

	Age Cat	Races	Best
Chris Discombe	SM	1	15.25
Steve Paterson	SM	5	16.02
Phil Cook	M40	1	16.09
Jerome Edwards	SM	2	16.10
Ed Donovan	SM	13	16.28
Stuart Crees	SM	5	16.34
Nick Dukes	SM	7	16.49
Mark Palsler	SM	7	17.00
Rob Sage	SM	12	17.14
Martin Williams	M40	3	17.20
Matthew Hurford	SM	2	17.30
Scott Howell	M50	1	17.31
Richard Bullen	M50	2	17.38
John Sutherland	SM	11	17.39
Tom Jeffery	SM	2	17.41
Richard Self	M40	8	17.46
Stuart McIlroy	SM	6	18.00
David J Williams	SM	3	18.01
Mick McGeoch	M50	1	18.07
Phil George	SM	5	18.13
Lyndon Tudor-Maisey	SM	1	18.16
Ben Farag	M40	1	18.16
James Bruce	SM	6	18.22
Paul Coker	M50	1	18.26
Elio Lepore	M50	14	18.26
Matthew Hooper	SM	4	18.39
Rob Scott	SM	2	18.42
Jerry Cleall-Harding	M50	1	18.47
Paulo Simoes	M40	1	18.52
Mike Murphy	M50	6	18.53
Sandy Johnston	M60	4	18.56
Alun Jones	SM	1	18.59
Andrew Blair	M40	4	19.01
Paul Morris	M50	23	19.03
Andrew Russell	SM	8	19.07
Calum Cheshire	SM	1	19.16
Katie Beecher	SW	4	19.18
John O'Shea	M50	2	19.18
Peter Kellam	M40	2	19.23
Shaun Connor	M40	9	19.30
Liz Kirwan	SW	8	19.31
Maria Zubizarreta	W35	5	19.32
Simon Hazel	M40	9	19.39
Libby O'Duffy	W35	4	19.40
Gerry Crispie	M40	2	19.41
David Proud	M40	8	19.42
Martin Pinnell	M50	11	19.49
Helen Jessop	SW	2	19.54
Paul Sheppard	M40	4	19.56
Brendan Jones	M40	5	19.56
Rosie Seville	SW	2	20.02
Jen Salter	W35	1	20.04
David E Williams	M40	17	20.07
Alex Capleton	SM	10	20.08
Adam Morton	SM	4	20.09

Terry Caveney	M50	5	20.23
Lloyd McGeoch-Williams	SM	2	20.25
Tim O'Sullivan	M50	3	20.29
John Magee	M40	10	20.29
Keith McGeoch	M60	1	20.32
Andrew Davidson	SM	6	20.34
Gareth Rees	M40	9	20.38
Nicky McWilliam	W35	4	20.38
Claire Beatty	SW	5	20.39
Dave Price	M40	4	20.40
Mick Tabor	M50	5	20.44
Nick Dallimore	M50	1	20.48
Stephen Alexander	M40	6	20.49
Mike Davies	M60	2	20.55
Richard Sewell	M50	12	20.58
Sarah McCarthy	W35	5	20.58
Alan Mann	M50	6	21.00
Nick Williams	M40	15	21.09
Alyson Hayes	W35	2	21.14
Jo Tucker	W35	1	21.15
Rod Perons	M40	6	21.16
Angharad Rhys	SW	12	21.17
Gary Bodman	M40	18	21.24
Stephen Quin	M40	9	21.31
Peter Turnbull	M40	4	21.43
Matt Townsend	M40	1	21.56
John Plain	M60	3	22.00
Roy Silver	M50	6	22.03
Steve B Lewis	M50	2	22.09
Alun E Williams	SM	6	22.10
Julie Scholey	W45	1	22.15
Yvonne Bullen	W45	3	22.16
Mike Rossiter	M50	2	22.18
Peter Wilks	SM	7	22.18
Loretta Daley	W45	3	22.30
Andrew Sedgmond	M50	2	22.35
Gary Hyatt	M60	4	22.35
Gary John	M50	1	22.37
Rachel Banfield	SW	1	23.06
Gillian McCue	SW	7	23.08
Firouz Mal	M50	1	23.12
Jeff Aston	M60	7	23.12
Sasha Macken	W35	3	23.14
Matt Thomas	SM	4	23.14
Jan Hall	W45	2	23.14
Frances Machin	W35	2	23.31
David Hodges	M40	4	23.47
Frank Williams	M50	2	24.10
Kellinu Portelli	M40	1	24.14
David F Williams	SM	3	24.19
Rosie Spears	W35	2	24.21
Owain Griffiths	SM	2	24.35
Sheena Ali	SW	6	24.41
Howard Brown	M60	2	24.48
Natalie Hindmarsh	W35	3	24.50
David McDonald	M40	1	24.52

Aelwen Blythe	W45	4	25.02
Abby Forster	SW	1	25.19
Lisa Muller	W55	3	25.27
Carly Reagon	SW	2	25.53
Clare Johnson	W65	3	26.39
Mark Engstrom	M40	3	26.49
Geoff Wright	M60	16	26.59
Gwenno Williams	W45	3	27.01
Amanda Thompson	W45	14	27.04
Doug Mends	M70	6	27.08
Annie Conroy	W65	2	27.23
Rhian Llewellyn	W35	7	27.29
Gillian Murphy	W55	3	27.34
Gwenno Thomas	F35	1	27.35
Sarah Perons	W45	2	27.36
Carys Davies	W35	2	27.53
Michelle Amblin	W35	5	28.09
Nicola Poole	W35	1	28.10
Ai-Lin Kee	W35	8	28.29
Mal Farnham	M70	6	28.38
Christine Faulkner	W35	4	28.42
Errol Alexis	M70	8	28.53
Kerry Francis	W45	3	29.07
Sandra Caveney	W45	2	29.24
Eirian Arwyn	W55	18	29.48
Val Aston	W55	2	29.52
Avril Westren	W45	4	30.13
Jo Gamba	SW	1	32.08
Tony Dorsett	M60	18	32.34
Des Davies	M60	23	32.52
Tony Dorsett	M70	8	33.44