



CARDIFF Tissot Assault Course Results

Overall Pos	Name	Race No.	Gender	Team Name	Finish Time	Wave No.	Assault Course	AS Pos
959	Delme Price	1528	Male	Fit Academy	01:40:00	Wave 6	00:03:06	1
51	Karl Welborn	2010	Male		01:10:26	Wave 7	00:03:09	2
160	Craig Andrews	24	Male		01:18:34	Wave 3	00:03:12	3
12	Jason Brewer	185	Male	brewster	01:03:55	Wave 1	00:03:14	4
898	David Walton	1972	Male		01:38:34	Wave 8	00:03:16	6
1440	John Mollen	1306	Male		01:54:40	Wave 8	00:03:16	5
4	Brooks Alex	2220	Male	For Goodness Shakes	00:59:52	Wave 1	00:03:17	8
197	Sion Grove	731	Male		01:19:59	Wave 4	00:03:17	7
39	Zoran Andjelkovic	20	Male		01:09:22	Wave 5	00:03:18	9
76	Thomas Partridge	1450	Male		01:13:19	Wave 3	00:03:19	12
120	Carlos Anziani	28	Male	Martinez	01:15:54	Wave 8	00:03:19	10
506	Aidan Debard	464	Male		01:29:19	Wave 7	00:03:19	11
22	Anthony Wood	2145	Male		01:06:25	Wave 6	00:03:20	13
11	Tom Coombs	348	Male		01:03:42	Wave 2	00:03:21	14
61	Marc Downey	491	Male	Team Bannatyne	01:11:08	Wave 2	00:03:21	15
124	Ryan Pannell	1442	Male	Cranleigh RFC	01:16:09	Wave 5	00:03:21	16
1	Ross Macdonald	2207	Male	For Goodness Shakes	00:56:42	Wave 1	00:03:22	17
236	Jake Wallis	1966	Male	raf sparks	01:21:12	Wave 8	00:03:23	18
66	Jared Gethin	640	Male	Team Wales	01:12:19	Wave 4	00:03:24	20
129	Ben Day	461	Male		01:16:32	Wave 8	00:03:24	19
302	Sam Watkins	1995	Male	Sam	01:23:53	Wave 8	00:03:24	21
138	Keiron Arndell	36	Male		01:16:52	Wave 6	00:03:25	22
183	Joseph Harvey	799	Male		01:19:26	Wave 3	00:03:25	25
271	Michael Cosnett	360	Male		01:22:53	Wave 6	00:03:25	23
358	Patrick Dunford	511	Male		01:25:26	Wave 9	00:03:25	24
1474	Chris Maines	1206	Male		01:56:12	Wave 6	00:03:25	26
43	Brod Murphy	1364	Male		01:09:31	Wave 1	00:03:26	29
167	Ciaren Brown	197	Male		01:18:49	Wave 1	00:03:26	27
172	Mark Schropfer	1696	Male	mark	01:18:59	Wave 8	00:03:26	30
179	James Huggett	894	Male	James Huggett	01:19:12	Wave 5	00:03:26	28
8	Steve Westlake	2190	Male	Team Men's Health	01:02:02	Wave 1	00:03:27	36
18	Chris Lewis	1121	Male		01:05:34	Wave 1	00:03:27	35
24	Daniel Carr	249	Male		01:07:02	Wave 4	00:03:27	32
35	Anthony Couzens	366	Male	Team Wales	01:08:50	Wave 4	00:03:27	33
332	Kevin Francis	615	Male		01:24:34	Wave 6	00:03:27	34
869	Paul Anstey	26	Male	Paul Anstey	01:37:50	Wave 7	00:03:27	31
15	Simon john Williams	2089	Male		01:05:22	Wave 3	00:03:28	42
62	Ross Wilkins	2055	Male		01:11:40	Wave 1	00:03:28	41
63	Robert Sparrow	1792	Male		01:11:41	Wave 7	00:03:28	40
109	Spencer Collings	324	Male		01:15:22	Wave 4	00:03:28	38
188	Wayne Bevan	131	Male		01:19:35	Wave 6	00:03:28	37
843	Jack Rutterford	1680	Male	Hooters	01:37:16	Wave 7	00:03:28	39
19	Matthew Tye	1935	Male		01:05:59	Wave 1	00:03:29	47
25	Jonathan Procter	1538	Male	Freestylekinetics	01:07:04	Wave 1	00:03:29	46
42	Alex Ben-david	2200	Male	For Goodness Shakes	01:09:28	Wave 1	00:03:29	49
85	Andrew Craddock	373	Male	P.A.C.E	01:13:51	Wave 1	00:03:29	43
184	Gerraint Webb	2004	Male		01:19:27	Wave 6	00:03:29	48
303	Adam Gibbs	645	Male	The Roger Nigel	01:23:53	Wave 5	00:03:29	44
1069	Dean O'donnell	1410	Male	Bauerfeind	01:42:23	Wave 7	00:03:29	45
3	Michael Kallenberg	1054	Male		00:58:38	Wave 1	00:03:30	53
28	Steve Latham	1107	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:07:59	Wave 2	00:03:30	54
91	Will Harris	782	Male	Team Willpower	01:14:18	Wave 1	00:03:30	52
140	John Fitzpatrick	590	Male		01:16:57	Wave 5	00:03:30	51
241	Stanley Townsend	1913	Male		01:21:21	Wave 8	00:03:30	55
335	Tom Cutliffe	395	Male	Tom	01:24:46	Wave 8	00:03:30	50
6	Bruce Raeside	2205	Male	For Goodness Shakes	01:00:45	Wave 1	00:03:31	59
40	Adam Gouha	684	Male	Aberystwyth Spartans	01:09:27	Wave 2	00:03:31	57
56	Jonathan Ault	51	Male	222 sports	01:10:52	Wave 3	00:03:31	56
438	Dom Moore	1313	Male		01:27:32	Wave 8	00:03:31	58
14	Alan Mcrae	1274	Male	Fat Fighters	01:04:46	Wave 1	00:03:32	62
59	Martin Sim	1739	Male	Sideways	01:11:00	Wave 1	00:03:32	64
72	Kenneth Roberts	1629	Male		01:13:05	Wave 2	00:03:32	63
176	Matthew Harper	777	Male	Team OMAR	01:19:01	Wave 2	00:03:32	61
223	Steven Evans	555	Male	Team Wales	01:20:48	Wave 4	00:03:32	60
10	Darryn Bushbye	230	Male	The Funky Pumpers	01:02:53	Wave 4	00:03:33	65
21	James Parfitt	1446	Male		01:06:16	Wave 2	00:03:33	66
60	Damien Rigby	1622	Male	Wiltshire Warriors	01:11:06	Wave 3	00:03:33	68
114	Keiryn Smithers	1780	Male		01:15:40	Wave 6	00:03:33	69
317	Neil Reynolds	1601	Male		01:24:15	Wave 6	00:03:33	67
80	Nick Lewis	1130	Male		01:13:28	Wave 3	00:03:34	70
145	Jack Nicholas	1385	Male		01:17:22	Wave 5	00:03:34	71
270	Daniel Williams	2110	Male	"BEASTMASTER"	01:22:51	Wave 6	00:03:34	73
829	Derek Smith	1762	Male	BMF Scotland	01:37:07	Wave 2	00:03:34	72
9	Philip Davies	417	Male		01:02:52	Wave 1	00:03:35	74
46	Lee Glassbrook	662	Male		01:10:03	Wave 6	00:03:35	76

73	Gareth Higgins	839	Male		01:13:08	Wave 2	00:03:35	77
77	Will Stover	1823	Male		01:13:19	Wave 2	00:03:35	82
87	Ollie Preston	1519	Male	RPM	01:14:01	Wave 3	00:03:35	80
94	Robert Wilcox	2047	Male		01:14:38	Wave 4	00:03:35	83
131	Matthew Reynolds	1600	Male		01:16:39	Wave 8	00:03:35	81
146	Matt Elloway	543	Male	West Wilts Lads	01:17:22	Wave 2	00:03:35	75
367	Sion Phillips	1480	Male		01:25:36	Wave 5	00:03:35	79
1594	Adrian Miles	1291	Male	Conan the Librarian	02:02:57	Wave 4	00:03:35	78
2	Dafydd Hollis	2202	Male	For Goodness Shakes	00:57:46	Wave 1	00:03:36	88
158	Ben Trill	1919	Male	The Gun Show	01:18:20	Wave 2	00:03:36	86
161	Matthew Turner	1934	Male		01:18:35	Wave 6	00:03:36	87
370	Tom Slater	1756	Male	Alf Stewarts Dugeon Maststers	01:25:37	Wave 7	00:03:36	85
640	Matthew Gardiner	628	Male	The Expandables	01:32:41	Wave 4	00:03:36	84
20	Matthew Whitehouse	2037	Male		01:06:06	Wave 2	00:03:37	96
54	Taliesin Coombes	346	Male		01:10:31	Wave 3	00:03:37	90
84	Roy Jackson	2183	Male		01:13:48	Wave 2	00:03:37	98
157	Cerith Humphreys	908	Male	mupppets	01:18:17	Wave 2	00:03:37	94
279	Oliver Hatfield	803	Male	haha	01:23:05	Wave 3	00:03:37	93
288	Daniel Garner	630	Male		01:23:36	Wave 6	00:03:37	91
382	Fred Campbell-jones	242	Male	Red 5	01:26:00	Wave 8	00:03:37	89
454	Ceri George	2170	Male		01:27:59	Wave 8	00:03:37	97
757	Alex Roberts	1638	Male		01:35:31	Wave 7	00:03:37	95
1666	Charnjit Golar	665	Male	Kings Hill Pie Eaters Club	02:07:41	Wave 7	00:03:37	92
52	Hugo Gemal	2198	Male	Team Men's Health	01:10:27	Wave 1	00:03:38	104
58	Owain Strange	1826	Male		01:10:59	Wave 6	00:03:38	103
74	Chris Shaw	1722	Male	Cardiff University Choppers	01:13:11	Wave 4	00:03:38	102
162	Richard Hughes	897	Male	I LOVE LAMP!	01:18:41	Wave 3	00:03:38	100
659	Daniel Mullens	1357	Male		01:33:06	Wave 7	00:03:38	101
711	Matthew Hall	748	Male		01:34:31	Wave 4	00:03:38	99
31	Gwion rhys Williams	2091	Male		01:08:32	Wave 3	00:03:39	109
106	Davies Stuart	2214	Male	Team Land Rover	01:15:21	Wave 1	00:03:39	111
164	Christopher Cray	377	Male		01:18:44	Wave 3	00:03:39	105
181	Joe Jones	1029	Male		01:19:17	Wave 6	00:03:39	107
187	Ben Hughes	904	Male		01:19:35	Wave 6	00:03:39	106
266	Alexander Maccormac	1190	Male		01:22:47	Wave 6	00:03:39	108
712	Lee Wilson	2130	Male		01:34:32	Wave 4	00:03:39	110
26	Nicola Duncan	509	Female		01:07:55	Wave 4	00:03:40	115
37	Daniel Harris	786	Male		01:09:16	Wave 5	00:03:40	117
45	Dawson Lynton	2219	Male	For Goodness Shakes	01:09:57	Wave 1	00:03:40	128
49	Dominic O'loghlen	1418	Male	O'Loghlen	01:10:15	Wave 5	00:03:40	120
50	Mark Boxwell	175	Male		01:10:24	Wave 1	00:03:40	113
68	Leigh Ridgeway	1619	Male		01:12:25	Wave 2	00:03:40	122
71	Blake Eliot	2235	Male		01:12:59	Wave 9	00:03:40	129
79	Chris Mitchell	1302	Male		01:13:27	Wave 5	00:03:40	119
128	Jack Gerrish	639	Male		01:16:20	Wave 6	00:03:40	116
143	Allan Stephenson	1810	Male	Theatre Titans	01:17:02	Wave 3	00:03:40	124
171	Robert Clasper	307	Male		01:18:57	Wave 5	00:03:40	114
173	Bard Quinn	1562	Male	scrotum hurts when I sit	01:18:59	Wave 8	00:03:40	121
203	Paul Williams	2098	Male		01:20:07	Wave 4	00:03:40	125
224	Troy Wilson	2129	Male	The 4 Amigos	01:20:49	Wave 3	00:03:40	126
257	Andrew Howells	2169	Male		01:22:33	Wave 8	00:03:40	127
322	Leigh Bailey-pearce	67	Male	Witness the Fitness	01:24:18	Wave 3	00:03:40	112
325	Greg Mccann	1250	Male	Greg McCann	01:24:24	Wave 3	00:03:40	118
337	Andy Sampford	1686	Male	the phizzy rascals	01:24:49	Wave 5	00:03:40	123
32	Alex Lewis	1120	Male		01:08:38	Wave 1	00:03:41	136
36	Sam Milward	1299	Male	2RTR	01:09:02	Wave 4	00:03:41	138
97	Huw Jenkins	957	Male		01:14:44	Wave 2	00:03:41	133
215	Ben Mousley	1353	Male		01:20:34	Wave 8	00:03:41	139
232	Chris Harris	785	Male	Team Bannatyne	01:21:06	Wave 2	00:03:41	132
291	Morgan Jenkins	958	Male		01:23:43	Wave 3	00:03:41	134
292	Jason Ahmed	7	Male	Prince of Wales ABC	01:23:44	Wave 6	00:03:41	130
355	Tony Oakley	1400	Male		01:25:24	Wave 7	00:03:41	140
390	Anthony Spruce	1797	Male	Alf Stewarts Dugeon Maststers	01:26:10	Wave 7	00:03:41	141
456	Tim Lunt	1183	Male	Alf Stewarts Dungeon Maststers	01:28:04	Wave 7	00:03:41	137
494	Chris Keeble	1059	Male		01:29:01	Wave 7	00:03:41	135
822	Jonathan Chadwick	268	Male		01:36:59	Wave 7	00:03:41	131
13	Mike Evans	547	Male		01:04:11	Wave 1	00:03:42	146
23	James Hewett	835	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:06:59	Wave 2	00:03:42	147
89	Garan Pieniazek	1488	Male	Garan	01:14:05	Wave 4	00:03:42	151
110	Richard Weber	2006	Male	4th flawed	01:15:26	Wave 2	00:03:42	152
152	Dave House	884	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:17:59	Wave 2	00:03:42	148
155	Michael Ashwin	41	Male	medal winners	01:18:04	Wave 1	00:03:42	142
193	Matt Callanan	238	Male	Cardiff University Choppers	01:19:43	Wave 4	00:03:42	143
350	Jake Clifford	311	Male		01:25:20	Wave 3	00:03:42	144
409	Paul Mcneill	1272	Male	Morrison Mudheads	01:26:47	Wave 7	00:03:42	150
1071	Steven Collins	331	Male	Bauerfeind	01:42:24	Wave 7	00:03:42	145
1202	Jonathan Lane	1099	Male		01:45:48	Wave 7	00:03:42	149
44	Dean Hocking	855	Male	PGC	01:09:34	Wave 1	00:03:43	154
90	Huw Gibbon	643	Male		01:14:13	Wave 5	00:03:43	153
151	Gerwyn Pugh	1545	Male	Gerwyn	01:17:49	Wave 2	00:03:43	157
273	Leon Olley	1417	Male	Mr Leon Olley	01:22:59	Wave 5	00:03:43	156
365	Paul Macmillan	1199	Male		01:25:36	Wave 2	00:03:43	155
41	Tom Mcnee	1271	Male		01:09:27	Wave 1	00:03:44	167
47	Hugh Gimber	658	Male		01:10:13	Wave 3	00:03:44	162

65	Daniel Moughton	1350	Male		01:12:02	Wave 6	00:03:44	168
103	Andrew Stoneman	1822	Male		01:15:14	Wave 1	00:03:44	169
217	Tomos Longworth	1166	Male	Too Old To Retire	01:20:39	Wave 4	00:03:44	166
218	Daniel Baker	69	Male	JARTS	01:20:39	Wave 3	00:03:44	158
221	Geraint Jeffery	955	Male	valley boys	01:20:47	Wave 5	00:03:44	163
359	Kyle Corfield	358	Male	kyle	01:25:27	Wave 8	00:03:44	161
372	Will Keyes	1075	Male		01:25:48	Wave 4	00:03:44	165
413	Tim Birks	146	Male	Bungalows	01:26:47	Wave 8	00:03:44	159
694	Andrew Jones	1038	Male		01:34:01	Wave 7	00:03:44	164
1251	Ben Bullard	215	Male	Colonel	01:47:05	Wave 6	00:03:44	160
27	David Standing	1800	Male	dave standing	01:07:57	Wave 2	00:03:45	176
98	Stuart Arundel	37	Male		01:14:45	Wave 1	00:03:45	170
156	James Harvey	797	Male		01:18:09	Wave 2	00:03:45	173
166	Ceri Shave	1721	Male		01:18:48	Wave 5	00:03:45	175
207	Michael Dixon	477	Male	The Circus	01:20:15	Wave 3	00:03:45	171
256	Claire Harvey	798	Female	Cardiff University Choppers	01:22:32	Wave 4	00:03:45	174
379	Phillip Grant	697	Male		01:25:57	Wave 6	00:03:45	172
684	Joakim Valsinger	1943	Male	BMF Scotland	01:33:43	Wave 2	00:03:45	177
34	George Nicholas	1386	Male		01:08:49	Wave 5	00:03:46	186
102	Grant Burrows	225	Male		01:14:50	Wave 4	00:03:46	178
247	Malcolm Clash	306	Male	Malcolm Clash	01:21:43	Wave 4	00:03:46	179
278	Chris Sanders	1689	Male	Chris Sanders	01:23:05	Wave 9	00:03:46	187
293	Tim Evans	550	Male	The REX-pendables	01:23:46	Wave 5	00:03:46	180
368	Terry Smallbone	1760	Male	2RTR	01:25:36	Wave 4	00:03:46	189
405	Alex Mmeechan	1269	Male	RCN Team Wales	01:26:40	Wave 9	00:03:46	184
437	Paul Horrocks	880	Male		01:27:29	Wave 6	00:03:46	181
508	Brian Marsh	1221	Male		01:29:19	Wave 6	00:03:46	183
543	Greg Morgan	1331	Male		01:30:05	Wave 7	00:03:46	185
1333	Tim Silverwood	1738	Male		01:50:17	Wave 3	00:03:46	188
	Scott Horton	883	Male			Wave 6	00:03:46	182
17	Matthew Jones	1011	Male	SBOC	01:05:32	Wave 4	00:03:47	196
82	Toby Dovey	490	Male	Dovey	01:13:35	Wave 4	00:03:47	192
92	Hywel Edwards	529	Male	Cardiff University Choppers	01:14:20	Wave 4	00:03:47	194
125	Richard Bennett	122	Male		01:16:09	Wave 2	00:03:47	190
316	Thomas Bowling	174	Male		01:24:14	Wave 2	00:03:47	191
500	Kate Sutton	1841	Female	2RTR	01:29:13	Wave 4	00:03:47	197
642	Luke Duncan	510	Male	Luke Duncan	01:32:46	Wave 7	00:03:47	193
778	Elliott Hopper-nash	877	Male		01:35:54	Wave 6	00:03:47	195
67	Paul Flanagan	592	Male		01:12:24	Wave 9	00:03:48	200
70	Darren Soutar	1787	Male	BMF Scotland	01:12:58	Wave 2	00:03:48	210
88	Dane Forman	606	Male		01:14:02	Wave 4	00:03:48	203
105	Brad Carter	256	Male		01:15:16	Wave 4	00:03:48	199
177	Pierre Spamer	1789	Male		01:19:03	Wave 4	00:03:48	211
201	Mark Thomas	1871	Male	Banana grabbers	01:20:05	Wave 2	00:03:48	212
253	Kieran Sloyan	1759	Male	222 sports	01:21:55	Wave 3	00:03:48	208
305	Al Woodward	2149	Male	The Roger Nigel	01:23:59	Wave 5	00:03:48	214
326	Damien Williams	2102	Male	30 + bootcamp	01:24:26	Wave 4	00:03:48	213
351	Antony Packwood	1437	Male	blundells	01:25:20	Wave 8	00:03:48	206
462	Richard Fogden	600	Male		01:28:14	Wave 3	00:03:48	201
518	Ross Cannon	245	Male		01:29:28	Wave 6	00:03:48	198
522	Paul Simmonds	1742	Male	Paul	01:29:36	Wave 6	00:03:48	207
546	Jamie Lewis	1131	Male	The Balers	01:30:11	Wave 4	00:03:48	205
581	Dai Forbes	603	Male	valley boys	01:30:57	Wave 5	00:03:48	202
1194	Sam Jones	1044	Male		01:45:39	Wave 8	00:03:48	204
1456	Scott Smith	1763	Male	Incredibles	01:55:22	Wave 2	00:03:48	209
7	Oliver Williams	2070	Male		01:01:45	Wave 1	00:03:49	225
83	David Baddeley	61	Male	222 sports	01:13:48	Wave 3	00:03:49	216
119	Thomas Carlin	247	Male		01:15:48	Wave 5	00:03:49	219
162	Sam Brookes	191	Male	ILOVELAMP	01:18:41	Wave 3	00:03:49	218
194	Paul Stevens	1813	Male	TEAM CAVEMAN	01:19:44	Wave 4	00:03:49	224
196	Kyle Audley	50	Male	83A	01:19:57	Wave 2	00:03:49	215
237	Tom Hulme	907	Male		01:21:14	Wave 9	00:03:49	221
480	Garry Simmonds	1740	Male		01:28:33	Wave 4	00:03:49	223
644	Dyfrig Gwent	737	Male		01:32:50	Wave 7	00:03:49	220
661	Simon Banks	77	Male	Kevlar Badgers	01:33:07	Wave 7	00:03:49	217
714	Ben Rawlings	1569	Male		01:34:34	Wave 4	00:03:49	222
96	Matthew Poyner	1513	Male		01:14:43	Wave 1	00:03:50	237
116	Richard Barnes	87	Male	Metro Moshers	01:15:45	Wave 3	00:03:50	226
175	Keri Lewis	1123	Male		01:19:01	Wave 2	00:03:50	233
249	Marc Morris	1344	Male	Oi oi	01:21:45	Wave 9	00:03:50	234
258	Aled Griffiths	715	Male	muppetts	01:22:35	Wave 2	00:03:50	230
300	Lee Carson	252	Male	stretch, huff n puff	01:23:51	Wave 1	00:03:50	227
384	Simon Halford	747	Male	Team Target	01:26:03	Wave 2	00:03:50	231
621	Nathan Kitcher	1088	Male		01:32:01	Wave 4	00:03:50	232
704	Jimmy Urquhart	1940	Male	BMF Scotland	01:34:18	Wave 2	00:03:50	239
749	Gareth Potter	1506	Male		01:35:20	Wave 6	00:03:50	236
772	Peter Moule	1351	Male		01:35:46	Wave 8	00:03:50	235
871	Stephen Roberts	1641	Male		01:37:53	Wave 7	00:03:50	238
1070	Patrick Collins	329	Male	Bauerfeind	01:42:23	Wave 7	00:03:50	228
1080	Lee Davies	428	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:42:30	Wave 2	00:03:50	229
5	Nicky Palmer	1440	Male		00:59:57	Wave 1	00:03:51	248
78	Andrew Petrylak	1473	Male	JARTS	01:13:24	Wave 3	00:03:51	249
93	Michael Salmoni	1682	Male		01:14:23	Wave 4	00:03:51	251
106	Rhody Davies	415	Male	RHODDY DAVIES	01:15:21	Wave 1	00:03:51	241

186	Tim Luke	1181	Male	Luke	01:19:34	Wave 1	00:03:51	245
189	Alexander Alexander	11	Male	The Gun Show	01:19:36	Wave 2	00:03:51	240
213	Thomas Mclean	1267	Male	WG	01:20:28	Wave 5	00:03:51	247
243	Stuart Ramsey	842	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:21:31	Wave 2	00:03:51	244
267	Simon Greenwood	710	Male	SF Giants	01:22:48	Wave 1	00:03:51	243
298	Paul Davies	438	Male		01:23:48	Wave 4	00:03:51	242
408	Lee Robertson	1646	Male	Lee Robertson	01:26:45	Wave 3	00:03:51	250
703	Roisin Mcgee	1259	Female		01:34:16	Wave 9	00:03:51	246
33	David rees Rees	1577	Male		01:08:39	Wave 3	00:03:52	256
53	Michael West	2017	Male		01:10:29	Wave 5	00:03:52	260
108	Chris Williams	2062	Male	South Wales Fire Service	01:15:22	Wave 1	00:03:52	263
122	Jonathan Whettingsteel	2030	Male		01:16:05	Wave 1	00:03:52	262
216	David Roderick	1655	Male	JARTS	01:20:38	Wave 3	00:03:52	257
250	Paul Guttridge	736	Male		01:21:46	Wave 2	00:03:52	253
403	Sean Heaney	820	Male	Fat Cat	01:26:37	Wave 1	00:03:52	254
450	Toby Franks	616	Male		01:27:50	Wave 3	00:03:52	252
455	Philip Hughes	901	Male	STUMPY AND GUMPY'S FLYING MONKEY	01:27:59	Wave 5	00:03:52	255
467	Andy Warmington	1978	Male		01:28:16	Wave 3	00:03:52	259
527	Rajiv Sheth	1732	Male	Brown Thunder	01:29:43	Wave 6	00:03:52	258
1015	Luke Wheeler	2025	Male		01:41:20	Wave 5	00:03:52	261
1087	Jonathan Williams	2112	Male		01:42:46	Wave 7	00:03:52	264
81	Jason Wyatt	2157	Male		01:13:32	Wave 9	00:03:53	275
170	Ceri Morgan	1317	Male		01:18:54	Wave 2	00:03:53	271
182	David Perkins	1471	Male		01:19:17	Wave 4	00:03:53	272
190	Martyn Bird	145	Male	Birdy	01:19:39	Wave 5	00:03:53	265
214	Paul Figgins	587	Male		01:20:33	Wave 6	00:03:53	266
233	Charlotte Hobrough	853	Female	CHARLOTTE&MARK	01:21:09	Wave 1	00:03:53	269
261	Darren Gifford	651	Male	valley boys	01:22:38	Wave 5	00:03:53	268
276	Simon Mansfield	1215	Male		01:23:03	Wave 1	00:03:53	270
287	Simon Lawton	2182	Male	Si Lawton	01:23:34	Wave 8	00:03:53	276
374	Oli Roberts	1636	Male	RCN Team Wales	01:25:52	Wave 9	00:03:53	273
391	Richard Friend	618	Male		01:26:15	Wave 4	00:03:53	267
398	Andrew Sheel	1727	Male		01:26:22	Wave 1	00:03:53	274
113	Daniel Hunter	915	Male		01:15:39	Wave 6	00:03:54	281
135	Steven Boxwell	176	Male		01:16:44	Wave 1	00:03:54	278
136	Kevin Wimperis	2133	Male		01:16:47	Wave 4	00:03:54	290
180	Matt Wilkinson	2059	Male		01:19:13	Wave 5	00:03:54	289
202	Russell Johns	981	Male	Banana grabbers	01:20:05	Wave 2	00:03:54	282
206	Ed O flaherty	1399	Male	les dents blanches	01:20:14	Wave 2	00:03:54	284
313	Matthew Smith	1779	Male	Matt Smith	01:24:12	Wave 6	00:03:54	286
315	Ricki Avery	56	Male		01:24:13	Wave 6	00:03:54	277
324	Jeffrey Roberts	1631	Male	JARTS	01:24:22	Wave 3	00:03:54	285
465	Gary Last	1106	Male	Quinner and Lasty	01:28:15	Wave 3	00:03:54	283
484	Martin Condron	335	Male		01:28:41	Wave 9	00:03:54	279
509	Martin Yarwood	2171	Male	martinyarwood	01:29:21	Wave 8	00:03:54	291
755	Andrew Whiles	2031	Male	Streaksahead	01:35:30	Wave 2	00:03:54	288
1269	Andrew Harding	768	Male		01:47:37	Wave 7	00:03:54	280
1557	Iain Taylor	1857	Male		02:00:28	Wave 7	00:03:54	287
64	Adam Carroll	251	Male	Adam Carroll	01:11:50	Wave 4	00:03:55	293
111	Leory Windle	2136	Male	Team Stag	01:15:28	Wave 1	00:03:55	308
137	Andy Barnes	86	Male		01:16:51	Wave 3	00:03:55	292
147	Neil Shepperdson	1729	Male	SHEP	01:17:27	Wave 2	00:03:55	304
154	Chris Kenny	1072	Male		01:18:02	Wave 2	00:03:55	298
165	Ian Timbrell	1903	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:18:46	Wave 3	00:03:55	306
191	Alun Williams	2069	Male	Relax Fokker its just a game	01:19:42	Wave 2	00:03:55	307
225	Ian Taylor	1854	Male		01:20:53	Wave 9	00:03:55	305
262	Matthew Newman	1382	Male	Kings AFC	01:22:38	Wave 5	00:03:55	300
339	Tim Davies	447	Male		01:24:51	Wave 6	00:03:55	294
352	Simon Price	1529	Male		01:25:21	Wave 6	00:03:55	302
369	Chris Hall	756	Male		01:25:36	Wave 7	00:03:55	296
401	Simon Parkhouse	1448	Male	ChandlerKBS	01:26:26	Wave 4	00:03:55	301
858	Rhys Lewis	1140	Male		01:37:36	Wave 6	00:03:55	299
1053	Paul Foley	601	Male	sb foundation	01:41:55	Wave 6	00:03:55	295
1290	David Jamieson	946	Male		01:48:54	Wave 5	00:03:55	297
1306	Ceri Richmond	1615	Female		01:49:30	Wave 7	00:03:55	303
100	Craig Leyland	1142	Male		01:14:50	Wave 5	00:03:56	314
121	Keith Fairburn	572	Male		01:16:01	Wave 5	00:03:56	312
149	Richard Marshall	1224	Male		01:17:34	Wave 2	00:03:56	315
221	Christian Phillips adams	1483	Male	Ball's To Cannon	01:20:47	Wave 1	00:03:56	317
260	Gareth Davies	416	Male		01:22:38	Wave 1	00:03:56	310
341	Rhys Coombes	347	Male	Team Bannatyne	01:24:55	Wave 4	00:03:56	309
364	Joseph Lee	1114	Male		01:25:33	Wave 8	00:03:56	313
465	Steve Quine	1556	Male	Quinner and Lasty	01:28:15	Wave 3	00:03:56	318
479	Phillip Peverley	1475	Male		01:28:33	Wave 4	00:03:56	316
654	Dean Evans	567	Male		01:32:57	Wave 7	00:03:56	311
38	Kevin Roberts	1630	Male		01:09:21	Wave 3	00:03:57	324
174	Robert Turner	1930	Male		01:18:59	Wave 4	00:03:57	328
240	Sean Chapman	277	Male	Figjam	01:21:20	Wave 4	00:03:57	319
242	Robert Suffield	1834	Male	Theatre Titans	01:21:27	Wave 3	00:03:57	326
388	Phil Hamer	762	Male		01:26:05	Wave 2	00:03:57	321
431	Aaron Edwards	528	Male		01:27:20	Wave 3	00:03:57	320
486	Martyn Payne	1465	Male		01:28:45	Wave 9	00:03:57	323
567	Matthew Rowe	1670	Male		01:30:42	Wave 3	00:03:57	325
667	James Turner	1933	Male		01:33:13	Wave 6	00:03:57	329

896	Rhys Morgan	1332	Male		01:38:32	Wave 8	00:03:57	322
	Dan Turner	1927	Male	83A		Wave 2	00:03:57	327
29	Rhys Williams	2064	Male		01:08:01	Wave 1	00:03:58	341
126	Stephen Richards	1609	Male		01:16:13	Wave 3	00:03:58	338
204	Lauren Sones	1784	Female		01:20:08	Wave 2	00:03:58	339
349	Ben Innes	929	Male		01:25:17	Wave 1	00:03:58	335
395	Gary Crawford	376	Male		01:26:20	Wave 1	00:03:58	331
468	Paul Williams	2084	Male		01:28:16	Wave 3	00:03:58	342
583	Pete Hall	751	Male		01:30:58	Wave 6	00:03:58	334
657	Richard Williams	2111	Male	Riches Twins	01:33:02	Wave 7	00:03:58	343
813	Oliver Griffiths	721	Male	GRIFFITHS	01:36:44	Wave 7	00:03:58	332
847	Henry Pinkrah	1490	Male		01:37:24	Wave 7	00:03:58	337
1036	Glenn Mitchell	1301	Male	valley boys	01:41:32	Wave 5	00:03:58	336
1091	Andrew Warne	1979	Male		01:42:54	Wave 7	00:03:58	340
1115	Ryan Barbour	78	Male	ryan b	01:43:17	Wave 8	00:03:58	330
1618	Gareth Griffiths	726	Male		02:03:43	Wave 7	00:03:58	333
69	Tom Beanlands	111	Male	Tom Beanlands	01:12:55	Wave 5	00:03:59	345
148	Jo Pollard	1499	Female	docters	01:17:27	Wave 4	00:03:59	357
150	Aled Williams	2079	Male	Asbri Urdd	01:17:46	Wave 2	00:03:59	369
153	Heigh Andrew	2209	Male		01:18:01	Wave 1	00:03:59	372
226	Jonathan Thomas	1883	Male		01:20:53	Wave 4	00:03:59	365
227	Gary Money	1307	Male	Jon's Team	01:20:53	Wave 4	00:03:59	356
231	David Lewis	1129	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:21:02	Wave 3	00:03:59	355
263	Rory Shadwell	1718	Male		01:22:40	Wave 3	00:03:59	360
347	Gregory Hatfield	804	Male	haha	01:25:16	Wave 3	00:03:59	352
357	Jon James	939	Male		01:25:25	Wave 5	00:03:59	354
385	Andrew Dearlove	463	Male	Shepherds sheep	01:26:04	Wave 4	00:03:59	348
419	Paul Taylor	1849	Male	P.A.C.E	01:26:59	Wave 1	00:03:59	363
447	Sarah Duddridge	506	Female	atal y fro	01:27:43	Wave 4	00:03:59	349
469	Andrew Hugglestone	895	Male		01:28:19	Wave 4	00:03:59	353
502	Glen Gillespie	654	Male		01:29:14	Wave 5	00:03:59	351
516	Howie Wills	2123	Male		01:29:24	Wave 7	00:03:59	371
551	Warren Reid	1593	Male		01:30:18	Wave 6	00:03:59	358
591	Andrew Thomas	1884	Male		01:31:09	Wave 5	00:03:59	366
602	John Watkins	1993	Male	TEAM HOFF	01:31:23	Wave 7	00:03:59	367
619	Toby Sullivan	1837	Male		01:31:57	Wave 6	00:03:59	362
790	Oliver Bailey-pearce	66	Male	Witness the Fitness	01:36:15	Wave 3	00:03:59	344
820	Jamie Dwyer	518	Male		01:36:58	Wave 6	00:03:59	350
995	Dan Butcher	231	Male	Team Whooooop Whooooop!	01:40:49	Wave 7	00:03:59	346
1017	Sean Wheeler	2026	Male		01:41:22	Wave 5	00:03:59	368
1170	Ondrej Teluch	1864	Male		01:45:04	Wave 7	00:03:59	364
1205	Mike Spearing	1794	Male	Mike Spearing Heating	01:45:56	Wave 7	00:03:59	361
1307	Bethan Richmond	1616	Female		01:49:31	Wave 7	00:03:59	359
1326	John Chevis	285	Male		01:50:04	Wave 2	00:03:59	347
1477	Gwyn Williams	2108	Male		01:56:19	Wave 6	00:03:59	370
16	Stephen Richards	2199	Male	For Goodness Shakes	01:05:29	Wave 1	00:04:00	388
55	Aled Gamble	625	Male		01:10:51	Wave 2	00:04:00	377
95	Campbell Murdoch	1361	Male		01:14:39	Wave 5	00:04:00	381
99	Guy Mawson	1242	Male		01:14:47	Wave 1	00:04:00	380
139	Jonathan Richards	1611	Male		01:16:53	Wave 6	00:04:00	382
178	Aodhan Carson	253	Male	Dangleberry	01:19:11	Wave 5	00:04:00	374
185	Jonathon Walmsley	1967	Male	Jon and Mike	01:19:31	Wave 5	00:04:00	384
205	Luke Thompson	1896	Male		01:20:08	Wave 2	00:04:00	383
280	Alex Williams	2086	Male		01:23:13	Wave 3	00:04:00	387
285	David Dubourg	503	Male		01:23:23	Wave 6	00:04:00	376
344	Alex Leighton	1117	Male		01:25:12	Wave 2	00:04:00	378
448	Seth Wareing	1977	Male	SwampDonkey	01:27:48	Wave 9	00:04:00	385
526	Jim Bell	118	Male	Aberystwyth Spartans	01:29:43	Wave 2	00:04:00	373
535	Efy Crothers	384	Female		01:29:55	Wave 4	00:04:00	375
731	Marcus Lloyd	1154	Male		01:35:01	Wave 6	00:04:00	379
1128	Nick Bellamy	2072	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:43:44	Wave 2	00:04:00	386
195	Ryan Phillips	1478	Male		01:19:54	Wave 5	00:04:01	393
290	Alex Murray	1367	Male	Aberystwyth Spartans	01:23:38	Wave 2	00:04:01	391
311	Matthew Cox	369	Male	stretch, huff n puff	01:24:10	Wave 1	00:04:01	389
555	Daniel Crook	381	Male		01:30:28	Wave 7	00:04:01	390
732	Joseph Williams	2104	Male		01:35:01	Wave 6	00:04:01	395
1041	Ellis Roberts	1643	Male		01:41:39	Wave 7	00:04:01	394
1627	Jonathan Nixon	1392	Male		02:04:27	Wave 6	00:04:01	392
86	Kiran Chandra	272	Male		01:13:53	Wave 1	00:04:02	399
142	Daniel Luffman	1179	Male	Daniel Luffman	01:17:02	Wave 2	00:04:02	406
211	Gavin David	412	Male		01:20:24	Wave 2	00:04:02	400
212	Clodagh Myers	1370	Female	les dents blanches	01:20:24	Wave 2	00:04:02	408
274	Nyran Bird	143	Male	Bannatynes Health Club	01:23:01	Wave 4	00:04:02	397
299	Cliff Searle	1710	Male	Features	01:23:48	Wave 3	00:04:02	411
323	Geraint Harvey	800	Male		01:24:18	Wave 4	00:04:02	403
328	Lee Meyrick	1288	Male	I LOVE LAMP!	01:24:27	Wave 3	00:04:02	407
376	Mark Lovegrove	1168	Male		01:25:54	Wave 3	00:04:02	405
425	Clive Boxwell	177	Male		01:27:06	Wave 1	00:04:02	398
530	Ben Eddings	525	Male		01:29:49	Wave 3	00:04:02	401
648	Chris Lane	1100	Male	GP Rodents	01:32:51	Wave 6	00:04:02	404
997	Ross Ahearne	6	Male	Simply Gym Massive	01:40:53	Wave 7	00:04:02	396
1000	Alex Powell	1509	Male	Simply Gym Massive	01:40:58	Wave 7	00:04:02	410
1031	Lee Passingham	1452	Male	The Butt Scratchers	01:41:30	Wave 5	00:04:02	409
1084	Zach Gould	685	Male		01:42:44	Wave 7	00:04:02	402

159	Marcus Whitrow	2042	Male	Fast, fit and fabulous	01:18:34	Wave 2	00:04:03	431
252	Adam Purser	1552	Male		01:21:51	Wave 1	00:04:03	427
272	James Austin	53	Male		01:22:56	Wave 4	00:04:03	412
281	Mark Jones	1002	Male		01:23:13	Wave 2	00:04:03	419
346	Rob Price	1522	Male		01:25:13	Wave 2	00:04:03	426
373	Dai Morgan	1320	Male	Kidwelly	01:25:50	Wave 3	00:04:03	423
392	Shaun Howell	885	Male	Shaun Howell	01:26:15	Wave 2	00:04:03	418
435	Paul Ocallaghan	1404	Male	Paul Ocallaghan	01:27:26	Wave 8	00:04:03	425
449	Robert Duckworth	505	Male	CrossFit Teesside	01:27:48	Wave 9	00:04:03	417
549	Andy Mitchell	1303	Male		01:30:16	Wave 4	00:04:03	422
788	Gareth Morgan	1327	Male		01:36:15	Wave 6	00:04:03	424
826	Abby Walker	1965	Female		01:37:05	Wave 7	00:04:03	430
841	Darren Jones	1033	Male		01:37:15	Wave 6	00:04:03	421
873	Graham Bradley	181	Male		01:37:59	Wave 6	00:04:03	415
888	James Brown	205	Male	jwbrown	01:38:22	Wave 6	00:04:03	416
892	Nida Batchelder	98	Female	Team Whoooooop Whoooooop!	01:38:28	Wave 7	00:04:03	413
900	Christopher Winch	2135	Male		01:38:37	Wave 8	00:04:03	432
932	Andy Richards	1614	Male		01:39:11	Wave 9	00:04:03	428
948	Peter Straker	1824	Male		01:39:42	Wave 7	00:04:03	429
1135	Paul Bates	102	Male	N39ers	01:43:49	Wave 7	00:04:03	414
1191	Alex Jones	1030	Male	alex jones	01:45:32	Wave 7	00:04:03	420
100	Alex Pardoe	1445	Male		01:14:50	Wave 3	00:04:04	447
104	Daniel Ridley	1621	Male	Danny	01:15:15	Wave 6	00:04:04	449
115	Dominic Hardware	770	Male		01:15:40	Wave 2	00:04:04	440
192	Paul Thomas	1876	Male	Cardiff University Choppers	01:19:43	Wave 4	00:04:04	453
209	Myles Johnson	983	Male		01:20:22	Wave 2	00:04:04	442
255	Stephen King	1083	Male		01:22:28	Wave 1	00:04:04	444
268	Wayne Williams	2088	Male		01:22:49	Wave 3	00:04:04	454
307	Meirion Rees	1586	Male	Oi oi	01:24:02	Wave 9	00:04:04	448
310	Leigh Stimpson	1819	Male	Leigh Stimpson	01:24:10	Wave 6	00:04:04	452
334	David Gorwill	680	Male	DGPT Healthy Living	01:24:40	Wave 2	00:04:04	439
477	Leejay Burnell	223	Male		01:28:30	Wave 9	00:04:04	434
496	Matthew Cray	378	Male		01:29:10	Wave 3	00:04:04	436
561	Tim Rotheram	1667	Male		01:30:33	Wave 5	00:04:04	451
597	Ben Jenkins	959	Male	Team Titshall	01:31:16	Wave 4	00:04:04	441
649	Andrew Cox	370	Male		01:32:52	Wave 7	00:04:04	435
680	Andrew Lewis	1132	Male		01:33:34	Wave 7	00:04:04	445
716	Carl Joseph	1050	Male	carl	01:34:40	Wave 8	00:04:04	443
724	Olivia Robinson	1652	Female	liv for fitness	01:34:50	Wave 6	00:04:04	450
841	Justin Forbes	604	Male		01:37:15	Wave 6	00:04:04	438
851	Daniel Farmer	574	Male		01:37:28	Wave 7	00:04:04	437
867	Wes Limbrick	1146	Male	geo	01:37:46	Wave 7	00:04:04	446
886	Joel Armit	33	Male		01:38:16	Wave 2	00:04:04	433
118	Jamie Dixon	479	Male	Wiltshire Warriors	01:15:47	Wave 3	00:04:05	458
141	Gavin Watts	2001	Male		01:16:58	Wave 6	00:04:05	470
207	Joseph Hopkins	876	Male		01:20:15	Wave 5	00:04:05	460
239	Shane Horneij	879	Male	Figjam	01:21:19	Wave 4	00:04:05	461
286	D.c Kim	1080	Male		01:23:23	Wave 2	00:04:05	465
306	Eirwen Benjamin	120	Female		01:24:01	Wave 2	00:04:05	455
344	Luke Burford	221	Male		01:25:12	Wave 3	00:04:05	456
348	Andrew Reddy	1571	Male	Daddy Darwin	01:25:16	Wave 5	00:04:05	468
354	Liam James	941	Male	Wiltshire Warriors	01:25:24	Wave 3	00:04:05	462
412	Enhad Chowdhury	291	Male		01:26:47	Wave 7	00:04:05	457
463	John Wilson	2126	Male	john wilson	01:28:14	Wave 2	00:04:05	472
521	Nick Round	1668	Male		01:29:35	Wave 3	00:04:05	469
563	Owain Kenny	1071	Male		01:30:36	Wave 5	00:04:05	463
575	Ryan Fenton	579	Male	Ryan	01:30:49	Wave 9	00:04:05	459
631	Paul Williams	2100	Male	Where is Mr Jones?	01:32:18	Wave 4	00:04:05	471
846	Ian Matthey	1240	Male	Morrison Mudheads	01:37:22	Wave 7	00:04:05	467
864	Barry Kilmister	1079	Male	The Three Amigos	01:37:44	Wave 4	00:04:05	464
1345	John Martin	1229	Male	N39ers	01:50:26	Wave 7	00:04:05	466
30	Alex Webb	2003	Male		01:08:18	Wave 2	00:04:06	485
57	Huw Carter	255	Male		01:10:52	Wave 2	00:04:06	474
228	Andrew Simpkins	1747	Male		01:20:54	Wave 1	00:04:06	482
327	Kevin Thomas	1879	Male	t sports	01:24:27	Wave 3	00:04:06	484
383	Andrew Richards	1612	Male		01:26:01	Wave 6	00:04:06	481
397	Christopher O'shea	1424	Male	The Great OSHEA!	01:26:22	Wave 1	00:04:06	479
411	Brian Driscoll	498	Male		01:26:47	Wave 2	00:04:06	475
445	Daniel Fitzpatrick	591	Male		01:27:40	Wave 6	00:04:06	476
490	Marc Smiddy	1761	Male	Team RPM	01:28:52	Wave 3	00:04:06	483
660	Tom Hilder	841	Male		01:33:07	Wave 7	00:04:06	477
834	Tim Preece	1515	Male		01:37:12	Wave 7	00:04:06	480
860	Tom Morris	1339	Male		01:37:41	Wave 7	00:04:06	478
1355	Garry Aldridge	10	Male	the phizzy rascals	01:51:00	Wave 5	00:04:06	473
200	Richard Christie	292	Male		01:20:02	Wave 5	00:04:07	490
235	Nathan Bevan	130	Male		01:21:12	Wave 2	00:04:07	489
277	Gary Walsh	1968	Male		01:23:04	Wave 3	00:04:07	503
375	James Dutton	516	Male		01:25:52	Wave 4	00:04:07	494
380	Andrew Baker	72	Male		01:25:59	Wave 6	00:04:07	486
403	Peter Reynolds	1598	Male	We Love Reynolds	01:26:37	Wave 5	00:04:07	500
446	Christopher Frost	620	Male		01:27:42	Wave 5	00:04:07	495
473	James Jones	1037	Male		01:28:24	Wave 6	00:04:07	497
507	Andrew Davies	414	Male		01:29:19	Wave 1	00:04:07	491
529	Jamie Mills	1297	Male	Running Boys	01:29:47	Wave 2	00:04:07	498

559	Michael Searle	1709	Male	Kiss my Anthia	01:30:31	Wave 5	00:04:07	502
589	Dylan Scott	1702	Male		01:31:05	Wave 6	00:04:07	501
593	Taylor Neville	1379	Male		01:31:13	Wave 7	00:04:07	499
650	Emyr Benjamin	121	Male		01:32:53	Wave 2	00:04:07	488
678	Matthew Hutcherson	921	Male		01:33:32	Wave 5	00:04:07	496
764	Rhys Williams	2066	Male		01:35:38	Wave 2	00:04:07	505
885	Gavin Dover	489	Male		01:38:15	Wave 2	00:04:07	493
929	Mike Watkins	1997	Male		01:39:10	Wave 6	00:04:07	504
952	John Ball	75	Male	TEAM HOFF	01:39:47	Wave 7	00:04:07	487
1019	Mike Dorney	488	Male		01:41:23	Wave 7	00:04:07	492
169	Andrew Stratford	1828	Male	Swansea Uni	01:18:52	Wave 2	00:04:08	520
259	Neil Williams	2097	Male	Kings AFC	01:22:38	Wave 5	00:04:08	523
296	Nick Young	2162	Male	Features	01:23:48	Wave 3	00:04:08	524
309	Huw Thomas	1867	Male	stretch, huff n puff	01:24:09	Wave 1	00:04:08	522
414	Mark Smith	1770	Male		01:26:48	Wave 1	00:04:08	519
459	Tobi Marks	1218	Male	Team Minerals	01:28:09	Wave 3	00:04:08	516
488	Antony Coleman	318	Male	Ant Coleman	01:28:51	Wave 9	00:04:08	510
537	Leanne Boardman	160	Female		01:29:59	Wave 7	00:04:08	506
610	Charlie Davis	453	Female	Charlie Davis	01:31:39	Wave 6	00:04:08	513
635	James Costello	362	Male		01:32:27	Wave 9	00:04:08	511
653	Clare Broome	195	Female	Team Willpower	01:32:54	Wave 1	00:04:08	507
674	Jonathan Hart	793	Male		01:33:20	Wave 7	00:04:08	514
744	Paul Shore	1733	Male	TTT Racing	01:35:14	Wave 2	00:04:08	517
763	Christopher Hughes	905	Male		01:35:38	Wave 2	00:04:08	515
1134	Martin Simmons	1743	Male	N39ers	01:43:49	Wave 7	00:04:08	518
1302	Iestyn Carver	259	Male		01:49:13	Wave 7	00:04:08	508
1472	Kate Davies	450	Female		01:56:10	Wave 7	00:04:08	512
1473	Adam Taylor	1859	Male		01:56:12	Wave 8	00:04:08	521
1595	Daniel Clegg	308	Male		02:03:02	Wave 4	00:04:08	509
75	Nick Cockayne	314	Male	This time, go off slower!	01:13:14	Wave 1	00:04:09	530
198	Robert Polden	1497	Male		01:20:00	Wave 4	00:04:09	538
220	Christopher Lock	1158	Male	P.A.C.E	01:20:46	Wave 1	00:04:09	535
275	Dan Jones	1004	Male		01:23:02	Wave 3	00:04:09	534
342	Tim Davies	419	Male		01:24:56	Wave 2	00:04:09	531
436	Oscar Warner	1983	Male		01:27:28	Wave 3	00:04:09	542
464	Chris Bache	58	Male	STUMPY AND GUMPY'S FLYING MONKEY	01:28:15	Wave 5	00:04:09	525
552	Thomas Starling	1803	Male		01:30:22	Wave 6	00:04:09	540
599	Tom O'connor	1406	Male	Group of Doom	01:31:22	Wave 6	00:04:09	537
618	Michael Richards	1613	Male		01:31:56	Wave 6	00:04:09	539
634	Sam Buckland	211	Male		01:32:22	Wave 6	00:04:09	527
637	Stuart Cherrison	284	Male	Kings Hill Pie Eaters Club	01:32:32	Wave 7	00:04:09	529
675	Ben Wetherill	2020	Male	Big Bad Ben	01:33:24	Wave 7	00:04:09	543
758	Paul Blundell	158	Male	Blundell	01:35:33	Wave 5	00:04:09	526
787	Daniel Chant	274	Male	Witness the Fitness	01:36:14	Wave 3	00:04:09	528
854	Robert Heirene	823	Male		01:37:30	Wave 6	00:04:09	532
889	Gareth Naylor	1374	Male		01:38:23	Wave 3	00:04:09	536
1054	John White	2033	Male	sb foundation	01:41:55	Wave 6	00:04:09	544
1104	Matthew Summers	1838	Male	Summers Fitness	01:43:08	Wave 2	00:04:09	541
1173	Nicolas Holland	863	Male	Dick and Dom	01:45:05	Wave 7	00:04:09	533
209	Lee Whitnell	2040	Male		01:20:22	Wave 6	00:04:10	559
264	Matthew Chapman	276	Male		01:22:43	Wave 3	00:04:10	546
360	Nikin Patel	1458	Male	Brown Thunder	01:25:28	Wave 5	00:04:10	553
366	Huw Jarrett	952	Male	snoop squad	01:25:36	Wave 2	00:04:10	550
386	Simon Browning	206	Male	Sheep Shepherds	01:26:04	Wave 4	00:04:10	545
396	Marc Williams	2061	Male		01:26:22	Wave 1	00:04:10	560
431	Adam Mulligan	1358	Male		01:27:20	Wave 3	00:04:10	552
444	Karl Whitehead	2035	Male		01:27:38	Wave 5	00:04:10	558
577	Lee Gibbons	644	Male		01:30:51	Wave 6	00:04:10	549
701	Gareth Willis	2120	Male	30+ Bootcamp	01:34:08	Wave 5	00:04:10	562
750	Tom Chedzoy	283	Male	Team Chedzoy	01:35:22	Wave 4	00:04:10	547
861	Martyn Jennings	965	Male	The Three Amigos	01:37:42	Wave 4	00:04:10	551
1006	Robbie Platt	1495	Male		01:41:02	Wave 7	00:04:10	554
1010	Matt Ross	1665	Male		01:41:09	Wave 1	00:04:10	555
1064	Steve Sharrock	1720	Male		01:42:09	Wave 7	00:04:10	556
1068	Richard Collins	330	Male	Bauerfeind	01:42:20	Wave 7	00:04:10	548
1148	David Williams	2105	Male		01:44:09	Wave 7	00:04:10	561
1257	Gavin Tyley	1936	Male		01:47:19	Wave 7	00:04:10	557
134	Dorian Jones	1027	Male	Talag Tigers	01:16:42	Wave 6	00:04:11	572
245	Eryl Williams	2063	Male	Asbri	01:21:38	Wave 1	00:04:11	585
308	Liam Odey	1407	Male		01:24:05	Wave 4	00:04:11	576
314	Michael Baker	68	Male		01:24:12	Wave 2	00:04:11	564
343	Tomos Ashfield	38	Male		01:25:00	Wave 3	00:04:11	563
371	Geraint Neal	1375	Male	Running Boys	01:25:38	Wave 2	00:04:11	575
424	Matthew Jackson	933	Male	Aberystwyth Spartans	01:27:04	Wave 2	00:04:11	571
427	Vinnie Payne	1464	Male		01:27:08	Wave 2	00:04:11	579
566	Neil Driscoll	499	Male	3mustgetbeers	01:30:41	Wave 6	00:04:11	568
578	Lee Prescott	1518	Male		01:30:51	Wave 3	00:04:11	582
581	Carrie Power	1511	Female		01:30:57	Wave 6	00:04:11	581
607	Bradley Davis	454	Male	Brad Davis	01:31:34	Wave 6	00:04:11	567
617	Stuart Maccormac	1191	Male		01:31:52	Wave 6	00:04:11	574
766	David Baverstock	105	Male	Team Chedzoy	01:35:40	Wave 4	00:04:11	566
785	Paul Heale	818	Male		01:36:12	Wave 6	00:04:11	569
802	Richard Osburn	1422	Male		01:36:31	Wave 5	00:04:11	577
803	Marina Osburn	1423	Female		01:36:31	Wave 5	00:04:11	578

878	Jamie Weller	2012	Male	JARTS	01:38:02	Wave 5	00:04:11	584
919	Graham Hellis	825	Male		01:38:58	Wave 2	00:04:11	570
1055	Daniel Pidgley	1487	Male	sb foundation	01:41:55	Wave 6	00:04:11	580
1062	Nathan Prosser	1540	Male		01:42:01	Wave 5	00:04:11	583
1174	Matt Ball	76	Male		01:45:05	Wave 7	00:04:11	565
1414	Douglas Jones	1047	Male		01:53:21	Wave 7	00:04:11	573
48	Timothy Depaul	471	Male		01:10:14	Wave 3	00:04:12	588
199	Matthew Cook	339	Male		01:20:01	Wave 2	00:04:12	586
246	Mark Hobrough	854	Male	CHARLOTTE&MARK	01:21:40	Wave 1	00:04:12	593
321	Ivor Herring	833	Male		01:24:16	Wave 4	00:04:12	592
362	Benjamin Daniells	404	Male		01:25:30	Wave 5	00:04:12	587
377	Craig Flynn	599	Male	Alf Stewarts Dungeon Maststers	01:25:55	Wave 7	00:04:12	591
421	Eve Thomas	1868	Female	P.A.C.E	01:27:01	Wave 1	00:04:12	602
441	Ryan James	937	Male		01:27:34	Wave 2	00:04:12	594
485	John Wildman	2050	Male		01:28:42	Wave 5	00:04:12	605
505	Gareth Slocombe	1758	Male		01:29:17	Wave 5	00:04:12	601
560	Ross Farrugia	576	Male		01:30:33	Wave 5	00:04:12	590
683	Simon Knoyle	1092	Male		01:33:42	Wave 3	00:04:12	596
746	Jason King	1084	Male	TTT	01:35:15	Wave 2	00:04:12	595
770	John Thomas	1894	Male	solarforce	01:35:44	Wave 8	00:04:12	603
776	Llyr Rees	1587	Male		01:35:51	Wave 6	00:04:12	600
1085	Aaron Warner	1982	Male	TEAM SUPREME	01:42:44	Wave 3	00:04:12	604
1106	Sarah O'brien	1402	Female	O'Brien	01:43:08	Wave 2	00:04:12	598
1147	Darren Perry	1472	Male		01:44:08	Wave 7	00:04:12	599
1337	Richard Lewis	1127	Male		01:50:20	Wave 3	00:04:12	597
1424	Laura Dunk	513	Female	YOURS	01:53:46	Wave 7	00:04:12	589
295	Tony Byrne	236	Male	The Turfs	01:23:47	Wave 3	00:04:13	608
329	Rhodri Jones	991	Male	Team Shepardo	01:24:28	Wave 1	00:04:13	615
415	Tom Baker	71	Male	2tonne and roider	01:26:48	Wave 2	00:04:13	606
460	Angie Mcdonald	1257	Female	Angie McDonald	01:28:10	Wave 5	00:04:13	619
471	Andrew Lang	1103	Male		01:28:22	Wave 6	00:04:13	618
472	Shawn Davies	440	Male		01:28:24	Wave 6	00:04:13	612
493	Michael Turfery	1925	Male	The Turfs	01:28:57	Wave 3	00:04:13	624
504	Chris Morris	1342	Male	Kidwelly	01:29:15	Wave 3	00:04:13	621
520	David Kennedy	1067	Male	dave	01:29:32	Wave 5	00:04:13	617
565	James Barry	94	Male		01:30:40	Wave 6	00:04:13	607
595	Robin D'arcy	405	Male		01:31:15	Wave 9	00:04:13	611
599	Adam Price	1530	Male	Group of Doom	01:31:22	Wave 6	00:04:13	622
656	Lewis Copner	357	Male		01:33:02	Wave 2	00:04:13	609
828	Lee Millard	1294	Male		01:37:06	Wave 5	00:04:13	620
836	Brian Kemp	1065	Male	BMF Scotland	01:37:13	Wave 2	00:04:13	616
942	Andrew Thoams	1865	Male	Dick and Dom	01:39:27	Wave 7	00:04:13	623
1079	Julian Hayles	812	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:42:30	Wave 2	00:04:13	614
1216	Ritchie Craven	375	Male	Ritchie Craven	01:46:18	Wave 7	00:04:13	610
1316	Robert Drake	495	Male		01:49:52	Wave 6	00:04:13	613
304	Gary Whelband	2029	Male		01:23:57	Wave 6	00:04:14	636
319	David Pallett	1439	Male		01:24:15	Wave 1	00:04:14	633
393	Mike Longden	1164	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:26:16	Wave 2	00:04:14	630
426	Simon Maceachen	1195	Male		01:27:07	Wave 1	00:04:14	631
646	Oliver Crowe	386	Male	the phizzy rascals	01:32:51	Wave 5	00:04:14	625
688	Matthew Thomas	1878	Male		01:33:54	Wave 5	00:04:14	634
699	Philip Dean	462	Male	Bachgen Cymraeg	01:34:07	Wave 3	00:04:14	626
912	Pete Moran	1314	Male	Dangleberry	01:38:49	Wave 5	00:04:14	632
1012	Robert Harris	789	Male		01:41:14	Wave 8	00:04:14	628
1103	Graham Downie	492	Male	GD	01:43:03	Wave 5	00:04:14	627
1272	Rhodri John	978	Male		01:47:45	Wave 5	00:04:14	629
1413	Matthew Walton	1973	Male	Matthew Walton	01:53:17	Wave 7	00:04:14	635
297	Alex Mccusker	1256	Male	Features	01:23:48	Wave 3	00:04:15	644
429	Stephen Mcsheedy	1275	Male		01:27:09	Wave 2	00:04:15	645
433	Anthony Barker	82	Male	South Wales Fire Service	01:27:20	Wave 1	00:04:15	637
470	Bower Lloyd	2208	Male		01:28:22	Wave 8	00:04:15	649
509	Annie Pemberton	1468	Female	Summers Fitness	01:29:21	Wave 2	00:04:15	646
571	Pete Boylan	179	Male		01:30:47	Wave 8	00:04:15	638
586	Danny Hunt	909	Male	MARMALADE SKY	01:30:59	Wave 2	00:04:15	643
601	Daniel Evans	566	Male	Group of Doom	01:31:22	Wave 6	00:04:15	640
606	Ted Golden	668	Male		01:31:34	Wave 4	00:04:15	641
608	Ross Titshall	1906	Male	Team Titshall	01:31:35	Wave 4	00:04:15	647
827	Nick Weston	2019	Male		01:37:05	Wave 5	00:04:15	648
914	Graham Holland	860	Male		01:38:49	Wave 5	00:04:15	642
1076	Sam Detzler	472	Male	83A	01:42:28	Wave 2	00:04:15	639
117	Simon Ng	2204	Male	For Goodness Shakes	01:15:46	Wave 1	00:04:16	670
234	Rebecca Pykett	1555	Female		01:21:10	Wave 1	00:04:16	664
422	Edward John	974	Male	Edward John	01:27:02	Wave 2	00:04:16	659
440	Gethin Holland	864	Male		01:27:33	Wave 7	00:04:16	657
451	Neil Cooksley	345	Male		01:27:51	Wave 4	00:04:16	652
461	Chris Borland	165	Male		01:28:12	Wave 5	00:04:16	651
498	Stuart Welch	2011	Male	rock riders	01:29:12	Wave 5	00:04:16	669
501	Dave Thomas	1895	Male		01:29:13	Wave 8	00:04:16	668
503	Paul Noble	1393	Male		01:29:15	Wave 5	00:04:16	663
669	Alex Smith	1772	Male	Team Titshall	01:33:15	Wave 4	00:04:16	667
672	Luke Jones	1045	Male	Luke Jones	01:33:18	Wave 7	00:04:16	660
696	Jay Roberts	1637	Male	30+BootCamp	01:34:05	Wave 5	00:04:16	665
747	Ryan Hopkin	875	Male		01:35:18	Wave 6	00:04:16	658
748	Adam Gerrard	638	Male	Team Chedzoy	01:35:20	Wave 4	00:04:16	656

795	Tom Blow	157	Male		01:36:19	Wave 3	00:04:16	650
958	Jonathan Davies	424	Male		01:39:58	Wave 2	00:04:16	653
1021	Sam Kania	1055	Male	The Age Gap	01:41:24	Wave 2	00:04:16	661
1124	Mark Mcconnell	1255	Male		01:43:32	Wave 5	00:04:16	662
1188	James Eaton	523	Male	R & N AC	01:45:25	Wave 7	00:04:16	654
1361	Dave Smith	1768	Male	Team Rocket	01:51:06	Wave 5	00:04:16	666
1526	Simon Edwards	534	Male		01:57:51	Wave 8	00:04:16	655
282	Jonathan Waite	1958	Male	jonathan waite	01:23:18	Wave 4	00:04:17	685
378	Michael Jones-tovey	1049	Male	Jones-Tovey	01:25:56	Wave 2	00:04:17	681
474	Wez Spicer	1795	Male		01:28:25	Wave 5	00:04:17	684
511	Joseph Doyle	494	Male		01:29:22	Wave 1	00:04:17	677
539	Stephen Gwilliam	738	Male		01:30:02	Wave 3	00:04:17	680
575	Josh Busst	2192	Male	Team Men's Health	01:30:49	Wave 1	00:04:17	688
671	Adam Beasent	113	Male	Team OMAR	01:33:17	Wave 2	00:04:17	675
679	Ben Williams	2114	Male		01:33:33	Wave 6	00:04:17	686
759	Thomos From hermon	619	Male	TEAM HOOFIN	01:35:33	Wave 2	00:04:17	678
833	Tom Harris	2173	Male		01:37:10	Wave 1	00:04:17	687
922	Mikey Bateman	100	Male		01:38:59	Wave 2	00:04:17	674
1040	Simon Adams	4	Male		01:41:39	Wave 7	00:04:17	671
1089	Lee Atkinson	46	Male	Conan The Barbarian	01:42:49	Wave 6	00:04:17	673
1162	Matthew Armstrong	35	Male		01:44:38	Wave 7	00:04:17	672
1237	Tom Linehan	1147	Male	les dents blanches	01:46:51	Wave 2	00:04:17	682
1293	Christopher Dales	400	Male	Hooters	01:49:00	Wave 7	00:04:17	676
1310	Greg Rowlands	1672	Male	simpy gym massive	01:49:39	Wave 7	00:04:17	683
1322	Richard Girling	659	Male	Team OMAR	01:49:58	Wave 2	00:04:17	679
112	Paul Bennett	124	Male		01:15:30	Wave 6	00:04:18	689
301	Jamie Gibson	649	Male	Thor Of Four	01:23:51	Wave 3	00:04:18	694
331	Sam Thomas	2196	Male	Team Men's Health	01:24:31	Wave 1	00:04:18	705
519	Katie Byrne	235	Female	Team Target	01:29:28	Wave 2	00:04:18	691
572	Emma Williams	2083	Female		01:30:48	Wave 3	00:04:18	704
604	James Radford	1563	Male		01:31:29	Wave 4	00:04:18	703
698	Jacob Booth	164	Male		01:34:05	Wave 7	00:04:18	690
771	Jen Davies	422	Female	Jen	01:35:45	Wave 2	00:04:18	693
780	Matthew Court	363	Male	Team Minerals	01:36:04	Wave 3	00:04:18	692
859	Lorence Gratrix	700	Male	Gratty's Boys	01:37:37	Wave 6	00:04:18	696
872	Ashley Kelly	1063	Male	Big Ash	01:37:55	Wave 9	00:04:18	699
981	Max Jennings	966	Male	roy of the rovers	01:40:36	Wave 6	00:04:18	698
1073	David Howells	887	Male		01:42:26	Wave 4	00:04:18	697
1149	Stuart Quine	1558	Male	Stuart Quine	01:44:10	Wave 4	00:04:18	702
1150	Tej Quine	1557	Female	Balers	01:44:10	Wave 4	00:04:18	701
1157	Martyn Gilmore	657	Male		01:44:21	Wave 9	00:04:18	695
1461	David Phillips	1482	Male		01:55:41	Wave 8	00:04:18	700
132	Leon Murnieks	1362	Male	The Funky Pumpers	01:16:39	Wave 4	00:04:19	722
133	Nick John	976	Male	The Funky Pumpers	01:16:39	Wave 4	00:04:19	718
289	Aneurin May	2195	Male	Team Men's Health	01:23:37	Wave 1	00:04:19	729
336	Daniel Pannell	1444	Male	Cranleigh RFC	01:24:49	Wave 5	00:04:19	723
423	Rhys Hayward	814	Male	2tonne and roider	01:27:02	Wave 2	00:04:19	714
513	Paul Holdsworth	859	Male		01:29:22	Wave 5	00:04:19	715
514	Stephen Williams	2092	Male		01:29:24	Wave 5	00:04:19	728
525	Darren Jones	1039	Male		01:29:41	Wave 6	00:04:19	719
611	Alistair Cummings	389	Male		01:31:40	Wave 4	00:04:19	710
647	Carolyne Crowe	385	Female	the phizzy rascals	01:32:51	Wave 5	00:04:19	709
718	Tim Kenny	1070	Male		01:34:43	Wave 2	00:04:19	720
793	David Evans	553	Male		01:36:18	Wave 3	00:04:19	711
870	Tim Chappell	278	Male		01:37:51	Wave 9	00:04:19	707
977	Gwyn Evans	568	Male		01:40:27	Wave 6	00:04:19	712
979	Christian Gee	634	Male	caerau ely rfc	01:40:34	Wave 8	00:04:19	713
986	William Jennings	969	Male	roy of the rovers	01:40:38	Wave 6	00:04:19	717
994	Helen Appelboam	30	Female	Team Whoooooop Whoooooop!	01:40:48	Wave 7	00:04:19	706
996	Paul Hussey	920	Male	Paul Hussey	01:40:50	Wave 6	00:04:19	716
1057	Mark Steele	1805	Male	sb foundation	01:41:55	Wave 6	00:04:19	727
1090	Simon Richards	1606	Male		01:42:52	Wave 5	00:04:19	726
1324	Nick Manley	1210	Male		01:50:01	Wave 4	00:04:19	721
1331	Andrew Reid	1594	Male		01:50:15	Wave 7	00:04:19	725
1500	Tom Cowdale	367	Male	Team CG	01:57:01	Wave 5	00:04:19	708
1610	Suzanne Pollard	1500	Female		02:03:27	Wave 7	00:04:19	724
254	Oliver Price	1521	Male	Ollie Price	01:22:04	Wave 2	00:04:20	746
283	Rebecca Milton	1298	Female	STARK	01:23:19	Wave 5	00:04:20	741
394	Richard Sandry	1691	Male		01:26:16	Wave 3	00:04:20	747
487	Ashley Walke	1964	Male	Ashley Walke	01:28:46	Wave 3	00:04:20	750
523	Andrew Underhill	1937	Male		01:29:39	Wave 3	00:04:20	749
553	Graham Dubberley	502	Male		01:30:24	Wave 6	00:04:20	734
612	Alan Donaldson	484	Male		01:31:45	Wave 2	00:04:20	733
690	Amanda Waters	1989	Female		01:33:57	Wave 6	00:04:20	751
727	Nicola Bailey	64	Female	Nicola Bailey	01:34:52	Wave 6	00:04:20	730
743	Andy Gale	624	Male		01:35:14	Wave 8	00:04:20	735
863	Stephen Homfray	872	Male	The Three Amigos	01:37:43	Wave 4	00:04:20	737
868	Lewis Denham-parry	468	Male	LJDP	01:37:49	Wave 8	00:04:20	732
955	Martyn Clouter	312	Male	Features	01:39:56	Wave 3	00:04:20	731
962	John Patterson	1461	Male	Features	01:40:03	Wave 3	00:04:20	744
974	Richard Pavey	1463	Male	Team Titshall	01:40:19	Wave 4	00:04:20	745
1116	Craig Howells	891	Male		01:43:17	Wave 7	00:04:20	738
1159	Becks Sankey	1692	Female	The Pocket Rocket	01:44:23	Wave 7	00:04:20	748
1172	Robert Nelson	1377	Male	TEAM HOFF	01:45:05	Wave 7	00:04:20	742

1201	Stuart Ingram	928	Male		01:45:48	Wave 7	00:04:20	739
1258	Paul Graham	692	Male		01:47:19	Wave 7	00:04:20	736
1286	David Mccarthy	1253	Male	Team Target	01:48:30	Wave 4	00:04:20	740
1468	Howard Paine	1438	Male	Howie rocks	01:56:01	Wave 7	00:04:20	743
386	Anthony Hale	743	Male		01:26:04	Wave 2	00:04:21	759
402	Fadi Baydoun	107	Male	Cardiff Audi	01:26:36	Wave 2	00:04:21	755
428	Brijesh Patel	1456	Male		01:27:08	Wave 2	00:04:21	763
430	Scott Barrett	91	Male	83A	01:27:14	Wave 2	00:04:21	754
569	James Mobley	1305	Male	Aberystwyth Spartans	01:30:45	Wave 2	00:04:21	762
573	Ryan Sutton	1843	Male		01:30:49	Wave 9	00:04:21	765
588	John Gosling	681	Male		01:31:03	Wave 5	00:04:21	757
613	Duncan Cooper	350	Male	Lucky Lindens	01:31:46	Wave 2	00:04:21	756
715	Ryan Kent	1073	Male	Team Hoofin'	01:34:37	Wave 2	00:04:21	761
783	Barry Young	2163	Male		01:36:09	Wave 5	00:04:21	767
1015	Chris Wilkes	2051	Male		01:41:20	Wave 3	00:04:21	766
1074	Vikki Powell	1510	Female		01:42:27	Wave 7	00:04:21	764
1094	Mark Avaiant	54	Male		01:42:56	Wave 8	00:04:21	752
1154	Rhian Hall	754	Female		01:44:18	Wave 6	00:04:21	760
1297	Clyde Baker	73	Male		01:49:07	Wave 7	00:04:21	753
1329	Paul Gwilliam	739	Male	gwilliam	01:50:11	Wave 7	00:04:21	758
251	Ian Pringle	1535	Male	Ian Pringle	01:21:46	Wave 1	00:04:22	778
356	Nataniel Martinez	1233	Male	Martinez	01:25:25	Wave 8	00:04:22	775
457	Michael Tune	1924	Male	banatynes	01:28:05	Wave 2	00:04:22	780
476	Jonathan Thompson	2186	Male	Team Men's Health	01:28:30	Wave 1	00:04:22	782
533	Scott Dukes	508	Male		01:29:50	Wave 5	00:04:22	771
579	Lee Patch	1455	Male	MARMALADE SKY	01:30:54	Wave 2	00:04:22	777
700	Katie Davies	431	Female	The Funky Pumpers	01:34:08	Wave 4	00:04:22	770
706	Dave Flynn	597	Male		01:34:26	Wave 4	00:04:22	773
791	Sean Hall	757	Male		01:36:17	Wave 9	00:04:22	774
941	Jamie Waldron	1963	Male		01:39:26	Wave 8	00:04:22	781
1051	Graeme Meggs	1278	Male		01:41:55	Wave 6	00:04:22	776
1082	Philip Sorrell	1785	Male		01:42:37	Wave 8	00:04:22	779
1312	Simon Evans	552	Male	TEAM HOOFIN	01:49:43	Wave 2	00:04:22	772
1345	Alan Brown	203	Male	N39er'sA	01:50:26	Wave 7	00:04:22	769
1513	Joshua Boughton	169	Male		01:57:33	Wave 7	00:04:22	768
244	Stuart Gibson	650	Male	Thor Of Four	01:21:38	Wave 3	00:04:23	790
338	Martin Long	1162	Male		01:24:51	Wave 1	00:04:23	793
497	Roger Clark	302	Male		01:29:11	Wave 1	00:04:23	786
517	Marley Swindells	1844	Male	Ups!	01:29:25	Wave 6	00:04:23	800
534	Mike Tsekouras	1922	Male		01:29:51	Wave 2	00:04:23	802
548	Katie Wakely	1960	Female		01:30:15	Wave 6	00:04:23	803
554	Matthew Hinds	849	Male		01:30:27	Wave 5	00:04:23	791
614	Peter Ashford	39	Male		01:31:50	Wave 5	00:04:23	783
658	Mark Soderland	1782	Male		01:33:03	Wave 5	00:04:23	799
664	Michael Daw	456	Male	Jon and Mike	01:33:09	Wave 5	00:04:23	787
665	James Rodaway	1654	Male	RCN Team Wales	01:33:10	Wave 9	00:04:23	796
710	Arwyn Thomas	1866	Male	Asbri	01:34:31	Wave 1	00:04:23	801
794	Paul Saville	1694	Male		01:36:18	Wave 5	00:04:23	797
801	Nick Mace	1194	Male		01:36:31	Wave 5	00:04:23	794
812	Matt Burt	226	Male		01:36:42	Wave 9	00:04:23	785
911	Jason Willis	2119	Male		01:38:47	Wave 5	00:04:23	804
970	Ashley Brown	200	Male	Sheila Rees Challenge	01:40:15	Wave 3	00:04:23	784
1260	Stuart Robbins	1627	Male	TTT Racing	01:47:23	Wave 2	00:04:23	795
1404	James Garrett	632	Male		01:53:01	Wave 4	00:04:23	789
1410	Dylan Jones	1041	Male		01:53:10	Wave 7	00:04:23	792
1536	Chris Deeks	465	Male		01:58:25	Wave 2	00:04:23	788
1539	James Sidwell	1736	Male	Twinkletoes	01:58:43	Wave 7	00:04:23	798
248	Guiseppi Quinn	1561	Male	Guiseppi Quinn	01:21:44	Wave 4	00:04:24	811
318	Matthew Pannell	1443	Male	Cranleigh RFC	01:24:15	Wave 5	00:04:24	810
381	Craig Black	148	Male	carlosfranco	01:26:00	Wave 1	00:04:24	806
620	Sarah Bartlett	95	Female		01:32:00	Wave 5	00:04:24	805
639	Darren Stacey	1798	Male	Dstacey	01:32:37	Wave 5	00:04:24	815
644	Adam Rix	1625	Male	GP Rodents	01:32:50	Wave 6	00:04:24	814
723	Unknown Entrant	2222	Male		01:34:49	Wave 5	00:04:24	817
930	Adam Ralph	1567	Male		01:39:11	Wave 9	00:04:24	812
935	Grant Reynolds	1597	Male	the phizzy rascals	01:39:15	Wave 5	00:04:24	813
991	Micheal Staples	1802	Male		01:40:41	Wave 2	00:04:24	816
1014	Jo Cameron	239	Female	Iechyd Da	01:41:19	Wave 5	00:04:24	807
1187	Matthew Ludlam	1178	Male		01:45:24	Wave 8	00:04:24	808
	Stewart Morley	1334	Male			Wave 5	00:04:24	809
238	Adam Purchase	1550	Male	Purchase	01:21:16	Wave 5	00:04:25	827
330	George Glover	664	Male		01:24:30	Wave 2	00:04:25	822
333	Ian Selway	1713	Male	selway	01:24:35	Wave 3	00:04:25	830
418	Gary Bowen-thomson	173	Male		01:26:58	Wave 2	00:04:25	820
482	David Thomas	1872	Male	red winos	01:28:34	Wave 3	00:04:25	831
568	Gwyn Williams	2103	Male	Gwyn Williams	01:30:42	Wave 5	00:04:25	835
614	Jacque Purdy	1551	Female		01:31:50	Wave 5	00:04:25	828
629	Christopher Williams	2074	Male	Roath Park Runners	01:32:15	Wave 2	00:04:25	834
689	Rhys Griffiths	723	Male		01:33:55	Wave 9	00:04:25	823
740	Oliver Wicks	2046	Male		01:35:10	Wave 8	00:04:25	833
879	Dewi Owen	2203	Male	For Goodness Shakes	01:38:08	Wave 1	00:04:25	836
905	Peter Blakeman	153	Male		01:38:40	Wave 2	00:04:25	819
980	Lauren Jennings	967	Female	roy of the rovers	01:40:35	Wave 6	00:04:25	824
984	Adam Bladwell	152	Male		01:40:37	Wave 6	00:04:25	818

1095	Lloyd Treharne	1916	Male		01:42:58	Wave 2	00:04:25	832
1137	Craig Fletcher	595	Male		01:43:50	Wave 6	00:04:25	821
1139	H Lewis	1141	Female		01:43:54	Wave 8	00:04:25	825
1514	Roger Screen	1706	Male	The REX-pendables	01:57:38	Wave 5	00:04:25	829
1538	Caroline O'hagan	1412	Female		01:58:42	Wave 7	00:04:25	826
320	Joseph Baggott	62	Male	medal winners	01:24:16	Wave 1	00:04:26	838
353	Stuart Dixon	478	Male	Wiltshire Warriors	01:25:22	Wave 3	00:04:26	839
400	Debbie Mccarthy	1252	Female		01:26:26	Wave 2	00:04:26	845
492	Caer Timothy	1904	Male		01:28:55	Wave 5	00:04:26	850
584	Jake Selway	1714	Male	selway	01:30:58	Wave 3	00:04:26	848
742	Alan O'doherty	1409	Male	Dragon XFit	01:35:12	Wave 3	00:04:26	846
789	Gerry West	2016	Male		01:36:15	Wave 5	00:04:26	851
792	Alex Jungmayr	1053	Male		01:36:17	Wave 7	00:04:26	844
807	Daniel Assinder	43	Male	Team Over The Hill	01:36:37	Wave 3	00:04:26	837
853	Jason Jones	990	Male	Fatty, Skinny & Tiny	01:37:29	Wave 1	00:04:26	843
1027	Christopher Hillman	844	Male	meat and two veg	01:41:27	Wave 2	00:04:26	841
1100	Cynyr Ifan	925	Male	Cynyr Ifan	01:43:00	Wave 7	00:04:26	842
1254	Carl Steier	1808	Male		01:47:16	Wave 7	00:04:26	849
1369	Hannah Oliver	1416	Female		01:51:29	Wave 6	00:04:26	847
1546	Stephen Head	815	Male		01:59:26	Wave 2	00:04:26	840
453	Oliver Hughes	900	Male	STUMPY AND GUMPY'S FLYING MONKEY	01:27:57	Wave 5	00:04:27	859
564	Simon Luke	1180	Male	Luke	01:30:37	Wave 1	00:04:27	862
590	Denham Mccall	1248	Male		01:31:08	Wave 3	00:04:27	863
624	Laura Clark	300	Female		01:32:05	Wave 4	00:04:27	852
670	Robert Jones	998	Male	welsh warriors	01:33:16	Wave 2	00:04:27	861
713	Michael Strickland	1829	Male	Team Hoofin'	01:34:34	Wave 2	00:04:27	867
725	Cerys Evans	558	Female		01:34:50	Wave 4	00:04:27	853
737	Mark Hamber	761	Male	TEAM SUPREME	01:35:08	Wave 3	00:04:27	857
912	Sophie Harrison	791	Female	Dangleberry	01:38:49	Wave 5	00:04:27	858
933	David Roberts	1633	Male		01:39:13	Wave 9	00:04:27	864
956	Lauren Smith	1766	Female		01:39:57	Wave 3	00:04:27	866
962	Chris Griffiths	724	Male	Team Fit Academy	01:40:03	Wave 6	00:04:27	855
985	Trig Johnson	985	Male		01:40:37	Wave 6	00:04:27	860
1035	Kuldip Singh	1753	Male		01:41:32	Wave 5	00:04:27	865
1178	Tony Grandon	693	Male		01:45:07	Wave 6	00:04:27	854
1380	Matt Hall	755	Male		01:51:45	Wave 6	00:04:27	856
127	Patrick Woodhead	2146	Male		01:16:13	Wave 2	00:04:28	877
491	Steve Brown	199	Male	red winos	01:28:53	Wave 3	00:04:28	868
628	Ben Thomas	1880	Male		01:32:14	Wave 2	00:04:28	874
673	Andrew Griffiths	727	Male		01:33:18	Wave 6	00:04:28	872
735	Daniel Gornall	679	Male		01:35:08	Wave 3	00:04:28	870
824	Daniel Chivell	289	Male	TEAM SUPREME	01:37:03	Wave 3	00:04:28	869
835	Ricky Turner	1926	Male		01:37:13	Wave 3	00:04:28	875
947	Huw Williams	2071	Male	muppets	01:39:41	Wave 2	00:04:28	876
1206	Daniel Marsh	1222	Male		01:46:01	Wave 6	00:04:28	873
1500	Luke Graddon	691	Male	Team CG	01:57:01	Wave 5	00:04:28	871
293	Rachel Williams	2094	Female	Bannatynes	01:23:46	Wave 4	00:04:29	898
389	Emma Williams	2060	Female		01:26:05	Wave 2	00:04:29	897
480	Matt Joy	1052	Male	30 Plus Bootcamp	01:28:33	Wave 4	00:04:29	888
495	Benjamin Green	708	Male		01:29:03	Wave 6	00:04:29	885
524	Chris Dudley	507	Male		01:29:39	Wave 5	00:04:29	882
594	Alex Pascoe	1451	Male		01:31:15	Wave 9	00:04:29	892
692	Paul Smith	1775	Male	LC COBRAS	01:33:59	Wave 9	00:04:29	894
720	Graham Orange	1419	Male	JARTS	01:34:46	Wave 3	00:04:29	891
739	Wayne Harris	787	Male	The Funky Pumpers	01:35:09	Wave 4	00:04:29	886
831	Richard Taylor	1848	Male	Fatty, Skinny & Tiny	01:37:08	Wave 1	00:04:29	895
837	Dave Andrews	22	Male	Little Mill Losers	01:37:14	Wave 3	00:04:29	878
893	Brian Davies	423	Male		01:38:29	Wave 2	00:04:29	881
946	Dean Liggett	1145	Male	PocketFit Training	01:39:40	Wave 6	00:04:29	889
999	David O'brien	1403	Male	O;Brien	01:40:57	Wave 2	00:04:29	890
1037	Mark Hembury	827	Male	Mark Hembury	01:41:32	Wave 8	00:04:29	887
1113	Dale Collett	320	Male	None	01:43:16	Wave 8	00:04:29	879
1186	Chris Webber	2005	Male		01:45:18	Wave 5	00:04:29	896
1200	Sam Coombs	349	Male	Simply Gym Massive	01:45:47	Wave 7	00:04:29	880
1336	Dave Smith	1769	Male		01:50:20	Wave 3	00:04:29	893
1347	Shaun Gibbs	647	Male		01:50:26	Wave 7	00:04:29	884
1366	Richard Foscolo	609	Male		01:51:15	Wave 8	00:04:29	883
123	Melissa Oliver	1415	Female		01:16:08	Wave 2	00:04:30	909
229	Alun Rees	1583	Male		01:20:55	Wave 4	00:04:30	910
443	Angharad Rhys	1602	Female		01:27:36	Wave 9	00:04:30	912
511	Steven Yandle	2159	Male		01:29:22	Wave 3	00:04:30	916
531	David Symes	1845	Male		01:29:50	Wave 8	00:04:30	914
630	Christopher Slight	1757	Male		01:32:18	Wave 4	00:04:30	913
685	Lindy Black	149	Female	BMF Scotland	01:33:44	Wave 2	00:04:30	899
722	Matthew Farragher	575	Male	Team Hoofin'	01:34:47	Wave 2	00:04:30	902
733	Raymond Ewen	2175	Male		01:35:05	Wave 8	00:04:30	917
738	James Davies	433	Male	The Funky Pumpers	01:35:09	Wave 4	00:04:30	901
814	Mark Gray	703	Male	Fat Fighters	01:36:44	Wave 1	00:04:30	904
936	Andy Hunt	913	Male		01:39:16	Wave 6	00:04:30	908
951	Emma Fortune	608	Female		01:39:47	Wave 9	00:04:30	903
960	Jake Herbert	832	Male		01:40:01	Wave 5	00:04:30	907
1030	Dean Waite	1959	Male		01:41:29	Wave 6	00:04:30	915
1302	Owen Hardy	772	Male	ThinkBuzan	01:49:13	Wave 7	00:04:30	905
1325	Justin Hay	808	Male		01:50:02	Wave 5	00:04:30	906

1396	Neal Dave	2223	Male		01:52:47	Wave 6	00:04:30	918
1463	Aled Rees	1589	Male		01:55:53	Wave 7	00:04:30	911
1479	Benedict Bond	161	Male		01:56:23	Wave 6	00:04:30	900
312	Shaun Suller	1835	Male	Coryton	01:24:11	Wave 5	00:04:31	933
434	Matthew Whiteley	2038	Male		01:27:23	Wave 5	00:04:31	934
475	Amy Younger	2164	Female		01:28:28	Wave 2	00:04:31	938
483	Dave Wilson	2125	Male	David Wilson	01:28:40	Wave 4	00:04:31	936
622	Paul Goodfellow	670	Male	beer belly busters	01:32:03	Wave 3	00:04:31	924
655	Paul Macdonald	1193	Male	MOOOOO	01:32:57	Wave 1	00:04:31	929
697	Joanne Earnshaw	522	Female	earnshaw	01:34:05	Wave 4	00:04:31	922
721	Joanna Boss	166	Female		01:34:47	Wave 6	00:04:31	920
752	Gavin Earnshaw	521	Male	earnshaw	01:35:24	Wave 4	00:04:31	921
786	Jordan Bevan	128	Male	The REX-pendables	01:36:13	Wave 5	00:04:31	919
821	Will Ridge	1618	Male		01:36:59	Wave 9	00:04:31	932
823	Tom Whitlock	2039	Male		01:37:02	Wave 9	00:04:31	935
838	Peter Lyons	1186	Male	Little Mill Loosers	01:37:15	Wave 3	00:04:31	928
890	Nick Heath	821	Male	RPM	01:38:26	Wave 3	00:04:31	926
1052	Michael James	943	Male		01:41:55	Wave 6	00:04:31	927
1109	Jamie Oconnor	1405	Male		01:43:10	Wave 4	00:04:31	931
1204	Nathan Wood	2144	Male		01:45:53	Wave 2	00:04:31	937
1304	Rhodri Harries	781	Male	RHodri Harries	01:49:14	Wave 7	00:04:31	925
1405	Kevin Mcginn	1262	Male		01:53:05	Wave 1	00:04:31	930
1547	Gareth Edwards	533	Male		01:59:31	Wave 7	00:04:31	923
284	Steven Proud	1544	Male		01:23:20	Wave 9	00:04:32	949
478	Simon Martin	2187	Male	Team Men's Health	01:28:31	Wave 1	00:04:32	953
637	Paul Hewett	834	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:32:32	Wave 2	00:04:32	944
799	James Patten	1460	Male		01:36:27	Wave 5	00:04:32	948
852	Mike Griffiths	720	Male		01:37:28	Wave 8	00:04:32	943
901	James Cooper	352	Male		01:38:37	Wave 8	00:04:32	941
950	Aled Ap iwan	29	Male		01:39:46	Wave 6	00:04:32	939
957	Jacob Fitzgerald	589	Male	Team Fat Race	01:39:58	Wave 6	00:04:32	942
982	Hannah Jennings	968	Female	roy of the rovers	01:40:36	Wave 6	00:04:32	945
1081	Hywel Rees	1579	Male	30+ Bootcamp	01:42:36	Wave 3	00:04:32	950
1121	Ben Russon	1678	Male	RCN Team Wales	01:43:29	Wave 9	00:04:32	951
1153	David Muldoon	1356	Male		01:44:18	Wave 5	00:04:32	947
1181	Andrew Collings	325	Male		01:45:13	Wave 8	00:04:32	940
1419	Aj Linford	1148	Female	YOURS	01:53:35	Wave 7	00:04:32	946
1504	Thomas Simms	1745	Male	The Butt Scratchers	01:57:15	Wave 5	00:04:32	952
439	Nic Price	1525	Male		01:27:33	Wave 9	00:04:33	967
542	Gary Jane	948	Male		01:30:04	Wave 2	00:04:33	961
543	Chris Rogers	1659	Male		01:30:05	Wave 2	00:04:33	968
556	Gwion ap Rhisart	1286	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:30:30	Wave 2	00:04:33	964
603	Philip Grunewald	732	Male		01:31:24	Wave 1	00:04:33	960
636	Gillian Simpson	1748	Female	Fast, fit & fabulous	01:32:30	Wave 2	00:04:33	969
677	Gareth Lougher	1167	Male		01:33:32	Wave 3	00:04:33	962
807	Simon Stockton	1820	Male	Stockers	01:36:37	Wave 7	00:04:33	971
825	Stuart Day	460	Male	Team Hoofin'	01:37:03	Wave 2	00:04:33	957
832	Daniel Wilkie	2053	Male		01:37:09	Wave 9	00:04:33	972
838	Nia Dale	399	Female	Roman Rebels	01:37:15	Wave 5	00:04:33	955
845	Kristian Speake	1793	Male	Kristian Speake	01:37:21	Wave 7	00:04:33	970
928	Karl Osborne	1421	Male		01:39:07	Wave 3	00:04:33	966
1032	Dan Botten	168	Male	D Man and Beak	01:41:30	Wave 2	00:04:33	954
1034	Nic Dawson	457	Male	D Man and Beak	01:41:31	Wave 2	00:04:33	956
1075	Gary Morris	1346	Male		01:42:28	Wave 8	00:04:33	965
1098	Elen Evans	560	Female	Famous Five	01:43:00	Wave 6	00:04:33	958
1146	Alexander Marsh	1220	Male	RCN Team Wales	01:44:06	Wave 9	00:04:33	963
1221	Thomas Gough	683	Male		01:46:27	Wave 3	00:04:33	959
1465	Geraint Williams	2113	Male		01:55:53	Wave 7	00:04:33	973
130	Anthony Carfantan	2197	Male	Team Men's Health	01:16:32	Wave 1	00:04:34	993
340	Brian Dias	474	Male		01:24:54	Wave 6	00:04:34	978
409	Tom Cope	354	Male	docters	01:26:47	Wave 4	00:04:34	976
541	Karl Ronan	1661	Male		01:30:03	Wave 5	00:04:34	990
624	Daniel Loftus	1161	Male		01:32:05	Wave 4	00:04:34	986
626	Jamie Vaughan	1945	Male	beer belly busters	01:32:07	Wave 3	00:04:34	991
693	James Dixon	482	Male		01:34:01	Wave 5	00:04:34	979
730	Shane Kugler	1094	Male		01:35:01	Wave 6	00:04:34	985
777	Terry King	1085	Male	terry king	01:35:52	Wave 6	00:04:34	984
782	James Wimshurst	2134	Male	A-Wimo-Way	01:36:08	Wave 7	00:04:34	992
798	Jonathan Nettleton	1378	Male		01:36:27	Wave 5	00:04:34	988
902	Richard Mahoney	1204	Male		01:38:39	Wave 2	00:04:34	987
909	Mathew Jones	1023	Male	The Expandables	01:38:46	Wave 4	00:04:34	983
1105	Ben Edwards	531	Male		01:43:08	Wave 4	00:04:34	980
1227	Alexandra Jones	995	Female		01:46:37	Wave 3	00:04:34	982
1283	Steven Owen	1435	Male	Steve	01:48:27	Wave 4	00:04:34	989
1334	Mark Hallett	759	Male	Team Minerals	01:50:18	Wave 3	00:04:34	981
1387	Alun Davies	448	Male		01:52:11	Wave 7	00:04:34	977
1497	Steve Bartlett-jenkins	97	Male	Bartlett-Hannah's	01:56:49	Wave 2	00:04:34	974
1527	Jamie Burell	220	Male		01:57:52	Wave 8	00:04:34	975
219	Mark Tregilgas	1915	Male	30+BootCamp	01:20:45	Wave 4	00:04:35	1010
406	Rebecca Wilson	2128	Female		01:26:41	Wave 2	00:04:35	1013
416	Steve Williams	2080	Male		01:26:52	Wave 2	00:04:35	1011
499	Justin Meredith	1284	Male	Features	01:29:12	Wave 3	00:04:35	1003
562	Jonathan Beynon	135	Male	LC COBRAS	01:30:35	Wave 9	00:04:35	994
616	Neil Spark	1790	Male		01:31:52	Wave 4	00:04:35	1007

623	Louise Macdonald	1192	Female	Fat Fighters	01:32:05	Wave 1	00:04:35	1001
666	Mark Brohan	188	Male	Thor Of Four	01:33:12	Wave 3	00:04:35	995
734	Natasha Jones	1009	Female		01:35:07	Wave 4	00:04:35	999
756	Jon Mcnamara	1270	Male		01:35:30	Wave 3	00:04:35	1002
765	Dan Toft	1908	Male	Team Chedzoy	01:35:40	Wave 4	00:04:35	1009
767	Byron Hobbs	852	Male	The Goonies	01:35:41	Wave 2	00:04:35	998
987	Ioan Richards	1608	Male		01:40:39	Wave 3	00:04:35	1006
998	Kenneth malcolm Williams	2099	Male		01:40:54	Wave 4	00:04:35	1012
1042	George Nicholls	1388	Male		01:41:39	Wave 3	00:04:35	1004
1185	Philip Druiff	501	Male		01:45:18	Wave 8	00:04:35	996
1189	Ryan Thornton	1901	Male		01:45:26	Wave 8	00:04:35	1008
1365	David Price	1531	Male		01:51:15	Wave 8	00:04:35	1005
1422	Dan Fletcher	594	Male		01:53:43	Wave 7	00:04:35	997
1462	Hugh Jones	1042	Male		01:55:44	Wave 7	00:04:35	1000
230	Richard Oram	2228	Male		01:20:58	Wave 1	00:04:36	1035
363	Joanna Sibson	1735	Female	Fast, fit & fabulous	01:25:31	Wave 2	00:04:36	1032
420	Mick Donnelly	486	Male	2RTR	01:26:59	Wave 4	00:04:36	1018
458	Paul Hardinges	769	Male		01:28:09	Wave 3	00:04:36	1022
528	Neil Smith	1778	Male	Neil "Sexy Boy" Smith	01:29:46	Wave 6	00:04:36	1033
580	Nick Bishop	147	Male	Kings AFC	01:30:54	Wave 5	00:04:36	1014
754	Richard Pooley	1501	Male		01:35:30	Wave 3	00:04:36	1030
760	Mark Lloyd	1153	Male	30+BootCamp	01:35:35	Wave 4	00:04:36	1027
796	John Popple	1503	Male		01:36:20	Wave 3	00:04:36	1031
830	Jon Grey	712	Male		01:37:07	Wave 9	00:04:36	1021
910	Steven Tandy	1846	Male	The Expandables	01:38:47	Wave 4	00:04:36	1034
939	Paul Collins	326	Male		01:39:23	Wave 1	00:04:36	1016
953	Jonathan Heather	822	Male	heather	01:39:51	Wave 3	00:04:36	1023
1005	Paul Nolan	1394	Male	TEAM CAVEMAN	01:41:02	Wave 4	00:04:36	1029
1020	Paul Jones	1017	Male		01:41:24	Wave 5	00:04:36	1025
1033	Rhodri Holmes	869	Male	STUMPY AND GUMPY'S FLYING MONKEY	01:41:31	Wave 5	00:04:36	1024
1110	Simon Morgan	1322	Male	Morgan Signs	01:43:12	Wave 4	00:04:36	1028
1197	Steve Bool	162	Male		01:45:44	Wave 7	00:04:36	1015
1256	Nicholas Eford	538	Male		01:47:18	Wave 5	00:04:36	1019
1385	Aled Evans	563	Male		01:52:03	Wave 7	00:04:36	1020
1409	Arwel Jones	1040	Male		01:53:10	Wave 7	00:04:36	1026
1426	Andrew Denner	469	Male		01:53:48	Wave 7	00:04:36	1017
1515	Mark Wievell	2233	Male		01:57:42	Wave 4	00:04:36	1036
515	Leon Keller	1061	Male		01:29:24	Wave 5	00:04:37	1043
573	Joseph Offside	1411	Male		01:30:49	Wave 9	00:04:37	1045
773	Conrad Elliott	539	Male		01:35:46	Wave 8	00:04:37	1038
989	Martyn Lewis	1138	Male		01:40:40	Wave 6	00:04:37	1044
1112	Steve Goodfellow	671	Male	Morgan Signs	01:43:13	Wave 4	00:04:37	1040
1158	Ray Hawkins	806	Male		01:44:23	Wave 4	00:04:37	1042
1388	David Ferguson	581	Male		01:52:14	Wave 6	00:04:37	1039
1395	Geraint Hampson-jones	763	Male		01:52:43	Wave 4	00:04:37	1041
1549	Matthew Sutton	1842	Male	Sutton	01:59:57	Wave 9	00:04:37	1046
1631	Marc Chitty	288	Male		02:04:41	Wave 5	00:04:37	1037
592	Ben Youngjohns	2165	Male		01:31:13	Wave 9	00:04:38	1059
605	Chris Allen	14	Male		01:31:31	Wave 3	00:04:38	1047
691	Darren Shaw	1723	Male		01:33:59	Wave 5	00:04:38	1057
907	Jenny Morison	1333	Female		01:38:41	Wave 2	00:04:38	1054
924	Jane Lewis	1137	Female		01:39:05	Wave 6	00:04:38	1052
975	Stephen Mcqueen	1273	Male		01:40:21	Wave 4	00:04:38	1053
1003	Stevenson Thomas	2225	Male		01:41:02	Wave 6	00:04:38	1060
1130	Rae Darling	406	Male	Raymo	01:43:45	Wave 6	00:04:38	1049
1192	Chris Haines	741	Male	haha	01:45:33	Wave 3	00:04:38	1051
1255	Gareth Quinlan	1559	Male	Daddy Darwin	01:47:16	Wave 5	00:04:38	1056
1259	Ben Simmons	1744	Male		01:47:20	Wave 5	00:04:38	1058
1296	Barry Clarke	305	Male	Cardiff Circuiteers	01:49:04	Wave 7	00:04:38	1048
1384	Adam Fairbank	571	Male		01:52:01	Wave 7	00:04:38	1050
1523	Paul Newbury	1380	Male		01:57:47	Wave 7	00:04:38	1055
269	James Barnard	2189	Male	Team Men's Health	01:22:51	Wave 1	00:04:39	1072
532	Marie Beaney	110	Female		01:29:50	Wave 8	00:04:39	1061
662	Sian Thomas	1889	Female	sian	01:33:07	Wave 6	00:04:39	1071
903	Leanne Martlew	1235	Female		01:38:39	Wave 2	00:04:39	1064
917	Aleksander Siwek	1754	Male		01:38:57	Wave 7	00:04:39	1068
1006	Darren Pugsley	1548	Male	TEAM CAVEMEN	01:41:02	Wave 4	00:04:39	1065
1018	Jamie Rees	1582	Male		01:41:23	Wave 5	00:04:39	1067
1110	Ronnie Rahman	1565	Male		01:43:12	Wave 4	00:04:39	1066
1276	Joc Strap	1827	Male	Hooters	01:47:57	Wave 7	00:04:39	1069
1308	Medi James	938	Female	Streaksahead	01:49:33	Wave 2	00:04:39	1062
1485	Ian Teasdale	1862	Male		01:56:30	Wave 3	00:04:39	1070
1680	Graeme Jinks	971	Male	OSSC	02:09:26	Wave 3	00:04:39	1063
651	Alistair Peebles	1467	Male		01:32:54	Wave 3	00:04:40	1082
652	Neil Biggs	138	Male		01:32:54	Wave 3	00:04:40	1073
663	Rhys Thomas	1888	Male	Rhys	01:33:07	Wave 6	00:04:40	1084
728	Thomas Dixon	481	Male		01:34:56	Wave 9	00:04:40	1074
800	Neal Hartle	795	Male	Dangleberry	01:36:30	Wave 4	00:04:40	1077
849	Sharon Haley	746	Female		01:37:25	Wave 6	00:04:40	1076
857	Gareth Hutchings	922	Male	Fatty, Skinny & Tiny	01:37:34	Wave 1	00:04:40	1078
920	Tom Thurstan	1902	Male		01:38:58	Wave 7	00:04:40	1085
1065	Shu san Manley	1211	Female	Shu San	01:42:11	Wave 7	00:04:40	1079
1066	Saad Masood	1237	Male	Beards of Wisdom	01:42:17	Wave 6	00:04:40	1080
1086	Darren Phillips	1477	Male		01:42:45	Wave 3	00:04:40	1083

1156	Michael Owen	1436	Male		01:44:20	Wave 4	00:04:40	1081
1222	Jane Williams	2093	Female	Bannatynes	01:46:27	Wave 3	00:04:40	1088
1352	Huw Williams	2081	Male	Shazahuw	01:50:46	Wave 3	00:04:40	1087
1466	Mark Trounce	1920	Male		01:55:54	Wave 7	00:04:40	1086
1762	Simon Emmins	546	Male	Misfits	02:25:13	Wave 3	00:04:40	1075
168	Aileen Lyons	1187	Female		01:18:49	Wave 4	00:04:41	1100
265	Sean Picton	1486	Male		01:22:45	Wave 3	00:04:41	1103
417	Nicky McWilliam	1276	Female		01:26:52	Wave 9	00:04:41	1101
536	Joe Lockett	1176	Male		01:29:58	Wave 4	00:04:41	1099
676	Louise Barkworth	85	Female	BMF Scotland	01:33:31	Wave 2	00:04:41	1090
686	Neil Caton	265	Male	Lucky Lindens	01:33:45	Wave 2	00:04:41	1093
856	Tom Hunt	910	Male		01:37:33	Wave 2	00:04:41	1098
899	Morgan Copelin	356	Male		01:38:34	Wave 5	00:04:41	1096
993	Richard Barbour	79	Male	Empowers Fitness	01:40:45	Wave 2	00:04:41	1089
1011	Daniel Binks	140	Male		01:41:12	Wave 8	00:04:41	1092
1049	Thomas Cook	338	Male		01:41:46	Wave 2	00:04:41	1095
1092	Edward Pattillo	1462	Male		01:42:55	Wave 3	00:04:41	1102
1391	Dean Townsend	1912	Male	Dean Townsend	01:52:32	Wave 7	00:04:41	1104
1428	Ross Gordon	678	Male		01:53:51	Wave 7	00:04:41	1097
1438	Dave Beardsmore	112	Male	Southco	01:54:35	Wave 7	00:04:41	1091
	Jason Christoferato	294	Male	beer belly busters		Wave 3	00:04:41	1094
557	Stephen Liddicoat	1144	Male		01:30:30	Wave 2	00:04:42	1118
558	James Murphy	1363	Male		01:30:31	Wave 2	00:04:42	1121
587	Adrian Jones	1016	Male		01:31:01	Wave 4	00:04:42	1117
767	James Sherwood	1731	Male	The Goonies	01:35:41	Wave 2	00:04:42	1125
779	James Dunhill	512	Male		01:35:59	Wave 9	00:04:42	1111
848	Lee David	413	Male		01:37:25	Wave 6	00:04:42	1109
895	Richard Norris	1397	Male		01:38:31	Wave 5	00:04:42	1122
908	Alan Broughton	196	Male	raf sparks	01:38:43	Wave 8	00:04:42	1108
925	Pauline Brookes	192	Female		01:39:06	Wave 6	00:04:42	1107
943	Christopher Evans	557	Male	G-Ring	01:39:34	Wave 4	00:04:42	1112
1044	Megan Ramsey	1568	Female		01:41:42	Wave 5	00:04:42	1124
1107	Michael Davy	455	Male		01:43:09	Wave 9	00:04:42	1110
1108	Matt Goodfellow	672	Male	Morgan Signs	01:43:09	Wave 4	00:04:42	1113
1113	James Jefferies	953	Male	jeff	01:43:16	Wave 4	00:04:42	1116
1122	Sarah jane Bailey	813	Female	thefitcamp.com: Cardiff Outdoor Fitness	01:43:30	Wave 2	00:04:42	1114
1155	Runa Bakshi	74	Female	atal y fro	01:44:20	Wave 4	00:04:42	1106
1169	Richard Bailey	63	Male		01:45:00	Wave 7	00:04:42	1105
1183	Mark Lucas	1174	Male		01:45:15	Wave 3	00:04:42	1120
1294	Gwawr Lloyd	1155	Female		01:49:02	Wave 7	00:04:42	1119
1357	Dave Ott	1428	Male	Dow Corning	01:51:02	Wave 6	00:04:42	1123
1400	Gareth Jackson	934	Male	Morrison Mudheads	01:52:55	Wave 7	00:04:42	1115
633	Nick Bourne	171	Male	Cardiff University Choppers	01:32:22	Wave 4	00:04:43	1126
816	Phillip Mileham	1290	Male		01:36:56	Wave 3	00:04:43	1134
816	Nicky Raikes	1566	Male		01:36:56	Wave 3	00:04:43	1135
1046	Richard Campbell	240	Male		01:41:43	Wave 5	00:04:43	1130
1292	Mark Broyd	207	Male		01:48:59	Wave 2	00:04:43	1128
1341	David Brown	202	Male		01:50:24	Wave 3	00:04:43	1127
1353	Sharon Williams	2082	Female	Shazahuw	01:50:48	Wave 3	00:04:43	1138
1362	John Goodwin	676	Male		01:51:08	Wave 4	00:04:43	1131
1430	Gary Bruton	209	Male		01:53:59	Wave 7	00:04:43	1129
1489	Si Johnson	984	Male		01:56:36	Wave 6	00:04:43	1132
1552	Kris Jones	1031	Male		02:00:05	Wave 7	00:04:43	1133
1678	Liam Stromski	1831	Male	Liam Stromski	02:09:07	Wave 7	00:04:43	1137
1766	Caronwen Rees	1575	Female	REES	02:29:12	Wave 4	00:04:43	1136
641	Brian Jones	1024	Male	The Expandables	01:32:46	Wave 4	00:04:44	1143
708	Nick Sharratt	1719	Male	Cardiff University Choppers	01:34:30	Wave 4	00:04:44	1145
966	James Spring	2178	Male		01:40:10	Wave 5	00:04:44	1148
1008	Neil Howells	889	Male		01:41:04	Wave 5	00:04:44	1142
1028	Russell Gardner	629	Male		01:41:27	Wave 6	00:04:44	1141
1058	Matthew Dent	470	Male	leaping monkey	01:41:58	Wave 8	00:04:44	1140
1102	Jennifer Davies	441	Female	Famous Five	01:43:00	Wave 6	00:04:44	1139
1220	Paula Kennedy	1069	Female	Paula Kennedy	01:46:25	Wave 5	00:04:44	1144
1364	Brian Taylorq	1860	Male		01:51:15	Wave 8	00:04:44	1146
1506	James Wilden	2049	Male	TEAM HOFF	01:57:19	Wave 7	00:04:44	1147
627	Richard Skyrme	1755	Male		01:32:10	Wave 4	00:04:45	1160
818	Andrew Scullion	1707	Male		01:36:57	Wave 9	00:04:45	1157
894	Caroline Boyle	180	Female		01:38:30	Wave 5	00:04:45	1150
916	Daniel Harries	780	Male		01:38:54	Wave 6	00:04:45	1151
944	Gary Sinclair	1750	Male	Summers Fitness	01:39:36	Wave 2	00:04:45	1159
978	Robert Newton	1383	Male	The Goonies	01:40:30	Wave 2	00:04:45	1153
1055	Mike Trevett	1917	Male	sb foundation	01:41:55	Wave 6	00:04:45	1162
1067	Patrick Rickerby	1617	Male	Beards of Wisdom	01:42:17	Wave 6	00:04:45	1156
1093	Laura Prosser	1542	Female	Famous Five	01:42:56	Wave 6	00:04:45	1155
1210	Niall Smith	1771	Male		01:46:07	Wave 3	00:04:45	1161
1225	Paul Marshall	1226	Male		01:46:36	Wave 9	00:04:45	1152
1265	Kashif Shabir	1716	Male		01:47:31	Wave 6	00:04:45	1158
1418	Roy Attwell	49	Male		01:53:32	Wave 7	00:04:45	1149
1684	Patrick O'brien	1401	Male	les dents blanches	02:09:32	Wave 2	00:04:45	1154
550	Jody Lee	1113	Male		01:30:16	Wave 3	00:04:46	1168
598	Nicky Jones	1008	Male		01:31:19	Wave 4	00:04:46	1166
840	Vicki Cole	315	Female		01:37:15	Wave 2	00:04:46	1164
883	Daniel Owen	1432	Male	Where is Mr Jones?	01:38:15	Wave 4	00:04:46	1171
1133	Euan Mcghee	1260	Male		01:43:47	Wave 3	00:04:46	1170

1291	Ben Taylor	1852	Male		01:48:55	Wave 7	00:04:46	1176
1386	Paul Stagg	1799	Male		01:52:11	Wave 1	00:04:46	1174
1429	Gethin Roberts	1639	Male		01:53:57	Wave 7	00:04:46	1173
1436	Simon Kent	1074	Male		01:54:19	Wave 7	00:04:46	1167
1467	Matthew Mann	1213	Male		01:55:56	Wave 6	00:04:46	1169
1502	David Stephens	1809	Male	Dave Stephens	01:57:02	Wave 7	00:04:46	1175
1528	Ben Brown	198	Male	Team Minerals	01:57:53	Wave 3	00:04:46	1163
1575	Lucy Henshall	830	Female		02:01:38	Wave 7	00:04:46	1165
1593	Neil Parker	1447	Male		02:02:57	Wave 4	00:04:46	1172
1721	Craig Wibberley	2045	Male	Human Fish	02:15:07	Wave 6	00:04:46	1177
643	Hugh Sullivan	1836	Male		01:32:49	Wave 1	00:04:47	1188
705	Scott Wilson	2127	Male		01:34:19	Wave 2	00:04:47	1190
717	Andrew Griffiths	719	Male	GRIFFITHS	01:34:43	Wave 4	00:04:47	1179
751	Mark Tock	1907	Male		01:35:23	Wave 5	00:04:47	1189
810	Neil Sinclair	1751	Male	NEIL SINCLAIR	01:36:38	Wave 9	00:04:47	1187
882	Stuart Hurley	918	Male		01:38:11	Wave 4	00:04:47	1182
883	James Owen	1433	Male		01:38:15	Wave 4	00:04:47	1185
887	Gareth Morgan	1315	Male		01:38:19	Wave 1	00:04:47	1184
968	Richard Pugsley	1549	Male		01:40:13	Wave 4	00:04:47	1186
1374	Michael Holmes	866	Male		01:51:38	Wave 3	00:04:47	1181
1469	Ian Lockett	1177	Male		01:56:02	Wave 4	00:04:47	1183
1507	William Hale	744	Male		01:57:19	Wave 7	00:04:47	1180
1553	James Benson	126	Male	Benson	02:00:06	Wave 7	00:04:47	1178
538	Mustafa Younis	2167	Male	Mustafa	01:30:01	Wave 9	00:04:48	1198
967	Geraint Rees	1574	Male	Airborne Digital Media	01:40:11	Wave 1	00:04:48	1195
1013	Brendan O'leary	1413	Male	bmka	01:41:16	Wave 3	00:04:48	1194
1024	Martin Jones	1014	Male		01:41:26	Wave 5	00:04:48	1192
1048	Rich Smith	1777	Male	Gloucestershire SANDS	01:41:46	Wave 9	00:04:48	1196
1212	Simon Wakely	1961	Male		01:46:10	Wave 6	00:04:48	1197
1371	Neil Hartley	796	Male		01:51:31	Wave 6	00:04:48	1191
1670	Ian Moore	1309	Male		02:08:00	Wave 7	00:04:48	1193
632	Luke Thomas	1882	Male		01:32:20	Wave 4	00:04:49	1210
719	Christopher Morris	1338	Male		01:34:46	Wave 2	00:04:49	1207
818	Ian Poley	1498	Male		01:36:57	Wave 8	00:04:49	1209
866	Alfred Ferguson	580	Male		01:37:46	Wave 1	00:04:49	1203
921	Trevor Harries	779	Male		01:38:59	Wave 6	00:04:49	1205
1199	Paul Holland	862	Male		01:45:45	Wave 5	00:04:49	1206
1288	Ian Thorne	1900	Male		01:48:40	Wave 3	00:04:49	1211
1289	Melanie Youngs	2166	Female	Cardiff Circuiteers	01:48:46	Wave 7	00:04:49	1212
1408	Andrew Candler	243	Male		01:53:09	Wave 6	00:04:49	1201
1425	Gemma Needham	1376	Female	YOURS	01:53:46	Wave 7	00:04:49	1208
1491	Steven Davies	439	Male		01:56:37	Wave 6	00:04:49	1202
1545	Sarah Barcroft	80	Female		01:59:24	Wave 7	00:04:49	1199
1572	Paul Glaeser	660	Male		02:01:30	Wave 5	00:04:49	1204
1679	Jason Beckhurst	115	Male	Jason Beckhurst	02:09:11	Wave 7	00:04:49	1200
452	David Baynes	108	Male	Cardiff University Choppers	01:27:54	Wave 4	00:04:50	1213
745	Andy Draper	496	Male		01:35:15	Wave 3	00:04:50	1216
811	Sarah Sinclair	1752	Female	SARAH SINCLAIR	01:36:41	Wave 9	00:04:50	1223
906	Andrew Cook	337	Male		01:38:40	Wave 2	00:04:50	1215
1096	Rachel Taylor	1855	Female	Famous Five	01:42:59	Wave 6	00:04:50	1224
1118	Gino Hawkins	807	Male	2RTR	01:43:27	Wave 4	00:04:50	1217
1242	Nichola Scott	1700	Female	Caerphilly Clowns	01:46:55	Wave 3	00:04:50	1222
1267	Nicholas Jones	1035	Male		01:47:35	Wave 6	00:04:50	1219
1339	Damien Maloney	1208	Male		01:50:21	Wave 8	00:04:50	1220
1383	Gareth White	2034	Male		01:52:00	Wave 5	00:04:50	1225
1393	Scott Vincent	2181	Male		01:52:34	Wave 8	00:04:50	1226
1417	Owen Roberts	1634	Male	Too Old To Retire	01:53:31	Wave 4	00:04:50	1221
1464	Vaughan Budd	213	Male		01:55:53	Wave 7	00:04:50	1214
1512	Carl Jones	997	Male		01:57:33	Wave 5	00:04:50	1218
442	Nicky Oliver	1414	Female		01:27:34	Wave 2	00:04:51	1233
695	Gareth Willis	2121	Male		01:34:01	Wave 6	00:04:51	1238
707	Joe Burton	227	Male	2RTR	01:34:27	Wave 4	00:04:51	1228
1100	Rhys Owen	1434	Male	WG	01:43:00	Wave 5	00:04:51	1234
1142	Rhian Hullin	906	Female		01:43:57	Wave 9	00:04:51	1229
1144	Simon Player	1496	Male		01:44:05	Wave 4	00:04:51	1235
1223	Adrian Mathias	1239	Male		01:46:27	Wave 5	00:04:51	1231
1228	Rachel Sanders	1688	Female	The Funky Pumpers	01:46:42	Wave 4	00:04:51	1236
1248	Rachel Williams	2068	Female		01:47:02	Wave 3	00:04:51	1237
1341	Lisa Brown	201	Female		01:50:24	Wave 3	00:04:51	1227
1598	Neil Morgan	1323	Male	Clwb Cyri Athletau	02:03:04	Wave 4	00:04:51	1232
1707	Keith Liddell	1143	Male		02:12:08	Wave 2	00:04:51	1230
399	Alex Harris	2191	Male	Team Men's Health	01:26:26	Wave 1	00:04:52	1250
545	Jane Travaglia	1914	Female	The Balers	01:30:11	Wave 4	00:04:52	1247
1160	Helen Warner	1985	Male		01:44:29	Wave 3	00:04:52	1248
1219	Joanne Powell	1508	Female		01:46:22	Wave 5	00:04:52	1244
1277	Richard Gough	682	Male		01:47:57	Wave 6	00:04:52	1240
1344	Craig Wheeler	2024	Male		01:50:25	Wave 4	00:04:52	1249
1373	Matthew Holmes	867	Male		01:51:37	Wave 3	00:04:52	1242
1433	Eirian Evans	559	Male		01:54:17	Wave 8	00:04:52	1239
1592	Katie Hilbourne	840	Female		02:02:57	Wave 4	00:04:52	1241
1638	Lewis Peach	1466	Male		02:05:18	Wave 7	00:04:52	1243
1643	Evan Rowlands	1673	Male		02:05:49	Wave 7	00:04:52	1246
1687	Tom Reeves	1591	Male		02:09:58	Wave 6	00:04:52	1245
585	Ian Mccarthy	1254	Male	Team Titshall	01:30:59	Wave 4	00:04:53	1259

609	Leigh Henson	831	Male	Team Titshall	01:31:37	Wave 4	00:04:53	1252
775	Ryan Jones	1048	Male	ryan jones	01:35:51	Wave 8	00:04:53	1256
945	Craig Telega	1863	Male	Turner And Telega	01:39:39	Wave 4	00:04:53	1261
1047	Leanne Thomas	1873	Female	Team Target	01:41:44	Wave 2	00:04:53	1262
1129	Delyth Murray-lines	1368	Female	Paul's Posse	01:43:44	Wave 4	00:04:53	1260
1171	Daniel Jones	1005	Male	Team Braccy	01:45:04	Wave 3	00:04:53	1255
1198	Cameron Maccormac	1189	Male	MacCormac	01:45:45	Wave 6	00:04:53	1258
1208	Sarah Jaques	951	Female		01:46:04	Wave 3	00:04:53	1254
1229	Gareth Lee	1116	Male		01:46:46	Wave 8	00:04:53	1257
1252	Liz Warner	1980	Female		01:47:06	Wave 3	00:04:53	1263
1563	Tamara Hillman	845	Female		02:01:18	Wave 7	00:04:53	1253
1748	Scott Burton	229	Male	Burton	02:22:35	Wave 6	00:04:53	1251
774	Daniel Evans	570	Male		01:35:51	Wave 8	00:04:54	1268
1078	Thomas Da rosa	397	Male		01:42:29	Wave 2	00:04:54	1267
1117	Laura Mcilvenny	1265	Female	2RTR	01:43:26	Wave 4	00:04:54	1275
1135	Matthew Bell	119	Male		01:43:49	Wave 8	00:04:54	1264
1140	Paul Scourfield	1705	Male		01:43:55	Wave 6	00:04:54	1277
1163	Hefin Rees	1588	Male		01:44:41	Wave 6	00:04:54	1276
1196	Simon Jones	1036	Male		01:45:41	Wave 6	00:04:54	1272
1232	Stephen Lee	1115	Male		01:46:48	Wave 8	00:04:54	1273
1250	James Harvey	801	Male	Harvey's Heroes	01:47:03	Wave 6	00:04:54	1270
1317	Russell Thorne	1899	Male		01:49:53	Wave 3	00:04:54	1278
1359	Elizabeth Mallen	1207	Female		01:51:03	Wave 6	00:04:54	1274
1379	John Vrublevskis	1955	Male	Stu's Stragglers	01:51:44	Wave 6	00:04:54	1279
1481	Hudson Hannah	765	Male	Bartlett-Hannah's	01:56:27	Wave 2	00:04:54	1269
1493	Stephen Wheel	2022	Male	Cardiff Circuiters	01:56:40	Wave 7	00:04:54	1280
1550	Brad Culverwell	388	Male	older not wiser 2	01:59:58	Wave 6	00:04:54	1266
1675	Darren Hek	824	Male		02:08:23	Wave 7	00:04:54	1271
1689	Jason Bennett	125	Male		02:10:03	Wave 6	00:04:54	1265
855	Botond Cibri	299	Male		01:37:32	Wave 1	00:04:55	1282
1059	Darren Beatty	114	Male	Gwent Theatre Titans	01:41:59	Wave 3	00:04:55	1281
1193	John Moody	1308	Male	Ipswich Triathlon	01:45:34	Wave 2	00:04:55	1284
1482	Christian Felices	578	Male	Bachgen Cymraeg	01:56:28	Wave 3	00:04:55	1283
1590	Emma Pickering	1484	Female		02:02:54	Wave 7	00:04:55	1285
361	Connor Bullock	216	Male	The Bullock Brothers	01:25:28	Wave 2	00:04:56	1287
877	Norman Rees	1576	Male		01:38:02	Wave 2	00:04:56	1293
1203	Robert Bowen	172	Male		01:45:49	Wave 2	00:04:56	1286
1217	Luke Nardone	1373	Male		01:46:21	Wave 6	00:04:56	1292
1218	William Jones	1000	Male		01:46:21	Wave 7	00:04:56	1291
1343	Sara Davies	443	Female		01:50:25	Wave 7	00:04:56	1289
1441	Mikie Curran	391	Male		01:54:42	Wave 8	00:04:56	1288
1584	Peter Regan	1592	Male		02:01:57	Wave 7	00:04:56	1294
1690	Mark Dileo	475	Male	Carmarthen Trainers	02:10:17	Wave 7	00:04:56	1290
570	John Lewis	1122	Male	carlosfranco	01:30:46	Wave 1	00:04:57	1304
805	Chris Dagleish	401	Male		01:36:36	Wave 3	00:04:57	1298
806	Eevi Laukkanen	1109	Female	Cardiff University Choppers	01:36:37	Wave 4	00:04:57	1303
1049	Alex Lanfear	1102	Female		01:41:46	Wave 3	00:04:57	1302
1099	Craig Nichol	1384	Male		01:43:00	Wave 6	00:04:57	1305
1141	Owain Griffiths	725	Male	Scoop Cluab	01:43:57	Wave 6	00:04:57	1300
1167	Tim Jones	1007	Male	Team Wales	01:44:53	Wave 4	00:04:57	1301
1238	Susannah Chung	296	Female	Lazy Girl and the Geek	01:46:53	Wave 3	00:04:57	1295
1240	Stuart Scott	1699	Male	Caerphilly Clowns	01:46:54	Wave 3	00:04:57	1306
1268	Chris Czyrko	396	Male		01:47:36	Wave 4	00:04:57	1297
1278	Damien Coyle	371	Male	Damien Coyle	01:48:00	Wave 5	00:04:57	1296
1423	Graham Emery	544	Male		01:53:43	Wave 7	00:04:57	1299
1445	Justin Warner	1984	Male	Justin Warner	01:54:52	Wave 3	00:04:57	1308
1478	Kenyon Sheppard	1728	Male		01:56:21	Wave 4	00:04:57	1307
1516	Susan Wivell	2137	Female		01:57:42	Wave 4	00:04:57	1309
891	Robert Janney	950	Male	Roath Park Runners	01:38:27	Wave 2	00:04:58	1312
954	Manon Jones	1022	Female		01:39:52	Wave 4	00:04:58	1313
1002	Graham Mathews	1238	Male		01:41:02	Wave 6	00:04:58	1314
1120	Angus Royal	1675	Male		01:43:27	Wave 5	00:04:58	1316
1323	Jp Robertson	1648	Male		01:50:00	Wave 4	00:04:58	1315
1363	Olivia Cosnett	359	Female		01:51:12	Wave 6	00:04:58	1311
1427	Tom Carter	254	Male	snoop squad	01:53:49	Wave 2	00:04:58	1310
925	Rachel Stickler	1816	Female		01:39:06	Wave 6	00:04:59	1324
1097	Awen Thomas	1887	Female	Famous Five	01:42:59	Wave 6	00:04:59	1325
1119	David Costello	361	Male		01:43:27	Wave 1	00:04:59	1318
1233	Michael Shaw	1724	Male		01:46:48	Wave 6	00:04:59	1323
1243	Lee Canham	244	Male	Caerphilly Clowns	01:46:56	Wave 3	00:04:59	1317
1271	Philip Morgan	1326	Male		01:47:41	Wave 7	00:04:59	1320
1394	Andrew Meredith	1283	Male	Features	01:52:37	Wave 3	00:04:59	1319
1432	Martyn Pugh	1546	Male		01:54:16	Wave 3	00:04:59	1321
1606	Chris Davies	2227	Male		02:03:18	Wave 3	00:04:59	1326
1736	Matthew Rich	1605	Male		02:18:11	Wave 6	00:04:59	1322
741	Ryan Ewen	2177	Male		01:35:10	Wave 8	00:05:00	1337
783	Mark Watkins	1991	Male		01:36:09	Wave 5	00:05:00	1336
1038	Clark Veitch	1949	Male	Clark79	01:41:33	Wave 8	00:05:00	1335
1239	Chris Marshall	1225	Male	Lazy Girl and the Geek	01:46:54	Wave 3	00:05:00	1330
1284	Rezaur Rahman	1564	Male		01:48:27	Wave 5	00:05:00	1333
1327	Timothy Butt	233	Male		01:50:07	Wave 2	00:05:00	1327
1434	Ben Thomas	1870	Male		01:54:17	Wave 5	00:05:00	1334
1454	Charlotte Ibbetson	923	Female	Charleigh Ibbetson	01:55:08	Wave 9	00:05:00	1328
1460	Lewis Llewellyn	1151	Male		01:55:38	Wave 8	00:05:00	1329

1475	Kate Mynott	1371	Female		01:56:17	Wave 7	00:05:00	1332
1585	Jason McIlvenny	1266	Male		02:02:01	Wave 7	00:05:00	1331
539	Kevin Nankervis	1372	Male		01:30:02	Wave 3	00:05:01	1343
797	Bobby Turner	1928	Male	Turner And Telega	01:36:25	Wave 4	00:05:01	1344
862	Mike Lewis	1126	Male	beer belly busters	01:37:43	Wave 3	00:05:01	1342
1244	Jonathan Hughes	899	Male		01:46:56	Wave 5	00:05:01	1340
1480	Michael Dodd	483	Male	The Butt Scratchers	01:56:27	Wave 5	00:05:01	1338
1482	Steffan James	945	Male	Steffan Aaron James	01:56:28	Wave 6	00:05:01	1341
1656	Lee Gregory	711	Male		02:07:10	Wave 6	00:05:01	1339
407	Matt John	973	Male		01:26:43	Wave 1	00:05:02	1350
807	David Melkevik	1280	Male	Cardiff University Choppers	01:36:37	Wave 4	00:05:02	1352
815	Phillip Hornblower	878	Male	Blundell	01:36:47	Wave 5	00:05:02	1349
923	Martin Clements	309	Male	Team Target	01:39:04	Wave 2	00:05:02	1345
1003	Smith Percy	2226	Male		01:41:02	Wave 6	00:05:02	1356
1179	Adrian Colley	321	Male	taff ely tri club	01:45:12	Wave 6	00:05:02	1346
1226	Nick Oswald	1427	Male		01:46:37	Wave 4	00:05:02	1353
1263	Jacquelyn Harding	767	Female		01:47:29	Wave 5	00:05:02	1347
1330	Brian Oliver	2184	Male		01:50:11	Wave 2	00:05:02	1355
1392	Amy Thomas	1885	Female	Team 'whitch-way?'	01:52:34	Wave 8	00:05:02	1354
1567	Melanie Johncock	980	Female		02:01:21	Wave 7	00:05:02	1351
1654	Simon Holmes	868	Male		02:06:49	Wave 3	00:05:02	1348
881	Lisa Mansfield	1216	Female		01:38:11	Wave 2	00:05:03	1363
1023	Colin Ackerley	2	Male	Triple Pain	01:41:24	Wave 1	00:05:03	1357
1045	Nichola Mcalpine	1245	Female		01:41:43	Wave 3	00:05:03	1364
1180	Greg Wood	2142	Male	DHL Charity	01:45:12	Wave 3	00:05:03	1367
1249	Tom Jones	1001	Male		01:47:03	Wave 5	00:05:03	1360
1253	Carl Messer	1285	Male		01:47:06	Wave 1	00:05:03	1366
1338	Stephen McMahon	1268	Male	Stephen McMahon	01:50:21	Wave 7	00:05:03	1365
1354	Joe Bate-williams	103	Male		01:50:59	Wave 5	00:05:03	1358
1447	Helen Jones	1013	Female	atal y fro	01:55:01	Wave 4	00:05:03	1361
1653	Pollyanna Kay	1056	Female		02:06:26	Wave 7	00:05:03	1362
1677	Aled Caswell	263	Male		02:08:39	Wave 7	00:05:03	1359
1088	Joakim Schuwer	1697	Male		01:42:49	Wave 7	00:05:04	1374
1279	Helen Colley	322	Female	taff ely tri club	01:48:04	Wave 6	00:05:04	1370
1349	Steven Healey	819	Male		01:50:31	Wave 2	00:05:04	1371
1382	Damian Assinder	42	Male	Team Over The Hill	01:51:58	Wave 3	00:05:04	1368
1476	Stephanie Hislop	851	Female		01:56:17	Wave 7	00:05:04	1372
1488	Matthew Jacobs	936	Male	Simply Gym Massive	01:56:35	Wave 7	00:05:04	1373
1489	Sue Charles	279	Female	Cardiff Circuiters	01:56:36	Wave 7	00:05:04	1369
1059	Sara Churchill	298	Female		01:41:59	Wave 3	00:05:05	1377
1356	Thomas Batten	104	Male	Thomas Batten	01:51:00	Wave 5	00:05:05	1376
1399	Seal Kevin	2224	Male		01:52:50	Wave 6	00:05:05	1381
1446	Linda Greenfield	709	Female	atal y fro	01:55:00	Wave 4	00:05:05	1378
1471	Celyn Assinder	44	Male	Team Over The Hill	01:56:10	Wave 3	00:05:05	1375
1562	Richard Griffiths	722	Male	GRIFFITHS	02:01:15	Wave 7	00:05:05	1379
1688	Simon Wroe	2156	Male		02:10:01	Wave 3	00:05:05	1380
803	Emma Richards	1610	Female		01:36:31	Wave 4	00:05:06	1384
1009	Matthew Anthony	27	Male	Matt	01:41:09	Wave 8	00:05:06	1382
1151	Ed Vanstone	2185	Male	Team Men's Health	01:44:10	Wave 1	00:05:06	1387
1375	Paul Morrissey	1348	Male		01:51:39	Wave 7	00:05:06	1383
1583	David Williams	2078	Male	Team Target	02:01:57	Wave 2	00:05:06	1386
1702	David Rowley	1674	Male		02:11:08	Wave 3	00:05:06	1385
1043	Aled elwyn Jones	1043	Male		01:41:40	Wave 6	00:05:07	1391
1127	Beverley Warburton	1974	Female	Paul's Posse	01:43:43	Wave 4	00:05:07	1394
1164	Christian Rees	1584	Male		01:44:50	Wave 6	00:05:07	1393
1165	Richard Ellis	540	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:44:52	Wave 2	00:05:07	1388
1182	Jason Kennedy	1068	Male		01:45:14	Wave 5	00:05:07	1392
1499	Andrew Holland	861	Male		01:56:56	Wave 5	00:05:07	1390
1775	Imran Haris	774	Male	Swagger	02:42:56	Wave 3	00:05:07	1389
144	Bethan Strange	1825	Female		01:17:06	Wave 6	00:05:08	1400
781	Don Wilkes	2052	Male	red winos	01:36:06	Wave 3	00:05:08	1401
937	Dean Howells	890	Male	LC COBRAS	01:39:19	Wave 9	00:05:08	1397
989	Chris Adams	3	Male	Pinky and the Brain	01:40:40	Wave 4	00:05:08	1395
1614	Mike Pye	1554	Male	Team Bannatyne	02:03:31	Wave 2	00:05:08	1399
1636	Nia Potter	1505	Female		02:05:18	Wave 7	00:05:08	1398
1652	Cherry Hinam	847	Female	Hinam	02:06:21	Wave 7	00:05:08	1396
961	Peter Miller	1296	Male		01:40:02	Wave 4	00:05:09	1404
1061	Nia Evans	554	Female		01:42:00	Wave 3	00:05:09	1402
1213	Joe Turner	1931	Male		01:46:16	Wave 5	00:05:09	1406
1236	Lisa Welsher	2014	Female		01:46:50	Wave 3	00:05:09	1407
1246	Cathy Hinchlyh	848	Female		01:47:01	Wave 3	00:05:09	1403
1495	Heidi Smith	1765	Female	thefitcamp.com: Cardiff Outdoor Fitness	01:56:46	Wave 2	00:05:09	1405
547	Joanna Whitrow	2041	Female	Fast, fit and fabulous	01:30:13	Wave 2	00:05:10	1415
687	Alex Knowles	1091	Male	the phizzy rascals	01:33:51	Wave 5	00:05:10	1412
1195	Sharon Kynaston	1095	Female	Team Braccy	01:45:40	Wave 3	00:05:10	1413
1214	Harry Griffin	713	Male	C4 Runners	01:46:17	Wave 1	00:05:10	1411
1270	Jen Morris	1343	Female		01:47:40	Wave 4	00:05:10	1414
1299	Matthew Aston	45	Male		01:49:09	Wave 4	00:05:10	1409
1503	Katherine France	613	Female	Kat France	01:57:05	Wave 7	00:05:10	1410
1588	Benjamin Anderson	19	Male	jack army	02:02:39	Wave 7	00:05:10	1408
1604	Andrew York	2161	Male	shaggy dogs	02:03:18	Wave 3	00:05:10	1416
903	Sarah Billinge	139	Female		01:38:39	Wave 2	00:05:11	1418
965	Andrew Davies	436	Male		01:40:07	Wave 4	00:05:11	1419
1453	Liam Andrews	25	Male	jack army	01:55:05	Wave 7	00:05:11	1417

1486	Adam Hewings	837	Male	Morgan Signs	01:56:32	Wave 4	00:05:11	1420
1651	Crystal Hinam	846	Female		02:06:17	Wave 7	00:05:11	1421
668	Maria Orourke	1420	Female	les dents blanches	01:33:14	Wave 2	00:05:12	1429
925	Stuart Harrison	792	Male		01:39:06	Wave 9	00:05:12	1426
971	Russell Jones	989	Male		01:40:16	Wave 1	00:05:12	1428
1131	Daniel Curtis	392	Male	Lead Minions	01:43:46	Wave 3	00:05:12	1423
1273	Liza Ferguson	582	Female		01:47:47	Wave 6	00:05:12	1424
1455	Ian Birch	141	Male	Fat Club	01:55:18	Wave 7	00:05:12	1422
1484	Charlene Hewings	838	Female	Morgan Signs	01:56:30	Wave 4	00:05:12	1427
1492	Kevin Fulthorpe	623	Male	Cardiff Circuiters	01:56:39	Wave 7	00:05:12	1425
1494	Lizzy Wood	2143	Female	thefitcamp.com: Cardiff Outdoor Fitness	01:56:45	Wave 2	00:05:12	1430
709	Matthew Williamson	2118	Male	Cardiff University Choppers	01:34:30	Wave 4	00:05:13	1436
875	Melvin Watts	2180	Male		01:38:01	Wave 9	00:05:13	1438
876	Martin Price	2179	Male		01:38:01	Wave 9	00:05:13	1437
938	Lisa Cousins	365	Female		01:39:22	Wave 4	00:05:13	1433
1126	Simon Hembra	826	Male	Lead Minions	01:43:43	Wave 3	00:05:13	1435
1215	Ian Burbidge	219	Male		01:46:17	Wave 1	00:05:13	1432
1389	Rebecca Bevan	133	Female		01:52:24	Wave 7	00:05:13	1431
1625	Samantha Gould	686	Female		02:04:19	Wave 7	00:05:13	1434
1247	Richard Williams	2067	Male		01:47:02	Wave 3	00:05:14	1441
1261	Grant Rees	1585	Male		01:47:28	Wave 6	00:05:14	1440
1401	Liesl Harris	788	Female	Penarth ABC	01:52:56	Wave 6	00:05:14	1439
1604	Stuart Williams	2090	Male	shaggy dogs	02:03:18	Wave 3	00:05:14	1442
934	Ian Taylor	2188	Male	Team Men's Health	01:39:14	Wave 1	00:05:15	1452
976	Alun Roome	1662	Male		01:40:24	Wave 1	00:05:15	1449
1152	Noam mabon Devey	473	Male		01:44:12	Wave 6	00:05:15	1443
1224	Neil Patel	1457	Male	Brown Thunder	01:46:30	Wave 5	00:05:15	1448
1315	Caroline James	944	Female		01:49:45	Wave 6	00:05:15	1444
1537	David Watt	1999	Male		01:58:38	Wave 5	00:05:15	1450
1540	Daniel Whelan	2028	Male		01:58:52	Wave 6	00:05:15	1451
1603	Colin Long	1163	Male		02:03:15	Wave 6	00:05:15	1446
1661	Clair Lodge	1160	Female	clair lodge	02:07:27	Wave 7	00:05:15	1445
1773	Karen Morgan	1321	Female		02:32:10	Wave 4	00:05:15	1447
915	Raul Reismann	1595	Male	LC COBRAS	01:38:54	Wave 9	00:05:16	1461
1143	Carwyn Lloyd Williams	2115	Male		01:44:04	Wave 6	00:05:16	1462
1487	Dyfan Evans	562	Male		01:56:33	Wave 7	00:05:16	1454
1517	Anthony Fairs	573	Male		01:57:42	Wave 4	00:05:16	1455
1574	Glyn Lewis	1136	Male		02:01:35	Wave 9	00:05:16	1459
1599	Mydrian Harries	778	Male		02:03:08	Wave 6	00:05:16	1458
1609	Daniel Bruce	208	Male		02:03:20	Wave 6	00:05:16	1453
1634	Julia Griffiths	717	Female	Team Target	02:05:04	Wave 2	00:05:16	1457
1636	Matthew Giles	653	Male		02:05:18	Wave 7	00:05:16	1456
1660	Dai Morgan	1330	Male		02:07:27	Wave 6	00:05:16	1460
769	Declan O'doherty	1408	Male	Dragon XFit	01:35:42	Wave 3	00:05:17	1465
1144	Tim Walsh	1969	Male	30+BootCamp	01:44:05	Wave 4	00:05:17	1467
1166	Alison Durham	514	Female	thefitcamp.com: Cardiff Outdoor Fitness	01:44:52	Wave 2	00:05:17	1463
1458	Dylan Evans	564	Male		01:55:23	Wave 7	00:05:17	1464
1701	Michael Sturgess	1833	Male	Simply Gym Massive	02:11:00	Wave 7	00:05:17	1466
1132	Victoria Wheeler	2027	Female	Brad's groupie	01:43:47	Wave 8	00:05:18	1475
1274	Kevin Jones	1046	Male		01:47:48	Wave 6	00:05:18	1471
1285	Martyn Ingham	927	Male		01:48:29	Wave 6	00:05:18	1469
1320	Ben Minton	1300	Male		01:49:56	Wave 6	00:05:18	1472
1397	Gemma Wheeler	2023	Female		01:52:47	Wave 5	00:05:18	1474
1518	Andy Pittman	1492	Male		01:57:42	Wave 4	00:05:18	1473
1608	Gavin Barry	93	Male		02:03:19	Wave 6	00:05:18	1468
1750	Victoria Jones	1020	Female		02:23:41	Wave 5	00:05:18	1470
850	Vladimir Penev	1469	Male		01:37:27	Wave 8	00:05:19	1479
1022	Rachael Wharton	2021	Female	meat and two veg	01:41:24	Wave 2	00:05:19	1483
1348	Menna Morgan	1328	Female	older not wiser	01:50:27	Wave 6	00:05:19	1478
1370	Stephen Vaughan	1946	Male		01:51:30	Wave 5	00:05:19	1482
1397	Cathy Tuke	1923	Female		01:52:47	Wave 5	00:05:19	1481
1542	Heidi Iles	926	Female	Heidi Iles	01:59:00	Wave 8	00:05:19	1476
1607	Nigel Price	1523	Male	shaggy dogs	02:03:19	Wave 3	00:05:19	1480
1723	Malcolm Jenkins	960	Male	Carmarthen Trainers	02:15:10	Wave 7	00:05:19	1477
1184	Andrew Reed	1572	Male		01:45:16	Wave 6	00:05:20	1487
1340	Geraint Whitcombe	2032	Male	REX-pendables	01:50:23	Wave 5	00:05:20	1488
1378	Marc Hortin	881	Male	Stu's Stragglers	01:51:43	Wave 6	00:05:20	1485
1381	Aled prys Williams	2116	Male		01:51:46	Wave 6	00:05:20	1489
1508	Steven Kear	1057	Male	TEAM HOFF	01:57:19	Wave 7	00:05:20	1486
1712	David Ellis	541	Male		02:13:28	Wave 7	00:05:20	1484
983	Steve Branson	182	Male	Pinky and the Brain	01:40:36	Wave 4	00:05:21	1491
1083	Steve Jones	1010	Male	SBOC	01:42:41	Wave 4	00:05:21	1495
1275	Gareth Beynon	136	Male	Bechgyn Bryncwar	01:47:48	Wave 6	00:05:21	1490
1431	Owen Crowweller	382	Male		01:54:04	Wave 8	00:05:21	1492
1519	Karen Graves	702	Female		01:57:43	Wave 4	00:05:21	1494
1533	Adrian Davies	449	Male		01:58:12	Wave 6	00:05:21	1493
1623	Dickson Alison	2213	Female		02:04:14	Wave 3	00:05:21	1498
1632	Terrence Pritchard	1536	Male		02:04:52	Wave 9	00:05:21	1496
1647	Dominique Wedge	2009	Female		02:06:07	Wave 6	00:05:21	1497
1298	Nick Church	297	Male	Mugnificent Four	01:49:07	Wave 5	00:05:22	1499
1711	Scott Wells	2013	Male		02:13:00	Wave 4	00:05:22	1500
596	Michael Janes	949	Male		01:31:16	Wave 9	00:05:23	1503
930	Clare Reeves	1590	Female		01:39:11	Wave 3	00:05:23	1507
949	Ian Meyrick	1287	Male	I LOVE LAMP!	01:39:42	Wave 3	00:05:23	1505

1072	Lauren Harman	776	Female		01:42:25	Wave 8	00:05:23	1502
1265	Paul Woodward	2150	Male		01:47:31	Wave 6	00:05:23	1508
1406	Neil Munn	1359	Male	Penarth ABC	01:53:05	Wave 6	00:05:23	1506
1505	Alan King	1086	Male		01:57:19	Wave 6	00:05:23	1504
1735	Nicholas Bate	99	Male	N39ersB	02:17:26	Wave 5	00:05:23	1501
736	Alison Ng	2201	Male	For Goodness Shakes	01:35:08	Wave 1	00:05:24	1515
873	Mark Sheehan	1726	Male		01:37:59	Wave 2	00:05:24	1514
1521	Melissa Downton	493	Female		01:57:45	Wave 4	00:05:24	1510
1629	Alex Clesham	310	Male		02:04:36	Wave 5	00:05:24	1509
1704	Matthew Osment	1426	Male		02:11:17	Wave 7	00:05:24	1513
1742	Gemma Jackson	935	Female	GJ	02:20:50	Wave 7	00:05:24	1512
1751	Claire Green	707	Female		02:24:16	Wave 5	00:05:24	1511
682	James Prothero	1543	Male		01:33:42	Wave 2	00:05:25	1520
726	Rory Tomlinson	1910	Male		01:34:50	Wave 5	00:05:25	1522
753	Nadeem Mouti	1354	Male	Go Nad Go	01:35:29	Wave 1	00:05:25	1519
1300	Gavin John	977	Male	Mugnificent 4	01:49:11	Wave 5	00:05:25	1517
1360	Kathryn Bartlett	96	Female		01:51:06	Wave 7	00:05:25	1516
1521	Lauren Rowe	1671	Female		01:57:45	Wave 4	00:05:25	1521
1556	Julie Mccann	1251	Female	Julie McCann	02:00:11	Wave 8	00:05:25	1518
1350	Terri Hatfield	802	Female	haha	01:50:40	Wave 3	00:05:26	1524
1376	Coral Rees	1581	Female		01:51:40	Wave 5	00:05:26	1525
1421	Zoe Haines	742	Female		01:53:39	Wave 7	00:05:26	1523
1580	Unknown Entrant	2232	Male		02:01:54	Wave 1	00:05:26	1526
1123	John Gratrix	698	Male	Gratty's Boys	01:43:32	Wave 6	00:05:27	1529
1328	Jack Conolly	336	Male		01:50:09	Wave 6	00:05:27	1527
1412	Natalie Davies	434	Female	rocky riders	01:53:17	Wave 5	00:05:27	1528
1420	Simon Lingard	1150	Male	Simon Lingard	01:53:38	Wave 7	00:05:27	1530
1300	Huw Roberts	1635	Male	Mugnificent 4	01:49:11	Wave 5	00:05:28	1535
1309	Paul Buckley	212	Male	Stu's Stragglers	01:49:38	Wave 6	00:05:28	1531
1319	James Wilcox	2048	Male	Wilcox	01:49:56	Wave 6	00:05:28	1536
1372	Catherine Norris	1396	Female		01:51:33	Wave 5	00:05:28	1533
1620	Nikki Prescott	1517	Female	222 sports	02:03:53	Wave 3	00:05:28	1534
1635	Kenson Low	1169	Male	Kenson Low	02:05:09	Wave 7	00:05:28	1532
992	Alison Lapper	1105	Female		01:40:42	Wave 2	00:05:29	1542
1281	Jeremy Evas	1214	Male	thefitcamp.com: Cardiff Outdoor Fitness	01:48:20	Wave 2	00:05:29	1543
1334	Ryan Clarke	304	Male		01:50:18	Wave 3	00:05:29	1539
1358	Stuart Keeping	1060	Male		01:51:03	Wave 6	00:05:29	1541
1596	Nicola Armit	32	Female		02:03:03	Wave 2	00:05:29	1537
1740	Mike Barnett	88	Male	The Fireworks	02:20:41	Wave 5	00:05:29	1538
1741	Ffion Davies	442	Female		02:20:50	Wave 7	00:05:29	1540
1161	Paul Wilson	2132	Male		01:44:29	Wave 6	00:05:30	1547
1376	Daved Rees	1580	Male		01:51:40	Wave 5	00:05:30	1546
1565	Steve Allen	13	Male	welsh warriors	02:01:20	Wave 2	00:05:30	1544
1611	Bryony Cole	316	Female		02:03:27	Wave 9	00:05:30	1545
1295	David Hubble	892	Male		01:49:03	Wave 8	00:05:31	1549
1311	Mandy Miller	1295	Female		01:49:40	Wave 6	00:05:31	1550
1734	Neal Dwyer	517	Male	N39ersB	02:17:25	Wave 5	00:05:31	1548
761	Leach Rob	2210	Male		01:35:37	Wave 1	00:05:32	1557
1321	Steve Procter	1539	Male		01:49:57	Wave 8	00:05:32	1555
1390	Kamini Patel	1459	Female		01:52:26	Wave 6	00:05:32	1553
1457	Danielle Stewart	1815	Female	BMF Scotland	01:55:22	Wave 2	00:05:32	1556
1496	Charlotte Hannah	766	Female	Bartlett-Hannah's	01:56:49	Wave 2	00:05:32	1552
1543	Simon Goulding	688	Male	OMG	01:59:02	Wave 3	00:05:32	1551
1626	Ratcliffe Jonathan	2211	Male		02:04:22	Wave 3	00:05:32	1558
	Tracey Phillips	1476	Female	Back to Fitness		Wave 6	00:05:32	1554
1245	Haydn Crockford	380	Male	HLC	01:47:01	Wave 8	00:05:33	1559
1534	Sue Goulding	689	Female	OMG	01:58:12	Wave 3	00:05:33	1560
1669	Chris Rodger	1656	Male		02:07:59	Wave 7	00:05:33	1561
1332	Ashley Cushing	394	Male	The REX-pendables	01:50:16	Wave 5	00:05:34	1564
1437	Kar Wong	2140	Male	Kar	01:54:23	Wave 8	00:05:34	1566
1443	Nadine Cooke	343	Female	Team Yours	01:54:47	Wave 7	00:05:34	1563
1558	Ceri Roberts	1642	Female		02:00:36	Wave 7	00:05:34	1565
1739	Sydonie Collier-barnett	323	Female	The Fireworks	02:20:26	Wave 5	00:05:34	1562
1077	Luke Warner	1981	Male	TEAM SUPREME	01:42:29	Wave 3	00:05:35	1569
1177	Joanne Greedy	706	Female	Greedy	01:45:07	Wave 2	00:05:35	1567
1541	Ashley Nurcombe	1398	Male		01:58:52	Wave 6	00:05:35	1568
729	Ceri Jones	999	Male	The REX-pendables	01:34:58	Wave 5	00:05:36	1570
1596	Nicola Lewia	1119	Female		02:03:03	Wave 2	00:05:36	1571
1622	Sara Meredith	1282	Female		02:04:13	Wave 5	00:05:36	1572
1282	Michael Chivell	290	Male	TEAM SUPREME	01:48:21	Wave 3	00:05:37	1574
1617	David Charlton	280	Male	Charlton Athletic	02:03:42	Wave 6	00:05:37	1573
1624	Geraint Richards	1607	Male		02:04:17	Wave 5	00:05:37	1575
1737	Jay Diaz	2172	Male		02:18:52	Wave 8	00:05:37	1576
1615	Rachel Rind	1624	Female	phizzy rascals	02:03:39	Wave 5	00:05:38	1578
1648	Nicola Bailey-james	65	Female		02:06:11	Wave 6	00:05:38	1577
1125	Charles Hoey	857	Male		01:43:40	Wave 4	00:05:39	1579
1287	Matt Miles	1292	Male	Team Fat Race	01:48:32	Wave 6	00:05:39	1581
1415	Anton Morris	1345	Male	ryan b	01:53:26	Wave 8	00:05:39	1582
1619	Jon Lingard	1149	Male	Charlton Athletic	02:03:45	Wave 6	00:05:39	1580
1230	Camille West-davies	2018	Female	The Funky Pumpers	01:46:47	Wave 4	00:05:40	1586
1262	Stuart Jenkins	961	Male		01:47:29	Wave 6	00:05:40	1583
1645	Phillip Morris	1335	Male		02:05:51	Wave 3	00:05:40	1584
1655	Sally Pope	1502	Female		02:07:10	Wave 6	00:05:40	1585
969	Rhiannon Daunton	409	Female		01:40:14	Wave 1	00:05:41	1587

1591	Julie Way	2002	Female		02:02:56	Wave 7	00:05:41	1589
1685	Meleri Jones	1034	Female	Meleri Jones	02:09:36	Wave 7	00:05:41	1588
880	Geraint Hughes	2206	Male	For Goodness Shakes	01:38:10	Wave 1	00:05:42	1594
1448	Paul Carmichael	248	Male		01:55:01	Wave 2	00:05:42	1590
1559	Caspar Mahoney	1203	Male	REES	02:01:02	Wave 4	00:05:42	1592
1616	Kathryn Fishlock	588	Female	the phizzy rascals'	02:03:40	Wave 5	00:05:42	1591
1768	Faye Sanderson	1690	Female		02:30:34	Wave 5	00:05:42	1593
1209	Hannetjie Lowe	1171	Female		01:46:05	Wave 9	00:05:43	1595
1234	Sarah Moore	1310	Female		01:46:48	Wave 9	00:05:43	1596
1411	Lizzi Findlay	2174	Female	Bungalows	01:53:15	Wave 8	00:05:43	1599
1612	Simon Passmore	1454	Male		02:03:27	Wave 7	00:05:43	1597
1760	Ian Thomas	1875	Male	Misfits	02:25:12	Wave 3	00:05:43	1598
1264	Declan Colton	333	Male		01:47:30	Wave 6	00:05:44	1600
1402	Candice Hall	749	Female	2RTR	01:52:56	Wave 4	00:05:44	1601
1470	Nicola Trigg	1918	Female	Pentwyn plodders	01:56:09	Wave 7	00:05:45	1604
1554	Simon Underwood	1938	Male	Underwood	02:00:10	Wave 7	00:05:45	1605
1639	Emma Davies	445	Female	kiss77	02:05:32	Wave 7	00:05:45	1602
1691	Marie Hallam	758	Female	Team Yours	02:10:17	Wave 7	00:05:45	1603
1577	David Jones	992	Male		02:01:43	Wave 5	00:05:46	1607
1696	Rose Glendinning	663	Female		02:10:47	Wave 7	00:05:46	1606
1190	James Poyner	1512	Male		01:45:31	Wave 1	00:05:47	1609
1318	Craig Barker	81	Male		01:49:53	Wave 1	00:05:47	1608
1554	Jirina Vidersperkova	1952	Female	Underwood	02:00:10	Wave 7	00:05:47	1611
1576	Margaret Sutherland	1839	Female		02:01:39	Wave 5	00:05:47	1610
1442	Charmian Williams	2076	Female	Team Yours	01:54:47	Wave 7	00:05:48	1616
1529	Glesni Pierce	1489	Female	Cardiff University Choppers	01:57:56	Wave 4	00:05:48	1613
1548	Alun Rendle	1596	Male		01:59:41	Wave 7	00:05:48	1614
1560	Julie Foord	602	Female	STARK	02:01:05	Wave 5	00:05:48	1612
1714	Paul Roberts	1644	Male		02:13:39	Wave 8	00:05:48	1615
1029	Sarah Hewett	836	Female	thefitcamp.com: Cardiff Outdoor Fitness	01:41:28	Wave 2	00:05:50	1618
1532	Rhys Thomas	1877	Male	Cardiff University Choppers	01:58:02	Wave 4	00:05:50	1619
1715	Darren Fudge	622	Male	Team Fudge	02:14:15	Wave 5	00:05:50	1617
1589	Katharine Earlam	519	Female		02:02:49	Wave 4	00:05:51	1620
1641	Esther Garnes	631	Female		02:05:47	Wave 7	00:05:52	1621
1650	Louisa Hayhurst	810	Female		02:06:15	Wave 7	00:05:52	1622
1659	Emma Stegall	1807	Female		02:07:22	Wave 6	00:05:52	1623
1450	Stephen Stanley	1801	Male	stephen	01:55:02	Wave 8	00:05:53	1627
1642	Sara Kelly-smith	1064	Female		02:05:49	Wave 7	00:05:53	1625
1658	Luke Stegall	1806	Male		02:07:19	Wave 6	00:05:53	1628
1703	Laura Sallis	1681	Female	Team Yours	02:11:10	Wave 7	00:05:53	1626
1758	Gaynor Jones	1015	Female	The Funky Pumpers	02:24:21	Wave 4	00:05:53	1624
1579	Clare Cassidy	261	Female	Fit 2 Perform gang	02:01:50	Wave 7	00:05:54	1629
1628	Jonathan Davies	446	Male		02:04:36	Wave 7	00:05:55	1630
	Amanda Lynch	1185	Female			Wave 6	00:05:55	1631
1449	Charlotte Allen	15	Female		01:55:01	Wave 8	00:05:57	1632
1510	Steve Solomon	1783	Male		01:57:25	Wave 6	00:05:57	1634
1561	Rhiannon Rees	1573	Female	REES	02:01:06	Wave 4	00:05:57	1633
1138	Philip Huckle	893	Male		01:43:54	Wave 6	00:05:58	1637
1673	Marion Vimpany	1953	Female	Carmarthen Trainers	02:08:12	Wave 7	00:05:58	1638
1770	Mark Gold	667	Male		02:31:30	Wave 3	00:05:58	1636
1771	Terri Gold	666	Female		02:31:31	Wave 3	00:05:58	1635
1444	Wendy Kelly	1062	Female		01:54:51	Wave 4	00:05:59	1641
1531	Peter Jones	1032	Male	CG	01:58:00	Wave 9	00:05:59	1640
1728	Anne-marie Beresford-webb	127	Female	STARK	02:15:52	Wave 5	00:05:59	1639
1509	Stuart Campbell	241	Male		01:57:24	Wave 6	00:06:00	1643
1530	Mark Lucas	1175	Male	CG	01:58:00	Wave 9	00:06:00	1645
1571	Sarah Casson	262	Female	Fit 2 Perform gang	02:01:28	Wave 7	00:06:00	1644
1649	Edward alun Bevan	129	Male		02:06:12	Wave 2	00:06:00	1642
1693	Paul Lynch	1184	Male		02:10:29	Wave 6	00:06:00	1646
1573	Jane Holmes	865	Female	Fit 2 Perform gang	02:01:35	Wave 7	00:06:01	1648
1578	Joanna Ross	1666	Female	Fit 2 Perform gang	02:01:47	Wave 7	00:06:01	1649
1587	Joe Vickery	1951	Male		02:02:36	Wave 7	00:06:01	1650
1769	Mark Barras	90	Male		02:30:35	Wave 5	00:06:01	1647
1435	Barrie Thomas	2176	Male		01:54:19	Wave 8	00:06:02	1651
1569	Paul Martin	1230	Male	Swim Team	02:01:27	Wave 9	00:06:03	1655
1640	Amy Hall	750	Female		02:05:33	Wave 5	00:06:03	1654
1708	Steven Davies	451	Male		02:12:35	Wave 7	00:06:03	1653
1709	James Crothers	383	Male		02:13:00	Wave 4	00:06:03	1652
1459	Jeff Lewis	1133	Male		01:55:24	Wave 4	00:06:04	1657
1694	Aine Barry	92	Female		02:10:33	Wave 5	00:06:04	1656
1551	Debbie Griffiths	716	Female		02:00:04	Wave 3	00:06:05	1658
1713	Rashae Roberts	1645	Female		02:13:39	Wave 8	00:06:05	1659
1305	Rochelle Scaife	1695	Female		01:49:14	Wave 4	00:06:06	1663
1368	Mark Morrison	1347	Male		01:51:23	Wave 2	00:06:06	1662
1510	Vicky Smith	1774	Female		01:57:25	Wave 6	00:06:06	1664
1657	Kate Mail	1205	Female		02:07:11	Wave 4	00:06:06	1661
1697	Gemma Evans	569	Female		02:10:47	Wave 8	00:06:06	1660
1700	Michelle Williams	2075	Female		02:10:50	Wave 5	00:06:06	1665
1498	Lisa Valle	1942	Female		01:56:54	Wave 6	00:06:07	1666
1646	Ellie Waite	1957	Female		02:05:55	Wave 3	00:06:07	1667
1697	Lisa Taylor	1858	Female		02:10:47	Wave 8	00:06:08	1669
1747	Gemma Passmore	1453	Female		02:21:42	Wave 5	00:06:08	1668
1231	Amanda Thomas	1886	Female	TOMO	01:46:47	Wave 6	00:06:09	1673
1524	Richard Pickett	1485	Male	Yard Associates	01:57:47	Wave 7	00:06:09	1672

1586	Laura-jayne Barker	84	Female		02:02:08	Wave 7	00:06:09	1670
1699	Helene Cook	342	Female		02:10:47	Wave 8	00:06:09	1671
1674	Bryley Hinton	850	Female	Hinton	02:08:12	Wave 6	00:06:10	1674
1776	Lorrain Maddern	1201	Female	TEAM OMG	02:45:29	Wave 3	00:06:10	1675
1313	Chloe Lafon	1097	Female		01:49:44	Wave 4	00:06:11	1676
1777	Paul Maddern	1200	Male	TEAM OMG	02:45:29	Wave 3	00:06:11	1677
1717	David Burgess	222	Male		02:14:20	Wave 5	00:06:12	1678
1206	Helen Priest	1534	Female		01:46:01	Wave 6	00:06:13	1680
1716	Alison Durston	515	Female	Roman Rebels	02:14:16	Wave 5	00:06:13	1679
1314	Ruth Smith	1773	Female		01:49:45	Wave 4	00:06:14	1681
1235	Huw Evans	561	Male		01:46:49	Wave 6	00:06:15	1682
1525	Rhys Edwards	532	Male		01:57:51	Wave 7	00:06:16	1684
1719	Manjula Bray	183	Female		02:14:56	Wave 4	00:06:16	1683
1722	Raimond Gutovskis	735	Male		02:15:09	Wave 5	00:06:16	1685
1757	Geraint Owen	1430	Male		02:24:19	Wave 5	00:06:17	1686
1772	Tracy Norris	1395	Female		02:32:10	Wave 4	00:06:18	1687
1535	Jenna Chinnick	287	Female		01:58:19	Wave 7	00:06:19	1689
1569	Helen Martin	1231	Female	Swim Team	02:01:27	Wave 9	00:06:19	1690
1738	Faith Attwell	48	Female		02:20:19	Wave 5	00:06:19	1688
1438	Catrin Evans	556	Female	Catrin Evans	01:54:35	Wave 5	00:06:21	1692
1662	Darren Le gallais	1111	Male	Challenge Legs	02:07:38	Wave 1	00:06:21	1693
1718	Liz Andrew	21	Female		02:14:53	Wave 4	00:06:21	1691
1241	Patrick Mupereki	1360	Male		01:46:54	Wave 4	00:06:22	1694
1668	Michelle Jennings	963	Female		02:07:57	Wave 8	00:06:25	1695
1630	Paul Webster	2007	Male		02:04:39	Wave 7	00:06:26	1696
1564	Leah Martens	1228	Female		02:01:18	Wave 7	00:06:29	1699
1667	Wendy Gander	626	Female		02:07:56	Wave 8	00:06:29	1698
1759	Caroline Emmins	545	Female	Misfits	02:25:12	Wave 3	00:06:29	1697
1710	Alana Compton	334	Female		02:13:00	Wave 4	00:06:31	1700
1581	Caroline Nightingale	1391	Female	Pentwyn plodders	02:01:56	Wave 7	00:06:33	1701
1582	Suzanne Thomas	1891	Female		02:01:56	Wave 7	00:06:33	1702
1764	Sally Williams	2087	Female		02:26:47	Wave 3	00:06:34	1703
1729	Neil Jones	993	Male		02:16:06	Wave 5	00:06:35	1704
1720	Meurig Morgan	1324	Male	Carmarthen Trainers	02:15:00	Wave 7	00:06:36	1705
1663	David Curphey	390	Male		02:07:38	Wave 1	00:06:38	1707
1671	Peter Booth	163	Male	Carmarthen Trainers	02:08:07	Wave 7	00:06:38	1706
1752	Claire Date	408	Female		02:24:17	Wave 5	00:06:39	1708
1451	Peter Scott-johnson	1703	Male		01:55:03	Wave 3	00:06:41	1709
489	Matthew Bullock	217	Male	Bullock Brothers	01:28:52	Wave 2	00:06:44	1710
1664	Derek Lloyd	1152	Male	Kings Hill Pie Eating Club	02:07:40	Wave 7	00:06:45	1711
1403	Ryan Stuckey	1832	Male		01:52:58	Wave 6	00:06:46	1712
1452	Teresa Scott-Johnson	1704	Female		01:55:04	Wave 3	00:06:47	1713
1761	Rachel Thomas	1874	Female	Misfits	02:25:12	Wave 3	00:06:49	1714
1665	Elizabeth Roche	1653	Female	Kings Hill Pie Eating Club	02:07:41	Wave 7	00:06:51	1715
1724	Nigel Bryan	210	Male	Carmarthen Trainers	02:15:20	Wave 7	00:06:53	1716
1749	Jonathan Moat	1304	Male	Kings Hill Pie Eaters Club	02:23:36	Wave 7	00:06:53	1717
1753	Rebeka Warren	1987	Female		02:24:17	Wave 5	00:06:53	1718
1753	Kim Goodman	675	Female		02:24:17	Wave 5	00:06:54	1719
1544	Shayeral Islam	931	Male	Swagger	01:59:21	Wave 3	00:06:55	1720
1672	Mecca Abdi	1	Female		02:08:09	Wave 4	00:06:56	1721
1643	Julie Watkins	1994	Female	RCN Team Wales	02:05:49	Wave 9	00:06:59	1722
1755	Deborah Jones	1006	Female		02:24:17	Wave 5	00:07:00	1723
1763	Sonali Das simpson	407	Female		02:26:36	Wave 3	00:07:04	1724
1755	Rachel Whittle	2043	Female		02:24:17	Wave 5	00:07:05	1725
1765	Alistair Veck	1948	Male	Morrison Mudheads	02:28:57	Wave 7	00:07:06	1726
1601	Catherine Attree	47	Female	thefitcamp.com: Cardiff Outdoor Fitness	02:03:10	Wave 2	00:07:07	1727
1695	Gemma Davies	432	Female	The Funky Pumpers	02:10:37	Wave 4	00:07:07	1728
1676	Kia Spong	1796	Female	The Funky Pumpers	02:08:35	Wave 4	00:07:08	1729
1602	Allison Holland	1090	Female	thefitcamp.com: Cardiff Outdoor Fitness	02:03:11	Wave 2	00:07:10	1730
1568	Liz Loughton	1108	Female	RCN Team Wales	02:01:24	Wave 9	00:07:12	1732
1706	Sian Hughes	903	Female	Team 'which-way?'	02:11:53	Wave 8	00:07:12	1731
1744	Bridget Marchant	1217	Female	Charlie's Angels	02:21:33	Wave 3	00:07:13	1733
1767	Charlotte Chatfield	281	Female		02:29:14	Wave 7	00:07:15	1734
1705	Jessica Thomas	1890	Female	whichway	02:11:50	Wave 8	00:07:16	1735
1778	Laura Morris	1340	Female		02:57:10	Wave 3	00:07:22	1736
1780	Stuart Morris	1341	Male		02:57:53	Wave 3	00:07:22	1737
1779	Rory Williams	2085	Male		02:57:49	Wave 3	00:07:24	1738
1725	Tamsyn Sciortino	1698	Female		02:15:24	Wave 5	00:07:30	1739
1743	Sarah Fryatt	621	Female	Charlie's Angels	02:21:33	Wave 3	00:07:35	1740
1774	Ruth Gray	704	Female		02:42:48	Wave 3	00:07:59	1741
1686	Wafa El hack	535	Female		02:09:49	Wave 6	00:08:30	1742
1683	Tasneem Husain	919	Female	OSSC	02:09:27	Wave 3	00:08:47	1743
1682	Steve Uphill	1939	Male	OSSC	02:09:27	Wave 3	00:08:58	1744
1681	Simon Brookes	190	Male	OSSC	02:09:26	Wave 3	00:09:02	1745
1726	Luke Sammut	1685	Male		02:15:24	Wave 5	00:09:51	1746
681	Thomas Gratrix	701	Male	Gratty's Boys	01:33:38	Wave 6		
702	Sam Harley	775	Male		01:34:13	Wave 6		
762	Mark Gibbs	646	Male		01:35:38	Wave 6		
843	Samuel Dixon	480	Male		01:37:16	Wave 9		
865	Michael Sherman-withers	1730	Male		01:37:46	Wave 9		
897	James Chambers	270	Male	LC COBRAS	01:38:34	Wave 9		
918	Chris Curtis	393	Male		01:38:58	Wave 5		
940	Mike King	1087	Male		01:39:23	Wave 6		
964	Jules Back	60	Female	Back to Fitness	01:40:05	Wave 6		

972	Andrew Rutter	1679	Male	Back to Fitness	01:40:17	Wave 6		
973	Robert Back	59	Male	Back to Fitness	01:40:17	Wave 6		
988	Sam Jennings	970	Male	roy of the rovers	01:40:39	Wave 6		
1001	Ian Watkins	1996	Male	Simply Gym Massive	01:41:01	Wave 7		
1025	Shelley Warrick	1988	Female		01:41:26	Wave 9		
1026	Callum Brown	204	Male		01:41:27	Wave 9		
1039	Eleanor Johnson	986	Female		01:41:39	Wave 8		
1062	Alexej Vrublevskis	1956	Male	Stu's Stragglers	01:42:01	Wave 6		
1168	Michael Cullinan	387	Male		01:44:54	Wave 9		
1174	Ryan Luker	1182	Male		01:45:05	Wave 9		
1176	Jo Taylor	1856	Male		01:45:06	Wave 9		
1211	Steven Jones	1018	Male	Carmarthen Trainers	01:46:09	Wave 7		
1280	Lloyd Thomas	1893	Male		01:48:14	Wave 9		
1351	James Carter	258	Male	atal y fro	01:50:45	Wave 4		
1367	Kelly Langford	1104	Female	Pentwyn plodders	01:51:16	Wave 7		
1407	Huw Bevan	132	Male	RCN Team Wales	01:53:06	Wave 9		
1416	Ricardo Martinez	1232	Male	RCN Team Wales	01:53:27	Wave 9		
1520	Geoff Lewis	1135	Male	RCN Team Wales	01:57:43	Wave 9		
1566	Daniel Thomas	1892	Male		02:01:20	Wave 9		
1600	Steffan Cole	317	Male	Dobongo Slayer	02:03:08	Wave 9		
1613	Rose Ganly	627	Female		02:03:29	Wave 9		
1621	Debbie Gould	687	Female		02:04:03	Wave 7		
1633	Andrew Parry	1449	Male		02:04:52	Wave 9		
1692	Helen Jane Thomas	437	Female		02:10:29	Wave 9		
1727	Lisa Sims	1749	Female		02:15:33	Wave 9		
1730	Suzi Hall	2231	Female		02:16:07	Wave 9		
1731	Andrew Gordon	677	Male	ttrust101	02:16:15	Wave 9		
1731	Nic Case	260	Male		02:16:15	Wave 9		
1733	Garry Williams	2107	Male		02:16:16	Wave 9		
1745	David Collins	328	Male	RCN Team Wales	02:21:34	Wave 9		
1746	Richard Forsyth	607	Male	RCN Team Wales	02:21:35	Wave 9		