17:41	107.14
174	Lee	Walters	107.12	M40	M	01:24:52.45	107.12				
175	LUKE	WILLIAMS	106.99	MS	M			02:43	106.99		
176	Bill	ATKINSON	106.88	MS						02:18:01	106.88
177	Jon	HOWMAN	106.88	M40						02:18:01	106.88
178	PETER	THOMAS	106.64	MS	M			02:43:47	106.64		
179	Marc	TIPLADY	106.63	M40						02:18:21	106.63
180	Robert	FLOYD	106.61	M40						02:18:22	106.61
181	Ewan	Burns	106.51	MS	M	01:25:00.00	106.51				
182	Andy	LUFF	106.46	MS						02:18:34	106.46
183	Luke	Williams	106.45	MS	M	01:25:05.50	106.45				
184	David	LEE	106.45	M40						02:18:35	106.45
185	Alun	Howells	106.44	MS	M	01:25:06.45	106.44				
186	Johnny	HATHAWAY	106.41	MS						02:18:38	106.41
187	Scott	Holder	106.4	MS	M	01:25:09.40	106.4				
188	Tom	Wright	106.26	MJ	M	01:25:20.30	106.26				
189	JAMES	PODBURY	106.22	M40	M			02:44:26	106.22		
190	Franklin	LEWIS	106.18	M40						02:18:56	106.18
191	MARK	GELONA	106.15	MS	M			02:44:33	106.15		
192	Aled	Daniels	106.14	MS	M	01:25:30.00	106.14				
193	Simon	Davies	106.14	MS	M	01:25:30.00	106.14				
194	Mathew	Williams	106.13	M40	M	01:25:31.80	106.13				
195	Anthony	WOLSKI	106.04	MS						02:19:07	106.04
196	Alan	Latter	105.98	M40	M	01:25:43.65	105.98				
197	Anthony	Williams	105.97	MS	M	01:25:44.75	105.97				
198	DAN	REES	105.78	MS	M			02:45:07	105.78		
199	Adrian	CLARK	105.71	MS						02:19:33	105.71
200	Matt	SIMKINS	105.70	M40						02:19:34	105.70
201	DEAN	HARDIE	105.68	M50	M			02:45:17	105.68		
202	Martyn	SPENCER	105.66	M40						02:19:37	105.66

203	Sam	DODGE	105.65	MS						02:19:38	105.65
204	William	RAISON	105.62	MS						02:19:40	105.62
205	Lee	BELL	105.57	MS						02:19:44	105.57
206	Bleddyn	BRIDGE	105.54	MS						02:19:46	105.54
207	Miles	HART	105.47	MS						02:19:52	105.47
208	Emyr	ROBERTS	105.43	MS						02:19:55	105.43
209	Tim	Parfitt	105.27	M50	M	01:26:00.65	105.27				
210	Rhydian	RESTON	105.27	M40						02:20:08	105.27
211	Chris	Jones	105.25	MS	M	01:26:02.30	105.25				
212	Josh	SELDON	105.23	M40						02:20:11	105.23
213	David	JONES	105.19	MS						02:20:14	105.19
214	Gethin	Davies	105.15	M40	M	01:26:10.25	105.15				
215	WILL	WRIGHT	105.13	M40	M			02:46:09	105.13		
216	Gethin	ELLIS	105.02	M50						02:20:28	105.02
217	Huw	Neale	104.98	MS	M	01:26:24.30	104.98				
218	Sam	FLETCHER	104.92	M40						02:20:36	104.92
219	Simon	WEBB	104.92	M50						02:20:36	104.92
220	Jamie	HILL	104.91	MS						02:20:37	104.91
221	Lloyd	DANIELS	104.83	MS						02:20:43	104.83
222	Simon	HART	104.73	MS						02:20:51	104.73
223	Simon	Jones	104.73	MS	M	01:26:45.80	104.73				
224	Tom	MCCARTHY	104.72	M50						02:20:52	104.72
225	Justin	BAILEY	104.71	MS						02:20:53	104.71
226	Chris	DREW	104.66	M40						02:20:57	104.66
227	Daniel	Jermin	104.64	MS	M	01:26:52.50	104.64				
228	Dan	Newton	104.62	MS	M	01:26:54.90	104.62				
229	Steve	HOLBROOK	104.61	M40						02:21:01	104.61
230	Mark	Davies	104.6	M40	M	01:26:56.60	104.6				
231	David	PERKINS	104.55	M40						02:21:06	104.55
232	hUW	dAVIES	104.53	M40	M			02:47:06	104.53		
233	Paul	WATTS	104.46	MS						02:21:13	104.46
234	Gareth	NORTON	104.42	MS						02:21:16	104.42
235	Michael	LENTON	104.29	M50						02:21:27	104.29
236	George	Butler	104.04	MS	M	01:27:02.60	104.04				

237	Dafydd	Brown	104.03	MY	M	01:27:03.75	104.03				
238	Ian	Davies	104.03	M40	m			02:47:54	104.03		
239	matthew	colley	104.02	ms	m			02:47:55	104.02		
240	Owain	Richards	103.9	MS	M	01:27:14.75	103.9				
241	Dean	MORRIS	103.87	MS						02:22:01	103.87
242	Iwan	Dugmore	103.8	MS	M	01:27:22.25	103.8				
243	John	Cregg	103.77	M50	M	01:27:25.45	103.77				
244	Lewis	BOWEN	103.73	M40						02:22:13	103.73
245	Ceri	FOLEY	103.69	MS						02:22:16	103.69
246	Neil	Morgan	103.66	M40	M	01:27:34.60	103.66				
247	Duncan	LEWIS	103.59	MS						02:22:24	103.59
248	Phil	Davies	103.58	M40	M	01:27:41.05	103.58				
249	robin	jackson	103.57	M40	m			02:48:39	103.57		
250	Huw	Jones	103.55	MS	M	01:27:43.65	103.55				
251	Rhys	Richards	103.54	MS	M	01:27:44.50	103.54				
252	James	FARRANT	103.50	M50						02:22:32	103.50
253	Chris	Williams	103.49	MS	M	01:27:49.80	103.49				
254	Martin	Hughes	103.46	M40	M	01:27:51.45	103.46				
255	nick	farnell	103.41	M60	m			02:48:54	103.41		
256	samuel	chalmers	103.3	ms	m			02:49:05	103.3		
257	Peter	WALDREN	103.22	MS						02:22:55	103.22
258	Andrew	COOK	103.18	M40						02:22:58	103.18
259	gavin	jones	103.11	M40	M			02:49:24	103.11		
260	mark	tipaldy	103.07	M40	m			02:49:28	103.07		
261	Ricki	Morgan	102.78	MS	M	01:28:09.65	102.78				
262	Richard	JENKINS	102.78	M50						02:23:32	102.78
263	Justin	Davies	102.72	M40	M	01:28:14.15	102.72				
264	Ross	Quick	102.72	MS	M	01:28:14.05	102.72				
265	James	Davies	102.71	M40	M	01:28:14.70	102.71				
266	Samuel	Webb	102.71	MS	M	01:28:14.60	102.71				
267	Will	REES	102.70	M40						02:23:38	102.70
268	Neil	MCMANUS	102.67	MS						02:23:41	102.67
269	Ellison	Griffiths	102.65	MS	M	01:28:20.20	102.65				
270	Robert	WITHERALL	102.64	M50						02:23:43	102.64

271	Mark	HENNESSEY	102.58	MS						02:23:48	102.58
272	Rob	HANLON-WEBBER	102.57	M40						02:23:49	102.57
273	Mark	STEEDMAN	102.56	MS						02:23:50	102.56
274	Martin	Edwards	102.53	MS	M	01:28:30.30	102.53				
275	Ben	Reid	102.43	M40	M	01:28:39.70	102.43				
276	Brian	EVANS	102.41	M40						02:24:03	102.41
277	Eddie	CROSS	102.39	M40						02:24:04	102.39
278	Bryn	READ	102.39	M40						02:24:04	102.39
279	stevie	turgyan	102.39	ms	m			02:50:35	102.39		
280	richard	addis	102.24	ms	m			02:50:32	102.24		
281	Stuart	Sheath	102.21	MS	M	01:28:58.90	102.21				
282	jack	broadfoot	102.03	ms	m			02:51:11	102.03		
283	Max	GIMSON	101.98	MS						02:24:39	101.98
284	mark	whitby	101.97	m40	m			02:51:18	101.97		
285	calvin	thomas	101.92	ms	m			02:51:18	101.92		
286	Andy	HAVEN	101.89	M40						02:24:47	101.89
287	Thorsten	STOESSER	101.85	MS						02:24:50	101.85
288	Neil	WILLIAMS	101.76	M50						02:24:58	101.76
290	Dean	Williams	101.65	MS	M	01:29:07.20	101.65				
291	Jonathan	LEWIS	101.64	M40						02:25:08	101.64
292	Tim	FRASER	101.62	M40						02:25:10	101.62
293	John	JONES	101.62	MS						02:25:10	101.62
294	Ben	SHEPLEY	101.58	MS						02:25:13	101.58
295	Jamie	CRONK	101.54	MS						02:25:17	101.54
296	Dylan	LLEWELYN	101.44	MS						02:25:25	101.44
297	jonathan	roberts	101.44	ms	m			02:52	101.44		
298	Christopher	HILL	101.42	MS						02:25:27	101.42
299	Colin	HARVEY	101.41	MS						02:25:28	101.41
300	Marc	Barrow	101.38	M40	M	01:29:30.60	101.38				
301	Peter	Hammond	101.36	M40	M	01:29:32.45	101.36				
302	Liam	Davies	101.3	MS	M	01:29:37.45	101.3				
303	Shane	Williams	101.3	M40	M	01:29:37.55	101.3				
304	Richard	MOLLOY	101.28	M50						02:25:39	101.28
305	Shaun	PADDISON	101.27	M40						02:25:40	101.27

306	Richard	RUDGE	101.19	M40						02:25:47	101.19
307	Simon	Crane	101.17	M40	M	01:29:48.00	101.17				
308	Jonathan	King	101.16	MS	M	01:29:50.70	101.16				
309	Franklin	Lewis	101.12	MS	M	01:29:53.15	101.12				
310	Mike	Buckingham	101.11	M40	M	01:29:54.55	101.11				
311	Garry	Vaughan	101.11	MS	M	01:29:54.30	101.11				
312	Ian	DUNCAN	101.05	M40						02:25:59	101.05
313	Jon	Phillips	101.04	m50	m			02:52:52	101.04		
314	Ryan	Wilkins	101.01	MS	m			02:52:55	101.01		
315	Jonathon	HATFIELD	101.00	M40						02:26:03	101.00
316	colin	Williams	100.91	ms	m			02:53:05	100.91		
317	Stuart	PETERS	100.91	M40						02:26:11	100.91
318	Matthew	DEELEY	100.90	M50						02:26:12	100.90
319	Stephen	ROBINS	100.87	MS						02:26:15	100.87
320	Nick	colmsee	100.86	m40	m			02:53:11	100.86		
321	Michael	BRADLEY	100.80	M40						02:26:21	100.80
322	Conor	WATKINS	100.75	M40						02:26:25	100.75
323	Chris	MOLES	100.74	MS						02:26:26	100.74
324	David	kent	100.64	M50	m			02:53:33	100.64		
325	Richard	Landon	100.6	MS	M	01:30:00.20	100.6				
326	Nicky	COLES	100.59	M40						02:26:39	100.59
327	Nick	Stevenson	100.56	MS	M	01:30:03.05	100.56				
328	Kerry	NEWMAN	100.51	MS						02:26:46	100.51
329	Daniel	WELLS	100.49	M40						02:26:48	100.49
330	Josh	George	100.47	MS	M	01:30:11.50	100.47				
331	nathan	bevan	100.46	m40	m			02:53:52	100.46		
332	Matthew	PARRY	100.45	M40						02:26:51	100.45
333	Mark	JEYNES	100.44	MS						02:26:52	100.44
334	Jack	STRODE	100.42	M40						02:26:54	100.42
335	Stephen	MCNALLY	100.37	MS						02:26:58	100.37
336	Mark	Lewis	100.26	M50	M	01:30:30.25	100.26				
337	Matthew	Pizey	100.21	M40	M	01:30:35.00	100.21				
338	leights	davies	100.14	m50	m			02:54:25	100.14		
339	Owen	DRAPER	100.12	M40						02:27:20	100.12

340	John Rhys	OWEN	100.09	MS						02:27:23	100.09
341	John	DAVIES	100.03	M40						02:27:28	100.03
342	Andrew	WILLIAMSON	100.02	MS						02:27:29	100.02
343	Nick	elliott	100.00	M50	m			02:54:40	100.00		
344	Nic	Forbes	100	M40	M	01:30:54.60	100				
345	Sal	OZSAKIN	100.00	M40						02:27:31	100.00
346	Kenneth	Owen	99.94	M40	M	01:30:59.80	99.94				
347	Ben	MAYBERRY	99.90	M50						02:27:40	99.90
348	Jonny	BROWN	99.89	MS						02:27:41	99.89
349	Tom	OVERTON	99.85	M40						02:27:44	99.85
350	Tom	BROWN	99.84	M40						02:27:45	99.84
351	William	KERSHAW-NAYLOR	99.84	MS						02:27:45	99.84
352	Jaime	NORMAN	99.84	MS						02:27:45	99.84
353	Elliot	JOHNSON	99.79	M40						02:27:50	99.79
354	Stuart	WALLACE	99.66	MS						02:28:01	99.66
355	Jon	FINCH	99.62	MS						02:28:05	99.62
356	Andy	BOURNER	99.61	M50						02:28:06	99.61
357	John	LEAFE	99.61	M40						02:28:06	99.61
358	Jacob	BROTHERTON	99.58	MS						02:28:08	99.58
359	Simon	BAKER	99.51	MS						02:28:15	99.51
360	Harry	HAWKINS	99.51	MS						02:28:15	99.51
361	Christopher	WHITFIELD	99.49	MS						02:28:16	99.49
362	Simon	CARTLIDGE	99.46	M40						02:28:19	99.46
363	Alan	BROWN	99.45	M40						02:28:20	99.45
364	Matthew	LADD	99.38	M50						02:28:26	99.38
365	Seamus	O SULLIVAN	99.37	M40						02:28:27	99.37
366	Gareth	Norton	99.3	M50	M	01:31:17.30	99.3				
367	Edwyn	Jenkins	99.22	M50	M	01:31:25.35	99.22				
368	David	Lee	99.22	MS	M	01:31:25.80	99.22				
369	Michael	ELIADES	99.17	M40						02:28:45	99.17
370	Cain	THOMAS	99.10	MS						02:28:51	99.10
371	Bailey	Justin	99.03	M40	M	01:31:42.00	99.03				
372	Bleddyn	Edwards	99.02	M40	M	01:31:43.45	99.02				
373	Tom	GRIFFITHS	99.02	M40						02:28:59	99.02

374	Paul	LIPPETT	98.96	MS						02:29:04	98.96
375	Paul	Duggins	98.96	M50	M	01:31:49.05	98.96				
376	Timothy	James	98.94	ms	m			02:56:32	98.94		
377	Neil	CASWELL	98.90	MS						02:29:09	98.90
378	Marc	Hughes	98.89	M50	M	01:31:55.05	98.89				
379	Sean	BARRY	98.85	M40						02:29:14	98.85
380	Mark	STEVENS	98.84	M40						02:29:15	98.84
381	Simon	PINNELL	98.83	M50						02:29:16	98.83
382	Owen	THOMAS	98.79	MS						02:29:19	98.79
383	Tim	LEBBON	98.72	MS						02:29:26	98.72
384	Chris	WARMAN	98.70	M40						02:29:28	98.70
385	Colin	Harvey	98.68	M50	m			02:57:00	98.68		
386	Bryn	POWIS	98.63	M40						02:29:34	98.63
387	Jack	JAGGS	98.60	M40						02:29:37	98.60
388	Jeff	PHILLIPS	98.54	MS						02:29:42	98.54
389	Dave	HEARD	98.52	M50						02:29:44	98.52
390	Adrian	HAWKINS	98.42	MS						02:29:53	98.42
391	david	hawkins	98.28	ms	m			02:57:43	98.28		
392	Dan	REES	98.27	M40						02:30:07	98.27
393	Neil	RICHARDSON	98.26	MS						02:30:08	98.26
394	Jeff	Partridge	98.23	M40	M	01:32:17.30	98.23				
395	Simon	TEE	98.22	M40						02:30:11	98.22
396	Dafydd	SION	98.19	M50						02:30:14	98.19
397	Ian	Ellis	98.19	MS	M	01:32:20.30	98.19				
398	Antony	DALE	98.17	MS						02:30:16	98.17
399	Dale	CRUTCHER	98.14	M50						02:30:19	98.14
400	Andrew	Davies	98.14	ms	m			02:57:59	98.14		
401	Cain	Thomas	98.12	M40	M	01:32:27.55	98.12				
402	Gavin	Morris	98.1	MS	M	01:32:29.60	98.1				
403	Scott	MITCHELL	98.09	MS						02:30:23	98.09
404	Jamie	Silvester	98.09	ms	m			02:58:04	98.09		
405	Daniel	STREET	98.07	MS						02:30:25	98.07
406	Richard	Barker	98.07	M40	M	01:32:32.25	98.07				
407	Sior	jones	98.05	M40	m			02:58:08	98.05		

408	Team	Ridgeway Tri Team	98.05	M40						02:30:27	98.05
410	Joe	SAGE	98.02	MS						02:30:30	98.02
411	Hennie	STAPELBERG	98.02	M40						02:30:30	98.02
412	Mark	HESTER	98.00	M50						02:30:32	98.00
413	Jamie	NOBLE	98.00	M40						02:30:32	98.00
414	Joshua	PEARSON	97.99	MS						02:30:33	97.99
415	Phillip	Crocker	97.91	M40	M	01:32:47.25	97.91				
416	David	LESTER	97.89	MS						02:30:42	97.89
417	Alec	Williams	97.81	M50	m			02:58:35	97.81		
418	Stephen	BROWN	97.80	M50						02:30:50	97.80
419	Vince	Price	97.78	M50	M	01:32:59.20	97.78				
420	Huw	JAKEWAY	97.78	M40						02:30:52	97.78
421	David	meyrick	97.77	ms	m			02:58:39	97.77		
422	Nathan	NOONAN-SMITH	97.76	M50						02:30:54	97.76
423	James	ALDWYN-ALLSWORTH	97.69	m40	m			02:58:48	97.69		
424	Rhys	JONES MATHIAS	97.64	MS						02:31:05	97.64
425	Craig	NASH	97.59	MS						02:31:10	97.59
426	D.	Walton	97.54	m40	m			02:59:04	97.54		
427	Arfon	EDWARDS	97.54	M40						02:31:14	97.54
428	Gary	MORGAN	97.50	MS						02:31:18	97.50
429	Steven	RIORDAN	97.46	M40						02:31:22	97.46
430	Robert	Webb	97.40	ms	m			02:59:20	97.40		
431	Richard	PITT	97.38	M40						02:31:29	97.38
432	Trevor	LUNNON	97.35	M40						02:31:32	97.35
433	Frederic	WANTIEZ	97.24	M50						02:31:42	97.24
434	Michael	Llewellyn	97.23	MS	M	01:33:11.80	97.23				
435	Jamie	KIRK	97.22	MS						02:31:44	97.22
436	James	GREEN	97.20	MS						02:31:46	97.20
437	Steven	Liles	97.14	M40	M	01:33:17.15	97.14				
438	Michael	Howell	97.13	MS	M	01:33:18.45	97.13				
439	Greg	Dow	97.13	m40	m			02:59:50	97.13		
440	Llewellyn	GRIFFITHS	97.11	MS						02:31:54	97.11
441	Sam	WARE	97.02	MS						02:32:03	97.02
442	Rhodri	HOWELLS	97.00	M40						02:32:05	97.00

443	Jonathan	Llewelyn	96.97	M40	M	01:33:36.45	96.97				
444	Rhys	MORGAN	96.95	MS						02:32:09	96.95
445	Richard	Lewis	96.93	M40	m			03:00:12	96.93		
447	Steven	Hicks	96.91	M40	m			03:00:14	96.91		
448	Ian	Lloyd	96.88	M40	M	01:33:45.10	96.88				
449	kevin	wheeler	96.87	m50	m			03:00:19	96.87		
450	Dorian	Thomas	96.85	MS	M	01:33:48.65	96.85				
451	Joe	Charlton	96.85	ms	m			03:00:21	96.85		
452	gareth	evans	96.79	ms	m			03:00:28	96.79		
453	Thorsten	Stoesser	96.79	M50	M	01:33:54.70	96.79				
454	Mark	FORD	96.69	MS						02:32:34	96.69
455	Vasco	Nunes	96.63	M40	m			03:00:46	96.63		
456	Mike	woods	96.61	ms	m			03:00:48	96.61		
457	Steve	BAKER	96.48	M50						02:32:54	96.48
458	Daniel	Williams	96.47	ms	m			03:01:03	96.47		
459	Rhys	OWEN	96.45	MS						02:32:57	96.45
460	Daniel	CARR	96.42	MS						02:33:00	96.42
461	Carl	James	96.27	M40	M	01:34:04.95	96.27				
462	Mike	GRIFFITHS	96.26	M40						02:33:15	96.26
463	Neil	SARGEANT	96.25	MS						02:33:16	96.25
464	Huw	THOMAS	96.23	M40						02:33:18	96.23
465	Sean	DAVEY	96.18	M50						02:33:23	96.18
466	Charlie	SAUNDERS	96.10	M50						02:33:30	96.10
467	Jonathan	HUGHES	96.08	MS						02:33:32	96.08
468	Dan	WILTON	96.08	M50						02:33:32	96.08
469	Rhys	Gandy	96.05	M40	m			03:01:51	96.05		
470	Ciaran	Burns	96	MS	M	01:34:31.10	96				
471	Rob	Harries	95.97	M40	M	01:34:34.10	95.97				
472	Simon	Phillips	95.97	M40	M	01:34:34.35	95.97				
473	Lewis	Stephens	95.94	MS	M	01:34:37.95	95.94				
474	Jay	Sharma	95.93	m40	m			03:02:05	95.93		
475	Jonathan	Meek	95.85	m40	m			03:02:14	95.85		
476	Mathew	Giles	95.81	MS	M	01:34:49.60	95.81				
477	james	duggan	95.78	ms	m			03:02:22	95.78		

478	Christian	Griffiths	95.74	M40	M	01:34:56.95	95.74				
479	Tony	OWEN	95.66	MS						02:34:13	95.66
480	Scott	LUDBROOK	95.59	M50						02:34:19	95.59
481	Richard	TREVASKIS	95.59	M40						02:34:19	95.59
482	Rob	Sandles	95.56	M50	m			03:02:47	95.56		
483	Jonathan	Scarr	95.39	ms	m			03:03:07	95.39		
484	Hefin	Lloyd	95.37	M40	m			03:03:09	95.37		
485	Richard	Payton	95.32	ms	m			03:03:14	95.32		
486	Carl	Roberts	95.28	M40	M	01:35:02.15	95.28			02:28:36	99.27
487	Jonathon	Hatfield	95.26	M40	M	01:35:04.45	95.26				
488	James	Mackay	95.24	MS	M	01:35:06.85	95.24				
489	David	Bees	95.18	ms	m			03:03:31	95.18		
490	Mark	BUSHELL	95.13	M50						02:35:04	95.13
491	Spencer	Lawrence	95.12	M40	M	01:35:18.00	95.12				
492	Stuart	KEEPING	95.06	M50						02:35:11	95.06
493	John	Price	94.97	MS	M	01:35:33.30	94.97				
494	Simon	Scurrrell	94.92	ms	m			03:04:01	94.92		
495	Bill	MURGATROYD	94.88	M50						02:35:29	94.88
496	Philip	MORTON	94.86	MS						02:35:31	94.86
497	Chris	Cray	94.81	MS	M	01:35:49.05	94.81				
498	John	BROTHERTON	94.81	MS						02:35:36	94.81
499	Chris	Jones	94.78	M40	M	01:35:52.15	94.78				
500	Haydn	GILL	94.70	M50						02:35:46	94.70
501	Michael	LACEY	94.67	MS						02:35:49	94.67
502	Paul	CASTLE	94.66	MS						02:35:50	94.66
503	Alan	DOWN	94.66	M40						02:35:50	94.66
504	Nathan	DAVIES	94.65	M40						02:35:51	94.65
505	Alec	SIMPSON	94.54	MS						02:36:02	94.54
506	Stephen	DOUGLAS	94.53	M40						02:36:03	94.53
507	john	jones	94.53	m50	m			03:04:46	94.53		
508	Thomas	Smith	94.47	ms	m			03:04:53	94.47		
509	steven	wilkinson	94.37	m50	m			03:05:05	94.37		
510	Luke	ROBERTS	94.30	M40						02:36:26	94.30
511	Jonathan	Lewis	94.28	M40	M	01:36:03.35	94.28				

512	Simon	Rex	94.25	MS	M	01:36:06.35	94.25				
513	Wil	Dimond	94.23	ms	m			03:05:22	94.23		
514	Scott	STACEY	94.20	MS						02:36:36	94.20
515	Henley	Jenkins	94.19	M40	M	01:36:12.00	94.19				
516	Derek	LACEY	94.15	M40						02:36:41	94.15
517	Thomas	Griffiths	94.11	MS	M	01:36:20.25	94.11				
518	Jonathan	SALISBURY	94.11	M60						02:36:45	94.11
519	Toby	RICHARDS	94.09	M50						02:36:47	94.09
520	Colin	MACARTHUR	94.08	M40						02:36:48	94.08
521	Chris	Westwood	94.08	ms	m			03:05:40	94.08		
522	Darragh	HANLEY-CROFTS	94.03	M40						02:36:53	94.03
523	Richard	Ellwood	94.02	M40	M	01:36:29.85	94.02				
524	Julian	WALLIS	94.00	MS						02:36:56	94.00
525	Matt	JAMES	93.96	M50						02:37:00	93.96
526	Dafydd	DAVIES	93.93	MS						02:37:03	93.93
527	Gerald	Brace	93.85	m40	m			03:06:07	93.85		
528	Brian	BENNETT	93.80	MS						02:37:16	93.80
529	Paul	THOMAS	93.74	M40						02:37:22	93.74
530	Andrew	Williams	93.74	M50	M	01:36:58.20	93.74				
531	Shaun	REES	93.40	M50						02:37:56	93.40
532	Mark	Davies	93.31	M50	M	01:37:03.75	93.31				
533	Craig	HINKS	93.30	MS						02:38:07	93.30
534	malcolm	clash	93.24	m60	m			03:07:20	93.24		
535	Stephen	Mcnally	93.22	M40	M	01:37:12.85	93.22				
536	David	Kerr	93.2	MS	M	01:37:14.10	93.2				
537	Thomas	JONES	93.17	M40						02:38:20	93.17
538	Rhyan	PROBERT	93.15	MS						02:38:22	93.15
539	Wyn	Dakin	93.1	MS	M	01:37:25.20	93.1				
540	Tim	Wroblewski	93.10	ms	m			03:07:37	93.10		
541	David	HEARING	93.09	M40						02:38:28	93.09
542	Lee	HAYWARD	93.05	M40						02:38:32	93.05
543	Huw	Williams	93.05	MS	M	01:37:30.95	93.05				
544	Cem	Kosaner	92.97	MS	M	01:37:38.85	92.97				
545	Emyr	Stephens	92.95	M40	M	01:37:40.05	92.95				

546	Craig	Hinks	92.8	M40	M	01:37:56.45	92.8				
547	Aide	WAY	92.80	M40						02:38:58	92.80
548	Graham	PARSONS	92.79	M40						02:38:59	92.79
549	Edward Mark	Davies	92.78	M40	M	01:37:58.10	92.78				
550	Justin	Howells	92.78	m40	m			03:08:16	92.78		
551	Jason	WELSH	92.72	M50						02:39:06	92.72
552	Jason	WEBB	92.71	MS						02:39:07	92.71
553	Lee	WILLIAMS	92.50	M40						02:39:29	92.50
554	Julian	Burt	92.41	M50	m			03:09:01	92.41		
555	Chris	WILLIAMS	92.37	MS						02:39:42	92.37
556	Stephen	PECK	92.34	M40						02:39:45	92.34
557	Luke	Spencer	92.33	MS	M	01:38:06.10	92.33				
558	Gareth	Hart	92.32	M40	M	01:38:07.90	92.32				
559	Siôn	Roberts	92.32	MS	M	01:38:07.15	92.32				
560	Carl	Daniels	92.31	MS	M	01:38:08.50	92.31				
561	Carwyn	Evans	92.26	MS	M	01:38:13.15	92.26				
562	Stephen	Bassett	92.23	M50	M	01:38:16.55	92.23				
563	Daniel	Pugh	92.23	ms	m			03:09:23	92.23		
564	Lee	Lewis	92.20	ms	m			03:09:26	92.20		
565	Sam	CLEMENTS	92.19	M50						02:40:01	92.19
566	David	KING	92.15	MS						02:40:05	92.15
567	Ryan	Mcnally	92.08	M40	M	01:38:28.25	92.08				
568	Paul	KENNEDY	92.02	M40						02:40:19	92.02
569	Nigel	Morgan	91.98	M40	M	01:38:43.70	91.98				
570	Matthew	Marshall	91.90	ms	m			03:10:04	91.90		
571	Mark	Bowen	91.88	M40	M	01:38:54.70	91.88				
572	Lea	Farrington	91.87	MS	M	01:38:55.95	91.87				
573	Dai	Beynon	91.84	MS	M	01:38:58.80	91.84				
574	Rhys	JENKINS	91.78	M40						02:40:44	91.78
575	Nigel	NEATH	91.77	MS						02:40:45	91.77
576	James	Erte	91.75	ms	m			03:10:22	91.75		
577	Dean	BARNEY	91.74	MS						02:40:48	91.74
578	Paul	Evans	91.71	M40	m			03:10:27	91.71		
579	Gruff	Ifan	91.66	ms	m			03:10:33	91.66		

580	Paul	HARRISON	91.63	M40						02:41:00	91.63
581	Rhys	JONES	91.60	M40						02:41:03	91.60
582	Martin	ROGERS	91.47	MS						02:41:16	91.47
583	Wayne	PHILLIPS	91.45	MS						02:41:18	91.45
584	Joel	BALDWIN	91.44	M40						02:41:20	91.44
585	Dylan	Davies	91.42	MY	M	01:39:03.95	91.42				
586	Bill	SNOWDON	91.30	MS						02:41:34	91.30
587	Marc	Kinnaird	91.23	MS	M	01:39:24.95	91.23				
588	Bill	BEAUMONT	91.23	M60						02:41:42	91.23
589	Phil	MUMFORD	91.13	M40						02:41:52	91.13
590	James	ARMSTRONG	91.10	M40						02:41:56	91.10
591	Johnnie	Graham	91.07	ms	m			03:11:48	91.07		
592	Chrissy	Williams	91.00	M40	m			03:11:56	91.00		
593	Chris	SAMUEL	90.87	MS						02:42:20	90.87
594	Matthew	LAWRENCE	90.81	M50						02:42:27	90.81
595	Ben	NORRIS	90.77	MS						02:42:31	90.77
596	Thomas	DONNE	90.65	MS						02:42:44	90.65
597	Sam	Barton	90.58	ms	m			03:12:50	90.58		
598	Jason	Richards	90.56	M40	m			03:12:52	90.56		
599	Pete	MASON	90.53	MS						02:42:57	90.53
600	Steve	Rich	90.48	M60	m			03:13:03	90.48		
601	Roger	JENKINS	90.42	M50						02:43:09	90.42
602	Marc	Jones	90.41	MS	M	01:40:14.05	90.41				
603	Gavin Robert	SHOPLAND	90.30	M40						02:43:22	90.30
604	Marcus	Batt	90.17	M40	M	01:40:40.35	90.17				
605	Martin	Walters	90.17	M40	M	01:40:40.10	90.17				
606	Danothy	BENNETT	90.05	M40						02:43:49	90.05
607	Julien	DECLERCQ	90.04	MS						02:43:50	90.04
608	Daniel	Sheen	90.00	ms	m			03:14:05	90.00		
609	Lee	GIBBS	89.97	MS						02:43:58	89.97
610	Daniel	MORRIS	89.89	MS						02:44:06	89.89
611	Jon	HUSSEY	89.89	MS						02:44:07	89.89
612	Martin	WILLIAMS	89.88	MS						02:44:08	89.88
613	Phil	WILLIAMS	89.78	M40						02:44:18	89.78

614	Mark	CURTIS	89.75	MS						02:44:22	89.75
615	Matthew	PENRHYN-JONES	89.68	M50						02:44:30	89.68
616	Rhys	Hawkes	89.64	MS	M	01:41:00.35	89.64				
617	Edward	BROWN	89.59	MS						02:44:40	89.59
618	Martin	BARRETT	89.59	M40						02:44:40	89.59
619	Ed	Richards	89.55	ms	m			03:15:03	89.55		
620	Kelvyn	Davies	89.47	M50	m			03:15:13	89.47		
621	Jason	ROBERTS	89.39	M50						02:45:02	89.39
622	Clive	Evans	89.38	M40	M	01:41:29.95	89.38				
623	John	Williams	89.36	M40	M	01:41:32.70	89.36				
624	Jon	Trevitt	89.32	M40	M	01:41:36.25	89.32				
625	Anthony	James	89.3	M40	M	01:41:38.65	89.3				
626	Alex	COX	89.29	M40						02:45:13	89.29
627	Matt	ARMITAGE	89.23	MS						02:45:19	89.23
628	Chris	Clanfield	89.23	M40	M	01:41:46.15	89.23				
629	David	BLOOR	89.21	M50						02:45:22	89.21
630	Ross	ARMSTRONG	89.19	MS						02:45:24	89.19
631	Stefan	James	89.16	MS	M	01:41:54.15	89.16				
632	Iwan	Jones	89.15	M50	M	01:41:55.75	89.15				
633	Tom	DE VRIES	89.12	MS						02:45:32	89.12
634	Simon	WILLIAMS	89.06	M40						02:45:38	89.06
635	Mark	Vines	88.96	m40	m			03:16:20	88.96		
636	Marcus	DRIVER	88.86	M50						02:46:01	88.86
637	Nick LOGAN	Logan	88.75	M40	m			03:16:48	88.75		
638	alun	edwards	88.75	m50	m			03:16:49	88.75		
639	Nic	Beggs	88.62	M40	M	01:42:16.65	88.62				
640	Mike	SMITH	88.60	MS						02:46:30	88.60
641	John	OÆBOYLE	88.58	ms	m			03:17:11	88.58		
642	David	HUNTER	88.52	MS						02:46:39	88.52
643	Dai	Webb	88.42	M50	m			03:17:32	88.42		
644	Thomas	WILLS	88.42	M60						02:46:50	88.42
645	Darren	HAYWOOD	88.41	MS						02:46:51	88.41
646	Phillip	EVANS	88.33	MS						02:47:00	88.33
647	Wayne	Phillips	88.32	M40	M	01:42:51.10	88.32				

648	Martin	Williams	88.32	M40	M	01:42:51.15	88.32				
649	Richard	WILLIAMS	88.27	M50						02:47:07	88.27
650	Etienne	SAVELKOUL	88.07	MS						02:47:30	88.07
652	Martin	KITCHENER	87.91	M40						02:47:48	87.91
653	Ken	BIDGOOD	87.84	M50						02:47:56	87.84
654	Jordan	Lane	87.82	MS	M	01:43:09.40	87.82				
655	Duncan	Lewis	87.77	M50	M	01:43:15.65	87.77				
656	Martin	King	87.76	ms	m			03:19:01	87.76		
657	Huw	DAVIS	87.76	M60						02:48:06	87.76
658	Andrew	Lloyd	87.68	MS	M	01:43:26.25	87.68				
659	Bob	Dunne	87.64	MS	M	01:43:30.60	87.64				
660	Peter	MAYNE	87.59	M40						02:48:25	87.59
661	Andrew	Armstrong	87.56	MS	M	01:43:40.35	87.56				
662	James	WILLIAMS	87.50	M50						02:48:36	87.50
663	Sion	TUDUR	87.44	MS						02:48:42	87.44
664	Michael	BRENNAND	87.43	M40						02:48:43	87.43
665	Nathan	Howells	87.42	MS	M	01:43:46.60	87.42				
666	Mike	Gash	87.37	m40	m			03:19:55	87.37		
667	Ken	HARDY	87.37	M50						02:48:51	87.37
668	Clinton	LESTER	87.31	M50						02:48:57	87.31
669	dave	wilson	87.28	ms	m			03:20:08	87.28		
670	Julian	Smart	87.28	m40	m			03:20:08	87.28		
671	Mike	REECE	87.25	M40						02:49:04	87.25
672	Alex	Barnes	87.04	MS	M	01:44:02.45	87.04				
673	Lee	Summers	86.93	M40	M	01:44:15.40	86.93				
674	Nicholas	Clifton	86.84	MS	M	01:44:25.10	86.84				
675	Christopher	Hemingway	86.82	M50	M	01:44:28.75	86.82				
676	Gavin	Lewis	86.82	MS	M	01:44:28.35	86.82				
677	Daniel	MOLCHER	86.71	M40						02:50:07	86.71
678	Ian	SMITH	86.70	MS						02:50:09	86.70
679	Brian	Jenkins	86.69	M50	M	01:44:43.05	86.69				
680	Mark	DOBLE	86.67	M50						02:50:12	86.67
681	Mark	Jordan	86.65	M40	M	01:44:44.60	86.65				
682	Chris	Hopkins	86.65	m40	m			03:21:35	86.65		

683	Chris	JAMES	86.64	M50						02:50:16	86.64
684	Pat	WHEELER	86.63	MS						02:50:17	86.63
685	Julian	Wood	86.60	ms	m			03:21:41	86.60		
686	Gavin	BLACK	86.55	M40						02:50:26	86.55
687	Jason	HOWELL	86.37	M40						02:50:48	86.37
688	Jim	Cornock	86.35	m40	m			03:22:16	86.35		
689	Ben	FRAYNE	86.23	M40						02:51:05	86.23
691	Marcus	James	86.17	MS	M	01:45:06.95	86.17				
692	Peter	Webb	86.16	M60	M	01:45:07.55	86.16				
693	Peter	Lane	86.12	M50	m			03:22:49	86.12		
694	Andrew	Thomas	86.02	M50	M	01:45:25.75	86.02				
695	Graeme	DA SILVA	85.96	M40						02:51:37	85.96
696	Marc	HORTIN	85.86	MS						02:51:49	85.86
697	Ross	Shepherd	85.81	M40	M	01:45:51.70	85.81				
698	Daniel	Smart	85.77	MS	M	01:45:56.00	85.77				
699	Julian	Penney	85.63	m40	m			03:23:58	85.63		
700	Rhodri	WATERS	85.54	M50						02:52:27	85.54
701	Joseph	NASH	85.46	M40						02:52:37	85.46
702	Ryan	James	85.39	MS	M	01:46:03.50	85.39				
703	Alec	WEBB	85.38	MS						02:52:46	85.38
704	Mark	JOHN	85.38	M40						02:52:47	85.38
705	Harry	Brown	85.31	ms	m			03:24:44	85.31		
706	Dyfed	Thomass	85.29	M40	M	01:46:15.95	85.29				
707	Jason	Thomas	85.19	M50	M	01:46:28.15	85.19				
708	Rhys	WILLIAMS	85.16	M50						02:53:13	85.16
709	James	Wermig	85.06	m40	m			03:25:21	85.06		
711	Alun	Davies	85.03	MS	M	01:46:47.00	85.03				
712	Christopher	ELLIOTT	85.01	MS						02:53:32	85.01
713	Joseph	Edwards	84.75	ms	m			03:26:06	84.75		
714	Chris	BARNES	84.61	MS						02:54:21	84.61
715	Glyn	Drucker	84.59	M40	M	01:47:03.45	84.59				
716	Pete	Hughes	84.57	M40	m			03:26:32	84.57		
717	Marc	Bowen	84.48	MS	M	01:47:17.90	84.48				
718	Gareth	Green	84.41	ms	m			03:26:55	84.41		

719	Simon	LEWIS	84.41	M40						02:54:46	84.41
720	Peter	Jones	84.4	M50	M	01:47:27.05	84.4				
721	Craig	Ayers	84.38	M40	M	01:47:29.85	84.38				
722	John	Hughes	84.37	M50	M	01:47:30.15	84.37				
723	Jason	Senchal	84.34	M50	M	01:47:34.05	84.34				
724	Mark	Hayward	84.25	M40	M	01:47:46.25	84.25				
725	Ben	Simpson	84.08	ms	m			03:27:44	84.08		
726	Evan	YARDLEY	83.98	M50						02:55:40	83.98
727	Mathew	JAMES	83.95	MS						02:55:43	83.95
728	Aled	Morgan	83.72	M40	M	01:48:14.90	83.72				
729	Gareth	Hill	83.65	M40	M	01:48:23.90	83.65				
730	Paul	Groom	83.61	M50	M	01:48:28.50	83.61				
731	David	THOMAS	83.59	MS						02:56:29	83.59
732	Alistair	Murray	83.58	MS	M	01:48:32.90	83.58				
733	Steve	Rees	83.51	M40	M	01:48:41.95	83.51				
734	Matthew	COLE	83.51	M50						02:56:39	83.51
735	Rhod	PERRYMAN	83.46	MS						02:56:45	83.46
736	Ray	Skinner	83.36	m50	m			03:29:32	83.36		
737	John	VRUBLEVSKIS	83.27	MS						02:57:09	83.27
738	Richard	Hyett	83.15	M50	m			03:30:04	83.15		
739	Joshua	Arnold-Lewis	83.07	ms	m			03:30:16	83.07		
740	Huw	JONES	82.94	M50						02:57:52	82.94
741	Martin	Green	82.89	m50	m			03:30:44	82.89		
742	Richard	BARNINGHAM	82.88	M50						02:57:59	82.88
743	Darren	Gilbert	82.88	M40	M	01:49:23.65	82.88				
744	John	IZAMIS	82.87	M60						02:58:00	82.87
745	Neil	KERBY	82.77	M40						02:58:14	82.77
746	Robin	HEFFTER	82.72	M50						02:58:20	82.72
747	Colin	OSBORNE	82.68	M50						02:58:25	82.68
748	Mike	Perry	82.51	M50	m			03:31:41	82.51		
749	Simon	BILLINGHAM	82.40	MS						02:59:02	82.40
750	Gareth	JONES	82.14	MS						02:59:36	82.14
751	Richard	Nugent	82.04	M50	M	01:50:35.25	82.04				
752	Elis	Bartlett	81.96	M40	M	01:50:46.10	81.96				

753	Owen	ASHTON	81.83	M40						03:00:16	81.83
754	Gareth	BAIRD	81.61	MS						03:00:46	81.61
755	Jordan	Hawkins	81.56	MS	M	01:51:01.40	81.56				
756	Jeremy	Rowe	81.42	M40	M	01:51:17.95	81.42				
757	Richard	Zielinski	81.39	M40	M	01:51:23.05	81.39				
758	Tim	Hubbard	81.23	M40	M	01:51:46.35	81.23				
759	Kevin	Hanford	81.2	MS	M	01:51:49.95	81.2				
760	Lyn	James	81.2	M50	M	01:51:49.80	81.2				
762	Patrick	Daniel	81.00	ms	m			03:35:39	81.00		
763	Rhidian	MCCANN	80.96	MS						03:02:12	80.96
764	Arthur	Quinn	80.81	M40	M	01:52:03.15	80.81				
765	Sam	SHERMAN	80.73	MS						03:02:44	80.73
766	Sion	Brook	80.7	MS	M	01:52:18.55	80.7				
767	James	MCDOWALL	80.70	MS						03:02:48	80.70
768	Philip	Davies	80.61	M40	M	01:52:31.35	80.61				
769	Richard	Williams	80.54	M40	M	01:52:41.45	80.54				
770	Richard	WILLIAMS	80.51	MS						03:03:13	80.51
771	Deian	Owen	80.51	MS	M	01:52:45.50	80.51				
772	Denim	CROCKER	80.41	MS						03:03:27	80.41
773	Nicholas	Burman	80.33	M60	m			03:37:26	80.33		
774	Steve	STRANGE	80.09	MS						03:04:11	80.09
775	Dave	Coe	79.8	M50	M	01:53:45.50	79.8				
776	Stewart	Webb	79.73	M40	M	01:53:55.70	79.73				
777	Mark	BOYCE	79.62	M40						03:05:16	79.62
778	Derek	ROBERTS	79.62	M50						03:05:16	79.62
779	Gareth	CUSHEN	79.53	M50						03:05:29	79.53
780	David	Allen	79.35	M40	M	01:54:09.35	79.35				
781	Rhys	Davies	79.26	ms	m			03:40:23	79.26		
782	Bryan	WHITE	79.03	MS						03:06:39	79.03
783	Bryan	WHITE	79.03	MS						03:06:39	79.03
784	Dan	CHAPPLE	79.02	M40						03:06:41	79.02
785	Dan	CHAPPLE	79.02	M40						03:06:41	79.02
786	Christopher	Simons	78.77	MS	M	01:55:00.45	78.77				
787	Adrian	Coombs	78.72	M40	m			03:41:53	78.72		

788	Martyn	WHITE	78.71	MS						03:07:25	78.71
789	Martyn	WHITE	78.71	MS						03:07:25	78.71
790	Cai	Thompson	78.65	MS	M	01:55:11.95	78.65				
791	Michael	LUBE	78.55	M50						03:07:48	78.55
792	Michael	LUBE	78.55	M50						03:07:48	78.55
793	Anthony	Fox	78.45	M50	M	01:55:41.75	78.45				
794	Lee	Colling	78.4	MS	M	01:55:44.90	78.4				
795	Gareth	Key	78.33	MS	M	01:55:47.90	78.33				
796	Andrew	Birt	78.31	M40	M	01:55:48.35	78.31				
797	Tudor	EVANS	78.31	M40						03:08:23	78.31
798	Tudor	EVANS	78.31	M40						03:08:23	78.31
799	Sutha	SIVA	78.03	M50						03:09:03	78.03
800	Sutha	SIVA	78.03	M50						03:09:03	78.03
801	Stuart	Davies	78.01	M40	M	01:56:05.15	78.01				
802	Mark	Bond	77.92	M40	m			03:44:09	77.92		
803	Kristian Rhys	Howells	77.9	MS	M	01:56:22.30	77.9				
804	Martyn	White	77.82	M50	M	01:56:34.45	77.82				
805	Paul	BROCK	77.79	M40						03:09:38	77.79
806	Paul	BROCK	77.79	M40						03:09:38	77.79
807	Lloyd	Hambridge	77.75	ms	m			03:44:39	77.75		
808	Ashley	Prothero	77.62	M50	m			03:45:01	77.62		
809	John	COLE	77.57	M50						03:10:11	77.57
810	John	COLE	77.57	M50						03:10:11	77.57
811	Derek	Roberts	77.33	M40	M	01:57:08.40	77.33				
812	Gareth	Clark	77.29	M40	M	01:57:13.90	77.29				
813	Linden	Jenkins	77.22	M70	M	01:57:24.90	77.22				
814	Gareth	Howells	77.16	M50	m			03:46:23	77.16		
815	Barry	WOODMAN	77.02	M50						03:11:32	77.02
816	Barry	WOODMAN	77.02	M50						03:11:32	77.02
817	Salman	WAQAR	76.76	M60						03:12:10	76.76
818	Salman	WAQAR	76.76	M60						03:12:10	76.76
819	Shaun	Lewis	76.69	ms	m			03:47:45	76.69		
820	William	Bowen	76.52	MS	M	01:58:31.25	76.52				
821	Robert	Bevan	76.48	M40	M	01:58:38.05	76.48				

822	Nicholas	Allinson	76.38	ms	m			03:48:40	76.38		
823	David	Thomas	76.31	M50	m			03:48:54	76.31		
824	Roy	Parsons	76.27	M60	m			03:49:01	76.27		
825	Ben	BROTHERTON	76.06	MS						03:13:57	76.06
826	Ben	BROTHERTON	76.06	MS						03:13:57	76.06
827	Josh	Liddington	76	MS	M	01:59:12.45	76				
828	Gregory	Brown	75.85	ms	m			03:50:16	75.85		
829	Liam	ZAMUDIO	75.43	MS						03:15:34	75.43
830	Liam	ZAMUDIO	75.43	MS						03:15:34	75.43
831	Adrian	Wilson	74.32	m50	m			03:55:01	74.32		
832	Neil	MILES	73.94	MS						03:19:31	73.94
833	Neil	MILES	73.94	MS						03:19:31	73.94
834	chris	davies	73.84	m60	m			03:56:32	73.84		
835	Rhys	Owens	73.80	MS	m			03:56:40	73.80		
836	Liam	Bennett	73.58	M40	M	02:03:08.45	73.58				
837	Glyn	Williams	73.54	M70	M	02:03:10.95	73.54				
838	Mick	Adams	73.47	M50	m			03:57:44	73.47		
839	Leighton	Mckenna	73.43	MS	M	02:03:30.35	73.43				
840	Jonathan	Gibbs	73.08	m40	m			03:59:00	73.08		
841	Ray	Sherry	72.93	M50	M	02:04:14.95	72.93				
842	Chris	Williams	72.3	MS	M	02:05:22.75	72.3			02:39:42	92.37
843	Gareth	Lane	72.05	M50	m			04:02:25	72.05		
844	John	Evans	71.74	M60	M	02:06:19.65	71.74				
845	Matthew	Fosbrooke	71.74	MS	M	02:06:19.70	71.74				
846	Griffiths	Stephen	71.74	M40	M	02:06:19.10	71.74				
847	Mike	DROHAN	71.30	M40						03:26:54	71.30
848	Mike	DROHAN	71.30	M40						03:26:54	71.30
849	Steven	Morris	71.29	ms	m			04:05:01	71.29		
850	Peter	WILDE	71.29	M40						03:26:56	71.29
851	Peter	WILDE	71.29	M40						03:26:56	71.29
852	Lucas	Brauner	70.99	MS	M	02:07:53.30	70.99				
853	Nigel	Thomas	70.73	M50	M	02:08:00.25	70.73				
854	Ian	James	70.48	MS	M	02:08:46.85	70.48				
855	Dafydd	Morgan	70.45	MS	M	02:08:51.10	70.45				

856	Richard	Scarr	69.93	m60	m			04:09:46	69.93		
857	Sean	Rolfe	69.34	M50	m			04:11:54	69.34		
858	Peter	Fuge	69.04	MS	M	02:11:13.90	69.04				
859	Darren	Williams	67.82	MS	M	02:13:50.90	67.82				
860	Ceri	Murphy	63.18	MS	M	02:23:29.65	63.18				

Male Youth and Junior

					Stage 1		Stage 2		Stage 3		
					Time	points	Time	points	Time	points	
1	Nathaniai	Harries	115.78	MJ	M	01:18:20.90	115.78				
2	Joshua	Jones	112.69	MY	M	01:20:34.80	112.69				
3	Jack	Ackermann	111.99	MJ	M			02:35:58	111.99		
4	Tom	Wright	106.26	MJ	M	01:25:20.30	106.26				
5	Dafydd	Brown	104.03	MY	M	01:27:03.75	104.03				
6	Dylan	Davies	91.42	MY	M	01:39:03.95	91.42				

Male Senior

Category Gender
Series Scores

	Name	Surname	Series Scores	Category	Gender	Stage 1		Stage 2		Stage 3	
						Time	Points	Time	Points	Time	Points
1	Alex	Matchett	405.97	MS	M	01:07:40.95	134.33	02:09:39	134.72	01:47:44	136.93
2	Philip	Thomas	321.94	MS	M	01:26:04.80	105.23	02:41:24	108.22	02:15:58	108.49
3	Jamie	Davies	316.6	MS	M	01:18:39.60	115.49	02:59:39	97.23	02:22:00	103.88
4	Olly	Simon	261.15	MS	M	01:10:26.70	128.86	02:12:02	132.29		
5	Nathan	Ford	261.14	MS	M	01:10:04.35	129.26			01:51:51	131.89
6	John	Collier	247.01	MS	M			02:22:02	122.98	01:58:56	124.03
7	Dan	Whaites	239.62	MS	M	01:17:20.15	117.27			02:00:34	122.35
8	Patrick	Jones	237.18	MS	M	01:16:42.65	118.47	02:27:08	118.71		
9	Anthony	Bannon	228.51	MS	M			02:36:18	111.75	02:06:20	116.77
10	Rhys	Harries	227.63	MS	M	01:20:14.75	112.97	02:32:20	114.66		
11	David	Mort	225.36	MS	M	01:22:17.25	110.18	02:31:39	115.18		
12	Jack	Rees	223.87	MS	M	01:21:26.65	111.42	02:35:20	112.45		
13	Osian	Wyn	219.8	MS	M	01:20:22.50	112.86	02:43:20	106.94		
14	Mat	Green	219.78	MS	M	01:21:27.70	111.4	02:41:10	108.38		
15	James	Graham	215.45	MS	M	01:25:59.05	105.78	02:39:15	109.67		
16	Richard	Smith	209.47	MS	M	01:29:14.80	101.57			02:16:43	107.90
17	James	Dicks	198.6	MS	M	01:33:15.10	97.19	02:55:20	99.62		
18	Arwel Rhys	Thomas	197.03	MS	M	01:34:56.05	95.74	02:52:27	101.29		
19	Joel	Hardaker	190.91	MS	M	01:36:45.45	93.87	02:59:59	97.05		
20	Sam	Evans	178.91	MS	M	01:40:21.95	90.35	03:17:13	88.57		
21	Gareth	Williams	176.99	MS	M	01:35:49.50	94.81	03:32:32	82.18		
22	Simon	Phillips	176.71	MS	M	01:39:51.15	90.98	03:23:44	85.73		
23	Finn	Evans	169.06	MS	M	01:43:45.50	87.52	03:34:13	81.54		
24	Chris	Silver	132.29	MS	M	01:08:44.95	132.29				
25	Josh	Lewis	128.53	MS	M	01:10:44.45	128.53				
26	James	Dean	127.6	MS	M			02:16:53	127.6		
27	Morgan	Davies	127.52	MS	M	01:11:00.05	127.52				
28	Gareth	Hodgson	125.69	MS	M	01:12:03.05	125.69				
29	Luke	Pollard	123.25	MS	M	01:13:46.90	123.25				
30	Seamus	Sheard	122.83	MS	M					02:00:06	122.83
31	Mike	Griffiths	119.89	MS	M			02:25:41	119.89		

32	Ross	McNally	118.91	MS	M	01:16:14.05	118.91				
33	Kieran	John	118.7	MS	M	01:16:27.75	118.7				
34	Matthew	ENGLAND	118.65	MS	M					02:04:20	118.65
35	roscoe	Howell	118.59	MS	M			02:27:17	118.59		
36	Oliver	Webb	118.24	MS	M	01:16:57.70	118.24				
37	Jack	Tremlett	118.19	MS	M			02:27:47	118.19		
38	Sion-Kelly	WILLIAMS	118.04	MS	M					02:04:58	118.04
39	Simon	DURRANT	117.79	MS	M					02:05:14	117.79
40	Richard	EDWARDS	117.70	MS	M					02:05:20	117.70
41	Alastair	NICKLIN	117.59	MS	M					02:05:27	117.59
42	Thomas	Graham	117.5	MS	M	01:17:05.00	117.5				
43	James	WILLIAMSON	117.00	MS	M					02:06:05	117.00
44	Chris	Holman	116.77	MS	M			02:29:35	116.77		
45	Conrad	LAWSON	116.26	MS	M					02:06:53	116.26
46	Andrew	WALSH	115.82	MS	M					02:07:22	115.82
47	Rhys	Jones	115.79	MS	M	01:18:19.80	115.79				
48	Shane	Davies	115.39	MS	M	01:18:46.55	115.39				
49	Daren	Davies	115.04	MS	M	01:18:57.15	115.04				
50	Gethin	PARHAM	115.01	MS	M					02:08:16	115.01
51	Michael	Kipling	114.85	MS	M			02:32:05	114.85		
52	Adrian	Leonard	114.75	MS	M			02:32:13	114.75		
53	Daniel	Evans	114.52	MS	M	01:19:06.30	114.52				
54	Simon	Smith	114.05	MS	M	01:19:38.35	114.05				
55	Sion	Slyman	114.01	MS	M	01:19:41.20	114.01				
56	Richard	Elgar	113.81	MS	M	01:19:55.60	113.81				
57	Keith	TANNETTA	113.72	MS	M					02:09:43	113.72
58	Tristian	Manning	112.8	MS	M	01:20:26.70	112.8				
59	Graham	STIGANT	112.75	MS	M					02:10:50	112.75
60	Lee	Williams	112.47	MS	M	01:20:50.10	112.47				
61	Matt	ANTHONY	112.41	MS	M					02:11:14	112.41
62	Alex	Picton	112.35	MS	M			02:35:28	112.35		
63	Daryl	HODSON	112.18	MS	M					02:11:30	112.18
64	Michael	Davies	112.11	MS	M			02:35:48	112.11		

65	Luke	PROBERT	111.83	MS	M					02:11:55	111.83
66	Alex	BETTS	111.73	MS	M					02:12:02	111.73
67	Oliver	MASTERS	111.50	MS	M					02:12:18	111.50
68	Jamie	Lewis	111.49	MS	M			02:36:40	111.49		
69	Sam	Edwards	111.11	MS	M	01:21:48.35	111.11				
70	Steve	WHITE	110.79	MS	M					02:13:09	110.79
71	George	WILLIAMS	110.73	MS	M					02:13:13	110.73
72	Jonathan	Harwood	110.62	MS	M			02:37:54	110.62		
73	Craig	ANDREWS	110.47	MS	M					02:13:32	110.47
74	Lee	MURRAY	110.47	MS	M					02:13:32	110.47
75	Chris	LEWIS	110.44	MS	M					02:13:34	110.44
76	Gareth	JONES	110.20	MS	M					02:13:52	110.20
77	Gareth	Thomas	109.98	MS	M	01:22:32.30	109.98				
78	Paul	Evans	109.89	MS	M			02:38:57	109.89		
79	Rob	WARRINGTON-BA	109.83	MS	M					02:14:19	109.83
80	john	goy	109.68	MS	M			02:39:15	109.68		
81	Jamie	JENKINS	109.57	MS	M					02:14:38	109.57
82	Joshua	EMBURY	109.45	MS	M					02:14:47	109.45
83	james	levannais	109.43	MS	M			02:39:37	109.43		
84	Lyndon	DAVIES	109.27	MS	M					02:15:00	109.27
85	Rhodri	GOMER	109.20	MS	M					02:15:05	109.20
86	MATT	HOLE	109.11	MS	M			02:40:05	109.11		
87	Gary	EMBURY	108.91	MS	M					02:15:27	108.91
88	GEORGE	PAYNE	108.87	MS	M			02:40:26	108.87		
89	Alan	FYFE	108.83	MS	M					02:15:33	108.83
90	John	FENSOME	108.68	MS	M					02:15:44	108.68
91	Matt	KERSEL	108.65	MS	M					02:15:46	108.65
92	Mark	MARRIN	108.53	MS	M					02:15:55	108.53
93	RICHARD	BEDDOW	108.51	MS	M			02:40	108.51		
94	Chris	Sumerhill	108.5	MS	M	01:23:44.95	108.5				
95	Stephen	Williams	108.48	MS	M	01:23:46.95	108.48				
96	CHARLES	GEORGE	108.47	MS	M			02:41:02	108.47		
97	Stu	HADLEY	108.47	MS	M					02:16:00	108.47

98	Morgan	MEANEY	108.22	MS	M					02:16:19	108.22
99	Simon	BRUSHETT	107.48	MS	M					02:17:15	107.48
100	Adam	Morton	107.33	MS	M	01:24:35.00	107.33				
101	Emyr	Evans	107.21	MS	M	01:24:45.75	107.21				
102	LUKE	WILLIAMS	106.99	MS	M			02:43	106.99		
103	Bill	ATKINSON	106.88	MS	M					02:18:01	106.88
104	PETER	THOMAS	106.64	MS	M			02:43:47	106.64		
105	Ewan	Burns	106.51	MS	M	01:25:00.00	106.51				
106	Andy	LUFF	106.46	MS	M					02:18:34	106.46
107	Luke	Williams	106.45	MS	M	01:25:05.50	106.45				
108	Alun	Howells	106.44	MS	M	01:25:06.45	106.44				
109	Johnny	HATHAWAY	106.41	MS	M					02:18:38	106.41
110	Scott	Holder	106.4	MS	M	01:25:09.40	106.4				
111	MARK	GELONA	106.15	MS	M			02:44:33	106.15		
112	Aled	Daniels	106.14	MS	M	01:25:30.00	106.14				
113	Simon	Davies	106.14	MS	M	01:25:30.00	106.14				
114	Anthony	WOLSKI	106.04	MS	M					02:19:07	106.04
115	Anthony	Williams	105.97	MS	M	01:25:44.75	105.97				
116	DAN	REES	105.78	MS	M			02:45:07	105.78		
117	Adrian	CLARK	105.71	MS	M					02:19:33	105.71
118	Sam	DODGE	105.65	MS	M					02:19:38	105.65
119	William	RAISON	105.62	MS	M					02:19:40	105.62
120	Lee	BELL	105.57	MS	M					02:19:44	105.57
121	Bleddyn	BRIDGE	105.54	MS	M					02:19:46	105.54
122	Miles	HART	105.47	MS	M					02:19:52	105.47
123	Emyr	ROBERTS	105.43	MS	M					02:19:55	105.43
124	Chris	Jones	105.25	MS	M	01:26:02.30	105.25				
125	David	JONES	105.19	MS	M					02:20:14	105.19
126	Huw	Neale	104.98	MS	M	01:26:24.30	104.98				
127	Jamie	HILL	104.91	MS	M					02:20:37	104.91
128	Lloyd	DANIELS	104.83	MS	M					02:20:43	104.83
129	Simon	HART	104.73	MS	M					02:20:51	104.73
130	Simon	Jones	104.73	MS	M	01:26:45.80	104.73				

131	Justin	BAILEY	104.71	MS	M					02:20:53	104.71
132	Daniel	Jermin	104.64	MS	M	01:26:52.50	104.64				
133	Dan	Newton	104.62	MS	M	01:26:54.90	104.62				
134	Paul	WATTS	104.46	MS	M					02:21:13	104.46
135	Gareth	NORTON	104.42	MS	M					02:21:16	104.42
136	George	Butler	104.04	MS	M	01:27:02.60	104.04				
137	matthew	colley	104.02	ms	M			02:47:55	104.02		
138	Owain	Richards	103.9	MS	M	01:27:14.75	103.9				
139	Dean	MORRIS	103.87	MS	M					02:22:01	103.87
140	Iwan	Dugmore	103.8	MS	M	01:27:22.25	103.8				
141	Ceri	FOLEY	103.69	MS	M					02:22:16	103.69
142	Duncan	LEWIS	103.59	MS	M					02:22:24	103.59
143	Huw	Jones	103.55	MS	M	01:27:43.65	103.55				
144	Rhys	Richards	103.54	MS	M	01:27:44.50	103.54				
145	Chris	Williams	103.49	MS	M	01:27:49.80	103.49				
146	samuel	chalmers	103.3	ms	M			02:49:05	103.3		
147	Peter	WALDREN	103.22	MS	M					02:22:55	103.22
148	Ricki	Morgan	102.78	MS	M	01:28:09.65	102.78				
149	Ross	Quick	102.72	MS	M	01:28:14.05	102.72				
150	Samuel	Webb	102.71	MS	M	01:28:14.60	102.71				
151	Neil	MCMANUS	102.67	MS	M					02:23:41	102.67
152	Ellison	Griffiths	102.65	MS	M	01:28:20.20	102.65				
153	Mark	HENNESSEY	102.58	MS	M					02:23:48	102.58
154	Mark	STEEDMAN	102.56	MS	M					02:23:50	102.56
155	Martin	Edwards	102.53	MS	M	01:28:30.30	102.53				
156	stevie	turgyan	102.39	ms	M			02:50:35	102.39		
157	richard	addis	102.24	ms	M			02:50:32	102.24		
158	Stuart	Sheath	102.21	MS	M	01:28:58.90	102.21				
159	jack	broadfoot	102.03	ms	M			02:51:11	102.03		
160	Max	GIMSON	101.98	MS	M					02:24:39	101.98
161	calvin	thomas	101.92	ms	M			02:51:18	101.92		
162	Thorsten	STOESSER	101.85	MS	M					02:24:50	101.85
163	Dean	Williams	101.65	MS	M	01:29:07.20	101.65				

164	John	JONES	101.62	MS	M					02:25:10	101.62
165	Ben	SHEPLEY	101.58	MS	M					02:25:13	101.58
166	Jamie	CRONK	101.54	MS	M					02:25:17	101.54
167	Dylan	LLEWELYN	101.44	MS	M					02:25:25	101.44
168	jonathan	roberts	101.44	ms	M			02:52	101.44		
169	Christopher	HILL	101.42	MS	M					02:25:27	101.42
170	Colin	HARVEY	101.41	MS	M					02:25:28	101.41
171	Liam	Davies	101.3	MS	M	01:29:37.45	101.3				
172	Jonathan	King	101.16	MS	M	01:29:50.70	101.16				
173	Franklin	Lewis	101.12	MS	M	01:29:53.15	101.12				
174	Garry	Vaughan	101.11	MS	M	01:29:54.30	101.11				
175	Ryan	Wilkins	101.01	MS	M			02:52:55	101.01		
176	colin	Williams	100.91	ms	M			02:53:05	100.91		
177	Stephen	ROBINS	100.87	MS	M					02:26:15	100.87
178	Chris	MOLES	100.74	MS	M					02:26:26	100.74
179	Richard	Landon	100.6	MS	M	01:30:00.20	100.6				
180	Nick	Stevenson	100.56	MS	M	01:30:03.05	100.56				
181	Kerry	NEWMAN	100.51	MS	M					02:26:46	100.51
182	Josh	George	100.47	MS	M	01:30:11.50	100.47				
183	Mark	JEYNES	100.44	MS	M					02:26:52	100.44
184	Stephen	MCNALLY	100.37	MS	M					02:26:58	100.37
185	John Rhys	OWEN	100.09	MS	M					02:27:23	100.09
186	Andrew	WILLIAMSON	100.02	MS	M					02:27:29	100.02
187	Jonny	BROWN	99.89	MS	M					02:27:41	99.89
188	William	KERSHAW-NAYLO	99.84	MS	M					02:27:45	99.84
189	Jaime	NORMAN	99.84	MS	M					02:27:45	99.84
190	Stuart	WALLACE	99.66	MS	M					02:28:01	99.66
191	Jon	FINCH	99.62	MS	M					02:28:05	99.62
192	Jacob	BROTHERTON	99.58	MS	M					02:28:08	99.58
193	Simon	BAKER	99.51	MS	M					02:28:15	99.51
194	Harry	HAWKINS	99.51	MS	M					02:28:15	99.51
195	Christopher	WHITFIELD	99.49	MS	M					02:28:16	99.49
196	David	Lee	99.22	MS	M	01:31:25.80	99.22				

197	Cain	THOMAS	99.10	MS	M					02:28:51	99.10
198	Paul	LIPPETT	98.96	MS	M					02:29:04	98.96
199	Timothy	James	98.94	ms	M			02:56:32	98.94		
200	Neil	CASWELL	98.90	MS	M					02:29:09	98.90
201	Owen	THOMAS	98.79	MS	M					02:29:19	98.79
202	Tim	LEBBON	98.72	MS	M					02:29:26	98.72
203	Jeff	PHILLIPS	98.54	MS	M					02:29:42	98.54
204	Adrian	HAWKINS	98.42	MS	M					02:29:53	98.42
205	david	hawkins	98.28	ms	M			02:57:43	98.28		
206	Neil	RICHARDSON	98.26	MS	M					02:30:08	98.26
207	Ian	Ellis	98.19	MS	M	01:32:20.30	98.19				
208	Antony	DALE	98.17	MS	M					02:30:16	98.17
209	Andrew	Davies	98.14	ms	M			02:57:59	98.14		
210	Gavin	Morris	98.1	MS	M	01:32:29.60	98.1				
211	Scott	MITCHELL	98.09	MS	M					02:30:23	98.09
212	Jamie	Silvester	98.09	ms	M			02:58:04	98.09		
213	Daniel	STREET	98.07	MS	M					02:30:25	98.07
214	Joe	SAGE	98.02	MS	M					02:30:30	98.02
215	Joshua	PEARSON	97.99	MS	M					02:30:33	97.99
216	David	LESTER	97.89	MS	M					02:30:42	97.89
217	David	meyrick	97.77	ms	M			02:58:39	97.77		
218	Rhys	JONES MATHIAS	97.64	MS	M					02:31:05	97.64
219	Craig	NASH	97.59	MS	M					02:31:10	97.59
220	Gary	MORGAN	97.50	MS	M					02:31:18	97.50
221	Robert	Webb	97.40	ms	M			02:59:20	97.40		
222	Michael	Llewellyn	97.23	MS	M	01:33:11.80	97.23				
223	Jamie	KIRK	97.22	MS	M					02:31:44	97.22
224	James	GREEN	97.20	MS	M					02:31:46	97.20
225	Michael	Howell	97.13	MS	M	01:33:18.45	97.13				
226	Llewellyn	GRIFFITHS	97.11	MS	M					02:31:54	97.11
227	Sam	WARE	97.02	MS	M					02:32:03	97.02
228	Rhys	MORGAN	96.95	MS	M					02:32:09	96.95
229	Dorian	Thomas	96.85	MS	M	01:33:48.65	96.85				

230	Joe	Charlton	96.85	ms	M			03:00:21	96.85		
231	gareth	evans	96.79	ms	M			03:00:28	96.79		
232	Mark	FORD	96.69	MS	M					02:32:34	96.69
233	Mike	woods	96.61	ms	M			03:00:48	96.61		
234	Daniel	Williams	96.47	ms	M			03:01:03	96.47		
235	Rhys	OWEN	96.45	MS	M					02:32:57	96.45
236	Daniel	CARR	96.42	MS	M					02:33:00	96.42
237	Neil	SARGEANT	96.25	MS	M					02:33:16	96.25
238	Jonathan	HUGHES	96.08	MS	M					02:33:32	96.08
239	Ciaran	Burns	96	MS	M	01:34:31.10	96				
240	Lewis	Stephens	95.94	MS	M	01:34:37.95	95.94				
241	Mathew	Giles	95.81	MS	M	01:34:49.60	95.81				
242	james	duggan	95.78	ms	M			03:02:22	95.78		
243	Tony	OWEN	95.66	MS	M					02:34:13	95.66
244	Jonathan	Scarr	95.39	ms	M			03:03:07	95.39		
245	Richard	Payton	95.32	ms	M			03:03:14	95.32		
246	James	Mackay	95.24	MS	M	01:35:06.85	95.24				
247	David	Bees	95.18	ms	M			03:03:31	95.18		
248	John	Price	94.97	MS	M	01:35:33.30	94.97				
249	Simon	Scurrrell	94.92	ms	M			03:04:01	94.92		
250	Philip	MORTON	94.86	MS	M					02:35:31	94.86
251	Chris	Cray	94.81	MS	M	01:35:49.05	94.81				
252	John	BROTHERTON	94.81	MS	M					02:35:36	94.81
253	Michael	LACEY	94.67	MS	M					02:35:49	94.67
254	Paul	CASTLE	94.66	MS	M					02:35:50	94.66
255	Alec	SIMPSON	94.54	MS	M					02:36:02	94.54
256	Thomas	Smith	94.47	ms	M			03:04:53	94.47		
257	Simon	Rex	94.25	MS	M	01:36:06.35	94.25				
258	Wil	Dimond	94.23	ms	M			03:05:22	94.23		
259	Scott	STACEY	94.20	MS	M					02:36:36	94.20
260	Thomas	Griffiths	94.11	MS	M	01:36:20.25	94.11				
261	Chris	Westwood	94.08	ms	M			03:05:40	94.08		
262	Julian	WALLIS	94.00	MS	M					02:36:56	94.00

263	Dafydd	DAVIES	93.93	MS	M					02:37:03	93.93
264	Brian	BENNETT	93.80	MS	M					02:37:16	93.80
265	Craig	HINKS	93.30	MS	M					02:38:07	93.30
266	David	Kerr	93.2	MS	M	01:37:14.10	93.2				
267	Rhyan	PROBERT	93.15	MS	M					02:38:22	93.15
268	Wyn	Dakin	93.1	MS	M	01:37:25.20	93.1				
269	Tim	Wroblewski	93.10	ms	M			03:07:37	93.10		
270	Huw	Williams	93.05	MS	M	01:37:30.95	93.05				
271	Cem	Kosaner	92.97	MS	M	01:37:38.85	92.97				
272	Jason	WEBB	92.71	MS	M					02:39:07	92.71
273	Chris	WILLIAMS	92.37	MS	M					02:39:42	92.37
274	Luke	Spencer	92.33	MS	M	01:38:06.10	92.33				
275	Siôn	Roberts	92.32	MS	M	01:38:07.15	92.32				
276	Carl	Daniels	92.31	MS	M	01:38:08.50	92.31				
277	Carwyn	Evans	92.26	MS	M	01:38:13.15	92.26				
278	Daniel	Pugh	92.23	ms	M			03:09:23	92.23		
279	Lee	Lewis	92.20	ms	M			03:09:26	92.20		
280	David	KING	92.15	MS	M					02:40:05	92.15
281	Matthew	Marshall	91.90	ms	M			03:10:04	91.90		
282	Lea	Farrington	91.87	MS	M	01:38:55.95	91.87				
283	Dai	Beynon	91.84	MS	M	01:38:58.80	91.84				
284	Nigel	NEATH	91.77	MS	M					02:40:45	91.77
285	James	Erte	91.75	ms	M			03:10:22	91.75		
286	Dean	BARNEY	91.74	MS	M					02:40:48	91.74
287	Gruff	Ifan	91.66	ms	M			03:10:33	91.66		
288	Martin	ROGERS	91.47	MS	M					02:41:16	91.47
289	Wayne	PHILLIPS	91.45	MS	M					02:41:18	91.45
290	Bill	SNOWDON	91.30	MS	M					02:41:34	91.30
291	Marc	Kinnaird	91.23	MS	M	01:39:24.95	91.23				
292	Johnnie	Graham	91.07	ms	M			03:11:48	91.07		
293	Chris	SAMUEL	90.87	MS	M					02:42:20	90.87
294	Ben	NORRIS	90.77	MS	M					02:42:31	90.77
295	Thomas	DONNE	90.65	MS	M					02:42:44	90.65

296	Sam	Barton	90.58	ms	M			03:12:50	90.58		
297	Pete	MASON	90.53	MS	M					02:42:57	90.53
298	Marc	Jones	90.41	MS	M	01:40:14.05	90.41				
299	Julien	DECLERCQ	90.04	MS	M					02:43:50	90.04
300	Daniel	Sheen	90.00	ms	M			03:14:05	90.00		
301	Lee	GIBBS	89.97	MS	M					02:43:58	89.97
302	Daniel	MORRIS	89.89	MS	M					02:44:06	89.89
303	Jon	HUSSEY	89.89	MS	M					02:44:07	89.89
304	Martin	WILLIAMS	89.88	MS	M					02:44:08	89.88
305	Mark	CURTIS	89.75	MS	M					02:44:22	89.75
306	Rhys	Hawkes	89.64	MS	M	01:41:00.35	89.64				
307	Edward	BROWN	89.59	MS	M					02:44:40	89.59
308	Ed	Richards	89.55	ms	M			03:15:03	89.55		
309	Matt	ARMITAGE	89.23	MS	M					02:45:19	89.23
310	Ross	ARMSTRONG	89.19	MS	M					02:45:24	89.19
311	Stefan	James	89.16	MS	M	01:41:54.15	89.16				
312	Tom	DE VRIES	89.12	MS	M					02:45:32	89.12
313	Mike	SMITH	88.60	MS	M					02:46:30	88.60
314	John	OÆBOYLE	88.58	ms	M			03:17:11	88.58		
315	David	HUNTER	88.52	MS	M					02:46:39	88.52
316	Darren	HAYWOOD	88.41	MS	M					02:46:51	88.41
317	Phillip	EVANS	88.33	MS	M					02:47:00	88.33
318	Etienne	SAVELKOUL	88.07	MS	M					02:47:30	88.07
319	Jordan	Lane	87.82	MS	M	01:43:09.40	87.82				
320	Martin	King	87.76	ms	M			03:19:01	87.76		
321	Andrew	Lloyd	87.68	MS	M	01:43:26.25	87.68				
322	Bob	Dunne	87.64	MS	M	01:43:30.60	87.64				
323	Andrew	Armstrong	87.56	MS	M	01:43:40.35	87.56				
324	Sion	TUDUR	87.44	MS	M					02:48:42	87.44
325	Nathan	Howells	87.42	MS	M	01:43:46.60	87.42				
326	dave	wilson	87.28	ms	M			03:20:08	87.28		
327	Alex	Barnes	87.04	MS	M	01:44:02.45	87.04				
328	Nicholas	Clifton	86.84	MS	M	01:44:25.10	86.84				

329	Gavin	Lewis	86.82	MS	M	01:44:28.35	86.82				
330	Ian	SMITH	86.70	MS	M					02:50:09	86.70
331	Pat	WHEELER	86.63	MS	M					02:50:17	86.63
332	Julian	Wood	86.60	ms	M			03:21:41	86.60		
333	Marcus	James	86.17	MS	M	01:45:06.95	86.17				
334	Marc	HORTIN	85.86	MS	M					02:51:49	85.86
335	Daniel	Smart	85.77	MS	M	01:45:56.00	85.77				
336	Ryan	James	85.39	MS	M	01:46:03.50	85.39				
337	Alec	WEBB	85.38	MS	M					02:52:46	85.38
338	Harry	Brown	85.31	ms	M			03:24:44	85.31		
339	Alun	Davies	85.03	MS	M	01:46:47.00	85.03				
340	Christopher	ELLIOTT	85.01	MS	M					02:53:32	85.01
341	Joseph	Edwards	84.75	ms	M			03:26:06	84.75		
342	Chris	BARNES	84.61	MS	M					02:54:21	84.61
343	Marc	Bowen	84.48	MS	M	01:47:17.90	84.48				
344	Gareth	Green	84.41	ms	M			03:26:55	84.41		
345	Ben	Simpson	84.08	ms	M			03:27:44	84.08		
346	Mathew	JAMES	83.95	MS	M					02:55:43	83.95
347	David	THOMAS	83.59	MS	M					02:56:29	83.59
348	Alistair	Murray	83.58	MS	M	01:48:32.90	83.58				
349	Rhod	PERRYMAN	83.46	MS	M					02:56:45	83.46
350	John	VRUBLEVSKIS	83.27	MS	M					02:57:09	83.27
351	Joshua	Arnold-Lewis	83.07	ms	M			03:30:16	83.07		
352	Simon	BILLINGHAM	82.40	MS	M					02:59:02	82.40
353	Gareth	JONES	82.14	MS	M					02:59:36	82.14
354	Gareth	BAIRD	81.61	MS	M					03:00:46	81.61
355	Jordan	Hawkins	81.56	MS	M	01:51:01.40	81.56				
356	Kevin	Hanford	81.2	MS	M	01:51:49.95	81.2				
357	Patrick	Daniel	81.00	ms	M			03:35:39	81.00		
358	Rhidian	MCCANN	80.96	MS	M					03:02:12	80.96
359	Sam	SHERMAN	80.73	MS	M					03:02:44	80.73
360	Sion	Brook	80.7	MS	M	01:52:18.55	80.7				
361	James	MCDOWALL	80.70	MS	M					03:02:48	80.70

362	Richard	WILLIAMS	80.51	MS	M					03:03:13	80.51
363	Deian	Owen	80.51	MS	M	01:52:45.50	80.51				
364	Denim	CROCKER	80.41	MS	M					03:03:27	80.41
365	Steve	STRANGE	80.09	MS	M					03:04:11	80.09
366	Rhys	Davies	79.26	ms	M			03:40:23	79.26		
367	Bryan	WHITE	79.03	MS	M					03:06:39	79.03
368	Bryan	WHITE	79.03	MS	M					03:06:39	79.03
369	Christopher	Simons	78.77	MS	M	01:55:00.45	78.77				
370	Martyn	WHITE	78.71	MS	M					03:07:25	78.71
371	Martyn	WHITE	78.71	MS	M					03:07:25	78.71
372	Cai	Thompson	78.65	MS	M	01:55:11.95	78.65				
373	Lee	Colling	78.4	MS	M	01:55:44.90	78.4				
374	Gareth	Key	78.33	MS	M	01:55:47.90	78.33				
375	Kristian Rhys	Howells	77.9	MS	M	01:56:22.30	77.9				
376	Lloyd	Hambridge	77.75	ms	M			03:44:39	77.75		
377	Shaun	Lewis	76.69	ms	M			03:47:45	76.69		
378	William	Bowen	76.52	MS	M	01:58:31.25	76.52				
379	Nicholas	Allinson	76.38	ms	M			03:48:40	76.38		
380	Ben	BROTHERTON	76.06	MS	M					03:13:57	76.06
381	Ben	BROTHERTON	76.06	MS	M					03:13:57	76.06
382	Josh	Liddington	76	MS	M	01:59:12.45	76				
383	Gregory	Brown	75.85	ms	M			03:50:16	75.85		
384	Liam	ZAMUDIO	75.43	MS	M					03:15:34	75.43
385	Liam	ZAMUDIO	75.43	MS	M					03:15:34	75.43
386	Neil	MILES	73.94	MS	M					03:19:31	73.94
387	Neil	MILES	73.94	MS	M					03:19:31	73.94
388	Rhys	Owens	73.80	MS	M			03:56:40	73.80		
389	Leighton	Mckenna	73.43	MS	M	02:03:30.35	73.43				
390	Chris	Williams	72.3	MS	M	02:05:22.75	72.3			02:39:42	92.37
391	Matthew	Fosbrooke	71.74	MS	M	02:06:19.70	71.74				
392	Steven	Morris	71.29	ms	M			04:05:01	71.29		
393	Lucas	Brauner	70.99	MS	M	02:07:53.30	70.99				
394	Ian	James	70.48	MS	M	02:08:46.85	70.48				

395	Dafydd	Morgan	70.45	MS	M	02:08:51.10	70.45				
396	Peter	Fuge	69.04	MS	M	02:11:13.90	69.04				
397	Darren	Williams	67.82	MS	M	02:13:50.90	67.82				
398	Ceri	Murphy	63.18	MS	M	02:23:29.65	63.18				

Male 40				Category Gender		Stage 1		Stage 2		Stage 3	
						Time	Points	Time	Points	Time	Points
1	Richard	Dando	358.37	M40	M	01:18:23.30	115.73	02:24:43	120.7	02:00:58	121.95
2	James	Murray	241.61	M40	M			02:27:36	118.34	01:59:40	123.27
3	James	Manson	241.04	M40	M	01:17:26.10	117.18			01:58:45	124.22
4	Rich	Brady	228.5	M40	M	01:21:37.00	111.26			02:05:49	117.25
5	Damian	Capps	223.65	M40	M	01:21:38.00	111.25	02:35:24	112.4		
6	Richard	Leary	212.49	M40	M	01:25:40.50	106.01	02:44:02	106.48		
7	James	Moore	210.31	M40	M	01:26:19.95	105.04	02:45:55	105.27		
8	David	Coates	209.66	M40	M	01:28:40.05	102.42			02:17:33	107.25
9	Byron	Davies	206.54	M40	M	01:29:07.80	101.65	02:46:31	104.89		
10	Robert	Silcox	198.45	M40	M	01:31:54.10	98.9	02:55:27	99.55		
11	Steven	Plumb	195.22	M40	M	01:33:48.05	96.85	02:57:33	98.38		
12	Dafydd	Bowen	194.52	M40	M	01:34:39.30	95.92			02:29:36	98.61
13	David	Balint	192.4	M40	M	01:35:38.65	94.92			02:31:19	97.49
14	Jason	Impey	182.82	M40	M	01:42:37.35	88.44			02:36:18	94.38
15	Chris	Bowman	172.18	M40	M	01:48:23.95	83.65	03:17:17	88.54		
16	John	Stagg	164.12	M40	M	01:51:15.70	81.44	03:31:14	82.69		
17	Richard	Gardiner	121.1	M40	M			02:24:14	121.1		
18	Gethin	REES	120.21	M40	M					02:02:43	120.21
19	Andy	WILLIAMS	120.21	M40	M					02:02:43	120.21
20	David	HAWKINS	119.21	M40	M					02:03:45	119.21
21	Tom	JORDAN	117.23	M40	M					02:05:50	117.23
22	Milo	PURVIS	116.20	M40	M					02:06:57	116.20
23	David	Astins	115.66	M40	M	01:18:28.70	115.66				
24	Mathew	BISSETT	115.43	M40	M					02:07:48	115.43
25	Suneil	BASU	114.98	M40	M					02:08:18	114.98
26	Craig	FLANNERY	114.44	M40	M					02:08:54	114.44
27	Marc	GEARY	114.41	M40	M					02:08:56	114.41
28	Stephen	Coy	113.87	M40	M	01:19:51.30	113.87				
29	Matthew	SHEPHERD	113.85	M40	M					02:09:34	113.85
30	Fraser	BATTYE	112.69	M40	M					02:10:54	112.69
31	Brian	Hosty	112.66	M40	M	01:20:36.20	112.66				

32	Maarten	ODDING	112.48	M40	M					02:11:09	112.48
33	Carson	PRYCE	111.54	M40	M					02:12:15	111.54
34	Benjamin	NUSSBERGER	111.39	M40	M					02:12:26	111.39
35	Keith	Horsell	111.21	M40	M	01:21:41.05	111.21				
36	Chris	Lewis	110.43	M40	M			02:38:10	110.43		
37	Lewis	MURRAY	110.33	M40	M					02:13:42	110.33
38	Andrew	Batkin	110.25	M40	M	01:22:12.55	110.25				
39	Tom	WOODHAMS	109.49	M40	M					02:14:44	109.49
40	William	HAMILTON	109.46	M40	M					02:14:46	109.46
41	PETER	HOPSON	109.21	M40	M			02:39:56	109.21		
42	ian	Liddiatt	109.21	M40	M			02:39:56	109.21		
43	Jonathan	Carrick	109.04	M40	M	01:23:03.15	109.04				
44	Iwan	JONES	108.79	M40	M					02:15:36	108.79
45	Paul	Seppman	108.74	M40	M	01:23:26.95	108.74				
46	Andrew	JONES	108.57	M40	M					02:15:52	108.57
47	ALAN	LATTER	108.49	M40	M			02:40:41	108.49		
48	Steve	BOURNE	108.24	M40	M					02:16:17	108.24
49	PETER	MARTIN	108.15	M40	M			02:41:30	108.15		
50	Toby	HOLE	107.81	M40	M					02:16:50	107.81
51	Christopher.M	Morris	107.78	M40	M	01:24:00.80	107.78				
52	DARREN	BOWDEN	107.61	M40	M			02:42:19	107.61		
53	Chris	Jones	107.45	M40	M	01:24:26.05	107.45				
54	DANIEL	COOMBS	107.34	M40	M			02:42:43	107.34		
55	Phil	WHITE	107.14	M40	M					02:17:41	107.14
56	Lee	Walters	107.12	M40	M	01:24:52.45	107.12				
57	Jon	HOWMAN	106.88	M40	M					02:18:01	106.88
58	Marc	TIPLADY	106.63	M40	M					02:18:21	106.63
59	Robert	FLOYD	106.61	M40	M					02:18:22	106.61
60	David	LEE	106.45	M40	M					02:18:35	106.45
61	JAMES	PODBURY	106.22	M40	M			02:44:26	106.22		
62	Franklin	LEWIS	106.18	M40	M					02:18:56	106.18
63	Mathew	Williams	106.13	M40	M	01:25:31.80	106.13				
64	Alan	Latter	105.98	M40	M	01:25:43.65	105.98				

65	Matt	SIMKINS	105.70	M40	M					02:19:34	105.70
66	Martyn	SPENCER	105.66	M40	M					02:19:37	105.66
67	Rhydian	RESTON	105.27	M40	M					02:20:08	105.27
68	Josh	SELDON	105.23	M40	M					02:20:11	105.23
69	Gethin	Davies	105.15	M40	M	01:26:10.25	105.15				
70	WILL	WRIGHT	105.13	M40	M			02:46:09	105.13		
71	Sam	FLETCHER	104.92	M40	M					02:20:36	104.92
72	Chris	DREW	104.66	M40	M					02:20:57	104.66
73	Steve	HOLBROOK	104.61	M40	M					02:21:01	104.61
74	Mark	Davies	104.6	M40	M	01:26:56.60	104.6				
75	David	PERKINS	104.55	M40	M					02:21:06	104.55
76	hUW	dAVIES	104.53	M40	M			02:47:06	104.53		
77	Ian	Davies	104.03	M40	M			02:47:54	104.03		
78	Lewis	BOWEN	103.73	M40	M					02:22:13	103.73
79	Neil	Morgan	103.66	M40	M	01:27:34.60	103.66				
80	Phil	Davies	103.58	M40	M	01:27:41.05	103.58				
81	robin	jackson	103.57	M40	M			02:48:39	103.57		
82	Martin	Hughes	103.46	M40	M	01:27:51.45	103.46				
83	Andrew	COOK	103.18	M40	M					02:22:58	103.18
84	gavin	jones	103.11	M40	M			02:49:24	103.11		
85	mark	tipaldy	103.07	M40	M			02:49:28	103.07		
86	Justin	Davies	102.72	M40	M	01:28:14.15	102.72				
87	James	Davies	102.71	M40	M	01:28:14.70	102.71				
88	Will	REES	102.70	M40	M					02:23:38	102.70
89	Rob	HANLON-WE	102.57	M40	M					02:23:49	102.57
90	Ben	Reid	102.43	M40	M	01:28:39.70	102.43				
91	Brian	EVANS	102.41	M40	M					02:24:03	102.41
92	Eddie	CROSS	102.39	M40	M					02:24:04	102.39
93	Bryn	READ	102.39	M40	M					02:24:04	102.39
94	mark	whitby	101.97	m40	M			02:51:18	101.97		
95	Andy	HAVEN	101.89	M40	M					02:24:47	101.89
96	Jonathan	LEWIS	101.64	M40	M					02:25:08	101.64
97	Tim	FRASER	101.62	M40	M					02:25:10	101.62

98	Marc	Barrow	101.38	M40	M	01:29:30.60	101.38				
99	Peter	Hammond	101.36	M40	M	01:29:32.45	101.36				
100	Shane	Williams	101.3	M40	M	01:29:37.55	101.3				
101	Shaun	PADDISON	101.27	M40	M					02:25:40	101.27
102	Richard	RUDGE	101.19	M40	M					02:25:47	101.19
103	Simon	Crane	101.17	M40	M	01:29:48.00	101.17				
104	Mike	Buckingham	101.11	M40	M	01:29:54.55	101.11				
105	Ian	DUNCAN	101.05	M40	M					02:25:59	101.05
106	Jonathon	HATFIELD	101.00	M40	M					02:26:03	101.00
107	Stuart	PETERS	100.91	M40	M					02:26:11	100.91
108	Nick	colmsee	100.86	m40	M			02:53:11	100.86		
109	Michael	BRADLEY	100.80	M40	M					02:26:21	100.80
110	Conor	WATKINS	100.75	M40	M					02:26:25	100.75
111	Nicky	COLES	100.59	M40	M					02:26:39	100.59
112	Daniel	WELLS	100.49	M40	M					02:26:48	100.49
113	nathan	bevan	100.46	m40	M			02:53:52	100.46		
114	Matthew	PARRY	100.45	M40	M					02:26:51	100.45
115	Jack	STRODE	100.42	M40	M					02:26:54	100.42
116	Matthew	Pizey	100.21	M40	M	01:30:35.00	100.21				
117	Owen	DRAPER	100.12	M40	M					02:27:20	100.12
118	John	DAVIES	100.03	M40	M					02:27:28	100.03
119	Nic	Forbes	100	M40	M	01:30:54.60	100				
120	Sal	OZSAKIN	100.00	M40	M					02:27:31	100.00
121	Kenneth	Owen	99.94	M40	M	01:30:59.80	99.94				
122	Tom	OVERTON	99.85	M40	M					02:27:44	99.85
123	Tom	BROWN	99.84	M40	M					02:27:45	99.84
124	Elliot	JOHNSON	99.79	M40	M					02:27:50	99.79
125	John	LEAFE	99.61	M40	M					02:28:06	99.61
126	Simon	CARTLIDGE	99.46	M40	M					02:28:19	99.46
127	Alan	BROWN	99.45	M40	M					02:28:20	99.45
128	Seamus	O SULLIVAN	99.37	M40	M					02:28:27	99.37
129	Michael	ELIADES	99.17	M40	M					02:28:45	99.17
130	Bailey	Justin	99.03	M40	M	01:31:42.00	99.03				

131	Bleddyn	Edwards	99.02	M40	M	01:31:43.45	99.02				
132	Tom	GRIFFITHS	99.02	M40	M					02:28:59	99.02
133	Sean	BARRY	98.85	M40	M					02:29:14	98.85
134	Mark	STEVENS	98.84	M40	M					02:29:15	98.84
135	Chris	WARMAN	98.70	M40	M					02:29:28	98.70
136	Bryn	POWIS	98.63	M40	M					02:29:34	98.63
137	Jack	JAGGS	98.60	M40	M					02:29:37	98.60
138	Dan	REES	98.27	M40	M					02:30:07	98.27
139	Jeff	Partridge	98.23	M40	M	01:32:17.30	98.23				
140	Simon	TEE	98.22	M40	M					02:30:11	98.22
141	Cain	Thomas	98.12	M40	M	01:32:27.55	98.12				
142	Richard	Barker	98.07	M40	M	01:32:32.25	98.07				
143	Sior	jones	98.05	M40	M			02:58:08	98.05		
144	Team	Ridgeway Tri	98.05	M40	M					02:30:27	98.05
145	Hennie	STAPELBERG	98.02	M40	M					02:30:30	98.02
146	Jamie	NOBLE	98.00	M40	M					02:30:32	98.00
147	Phillip	Crocker	97.91	M40	M	01:32:47.25	97.91				
148	Huw	JAKEWAY	97.78	M40	M					02:30:52	97.78
149	James	ALDWYN-ALL	97.69	m40	M			02:58:48	97.69		
150	D.	Walton	97.54	m40	M			02:59:04	97.54		
151	Arfon	EDWARDS	97.54	M40	M					02:31:14	97.54
152	Steven	RIORDAN	97.46	M40	M					02:31:22	97.46
153	Richard	PITT	97.38	M40	M					02:31:29	97.38
154	Trevor	LUNNON	97.35	M40	M					02:31:32	97.35
155	Steven	Liles	97.14	M40	M	01:33:17.15	97.14				
156	Greg	Dow	97.13	m40	M			02:59:50	97.13		
157	Rhodri	HOWELLS	97.00	M40	M					02:32:05	97.00
158	Jonathan	Llewelyn	96.97	M40	M	01:33:36.45	96.97				
159	Richard	Lewis	96.93	M40	M			03:00:12	96.93		
160	Steven	Hicks	96.91	M40	M			03:00:14	96.91		
161	Ian	Lloyd	96.88	M40	M	01:33:45.10	96.88				
162	Vasco	Nunes	96.63	M40	M			03:00:46	96.63		
163	Carl	James	96.27	M40	M	01:34:04.95	96.27				

164	Mike	GRIFFITHS	96.26	M40	M					02:33:15	96.26
165	Huw	THOMAS	96.23	M40	M					02:33:18	96.23
166	Rhys	Gandy	96.05	M40	M			03:01:51	96.05		
167	Rob	Harries	95.97	M40	M	01:34:34.10	95.97				
168	Simon	Phillips	95.97	M40	M	01:34:34.35	95.97				
169	Jay	Sharma	95.93	m40	M			03:02:05	95.93		
170	Jonathan	Meek	95.85	m40	M			03:02:14	95.85		
171	Christian	Griffiths	95.74	M40	M	01:34:56.95	95.74				
172	Richard	TREVASKIS	95.59	M40	M					02:34:19	95.59
173	Hefin	Lloyd	95.37	M40	M			03:03:09	95.37		
174	Carl	Roberts	95.28	M40	M	01:35:02.15	95.28			02:28:36	99.27
175	Jonathon	Hatfield	95.26	M40	M	01:35:04.45	95.26				
176	Spencer	Lawrence	95.12	M40	M	01:35:18.00	95.12				
177	Chris	Jones	94.78	M40	M	01:35:52.15	94.78				
178	Alan	DOWN	94.66	M40	M					02:35:50	94.66
179	Nathan	DAVIES	94.65	M40	M					02:35:51	94.65
180	Stephen	DOUGLAS	94.53	M40	M					02:36:03	94.53
181	Luke	ROBERTS	94.30	M40	M					02:36:26	94.30
182	Jonathan	Lewis	94.28	M40	M	01:36:03.35	94.28				
183	Henley	Jenkins	94.19	M40	M	01:36:12.00	94.19				
184	Derek	LACEY	94.15	M40	M					02:36:41	94.15
185	Colin	MACARTHUR	94.08	M40	M					02:36:48	94.08
186	Darragh	HANLEY-CRO	94.03	M40	M					02:36:53	94.03
187	Richard	Ellwood	94.02	M40	M	01:36:29.85	94.02				
188	Gerald	Brace	93.85	m40	M			03:06:07	93.85		
189	Paul	THOMAS	93.74	M40	M					02:37:22	93.74
190	Stephen	Mcnally	93.22	M40	M	01:37:12.85	93.22				
191	Thomas	JONES	93.17	M40	M					02:38:20	93.17
192	David	HEARING	93.09	M40	M					02:38:28	93.09
193	Lee	HAYWARD	93.05	M40	M					02:38:32	93.05
194	Emyr	Stephens	92.95	M40	M	01:37:40.05	92.95				
195	Craig	Hinks	92.8	M40	M	01:37:56.45	92.8				
196	Aide	WAY	92.80	M40	M					02:38:58	92.80

197	Graham	PARSONS	92.79	M40	M					02:38:59	92.79
198	Edward Mark	Davies	92.78	M40	M	01:37:58.10	92.78				
199	Justin	Howells	92.78	m40	M			03:08:16	92.78		
200	Lee	WILLIAMS	92.50	M40	M					02:39:29	92.50
201	Stephen	PECK	92.34	M40	M					02:39:45	92.34
202	Gareth	Hart	92.32	M40	M	01:38:07.90	92.32				
203	Ryan	Mcnally	92.08	M40	M	01:38:28.25	92.08				
204	Paul	KENNEDY	92.02	M40	M					02:40:19	92.02
205	Nigel	Morgan	91.98	M40	M	01:38:43.70	91.98				
206	Mark	Bowen	91.88	M40	M	01:38:54.70	91.88				
207	Rhys	JENKINS	91.78	M40	M					02:40:44	91.78
208	Paul	Evans	91.71	M40	M			03:10:27	91.71		
209	Paul	HARRISON	91.63	M40	M					02:41:00	91.63
210	Rhys	JONES	91.60	M40	M					02:41:03	91.60
211	Joel	BALDWIN	91.44	M40	M					02:41:20	91.44
212	Phil	MUMFORD	91.13	M40	M					02:41:52	91.13
213	James	ARMSTRONG	91.10	M40	M					02:41:56	91.10
214	Chrissy	Williams	91.00	M40	M			03:11:56	91.00		
215	Jason	Richards	90.56	M40	M			03:12:52	90.56		
216	Gavin Robert	SHOPLAND	90.30	M40	M					02:43:22	90.30
217	Marcus	Batt	90.17	M40	M	01:40:40.35	90.17				
218	Martin	Walters	90.17	M40	M	01:40:40.10	90.17				
219	Danothy	BENNETT	90.05	M40	M					02:43:49	90.05
220	Phil	WILLIAMS	89.78	M40	M					02:44:18	89.78
221	Martin	BARRETT	89.59	M40	M					02:44:40	89.59
222	Clive	Evans	89.38	M40	M	01:41:29.95	89.38				
223	John	Williams	89.36	M40	M	01:41:32.70	89.36				
224	Jon	Trevitt	89.32	M40	M	01:41:36.25	89.32				
225	Anthony	James	89.3	M40	M	01:41:38.65	89.3				
226	Alex	COX	89.29	M40	M					02:45:13	89.29
227	Chris	Clanfield	89.23	M40	M	01:41:46.15	89.23				
228	Simon	WILLIAMS	89.06	M40	M					02:45:38	89.06
229	Mark	Vines	88.96	m40	M			03:16:20	88.96		

230	Nick LOGAN	Logan	88.75	M40	M			03:16:48	88.75		
231	Nic	Beggs	88.62	M40	M	01:42:16.65	88.62				
232	Wayne	Phillips	88.32	M40	M	01:42:51.10	88.32				
233	Martin	Williams	88.32	M40	M	01:42:51.15	88.32				
234	Martin	KITCHENER	87.91	M40	M					02:47:48	87.91
235	Peter	MAYNE	87.59	M40	M					02:48:25	87.59
236	Michael	BRENNAND	87.43	M40	M					02:48:43	87.43
237	Mike	Gash	87.37	m40	M			03:19:55	87.37		
238	Julian	Smart	87.28	m40	M			03:20:08	87.28		
239	Mike	REECE	87.25	M40	M					02:49:04	87.25
240	Lee	Summers	86.93	M40	M	01:44:15.40	86.93				
241	Daniel	MOLCHER	86.71	M40	M					02:50:07	86.71
242	Mark	Jordan	86.65	M40	M	01:44:44.60	86.65				
243	Chris	Hopkins	86.65	m40	M			03:21:35	86.65		
244	Gavin	BLACK	86.55	M40	M					02:50:26	86.55
245	Jason	HOWELL	86.37	M40	M					02:50:48	86.37
246	Jim	Cornock	86.35	m40	M			03:22:16	86.35		
247	Ben	FRAYNE	86.23	M40	M					02:51:05	86.23
248	Graeme	DA SILVA	85.96	M40	M					02:51:37	85.96
249	Ross	Shepherd	85.81	M40	M	01:45:51.70	85.81				
250	Julian	Penney	85.63	m40	M			03:23:58	85.63		
251	Joseph	NASH	85.46	M40	M					02:52:37	85.46
252	Mark	JOHN	85.38	M40	M					02:52:47	85.38
253	Dyfed	Thomass	85.29	M40	M	01:46:15.95	85.29				
254	James	Wermig	85.06	m40	M			03:25:21	85.06		
255	Glyn	Drucker	84.59	M40	M	01:47:03.45	84.59				
256	Pete	Hughes	84.57	M40	M			03:26:32	84.57		
257	Simon	LEWIS	84.41	M40	M					02:54:46	84.41
258	Craig	Ayers	84.38	M40	M	01:47:29.85	84.38				
259	Mark	Hayward	84.25	M40	M	01:47:46.25	84.25				
260	Aled	Morgan	83.72	M40	M	01:48:14.90	83.72				
261	Gareth	Hill	83.65	M40	M	01:48:23.90	83.65				
262	Steve	Rees	83.51	M40	M	01:48:41.95	83.51				

263	Darren	Gilbert	82.88	M40	M	01:49:23.65	82.88				
264	Neil	KERBY	82.77	M40	M					02:58:14	82.77
265	Elis	Bartlett	81.96	M40	M	01:50:46.10	81.96				
266	Owen	ASHTON	81.83	M40	M					03:00:16	81.83
267	Jeremy	Rowe	81.42	M40	M	01:51:17.95	81.42				
268	Richard	Zielinski	81.39	M40	M	01:51:23.05	81.39				
269	Tim	Hubbard	81.23	M40	M	01:51:46.35	81.23				
270	Arthur	Quinn	80.81	M40	M	01:52:03.15	80.81				
271	Philip	Davies	80.61	M40	M	01:52:31.35	80.61				
272	Richard	Williams	80.54	M40	M	01:52:41.45	80.54				
273	Stewart	Webb	79.73	M40	M	01:53:55.70	79.73				
274	Mark	BOYCE	79.62	M40	M					03:05:16	79.62
275	David	Allen	79.35	M40	M	01:54:09.35	79.35				
276	Dan	CHAPPLE	79.02	M40	M					03:06:41	79.02
277	Dan	CHAPPLE	79.02	M40	M					03:06:41	79.02
278	Adrian	Coombs	78.72	M40	M			03:41:53	78.72		
279	Andrew	Birt	78.31	M40	M	01:55:48.35	78.31				
280	Tudor	EVANS	78.31	M40	M					03:08:23	78.31
281	Tudor	EVANS	78.31	M40	M					03:08:23	78.31
282	Stuart	Davies	78.01	M40	M	01:56:05.15	78.01				
283	Mark	Bond	77.92	M40	M			03:44:09	77.92		
284	Paul	BROCK	77.79	M40	M					03:09:38	77.79
285	Paul	BROCK	77.79	M40	M					03:09:38	77.79
286	Derek	Roberts	77.33	M40	M	01:57:08.40	77.33				
287	Gareth	Clark	77.29	M40	M	01:57:13.90	77.29				
288	Robert	Bevan	76.48	M40	M	01:58:38.05	76.48				
289	Liam	Bennett	73.58	M40	M	02:03:08.45	73.58				
290	Jonathan	Gibbs	73.08	m40	M			03:59:00	73.08		
291	Griffiths	Stephen	71.74	M40	M	02:06:19.10	71.74				
292	Mike	DROHAN	71.30	M40	M					03:26:54	71.30
293	Mike	DROHAN	71.30	M40	M					03:26:54	71.30
294	Peter	WILDE	71.29	M40	M					03:26:56	71.29
295	Peter	WILDE	71.29	M40	M					03:26:56	71.29

Male 50						Stage 1		Stage 2		Stage 3	
			Series Points	Category	Gender	Time	points	Time	Points	Time	Points
1	Nigel	Morse	319.85	M50	M	01:27:00.10	104.06	02:43:52	106.59	02:15:05	109.20
2	Steve	Matchett	213.05	M50	M	01:27:54.35	103.42	02:39:19	109.63		
3	James Thomas	Davies	198.69	M50	M	01:32:47.50	97.91	02:53:19	100.78		
4	Paul	White	180.88	M50	M	01:40:45.45	90.13	03:12:28	90.75		
5	Philip	Thomas	157.91	M50	M	02:33:59.00	58.94	02:56:29	98.97		
6	Colin	Wallace	114.33	M50	M	01:19:19.00	114.33				
7	Olli	SHORT	113.30	M50	M					02:10:12	113.30
8	Russ	TURNER	112.74	M50	M					02:10:51	112.74
9	Martin	Cole	111.22	M50	M	01:21:40.45	111.22				
10	Steve	JONES	108.90	M50	M					02:15:28	108.90
11	Darren	BRITTON	107.87	M50	M					02:16:45	107.87
12	Rodney	Savage	107.36	M50	M	01:24:33.10	107.36				
13	DEAN	HARDIE	105.68	M50	M			02:45:17	105.68		
14	Tim	Parfitt	105.27	M50	M	01:26:00.65	105.27				
15	Gethin	ELLIS	105.02	M50	M					02:20:28	105.02
16	Simon	WEBB	104.92	M50	M					02:20:36	104.92
17	Tom	MCCARTHY	104.72	M50	M					02:20:52	104.72
18	Michael	LENTON	104.29	M50	M					02:21:27	104.29
19	John	Cregg	103.77	M50	M	01:27:25.45	103.77				
20	James	FARRANT	103.50	M50	M					02:22:32	103.50
21	Richard	JENKINS	102.78	M50	M					02:23:32	102.78
22	Robert	WITHERALL	102.64	M50	M					02:23:43	102.64
23	Neil	WILLIAMS	101.76	M50	M					02:24:58	101.76
24	Richard	MOLLOY	101.28	M50	M					02:25:39	101.28
25	Jon	Phillips	101.04	m50	M			02:52:52	101.04		
26	Matthew	DEELEY	100.90	M50	M					02:26:12	100.90
27	David	kent	100.64	M50	M			02:53:33	100.64		
28	Mark	Lewis	100.26	M50	M	01:30:30.25	100.26				
29	leights	davies	100.14	m50	M			02:54:25	100.14		
30	Nick	elliott	100.00	M50	M			02:54:40	100.00		
31	Ben	MAYBERRY	99.90	M50	M					02:27:40	99.90

32	Andy	BOURNER	99.61	M50	M					02:28:06	99.61
33	Matthew	LADD	99.38	M50	M					02:28:26	99.38
34	Gareth	Norton	99.3	M50	M	01:31:17.30	99.3				
35	Edwyn	Jenkins	99.22	M50	M	01:31:25.35	99.22				
36	Paul	Duggins	98.96	M50	M	01:31:49.05	98.96				
37	Marc	Hughes	98.89	M50	M	01:31:55.05	98.89				
38	Simon	PINNELL	98.83	M50	M					02:29:16	98.83
39	Colin	Harvey	98.68	M50	M			02:57:00	98.68		
40	Dave	HEARD	98.52	M50	M					02:29:44	98.52
41	Dafydd	SION	98.19	M50	M					02:30:14	98.19
42	Dale	CRUTCHER	98.14	M50	M					02:30:19	98.14
43	Mark	HESTER	98.00	M50	M					02:30:32	98.00
44	Alec	Williams	97.81	M50	M			02:58:35	97.81		
45	Stephen	BROWN	97.80	M50	M					02:30:50	97.80
46	Vince	Price	97.78	M50	M	01:32:59.20	97.78				
47	Nathan	NOONAN-SMIT	97.76	M50	M					02:30:54	97.76
48	Frederic	WANTIEZ	97.24	M50	M					02:31:42	97.24
49	kevin	wheeler	96.87	m50	M			03:00:19	96.87		
50	Thorsten	Stoesser	96.79	M50	M	01:33:54.70	96.79				
51	Steve	BAKER	96.48	M50	M					02:32:54	96.48
52	Sean	DAVEY	96.18	M50	M					02:33:23	96.18
53	Charlie	SAUNDERS	96.10	M50	M					02:33:30	96.10
54	Dan	WILTON	96.08	M50	M					02:33:32	96.08
55	Scott	LUDBROOK	95.59	M50	M					02:34:19	95.59
56	Rob	Sandles	95.56	M50	M			03:02:47	95.56		
57	Mark	BUSHELL	95.13	M50	M					02:35:04	95.13
58	Stuart	KEEPING	95.06	M50	M					02:35:11	95.06
59	Bill	MURGATROYD	94.88	M50	M					02:35:29	94.88
60	Haydn	GILL	94.70	M50	M					02:35:46	94.70
61	john	jones	94.53	m50	M			03:04:46	94.53		
62	steven	wilkinson	94.37	m50	M			03:05:05	94.37		
63	Toby	RICHARDS	94.09	M50	M					02:36:47	94.09
64	Matt	JAMES	93.96	M50	M					02:37:00	93.96

65	Andrew	Williams	93.74	M50	M	01:36:58.20	93.74				
66	Shaun	REES	93.40	M50	M					02:37:56	93.40
67	Mark	Davies	93.31	M50	M	01:37:03.75	93.31				
68	Jason	WELSH	92.72	M50	M					02:39:06	92.72
69	Julian	Burt	92.41	M50	M			03:09:01	92.41		
70	Stephen	Bassett	92.23	M50	M	01:38:16.55	92.23				
71	Sam	CLEMENTS	92.19	M50	M					02:40:01	92.19
72	Matthew	LAWRENCE	90.81	M50	M					02:42:27	90.81
73	Roger	JENKINS	90.42	M50	M					02:43:09	90.42
74	Matthew	PENRHYN-JONE	89.68	M50	M					02:44:30	89.68
75	Kelvyn	Davies	89.47	M50	M			03:15:13	89.47		
76	Jason	ROBERTS	89.39	M50	M					02:45:02	89.39
77	David	BLOOR	89.21	M50	M					02:45:22	89.21
78	Iwan	Jones	89.15	M50	M	01:41:55.75	89.15				
79	Marcus	DRIVER	88.86	M50	M					02:46:01	88.86
80	alun	edwards	88.75	m50	M			03:16:49	88.75		
81	Dai	Webb	88.42	M50	M			03:17:32	88.42		
82	Richard	WILLIAMS	88.27	M50	M					02:47:07	88.27
83	Ken	BIDGOOD	87.84	M50	M					02:47:56	87.84
84	Duncan	Lewis	87.77	M50	M	01:43:15.65	87.77				
85	James	WILLIAMS	87.50	M50	M					02:48:36	87.50
86	Ken	HARDY	87.37	M50	M					02:48:51	87.37
87	Clinton	LESTER	87.31	M50	M					02:48:57	87.31
88	Christopher	Hemingway	86.82	M50	M	01:44:28.75	86.82				
89	Brian	Jenkins	86.69	M50	M	01:44:43.05	86.69				
90	Mark	DOBLE	86.67	M50	M					02:50:12	86.67
91	Chris	JAMES	86.64	M50	M					02:50:16	86.64
92	Peter	Lane	86.12	M50	M			03:22:49	86.12		
93	Andrew	Thomas	86.02	M50	M	01:45:25.75	86.02				
94	Rhodri	WATERS	85.54	M50	M					02:52:27	85.54
95	Jason	Thomas	85.19	M50	M	01:46:28.15	85.19				
96	Rhys	WILLIAMS	85.16	M50	M					02:53:13	85.16
97	Peter	Jones	84.4	M50	M	01:47:27.05	84.4				

98	John	Hughes	84.37	M50	M	01:47:30.15	84.37				
99	Jason	Senchal	84.34	M50	M	01:47:34.05	84.34				
100	Evan	YARDLEY	83.98	M50	M					02:55:40	83.98
101	Paul	Groom	83.61	M50	M	01:48:28.50	83.61				
102	Matthew	COLE	83.51	M50	M					02:56:39	83.51
103	Ray	Skinner	83.36	m50	M			03:29:32	83.36		
104	Richard	Hyett	83.15	M50	M			03:30:04	83.15		
105	Huw	JONES	82.94	M50	M					02:57:52	82.94
106	Martin	Green	82.89	m50	M			03:30:44	82.89		
107	Richard	BARNINGHAM	82.88	M50	M					02:57:59	82.88
108	Robin	HEFFTER	82.72	M50	M					02:58:20	82.72
109	Colin	OSBORNE	82.68	M50	M					02:58:25	82.68
110	Mike	Perry	82.51	M50	M			03:31:41	82.51		
111	Richard	Nugent	82.04	M50	M	01:50:35.25	82.04				
112	Lyn	James	81.2	M50	M	01:51:49.80	81.2				
113	Dave	Coe	79.8	M50	M	01:53:45.50	79.8				
114	Derek	ROBERTS	79.62	M50	M					03:05:16	79.62
115	Gareth	CUSHEN	79.53	M50	M					03:05:29	79.53
116	Michael	LUBE	78.55	M50	M					03:07:48	78.55
117	Michael	LUBE	78.55	M50	M					03:07:48	78.55
118	Anthony	Fox	78.45	M50	M	01:55:41.75	78.45				
119	Sutha	SIVA	78.03	M50	M					03:09:03	78.03
120	Sutha	SIVA	78.03	M50	M					03:09:03	78.03
121	Martyn	White	77.82	M50	M	01:56:34.45	77.82				
122	Ashley	Prothero	77.62	M50	M			03:45:01	77.62		
123	John	COLE	77.57	M50	M					03:10:11	77.57
124	John	COLE	77.57	M50	M					03:10:11	77.57
125	Gareth	Howells	77.16	M50	M			03:46:23	77.16		
126	Barry	WOODMAN	77.02	M50	M					03:11:32	77.02
127	Barry	WOODMAN	77.02	M50	M					03:11:32	77.02
128	David	Thomas	76.31	M50	M			03:48:54	76.31		
129	Adrian	Wilson	74.32	m50	M			03:55:01	74.32		
130	Mick	Adams	73.47	M50	M			03:57:44	73.47		

131	Ray	Sherry	72.93	M50	M	02:04:14.95	72.93				
132	Gareth	Lane	72.05	M50	M			04:02:25	72.05		
133	Nigel	Thomas	70.73	M50	M	02:08:00.25	70.73				
134	Sean	Rolfe	69.34	M50	M			04:11:54	69.34		

Male 60

	Name	Surname	Series Points	Category	Gender	Stage 1		Stage 2		Stage 2	
						Time	Points	Time	Points	Time	Points
1	Michael	Battersby	200.94	M60	M	01:28:39.65	102.43	02:57:19	98.51		
2	David	Hunter	165.29	M60	M	01:46:31.35	85.16	03:37:58	80.13		
3	nick	farnell	103.41	M60	M			02:48:54	103.41		
4	Jonathan	SALISBURY	94.11	M60	M					02:36:45	94.11
5	malcolm	clash	93.24	m60	M			03:07:20	93.24		
6	Bill	BEAUMONT	91.23	M60	M					02:41:42	91.23
7	Steve	Rich	90.48	M60	M			03:13:03	90.48		
8	Thomas	WILLS	88.42	M60	M					02:46:50	88.42
9	Huw	DAVIS	87.76	M60	M					02:48:06	87.76
10	Peter	Webb	86.16	M60	M	01:45:07.55	86.16				
11	John	IZAMIS	82.87	M60	M					02:58:00	82.87
12	Nicholas	Burman	80.33	M60	M			03:37:26	80.33		
13	Salman	WAQAR	76.76	M60	M					03:12:10	76.76
14	Salman	WAQAR	76.76	M60	M					03:12:10	76.76
15	Roy	Parsons	76.27	M60	M			03:49:01	76.27		
16	chris	davies	73.84	m60	M			03:56:32	73.84		
17	John	Evans	71.74	M60	M	02:06:19.65	71.74				
18	Richard	Scarr	69.93	m60	M			04:09:46	69.93		

Male 70+

	Series Scores	Category	Gender	Stage 1		Stage 2		Stage 3		
				Time	Points	Time	Points	Time	Points	
1	Linden Jenkins	77.22	M70	M	01:57:24.90	77.22				
2	Glyn Williams	73.54	M70	M	02:03:10.95	73.54				

Overall Female

	Overall Female				Stage 1		Stage 2		Stage 3		
	forename	surname	total points	Category	gender	Time	points	Time	Points	Time	Points
1	Catherine	Marks	354.32	FS	F	01:26:29.90	121.18	02:41:18	115.79	02:14:22	117.35
2	Gillian	Hopkins	335.31	F40	F	01:34:34.30	110.84	02:50:17	109.68	02:17:22	114.79
3	Sian (ELIZABETH)	Williams	334.4	F40	F	01:33:04.85	112.39	02:53:35	107.59	02:17:49	114.42
4	Vickie	Woodsford	314.32	FS	F	01:36:14.15	108.76	03:10:07	98.24	02:26:55	107.33
5	Rachael	Davies	278.99	F40	F	01:48:48.05	96.39	03:30:44	88.63	02:47:47	93.98
6	Katie	Greenwood	240.62	FS	F			02:36:47	119.12	02:09:47	121.50
7	Emma	Palfrey	235.32	FS	F	01:26:33.70	121.12	02:43:32	114.21		
8	Jasmine	Bowyer	223.30	FS	F			02:53:36	107.58	02:16:16	115.72
9	Shona	Bennett	215.44	FS	F	01:31:33.40	114.49	03:05:00	100.95		
10	Bryanie	Allsworth	213.94	FS	F	01:34:05.25	111.32	03:01:59	102.63		
11	Helen	Evans	207.15	FS	F	01:36:28.15	108.61	03:09:31	98.55		
12	Lucy	Davies	204.04	FS	F	01:42:53.95	101.98			02:34:30	102.06
13	Karen	Munn	200.57	F60	F	01:40:14.50	104.42	03:14:15	96.15		
14	Jayne	Leary	192.59	F40	F	01:43:10.90	101.42	03:24:50	91.18		
15	Vicki	Lewis	189.26	FS	F	01:43:28.15	101.24	03:32:11	88.02		
16	Jennifer	Aylward	188.44	F50	F	01:45:30.15	99.3	03:29:26	89.18		
17	Kathryn	Sweetman	179.1	F40	F	01:53:56.15	92.08			03:01:11	87.03
18	Denise	Phillips	169.46	F40	F	01:51:51.00	93.77	04:06:44	75.70		
19	Vicky	JOHNSTON	130.01	FS	F					02:01:17	130.01
20	Camilla	KING	122.28	FS	F					02:08:57	122.28
21	Celia	BOOTHMAN	119.65	F40	F					02:11:47	119.65
22	Alison	GOODA	119.16	fs	F					02:12:20	119.16
23	Fiona	Marks	116.18	FS	F			02:40:45	116.18		
24	Laura	CLEMENTS	116.04	FS	F					02:15:53	116.04
25	Eden	Schiller	114.68	FY	F	01:31:18.60	114.68				
26	Milly	Kipling	114.67	FS	F			02:42:52	114.67		
27	Larna	ANDREW	114.17	FS	F					02:18:07	114.17
28	Hollie	Labunsky	111.93	FS	F	01:33:42.35	111.93				
29	Laura	Grey	110.69	FS	F	01:34:47.45	110.69				
30	Rhian	JENKINS	109.72	FS	F					02:23:43	109.72
31	Georgina	GILBERT	109.33	F40	F					02:24:14	109.33
32	Debbie	CLARKE	108.90	F40	F					02:24:48	108.90
33	Eleanor	WISEMAN	108.75	FS	F					02:25:00	108.75
34	Elsa	BROMHALL	108.61	FS	F					02:25:11	108.61

35	Hayley	Griffiths	108.32	FS	F	01:36:53.80	108.32				
36	Lisa	Evans	108.29	FS	F	01:36:56.60	108.29				
37	Janet	FLETCHER	108.18	F40	F					02:25:46	108.18
38	Ellen	Harrison	107.98	FS	F			02:52:58	107.98		
39	Charlotte	Ralph	107.44	FS	F	01:37:32.00	107.44				
40	Nicky	HOLBROOK	107.32	F40	F					02:26:56	107.32
41	Paige	Horsnell	107.29	FS	F	01:37:46.45	107.29				
42	Lucy	TYLER	106.43	FS	F					02:28:09	106.43
43	Jenny	Mcadie	106.32	F40	F	01:38:35.35	106.32				
44	Victoria	Stockdale	106.09	F40	F	01:38:56.25	106.09				
45	Rachel	SION	105.44	FS	F					02:29:33	105.44
46	Flora	Burns	105.44	FS	F			02:57:08	105.44		
47	Ali	GRIFFITH	105.03	FS	F					02:30:08	105.03
48	Amy	Seppman	104.17	FS	F	01:40:38.90	104.17				
49	Ceri	Rees-Coe	104.03	F40	F	01:40:51.25	104.03				
50	Debbie	Phillips	103.53	F50	F			03:00:24	103.53		
51	Helen	Mansfield	103.15	F50	F	01:41:37.60	103.15				
52	Emma	SHERMAN-JAMES	102.97	FS	F					02:33:08	102.97
53	Lisa	Kethro	102.95	F50	F	01:41:57.20	102.95				
54	Natalya	CHEDZEY	102.71	F40	F					02:33:31	102.71
55	Katherine	Torr	102.65	FS	F			03:01:57	102.65		
56	Kirsty	HUDSON	102.61	F40	F					02:33:40	102.61
57	Amanda	KEEN	102.55	FS	F					02:33:46	102.55
58	Josie	BUIST	102.36	FS	F					02:34:03	102.36
59	Jacque	Fagan	102.29	F40	F	01:42:22.75	102.29				
60	Tamsin	OWEN	102.19	FS	F					02:34:18	102.19
61	Melanie	Davies	102.12	FS	F	01:42:39.55	102.12				
62	Megan	CLEMENTS	101.92	FS	F					02:34:43	101.92
63	Natasha	BARTON	101.69	FS	F					02:35:04	101.69
64	Lorraine	SIVA	101.63	F50	F					02:35:09	101.63
65	Chrissy	Davies	101.59	F50	F			03:03:51	101.59		
66	Juliet	SUDDABY	101.57	F50	F					02:35:15	101.57
67	Alyson	FRY	101.28	F50	F					02:35:41	101.28
68	Sue	BIDGOOD	101.22	F50	F					02:35:47	101.22
69	Emma	Edworthy	100.96	F40	F			03:04:59	100.96		
70	Sarah	MORRIS	100.54	F50	F					02:36:50	100.54

71	Georgina	LLOYD	100.39	F40	F					02:37:04	100.39
72	Kerry	SMITH	100.38	FS	F					02:37:05	100.38
73	Eleri	Jones	100.17	FS	F			03:06:27	100.17		
74	Rebecca	OATLEY	100.13	FS	F					02:37:29	100.13
75	Claire	Godfrey	100	F40	F	01:44:57.90	100				
76	Melanie	Miles	100.00	F40	F			03:06:46	100.00		
77	Cassandra	MCDOWALL	100.00	F40	F					02:37:41	100.00
78	Kate	BRAYBROOK	99.93	FS	F					02:37:48	99.93
79	Emily	SMITH	99.50	FS	F					02:38:29	99.50
80	Fiona	Jackson	99.49	F40	F	01:45:10.65	99.49				
81	Sue	BATHGATE	99.33	F70	F					02:38:45	99.33
82	Dorothea	MUELLER	99.14	FS	F					02:39:03	99.14
83	Cara	SWAIN	99.12	FS	F					02:39:05	99.12
84	Rhian	Davies	99.09	FS	F	01:45:53.05	99.09				
85	Imogen	STRINGER	98.99	FS	F					02:39:18	98.99
86	Hannah	PARTON	98.90	FS	F					02:39:26	98.90
87	George	TYLER	98.71	FS	F					02:39:45	98.71
88	Lindsay	BEALE	98.51	F50	F					02:40:04	98.51
89	Rachel	Bailey	98.39	FS	F	01:46:28.70	98.39				
90	Nichola	James	98.39	F40	F	01:46:28.70	98.39				
91	Helen	BARRETT	97.91	F40	F					02:41:03	97.91
92	Megan	Rosser	97.69	F50	F	01:47:04.50	97.69				
93	Sandra	Jones	97.51	F40	F	01:47:23.95	97.51				
94	Rachael	Parkinson	97.33	FS	F	01:47:43.75	97.33				
95	Sian	Davies	97.2	FS	F	01:47:58.75	97.2				
96	Lindsay	HOBBS	96.94	F50	F					02:42:40	96.94
97	Al	Bell	96.90	F40	F			03:12:44	96.90		
98	Megan	ATKINSON	96.78	F40	F					02:42:56	96.78
99	Rachael	PENMAN	96.74	FS	F					02:43:00	96.74
100	Lisa	Forrest	96.41	F40	F	01:48:46.35	96.41				
101	Kathy	HARDY	96.25	F40	F					02:43:50	96.25
102	Janet	EBENEZER	95.73	F40	F					02:44:43	95.73
103	Catrin	Williams	95.51	FS	F	01:49:48.45	95.51				
104	Laura	STEVENS	95.32	FS	F					02:45:25	95.32
105	Sharon	RUFF	95.32	F40	F					02:45:26	95.32
106	Juliana	Morgans	95.26	FS	F			03:16:03	95.26		

107	Megan	SMITH	94.73	FS	F					02:46:27	94.73
108	Cerys	EVANS	94.62	FS	F					02:46:39	94.62
109	Carolyn	DALES	94.60	F40	F					02:46:41	94.60
110	Caroline	Sandles	94.54	F50	F			03:17:33	94.54		
111	Makala	Doughty	94.26	F50	F			03:18:08	94.26		
112	Tina	PECK	94.06	F40	F					02:47:39	94.06
113	Valerie	SAVELKOUL	94.03	FS	F					02:47:42	94.03
114	Catherine	READ	93.96	F50	F					02:47:49	93.96
115	Lucie	Bromfield	93.92	FS	F	01:51:33.30	93.92				
116	Jenny	MORGAN	93.92	FS	F					02:47:54	93.92
117	Anna	Moon	93.88	FS	F	01:51:38.20	93.88				
118	Zara	Williams	93.49	FS	F			03:19:46	93.49		
119	Linda	Spillane	93.13	F60	F	01:52:28.05	93.13				
120	Christina	Smith	93.12	F50	F	01:52:28.90	93.12				
121	Jemma	Sedgmond	93.07	FS	F	01:52:35.70	93.07				
122	Miriam	Brown	92.75	FS	F			03:21:22	92.75		
123	Helen	Little	92.16	F40	F	01:53:46.05	92.16				
124	Debbie	BOWEN	91.66	FS	F					02:52:02	91.66
125	Natasha	WISEMAN	91.46	FS	F					02:52:24	91.46
126	Carolyn	CASWELL	91.34	F40	F					02:52:38	91.34
127	Sharon	Groom	91.31	F40	F	01:54:51.95	91.31				
128	Sandra	Gash	91.14	F40	F			03:24:55	91.14		
129	Angharad	Pocock	90.74	F40	F			03:25:50	90.74		
130	Emma	JONES	90.67	FS	F					02:53:54	90.67
131	Sophie	Rhouys	90.47	F40	F			03:26:27	90.47		
132	Anna	Griffiths	90.27	F40	F	02:10:26.45	90.27				
133	Clair	WHITE	90.23	F40	F					02:54:46	90.23
134	Natalie	Johnson	90.13	F40	F	01:56:02.35	90.13				
135	Jennifer	THOMAS	90.02	FS	F					02:55:10	90.02
136	Mary	Anthony	89.95	F50	F			03:27:38	89.95		
137	Lowri	Roberts	89.94	F40	F	01:56:26.50	89.94				
138	Eleanor	PREECE	89.53	FS	F					02:56:07	89.53
139	Helen	CUMMINS	89.23	F40	F					02:56:43	89.23
140	Aloma	Blackmore	89.16	FS	F	01:57:28.45	89.16				
141	Nerys	Harries	88.98	FS	F	01:57:51.95	88.98				
142	Susan	WILLIAMS	88.70	F50	F					02:57:46	88.70

143	Sam	DUNSTAN	88.69	F50	F					02:57:48	88.69
144	Sarah	WILLS	88.64	FS	F					02:57:54	88.64
145	Kirsty	Edwards	88.46	FS	F	01:58:21.50	88.46				
146	Emily	JONES	88.08	FS	F					02:59:01	88.08
147	Helen	HALE	88.05	F40	F					02:59:05	88.05
148	Sarah	Barham	87.46	F50	F	01:59:16.15	87.46				
149	Sarah	MURPHY	87.08	FS	F					03:01:05	87.08
150	Lisa	FORREST	86.79	F40	F					03:01:41	86.79
151	Jodi	PONTIN	86.77	FS	F					03:01:44	86.77
152	Helen	TILSTON	86.77	FS	F					03:01:44	86.77
153	Susan	Liddington	86.15	F60	F	02:01:36.85	86.15				
154	Ffion	Barham	86.11	FS	F	02:01:43.15	86.11				
155	Georgia	Joyce	86.05	F40	F			03:37:02	86.05		
156	Cathryn	DAVEY	85.77	FS	F					03:03:51	85.77
157	Eleri	CARRINGTON	85.71	FS	F					03:03:58	85.71
158	Sian CLEMENT	Clement	85.61	F40	F			03:38:10	85.61		
159	Camilla	Cooke	84.71	F50	F			03:40:28	84.71		
160	Mandy	Lewis	84.55	F50	F			03:40:54	84.55		
161	Sian	HOLLINS	84.38	F40	F					03:06:52	84.38
162	Bethan	STEPHENS	84.38	F40	F					03:06:52	84.38
163	Kate	ALLEN	83.71	F40	F					03:08:22	83.71
164	Sarah	Wedgbury	83.3	FS	F	02:05:53.25	83.3				
165	Nicola	SPEAR	83.28	F40	F					03:09:20	83.28
166	Awen	Gravell	83.28	FS	F	02:05:55.05	83.28				
167	Liz	MALLEN	83.20	F50	F					03:09:32	83.20
168	Lyndsay	PATTERSON	82.80	FS	F					03:10:26	82.80
169	Tina	HUMBLE	82.59	F40	F					03:10:56	82.59
170	Bethan	ROBERTS	82.51	FS	F					03:11:06	82.51
171	Suzanne	Williams	82.4	F50	F	02:06:29.80	82.4				
172	Hayley	Edwards	81.99	FS	F	02:07:53.85	81.99				
173	Felicity	DRIVER	81.94	FS	F					03:12:26	81.94
174	Philippa	Christley	81.81	FS	F			03:48:18	81.81		
175	Anna	Rees	81.48	FS	F	02:08:33.60	81.48				
176	Cheryle	Edwards	80.74	F60	F	02:09:50.45	80.74				
177	Kelly	LEAFE	80.64	F40	F					03:15:33	80.64
178	Angharad	Jones	80.1	FS	F	02:10:54.95	80.1				

179	Lowri	O'Boyle	79.40	FS	F			03:55:13	79.40		
180	Lucy	BRADLEY	79.34	FS	F					03:18:45	79.34
181	Mared	BRYN	79.01	FS	F					03:19:34	79.01
182	Jacqui	Swinney	78.30	F50	F			03:58:32	78.30		
183	Shari	FINCH	78.20	F40	F					03:21:39	78.20
184	Mared	Bryn	77.37	FS	F	02:15:15.80	77.37				
185	Rosie	Badger	76.64	FS	F			04:03:42	76.64		
186	Michaela	Taylor	76.63	FS	F			04:03:43	76.63		
187	Joy	Williams	75.21	F40	F	02:19:03.45	75.21				
188	Jenny	RICHARDS	74.77	FS	F					03:30:54	74.77
189	Cristina	NESTARES	71.23	F40	F					03:41:23	71.23
190	Paola	Marks	70.49	FS	F	02:28:34.80	70.49				
191	Cathryn	Gravell	68.67	F50	F	02:32:26.05	68.67				
192	Lucie	Parkinson	62.16	FS	F	02:48:21.00	62.16				

Female Youth and Junior

					Stage 1		Stage 1		
			Series Score	Category	Gender	Time	Individual	Time	Individual
1	Eden	Schiller	114.68	FY	F	01:31:18.60	114.68		

Female Seniors

			Series Scores	Category	Gender	Stage 1		Stage 2		Stage 3	
						Time	Points	Time	Points	Time	Points
1	Catherine	Marks	354.32	FS	F	01:26:29.90	121.18	02:41:18	115.79	02:14:22	117.35
2	Vickie	Woodsford	314.32	FS	F	01:36:14.15	108.76	03:10:07	98.24	02:26:55	107.33
3	Katie	Greenwood	240.62	FS	F			02:36:47	119.12	02:09:47	121.50
4	Emma	Palfrey	235.32	FS	F	01:26:33.70	121.12	02:43:32	114.21		
5	Jasmine	Bowyer	223.30	FS	F			02:53:36	107.58	02:16:16	115.72
6	Shona	Bennett	215.44	FS	F	01:31:33.40	114.49	03:05:00	100.95		
7	Bryanie	Allsworth	213.94	FS	F	01:34:05.25	111.32	03:01:59	102.63		
8	Helen	Evans	207.15	FS	F	01:36:28.15	108.61	03:09:31	98.55		
9	Lucy	Davies	204.04	FS	F	01:42:53.95	101.98			02:34:30	102.06
10	Vicki	Lewis	189.26	FS	F	01:43:28.15	101.24	03:32:11	88.02		
11	Vicky	JOHNSTON	130.01	FS	F					02:01:17	130.01
12	Camilla	KING	122.28	FS	F					02:08:57	122.28
13	Alison	GOODA	119.16	fs	F					02:12:20	119.16
14	Fiona	Marks	116.18	FS	F			02:40:45	116.18		
15	Laura	CLEMENTS	116.04	FS	F					02:15:53	116.04
16	Milly	Kipling	114.67	FS	F			02:42:52	114.67		
17	Larna	ANDREW	114.17	FS	F					02:18:07	114.17
18	Hollie	Labunsky	111.93	FS	F	01:33:42.35	111.93				
19	Laura	Grey	110.69	FS	F	01:34:47.45	110.69				
20	Rhian	JENKINS	109.72	FS	F					02:23:43	109.72
21	Eleanor	WISEMAN	108.75	FS	F					02:25:00	108.75
22	Elsa	BROMHALL	108.61	FS	F					02:25:11	108.61
23	Hayley	Griffiths	108.32	FS	F	01:36:53.80	108.32				
24	Lisa	Evans	108.29	FS	F	01:36:56.60	108.29				
25	Ellen	Harrison	107.98	FS	F			02:52:58	107.98		
26	Charlotte	Ralph	107.44	FS	F	01:37:32.00	107.44				
27	Paige	Horsnell	107.29	FS	F	01:37:46.45	107.29				
28	Lucy	TYLER	106.43	FS	F					02:28:09	106.43
29	Rachel	SION	105.44	FS	F					02:29:33	105.44
30	Flora	Burns	105.44	FS	F			02:57:08	105.44		
31	Ali	GRIFFITH	105.03	FS	F					02:30:08	105.03

32	Amy	Seppman	104.17	FS	F	01:40:38.90	104.17				
33	Emma	SHERMAN-JAMES	102.97	FS	F					02:33:08	102.97
34	Katherine	Torr	102.65	FS	F			03:01:57	102.65		
35	Amanda	KEEN	102.55	FS	F					02:33:46	102.55
36	Josie	BUIST	102.36	FS	F					02:34:03	102.36
37	Tamsin	OWEN	102.19	FS	F					02:34:18	102.19
38	Melanie	Davies	102.12	FS	F	01:42:39.55	102.12				
39	Megan	CLEMENTS	101.92	FS	F					02:34:43	101.92
40	Natasha	BARTON	101.69	FS	F					02:35:04	101.69
41	Kerry	SMITH	100.38	FS	F					02:37:05	100.38
42	Eleri	Jones	100.17	FS	F			03:06:27	100.17		
43	Rebecca	OATLEY	100.13	FS	F					02:37:29	100.13
44	Kate	BRAYBROOK	99.93	FS	F					02:37:48	99.93
45	Emily	SMITH	99.50	FS	F					02:38:29	99.50
46	Dorothea	MUELLER	99.14	FS	F					02:39:03	99.14
47	Cara	SWAIN	99.12	FS	F					02:39:05	99.12
48	Rhian	Davies	99.09	FS	F	01:45:53.05	99.09				
49	Imogen	STRINGER	98.99	FS	F					02:39:18	98.99
50	Hannah	PARTON	98.90	FS	F					02:39:26	98.90
51	George	TYLER	98.71	FS	F					02:39:45	98.71
52	Rachel	Bailey	98.39	FS	F	01:46:28.70	98.39				
53	Rachael	Parkinson	97.33	FS	F	01:47:43.75	97.33				
54	Sian	Davies	97.2	FS	F	01:47:58.75	97.2				
55	Rachael	PENMAN	96.74	FS	F					02:43:00	96.74
56	Catrin	Williams	95.51	FS	F	01:49:48.45	95.51				
57	Laura	STEVENS	95.32	FS	F					02:45:25	95.32
58	Juliana	Morgans	95.26	FS	F			03:16:03	95.26		
59	Megan	SMITH	94.73	FS	F					02:46:27	94.73
60	Cerys	EVANS	94.62	FS	F					02:46:39	94.62
61	Valerie	SAVELKOUL	94.03	FS	F					02:47:42	94.03
62	Lucie	Bromfield	93.92	FS	F	01:51:33.30	93.92				
63	Jenny	MORGAN	93.92	FS	F					02:47:54	93.92
64	Anna	Moon	93.88	FS	F	01:51:38.20	93.88				

65	Zara	Williams	93.49	FS	F			03:19:46	93.49		
66	Jemma	Sedgmond	93.07	FS	F	01:52:35.70	93.07				
67	Miriam	Brown	92.75	FS	F			03:21:22	92.75		
68	Debbie	BOWEN	91.66	FS	F					02:52:02	91.66
69	Natasha	WISEMAN	91.46	FS	F					02:52:24	91.46
70	Emma	JONES	90.67	FS	F					02:53:54	90.67
71	Jennifer	THOMAS	90.02	FS	F					02:55:10	90.02
72	Eleanor	PREECE	89.53	FS	F					02:56:07	89.53
73	Aloma	Blackmore	89.16	FS	F	01:57:28.45	89.16				
74	Nerys	Harries	88.98	FS	F	01:57:51.95	88.98				
75	Sarah	WILLS	88.64	FS	F					02:57:54	88.64
76	Kirsty	Edwards	88.46	FS	F	01:58:21.50	88.46				
77	Emily	JONES	88.08	FS	F					02:59:01	88.08
78	Sarah	MURPHY	87.08	FS	F					03:01:05	87.08
79	Jodi	PONTIN	86.77	FS	F					03:01:44	86.77
80	Helen	TILSTON	86.77	FS	F					03:01:44	86.77
81	Ffion	Barham	86.11	FS	F	02:01:43.15	86.11				
82	Cathryn	DAVEY	85.77	FS	F					03:03:51	85.77
83	Eleri	CARRINGTON	85.71	FS	F					03:03:58	85.71
84	Sarah	Wedgbury	83.3	FS	F	02:05:53.25	83.3				
85	Awen	Gravell	83.28	FS	F	02:05:55.05	83.28				
86	Lyndsay	PATTERSON	82.80	FS	F					03:10:26	82.80
87	Bethan	ROBERTS	82.51	FS	F					03:11:06	82.51
88	Hayley	Edwards	81.99	FS	F	02:07:53.85	81.99				
89	Felicity	DRIVER	81.94	FS	F					03:12:26	81.94
90	Philippa	Christley	81.81	FS	F			03:48:18	81.81		
91	Anna	Rees	81.48	FS	F	02:08:33.60	81.48				
92	Angharad	Jones	80.1	FS	F	02:10:54.95	80.1				
93	Lowri	O'Boyle	79.40	FS	F			03:55:13	79.40		
94	Lucy	BRADLEY	79.34	FS	F					03:18:45	79.34
95	Mared	BRYN	79.01	FS	F					03:19:34	79.01
96	Mared	Bryn	77.37	FS	F	02:15:15.80	77.37				
97	Rosie	Badger	76.64	FS	F			04:03:42	76.64		

98	Michaela	Taylor	76.63	FS	F			04:03:43	76.63		
99	Jenny	RICHARDS	74.77	FS	F					03:30:54	74.77
100	Paola	Marks	70.49	FS	F	02:28:34.80	70.49				
101	Lucie	Parkinson	62.16	FS	F	02:48:21.00	62.16				

	Forename	Surname		Category Gender		Stage 1		Stage 2		Stage 3	
				Category	Gender	Time	points	Time	points	Time	points
1	Gillian	Hopkins	335.31	F40	F	01:34:34.30	110.84	02:50:17	109.68	02:17:22	114.79
2	Sian (ELIZABETH)	Williams	334.4	F40	F	01:33:04.85	112.39	02:53:35	107.59	02:17:49	114.42
3	Rachael	Davies	278.99	F40	F	01:48:48.05	96.39	03:30:44	88.63	02:47:47	93.98
4	Jayne	Leary	192.59	F40	F	01:43:10.90	101.42	03:24:50	91.18		
5	Kathryn	Sweetman	179.1	F40	F	01:53:56.15	92.08			03:01:11	87.03
6	Denise	Phillips	169.46	F40	F	01:51:51.00	93.77	04:06:44	75.70		
7	Celia	BOOTHMAN	119.65	F40	F					02:11:47	119.65
8	Georgina	GILBERT	109.33	F40	F					02:24:14	109.33
9	Debbie	CLARKE	108.90	F40	F					02:24:48	108.90
10	Janet	FLETCHER	108.18	F40	F					02:25:46	108.18
11	Nicky	HOLBROOK	107.32	F40	F					02:26:56	107.32
12	Jenny	Mcadie	106.32	F40	F	01:38:35.35	106.32				
13	Victoria	Stockdale	106.09	F40	F	01:38:56.25	106.09				
14	Ceri	Rees-Coe	104.03	F40	F	01:40:51.25	104.03				
15	Natalya	CHEDZEY	102.71	F40	F					02:33:31	102.71
16	Kirsty	HUDSON	102.61	F40	F					02:33:40	102.61
17	Jacquie	Fagan	102.29	F40	F	01:42:22.75	102.29				
18	Emma	Edworthy	100.96	F40	F			03:04:59	100.96		
19	Georgina	LLOYD	100.39	F40	F					02:37:04	100.39
20	Claire	Godfrey	100	F40	F	01:44:57.90	100				
21	Melanie	Miles	100.00	F40	F			03:06:46	100.00		
22	Cassandra	MCDOWALL	100.00	F40	F					02:37:41	100.00
23	Fiona	Jackson	99.49	F40	F	01:45:10.65	99.49				
24	Nichola	James	98.39	F40	F	01:46:28.70	98.39				
25	Helen	BARRETT	97.91	F40	F					02:41:03	97.91
26	Sandra	Jones	97.51	F40	F	01:47:23.95	97.51				
27	Al	Bell	96.90	F40	F			03:12:44	96.90		
28	Megan	ATKINSON	96.78	F40	F					02:42:56	96.78
29	Lisa	Forrest	96.41	F40	F	01:48:46.35	96.41				
30	Kathy	HARDY	96.25	F40	F					02:43:50	96.25
31	Janet	EBENEZER	95.73	F40	F					02:44:43	95.73
32	Sharon	RUFF	95.32	F40	F					02:45:26	95.32
33	Carolyn	DALES	94.60	F40	F					02:46:41	94.60

34	Tina	PECK	94.06	F40	F					02:47:39	94.06
35	Helen	Little	92.16	F40	F	01:53:46.05	92.16				
36	Carolyn	CASWELL	91.34	F40	F					02:52:38	91.34
37	Sharon	Groom	91.31	F40	F	01:54:51.95	91.31				
38	Sandra	Gash	91.14	F40	F			03:24:55	91.14		
39	Angharad	Pocock	90.74	F40	F			03:25:50	90.74		
40	Sophie	Rhouys	90.47	F40	F			03:26:27	90.47		
41	Anna	Griffiths	90.27	F40	F	02:10:26.45	90.27				
42	Clair	WHITE	90.23	F40	F					02:54:46	90.23
43	Natalie	Johnson	90.13	F40	F	01:56:02.35	90.13				
44	Lowri	Roberts	89.94	F40	F	01:56:26.50	89.94				
45	Helen	CUMMINS	89.23	F40	F					02:56:43	89.23
46	Helen	HALE	88.05	F40	F					02:59:05	88.05
47	Lisa	FORREST	86.79	F40	F					03:01:41	86.79
48	Georgia	Joyce	86.05	F40	F			03:37:02	86.05		
49	Sian CLEMENT	Clement	85.61	F40	F			03:38:10	85.61		
50	Sian	HOLLINS	84.38	F40	F					03:06:52	84.38
51	Bethan	STEPHENS	84.38	F40	F					03:06:52	84.38
52	Kate	ALLEN	83.71	F40	F					03:08:22	83.71
53	Nicola	SPEAR	83.28	F40	F					03:09:20	83.28
54	Tina	HUMBLE	82.59	F40	F					03:10:56	82.59
55	Kelly	LEAFE	80.64	F40	F					03:15:33	80.64
56	Shari	FINCH	78.20	F40	F					03:21:39	78.20
57	Joy	Williams	75.21	F40	F	02:19:03.45	75.21				
58	Cristina	NESTARES	71.23	F40	F					03:41:23	71.23

Female 50

Female 50						Stage 1		Stage 2		Stage 3	
Series Scores			Category	Gender	Time	Points	Time	Points	Time	Points	
1	Jennifer	Aylward	188.44	F50	F	01:45:30.15	99.3	03:29:26	89.18		
2	Debbie	Phillips	103.53	F50	F			03:00:24	103.53		
3	Helen	Mansfield	103.15	F50	F	01:41:37.60	103.15				
4	Lisa	Kethro	102.95	F50	F	01:41:57.20	102.95				
5	Lorraine	SIVA	101.63	F50	F					02:35:09	101.63
6	Chrissy	Davies	101.59	F50	F			03:03:51	101.59		
7	Juliet	SUDDABY	101.57	F50	F					02:35:15	101.57
8	Alyson	FRY	101.28	F50	F					02:35:41	101.28
9	Sue	BIDGOOD	101.22	F50	F					02:35:47	101.22
10	Sarah	MORRIS	100.54	F50	F					02:36:50	100.54
11	Lindsay	BEALE	98.51	F50	F					02:40:04	98.51
12	Megan	Rosser	97.69	F50	F	01:47:04.50	97.69				
13	Lindsay	HOBBS	96.94	F50	F					02:42:40	96.94
14	Caroline	Sandles	94.54	F50	F			03:17:33	94.54		
15	Makala	Doughty	94.26	F50	F			03:18:08	94.26		
16	Catherine	READ	93.96	F50	F					02:47:49	93.96
17	Christina	Smith	93.12	F50	F	01:52:28.90	93.12				
18	Mary	Anthony	89.95	F50	F			03:27:38	89.95		
19	Susan	WILLIAMS	88.70	F50	F					02:57:46	88.70
20	Sam	DUNSTAN	88.69	F50	F					02:57:48	88.69
21	Sarah	Barham	87.46	F50	F	01:59:16.15	87.46				
22	Camilla	Cooke	84.71	F50	F			03:40:28	84.71		
23	Mandy	Lewis	84.55	F50	F			03:40:54	84.55		
24	Liz	MALLEN	83.20	F50	F					03:09:32	83.20
25	Suzanne	Williams	82.4	F50	F	02:06:29.80	82.4				
26	Jacqui	Swinney	78.30	F50	F			03:58:32	78.30		
27	Cathryn	Gravell	68.67	F50	F	02:32:26.05	68.67				

Female 60+

				Stage 1		Stage 2		Stage 3			
Series Scores			Category	Gender	Time	points	Time	points	Time	points	
1	Karen	Munn	200.57	F60	F	01:40:14.50	104.42	03:14:15	96.15		
2	Linda	Spillane	93.13	F60	F	01:52:28.05	93.13				
3	Susan	Liddington	86.15	F60	F	02:01:36.85	86.15				
4	Cheryle	Edwards	80.74	F60	F	02:09:50.45	80.74				

Female 60+

					Stage 1		Stage 2		Stage 3		
Series Scores			Category	Gender	Time	points	Time	points	Time	points	
1	Sue	BATHGATE	99.33	F70	F					02:38:45	99.33

Affiliated Clubs

	Club Name	Series Score	Affiliated	Event 1 - Llanelli Sprint			Event 2 - Pembrokeshire			Event 3 - Cardiff		
				No of Entrants	Total Score	Event Score	No of Entrants	Total Score	Event Score	No of Entrants	Total Score	Event Score
1	Cardiff Triathlon Club	270.81	YES	20	233	94.9	11	152.25	83.75	26	294.37	92.16
2	Pembrokeshire Triathlon Club	241.94	YES	13	141	94.9	21	187.45	91.5	3	55.54	55.54
3	Celtic Tri	197.31	YES	26	311.78	97.07	10	120.5	79.15	2	21.09	21.09
4	Pencoed Triathlon Club	165.88	YES	4	54.11	54.11	2	37.75	37.75	5	74.02	74.02
5	Bynea CC	157.98	YES	13	144.38	73.9	5	58	58	2	26.08	26.08
6	NEWT	144.95	YES	11	96.77	66.34	2	23	23	9	71.27	55.61
7	Rhondda Triathlon Club	138.77	YES	10	97.64	65.6	5	53.75	53.75	2	19.42	19.42
8	Team Cranc	112.8	YES	3	57.3	57.3	3	55.5	55.5			
9	Cr@p TRI	111.31	YES	2	22.8	22.8	2	24.00	24.00	8	84.21	64.51
10	Caerphilly Tri-ers	95.56	YES	5	43.05	43.05				9	67.45	52.51
11	Port Talbot Harriers	90.55	YES	7	65.45	60.25	2	22	22	1	8.3	8.3
12	Aim2Tri	60.3	YES	4	53.3	53.3				1	7	7
13	Swansea Trisharks	58	YES	2	34.5	34.5	2	23.50	23.50			
14	Tri Monkey	38.26	YES	1	18.8	18.8				1	19.46	19.46
15	GOG Triathlon	34.77	YES				1	14.50	14.50	3	20.27	20.27
16	Tenby Aces	31.4	YES				5	31.4	31.4			
17	San Domenico	30.7	YES				1	12.5	12.5	1	18.2	18.2
18	South Wales Police	27.96	YES	1	17.76	17.76				1	10.2	10.2
19	Taff Ely Triathlon Club	26.05	YES	1	5.75	5.75	3	20.30	20.30			
20	Swansea University Tri Club	22.75	YES	1	13.75	13.75	1	9.00	9.00			
21	Torfaen	18.65								1	18.65	18.65
22	Whiterock	17.27								3	17.27	17.27
23	Cardiff University Tri	16.1								1	16.1	16.1
24	Triathlon Coaching Wales	14.75	YES				1	14.75	14.75			
25	NBCC	14.00	YES				1	14.00	14.00			
26	Monmouth	12.71								1	12.71	12.71
27	Y Fenni	11.6	YES	1	11.6	11.6						
28	Pirhana Tri Club	11.19	YES	1	5.5	5.5				1	5.69	5.69
29	TATA Steel	9	YES	1	9	9						
30	Whitland	8.50	YES				2	8.50	8.50			
31	Merthyr	7.58								1	7.58	7.58
32	Bridgend	5.00	YES				1	5.00	5.00			
33	Swansea Bay Triathlon Club	3.8	YES	1	3.8	3.8						
34	Brecon Triathlon Club	2.6	yes	1	2.6	2.6						

Non Affiliated Clubs

			Stage 1 - Llanelli Sprint			Stage 2 - Pembrokeshire			Stage 3 - Cardiff			
	<i>Club Name</i>	<i>Series Score</i>	<i>Affiliated</i>	<i>No of Entrants</i>	<i>Total Score</i>	<i>Event Score</i>	<i>No of Entrants</i>	<i>Total Score</i>	<i>Event Score</i>	<i>No of Entrants</i>	<i>Total Score</i>	<i>Event Score</i>
1	West Coast Triathlon	208.01		19	208.55	81.15	7	84.5	68.5	5	58.36	58.36
2	Dredgers	60.29		7	68.73	60.29						
3	3M Gorseinon Road Runners	56.16		4	30.06	30.06	2	26.10	26.10			
4	LegIT	53.85		3	47.05	47.05	1	6.80	6.80			
5	Pembrokeshire Velo	53		2	36	36	1	17.00	17.00			
6	Amman Valley Kenyans	51.1		7	61.25	51.1						
7	Cemais	49.1		2	31.6	31.6	1	17.5	17.5			
8	Team Tredz	39.7		1	20	20				1	19.7	19.7
9	Milford Tritans	30.25					2	30.25	30.25			
10	Gower Riders	29.2		2	29.2	29.2						
11	Narberth Nobblers	24.9		1	10.4	10.4	2	14.5	14.5			
12	Burns	22		2	22	22						
13	Swansea Vale Triathlon Club	21.8		2	21.8	21.8						
14	Royal Navy	20.74								2	20.74	20.74
15	Teme Leisure Tri	20.00					1	20.00	20.00			
16	Aquasphere	20								1	20	20
17	Mikes Bikes	19.5					1	19.5	19.5			
18	RAF	19.25		1	19.25	19.25						
19	Swansea Harriers	19					1	19	19			
20	Team Cranc	18.6								1	18.6	18.6
21	Port Talbot WHEELERS	18.4		1	18.4	18.4						
22	Risca	17.84								1	17.84	17.84
23	Whittlefit	17.25		1	17.25	17.25						
24	Tri Specific	17		1	17	17						
25	Pontyclun	17								1	17	17
26	Army Triathlon Association	16.5		1	16.5	16.5						
27	Wolfpack	15.54		1	15.54	15.54						
28	Bodyworks	15.5		1	15.5	15.5						
29	TROT	15.25		1	3.25	3.25	1	12.00	12.00			
30	AVK	15.2		1	15.2	15.2						
31	Cwm Gwendraeth Triathlon Club	13.5		1	8.5	8.5	1	5.00	5.00			
32	Ammanford Tri Club	13.32		1	13.32	13.32						
33	Cardiff Masters	13.25		1	13.25	13.25						
34	Team Triumph	11.75		1	11.75	11.75						
35	ATG	11.25					2	11.25	11.25			
36	Valley Vikings	11.1		1	11.1	11.1						
37	Newport Velo	10.77								1	10.77	10.77
38	Emlyn Flyers	10.2		1	4.1	4.1				1	6.1	6.1
39	Primal	7.5		2	7.5	7.5						
40	5 Frogs	6.66		1	6.66	6.66						
41	Five Frogs	6.50					1	6.50	6.50			
42	Robertstown Road Runners	5.9		1	5.9	5.9						
43	SWP Tri	5.75					1	5.75	5.75			
44	Peak24Tri	4.75		1	4.75	4.75						
45	Sospan	4.5		1	4.5	4.5						
46	Brace Fitness	4.25					1	4.25	4.25			

47	Fairwater Runners, Cwmbran	3.33		1	3.33	3.33						
48	Bryn Bach Running Club	3		1	3	3						
49	Team Tank	2		1	2	2						
50	Tri Specific	1.50					1	1.50	1.50			
51	Cycle Specific	1.00					1	1.00	1.00			