

Men's Health Survival of the Fittest Cardiff 4th Oct 2009

Results by Finishline Timing

Pos	Name	Race No.	Gender	Team Name	Finish Time	Wave	Start Time	Class
1	Andrew Friend	428	Male	Team Friend	00:55:34	Wave 1	10:02:00	Pair
2	Rhys Peters	982	Male	Rhys	00:59:15	Wave 1	10:02:00	Solo
3	Marcus Cronin	263	Male	Rescue 48	01:00:35	Wave 1	10:02:00	Pair
4	Ross Macdonald	1394	Male	Team For Goodness Shakes!	01:00:37	Wave 1	10:02:00	Solo
5	Chris Friend	429	Male	Team Friend	01:00:43	Wave 1	10:02:00	Pair
6	James Fricker	426	Male	Team MH	01:00:48	Wave 1	10:02:00	Pair
7	Dave Platt	1372	Male	moston harriers manchester	01:02:00	Wave 1	10:02:00	Pair
8	Paul Gronow	494	Male	Team Gronow	01:03:59	Wave 5	11:00:00	Pair
9	Laurence Humphreys	600	Male	Fairwater Runners	01:04:02	Wave 1	10:02:00	Solo
10	Phil Davies	307	Male	PhilD	01:04:03	Wave 1	10:02:00	Solo
11	Steven Bridges	121	Male	ba cymri	01:04:08	Wave 1	10:02:00	Solo
12	Jason Brewer	118	Male	brewers	01:04:11	Wave 1	10:02:00	Solo
13	Kris Henscoe	554	Male	Hoof hearted	01:04:30	Wave 1	10:02:00	Solo
14	Paul Thomas	1197	Male	BA Warriors	01:04:32	Wave 1	10:02:00	Pair
15	Oliver Williams	1323	Male	Oliver Williams	01:05:09	Wave 1	10:02:00	Solo
16	Jamie Pond	993	Male	Me & Milo	01:05:11	Wave 1	10:02:00	Pair
17	Morris Attard	26	Male	Outdoor Fitness	01:05:21	Wave 1	10:02:00	Solo
18	Chris Lewis	757	Male	Hoofing	01:05:22	Wave 1	10:02:00	Solo
19	Owain Williams	1392	Male	Team For Goodness Shakes!	01:05:46	Wave 2	10:15:00	Solo
20	Chris Gibbs	447	Male	GIBBO	01:05:49	Wave 1	10:02:00	Solo
21	Mike Page	950	Male	Ginger & Maggot	01:05:53	Wave 2	10:15:00	Pair
22	Nathan Bradford	1391	Male	Team For Goodness Shakes!	01:06:13	Wave 2	10:15:00	Solo
23	Steve King	720	Male	Steve King	01:06:14	Wave 1	10:02:00	Solo
24	Scott Patrick	971	Male	Pembs tri club	01:06:23	Wave 5	11:00:00	Solo
25	Ieuan Jones	693	Male	Ieuan	01:06:24	Wave 1	10:02:00	Solo
26	Max Glover	451	Male	Max	01:06:29	Wave 1	10:02:00	Solo
27	Alan Yan	1362	Male	Alan	01:06:30	Wave 1	10:02:00	Solo
28	Bryan Bliss	83	Male	Bryan Bliss	01:06:41	Wave 1	10:02:00	Solo
29	Adam Holland	1387	Male	Team For Goodness Shakes!	01:06:52	Wave 1	10:02:00	Solo
30	David Bignell	77	Male	Team Bigfoot	01:07:11	Wave 2	10:15:00	Solo
31	Luke Hulewicz	596	Male	Go Outdoors oxford	01:07:12	Wave 1	10:02:00	Pair
32	Jason Morris	895	Male	BA Warriors	01:07:15	Wave 1	10:02:00	Pair
33	Paul Evans	382	Male	Paul Evans	01:07:15	Wave 1	10:02:00	Solo
34	Alistair Shaw	1125	Male	Alistair Shaw	01:07:28	Wave 1	10:02:00	Solo
35	Michael Cartwright	173	Male	Michael Cartwright	01:07:37	Wave 1	10:02:00	Solo
36	Rhys Williams	1326	Male	Bean Machine	01:07:38	Wave 1	10:02:00	Solo
37	Matt Richardson	1061	Male	SYNERGI Personal Training	01:08:16	Wave 2	10:15:00	Solo
38	Nick Smallman	1146	Male	Nick Smallman	01:08:28	Wave 1	10:02:00	Solo
39	Dan Bowman	108	Male	dan	01:08:32	Wave 3	10:30:00	Solo
40	Justin Hall	506	Male	Bidford Juniors FC	01:08:42	Wave 2	10:15:00	Pair
41	Andrew Kitchen	724	Male	Kitch	01:08:44	Wave 2	10:15:00	Solo
42	Gethin Davies	318	Male	ginger church	01:09:06	Wave 1	10:02:00	Solo
43	Andrew Maclaen	797	Male	Cardiff Triathletes	01:09:07	Wave 3	10:30:00	Solo
44	Ryan Duncan	1380	Male	The Equalizer	01:09:07	Wave 1	10:02:00	Solo
45	Mark Veysey	1257	Male	Mark Veysey	01:09:19	Wave 2	10:15:00	Solo
46	Scott Cole	1395	Male	Team For Goodness Shakes!	01:09:24	Wave 2	10:15:00	Solo
47	Simon john Williams	1340	Male	Simon John	01:09:44	Wave 1	10:02:00	Solo
48	Tom Cooling	235	Male	Tom Cooling	01:09:46	Wave 1	10:02:00	Solo
49	George Nicholas	926	Male	pokerstars.com	01:09:48	Wave 5	11:00:00	Pair
50	Martin Flear	407	Male	S.W.E.A.T	01:09:48	Wave 2	10:15:00	Solo
51	Daniel Booth-howe	96	Male	Team Dougie	01:09:50	Wave 6	11:15:00	Pair
52	Alan Flear	408	Male	S.W.E.A.T	01:09:51	Wave 2	10:15:00	Solo
53	Richard Horner	576	Male	Team Dougie	01:09:56	Wave 6	11:15:00	Pair
54	Stuart Paynter	975	Male	stuart	01:10:10	Wave 2	10:15:00	Solo
55	Jack Tremlett	1231	Male	JackTremlett	01:10:15	Wave 1	10:02:00	Solo
56	Mike Boland	87	Male	Mike Boland	01:10:17	Wave 4	10:45:00	Solo
57	Alexander Capleton	163	Male	Alex Capleton	01:10:22	Wave 1	10:02:00	Solo
58	Steven Hooper	574	Male	Pontypridd roadents ac	01:10:24	Wave 1	10:02:00	Solo
59	Mike Cash	174	Male	cash	01:10:25	Wave 4	10:45:00	Solo

60	David Standing	1162	Male	david standing	01:10:28	Wave 1	10:02:00	Solo
61	Neil Catling	175	Male	Ipswich Triathlon	01:10:32	Wave 2	10:15:00	Solo
62	Elliott Connolly	229	Male	Elliott 'Engine' Connolly	01:10:49	Wave 1	10:02:00	Solo
63	Johnny Meecham	851	Male	Don't mean nothing	01:10:53	Wave 3	10:30:00	Pair
64	Matthew Poyner	1007	Male	Nutters	01:10:55	Wave 3	10:30:00	Pair
65	Russell Bailey	31	Male	Bailey	01:11:01	Wave 4	10:45:00	Solo
66	Rhydian Reston	1054	Male	rat boy	01:11:02	Wave 1	10:02:00	Solo
67	Lloyd Morgan	886	Male	San Domenico RRC	01:11:04	Wave 1	10:02:00	Solo
68	Neil Jones	684	Male	solo	01:11:08	Wave 2	10:15:00	Solo
69	David Hynes	615	Male	Dangerous	01:11:18	Wave 2	10:15:00	Solo
70	Nick Gregory	481	Male	Nick Gregory	01:11:24	Wave 2	10:15:00	Solo
71	Stuart Campbell	160	Male	Stuart Campbell	01:11:27	Wave 3	10:30:00	Solo
72	Tommy Parsons	968	Male	Team Horrendous	01:11:36	Wave 2	10:15:00	Pair
73	Andy Loble	779	Male	H2OMUDNSNOW.COM	01:11:39	Wave 1	10:02:00	Pair
74	Jen Salter	1104	Female	Jen Salter	01:11:39	Wave 1	10:02:00	Solo
75	Tom Hulland	598	Male	Two Foot	01:11:45	Wave 2	10:15:00	Solo
76	Marc anthony Real	1040	Male	Marc Anthony Real	01:11:48	Wave 2	10:15:00	Solo
77	Richard Martin	814	Male	Bob	01:11:50	Wave 5	11:00:00	Solo
78	Arwel Roberts	1076	Male	Bitton Road Runners	01:11:54	Wave 3	10:30:00	Solo
79	Simon George	441	Male	Georgios x 2	01:11:57	Wave 2	10:15:00	Pair
80	Owain George	442	Male	Georgios x 2	01:11:57	Wave 2	10:15:00	Pair
81	Kalvin Leach	749	Male	Michele White Fitness	01:12:00	Wave 5	11:00:00	Pair
82	Simon De burgh	328	Male	Michele White Fitness	01:12:00	Wave 5	11:00:00	Pair
83	Luke James	627	Male	Maindy Harriers	01:12:12	Wave 1	10:02:00	Pair
84	Will Poustchi	999	Male	Will	01:12:15	Wave 6	11:15:00	Solo
85	Matthew Welsh	1295	Male	Griffithis town harriers	01:12:15	Wave 6	11:15:00	Solo
86	Mark Gallagher	432	Male	Bidford Juniors FC	01:12:18	Wave 2	10:15:00	Pair
87	Alexander St. john	1159	Male	Alex St. John	01:12:20	Wave 2	10:15:00	Solo
88	Alwin Powell	1004	Male	The Welsh Warriors	01:12:36	Wave 1	10:02:00	Pair
89	Carl Johnson	663	Male	pokerstars.com	01:12:41	Wave 5	11:00:00	Pair
90	Arwel Hughes	589	Male	Arwel Hughes	01:12:43	Wave 1	10:02:00	Solo
91	Scott Morris	901	Male	Scott Mod	01:12:47	Wave 1	10:02:00	Solo
92	Alistair Yeoman	1366	Male	elbow grease	01:12:55	Wave 1	10:02:00	Solo
93	Simon Darke	277	Male	Maindy Harriers	01:12:56	Wave 1	10:02:00	Pair
94	Richard Marshall	813	Male	Richard Marshall	01:13:02	Wave 1	10:02:00	Solo
95	Jeff Davies	285	Male	scooby	01:13:05	Wave 1	10:02:00	Solo
96	Richard Painter	951	Male	Man up!!	01:13:19	Wave 2	10:15:00	Solo
97	Richard Weber	1288	Male	Webes	01:13:28	Wave 1	10:02:00	Solo
98	James Thorne	1222	Male	James thorne	01:13:29	Wave 1	10:02:00	Solo
99	Craig Williams	1334	Male	Craig	01:13:30	Wave 1	10:02:00	Solo
100	Huw Thomas	1207	Male	Huw Llanllwch	01:13:45	Wave 1	10:02:00	Solo
101	Danny Jones	679	Male	danny jones	01:13:51	Wave 2	10:15:00	Solo
102	Shaun Christopher	189	Male	H2O or beer ?	01:14:07	Wave 1	10:02:00	Pair
103	Andy Hall	508	Male	H2O or beer ?	01:14:07	Wave 1	10:02:00	Pair
104	Mario Hahnel	501	Male	Mario Hahnel	01:14:08	Wave 1	10:02:00	Solo
105	Neil Lewis	762	Male	bluebirds	01:14:17	Wave 2	10:15:00	Pair
106	James Dalton	273	Male	Papa Bouba Diop	01:14:17	Wave 1	10:02:00	Pair
107	Mark Tregilgas	1230	Male	Fitness and Motivation Personal Training	01:14:21	Wave 3	10:30:00	Solo
108	Chris Watkins	1279	Male	A Miggly Moo	01:14:39	Wave 3	10:30:00	Solo
109	Alex Putman	1025	Male	Rescue 48	01:14:54	Wave 1	10:02:00	Solo
110	Uzair Mosharaf	907	Male	Uzair	01:14:54	Wave 1	10:02:00	Solo
111	Graham Turner	1240	Male	turner	01:15:02	Wave 2	10:15:00	Solo
112	Chris Cotton	244	Male	Kimberworth striders	01:15:05	Wave 1	10:02:00	Solo
113	Paul Mcdonnell	837	Male	Doodle	01:15:20	Wave 2	10:15:00	Solo
114	Thomas Yapp	1363	Male	Tom	01:15:21	Wave 1	10:02:00	Solo
115	David Noye-allen	932	Male	chris	01:15:22	Wave 2	10:15:00	Solo
116	Justin Ham	511	Male	bluebirds	01:15:29	Wave 2	10:15:00	Pair
117	Rhoddy Davies	296	Male	RHODDY DAVIES	01:15:34	Wave 1	10:02:00	Solo
118	Justin Hamilton-martin	516	Male	Barney's Heros	01:15:45	Wave 2	10:15:00	Pair
119	Nick Lamb	734	Male	Barney's Heros	01:15:45	Wave 2	10:15:00	Pair
120	David Morrison	904	Male	dave	01:15:49	Wave 1	10:02:00	Solo
121	Kalpesh Patel	969	Male	Kal P	01:15:49	Wave 1	10:02:00	Solo

122	Lloyd Hambridge	513	Male	The Rantac Tigers	01:16:01	Wave 2	10:15:00	Solo
123	Rhodri Codd	212	Male	Rhodri Codd	01:16:14	Wave 1	10:02:00	Solo
124	Anthony Barnes	45	Male	Team MH	01:16:15	Wave 1	10:02:00	Pair
125	Jonnie Miller	861	Male	GO JONNIE GO	01:16:32	Wave 5	11:00:00	Solo
126	Owen Dobson	341	Male	MrFlashAce	01:16:35	Wave 2	10:15:00	Solo
127	Lee Williams	1342	Male	solo	01:16:41	Wave 2	10:15:00	Solo
128	Alex Mcphun	847	Male	CaptainCommando	01:16:42	Wave 2	10:15:00	Solo
129	Brad Quinn	1031	Male	Team Misfit	01:16:48	Wave 2	10:15:00	Pair
130	Ian Morgan	881	Male	Ian morgan	01:16:49	Wave 2	10:15:00	Solo
131	Adam Coates	206	Male	Coatsy	01:16:51	Wave 1	10:02:00	Solo
132	Martin Brown	132	Male	Martin Brown	01:17:08	Wave 2	10:15:00	Solo
133	Stephen Mason	820	Male	siemens gorillas	01:17:17	Wave 3	10:30:00	Solo
134	Mark Potter	998	Male	mark	01:17:19	Wave 2	10:15:00	Solo
135	Robert Rees	1047	Male	Robert Rees	01:17:20	Wave 1	10:02:00	Solo
136	Peter Rankin	1034	Male	Peter Rankin	01:17:21	Wave 2	10:15:00	Solo
137	Brian Hawkins	542	Male	Cardiff Tri	01:17:28	Wave 3	10:30:00	Solo
138	Jamie Martin	815	Male	Go Jamie!	01:17:29	Wave 3	10:30:00	Solo
139	Simon Thomas	1206	Male	FERC	01:17:30	Wave 1	10:02:00	Solo
140	David Cole	219	Male	The Honeybadgers	01:17:38	Wave 1	10:02:00	Pair
141	Alex Lewis	758	Male	Hoofing	01:17:39	Wave 1	10:02:00	Solo
142	Rhys Morgan	890	Male	The Honeybadgers	01:17:41	Wave 1	10:02:00	Pair
143	Joe Mackie	793	Male	Team Men's Health	01:17:42	Wave 1	10:02:00	Pair
144	Justin Raven	1036	Male	Kidney research UK	01:17:44	Wave 2	10:15:00	Solo
145	Christopher Bailey	30	Male	Bailey1	01:17:44	Wave 1	10:02:00	Solo
146	Richard Oram	940	Male	Big Ears	01:17:45	Wave 1	10:02:00	Solo
147	David Ripley	1069	Male	dave	01:17:46	Wave 5	11:00:00	Solo
148	Michael Rose	1095	Male	PLYMSTOCK ROSE RUNNERS	01:17:51	Wave 5	11:00:00	Solo
149	Andy Collins	227	Male	Andy C	01:18:22	Wave 1	10:02:00	Solo
150	Gareth Jones	674	Male	Gaz Jones	01:18:22	Wave 3	10:30:00	Solo
151	Alun Williams	1347	Male	Al Williams	01:18:30	Wave 1	10:02:00	Solo
152	Debbie Cooke	232	Female	Debbie Cooke	01:18:31	Wave 2	10:15:00	Solo
153	Simon Wilkins	1311	Male	Commander Blop	01:18:33	Wave 2	10:15:00	Solo
154	David Tucker	1232	Male	Plymouth Harriers	01:18:33	Wave 1	10:02:00	Solo
155	Lawrence Scott	1116	Male	Cardiff Uni Kickboxers	01:18:34	Wave 3	10:30:00	Pair
156	Nick Waldron	1263	Male	Cardiff Uni Kickboxers	01:18:34	Wave 3	10:30:00	Pair
157	Jack Jennings	654	Male	Elbow Grease!!!	01:18:41	Wave 1	10:02:00	Solo
158	Phil Hamer	514	Male	Phil Hamer	01:18:51	Wave 2	10:15:00	Solo
159	Michael Richardson	1063	Male	lee and mike	01:19:06	Wave 5	11:00:00	Pair
160	Lee Pontin	994	Male	lee and mike	01:19:06	Wave 5	11:00:00	Pair
161	Paul Price	1012	Male	The Bushwackers	01:19:07	Wave 1	10:02:00	Pair
162	Ned Vardey	1253	Male	H2OMUDNSNOW.COM	01:19:10	Wave 1	10:02:00	Pair
163	Matt Lloyd	776	Male	Matt Lloyd	01:19:26	Wave 3	10:30:00	Solo
164	Paul Fox	420	Male	Team Horrendous	01:19:32	Wave 2	10:15:00	Pair
165	Richard Powles	1005	Male	The Bushwackers	01:19:38	Wave 1	10:02:00	Pair
166	Scott Mills	865	Male	Royal 1	01:19:40	Wave 2	10:15:00	Solo
167	Marc Kimbrey	717	Male	kimbrey	01:19:48	Wave 1	10:02:00	Solo
168	Paul Gaisford	431	Male	Ginger & Maggot	01:19:51	Wave 2	10:15:00	Pair
169	Iain Mclure	843	Male	Cardiff Medicals RFC	01:19:57	Wave 2	10:15:00	Pair
170	Chris Cottle	243	Male	Chris Cottle	01:19:59	Wave 1	10:02:00	Solo
171	John-paul Rantac	1035	Male	JP RANTAC	01:19:59	Wave 2	10:15:00	Solo
172	Ian Bosley	98	Male	The Welsh Warriors	01:20:00	Wave 1	10:02:00	Pair
173	Jon Rainford	1397	Male	Team For Goodness Shakes!	01:20:01	Wave 2	10:15:00	Solo
174	Gavin Heath	550	Male	Predator	01:20:04	Wave 3	10:30:00	Solo
175	Stephen Flacke	406	Male	Ipanema Anacondas	01:20:05	Wave 1	10:02:00	Pair
176	Pad Scanlon	1113	Male	Team Winter	01:20:08	Wave 2	10:15:00	Solo
177	Neil Shepperdson	1127	Male	Shepinator	01:20:08	Wave 5	11:00:00	Solo
178	Adam Jerrett	655	Male	Adam	01:20:11	Wave 1	10:02:00	Solo
179	Neil Ramsbottom	1033	Male	Incomitatus	01:20:19	Wave 2	10:15:00	Solo
180	Gary Bristow	1371	Male	moston harriers manchester	01:20:22	Wave 1	10:02:00	Pair
181	James Hutchins	610	Male	Hutchins	01:20:34	Wave 2	10:15:00	Solo
182	Paul Barton	51	Male	Paul Barton	01:20:44	Wave 3	10:30:00	Solo
183	Mike Ashwin	23	Male	Mike Ashwin	01:20:54	Wave 3	10:30:00	Solo

184	Rhodri Phillips	988	Male	Rhodri Phillips	01:20:55	Wave 1	10:02:00	Solo
185	Michael Enever	1390	Male	Team For Goodness Shakes!	01:20:57	Wave 2	10:15:00	Solo
186	Steven Tallis	1184	Male	Tallis	01:20:59	Wave 2	10:15:00	Solo
187	Philip Griffiths	486	Male	Black & Blue	01:20:59	Wave 2	10:15:00	Pair
188	Sam Jefferies	635	Male	HSE Warriors	01:21:05	Wave 1	10:02:00	Solo
189	James Cinicola	192	Male	The Half Italian Stallion	01:21:05	Wave 1	10:02:00	Solo
190	William Jefferies	636	Male	HSE Warriors	01:21:05	Wave 1	10:02:00	Solo
191	Tom Jefferies	637	Male	HSE Warriors	01:21:05	Wave 1	10:02:00	Solo
192	Rhys Williams	1325	Male	Rhys Williams	01:21:07	Wave 3	10:30:00	Solo
193	Ben Davies	293	Male	BEN DAVIES	01:21:14	Wave 1	10:02:00	Solo
194	Dewi Thomas	1211	Male	Cymro Cryfa	01:21:14	Wave 1	10:02:00	Solo
195	Geraint Thomas	1202	Male	Geraint Thomas	01:21:14	Wave 1	10:02:00	Solo
196	Shaun O' hanlon	933	Male	O' HANLON	01:21:31	Wave 2	10:15:00	Solo
197	Keith Richards	1059	Male	Keith Richards	01:21:32	Wave 1	10:02:00	Solo
198	Richard Williams	1321	Male	Richard Williams	01:21:35	Wave 3	10:30:00	Solo
199	Ben Fildes	402	Male	Ben Fildes	01:21:35	Wave 1	10:02:00	Solo
200	Adam Cleaver	199	Male	Adam Cleaver	01:21:36	Wave 1	10:02:00	Solo
201	Jamie Town	1388	Male	Team For Goodness Shakes!	01:21:36	Wave 2	10:15:00	Solo
202	Matt Scanlon	1112	Male	Los Tostados	01:21:51	Wave 1	10:02:00	Pair
203	Albert Cardona	164	Male	Los Tostados	01:21:51	Wave 1	10:02:00	Pair
204	Hugh Morgan	888	Male	Hugh Morgan	01:21:54	Wave 1	10:02:00	Solo
205	Scott Adams	3	Male	John Lesley Allstars	01:21:56	Wave 3	10:30:00	Pair
206	Matthew Cook	231	Male	Cookie	01:21:57	Wave 1	10:02:00	Solo
207	Chris Williams	1339	Male	chris	01:21:58	Wave 1	10:02:00	Solo
208	Paul Maksimovic	804	Male	paul maksimovic -deal with it	01:21:58	Wave 1	10:02:00	Solo
209	Damian Lawlor	747	Male	The Blues Brothers	01:22:00	Wave 2	10:15:00	Pair
210	Mark Pressley	1010	Male	Mark Pressley	01:22:02	Wave 2	10:15:00	Solo
211	Dave Summersgill	1175	Male	solo	01:22:12	Wave 6	11:15:00	Pair
212	Andy Reynolds	1055	Male	solo	01:22:13	Wave 6	11:15:00	Pair
213	Stephen Wiltshire	1353	Male	stretch	01:22:13	Wave 6	11:15:00	Solo
214	Mark Roe	1087	Male	Cardiff Triathletes	01:22:15	Wave 2	10:15:00	Solo
215	Christopher Read	1038	Male	big guns	01:22:15	Wave 1	10:02:00	Pair
216	Stephen Liddicoat	768	Male	big guns	01:22:15	Wave 1	10:02:00	Pair
217	Anthony Hammond	517	Male	The Warriors	01:22:21	Wave 2	10:15:00	Pair
218	Andy Coy	253	Male	Team Terminator	01:22:29	Wave 3	10:30:00	Pair
219	Matthew Sumpter	1176	Male	Team Terminator	01:22:30	Wave 3	10:30:00	Pair
220	Chris Middleton	853	Male	Toy Soldier	01:22:35	Wave 2	10:15:00	Solo
221	Nick Cockayne	209	Male	Cannon & Ball	01:22:39	Wave 3	10:30:00	Pair
222	Chris Hose	577	Male	Cannon & Ball	01:22:39	Wave 3	10:30:00	Pair
223	Jonjo Burke	147	Male	Team JJ	01:22:39	Wave 2	10:15:00	Solo
224	Mike Bryce	142	Male	Mike Bryce	01:22:40	Wave 1	10:02:00	Solo
225	Gareth Benjamin	70	Male	Gareth Benjamin	01:22:42	Wave 6	11:15:00	Solo
226	Robert Williams	1324	Male	Original Plaza Crew	01:22:48	Wave 1	10:02:00	Pair
227	Richard Hodges	1409	Male	WRU	01:22:54	Wave 2	10:15:00	Solo
228	Chris Dee	332	Male	Chris.De	01:22:56	Wave 1	10:02:00	Solo
229	Karl Smith	1149	Male	The Torpoint Two	01:22:58	Wave 1	10:02:00	Pair
230	Nigel Edmunds	363	Male	eddie	01:23:05	Wave 1	10:02:00	Solo
231	Stuart Jenkins	646	Male	Original Plaza Crew	01:23:08	Wave 1	10:02:00	Pair
232	Graham Smith	1150	Male	The Torpoint Two	01:23:08	Wave 1	10:02:00	Pair
233	Mark Davies	302	Male	Sparky	01:23:09	Wave 5	11:00:00	Solo
234	Marc Downey	349	Male	Marc	01:23:09	Wave 2	10:15:00	Solo
235	Daniel Ward	1272	Male	me my self and i	01:23:14	Wave 1	10:02:00	Solo
236	Stuart Howe	584	Male	Rhondda Tri	01:23:15	Wave 5	11:00:00	Solo
237	Vicky Critcher	260	Female	fitness factory ladies	01:23:18	Wave 2	10:15:00	Pair
238	Hayden Fleming	410	Male	fitness factory	01:23:20	Wave 2	10:15:00	Solo
239	Mark Langtry	742	Male	Commander SpongeBob Rocketpants	01:23:22	Wave 3	10:30:00	Solo
240	Matthew Brasier	116	Male	Matt	01:23:24	Wave 1	10:02:00	Solo
241	Ben Wetherill	1299	Male	A Pair of Badgers	01:23:24	Wave 1	10:02:00	Pair
242	Peter Vidler	1258	Male	The Dodgy Geezers	01:23:31	Wave 1	10:02:00	Pair
243	Daniel Thomas	1199	Male	dan thomas	01:23:32	Wave 4	10:45:00	Solo
244	Steven Cumines	269	Male	CUMINES STEVEN	01:23:34	Wave 1	10:02:00	Solo
245	Michael Jones-tovey	707	Male	Mr JT	01:23:38	Wave 2	10:15:00	Solo

246	Dan Warner	1277	Male	Dan Warner	01:23:43	Wave 2	10:15:00	Solo
247	Daniel Habershon-butcher	500	Male	HB	01:23:51	Wave 1	10:02:00	Solo
248	Chris Davy	323	Male	The Blues Brothers	01:23:51	Wave 2	10:15:00	Pair
249	Mike Taylor	1191	Male	Mike Taylor	01:23:51	Wave 1	10:02:00	Solo
250	Tim Grainger	470	Male	Tim	01:23:56	Wave 4	10:45:00	Solo
251	Jon Reed	1045	Male	drawing by Johnny aged 5	01:23:57	Wave 5	11:00:00	Solo
252	Mark Hill	559	Male	mark	01:23:58	Wave 4	10:45:00	Solo
253	John Magee	800	Male	John Magee	01:23:59	Wave 3	10:30:00	Solo
254	Brendan Jones	665	Male	Brendan	01:23:59	Wave 3	10:30:00	Solo
255	James Cattigan	176	Male	James Cattigan	01:24:02	Wave 5	11:00:00	Solo
256	Richard Wilder	1308	Male	wilderfitness.co.uk	01:24:04	Wave 1	10:02:00	Solo
257	Nicholas Willetts	1316	Male	Cardiff Medicals RFC	01:24:10	Wave 2	10:15:00	Pair
258	Richard Harrison	532	Male	Richard Harrison	01:24:11	Wave 2	10:15:00	Solo
259	Pj Quinn	1028	Male	Sandwell Homes	01:24:13	Wave 6	11:15:00	Pair
260	Nick Masters	824	Male	Fairwater Rugby Club	01:24:15	Wave 2	10:15:00	Solo
261	Dale neil George	440	Male	glamorgan health and racquet	01:24:16	Wave 1	10:02:00	Solo
262	Anthony Davies	308	Male	Anthony Davies	01:24:20	Wave 1	10:02:00	Solo
263	Robert Gooding	456	Male	Rob Gooding	01:24:24	Wave 2	10:15:00	Solo
264	Oliver Bell	66	Male	Bragging Rights	01:24:24	Wave 4	10:45:00	Solo
265	Chris Baker	33	Male	Chris Baker	01:24:27	Wave 2	10:15:00	Solo
266	Lee Welch	1293	Male	Moonhead-Lee Welch	01:24:39	Wave 1	10:02:00	Solo
267	Chris Rees	587	Male	Chris Rees	01:24:40	Wave 4	10:45:00	Solo
268	Elaine Taylor	1193	Female	Elaine	01:24:41	Wave 1	10:02:00	Solo
269	Matt Dignum	339	Male	Matt	01:24:42	Wave 1	10:02:00	Solo
270	Paul Mccusker	836	Male	McFluster	01:24:43	Wave 2	10:15:00	Solo
271	Ian Hull	597	Male	Team HullHead	01:24:46	Wave 4	10:45:00	Solo
272	Adam Hotson	579	Male	Adam Hotson	01:24:51	Wave 1	10:02:00	Solo
273	Ian Lane	736	Male	Get In Lane	01:24:55	Wave 4	10:45:00	Pair
274	Mark Hobrough	564	Male	TEAM STARSKY	01:24:57	Wave 2	10:15:00	Pair
275	Charlotte Hobrough	565	Female	TEAM STARSKY	01:24:57	Wave 2	10:15:00	Pair
276	Lewis Denham-parry	334	Male	Team Misfit	01:24:57	Wave 2	10:15:00	Pair
277	Dan Budge	144	Male	Cardiff Tri	01:25:00	Wave 3	10:30:00	Solo
278	John Duggan	354	Male	n/a	01:25:01	Wave 1	10:02:00	Solo
279	Cameron Doster	347	Male	Totally Bungalowed	01:25:02	Wave 1	10:02:00	Solo
280	Lloyd Morris	892	Male	Lloyd Morris	01:25:13	Wave 2	10:15:00	Solo
281	Lorraine Langdon	740	Female	Lorraine Langdon	01:25:16	Wave 2	10:15:00	Solo
282	James Rolling	1092	Male	Armytage Group	01:25:16	Wave 2	10:15:00	Solo
283	Emma Cresswell	255	Female	Perfect Balance	01:25:17	Wave 2	10:15:00	Solo
284	Pete Halstead	510	Male	Team Stinky	01:25:17	Wave 5	11:00:00	Pair
285	Kieron Jones	689	Male	Kieron Jones	01:25:17	Wave 2	10:15:00	Solo
286	Gavin Jones	690	Male	Warpigs	01:25:17	Wave 5	11:00:00	Pair
287	Richard Johnson	661	Male	Team Stinky	01:25:17	Wave 5	11:00:00	Pair
288	Julia Warner	1276	Female	Cardiff Tri	01:25:17	Wave 2	10:15:00	Solo
289	Steve Llewellyn	772	Male	Nutters	01:25:18	Wave 3	10:30:00	Solo
290	Jane Lewis	763	Female	Janie Jane	01:25:22	Wave 2	10:15:00	Solo
291	Arwyn Thomas	1212	Male	Asbri Golf	01:25:23	Wave 1	10:02:00	Pair
292	Eryl Williams	1343	Male	Asbri Golf	01:25:23	Wave 1	10:02:00	Pair
293	Nick Boothroyd	97	Male	Nick Boothroyd	01:25:27	Wave 3	10:30:00	Solo
294	Ingram Weeks	1290	Male	Weeks	01:25:27	Wave 2	10:15:00	Solo
295	Dan Humphreys	601	Male	dan	01:25:29	Wave 2	10:15:00	Solo
296	Gareth Ward	1273	Male	WARDY	01:25:32	Wave 2	10:15:00	Solo
297	Lloyd Jones	695	Male	Lloyd Jones	01:25:44	Wave 1	10:02:00	Solo
298	Ryan O'sullivan	947	Male	Cardiff tri	01:25:49	Wave 3	10:30:00	Solo
299	Neil Rogers	1090	Male	Neil Rogers	01:25:49	Wave 5	11:00:00	Solo
300	Nicky Williams	1337	Male	Team Shia Laboef	01:25:50	Wave 5	11:00:00	Pair
301	Amit Malhotra	805	Male	SOTON MASSIVE	01:25:50	Wave 1	10:02:00	Pair
302	Sean Dommett	344	Male	Team Shia Laboef	01:25:50	Wave 5	11:00:00	Pair
303	Oliver Jenkins	645	Male	Cardiff Tri	01:25:53	Wave 3	10:30:00	Solo
304	Nicky Oliver	938	Female	olivers army	01:25:55	Wave 1	10:02:00	Pair
305	James Manson	809	Male	Cardiff Tri	01:26:01	Wave 3	10:30:00	Solo
306	Martin Silva	1132	Male	Martin Silva	01:26:02	Wave 5	11:00:00	Solo
307	Stephen Miller	860	Male	Miller	01:26:03	Wave 5	11:00:00	Solo

308	James Curry	270	Male	James Curry	01:26:10	Wave 5	11:00:00	Solo
309	James Savage	1110	Male	city police spartans	01:26:11	Wave 3	10:30:00	Solo
310	Ben Watson	1281	Male	filth	01:26:16	Wave 3	10:30:00	Pair
311	Bernie Hayton	549	Male	filth	01:26:16	Wave 3	10:30:00	Pair
312	David Gorwill	458	Male	Legends (Vive Juicebars) (DGPT)	01:26:23	Wave 2	10:15:00	Pair
313	Justin Williams-jones	1348	Male	Ctiy Police Spartans	01:26:26	Wave 3	10:30:00	Solo
314	Timothy Brice	119	Male	Team Llewbr	01:26:29	Wave 2	10:15:00	Pair
315	Carl Francis	421	Male	Carlos	01:26:36	Wave 5	11:00:00	Solo
316	Giles Gamon	436	Male	TraffordRC	01:26:37	Wave 3	10:30:00	Solo
317	Lee Driscoll	352	Male	Lee Driscoll	01:26:37	Wave 4	10:45:00	Solo
318	Ben Freedman	424	Male	Team Pain II	01:26:37	Wave 1	10:02:00	Solo
319	Nerijus Zukauskas	1370	Male	Catch me if u can	01:26:40	Wave 3	10:30:00	Solo
320	Svajunas Mikstas	854	Male	svaiko!!!	01:26:41	Wave 3	10:30:00	Solo
321	Darren Jones	678	Male	solo	01:26:42	Wave 2	10:15:00	Solo
322	Charlie Hargreaves	521	Female	Charlie Pink	01:26:43	Wave 2	10:15:00	Solo
323	Gregory Pattenden-oxenham	972	Male	Gregory Pattenden-Oxenham	01:26:43	Wave 3	10:30:00	Solo
324	Tim Dyas	357	Male	Tim Dyas	01:26:43	Wave 1	10:02:00	Solo
325	Sam Hartley	534	Male	Sam hartley	01:26:44	Wave 3	10:30:00	Solo
326	Olly Whitman	1304	Male	Team Pain	01:26:46	Wave 1	10:02:00	Solo
327	Richie Barbour	41	Male	Empowers Fitness	01:26:49	Wave 2	10:15:00	Solo
328	Ian Holt	572	Male	The Hanging Motts	01:26:51	Wave 5	11:00:00	Pair
329	Christian Checkley	186	Male	The Hanging Motts	01:26:52	Wave 5	11:00:00	Pair
330	Ben Thompson	1218	Male	Biology Massive	01:26:54	Wave 1	10:02:00	Solo
331	Paul Davey	281	Male	Legends (Vive Juicebars) (DGPT)	01:26:56	Wave 2	10:15:00	Pair
332	John Kilgallon	716	Male	The Wildcat	01:26:56	Wave 2	10:15:00	Solo
333	Gareth Daw	324	Male	Big G	01:27:02	Wave 4	10:45:00	Solo
334	Andy Gosling	459	Male	Andy	01:27:02	Wave 5	11:00:00	Solo
335	Andrew Tucker	1235	Male	tucks	01:27:09	Wave 3	10:30:00	Solo
336	Ross Pullen	1023	Male	gibbers sons	01:27:10	Wave 4	10:45:00	Pair
337	Kevin Sweetlove	1179	Male	MAXPOWER	01:27:12	Wave 4	10:45:00	Solo
338	Lee Rogers	1088	Male	gibbers sons	01:27:12	Wave 4	10:45:00	Pair
339	Geoff Boadle	85	Male	SOTON MASSIVE	01:27:13	Wave 1	10:02:00	Pair
340	Richard James	629	Male	Biology Massive	01:27:14	Wave 1	10:02:00	Solo
341	Lucie Baker	34	Female	Moosie	01:27:14	Wave 3	10:30:00	Pair
342	Charles Singleton	1137	Male	The Fallen	01:27:18	Wave 1	10:02:00	Solo
343	Matt Cornish	241	Male	Moosie	01:27:19	Wave 3	10:30:00	Pair
344	David Collins	226	Male	Dave & Huw	01:27:20	Wave 3	10:30:00	Pair
345	Huw Thomas	1198	Male	Dave & Huw	01:27:21	Wave 3	10:30:00	Pair
346	Mike Cox	251	Male	Iron Mike's	01:27:22	Wave 1	10:02:00	Pair
347	Mike Milstead	870	Male	Iron Mike's	01:27:22	Wave 1	10:02:00	Pair
348	Martin Price	1015	Male	solo	01:27:23	Wave 6	11:15:00	Solo
349	Leigh Davies	314	Male	leigh boy davies	01:27:31	Wave 5	11:00:00	Solo
350	Helen Anderson	15	Female	Team Spaegie	01:27:36	Wave 2	10:15:00	Pair
351	Gareth Davies	295	Male	Croydon Advertiser	01:27:39	Wave 2	10:15:00	Solo
352	Simon Vowden	1259	Male	Simon Vowden	01:27:39	Wave 4	10:45:00	Solo
353	Ollie Booth	93	Male	Sir Thomas Rich's	01:27:42	Wave 4	10:45:00	Solo
354	Rebecca Anderson	14	Female	betty boo	01:27:46	Wave 2	10:15:00	Solo
355	Andrew Donnelly	345	Male	The Don	01:27:47	Wave 1	10:02:00	Solo
356	Lee Llewellyn	773	Male	Team Llewbr	01:27:48	Wave 2	10:15:00	Pair
357	Lee Kwok	732	Male	Esporta Glamorgan	01:27:50	Wave 1	10:02:00	Solo
358	Adam Hammond	518	Male	The Warriors	01:27:52	Wave 2	10:15:00	Pair
359	Michael Jelbart	640	Male	Lj & Jelly	01:27:54	Wave 5	11:00:00	Pair
360	Kevin Andrews	16	Male	Kev Andrews	01:27:56	Wave 4	10:45:00	Solo
361	Chris Littlejohn	771	Male	Lj & Jelly	01:27:58	Wave 5	11:00:00	Pair
362	Simon Wade	1261	Male	Wado	01:28:00	Wave 4	10:45:00	Solo
363	Tom Sharland	1124	Male	t-rock	01:28:00	Wave 4	10:45:00	Solo
364	Russell Rabbage	1032	Male	Rabbsy's Racers	01:28:05	Wave 1	10:02:00	Pair
365	John Evans	385	Male	Rabbsy's Racers	01:28:05	Wave 1	10:02:00	Pair
366	Tej Shukla	1130	Male	team kenya	01:28:06	Wave 5	11:00:00	Pair
367	Rob Garlicki	438	Male	Han Solo	01:28:07	Wave 1	10:02:00	Solo
368	Alfred Ferguson	398	Male	TKD Wells	01:28:11	Wave 4	10:45:00	Solo
369	Dean Loader	778	Male	Dean Loader	01:28:11	Wave 3	10:30:00	Solo

370	Adam Gouha	461	Male	STRS	01:28:12	Wave 4	10:45:00	Solo
371	Mark Howells	586	Male	Mark Howells	01:28:13	Wave 4	10:45:00	Solo
372	Matt Allsopp	12	Male	Matt's Mad	01:28:14	Wave 5	11:00:00	Solo
373	Peter Dean	330	Male	Bachgen Cymraeg	01:28:15	Wave 6	11:15:00	Solo
374	Gary Bodman	86	Male	circuiteers	01:28:16	Wave 1	10:02:00	Pair
375	Matthew Gronow	493	Male	Team Gronow	01:28:16	Wave 5	11:00:00	Pair
376	Mike Knowles	729	Male	Witness the Fitness	01:28:19	Wave 1	10:02:00	Solo
377	Simon Wall	1265	Male	Ebbw 2	01:28:20	Wave 4	10:45:00	Pair
378	Robin Tovey	1228	Male	Team Ralph	01:28:25	Wave 4	10:45:00	Pair
379	Andrew Rowlands	1099	Male	Green Watch Massive	01:28:25	Wave 5	11:00:00	Pair
380	Ralph Giles	448	Male	Team Ralph	01:28:26	Wave 4	10:45:00	Pair
381	Adam Robbins	1071	Male	The Bee Keeper	01:28:28	Wave 1	10:02:00	Solo
382	Anthony Williams	1333	Male	Ants Pants	01:28:33	Wave 4	10:45:00	Solo
383	Ruari Grocott	492	Male	Do One	01:28:37	Wave 3	10:30:00	Solo
384	Ross Toland	1225	Male	SQUIRTY BOYS	01:28:41	Wave 1	10:02:00	Pair
385	Richard Bluett	84	Male	Richard Bluett	01:28:49	Wave 5	11:00:00	Solo
386	James Lewis	760	Male	james lewis	01:28:49	Wave 1	10:02:00	Solo
387	James Mash	819	Male	The Mashine	01:28:55	Wave 4	10:45:00	Solo
388	Josie Hunsdon	604	Female	Dumb and dumber	01:28:59	Wave 2	10:15:00	Pair
389	David Comery	228	Male	Dumb and dumber	01:28:59	Wave 2	10:15:00	Pair
390	Nigel Godfrey	454	Male	Nigel Godfrey	01:28:59	Wave 5	11:00:00	Solo
391	Steffan Thomas	1216	Male	Steff	01:29:02	Wave 5	11:00:00	Solo
392	Martin Humphreys	602	Male	Humphreys	01:29:03	Wave 1	10:02:00	Solo
393	Stephen Gould	462	Male	gouldy	01:29:03	Wave 1	10:02:00	Solo
394	Michael Milbourne	855	Male	Chocolate Milk	01:29:04	Wave 4	10:45:00	Pair
395	Doug Webb	1286	Male	village vipers	01:29:06	Wave 2	10:15:00	Solo
396	Matthew Hodey	566	Male	Matt Hodey	01:29:14	Wave 2	10:15:00	Solo
397	Jonathan Ridley	1068	Male	Jonathan Ridley	01:29:14	Wave 2	10:15:00	Solo
398	Paul Scourfield	1117	Male	Paul Scourfield	01:29:16	Wave 2	10:15:00	Solo
399	Richard Robinson	1084	Male	Sci-MX Nutrition	01:29:16	Wave 6	11:15:00	Pair
400	Nick Marvin	818	Male	AFS Andover	01:29:17	Wave 3	10:30:00	Solo
401	Nick Ford	416	Male	Sci-MX Nutrition	01:29:17	Wave 6	11:15:00	Pair
402	Jonny Mcnamara	846	Male	Jonny Mac	01:29:18	Wave 2	10:15:00	Solo
403	Andrew Preece	1009	Male	Hare and the tortoise	01:29:19	Wave 3	10:30:00	Pair
404	Emma Hatherall	539	Female	Hare and the tortoise	01:29:19	Wave 3	10:30:00	Pair
405	Matthew Claremont-davies	194	Male	sonix	01:29:19	Wave 5	11:00:00	Solo
406	James Edwards	364	Male	The Dapper	01:29:20	Wave 2	10:15:00	Solo
407	Dean Macey	1376	Male	VIP	01:29:22	Wave 6	11:15:00	Solo
408	Kristian Belmont	68	Male	RAF Recruiters Swansea	01:29:24	Wave 4	10:45:00	Solo
409	Kevin Taaffe	1182	Male	Taaffe	01:29:26	Wave 5	11:00:00	Solo
410	Paul Vowles	1260	Male	Paul Vowles	01:29:27	Wave 2	10:15:00	Solo
411	Antony Gradley	466	Male	Mile end	01:29:28	Wave 3	10:30:00	Pair
412	Richard Saunders	1109	Male	Richard Saunders	01:29:28	Wave 1	10:02:00	Solo
413	David O'shea	945	Male	Dudeorsort	01:29:31	Wave 5	11:00:00	Solo
414	Leigh Ridgeway	1067	Male	Ridgeway	01:29:39	Wave 3	10:30:00	Solo
415	Huw Dowden	348	Male	Coburn Crusaders	01:29:40	Wave 1	10:02:00	Pair
416	Sam Fletcher	411	Male	Sam Fletcher	01:29:40	Wave 2	10:15:00	Solo
417	Geraint Rees	1046	Male	Airborne Digital Media	01:29:43	Wave 3	10:30:00	Solo
418	Nicholas Morgan	884	Male	Nick Morgan	01:29:48	Wave 3	10:30:00	Solo
419	Peter De snyder	329	Male	puny pete	01:29:49	Wave 2	10:15:00	Solo
420	Jon Pocock	992	Male	Whiskeytown Lovers	01:29:55	Wave 4	10:45:00	Pair
421	Lee Taylor	1192	Male	Whiskeytown Lovers	01:29:55	Wave 4	10:45:00	Pair
422	Gary Kavanagh	710	Male	Sunday Clubber	01:29:55	Wave 1	10:02:00	Solo
423	Richard Jones	669	Male	West is Best.	01:29:55	Wave 3	10:30:00	Pair
424	Lee Feehan	393	Male	Team Feehan	01:30:03	Wave 1	10:02:00	Solo
425	Jacques Van der merwe	1251	Male	Jaet	01:30:12	Wave 6	11:15:00	Pair
426	Andrew Hamblin	512	Male	Team Hamblin	01:30:22	Wave 1	10:02:00	Solo
427	Tony Davies	305	Male	two tone	01:30:27	Wave 5	11:00:00	Pair
428	Tony Grimley	491	Male	two tone	01:30:28	Wave 5	11:00:00	Pair
429	Scott Freeman	425	Male	Scott Freeman	01:30:32	Wave 5	11:00:00	Solo
430	Mark Beard	60	Male	solo	01:30:35	Wave 4	10:45:00	Solo
431	Kevin House-norman	580	Male	kev	01:30:36	Wave 3	10:30:00	Solo

432	Gary Cleaves	200	Male	Gary Cleaves	01:30:37	Wave 4	10:45:00	Solo
433	Simon Parkhouse	963	Male	Cossie Combo	01:30:41	Wave 3	10:30:00	Pair
434	Richard Harrison	529	Male	Richard	01:30:41	Wave 3	10:30:00	Solo
435	Mark Tait	1183	Male	No name	01:30:43	Wave 5	11:00:00	Pair
436	Chris Beeharry	65	Male	No name	01:30:43	Wave 5	11:00:00	Pair
437	Pete Beaumont	62	Male	escape from cardiff	01:30:45	Wave 3	10:30:00	Pair
438	David Gunthorpe	499	Male	escape from cardiff	01:30:45	Wave 3	10:30:00	Pair
439	Luke Benjamin	69	Male	Benjo	01:30:45	Wave 6	11:15:00	Solo
440	Steven Millership	862	Male	Magic Trousers	01:30:48	Wave 3	10:30:00	Solo
441	Lee Parry	966	Male	Cheeky1	01:30:51	Wave 4	10:45:00	Solo
442	Gareth Morris	899	Male	Morr-auders	01:30:51	Wave 4	10:45:00	Pair
443	Duncan Cooper	238	Male	Duncan	01:30:52	Wave 5	11:00:00	Solo
444	Alistair Mccann	834	Male	Badger Baiter	01:30:52	Wave 3	10:30:00	Solo
445	Paul Morris	900	Male	Morr-auders	01:30:53	Wave 4	10:45:00	Pair
446	Scott Munro-morris	916	Male	Penarth-Sully Posse	01:30:54	Wave 2	10:15:00	Solo
447	Kev Thomas	1210	Male	Penarth-Sully Posse	01:30:54	Wave 2	10:15:00	Solo
448	David Peacock	976	Male	Penarth-Sully Posse	01:30:55	Wave 2	10:15:00	Solo
449	Alan Richards	1058	Male	TEAM PTERODACTYL	01:30:55	Wave 3	10:30:00	Solo
450	Roger Hardy	520	Male	penarth -sully posse	01:30:59	Wave 2	10:15:00	Solo
451	Ceri Durke	356	Male	Ceri Durke	01:31:03	Wave 3	10:30:00	Solo
452	Alex Lovesay	1189	Male	Phoenix flyers	01:31:04	Wave 5	11:00:00	Pair
453	Naomi Taplian	1188	Female	Phoenix flyers	01:31:05	Wave 5	11:00:00	Pair
454	Thomas Cooper	236	Male	Tommy Cooper	01:31:08	Wave 3	10:30:00	Solo
455	Gareth Danks	276	Male	D & G	01:31:13	Wave 2	10:15:00	Pair
456	Daniel Jenkins	642	Male	D & G	01:31:16	Wave 2	10:15:00	Pair
457	Ross Davies	319	Male	Ross Davies	01:31:16	Wave 5	11:00:00	Solo
458	Chris Riddle	1066	Male	darstady day tripper	01:31:18	Wave 3	10:30:00	Solo
459	Giles Eperon	377	Male	TEAM G-FORCE	01:31:22	Wave 4	10:45:00	Pair
460	Buddug Harries	524	Female	Bill And Ben	01:31:22	Wave 2	10:15:00	Pair
461	Greg Leary	750	Male	TEAM G-FORCE	01:31:22	Wave 4	10:45:00	Pair
462	William Precious	1008	Male	Bill And Ben	01:31:29	Wave 2	10:15:00	Pair
463	Sam Bartram	52	Male	Sammy!	01:31:34	Wave 3	10:30:00	Solo
464	Ben Stratton	1172	Male	Ben Stratton	01:31:36	Wave 6	11:15:00	Solo
465	Justin Pocknell	991	Male	Team Howie	01:31:40	Wave 1	10:02:00	Pair
466	Howard Price	1013	Male	Team Howie	01:31:41	Wave 1	10:02:00	Pair
467	Keith Williams	1344	Male	circuiteers	01:31:44	Wave 1	10:02:00	Solo
468	James Parfitt	958	Male	First Step uk	01:31:46	Wave 4	10:45:00	Pair
469	Matthew Jenkins	648	Male	Jinks juniors	01:31:46	Wave 2	10:15:00	Pair
470	Sarah Borley	1411	Female	Red Dragon	01:31:48	Wave 1	10:02:00	Solo
471	Chris Knox	730	Male	Biology Massive	01:31:48	Wave 1	10:02:00	Solo
472	Martyn Thomas	1213	Male	Folk in Hell	01:31:55	Wave 5	11:00:00	Pair
473	Kevin Walker-curran	1264	Male	Folk in Hell	01:31:55	Wave 5	11:00:00	Pair
474	Davies Lee	647	Male	Jinks juniors	01:31:59	Wave 2	10:15:00	Pair
475	Aaron Hendry	552	Male	Aaron Hendry	01:32:02	Wave 4	10:45:00	Solo
476	Simon Bradley	111	Male	Bradz	01:32:02	Wave 1	10:02:00	Solo
477	Donna Lloyd	777	Female	Donna Lloyd	01:32:04	Wave 6	11:15:00	Solo
478	Peter Barge	42	Male	Pete Barge	01:32:06	Wave 3	10:30:00	Solo
479	Rob Turner	1242	Male	The Dude's	01:32:07	Wave 1	10:02:00	Pair
480	Ian Husband	607	Male	Ian Husband	01:32:07	Wave 3	10:30:00	Solo
481	Steve May	830	Male	The Dude's	01:32:07	Wave 1	10:02:00	Pair
482	Luke Batchelor	55	Male	batch	01:32:07	Wave 3	10:30:00	Solo
483	Robert Janney	632	Male	Robert Janney	01:32:08	Wave 2	10:15:00	Solo
484	William Edwards	365	Male	First Step uk	01:32:10	Wave 4	10:45:00	Pair
485	Roy Jackson	623	Male	ginger bread man	01:32:12	Wave 6	11:15:00	Solo
486	Ioan Davies	301	Male	solo	01:32:12	Wave 4	10:45:00	Solo
487	Matthew Roberts	1074	Male	Matt	01:32:13	Wave 5	11:00:00	Solo
488	Charles Howard	583	Male	H	01:32:14	Wave 6	11:15:00	Solo
489	Bertil Weil	1291	Male	Bertil	01:32:14	Wave 5	11:00:00	Solo
490	Ceri Moorcraft	876	Male	The Honey Badgers	01:32:15	Wave 1	10:02:00	Pair
491	Alex Warren	1278	Male	Woz	01:32:15	Wave 6	11:15:00	Solo
492	Jamie Lewis	1410	Male	Red Dragon	01:32:22	Wave 1	10:02:00	Solo
493	Gareth Chamberlain	179	Male	The Fitness Factory	01:32:24	Wave 2	10:15:00	Solo

494	Andy Chammings	180	Male	PLYMSTOCK ROSE RUNNERS	01:32:25	Wave 4	10:45:00	Solo
495	Rob Bryant	140	Male	Smiler!	01:32:28	Wave 1	10:02:00	Solo
496	Stuart Robbins	1072	Male	The Wezzy Wazcalz	01:32:29	Wave 2	10:15:00	Pair
497	Paul Shore	1128	Male	The Wezzy Wazcalz	01:32:29	Wave 2	10:15:00	Pair
498	Chris Harris	525	Male	Harris and Paddy	01:32:36	Wave 2	10:15:00	Pair
499	Evan Davies	292	Male	Team Jones	01:32:38	Wave 2	10:15:00	pair
500	Chris Emery	376	Male	Team Jones	01:32:38	Wave 2	10:15:00	Pair
501	Luke Winston	1354	Male	Cobra Kai	01:32:38	Wave 4	10:45:00	Pair
502	Andrew Wright	1359	Male	Cobra Kai	01:32:39	Wave 4	10:45:00	Pair
503	Mathew Van de pette	1249	Male	The pigeon	01:32:44	Wave 3	10:30:00	Solo
504	Tomos Ashfield	21	Male	Tomos Ashfield	01:32:45	Wave 3	10:30:00	Solo
505	Justin Brown	129	Male	solo	01:32:46	Wave 4	10:45:00	Solo
506	Mike Powell	1003	Male	Me	01:32:49	Wave 2	10:15:00	Solo
507	Jon Burns	148	Male	Gordano Black Ratters	01:32:50	Wave 5	11:00:00	Pair
508	Lee Palmer	953	Male	Gordano Black Ratters	01:32:54	Wave 5	11:00:00	Pair
509	Lee Robertson	1080	Male	Trevor Mann Baby Unit	01:32:57	Wave 2	10:15:00	Solo
510	Rob Kinsey	721	Male	KINSEY & JENKINS	01:32:59	Wave 3	10:30:00	Pair
511	Joshua Roberts	1079	Male	The Fitness Factory	01:33:00	Wave 2	10:15:00	Solo
512	Dan Vaughan	1255	Male	Warney-Vaughany	01:33:00	Wave 4	10:45:00	Pair
513	Matt Warne	1275	Male	Warney-Vaughany	01:33:00	Wave 4	10:45:00	Pair
514	John Boulton	100	Male	The Fitness Factory	01:33:00	Wave 2	10:15:00	Solo
515	Steven Wynne	1361	Male	Steven Wynne	01:33:08	Wave 5	11:00:00	Solo
516	Ross Wormald	1356	Male	THE Rosscarini	01:33:09	Wave 4	10:45:00	Solo
517	Ben Orrell	942	Male	Old Git Fit Kid	01:33:18	Wave 3	10:30:00	Pair
518	Simon Booth	92	Male	solo	01:33:18	Wave 4	10:45:00	Solo
519	Terry Hughes	590	Male	Why??	01:33:23	Wave 3	10:30:00	Pair
520	Joe Godfrey	453	Male	Excess Run	01:33:23	Wave 5	11:00:00	Pair
521	Daniel Barrett	47	Male	Daniel Barrett	01:33:27	Wave 3	10:30:00	Solo
522	Stuart Stenhouse	1166	Male	Stench	01:33:27	Wave 2	10:15:00	Solo
523	Ian Last	745	Male	Ian Last	01:33:28	Wave 5	11:00:00	Solo
524	Sion Elfed	371	Male	Excess Run	01:33:29	Wave 5	11:00:00	Pair
525	Robert Smith	1147	Male	Rob & Andy	01:33:32	Wave 3	10:30:00	Pair
526	Andrew Sheel	1126	Male	Rob & Andy	01:33:32	Wave 3	10:30:00	Pair
527	Sean Mccaffrey	833	Male	Dumb & Dumber	01:33:35	Wave 1	10:02:00	Pair
528	Gareth Hart	533	Male	Gazza H	01:33:35	Wave 1	10:02:00	Solo
529	Richard Williams	1373	Male	Geriatric Ant & Dec	01:33:35	Wave 3	10:30:00	Pair
530	Paul Morris	1374	Male	Geriatric Ant & Dec	01:33:35	Wave 3	10:30:00	Pair
531	Gareth Harris	526	Male	Dumb & Dumber	01:33:35	Wave 1	10:02:00	Pair
532	Henry Burton	152	Male	Henry Burton	01:33:36	Wave 5	11:00:00	Solo
533	Mark Bulling	145	Male	Mark Bulling	01:33:37	Wave 3	10:30:00	Solo
534	Lee Gladwell	450	Male	The 99ers	01:33:37	Wave 4	10:45:00	Pair
535	Adam Broyad	135	Male	The 99ers	01:33:37	Wave 4	10:45:00	Pair
536	Christian Seymour	1120	Male	chippie on fire!!!	01:33:39	Wave 3	10:30:00	Solo
537	Michael Kipling	722	Male	team kenya	01:33:45	Wave 5	11:00:00	Pair
538	Andrea Lyons	789	Female	circuiteers	01:33:45	Wave 1	10:02:00	Pair
539	Paul Tapley	1187	Male	Team Tapley	01:33:47	Wave 6	11:15:00	Solo
540	Candi Gardner	437	Female	Team Express	01:33:47	Wave 1	10:02:00	Pair
541	James Davidson	284	Male	the repo man	01:33:49	Wave 4	10:45:00	Solo
542	Ceri Rogers	1089	Male	Team Express	01:33:49	Wave 1	10:02:00	Pair
543	Jared Hedges	551	Male	dragon slayer	01:33:49	Wave 4	10:45:00	Solo
544	Alan Rollins	1093	Male	team smudge	01:33:51	Wave 6	11:15:00	Solo
545	James Porritt	996	Male	Bond Boys	01:33:53	Wave 2	10:15:00	Pair
546	Keith Fairburn	388	Male	Keith Fairburn	01:33:54	Wave 6	11:15:00	Solo
547	Gareth Jones	685	Male	Gareth Rhys Jones	01:33:54	Wave 4	10:45:00	Solo
548	Stuart Hall	509	Male	solo	01:33:55	Wave 6	11:15:00	Solo
549	Chris Riche-webber	1064	Male	Bond Boys	01:33:55	Wave 2	10:15:00	Pair
550	Gary Lewis	765	Male	sasa boy	01:33:59	Wave 6	11:15:00	Solo
551	James Mayer	831	Male	The Tweedle dees	01:33:59	Wave 4	10:45:00	Pair
552	Joe Weir	1292	Male	The Tweedle dees	01:33:59	Wave 4	10:45:00	Pair
553	Rob Wilks	1314	Male	Tweedledums	01:33:59	Wave 4	10:45:00	Pair
554	Andrew Davies	320	Male	Davies	01:33:59	Wave 6	11:15:00	Solo
555	William McMahon	844	Male	Will McMahon	01:34:01	Wave 2	10:15:00	Solo

556	Jake Lea-wilson	751	Male	Molesey Boat Club	01:34:01	Wave 4	10:45:00	Solo
557	Oliver Price	1011	Male	priceless	01:34:04	Wave 3	10:30:00	Solo
558	Kelvin Johnson	662	Male	Kelvin Johnson	01:34:08	Wave 4	10:45:00	Solo
559	Daniel Palmer	954	Male	Team Fingers	01:34:13	Wave 6	11:15:00	Pair
560	Gareth Howells	585	Male	Gareth Howells	01:34:16	Wave 4	10:45:00	Solo
561	Adam Moss	908	Male	OperationGM	01:34:18	Wave 6	11:15:00	Pair
562	Kelvyn Davies	316	Male	kelvyn	01:34:19	Wave 2	10:15:00	Solo
563	Owen Shadick	1122	Male	Team Fingers	01:34:19	Wave 6	11:15:00	Pair
564	Max Davies	312	Male	davies bro's	01:34:21	Wave 6	11:15:00	Solo
565	Chaz Hitchcock	562	Male	Loner	01:34:22	Wave 6	11:15:00	Solo
566	James Rees	1049	Male	Jimbo & Fred	01:34:22	Wave 6	11:15:00	Pair
567	Freddie Hitchcock	561	Male	Jimbo & Fred	01:34:22	Wave 6	11:15:00	Pair
568	Richard Jaycock	634	Male	Revolution Rough Riders	01:34:23	Wave 5	11:00:00	Pair
569	Sean Jenkins	643	Male	KINSEY & JENKINS	01:34:23	Wave 3	10:30:00	Pair
570	Hywel Thomas	1217	Male	Jonathan Jones/Hywel Thomas	01:34:31	Wave 6	11:15:00	Pair
571	Jonathan Jones	704	Male	Jonathan Jones/Hywel Thomas	01:34:31	Wave 6	11:15:00	Pair
572	Dom Doherty	343	Male	Revolution Rough Riders	01:34:33	Wave 5	11:00:00	Pair
573	Darren Simpson	1136	Male	Team Simpson	01:34:37	Wave 1	10:02:00	Solo
574	Jon Boorman	90	Male	Jon Boorman	01:34:43	Wave 6	11:15:00	Solo
575	Matthew Morten	906	Male	Matt Morten	01:34:43	Wave 6	11:15:00	Solo
576	Chris Hathway	540	Male	The Hath	01:34:44	Wave 3	10:30:00	Solo
577	Jonathan Carnell	167	Male	Pod Racers	01:34:44	Wave 4	10:45:00	Pair
578	Michael Carnell	168	Male	Pod Racers	01:34:44	Wave 4	10:45:00	Pair
579	Michael Battersby	56	Male	Cardiff Triathletes	01:34:48	Wave 3	10:30:00	Solo
580	Simon Cowlishaw	248	Male	T Team	01:34:48	Wave 4	10:45:00	Pair
581	Byron Davies	289	Male	T Team	01:34:48	Wave 4	10:45:00	Pair
582	Richard Davies	290	Male	T Team	01:34:48	Wave 4	10:45:00	Pair
583	Jerry Veck	1256	Male	T Team	01:34:48	Wave 4	10:45:00	Pair
584	Chris Powell	1002	Male	Chris Powell	01:34:51	Wave 4	10:45:00	Solo
585	Adam Gower	465	Male	Adam Gower	01:34:55	Wave 3	10:30:00	Solo
586	Phoebe Pender	978	Female	Phoebe Pender	01:34:55	Wave 3	10:30:00	Solo
587	Lloyd Jenkins	651	Male	Coburn Crusaders	01:34:56	Wave 2	10:15:00	Pair
588	Matthew Knowles	728	Male	Knobby	01:34:56	Wave 3	10:30:00	Solo
589	Jan Fisher	405	Female	coastal runners	01:35:04	Wave 1	10:02:00	Pair
590	Andrew Reed	1044	Male	coastal runners	01:35:04	Wave 1	10:02:00	Pair
591	Emma Davies	321	Female	Bad Tri	01:35:05	Wave 1	10:02:00	Solo
592	Alun Nelson	921	Male	Bruce	01:35:10	Wave 2	10:15:00	Solo
593	Adam Louch	783	Male	Go Outdoors oxford	01:35:14	Wave 1	10:02:00	Pair
594	Scott Dawson	325	Male	Hayler	01:35:17	Wave 6	11:15:00	Pair
595	David Stephens	1167	Male	Planet Express	01:35:19	Wave 1	10:02:00	Pair
596	Colin Hayler	547	Male	Hayler	01:35:19	Wave 6	11:15:00	Pair
597	Gethin Davies	299	Male	Gethin Davies	01:35:23	Wave 4	10:45:00	Solo
598	Mike Chapman	185	Male	Cheers..Dick Head!!	01:35:24	Wave 4	10:45:00	Pair
599	Tim Wilson	1349	Male	Cheers..Dick Head!!	01:35:24	Wave 4	10:45:00	Pair
600	William Houston	578	Male	Wonky Wally	01:35:25	Wave 4	10:45:00	Solo
601	Julia Clarke	197	Female	Cardiff Tri	01:35:31	Wave 3	10:30:00	Solo
602	Mark Suret	1177	Male	Cardiff Tri	01:35:31	Wave 3	10:30:00	Solo
603	Ultann George	443	Male	Ultann George	01:35:42	Wave 1	10:02:00	Solo
604	Milo Muller	915	Male	Me & Milo	01:35:44	Wave 1	10:02:00	Pair
605	Andrew Sweeting	1178	Male	Tip top	01:35:45	Wave 2	10:15:00	Pair
606	Chris Humphreys	599	Male	Planet Express	01:35:45	Wave 1	10:02:00	Pair
607	Lee Thomas	1204	Male	Tip top	01:35:45	Wave 2	10:15:00	Pair
608	Chris Baker	36	Male	Fat Chance	01:35:48	Wave 3	10:30:00	Pair
609	David Manley	808	Male	Fat Chance	01:35:48	Wave 3	10:30:00	Pair
610	Nick Chant	184	Male	Team Chant	01:35:50	Wave 2	10:15:00	Solo
611	Owen Hathway	541	Male	ABB	01:35:50	Wave 5	11:00:00	Solo
612	Oliver John	658	Male	Edward John	01:35:51	Wave 6	11:15:00	Pair
613	Simon Rowe	1406	Male	WRU	01:35:52	Wave 3	10:30:00	Solo
614	Andrew Wall	1266	Male	Andy Wall	01:35:52	Wave 2	10:15:00	Solo
615	Michael Parsons	967	Male	The Fitness Factory	01:35:52	Wave 2	10:15:00	Pair
616	Kelly Share	1123	Female	Forest Leisure Coleford	01:35:52	Wave 6	11:15:00	Solo
617	Clive Jones	686	Male	Team RN	01:35:55	Wave 4	10:45:00	Solo

618	Natalie Clune	203	Female	Barbie and Cindy	01:35:57	Wave 4	10:45:00	Pair
619	Jason Millar	858	Male	Racin' Jason	01:36:00	Wave 6	11:15:00	Solo
620	Camilla Ayrton	27	Female	Barbie and Cindy	01:36:01	Wave 4	10:45:00	Pair
621	Hannah Murch	917	Female	Hannah Murch	01:36:03	Wave 2	10:15:00	Solo
622	Rachel jane Snook	1155	Female	Rachel Jane	01:36:03	Wave 2	10:15:00	Solo
623	Nick Butler	155	Male	Barely Legal	01:36:04	Wave 4	10:45:00	Pair
624	Andy Yates	1364	Male	Andy Yates	01:36:08	Wave 6	11:15:00	Solo
625	James Humphries	603	Male	Barely Legal	01:36:09	Wave 4	10:45:00	Pair
626	Richard Pugh	1022	Male	solo	01:36:10	Wave 6	11:15:00	Solo
627	Luke Cocking	210	Male	The Cocking	01:36:11	Wave 4	10:45:00	Solo
628	Gary James	628	Male	Cool Runnings	01:36:14	Wave 4	10:45:00	Pair
629	Jez Fraser-hook	422	Male	Cool Runnings	01:36:14	Wave 4	10:45:00	Pair
630	Daniel Jones	700	Male	Dano!	01:36:16	Wave 5	11:00:00	Solo
631	Paul Booth	95	Male	The Italian Dragons	01:36:18	Wave 1	10:02:00	Pair
632	Mark Eckly	362	Male	The Italian Dragons	01:36:18	Wave 1	10:02:00	Pair
633	Gareth Blewitt	82	Male	Gareth	01:36:19	Wave 5	11:00:00	Solo
634	Andrew Jones	697	Male	Team Gopher	01:36:22	Wave 6	11:15:00	Pair
635	Paul Cooper	239	Male	Team Gopher	01:36:22	Wave 6	11:15:00	Pair
636	Brendon Dicken	336	Male	Runnymede	01:36:23	Wave 6	11:15:00	Pair
637	Steve Goldthorpe	455	Male	Runnymede	01:36:24	Wave 6	11:15:00	Solo
638	Ryan Lyons	790	Male	Runnymede	01:36:24	Wave 6	11:15:00	Pair
639	Lee Bougourd	99	Male	Should be fitter!	01:36:24	Wave 4	10:45:00	Pair
640	Chris Challiss	178	Male	Should be fitter!	01:36:24	Wave 4	10:45:00	Pair
641	Matt Matt	826	Male	Team MG	01:36:28	Wave 5	11:00:00	Pair
642	Kev Duncan	355	Male	Kev's a Knob	01:36:29	Wave 3	10:30:00	Pair
643	Mathew Vaughan	1254	Male	Kev's a Knob	01:36:29	Wave 3	10:30:00	Pair
644	Marc Jones	682	Male	Sparky	01:36:31	Wave 4	10:45:00	Solo
645	Nigel Pawley	974	Male	NIJ	01:36:31	Wave 6	11:15:00	Solo
646	Luke Szynalski	1181	Male	The Fallen	01:36:32	Wave 1	10:02:00	Pair
647	James Poyner	1006	Male	Nutters	01:36:35	Wave 3	10:30:00	Pair
648	David Busson	154	Male	David Busson	01:36:38	Wave 4	10:45:00	Solo
649	Geoff Baxter	57	Male	Team MG	01:36:38	Wave 5	11:00:00	Pair
650	Paul Hak	502	Male	Team Spaegie	01:36:40	Wave 2	10:15:00	Pair
651	Ryan Clift	201	Male	Harrowby Harriers	01:36:40	Wave 5	11:00:00	Pair
652	Sarah Morris	897	Female	Sarah Morris	01:36:40	Wave 3	10:30:00	Solo
653	Gary Cox	249	Male	Gary Cox	01:36:41	Wave 3	10:30:00	Solo
654	Lee Drabble	350	Male	Personal Training Limited	01:36:41	Wave 4	10:45:00	Pair
655	Marc Griffiths	487	Male	Personal Training Limited	01:36:42	Wave 4	10:45:00	Pair
656	Greg orrell Orrell	941	Male	Old Git Fit Kid	01:36:43	Wave 3	10:30:00	Pair
657	Chris Perry	981	Male	Chris Perry	01:36:49	Wave 6	11:15:00	Solo
658	Andrew Newman	922	Male	Harrowby Harriers	01:36:51	Wave 5	11:00:00	Pair
659	Tim Harvey	537	Male	Tim	01:36:53	Wave 5	11:00:00	Solo
660	Claire Manson	810	Female	Cardiff Tri	01:36:54	Wave 3	10:30:00	Solo
661	Stephen Quine	1027	Male	Why o Why	01:36:57	Wave 6	11:15:00	Pair
662	Joseph Bell	67	Male	Cardiff Medicals RFC	01:36:59	Wave 2	10:15:00	Pair
663	Daniel Fellows	395	Male	Mile end	01:36:59	Wave 3	10:30:00	Pair
664	James Colley	224	Male	JimmyJames	01:37:00	Wave 4	10:45:00	Solo
665	Jonathan Thompson	1219	Male	Team Men's Health	01:37:05	Wave 1	10:02:00	Pair
666	Michael Evans	380	Male	Cardiff Uni Kickboxers	01:37:05	Wave 4	10:45:00	Solo
667	Andrew Smith	1151	Male	andy smith	01:37:09	Wave 6	11:15:00	Solo
668	Stephen Ferris	401	Male	Steve Ferris	01:37:09	Wave 6	11:15:00	Solo
669	Richie Moger	873	Male	C 1	01:37:15	Wave 6	11:15:00	Pair
670	Mark Brooks	124	Male	C 1	01:37:15	Wave 6	11:15:00	Pair
671	David Anthony	18	Male	Dangerous Duo	01:37:16	Wave 3	10:30:00	Pair
672	Richard Barry	49	Male	Big "Dick" Barry	01:37:18	Wave 3	10:30:00	Solo
673	Michaeljohn Kalakoutis	709	Male	Sippy	01:37:19	Wave 5	11:00:00	Solo
674	Peter Thomas	1205	Male	Team Tired	01:37:27	Wave 2	10:15:00	Pair
675	Steve Lane	737	Male	Get In Lane	01:37:33	Wave 4	10:45:00	Pair
676	Rhodri Jones	667	Male	Sheps	01:37:33	Wave 2	10:15:00	Solo
677	Alan Yip	1368	Male	Team Winky	01:37:34	Wave 3	10:30:00	Pair
678	Fae Yip	1367	Male	fae yip	01:37:35	Wave 3	10:30:00	Solo
679	Thomas Mullally	913	Male	Titty-bo-jangles	01:37:37	Wave 5	11:00:00	Solo

680	Philip Dean	331	Male	Bachgen Cymraeg	01:37:40	Wave 6	11:15:00	Solo
681	Matthew Tucker	1233	Male	Matt Tucker	01:37:52	Wave 3	10:30:00	Solo
682	Alun Brain	112	Male	Alun	01:37:54	Wave 4	10:45:00	Solo
683	Sarah Willcox-jones	1315	Female	Sarah	01:37:54	Wave 4	10:45:00	Solo
684	Stuart Laslett	744	Male	laslett	01:37:57	Wave 1	10:02:00	Solo
685	John Westlake	1297	Male	John Westlake	01:37:57	Wave 5	11:00:00	Solo
686	Andrew Proctor	1019	Male	Andrew Proctor	01:37:58	Wave 5	11:00:00	Solo
687	Sam Jennings	652	Male	Team Jennings	01:37:58	Wave 6	11:15:00	Pair
688	Kevin Howard	582	Male	The Fallen	01:37:58	Wave 1	10:02:00	Solo
689	Max Jennings	653	Male	Team Jennings	01:37:58	Wave 6	11:15:00	Pair
690	Mike Pye	1026	Male	Mike Pye	01:38:00	Wave 2	10:15:00	Solo
691	Richard Slocombe	1142	Male	Richard Slocombe	01:38:00	Wave 2	10:15:00	Solo
692	John Moody	875	Male	Ipswich Triathlon	01:38:00	Wave 2	10:15:00	Solo
693	Daniel Slocombe	1143	Male	Dan Slocombe	01:38:01	Wave 2	10:15:00	Solo
694	Andrew Watson	1283	Male	Andrew Watson	01:38:01	Wave 6	11:15:00	Solo
695	Nick Griffiths	483	Male	GRIFFITHS	01:38:04	Wave 3	10:30:00	Pair
696	Kevin Nichol	923	Male	NIKL	01:38:06	Wave 6	11:15:00	Solo
697	Mark Hydes	614	Male	Hydes	01:38:07	Wave 5	11:00:00	Pair
698	Ross Bennett	71	Male	Ross Bennett	01:38:09	Wave 6	11:15:00	Solo
699	Kristopher Brayley	117	Male	colin and kris	01:38:09	Wave 6	11:15:00	Pair
700	Rich Skyrme	1139	Male	Rich Skyrme	01:38:13	Wave 4	10:45:00	Solo
701	Damien Williams	1335	Male	Damien	01:38:15	Wave 4	10:45:00	Solo
702	Daniel Hoare	563	Male	West is Best.	01:38:18	Wave 3	10:30:00	Pair
703	Craig Hopkins	575	Male	Griffkins	01:38:20	Wave 6	11:15:00	Pair
704	Paul Morrissey	905	Male	Morrissey	01:38:20	Wave 5	11:00:00	Solo
705	Andrew Allsop	11	Male	Bodjit and Scarpa	01:38:22	Wave 4	10:45:00	Pair
706	James Coleman	221	Male	Bodjit and Scarpa	01:38:23	Wave 4	10:45:00	Pair
707	Louise Jeffrey	638	Female	solo	01:38:26	Wave 5	11:00:00	Solo
708	Tom Robertson	1081	Male	Tiger	01:38:28	Wave 3	10:30:00	Solo
709	Leeroy Shuttleworth	1131	Male	Sandwell Homes	01:38:33	Wave 6	11:15:00	Pair
710	Paul Williams	1338	Male	The Dynamic Duo	01:38:38	Wave 2	10:15:00	Pair
711	Gareth Ivens	620	Male	The Dynamic Duo	01:38:39	Wave 2	10:15:00	Pair
712	Paul Smale	1144	Male	Paul	01:38:40	Wave 5	11:00:00	Solo
713	Stephe Bond	89	Male	Stephen Bond	01:38:50	Wave 3	10:30:00	Solo
714	Anthony Green	478	Male	Anthony Green	01:38:52	Wave 4	10:45:00	Solo
715	Dean Howard	581	Male	Dean Howard	01:38:52	Wave 4	10:45:00	Solo
716	David Bartlett	50	Male	118 118	01:38:53	Wave 5	11:00:00	Pair
717	Nathan Bridger	120	Male	118 118	01:38:53	Wave 5	11:00:00	Pair
718	David Bampton	40	Male	Team Winky	01:38:53	Wave 3	10:30:00	Pair
719	Gareth Wilson	1352	Male	Team Wilson	01:38:53	Wave 3	10:30:00	Pair
720	Charlotte Dickinson	337	Female	Leen and Mean	01:38:53	Wave 6	11:15:00	Pair
721	Huw Haydon jones	545	Male	Leen and Mean	01:38:54	Wave 6	11:15:00	Pair
722	Adrian Leen	752	Male	Leen and Mean	01:38:54	Wave 6	11:15:00	Pair
723	Barry Pappin	957	Male	Sargeant Majors	01:39:02	Wave 3	10:30:00	Pair
724	Ross Urwin	1246	Male	Sargeant Majors	01:39:05	Wave 3	10:30:00	Pair
725	Craig Jones	683	Male	British Airways South Wales	01:39:06	Wave 2	10:15:00	Solo
726	Andrew Firth	403	Male	Welsh Andy	01:39:10	Wave 4	10:45:00	Solo
727	Matt Bowering	110	Male	Positive Personal Training	01:39:13	Wave 4	10:45:00	Solo
728	Jacob Tanguay	1186	Male	Team Bushball	01:39:14	Wave 6	11:15:00	Pair
729	Craig Palmer	952	Male	Troy	01:39:15	Wave 2	10:15:00	Solo
730	James Champ	181	Male	James Champ	01:39:15	Wave 2	10:15:00	Solo
731	Doug Palmer	955	Male	solo	01:39:16	Wave 2	10:15:00	Solo
732	Claire Turner	1243	Female	The Femme Fatale	01:39:16	Wave 1	10:02:00	Pair
733	Alex McLaughlin	841	Male	Alex	01:39:19	Wave 5	11:00:00	Solo
734	Jeff Lewis	764	Male	Jeff Lewis	01:39:20	Wave 1	10:02:00	Solo
735	Ian Robinson	1083	Male	Redungcaless Stunt	01:39:23	Wave 4	10:45:00	Solo
736	Hywel Matthews	828	Male	Thunderpussy	01:39:24	Wave 3	10:30:00	Solo
737	Tim Buckley	143	Male	Surf's Up	01:39:25	Wave 3	10:30:00	Solo
738	Simon West	1296	Male	Why??	01:39:27	Wave 3	10:30:00	Pair
739	Ifan Lewis	761	Male	Cardiff Medicals RFC	01:39:28	Wave 2	10:15:00	Pair
740	James Tugwell	1238	Male	MM The A Team	01:39:29	Wave 5	11:00:00	Pair
741	Leanne Blackett	79	Female	leanne	01:39:31	Wave 1	10:02:00	Solo

742	Scott Linden	769	Male	Scotty	01:39:31	Wave 4	10:45:00	Solo
743	Huw Thomas	1209	Male	beer belly boys	01:39:32	Wave 4	10:45:00	Pair
744	James Braithwaite	113	Male	beer belly boys	01:39:33	Wave 4	10:45:00	Solo
745	Tony Hamilton	515	Male	Tony & Matt	01:39:47	Wave 2	10:15:00	Pair
746	Graham Barnes	44	Male	filth	01:39:48	Wave 3	10:30:00	Pair
747	Robbie Priddle	1017	Male	Robbie Priddle	01:39:52	Wave 4	10:45:00	Solo
748	Daniel Miles	857	Male	Team David R. Piece	01:39:53	Wave 4	10:45:00	Solo
749	Rhys Davies	291	Male	Rhys Davies	01:39:57	Wave 3	10:30:00	Solo
750	Colin Rhooms	1056	Male	colin and kris	01:39:59	Wave 6	11:15:00	Pair
751	Rodger Clark	1417	Male		01:40:00	Wave 5	11:00:00	Pair
752	Roger Caldwell	158	Male	Ironman 84	01:40:02	Wave 2	10:15:00	Solo
753	Heather Clark	1416	Female		01:40:09	Wave 5	11:00:00	Pair
754	Joseph Davies	309	Male	Joseph Davies	01:40:10	Wave 2	10:15:00	Solo
755	Gareth Clwyd-jones	204	Male	Coburn Crusders	01:40:10	Wave 2	10:15:00	Solo
756	Michael Kehoe	713	Male	Michael Kehoe	01:40:20	Wave 5	11:00:00	Solo
757	Nathan Cole	217	Male	Mudflaps	01:40:24	Wave 4	10:45:00	Pair
758	Tarek Rehmatulla	1053	Male	Mudflaps	01:40:24	Wave 4	10:45:00	Pair
759	Samantha Cole	216	Female	Mudflaps	01:40:25	Wave 4	10:45:00	Pair
760	Philip Dawson	326	Male	lost along the way	01:40:25	Wave 5	11:00:00	Solo
761	Tracey Issott	619	Female	Fitness Couple	01:40:26	Wave 1	10:02:00	Pair
762	James Mason	821	Male	Esporta Glamorgan	01:40:33	Wave 1	10:02:00	Solo
763	Andrew Reed	1043	Male	Fitness Couple	01:40:34	Wave 1	10:02:00	Pair
764	Leigh Flowers	413	Male	Cwmbbran Duo	01:40:35	Wave 2	10:15:00	Pair
765	Paul Slade	1141	Male	Cwmbbran Duo	01:40:36	Wave 2	10:15:00	Pair
766	David Reeves	1050	Male	David Reeves	01:40:45	Wave 4	10:45:00	Solo
767	Terence Cronick	262	Male	Terence	01:40:45	Wave 5	11:00:00	Solo
768	Pete Lambert	735	Male	Richmond Riot	01:40:49	Wave 3	10:30:00	Pair
769	Paul Blockway	784	Male	John lovell betting exchange	01:40:50	Wave 3	10:30:00	Pair
770	James Carpenter	169	Male	Richmond Riot	01:40:50	Wave 3	10:30:00	Pair
771	Nicola Bruton	136	Female	Chapel Champions	01:40:53	Wave 4	10:45:00	Solo
772	Steve Hill	558	Male	Chapel Champions	01:40:54	Wave 4	10:45:00	Pair
773	Carrie Williams	1328	Female	Chapel Champions	01:40:55	Wave 4	10:45:00	Pair
774	Marc Fox	419	Male	Foxy	01:40:55	Wave 4	10:45:00	Solo
775	Owen Peters	983	Male	Owen Peters	01:40:55	Wave 3	10:30:00	Solo
776	Michael Tune	1239	Male	michael tune	01:40:56	Wave 2	10:15:00	Solo
777	Charlie Symes	1180	Male	STRS	01:40:58	Wave 4	10:45:00	Solo
778	Lee David	282	Male	Barry RFC VETS	01:41:00	Wave 6	11:15:00	Solo
779	Sharon Alder	6	Female	Barry RFC VETS	01:41:00	Wave 6	11:15:00	Solo
780	James Curtis	271	Male	city police spartans	01:41:02	Wave 3	10:30:00	Solo
781	Dan Hughes	588	Male	ProActiveLifestyles	01:41:02	Wave 1	10:02:00	Solo
782	Tony Hale	503	Male	Tony Hale	01:41:03	Wave 5	11:00:00	Solo
783	Claudio Diogo	340	Male	Catch Di	01:41:06	Wave 1	10:02:00	Solo
784	Chris Ower	949	Male	Chris Ower	01:41:14	Wave 1	10:02:00	Solo
785	David Beacock	58	Male	Beaky's Boys	01:41:15	Wave 4	10:45:00	Solo
786	Gareth Lewis	59	Male	Beaky's Boys	01:41:16	Wave 4	10:45:00	Solo
787	Nick Hulatt	595	Male	Nick Hulatt	01:41:18	Wave 1	10:02:00	Solo
788	Samuel Springett	1157	Male	Team Down	01:41:18	Wave 1	10:02:00	Pair
789	David Lewis	1341	Male	Beaky's Boys	01:41:21	Wave 4	10:45:00	Solo
790	Paul Williams	1331	Male	solo	01:41:22	Wave 4	10:45:00	Solo
791	Stephen Morris	902	Male	I'm the other one	01:41:23	Wave 5	11:00:00	Pair
792	Mark Stacey	1160	Male	I'm the other one	01:41:24	Wave 5	11:00:00	Pair
793	Marcus Day	327	Male	solo	01:41:26	Wave 4	10:45:00	Solo
794	Michael Wright	1358	Male	wishfull thinking	01:41:27	Wave 4	10:45:00	Pair
795	Geraint Davies	300	Male	wishfull thinking	01:41:27	Wave 4	10:45:00	Pair
796	Paul Chichester	188	Male	Paul Chichester	01:41:28	Wave 2	10:15:00	Solo
797	Jason Thurlow	1224	Male	BMF Bristol	01:41:28	Wave 5	11:00:00	Pair
798	Richard Nichols	927	Male	Bristol BMF	01:41:28	Wave 5	11:00:00	Solo
799	Ben Seager-scott	1118	Male	Bristol BMF	01:41:30	Wave 5	11:00:00	Pair
800	Chris Adams	2	Male	Chris adams	01:41:30	Wave 3	10:30:00	Solo
801	Steve Branson	115	Male	Steve Branson	01:41:31	Wave 3	10:30:00	Solo
802	Zak Milsom	869	Male	BMF Bristol	01:41:32	Wave 5	11:00:00	Pair
803	Steve Hill	557	Male	penarth & dinas	01:41:37	Wave 3	10:30:00	Solo

804	Lisa Cousins	245	Female	lisa cousins	01:41:38	Wave 3	10:30:00	Solo
805	Lee Carson	172	Male	Reach The Finish	01:41:41	Wave 3	10:30:00	Pair
806	Charlie Chucas	190	Male	Barry RFC VETS	01:41:42	Wave 6	11:15:00	Pair
807	Matthew Cox	250	Male	Reach The Finish	01:41:45	Wave 3	10:30:00	Pair
808	Huw Thomas	1201	Male	solo	01:41:46	Wave 3	10:30:00	Solo
809	Jane Allely	8	Female	Jane Allely	01:41:48	Wave 2	10:15:00	Solo
810	Tom Faulkner	391	Male	Hare & Tortoise	01:41:48	Wave 5	11:00:00	Pair
811	Daniel Broude	125	Male	Hare & Tortoise	01:41:51	Wave 5	11:00:00	Pair
812	Aaron Bessell	73	Male	First Step uk	01:42:02	Wave 4	10:45:00	Pair
813	Richard Carroll	170	Male	First Step uk	01:42:03	Wave 4	10:45:00	Pair
814	James Madden	798	Male	Mads	01:42:05	Wave 4	10:45:00	Solo
815	Jonathan Harris	527	Male	Chopper	01:42:06	Wave 2	10:15:00	Solo
816	John Griffiths	489	Male	solo	01:42:18	Wave 5	11:00:00	Solo
817	Steve Cloake	202	Male	Steve Cloake	01:42:24	Wave 4	10:45:00	Solo
818	Richard Johnson	660	Male	Tim Morris	01:42:25	Wave 4	10:45:00	Pair
819	David Harrison	531	Male	Tim Morris	01:42:26	Wave 4	10:45:00	Pair
820	Laura Jones	691	Female	suffolk n' close	01:42:34	Wave 4	10:45:00	Pair
821	Joe Mulholland	912	Male	suffolk n' close	01:42:35	Wave 4	10:45:00	Pair
822	Ryan Clarke	196	Male	The Fat Blue Line	01:42:38	Wave 4	10:45:00	Pair
823	Tim Silverwood	1133	Male	The Fat Blue Line	01:42:39	Wave 4	10:45:00	Pair
824	Andrew Mills	867	Male	Big J's Charity Hunks	01:42:52	Wave 5	11:00:00	Pair
825	Eamonn Mcmanus	845	Male	Big J's Charity Hunks	01:42:52	Wave 5	11:00:00	Pair
826	Nick Ahern	4	Male	Big J's Charity Hunks	01:42:52	Wave 5	11:00:00	Pair
827	John Webber	1287	Male	Big J's Charity Hunks	01:42:52	Wave 5	11:00:00	Pair
828	Luke Spurway	1158	Male	Dangerous Duo	01:42:54	Wave 3	10:30:00	Pair
829	Emma Thomas	1208	Female	Em'n'em!	01:42:56	Wave 4	10:45:00	Pair
830	Stephen Mullane	914	Male	The Heath	01:42:57	Wave 3	10:30:00	Pair
831	David Williams	1320	Male	The Heath	01:42:57	Wave 3	10:30:00	Pair
832	James Wilby	1307	Male	Scorchio	01:42:57	Wave 4	10:45:00	Pair
833	Ross Mcorley	848	Male	The Ringbearers	01:42:58	Wave 3	10:30:00	Pair
834	Kin-sang Westwood	1298	Male	The Ringbearers	01:42:58	Wave 3	10:30:00	Pair
835	Mark Wheadon	1300	Male	Green Watch Massive	01:43:03	Wave 5	11:00:00	Pair
836	Matthew Thomson	1220	Male	Matt Thomson	01:43:04	Wave 4	10:45:00	Solo
837	Peter Barnwell	46	Male	BARNWELL-JONES	01:43:05	Wave 1	10:02:00	Pair
838	Lynne Jones	666	Female	BARNWELL-JONES	01:43:06	Wave 1	10:02:00	Pair
839	Yasim Lulat	788	Male	Chocolate Milk	01:43:09	Wave 4	10:45:00	Pair
840	Jonathan Llewelyn	774	Male	Jonathan	01:43:10	Wave 5	11:00:00	Solo
841	Matt Ross	1096	Male	Tony & Matt	01:43:12	Wave 2	10:15:00	Pair
842	Lee Carnaby	166	Male	Team Fusion	01:43:12	Wave 4	10:45:00	Pair
843	Gavin Short	1129	Male	eFragz.net	01:43:15	Wave 6	11:15:00	Solo
844	Kevin Skyrme	1140	Male	kevin skyrme	01:43:17	Wave 5	11:00:00	Solo
845	Gareth Carroll	171	Male	Gareth Carroll	01:43:19	Wave 5	11:00:00	Solo
846	Matt Vallis	1248	Male	Nutters	01:43:20	Wave 3	10:30:00	Solo
847	Colin Hookey	573	Male	eFz ThorMaNN	01:43:20	Wave 6	11:15:00	Solo
848	Karl Mead	850	Male	eFz mead0s	01:43:21	Wave 6	11:15:00	Solo
849	Dara O hartghaile	934	Male	Random Hero	01:43:29	Wave 2	10:15:00	Solo
850	Greg Lewis	766	Male	The Crossfat Tough Brets	01:43:29	Wave 2	10:15:00	Solo
851	Mark Bryant	141	Male	Revolution Rough Riders	01:43:31	Wave 5	11:00:00	Pair
852	Brett Chandler	182	Male	Revolution Rough Riders	01:43:32	Wave 5	11:00:00	Pair
853	Neil Jones	698	Male	FIREMAN FATTIES	01:43:41	Wave 5	11:00:00	Pair
854	Ian Roderick	1086	Male	FIREMAN FATTIES	01:43:41	Wave 5	11:00:00	Pair
855	Gary Mickelsen	852	Male	Madness	01:43:50	Wave 2	10:15:00	Pair
856	Angelo Pucella	1021	Male	Madness	01:43:50	Wave 2	10:15:00	Pair
857	Matt Cornell	240	Male	city police spartans	01:43:51	Wave 3	10:30:00	Solo
858	John Cooper	237	Male	john cooper	01:43:54	Wave 5	11:00:00	Solo
859	Chris Pengelly	979	Male	Chris Pengelly	01:43:55	Wave 2	10:15:00	Solo
860	Andy Wright	1357	Male	wings reunited	01:43:57	Wave 3	10:30:00	Solo
861	Gavin Allen	10	Male	Gavin Allen	01:44:03	Wave 5	11:00:00	Solo
862	Julie Hurst	606	Female	The Femme Fatale	01:44:06	Wave 1	10:02:00	Pair
863	Ian Croton	265	Male	The Fallen	01:44:09	Wave 1	10:02:00	Pair
864	Shaun Lane	738	Male	Cool Runners	01:44:10	Wave 2	10:15:00	Pair
865	Andy Emery	375	Male	The Fallen	01:44:10	Wave 1	10:02:00	Pair

866	Ian Rowburrey	1097	Male	Cool Runners	01:44:10	Wave 2	10:15:00	Pair
867	Craig Hall	505	Male	The Fallen	01:44:10	Wave 1	10:02:00	Pair
868	Steve Mcdonnell	838	Male	Nutters	01:44:10	Wave 3	10:30:00	Solo
869	Rhys Williams	1327	Male	Love and Beans	01:44:11	Wave 4	10:45:00	Pair
870	Sally Wilkinson	1313	Female	Love and Beans	01:44:11	Wave 4	10:45:00	Pair
871	Lisa Macey	1377	Female	VIP	01:44:14	Wave 6	11:15:00	Solo
872	Jenny Boorman	91	Female	Jenny Boorman	01:44:18	Wave 6	11:15:00	Solo
873	Helen Norrvall	929	Female	Helen	01:44:18	Wave 6	11:15:00	Solo
874	Megan Handy	519	Female	Megan Handy	01:44:20	Wave 4	10:45:00	Solo
875	Gary Cole	213	Male	Brecon Judo Club	01:44:25	Wave 2	10:15:00	Pair
876	Phillip Jones	675	Male	Brecon Judo Club	01:44:25	Wave 2	10:15:00	Pair
877	Richard Duffield	1403	Male	Brains	01:44:26	Wave 3	10:30:00	Solo
878	Christian Adams	1	Male	Chris Squared	01:44:31	Wave 3	10:30:00	Pair
879	Owen Grant	475	Male	Andy and the Argonauts	01:44:40	Wave 3	10:30:00	Pair
880	Megan Purcell jones	1024	Female	Andy and the Argonauts	01:44:43	Wave 3	10:30:00	Pair
881	Christopher O'shea	944	Male	Chris Squared	01:44:44	Wave 3	10:30:00	Pair
882	Harriet Grant	474	Female	Andy and the Argonauts	01:44:47	Wave 3	10:30:00	Pair
883	Andrew Williams	1346	Male	Mentally Fit - Physically Fat	01:44:48	Wave 5	11:00:00	Pair
884	Kristian Gourlay	463	Male	Bristol BMF	01:44:50	Wave 5	11:00:00	Pair
885	Jacques Beaumont	63	Male	Mentally Fit - Physically Fat	01:44:55	Wave 5	11:00:00	Pair
886	Mathew Jones	701	Male	solo	01:44:56	Wave 5	11:00:00	Solo
887	Gareth Saunders	1108	Male	Team Tired	01:45:01	Wave 2	10:15:00	Pair
888	James Arwyn-jones	20	Male	James Arwyn-Jones	01:45:01	Wave 5	11:00:00	Solo
889	Andy Mitchell	871	Male	Andy Mitchell	01:45:02	Wave 4	10:45:00	Solo
890	Matt Davies	306	Male	Matt Davies	01:45:04	Wave 5	11:00:00	Solo
891	Felicity Brown	127	Female	solo	01:45:06	Wave 4	10:45:00	Solo
892	Neil Williams	1332	Male	Black & Blue	01:45:06	Wave 2	10:15:00	Pair
893	Tom Hughes	592	Male	Tom Hughes	01:45:08	Wave 4	10:45:00	Solo
894	Lee Patterson	973	Male	Lee Patterson	01:45:10	Wave 1	10:02:00	Solo
895	David Notton	931	Male	Rob can `t win	01:45:12	Wave 3	10:30:00	Pair
896	Zak Parker	962	Male	the parkers	01:45:13	Wave 4	10:45:00	Pair
897	Ben James	626	Male	Rob can `t win	01:45:15	Wave 3	10:30:00	Pair
898	Neil Murphy	918	Male	Neil Murphy	01:45:17	Wave 5	11:00:00	Solo
899	James Taylor	1195	Male	James Taylor	01:45:18	Wave 5	11:00:00	Solo
900	Emma Colley	223	Female	Andy and the Argonauts	01:45:20	Wave 3	10:30:00	Pair
901	Peter Bentley	72	Male	Team andy and the argonauts	01:45:21	Wave 3	10:30:00	Solo
902	Andrew Grant	473	Male	Andy and the Argonauts	01:45:21	Wave 3	10:30:00	Pair
903	Helen Davies	311	Female	fitness factory ladies	01:45:21	Wave 2	10:15:00	Pair
904	Lee Thomas	1203	Male	Andy and the Argonauts	01:45:21	Wave 3	10:30:00	Pair
905	Alex Bourne	105	Male	Bourne Supremacy	01:45:22	Wave 5	11:00:00	Pair
906	Oliver Burdall	146	Male	Andy and the Argonauts	01:45:22	Wave 3	10:30:00	Solo
907	Nick Bourne	104	Male	Bourne Supremacy	01:45:27	Wave 5	11:00:00	Pair
908	Janet Fenner	1378	Female	Dean's friend	01:45:33	Wave 6	11:15:00	Solo
909	Phillip Parker	961	Male	the parkers	01:45:37	Wave 4	10:45:00	Pair
910	Daniel Davies	313	Male	Cymru	01:45:43	Wave 5	11:00:00	Pair
911	Aled Ap iwan	19	Male	Cymru	01:45:43	Wave 5	11:00:00	Pair
912	Jon Ainsworth	5	Male	Brains	01:45:44	Wave 3	10:30:00	Pair
913	Jane Bryant	139	Female	Brains	01:45:44	Wave 3	10:30:00	Pair
914	Daniel Bryan	138	Male	solo	01:45:46	Wave 3	10:30:00	Solo
915	Martyn Ingham	617	Male	Martyn Ingham	01:45:52	Wave 2	10:15:00	Solo
916	Pat Underhill	1245	Male	Team Montem	01:45:52	Wave 3	10:30:00	Pair
917	Michael Mclinden	842	Male	maccamoo	01:45:59	Wave 3	10:30:00	Solo
918	Matthew Grosse	495	Male	Baldilocks	01:45:59	Wave 6	11:15:00	Solo
919	Mark Harwood	538	Male	Norfolk in Chance	01:45:59	Wave 6	11:15:00	Pair
920	Jeff Lapham	743	Male	Jeff Lapham	01:45:59	Wave 5	11:00:00	Solo
921	Elizabeth Gallagher	433	Female	Wacky Racers	01:46:04	Wave 5	11:00:00	Pair
922	Lucy Ambrozejczyk	13	Female	Wacky Racers	01:46:04	Wave 5	11:00:00	Pair
923	Phillip Griffiths	482	Male	Fear - Griffiths	01:46:08	Wave 3	10:30:00	Pair
924	Ernie Fear	392	Male	Fear - Griffiths	01:46:08	Wave 3	10:30:00	Pair
925	Hywel Davies	310	Male	Islwyn Runners	01:46:10	Wave 6	11:15:00	Solo
926	Dave Flynn	415	Male	Thorhill Blues	01:46:14	Wave 2	10:15:00	Solo
927	Rob Boliver	88	Male	R.A.F Stacker	01:46:19	Wave 3	10:30:00	Solo

928	Martin Wilkinson	1312	Male	wilkie	01:46:20	Wave 3	10:30:00	Solo
929	Simon Stone	1170	Male	C.B.C T.I.D	01:46:22	Wave 3	10:30:00	Pair
930	Kenton Friedl	427	Male	Penarth-Sully Posse	01:46:25	Wave 2	10:15:00	Solo
931	Jamie Gow	464	Male	Jamie Gow	01:46:27	Wave 4	10:45:00	Solo
932	Will Moore	878	Male	Will Moore	01:46:27	Wave 4	10:45:00	Solo
933	Thomas Millington	864	Male	The Doctor	01:46:29	Wave 4	10:45:00	Solo
934	Grant Critcher	258	Male	Uncle Bryn's Fishing Trip	01:46:30	Wave 3	10:30:00	Pair
935	Jonathan Critcher	259	Male	Uncle Bryn's Fishing Trip	01:46:31	Wave 3	10:30:00	Pair
936	Declan O'doherty	937	Male	Declanod	01:46:33	Wave 5	11:00:00	Solo
937	Gareth Eckley	361	Male	GARETH ECKLEY	01:46:37	Wave 4	10:45:00	Solo
938	Sean Kiernan	715	Male	Trigger	01:46:40	Wave 3	10:30:00	Solo
939	Carl Whitehead	1386	Male	Team For Goodness Shakes!	01:46:40	Wave 2	10:15:00	Solo
940	Natascha Pettit	985	Female	Dougie's duo	01:46:52	Wave 5	11:00:00	Pair
941	Richard Starky	1164	Male	Dougie's duo	01:46:52	Wave 5	11:00:00	Pair
942	Steven Gosling	460	Male	RN	01:46:52	Wave 4	10:45:00	Solo
943	Mike Morgan	882	Male	M&M's	01:46:58	Wave 3	10:30:00	Pair
944	Luke Millward	868	Male	M&M's	01:47:00	Wave 3	10:30:00	Pair
945	Alexander Rice	1057	Male	RN	01:47:07	Wave 4	10:45:00	Solo
946	Jerome Davies	287	Male	Jerome	01:47:12	Wave 3	10:30:00	Solo
947	Adrian Knight	726	Male	The Cunning Runts	01:47:19	Wave 3	10:30:00	Pair
948	Lee Jones	677	Male	The Cunning Runts	01:47:20	Wave 3	10:30:00	Pair
949	Aled Morris	898	Male	SQUIRTY BOYS	01:47:24	Wave 1	10:02:00	Pair
950	James Ankers	17	Male	C.B.C T.I.D	01:47:26	Wave 3	10:30:00	Pair
951	Simon Cobner	208	Male	Team Cym	01:47:31	Wave 3	10:30:00	Pair
952	Wing Yau	1365	Male	Team Cym	01:47:31	Wave 3	10:30:00	Pair
953	Anthony Hindley	560	Male	Team Hindertutt	01:47:32	Wave 4	10:45:00	Pair
954	Morgan Lane	739	Male	Morgan Lane	01:47:34	Wave 1	10:02:00	Solo
955	Mike Macklin	796	Male	The Old Git	01:47:34	Wave 1	10:02:00	Solo
956	Craig Jones	672	Male	Nutters	01:47:36	Wave 3	10:30:00	Pair
957	Alec Porter	997	Male	Alec Porter	01:47:38	Wave 3	10:30:00	Solo
958	Gareth Tutton	1244	Male	Team Hindertutt	01:47:41	Wave 4	10:45:00	Pair
959	Daniel Lewis Taylor	1194	Male	HinderTut	01:47:44	Wave 4	10:45:00	Solo
960	Nathan Longworth	781	Male	Nathan	01:47:45	Wave 5	11:00:00	Solo
961	Tomos Longworth	782	Male	Tomos Longworth	01:47:45	Wave 5	11:00:00	Solo
962	Owen Roberts	1078	Male	someone	01:47:45	Wave 5	11:00:00	Solo
963	Mike Allen	9	Male	Mike Allen	01:47:49	Wave 3	10:30:00	Solo
964	Chris Harty	535	Male	Team Montem	01:47:56	Wave 3	10:30:00	Pair
965	Sean Madden	799	Male	sean madden	01:47:59	Wave 4	10:45:00	Solo
966	John O'malley	939	Male	filth	01:48:00	Wave 2	10:15:00	Pair
967	Matthew Dent	335	Male	Matthew	01:48:14	Wave 4	10:45:00	Solo
968	Beth Daniel	275	Female	Brokeback and Squirt	01:48:16	Wave 5	11:00:00	Pair
969	Philip Bewley	74	Male	Team Pain II	01:48:17	Wave 1	10:02:00	Solo
970	Nic Walters	1270	Male	Brokeback and Squirt	01:48:17	Wave 5	11:00:00	Pair
971	Nathan Rowe	1098	Male	Nathan Rowe	01:48:18	Wave 5	11:00:00	Solo
972	Luke Lesauteur	755	Male	Team Blister	01:48:19	Wave 3	10:30:00	Pair
973	Darren Sparrey	1156	Male	solo	01:48:19	Wave 5	11:00:00	Solo
974	Martyn Flynn	414	Male	Martyn Flynn	01:48:20	Wave 3	10:30:00	Solo
975	David Bowmer	109	Male	solo	01:48:22	Wave 3	10:30:00	Solo
976	Meilir Tomos	1227	Male	Clwb Cymric	01:48:22	Wave 5	11:00:00	Solo
977	Mike Gunner	498	Male	Warpigs	01:48:24	Wave 5	11:00:00	Pair
978	Liz Lewis	759	Female	Liz Lewis	01:48:29	Wave 2	10:15:00	Solo
979	Hazel Gambling	435	Female	Hazel Gambling	01:48:32	Wave 2	10:15:00	Solo
980	William Hodges	567	Male	Onechunk	01:48:37	Wave 5	11:00:00	Solo
981	Christian Gray	476	Male	The Gray	01:48:38	Wave 5	11:00:00	Solo
982	Darren Keenan	712	Male	Why o Why	01:48:42	Wave 6	11:15:00	Pair
983	Steve Reason	1041	Male	Dazed & Confused	01:48:42	Wave 3	10:30:00	Pair
984	Leigh Watkins	1280	Male	Dazed & Confused	01:48:43	Wave 3	10:30:00	Pair
985	Deiniol Richards	1060	Male	Bois y Llath	01:48:50	Wave 5	11:00:00	Pair
986	Vince Jones	705	Male	Bois y Llath	01:48:50	Wave 5	11:00:00	Pair
987	Neil Patel	970	Male	Team Pain II	01:48:51	Wave 1	10:02:00	Solo
988	Jaimie Leighfield	754	Female	The Chateau Girls	01:49:02	Wave 5	11:00:00	Solo
989	Lewis Asquith	24	Male	Sponsored by St. Wrongbow	01:49:05	Wave 5	11:00:00	Pair

990	Kieran Hydes	613	Male	Hydes	01:49:05	Wave 5	11:00:00	Pair
991	Colin Williamns	1317	Male	Colin	01:49:07	Wave 5	11:00:00	Solo
992	Adam Simmons	1134	Male	Adam	01:49:11	Wave 5	11:00:00	Solo
993	Jason Stokes	1169	Male	Jason Stokes	01:49:11	Wave 5	11:00:00	Solo
994	Zoe Papadopoulous	956	Female	Savanna	01:49:12	Wave 6	11:15:00	Pair
995	Nigel Cridland	256	Male	CRIDKIDS	01:49:15	Wave 1	10:02:00	Pair
996	Rhys Cridland	257	Male	CRIDKIDS	01:49:15	Wave 1	10:02:00	Pair
997	Kate Barker	43	Female	Savanna	01:49:16	Wave 6	11:15:00	Pair
998	Ross Boulton	103	Male	Ross & Alex Boulton	01:49:17	Wave 5	11:00:00	Pair
999	David Mould	909	Male	Bus Stop Challenge	01:49:21	Wave 5	11:00:00	Solo
1000	Pedro Fernandes	399	Male	Pedro Fernandes	01:49:24	Wave 5	11:00:00	Solo
1001	Gareth Hall	507	Male	Gareth Hall	01:49:24	Wave 5	11:00:00	Solo
1002	Chris Marshall	812	Male	Lazy Girl and the Geek	01:49:29	Wave 3	10:30:00	Pair
1003	Susannah Chung	191	Female	Lazy Girl and the Geek	01:49:29	Wave 3	10:30:00	Pair
1004	Taliesin Maynard	832	Male	MM The A Team	01:49:31	Wave 5	11:00:00	Pair
1005	Alex Mcwilliam	849	Male	Cancer Research UK	01:49:41	Wave 3	10:30:00	Solo
1006	David Kearney	711	Male	David	01:49:41	Wave 5	11:00:00	Solo
1007	Colin Pari	960	Male	Nyth Bran	01:49:42	Wave 5	11:00:00	Solo
1008	Philip Cowell	246	Male	Philip Cowell	01:49:44	Wave 5	11:00:00	Solo
1009	Elaine Ferguson	397	Female	Cardiff Triathletes	01:49:48	Wave 3	10:30:00	Solo
1010	Keri Hutchinson	612	Female	Cardiff Triathletes	01:49:48	Wave 3	10:30:00	Solo
1011	Graham Wyatt	1360	Male	John Lesley Allstars	01:49:50	Wave 3	10:30:00	Pair
1012	Jonathan Baldwin	38	Male	MTC	01:49:58	Wave 4	10:45:00	Pair
1013	Keith Graham	469	Male	MTC	01:50:00	Wave 4	10:45:00	Pair
1014	Iain Burns	149	Male	Mumbling triathlon club	01:50:00	Wave 4	10:45:00	Solo
1015	Gerard Pitt	989	Male	Gerard Pitt	01:50:09	Wave 3	10:30:00	Solo
1016	Paul Harris	528	Male	Weeks/Harris	01:50:10	Wave 5	11:00:00	Pair
1017	Richard Weeks	1289	Male	Weeks/Harris	01:50:10	Wave 5	11:00:00	Pair
1018	Allan blair Beaton ii	61	Male	Business Scene	01:50:11	Wave 1	10:02:00	Solo
1019	Kevin Dendy	333	Male	Bognor Rocks	01:50:11	Wave 2	10:15:00	Pair
1020	Gwyn Mofey	872	Male	Run for Freedom	01:50:20	Wave 5	11:00:00	Pair
1021	Lyn Gibbins	446	Female	Run for Freedom	01:50:20	Wave 5	11:00:00	Pair
1022	Nick Pepper	980	Male	Ebbw 3	01:50:20	Wave 4	10:45:00	Pair
1023	Barry Tolman	1226	Male	Ebbw 1	01:50:20	Wave 4	10:45:00	Pair
1024	Kevin Bassett	53	Male	Ebbw 1	01:50:20	Wave 4	10:45:00	Pair
1025	Simon Davies	288	Male	Ebbw 2	01:50:20	Wave 4	10:45:00	Pair
1026	Kate Tucker	1234	Female	Mums on the Run	01:50:21	Wave 3	10:30:00	Pair
1027	Andy Wilson	1350	Male	DVR runners	01:50:21	Wave 3	10:30:00	Pair
1028	Penny White	1301	Female	Mums on the Run	01:50:21	Wave 3	10:30:00	Pair
1029	Scott Maguire	801	Male	DVR runners	01:50:21	Wave 3	10:30:00	Pair
1030	Kieran Mackintosh	795	Male	Mackletes	01:50:27	Wave 5	11:00:00	Pair
1031	Corrinne Mackintosh	794	Female	Mackletes	01:50:27	Wave 5	11:00:00	Pair
1032	Steven Mckenna	839	Male	Steve McKenna	01:50:28	Wave 4	10:45:00	Solo
1033	Richard Greenway	480	Male	Coventry Triathletes	01:50:29	Wave 4	10:45:00	Solo
1034	Wendy Millard	859	Female	team energised	01:50:30	Wave 5	11:00:00	Solo
1035	Mandy Jones	696	Female	team energised	01:50:31	Wave 5	11:00:00	Solo
1036	Antony Martin	817	Male	Kala	01:50:31	Wave 4	10:45:00	Solo
1037	Barrie Davies	317	Male	Barrie Davies	01:50:33	Wave 1	10:02:00	Solo
1038	Jonathan Lewis	756	Male	PENYGROES PRESTIGE	01:50:33	Wave 3	10:30:00	Pair
1039	Julie Grand-scrutton	472	Female	Team slow	01:50:36	Wave 5	11:00:00	Pair
1040	David Chandler	183	Male	Team slow	01:50:36	Wave 5	11:00:00	Pair
1041	Neal Jones	673	Male	Neal Jones	01:50:38	Wave 5	11:00:00	Solo
1042	Gareth Jones	670	Male	Gareth Jones	01:50:38	Wave 5	11:00:00	Solo
1043	Kevin Jones	664	Male	PENYGROES PRESTIGE	01:50:40	Wave 3	10:30:00	Pair
1044	Peter Collett	222	Male	Pete Collett	01:50:42	Wave 5	11:00:00	Solo
1045	Dave Morley	891	Male	The Morlin Milley Perambulation	01:50:42	Wave 2	10:15:00	Pair
1046	Tony Millin	863	Male	The Morlin Milley Perambulation	01:50:42	Wave 2	10:15:00	Pair
1047	Tristan Thomas	1215	Male	Team Tris	01:50:48	Wave 5	11:00:00	Solo
1048	Graham Lythall	791	Male	Team Ham	01:50:48	Wave 5	11:00:00	Pair
1049	Steven Lythall	792	Male	Team Ham	01:50:48	Wave 5	11:00:00	Pair
1050	Gareth Beynon	75	Male	PENYGROES PRESTIGE	01:50:50	Wave 3	10:30:00	Solo
1051	Matt Calder	157	Male	1/4 cream team	01:50:51	Wave 5	11:00:00	Solo

1052	Chris Browne	134	Male	AKL Liability	01:50:53	Wave 4	10:45:00	Pair
1053	Gary Mills	866	Male	AKL Liability	01:50:54	Wave 4	10:45:00	Pair
1054	Trish Groves	496	Female	Maxwell and Patman Fight Crime	01:51:00	Wave 5	11:00:00	Pair
1055	Ruth Groves	497	Female	Doofball	01:51:01	Wave 5	11:00:00	Solo
1056	Patrick Rickerby	1065	Male	The Beards of Wisdom	01:51:05	Wave 5	11:00:00	Pair
1057	Saad Masood	823	Male	The Beards of Wisdom	01:51:05	Wave 5	11:00:00	Pair
1058	Thomas Oakes	935	Male	K.T.W.	01:51:07	Wave 4	10:45:00	Solo
1059	Stephen Hepburn	555	Male	Stephen Hepburn	01:51:11	Wave 1	10:02:00	Solo
1060	Daniel Eldridge	370	Male	Ad vitam	01:51:14	Wave 5	11:00:00	Pair
1061	Jason Jones	671	Male	Nutters	01:51:28	Wave 3	10:30:00	Pair
1062	Andrew Saunders	1107	Male	TEAM SAUNDERS	01:51:29	Wave 3	10:30:00	Solo
1063	Gareth Thomas	1214	Male	the fatties	01:51:33	Wave 5	11:00:00	Pair
1064	Simon Greening	479	Male	the fatties	01:51:34	Wave 5	11:00:00	Pair
1065	James Parry	965	Male	Nutters	01:51:42	Wave 3	10:30:00	Pair
1066	James Hayman	548	Male	James Hayman	01:51:43	Wave 5	11:00:00	Solo
1067	Mark Fellows	396	Male	maccabaggy	01:51:46	Wave 5	11:00:00	Solo
1068	Alice Heneage	553	Female	alice	01:51:54	Wave 2	10:15:00	Solo
1069	James Stuart	1173	Male	Painswick RFC	01:52:01	Wave 4	10:45:00	Pair
1070	Rebecca Davies	297	Female	bex	01:52:21	Wave 2	10:15:00	Solo
1071	Shawn Davies	298	Male	fuse	01:52:21	Wave 2	10:15:00	Solo
1072	Lee Doolan	346	Male	filth	01:52:32	Wave 2	10:15:00	Pair
1073	Maria Carlisle	165	Female	the brunette bombshells	01:52:34	Wave 5	11:00:00	Pair
1074	Laura Wallis	1268	Female	the brunette bombshells	01:52:34	Wave 5	11:00:00	Pair
1075	Claire Scammell	1111	Female	Claire	01:52:36	Wave 4	10:45:00	Solo
1076	Dominic Scoble	1114	Male	FuelActive	01:52:38	Wave 3	10:30:00	Solo
1077	Natasha Evans	384	Female	Mums on the Run	01:52:41	Wave 5	11:00:00	Pair
1078	Gavin James	625	Male	FuelActive	01:52:48	Wave 3	10:30:00	Solo
1079	Chris Evans	383	Male	Old Empire	01:52:52	Wave 5	11:00:00	Pair
1080	Mike Graham	467	Male	Old Empire	01:52:54	Wave 5	11:00:00	Pair
1081	Samantha Graham	468	Female	Mums on the Run	01:52:54	Wave 5	11:00:00	Pair
1082	Alex Smith	1148	Male	big al	01:53:06	Wave 2	10:15:00	Solo
1083	Chris Davies	303	Male	Chris Davies	01:53:09	Wave 5	11:00:00	Solo
1084	Tony Grandon	471	Male	TONY	01:53:16	Wave 4	10:45:00	Solo
1085	Aled Evans	386	Male	Aled Evans	01:53:17	Wave 5	11:00:00	Solo
1086	Pete Regan	1052	Male	team reggi	01:53:23	Wave 4	10:45:00	Pair
1087	Tim Harling	523	Male	Tidy Studio	01:53:25	Wave 3	10:30:00	Solo
1088	James Holdgate	569	Male	Elite fitness	01:53:33	Wave 3	10:30:00	Solo
1089	Tony Fisher	404	Male	TONY	01:53:36	Wave 3	10:30:00	Solo
1090	Mark Scott	1115	Male	Twinkletoes	01:53:41	Wave 4	10:45:00	Solo
1091	Etty Van der merwe	1252	Female	Jaet	01:53:41	Wave 6	11:15:00	Pair
1092	James Brookling	123	Male	Scorchio	01:53:43	Wave 4	10:45:00	Pair
1093	Christain Felices	394	Male	Bachgen Cymraeg	01:53:44	Wave 6	11:15:00	Solo
1094	Richard Bleakley	80	Male	I'd rather be a Pear than a Bear!	01:53:46	Wave 2	10:15:00	Pair
1095	Rhys Wilson	1351	Male	Team Wilson	01:53:47	Wave 3	10:30:00	Pair
1096	Paul Haley	504	Male	Barry RFC VETS	01:53:48	Wave 6	11:15:00	Solo
1097	Adam Whitter	1305	Male	Clueless Weasels	01:53:48	Wave 5	11:00:00	Pair
1098	Clive Thomas	1200	Male	Barry RFC VETS	01:53:49	Wave 6	11:15:00	Pair
1099	Morris James	630	Male	Ebony & Ivory	01:53:58	Wave 5	11:00:00	Pair
1100	Annabelle Holburn	568	Female	the powder hounds	01:54:02	Wave 1	10:02:00	Pair
1101	Victoria Turner	1241	Female	the powder hounds	01:54:02	Wave 1	10:02:00	Pair
1102	Michael James	624	Male	FuelActive	01:54:03	Wave 3	10:30:00	Solo
1103	David Miles	856	Male	elite	01:54:03	Wave 3	10:30:00	Pair
1104	Simon Harling	522	Male	elite	01:54:03	Wave 3	10:30:00	Pair
1105	Martyn Ellis	373	Male	Cossie Combo	01:54:05	Wave 3	10:30:00	Pair
1106	Gethin Jones	676	Male	Jones	01:54:17	Wave 4	10:45:00	Solo
1107	Becky Makaruk	803	Female	Papa Bouba Diop	01:54:18	Wave 1	10:02:00	Pair
1108	Rhiannon Daunton	279	Female	Smurphy	01:54:27	Wave 4	10:45:00	Solo
1109	Jason Nicholas	924	Male	Sponsored by St. Wrongbow	01:54:37	Wave 5	11:00:00	Pair
1110	Jon Kutassy	731	Male	Clueless Weasels	01:54:40	Wave 5	11:00:00	Pair
1111	Mark Powell	1001	Male	christopher's heroes	01:54:46	Wave 4	10:45:00	Pair
1112	Julia Powell	1000	Female	christopher's heroes	01:54:46	Wave 4	10:45:00	Pair
1113	Colin Jenkins	649	Male	jinks the elder	01:55:16	Wave 4	10:45:00	Solo

1114	Alex Boulton	102	Male	Ross & Alex Boulton	01:55:17	Wave 5	11:00:00	Pair
1115	Daniel Boulton	101	Male	Dan Boulton	01:55:31	Wave 5	11:00:00	Solo
1116	David Lloyd	775	Male	David Lloyd	01:55:33	Wave 4	10:45:00	Solo
1117	Menna Morgan	883	Female	Mogsys' pair	01:55:37	Wave 3	10:30:00	Pair
1118	Brad Culverwell	268	Male	Mogsys' pair	01:55:37	Wave 3	10:30:00	Pair
1119	Frazer Nash	919	Male	frazer nash	01:55:37	Wave 4	10:45:00	Solo
1120	Phillip White	1302	Male	Phil White	01:55:46	Wave 1	10:02:00	Solo
1121	Daniel Rockett	1085	Male	TugRock	01:55:51	Wave 1	10:02:00	Pair
1122	Wayne Tugwell	1237	Male	TugRock	01:55:51	Wave 1	10:02:00	Pair
1123	Joe Gillingham	449	Male	Gilly	01:55:51	Wave 1	10:02:00	Solo
1124	Andy Richardson	1062	Male	Norfolk in Chance	01:55:57	Wave 6	11:15:00	Pair
1125	Louise Cole	214	Female	Brecon Co-op Pharmacy	01:56:04	Wave 4	10:45:00	Pair
1126	Paul Cole	215	Male	Brecon Co-op Pharmacy	01:56:04	Wave 4	10:45:00	Pair
1127	Archie Cameron	159	Male	archie cameron	01:56:33	Wave 3	10:30:00	Solo
1128	Cathy Vale	1247	Female	cathy	01:56:51	Wave 2	10:15:00	Solo
1129	Jason Impey	616	Male	Jason Impey	01:56:56	Wave 4	10:45:00	Solo
1130	Marc Crowley	266	Male	logan san	01:57:06	Wave 4	10:45:00	Solo
1131	Henry Ivens	622	Male	cosmos	01:57:15	Wave 4	10:45:00	Pair
1132	Stephen Ivens	621	Male	cosmos	01:57:16	Wave 4	10:45:00	Pair
1133	Rob Strang	1171	Male	Rob Strang	01:57:33	Wave 2	10:15:00	Solo
1134	Felice Cirino	193	Male	The Honey Badgers	01:57:41	Wave 1	10:02:00	Pair
1135	Michelle Wilkins	1310	Female	Shelen	01:57:52	Wave 1	10:02:00	Pair
1136	Helen Davies	294	Female	Shelen	01:57:57	Wave 1	10:02:00	Pair
1137	Mark Batcheldor	54	Male	Team Misfit	01:58:09	Wave 2	10:15:00	Solo
1138	Julie-ann Norbury	928	Female	Nutters	01:58:29	Wave 3	10:30:00	Solo
1139	Jamille Nicholas	925	Male	fitness factory	01:58:35	Wave 2	10:15:00	Solo
1140	David Williams	1345	Male	The Fitness Factory	01:58:35	Wave 2	10:15:00	Solo
1141	Paul Jones	694	Male	The Fitness Factory	01:58:35	Wave 2	10:15:00	Pair
1142	Paul Grigg	490	Male	Malborough Endeavour	01:58:39	Wave 2	10:15:00	Pair
1143	Clare Latham	746	Female	Malborough Endeavour	01:58:56	Wave 2	10:15:00	Pair
1144	Carla Platell	990	Female	go me	01:59:20	Wave 4	10:45:00	Solo
1145	Emma Moore	879	Female	Em'n'em!	01:59:26	Wave 4	10:45:00	Pair
1146	Joseph Baker	37	Male	Baker	01:59:52	Wave 2	10:15:00	Solo
1147	Tom Burns	1402	Male	Brains	02:00:27	Wave 3	10:30:00	Solo
1148	Ian Morris	1401	Male	Brains	02:00:27	Wave 3	10:30:00	Solo
1149	Tim Peters	984	Male	Tim	02:00:39	Wave 6	11:15:00	Solo
1150	Jason Clarke	198	Male	Jason Clarke	02:00:39	Wave 6	11:15:00	Solo
1151	Ben Bacon	28	Male	solo	02:00:40	Wave 6	11:15:00	Solo
1152	Rhys Jones	703	Male	The Flapjacks	02:00:52	Wave 5	11:00:00	Pair
1153	Rachel Glover	452	Female	The Flapjacks	02:00:54	Wave 5	11:00:00	Pair
1154	Simon Luke	787	Male	Luke	02:01:01	Wave 2	10:15:00	Solo
1155	Alan Ward	1271	Male	Already Lost	02:01:13	Wave 4	10:45:00	Pair
1156	Julie Martin	816	Female	The Tri-ards	02:01:16	Wave 3	10:30:00	Pair
1157	Paul Stanbrook	1161	Male	The Tri-ards	02:01:17	Wave 3	10:30:00	Pair
1158	John Snelgrove	1153	Male	Already Lost	02:01:20	Wave 4	10:45:00	Pair
1159	Craig Janik	631	Male	Nutters	02:01:36	Wave 3	10:30:00	Solo
1160	Nad Mouti	910	Male	Go Nad Go	02:01:44	Wave 4	10:45:00	Pair
1161	Leah Roberts	1404	Female	Brains	02:01:48	Wave 3	10:30:00	Solo
1162	Robert Bowen	107	Male	Team Bow	02:01:50	Wave 2	10:15:00	Solo
1163	Tracy Dickinson	1399	Female	Brains	02:01:51	Wave 3	10:30:00	Solo
1164	Keith Ruggles	1100	Male	keith ruggles	02:01:57	Wave 2	10:15:00	Solo
1165	Adam Jelley	641	Male	Adam Jelley	02:02:18	Wave 4	10:45:00	Solo
1166	Anne-marie Jehu	639	Female	Colwinston Flyers	02:02:22	Wave 1	10:02:00	Pair
1167	Sarah Linnard	770	Female	Colwinston Flyers	02:02:23	Wave 1	10:02:00	Pair
1168	William Rivenberg	1070	Male	just one more time	02:02:38	Wave 1	10:02:00	Solo
1169	Phil Regan	1051	Male	team reggi	02:02:57	Wave 4	10:45:00	Pair
1170	Chris Small	1145	Male	chris	02:02:57	Wave 4	10:45:00	Solo
1171	Andrew Button-stephens	156	Male	Andy Buttons	02:03:45	Wave 1	10:02:00	Solo
1172	Steve Wilford	1309	Male	Cardiff Students Union	02:03:45	Wave 1	10:02:00	Solo
1173	Rob Capel	161	Male	Rob Capel	02:03:53	Wave 2	10:15:00	Solo
1174	Fran Parkinson	964	Female	Fran Parkinson	02:03:56	Wave 4	10:45:00	Solo
1175	Sarah Snelling	1154	Female	The Blanders	02:04:02	Wave 6	11:15:00	Pair

1176	John O'callaghan	936	Male	The Bloggers	02:04:02	Wave 6	11:15:00	Pair
1177	Lisa Mccormick	835	Female	Forest Leisure Coleford	02:04:02	Wave 6	11:15:00	Pair
1178	Angharad Jones	688	Female	Forest Leisure Coleford	02:04:02	Wave 6	11:15:00	Pair
1179	Christopher Evans	378	Male	Phillips and Evans	02:04:03	Wave 6	11:15:00	Pair
1180	Christopher Owen	948	Male	Tucker and Owen	02:04:03	Wave 6	11:15:00	Pair
1181	David Tuckler	1236	Male	Tucker and Owen	02:04:03	Wave 6	11:15:00	Pair
1182	Stephen Phillips	987	Male	Phillips and Evans	02:04:03	Wave 6	11:15:00	Pair
1183	Scott Burton	151	Male	Scott Burton	02:04:10	Wave 4	10:45:00	Solo
1184	Ffion Jones	1398	Male	Brains	02:04:17	Wave 3	10:30:00	Solo
1185	Mark Ley	1400	Male	Brains	02:04:17	Wave 3	10:30:00	Solo
1186	Daniel Evans	379	Male	Nutters	02:04:29	Wave 3	10:30:00	Solo
1187	Kate Watson	1282	Female	Energise Performance	02:05:01	Wave 4	10:45:00	Pair
1188	Alex Cosgrove	242	Male	team energised	02:05:05	Wave 4	10:45:00	Solo
1189	Lorraine Welsh	1294	Female	Energise Performance	02:05:06	Wave 4	10:45:00	Pair
1190	Ian Lowe	785	Male	solo	02:05:11	Wave 4	10:45:00	Solo
1191	Iestyn Jones	668	Male	Team Bugail	02:05:33	Wave 2	10:15:00	Solo
1192	Richard Sexton	1119	Male	Ragged Richie	02:06:26	Wave 2	10:15:00	Solo
1193	Dionne Rees	1048	Female	Dionne	02:06:35	Wave 4	10:45:00	Solo
1194	Kashif Shabir	1121	Male	The Dodgy Geezers	02:06:38	Wave 1	10:02:00	Pair
1195	John Maxwell	829	Male	Max	02:06:44	Wave 4	10:45:00	Solo
1196	Simon Wall	1267	Male	olivers army	02:06:54	Wave 1	10:02:00	Pair
1197	Lee Hawkins	543	Male	Ebony & Ivory	02:07:05	Wave 5	11:00:00	Pair
1198	Craig Bowden	106	Male	Craig	02:07:20	Wave 4	10:45:00	Solo
1199	Andy Fleming	409	Male	Andy Fleming	02:07:20	Wave 4	10:45:00	Solo
1200	Ryan Osborne	943	Male	young git	02:09:36	Wave 1	10:02:00	Solo
1201	Tessa Bailey	29	Female	Team Energised Performance	02:09:41	Wave 4	10:45:00	Solo
1202	Charlotte Brown	131	Female	Cardiff Tri (Forza Cycles)	02:09:50	Wave 2	10:15:00	Pair
1203	Verity Hunt-sheppard	605	Female	Vezy	02:09:56	Wave 3	10:30:00	Solo
1204	Richard Hext	556	Male	Hexty	02:09:56	Wave 3	10:30:00	Solo
1205	Laura Dodd	342	Female	Laura	02:10:00	Wave 2	10:15:00	Solo
1206	Sarah Way	1284	Female	team energised	02:10:04	Wave 4	10:45:00	Solo
1207	Kim Ingleby	618	Female	team energised	02:10:04	Wave 4	10:45:00	Solo
1208	Gareth Hughes	594	Male	Hughesy	02:10:09	Wave 4	10:45:00	Solo
1209	Zoe Eaton	360	Female	heat is on	02:10:10	Wave 4	10:45:00	Pair
1210	Sian Hughes	593	Female	heat is on	02:10:10	Wave 4	10:45:00	Pair
1211	Amaya Cole	218	Female	Mia	02:10:10	Wave 4	10:45:00	Solo
1212	John Brown	130	Male	Cardiff Tri (Forza Cycles)	02:10:30	Wave 2	10:15:00	Pair
1213	Joe Parham	959	Male	Parham	02:11:43	Wave 3	10:30:00	Solo
1214	Michael Morris	444	Female	Team Rampage	02:12:01	Wave 1	10:02:00	Pair
1215	Ellie Cutts	272	Female	aimless flailing brought to you by deep heat!	02:12:18	Wave 2	10:15:00	Pair
1216	Clare Peatson	977	Female	aimless flailing brought to you by deep heat!	02:12:18	Wave 2	10:15:00	Pair
1217	Chris Quinn	1029	Male	Nutters	02:13:44	Wave 3	10:30:00	Solo
1218	John Blenkinsop	81	Male	Hope & Pray	02:14:32	Wave 3	10:30:00	Solo
1219	Sonali Das simpson	278	Female	sonali	02:15:10	Wave 4	10:45:00	Solo
1220	Ben Tarrant	1190	Male	Ben Tarrant	02:16:29	Wave 1	10:02:00	Solo
1221	Katie Gerrish	445	Female	chillybits	02:17:28	Wave 1	10:02:00	Pair
1222	Stuart Read	1039	Male	chillybits	02:17:43	Wave 1	10:02:00	Pair
1223	Deborah Sanger	1105	Female	Honour our Troops (Nick and Deb Toast)	02:18:53	Wave 3	10:30:00	Pair
1224	Nicholas Williams	1318	Male	Honour our Troops (Nick and Deb Toast)	02:18:53	Wave 3	10:30:00	Pair
1225	Simone Ferreira	400	Female	Ad vitam	02:19:02	Wave 5	11:00:00	Pair
1226	Tony Davies	286	Male	Go Nad Go	02:20:57	Wave 4	10:45:00	Pair
	Tracey Alexandrou	7	Female	Mutter		Wave 6	11:15:00	Solo
	Danial Ashman	22	Male	beer belly boys		Wave 4	10:45:00	Pair
	Mark Aston	25	Male	Dynamic Duo		Wave 2	10:15:00	Pair
	Sarah Bailey	32	Female	Sarah bailey		Wave 4	10:45:00	Solo
	Daniel Baker	35	Male	city police spartans		Wave 3	10:30:00	Solo
	Jonathan Bamford	39	Male	Bam-Bam		Wave 5	11:00:00	Solo
	Steven Barrett	48	Male	the machine		Wave 1	10:02:00	Solo
	Gavin Beddard	64	Male	Seashore Grill		Wave 2	10:15:00	Solo
	Alun Beynon	76	Male	Communal Egg		Wave 3	10:30:00	Pair
	Mark Bird	78	Male	real deals		Wave 4	10:45:00	Pair
	Andrew Booth	94	Male	The Fitness Factory		Wave 2	10:15:00	Pair

Ian Brannighan	114	Male	Royal Navy	Wave 2	10:15:00	Solo
Mark Brigham	122	Male	Ellis Brigham Mountain Sports	Wave 4	10:45:00	Solo
Stuart Broughton	126	Male	filth	Wave 3	10:30:00	Pair
David Brown	128	Male	Andy and the Argonauts	Wave 2	10:15:00	Solo
Rebecca Brown	133	Female	Becky b	Wave 2	10:15:00	Solo
Luke Bryan	137	Male	luke bryan	Wave 3	10:30:00	Solo
Tom Burns	150	Male	Brains	Wave 1	10:02:00	Solo
Mark Bushrod	153	Male	Fun Boys	Wave 1	10:02:00	Solo
Cathy Cagle	162	Female	wings united (day member)	Wave 3	10:30:00	Solo
Sian Cave	177	Female	Sian Cave	Wave 5	11:00:00	Solo
Stuart Chee	187	Male	TEAM CHEE-B	Wave 2	10:15:00	Solo
Jess Clark	195	Female	Swindon Harriers	Wave 5	11:00:00	Solo
Patrick Clyne	205	Male	Harris and Paddy	Wave 2	10:15:00	Pair
Stephen Cobbold	207	Male	Team Robear	Wave 6	11:15:00	Pair
Morris Cockman	211	Male	Mo	Wave 6	11:15:00	Solo
Alex Coleman	220	Male	Barney Rubble	Wave 4	10:45:00	Solo
Paul Collier	225	Male	Taff & Toff	Wave 3	10:30:00	Pair
Jonathan Cook	230	Male	Jon Cook	Wave 5	11:00:00	Solo
Aaron Cooke	233	Male	Cookie ate all the pies	Wave 4	10:45:00	Solo
Mark Coole	234	Male	Coole the Crusader	Wave 5	11:00:00	Solo
Chris Cowen Cowen	247	Male	express	Wave 1	10:02:00	Solo
David Cox	252	Male	David Cox	Wave 6	11:15:00	Solo
Robin Craig	254	Male	54 CDO	Wave 5	11:00:00	Pair
Russell Crocker	261	Male	BMM	Wave 5	11:00:00	Solo
Jeremy Crossley	264	Male	Jeremy Crossley	Wave 5	11:00:00	Solo
Edward Cullen	267	Male	Surfs Up	Wave 3	10:30:00	Solo
Tom Daly	274	Male	Mean Machines	Wave 5	11:00:00	Pair
Nicholas Davenport	280	Male	Nicholas Davenport	Wave 5	11:00:00	Solo
Toby Davidson	283	Male	Team Fusion	Wave 4	10:45:00	Pair
Luke Davies	304	Male	Block H Bob Bank	Wave 5	11:00:00	Solo
Chris Davis	322	Male	Chris Davis	Wave 5	11:00:00	Solo
Jonathan Davies	315	Male	The Fitness Factory	Wave 2	10:15:00	Solo
Tracy Dickinson	338	Female	Brains	Wave 1	10:02:00	Solo
Tim Draycott	351	Male	Cathy Fughey Fitness	Wave 3	10:30:00	Solo
Richard Duffield	353	Male	Brains	Wave 1	10:02:00	Solo
Gavin Earnshaw	358	Male	Llandaff Cathedral	Wave 4	10:45:00	Pair
Ollie Easterbrook	359	Male	Bovis Lend Lease	Wave 5	11:00:00	Solo
Mark Edwards	366	Male	Mark Edwards	Wave 1	10:02:00	Solo
Owen Edwards	367	Male	Brynsadler Bolt	Wave 6	11:15:00	Solo
Robert Edwards	368	Male	Team Robear	Wave 6	11:15:00	Pair
Woody Elderidge	369	Male	54 CDO	Wave 5	11:00:00	Pair
Andrew Elison	372	Male	Team Fusion	Wave 4	10:45:00	Pair
Rhodri Ellis-jones	374	Male	Team Roidri	Wave 1	10:02:00	Solo
Mike Evans	381	Male	Bognor Rocks	Wave 2	10:15:00	Pair
Adam Farrell	389	Male	j+f	Wave 4	10:45:00	Pair
Cathy Fughey	390	Female	Cathy Fughey Fitness	Wave 3	10:30:00	Solo
Nickie Evans	387	Female	Leen and Mean	Wave 6	11:15:00	Pair
Dean Flockton	412	Male	Dean Flockton	Wave 2	10:15:00	Solo
Roger Fortey	417	Male	LORD WARING	Wave 2	10:15:00	Solo
Adrian Foster	418	Male	Fosters	Wave 3	10:30:00	Pair
Ben Frayne	423	Male	Team Blister	Wave 3	10:30:00	Pair
Robert Gadd	430	Male	Surfs Up	Wave 3	10:30:00	Solo
Aaron Galtress	434	Male	Don't mean nothing	Wave 3	10:30:00	Pair
Francis Gaymond	439	Male	OperationGM	Wave 6	11:15:00	Pair
Stephen Gorvett	457	Male	Steve Gorvett	Wave 1	10:02:00	Solo
Gareth Green	477	Male	real deals	Wave 4	10:45:00	Pair
Josh Griffiths	484	Male	GRIFFITHS	Wave 3	10:30:00	Pair
Robin Griffiths	485	Male	Rob Griffiths	Wave 2	10:15:00	Solo
Leigh Griffiths	488	Male	Griffkins	Wave 6	11:15:00	Pair
James Harrison	530	Male	James Harrison	Wave 2	10:15:00	Solo
James Harvey	536	Male	Oiseau Bleu	Wave 3	10:30:00	Pair
Daniel Haworth	544	Male	Skem	Wave 5	11:00:00	Solo

	Daniel Hayes	546	Male	Team Down		Wave 1	10:02:00	Pair
	Simon Holland	570	Male	Team Fusion		Wave 4	10:45:00	Pair
	Aled Holland	571	Male	siemens gorillas		Wave 3	10:30:00	Solo
	Paul Hughes	591	Male	Hughesy		Wave 1	10:02:00	Solo
	Matt Hussain	608	Male	frey's dad c'mon		Wave 2	10:15:00	Solo
	Philip Hutchings	609	Male	Rescue 48		Wave 1	10:02:00	Solo
	Ross Hutchins	611	Male	Ross Hutchins		Wave 5	11:00:00	Solo
	Gareth Jarman	633	Male	team jarm		Wave 3	10:30:00	Solo
	Daniel Jenkins	644	Male	Jenkins1		Wave 3	10:30:00	Solo
	Russell Jenkins	650	Male	Blackfrier Harriers		Wave 6	11:15:00	Solo
	Christopher John	656	Male	j+f		Wave 4	10:45:00	Pair
	Edward John	657	Male	Edward John		Wave 6	11:15:00	Pair
	Martyn John	659	Male	Dynamic Duo		Wave 2	10:15:00	Pair
	Deiniol Jones	680	Male	Jones		Wave 4	10:45:00	Solo
	Ross Jones	681	Male	Team Jiya Jiya		Wave 1	10:02:00	Solo
	Phillip Jones	687	Male	jonesy		Wave 5	11:00:00	Solo
	Lee Jones	692	Male	Lee		Wave 5	11:00:00	Solo
	Stephen Jones	699	Male	Stevie - J		Wave 5	11:00:00	Solo
	Bleddyn Jones	702	Male	Bleddyn Jones		Wave 3	10:30:00	Solo
	Ffion Jones	706	Female	Brains		Wave 1	10:02:00	Solo
	Kev Joyce	708	Male	pembs harriers		Wave 5	11:00:00	Solo
	Matthew Kesek	714	Male	Matt		Wave 4	10:45:00	Solo
	Jon King	718	Male	Taff & Toff		Wave 3	10:30:00	Pair
	Lloyd King	719	Male	Mean Machines		Wave 5	11:00:00	Pair
	Jamie Kirk	723	Male	city police spartans		Wave 3	10:30:00	Solo
	Dave Knight	725	Male	Ipanema Anacondas		Wave 1	10:02:00	Pair
	Scott Knowler	727	Male	TEAM PTERODACTYL		Wave 3	10:30:00	Solo
	Fahad Ladha	733	Male	Fahad Ladha		Wave 1	10:02:00	Solo
	Tom Langston	741	Male	Tweedledums		Wave 4	10:45:00	Pair
	Rob Lawrence	748	Male	Boulders		Wave 4	10:45:00	Solo
	Jean-francois Legourd	753	Male	Bertil & JF		Wave 5	11:00:00	Solo
	Mark Ley	767	Male	Brains		Wave 1	10:02:00	Solo
	Robert Logan	780	Male	I'd rather be a Pear than a Bear!		Wave 2	10:15:00	Pair
	Matt Luff	786	Male	Matt Luff		Wave 1	10:02:00	Solo
	Jamie Mahoney	802	Male	John lovell betting exchange		Wave 3	10:30:00	Pair
	Paul Mallick	806	Male	Paul		Wave 1	10:02:00	Solo
	Steven Maloney	807	Male	LORD WARING		Wave 2	10:15:00	Pair
	Paul Marsh	811	Male	Paul		Wave 1	10:02:00	Solo
	Matthew Mason	822	Male	matthew mason		Wave 4	10:45:00	Solo
	Graham Mathews	825	Male	Mathews		Wave 6	11:15:00	Solo
	Christopher Matthews	827	Male	Nutters		Wave 3	10:30:00	Solo
	Emma Mckenzie	840	Female	McKenzie		Wave 5	11:00:00	Solo
	Shelley Monnington	874	Female	Abi's Team		Wave 2	10:15:00	Pair
	Louisa Moore	877	Female	Fosters		Wave 3	10:30:00	Pair
	David Morgan	880	Male	Dai Morgan		Wave 3	10:30:00	Solo
	Alice Morgan	885	Female	Abi's Team		Wave 2	10:15:00	Pair
	Christopher Morgan	887	Male	Llandaff Cathedral		Wave 4	10:45:00	Pair
	Alex Morgan	889	Male	Alex Morgan		Wave 2	10:15:00	Solo
	Karen Morris	893	Female	team energised		Wave 4	10:45:00	Solo
	Justin Morris	894	Male	team energised		Wave 4	10:45:00	Solo
	Phillip Morris	896	Male	Phillip Morris		Wave 3	10:30:00	Solo
	Ian Morris	903	Male	Brains		Wave 1	10:02:00	Solo
	Nathan Muir	911	Male	Andy and the Argonauts		Wave 3	10:30:00	Solo
	Miles Nathan	920	Male	Miles Nathan		Wave 4	10:45:00	Solo
	Mark Nott	930	Male	mark		Wave 5	11:00:00	Solo
	Ronnie Osullivan	946	Male	solo		Wave 6	11:15:00	Solo
	Stuart Phillips	986	Male	PTERODACTYL		Wave 3	10:30:00	Solo
	Ben michael Lorey	995	Male	Communal Egg		Wave 3	10:30:00	Pair
	Jack Price	1014	Male	The Fitness Factory		Wave 2	10:15:00	Pair
	Shaun Prichard	1016	Male	Shaun Prichard		Wave 5	11:00:00	Solo
	Nick Pritchett	1018	Male	Nick Pritchett		Wave 2	10:15:00	Solo
	Steven Proud	1020	Male	Steve Proud		Wave 4	10:45:00	Solo

Andrew Quinn	1030	Male	ANDREW QUINN	Wave 1	10:02:00	Solo
Alan Rawdin	1037	Male	Alan Rawdin	Wave 4	10:45:00	Solo
Anthony Redman	1042	Male	Anthony Redman	Wave 2	10:15:00	Solo
Wright Robert	1073	Male	city police spartans	Wave 3	10:30:00	Solo
Owen Roberts	1075	Male	Owen	Wave 5	11:00:00	Solo
Leon Dunkley	1077	Male	Team Rampage	Wave 1	10:02:00	Pair
Guy Robinson	1082	Male	team energised	Wave 4	10:45:00	Solo
Carl Rose	1094	Male	Carl Rose	Wave 4	10:45:00	Solo
David Rolf	1091	Male	dave	Wave 6	11:15:00	Solo
Abi Russ	1101	Female	Abi's Team	Wave 2	10:15:00	Solo
Ben Russell	1102	Male	WOOKIE	Wave 4	10:45:00	Solo
Mathew Salley	1103	Male	The Fitness Factory	Wave 2	10:15:00	Solo
Alex Saul	1106	Male	Brains	Wave 1	10:02:00	Solo
Paul Singleton	1138	Male	Snooker	Wave 1	10:02:00	Solo
Danny Smith	1152	Male	Dan Smith	Wave 5	11:00:00	Solo
Neil Staples	1163	Male	TEAM PTERODACTYL	Wave 3	10:30:00	Solo
Emma Steeden	1165	Female	emma steeden	Wave 4	10:45:00	Solo
Steven Stockbridge	1168	Male	Painswick RFC	Wave 4	10:45:00	Pair
Lee Styles	1174	Male	Tom & Jack	Wave 2	10:15:00	Solo
John Tanguay	1185	Male	Team Bushball	Wave 6	11:15:00	Pair
Mel Teague	1196	Male	Mel Teague	Wave 1	10:02:00	Solo
Josh Thorn	1221	Male	Pain is Glory?	Wave 4	10:45:00	Solo
Jason Thrash	1223	Male	Thrash	Wave 5	11:00:00	Solo
Rhianna Townsend	1229	Female	Mudflaps	Wave 4	10:45:00	Pair
Steve Van de worp	1250	Male	Steve V	Wave 1	10:02:00	Solo
David Wahl	1262	Male	Oiseau Bleu	Wave 3	10:30:00	Pair
John Walsh	1269	Male	Bristol BMF	Wave 5	11:00:00	Solo
Rory Waring	1274	Male	LORD WARING	Wave 2	10:15:00	Pair
Gerraint Webb	1285	Male	GW Personal Training	Wave 1	10:02:00	Solo
Gareth White	1303	Male	Ebbw 3	Wave 4	10:45:00	Pair
Mark Whittle	1306	Male	Mark Whittle	Wave 6	11:15:00	Solo
Stephen Williams	1319	Male	welshy	Wave 2	10:15:00	Solo
John Williams	1322	Male	Nutters	Wave 3	10:30:00	Pair
Huw Williams	1329	Male	Huw Williams	Wave 4	10:45:00	Solo
Richard Williams	1330	Male	A Pair of Badgers	Wave 1	10:02:00	Pair
Emily Williams	1336	Female	Maxwell and Patman Fight Crime	Wave 5	11:00:00	Pair
Julian Wood	1355	Male	Keep low move fast	Wave 1	10:02:00	Solo
Richard Zaltzman	1369	Male	team energised	Wave 4	10:45:00	Solo
Richard Hodges	1375	Male	Team MH	Wave 1	10:02:00	Solo
Perry Aggus	1379	Male	Dean's friend	Wave 1	10:02:00	Solo
Claire Matthews	1381	Female	Team MH	Wave 1	10:02:00	Solo
Jason Dwarika	1382	Male	Team MH	Wave 1	10:02:00	Solo
Heidi Wilson	1383	Female	Team MH	Wave 1	10:02:00	Solo
Ryan Squelch	1384	Male	Team MH	Wave 1	10:02:00	Solo
Rowland Phillips	1385	Male	Rowland Phillips	Wave 2	10:15:00	Solo
Matt Anfield	1389	Male	Team For Goodness Shakes!	Wave 2	10:15:00	Solo
Guy Lovell	1393	Male	Team For Goodness Shakes!	Wave 2	10:15:00	Solo
Ubaka Allanah	1396	Male	Team For Goodness Shakes!	Wave 2	10:15:00	Solo
Alex Luff	1407	Male	WRU	Wave 3	10:30:00	Solo
Nigel Saunders	1408	Male	WRU	Wave 3	10:30:00	Solo
Alex Saul	1405	Male	WRU	Wave 3	10:30:00	Solo

Results by Finishline Timing