

Bib	FirstLastname	Club	Age Group	No of Previous Marathon Eryri
1	Joshua Griffiths	Swansea Harriers	Male Open	
2	Tinka Vinks	Eryri Harriers	Female Open	2
3	Michael Young	Metro Aberdeen RC	Male Open	3
4	David Cole	Cardigan Running Club	Male Open	3
5	Anastasia Hounslow	Liss Runners	Female 40+	
6	Jack White	Salford Harriers	Male Open	
7	Emma Wookey	Liswerry Runners	Female Open	6
8	Rob Corney	Reading Roadrunners	Male Open	
9	Sue Atkinson	Dronfield RC	Female 50+	
10	Claire Bishop		Female 40+	9
11	Fiona Morgan	Eryri Harriers	Female 50+	10
12	Dominic Cowl		Male Open	
13	Ryan Davis	Wrexham	Male Open	3
14	Jon Aston	100 Marathon Club	Male 60+	12
15	Terri Mason		Female 55+	14
16	Hugh Morgan	Eryri Harriers	Male 55+	15
17	Peta Walsh	Stockport Harriers & AC	Female 65+	16
18	Andrea Rowlands	Eryri Harriers	Female 50+	17
19	Brian Wills	Betsi Runaways	Male 55+	18
20	Mike Catling		Male 65+	19
21	Roger Thompson		Male 55+	20
22	Charles Ashley	Wrexham aac	Male 65+	21
23	Gwilym Jones		Male 70+	22
24	Jeff Palmer		Male 80+	23
25	Mike Scott	Bingley Harriers	Male 55+	24
26	Euan Craig	Kirkintilloch Olympians	Male 45+	25
27	Phil Adams	AVAAC	Male 65+	26
28	Daniel Alexander		Male Open	2
29	Mary Anthony	TROTS	Female 60+	6
30	Andy Titley	Stockport Harriers & AC	Male 60+	29
31	Eric Ress	Sarn Helen	Male 55+	30
33	Sharon Crowley	Fairlands Valley Spartans	Female 65+	32
35	Michael Mynett		Male 70+	34
36	Paul Holgate	Fairlands Valley Spartans	Male 65+	35
42	Stephen Roper			
44	Kate Phillips		Female 55+	4
45	Rachel Acamon-Carbonelli	Great Yarmouth road runners	Female 45+	
46	Paula Ace		Female 55+	14
47	Becky Adams		Female Open	
48	Yvette Adamson	Betsi Runaways	Female 50+	4
49	Karen Addy		Female 45+	6
50	Polly Albon		Female Open	
51	Kerrie Aldridge		Female 45+	
52	Caroline Allen	LT Bernd Hbner	Female Open	
53	Annette Altun	Northampton Road Runners	Female 45+	
54	Emma Anderson		Female 40+	3
55	Magdalena Ap Robert		Female 45+	1
56	Felicity Aries	Eryri Harriers	Female 65+	
57	Rachel Armstrong	100 Marathon Club	Female 55+	1
58	Liz Ashby		Female Open	
59	Sharon Ashby	Albany Road Run Club	Female 50+	
60	Seren Medi Ashton		Female 45+	2
61	Agnes Asigo	Cornelly Striders AC	Female 40+	1
62	Sarah Aston	Wrekin Road Runners	Female 55+	6
63	Janet Atkinson	Holme Pierrepont RC	Female 50+	3
64	Tracy Avill		Female 55+	3
65	Kate Aylward	Dunstable Road Runners	Female 50+	3
66	Maddie Bache		Female Open	1
67	Lori Badman		Female Open	
68	Simone Baggaley	Gator AC	Female Open	
69	Heidi Bagguley	She Runs Cardiff	Female 45+	
70	Kayleigh Bagshaw	TROTS	Female Open	2
71	Christine Baker	Run MND	Female 55+	4
72	Lisa Baker	Cr@pTri	Female 45+	5
73	Julia Ball	Mon Milers	Female 55+	
74	Louise Ballard	Chessington Union Running Club	Female 50+	2
75	Anna Barber	Victoria Park Harriers and Tower Hamlets AC	Female Open	
76	Libby Barber		Female Open	
77	Devon Barnes	South Cheshire Harriers	Female Open	1
78	Rebecca Barnett		Female 45+	
79	Sarah Barrell	Cornelly Striders AC	Female 50+	
80	Emma Barrett		Female 50+	2
81	Christina Barrington		Female Open	
82	Jo Barrow	Swansea vale tri	Female 40+	5 plus this
83	Debi Bartlett		Female 55+	2
84	Aimi Barton	Vegan Runners UK	Female 40+	
85	Jade Barton	Witney Road Runners	Female Open	
86	Charlotte Beddow	Run & Ride Athletics club and DNF Staffordshire	Female 50+	2

87	Anita Beeby		Female 50+	1
88	Sarah Beeching	Les Croupiers RC	Female 40+	
89	Jessica Benjamin	CDF runners	Female Open	
90	Marisa Benjamin	Pontypool and District Runners	Female 40+	3
91	Michelle Bennett		Female 45+	2
92	Miriam Bennett		Female Open	1
93	Suzu Bennett	Run:EA	Female 65+	I think 6
94	Debbie Bennion	Ogmore Phoenix Runners	Female 60+	3
95	Chantelle Bentley	Northampton Road Runners	Female 40+	
96	Elizabeth Bentley		Female 45+	
97	Alison Benwell	Croft Ambrey Running Club	Female 60+	3
98	Ruth Benzimra	100 Marathon Club	Female 60+	3
99	Hayley Bergman		Female 40+	1 last year
100	Jodie Berry		Female Open	2
101	Kate Berry	Harlech Tri	Female Open	1
102	Tracy Berry	Liverpool Sefton and Pembroke AC	Female 45+	
103	Katy Bessant		Female 40+	3
104	Lisa Bettoney	Desford Striders	Female 50+	2
105	Jayne Bevan	100 Marathon Club	Female 50+	1
106	Aruna Bhagwan		Female 65+	3
107	Jacqueline Bickerton		Female 55+	
108	Peter John Rhys Lewis	Eryri Harriers	Male 60+	31
109	Eloise Billington	Chorlton Runners	Female Open	
110	Freya Birley	Oldham and Royton Harriers AC	Female Open	
111	Briony Bishop		Female 40+	1
112	Lindsey Black	Southport Strollers Running Club	Female 45+	4
113	Vivien Black		Female 50+	3
114	Lindsey Blackford	Cardigan Running Club	Female 40+	4
115	Esther Blake	Red Rose Road Runners	Female 40+	
116	Chloe Bletsoe		Female Open	0
117	Charlotte Bliss	Glossopdale Harriers	Female Open	
118	Selina Bodycombe-Jones		Female 40+	
119	Katarzyna Bojanowska		Female 40+	1
120	Clare Boland	Just run penybont	Female 40+	3
121	Sarah Booker	Northbrook AC	Female 45+	1
122	Liz Bossingham		Female 45+	1
123	Bethan Bowen		Female Open	
124	Kay Bowen	Iron Chef Coaching	Female 45+	
125	Kelly Bowen	Croft Ambrey Running Club	Female 40+	2
126	Vanessa Bowers	Croft Ambrey Running Club	Female 40+	
127	Lisa Bowker		Female 45+	
128	Denise Bradley	Ogmore Phoenix Runners	Female 60+	3
129	Catherine Bradshaw	Brackla Harriers	Female 60+	
130	Lin Bradshaw		Female 60+	
131	Charlotte Brady	Sowerby Bridge Snails RC	Female 45+	
132	Shan Breese	Aberystwyth AC	Female 65+	5
133	Carys Breeze	Maldwyn Harriers	Female Open	
134	Jayne Breeze	Maldwyn Harriers	Female 50+	3
135	Lowenna Bridgland		Female Open	
136	Louise Bright	Pontypool and District Runners	Female 45+	4
137	Rachel Brock	Massey Ferguson Runners Clib	Female 50+	
138	Nina Brocklebank	Swansea Harriers	Female 55+	
139	Gemma Brown	Badass Mother Runners	Female 45+	1
140	Helen Brown		Female 50+	
141	Rachel Brown	Dursley Running Club	Female 55+	13
142	Simone Brown		Female Open	
143	Claire Bryan	Huncote Harriers AC	Female 45+	5
144	Alys Bryant	TROTS	Female Open	2
145	Catherine Bryant		Female 45+	1
146	Hilary Buckley	Roadhoggs AC Leicester	Female 70+	
147	Catrin Budd	Run4All Neath	Female Open	2
148	Tricia Bunn		Female 50+	16 I think
149	Katie Burdett		Female Open	
150	Huw Jones		Male 40+	14
151	Rachel Burgess	Meirionnydd Running Club	Female 40+	
152	Claire Burgin		Female 40+	
153	Laura Burns	Baffins Fit Club	Female 40+	2
154	Katherine Burr	North Herts Road Runners	Female 45+	
155	Lisa Butler	Witney Road Runners	Female 45+	
156	Rachel Butler	Maldwyn Harriers	Female 60+	5
157	Louisa Bwyne		Female 40+	
158	Ffion Caines	Balanced Performance	Female Open	
159	Jen Callaghan		Female 40+	6
160	Bronwen Calnan	Penarth and Dinas Runners	Female Open	
161	Christine Cammillare	Deestriders RC	Female 40+	Several
162	Anna Capey		Female Open	2
163	Emily Careless		Female Open	2
164	Natalie Carr	Bridgnorth Running Club	Female 45+	
165	Susan Carroll	Maldwyn Harriers	Female 65+	5

166	Amy Carter		Female Open	
167	Catherine Carter		Female 50+	2
168	Laura Carter	Stockport Tri Club	Female 55+	One
169	Pamela Carter	Saen Helen	Female 45+	5
170	Rachel Carter	Ilkley Harriers	Female 50+	
171	Mandy Cartwright	Denbigh Harriers	Female 45+	
172	Kim Carwardine	Chepstow Harriers	Female 40+	1
173	Rhiain Casseldine-Foreman	Ogmore Phoenix Runners	Female 40+	1
174	Victoria Casson		Female 45+	5
175	Ruth Chamberlain	St Neots Triathlon club	Female 50+	4
176	Lisa Chan	Holme Pierrepont RC	Female 50+	
177	Elaine Charles		Female 65+	
178	Athenais Charlesworth		Female Open	
179	Gwennan Charlton	North Wales Road Runners Club	Female Open	3
180	Alexeanne Cherrington	Armadillos	Female 45+	1
181	Yin-Hai Cheung		Female 50+	13
182	Julie Chivell		Female 45+	
183	Nicky Chrascina	Running Forever Running Club	Female 60+	4
184	Debbie Christer		Female 50+	0
185	Kelly Christopher	Cornelly Striders AC	Female 50+	1
186	Mia Christopher		Female Open	
187	Nicola Churm Booton	Smiles and miles	Female Open	1
188	Rhian Clanfield		Female 50+	6
189	Karen Clark	Steel City Striders	Female 60+	11
190	Sheryl Clark	Islwyn RC	Female 50+	1
191	Annette Clarke		Female 50+	4
192	Mandy Clarke	York Knavesmire `Harriers	Female 55+	2
193	Moiria Clayto N		Female 50+	
194	Karen Clayton		Female 55+	2
195	Katy Cleece	Red rose road runners	Female 40+	
196	Abby Clyndes	Kent AC	Female Open	
197	Delyth Coburn		Female 40+	
198	Andrea Cody		Female 40+	
199	Nia Cole	DC Triathlon	Female Open	1
200	Ray Cole	Rosendale Harriers	Female Open	
201	Angela Coles	Brackla harriers	Female 50+	1
202	Marie Coles		Female 45+	3
203	Helen Colley	Taff Ely Triathlon Club	Female 50+	
204	Maggie Collingborn	Aberystwyth AC	Female 60+	3
205	Amy Collins		Female 45+	1
206	Freya Collins	Hereford couriers	Female 50+	1
207	Kathryn Collins	Lliswerry Runners	Female 40+	3
208	Louise Collins	Halesowen	Female 45+	
209	Tracey Collins	Lliswerry Runners	Female 60+	1
210	Bronwyn Coltman		Female Open	
211	Claire Connolly	Peloton parkrunners	Female 50+	
212	Leisa Cook	Justrun Penybont	Female 45+	3
213	Rose Cook	Run Like a Girl	Female Open	
214	Joan Cooke	Astley and Tyldesley road runners	Female 50+	
215	Carolyn Coombes	Worthing Striders	Female 45+	
216	Alison Coombs	Sospan Road Runners	Female 50+	1
217	Hannah Cooper		Female 45+	
218	Georgia Costin		Female Open	2
219	Kathy Cotter	City of Salisbury Athletics and Running Club	Female 60+	
220	Fabienne Coulon	Perpetual Motion Coaching	Female 50+	
221	Anne Counter	Daventry Road Runners	Female 60+	
222	Elizabeth Coward		Female 65+	8
223	Louise Cracknell	Ipswich Trail Runners	Female 40+	
224	Hannah Craig		Female Open	3
225	Libby Crees	Les Croupiers RC	Female 55+	4
226	Katy Crichton	TROTS	Female Open	
227	Delyth Crimes	Sarn Helen	Female 55+	7
228	Rachael Crone		Female Open	
229	Kate Cronin		Female Open	
230	Angharad Croot	Ogmore Phoenix Runners	Female Open	
231	Samantha Crouch	Northampton Road Runners	Female 45+	4
232	Joanne Crow	Badgers	Female 45+	1
233	Sara Cuffin		Female 45+	2
234	Angharad Cummings		Female 45+	
235	Debra Cummings		Female 55+	
236	Kirstie Cunningham		Female Open	
237	Lisa Cusack	Penny lane striders	Female 50+	
238	Amie Cushion		Female 40+	
239	Nikki Dacre	Haxby Runners	Female 40+	
240	Anna Dagnall	Stockport Tri Club	Female 45+	
241	Kate Daniels	Eynsham Road runners	Female 45+	
242	Catherine Darch		Female 45+	1 but DNF last year
243	Alison Davies	Croft Ambrey Running Club	Female Open	1
244	Andrea Davies	Pontyclun Road Runners	Female 50+	

245	Angharad Davies	Sospan Road Runners	Female Open	2
246	Eleanor Davies	Meirionnydd Running Club	Female 45+	1
247	Ffion Davies	Genod Gelert	Female 50+	
248	Helen Davies	Taff Ely Triathlon Club	Female 50+	3
249	Heulwen Davies	Aberystwyth AC	Female 60+	1
250	Josie Davies		Female 60+	2
251	Karen Davies	Aberystwyth AC	Female 55+	1
252	Kate Davies		Female Open	
253	Kelly Davies	Mon Milers	Female 45+	1
254	Kerry Davies	Cardigan Running Club	Female 45+	2
255	Llio Davies		Female Open	
256	Lois Davies		Female Open	
257	Lucy Davies		Female 45+	2
258	Mia Davies	Croft Ambrey Running Club	Female Open	
259	Nicola Davies	Maidenhead Athletics Club	Female 50+	
260	Rebecca Davies	Mon Milers	Female Open	1
261	Charlotte Davis	Islwyn RC	Female 45+	2
262	Elisha Davis		Female Open	
263	Jillian Dawson	Rochdale Tri Club	Female 55+	3
264	Jenny Dawson-Hicks		Female 40+	1
265	Claire Day		Female 60+	2
266	Juliette Day		Female 60+	1
267	Elen De Lacy		Female 40+	
268	Sharon Dearden		Female 50+	
269	Andrea Deathridge		Female 50+	4
270	Bonita Deathridge		Female Open	
271	Angela Delaney	Swansea Harriers	Female 55+	1
272	Francesca Dell'Anno		Female Open	
273	Sarah Denton	Maldwyn Harriers	Female 55+	5
274	Julie Derry	CCTR	Female 55+	2
275	Melanie Devine	Chester Road Runners	Female 50+	
276	Amy Dewhirst	Stourbridge Running Club	Female Open	2
277	Linda Diskin	Chester Triathlon Club	Female 45+	
278	Dawn Donaldson	St Neots Riverside Runners	Female 50+	1
279	Hayley Donnelly		Female 50+	1
280	Gillian Doolan	Stockport Tri Club	Female 55+	1
281	Rebecca Downs	Colwyn Bay Athletics	Female 45+	
282	Emma Drake		Female 50+	2
283	Lou Draycott	Pembrokeshire Harriers	Female 60+	3
284	Carrie-Ann Driver		Female Open	7
285	Louise Dunn	Barrow Runners	Female 40+	
286	Nadine Dwyer	Garden City Runners	Female 50+	1
287	Amy Dyer		Female Open	
288	Sarah Dyke	Cornelly Striders AC	Female 40+	1
289	Cat Eassom	PACER	Female 40+	1
290	Joanne East	Penarth and Dinas Runners	Female Open	
291	Kim Eastham	Macclesfield Harriers	Female 60+	2
292	Emma Eaton	Wootton Road runners	Female 40+	
293	Rosalind Edmonds	Taff Ely Triathlon Club	Female 65+	1
294	Carys Edwards	Tri Hard Harriers	Female Open	1
295	Diane Edwards		Female 50+	1
296	Eleri Edwards	Lonely Goat Running Club	Female 40+	1
297	Gloria Edwards	Llanelli AC	Female 60+	2
298	Joanna Edwards	Prestatyn Running Club	Female 50+	0
299	Louise Edwards	Salisbury Triathlon Club	Female 40+	1
300	Natalie Edwards	Dragons Running Club Aberdare	Female Open	
301	Nia Meleri Edwards	Eryri Harriers	Female 40+	
302	Rowena Edwards		Female 40+	
303	Suzanne Edwards		Female 50+	
304	Vivienne Edwards	Eryri Harriers	Female 70+	12
305	Ffion Elain		Female Open	
306	Ella Grey Ella Grey		Female Open	
307	Helen Elliott		Female 50+	13
308	Amanda Ellis	Wrekin Road Runners	Female 50+	
309	Elisabeth Ellis	Meirionnydd Running Club	Female Open	
310	Kathryn Ellis	NHS Blood and Transplant Charity	Female 40+	
311	Laura Ellis		Female 50+	3
312	Amy Ellison	Chester Road Runners	Female 40+	
313	Lynda Elmore		Female 55+	5
314	Karen Elvers		Female 50+	10
315	Bhavini Engrand		Female 40+	
316	Bethan Evans	Aberystwyth AC	Female 65+	
317	Bethan Evans		Female 45+	1
318	Brenda Evans	Rhondda Valley Runners	Female 70+	5
319	Elen Evans	Meirionnydd Running Club	Female 40+	1
320	Ellie Evans	Cybi Striders	Female 40+	
321	Fiona Evans	Ogmore Phoenix Runners	Female 55+	6
322	Gail Evans	Dragons Running Club Aberdare	Female 40+	4
323	Gail Evans	Aberystwyth AC	Female 45+	1

324	Geri Evans	GOG Triathlon Club	Female 50+	1
325	Jess Evans		Female Open	
326	Jodie Evans	Merthyr Triathlon club	Female Open	
327	Julie Evans	Pembrokeshire Triathlon Club	Female 65+	1
328	Lee Michelle Evans	Denbigh Harriers	Female 50+	
329	Nicola Evans	Knowle and Dorridge RC	Female 45+	1
330	Salome Evans		Female 50+	
331	Susan Evans	Pencoed Panthers	Female 50+	2
332	Wendi Evans	Eryri Harriers	Female 60+	
333	Maureen Evans-Olsen		Female 60+	1
334	Rachel Ezulike		Female 45+	
335	Julie Fairhurst	Porth Eirias Runners	Female 40+	
336	Jane Fanning		Female 50+	
337	Jill Farebrother	South Cheshire Harriers	Female 55+	1
338	Cara Farley	Run4All Neath	Female Open	1
339	Lorna Farmer	Hatch Warren Runners	Female 45+	
340	Suzy Farrell	Badgers	Female 45+	2
341	Claire Fennell	Clevedon AC	Female 40+	
342	Donna Fernandez	Llanelli AC	Female 40+	1
343	Rachel Finch	Beeston AC	Female Open	
344	Clare Finnagan	Oldham and Royton Harriers AC	Female Open	
345	Emma Firth-Rymer		Female 45+	1
346	Rachel Fisher	Kirkby Milers AC	Female 40+	2
347	Alison Fitton		Female 55+	1
348	Erin Fitzjohn		Female Open	1
349	Debbie Fowler		Female 55+	1
350	Helen Fowler	Badass Mother Runners	Female 45+	
351	Lauren Fowler		Female Open	
352	Liza Francis	Denbigh Harriers	Female 50+	1
353	Shirin Franklyn	Maidenhead Athletics Club	Female 40+	
354	Ann Frost		Female 60+	
355	Amelia Frost-Jones		Female Open	1
356	Tilly Fuller		Female 50+	0
357	Laura Futcher		Female 45+	2
358	Wendy Gainham		Female 60+	7
359	Gemma Gale	Uplift Run Club Essex	Female Open	
360	Louise Gallagher		Female 55+	
361	Sue Gallagher	Chester Road Runners	Female 50+	1
362	Julie Gardner		Female 60+	3
363	Jennifer Garner	Leighton Fun Runners	Female 40+	4
364	Gladys Gartland	The Stragglers RC	Female Open	
365	Lucy Gettins	Cornelly Striders AC	Female 65+	
366	Nick Gibbons		Female 55+	1
367	Emily Gibson		Female Open	
368	Alicia Gilbert	Silverdale Running Club	Female 40+	1
369	Julie Gilbert	Langport runners	Female 60+	1
370	Laura Gilbert	3M Gorseinon Road Runners	Female Open	
371	Adele Girdwood	Axe Valley Runners	Female 60+	
372	Joanne Glister	100 Marathon Club	Female 45+	
373	Carole Goddard	Les Croupiers RC	Female 50+	1
374	Claire Godfrey	Porthcawl Runners	Female 50+	
375	Sam Godfrey	Stomp the pedal	Female 40+	
376	Frances Good		Female Open	
377	Ann Goodwin		Female 70+	1
378	Gemma Gordon	PACER	Female 40+	2
379	Alison Gow		Female 55+	3
380	Elaine Grant	Girls That Jeff	Female 45+	
381	Anna Gray		Female 50+	5
382	Liga Gray	Marshall Milton Keynes AC	Female Open	
383	Nadine Gray	Daventry Road Runners	Female 45+	3
384	Michelle Greatrex	Griffithstown Harriers	Female 50+	
385	Karen Green	Ogmore Phoenix Runners	Female 45+	
386	Rebecca Green		Female 40+	
387	Hollie Gregory		Female 55+	
388	Clare Griffin	Penkridge Runners	Female 40+	
389	Emma Griffin		Female Open	
390	Isabel Griffith		Female Open	5
391	Abigail Griffiths		Female 40+	1
392	Amy Griffiths	Les Croupiers RC	Female Open	
393	Benita Griffiths	Llamwyr Llyn	Female 55+	1
394	Emily Griffiths	Emily	Female Open	
395	Rhian Griffiths-Jones		Female 40+	8
396	Ffion Groom		Female Open	1
397	Andria Grove	GOG Triathlon Club	Female 50+	1
398	Victoria Grozin		Female 55+	1
399	Natasha Grujic		Female Open	
400	Vanessa Gunn	Yaxley Runners and Joggers	Female Open	2
401	Flora Gunner	Croft Ambrey Running Club	Female 60+	2nd time
402	Susie Gurner	Hengoed Harriers	Female 40+	

403	Gina Gurney	Leighton Fun Runners	Female 45+	0 DNF
404	Helena Hackling		Female 45+	
405	Emma Halford		Female 45+	
406	Caitlin Hall		Female Open	
407	Melanie Hall	Brackla Harriers	Female 40+	1
408	Naomi Hallam	Norfolk Gazelles	Female 50+	
409	Stephanie Hambleton	Les Croupiers RC	Female Open	
410	Vicky Hamblin	Chineham Park Running Club	Female 50+	7
411	James Hammonds	REDWAY runners	Female Open	
412	Jane Hammonds	REDWAY runners	Female 55+	1
413	Victoria Hancocks-Amison		Female 40+	
414	Jeanette Hanley	Levenshulme Runners	Female 55+	
415	Elen Harman	Genod Gelert	Female Open	1
416	Claire Harper	Deestriders RC	Female 45+	
417	Samantha Harper	Croft Ambrey Running Club	Female 50+	
418	Jamie-Lee Harris	Dragons Running Club Aberdare	Female Open	
419	Jo Harris		Female 45+	
420	Toni Harris		Female Open	
421	Tracey Harris		Female 55+	3
422	Vanessa Harris	Accelerate	Female 50+	3
423	Phoenix Harritt	Bishop's Stortford Running Club	Female 45+	
424	Eve Hart	Ramsbottom Running Club	Female 45+	
425	Sian Hart	Caerleon RC	Female 45+	1
426	Alexandra Hartley	Penarth and Dinas Runners	Female 40+	
427	Dione Hartley		Female 45+	
428	Amanda Hartshorn		Female 40+	1
429	Gulderen Harwood	Stockport Harriers & AC	Female 50+	1
430	Jane Harwood	Port Talbot Harriers	Female Open	
431	Tracey Haseldine	GOG Triathlon Club	Female 55+	1
432	Anna Hatton		Female 50+	3
433	Jen Haywood	Vegan Runners UK	Female 40+	1
434	Emma Healy	Penarth and Dinas Runners	Female 50+	3
435	Jackie Hearn		Female 50+	
436	Karyn Heath		Female 50+	
437	Ruth Heavyside	She Runs Cardiff	Female 40+	
438	Pet Hedges	Redway Runners	Female 60+	2
439	Patricia Helen Seabrook	Finch Coasters	Female 80+	24
440	Samantha Hemming	Dudley Kingswinford	Female 40+	3
441	Lisa Herbert	Crowborough Runners	Female 55+	
442	Sarah Hetherington		Female 50+	9
443	Molly Hewitt	Eryri Harriers	Female Open	2
444	Emma Hibbins	Leighton Fun Runners	Female 45+	
445	Amy Hill		Female 40+	
446	Janet Hill	Croft Ambrey Running Club	Female 70+	3
447	Patricia Hill	Hengoed Harriers	Female 60+	4
448	Jill Hillman	Maldwyn Harriers	Female 65+	4
449	Amy Hines		Female 50+	
450	Clare Hinton	Spa Striders	Female 50+	
451	Kate Hitchcock		Female Open	
452	Adrienne Hodge	Newquay Road Runners	Female Open	2
453	Margaret Hodges	Rhayader Running Club	Female 65+	28
454	Ella Hogan	Ledbury & District Harriers	Female 45+	1
455	Helen Holcroft	Fitstuff	Female 55+	
456	Bardie Holmes	Portishead Running Club	Female 70+	
457	Jane Holmes	Sarn Helen	Female 55+	9
458	Janet Holmes	Les Croupiers RC	Female 45+	
459	Sue Holmes		Female 55+	6
460	Tara Holt	The Stragglers RC	Female 55+	
461	Vanessa Hope		Female Open	
462	Dawn Hopkins	Ogmore Phoenix Runners	Female 45+	2
463	Lara Hopkinson	Penarth and Dinas Runners	Female 50+	
464	Emma Horler	Queenstown Runners	Female 60+	
465	Harriet Howard	Witney Road Runners	Female Open	
466	Jo Howell		Female 50+	1
467	Philippa Howells	Peak Performance Wales	Female 45+	
468	Pauline Howes	100 Marathon Club	Female 70+	15
469	Jude Howlett		Female 40+	1
470	Kate Howlin		Female 45+	
471	Helen Hoyle	Sarn Helen	Female 60+	
472	Carol Anne Hughes		Female 45+	
473	Elliw Hughes	Genod Gelert	Female Open	
474	Jo Hughes	Genod Gelert	Female 55+	
475	Kirsten Hughes	Aberystwyth AC	Female 45+	
476	Lisa Hughes		Female 40+	2
477	Lisa Hughes	Just run penybont	Female 50+	1
478	Lisa Hughes		Female Open	
479	Lynne Hughes		Female 60+	2
480	Marguerite Hughes		Female Open	
481	Megan Hughes	Eryri Harriers	Female 50+	8

482	Rachael Hughes		Female Open	
483	Rebecca Hughes		Female Open	
484	Rebecca Hughes		Female 40+	2
485	Sally Hughes	Aberystwyth AC	Female Open	
486	Sarah-Jane Hughes	Brecon AC	Female 50+	
487	Ceri Humphreys	Tri Hard Harriers	Female Open	
488	Dawn Hunt		Female 50+	
489	Elizabeth Hunter	She Runs Cardiff	Female 55+	1
490	Trudy Hurford	Lliswerry Runners	Female 50+	4
491	Imogen Hurn		Female Open	
492	Jo Ingram	Sutton in Ashfield Harriers	Female Open	2
493	Gemma Jackson		Female Open	
494	Megan Jackson	Cambridge & Coleridge AC	Female Open	
495	Sarah Jackson	Penny Lane Striders	Female 45+	6
496	Buddug James		Female Open	
497	Cath James	Caerphilly Runners	Female 50+	2
498	Charmaine James		Female Open	
499	Hilary James		Female 60+	2
500	Jessica James	Parc Bryn Bach RC	Female Open	
501	Kimberlee James	Port Talbot harriers	Female 40+	
502	Kirsty James		Female 50+	
503	Meryl James	Women Running Penarth	Female 50+	
504	Shan James	Cardigan Running Club	Female 45+	3
505	Shannan James	NEJ Running Club	Female Open	
506	Wendy James	Aberystwyth AC	Female 60+	
507	Lisa Jeffrey		Female 55+	5
508	Amanda Jenkins		Female 55+	2
509	Cathryn Jenkins	Celtic Tri	Female 50+	1
510	Laura Jenkins	Cornelly Striders AC	Female 55+	
511	Rachel Jenkins		Female Open	2
512	Sharon Jenkins		Female 50+	
513	Sioned Jenkins		Female 45+	1
514	Luska Jerdin	Midlothian Runners	Female 50+	
515	Sarah Jeremiah	Parc Bryn Bach RC	Female 50+	1
516	Anne-Marie Jerman	DC Triathlon	Female 40+	2
517	Cerys John		Female Open	
518	Rebecca John		Female 40+	1
519	Charlotte Johns	Brackla Harriers	Female 60+	
520	Dyanne Johnson		Female 55+	
521	Frances Johnson	Egdon Heath Harriers	Female 60+	1
522	Helen Johnson	Wirral saxons	Female 55+	1
523	Abi Jones	Penarth and Dinas Runners	Female Open	
524	Alison Jones	100 Marathon Club	Female 55+	4
525	Angharad Jones		Female 45+	1
526	Caryl Jones	Llamwyr Llyn	Female Open	
527	Catherine Jones	Bramhall Runners	Female 65+	6
528	Ceri Jones		Female 50+	1
529	Cheryl Jones	Lliswerry Runners	Female 40+	2
530	Claire Jones		Female 50+	
531	Denise Jones	JustRun Penybont	Female 55+	4
532	Ellen Jones		Female Open	
533	Emma Jones	Croft Ambrey Running Club	Female 45+	
534	G Jones	Wrexham aac	Female 60+	7
535	Gemma Jones	Run4All Neath	Female 40+	2
536	Harriet Jones		Female 50+	
537	Jayne Jones	Parc Bryn Bach RC	Female 50+	2
538	Jules Jones	RAD Runners	Female 45+	
539	Julie Jones	North Dock Dredgers Tri	Female 55+	3
540	Karen Jones	Royton Road Runners	Female 50+	1
541	Samantha Jones	Hengoed Harriers	Female 50+	2
542	Shelley Jones		Female 50+	2
543	Shona Jones	Llamwyr Llyn	Female Open	
544	Sian Jones		Female Open	
545	Sian Jones	Lliswerry Runners	Female 45+	1
546	Sian Jones	Parc Bryn Bach RC	Female Open	5
547	Sophie Jones		Female Open	
548	Tiffany Jones		Female Open	1
549	Vicky Jones		Female 45+	
550	Helen Jones-Crofts	Barnsley AC	Female 50+	3
551	Miriam Jones-Walters	Mercia Fell Runners	Female Open	
552	Pirjo Jousseau Kotka		Female 60+	
553	Karen Karen	Smiles & Miles	Female 45+	
554	Sandra Kaulfuss	Oswestry Olympians	Female 40+	1
555	Kathryn Kearney	Port Talbot Harriers	Female 60+	1
556	Denise Kellerman		Female 50+	
557	Jo Kemp	Northwich Running Club	Female 65+	5
558	Hannah Kendell		Female Open	
559	Charlotte Kennedy		Female Open	
560	Reachel Kenny		Female 60+	

561	Ann Kent		Female 45+	1
562	Eva Kenyeres	Emlyn Flyers	Female 50+	2
563	Angela Kerr	Axe Valley Runners	Female 70+	4
564	Joanne Kilby	Parc Bryn Bach RC	Female 50+	3
565	Bev King		Female 50+	2
566	Helena King	DNF	Female 45+	
567	Susan King		Female 40+	1
568	Sylke King	Porthcawl runners	Female 60+	1
569	Zilin King		Female Open	
570	Kelly Knight		Female 40+	
571	Deb Knight-Davis	Lliswerry Runners	Female 60+	1
572	Julie Knill	Wye Valley Runners	Female 60+	
573	Lucja Kotowska		Female 50+	
574	Katarzyna Krzeminska	Ogmore Phoenix Runners	Female 50+	3
575	Sabina Kubinska		Female Open	1
576	Chiara La Barbera		Female Open	
577	Jenny Laing	South Derbyshire road runners	Female Open	9
578	Liz Laird	Chippenharn Harriers	Female 55+	7
579	Alisha Lalmahamode		Female Open	
580	Lina Land	Aberystwyth AC	Female 40+	3
581	Anest Lane	Genod Gelert	Female Open	1
582	Elin Lane	Genod Gelert	Female Open	1
583	Janine Lane		Female 45+	3
584	Polly Large		Female Open	
585	Jane Laughton	BCRC	Female 45+	
586	Bobbie Launchbury		Female 40+	2
587	Tsu Law		Female 40+	
588	Breige Lawrence	Porthcawl Runners	Female 40+	
589	Helen Lawrence		Female 60+	7
590	Ruth Lawrenson		Female Open	
591	Fiona Leatham	Whitchurch Whippets	Female 55+	
592	Nadine Leder	Albany Road Run Club	Female Open	
593	Hannah Leese		Female Open	
594	Jaana Lehtinen	NAMI ry	Female 60+	
595	Charlotte Leith		Female Open	
596	Sophie Lenton	100 Marathon Club	Female Open	
597	Hayley Leonard	Mon Milers	Female 40+	
598	Abigail Lewis		Female Open	
599	Angharad Lewis	GOG Triathlon Club	Female 45+	1
600	Bryony Lewis		Female Open	
601	Ceriann Lewis	Celtic Tri	Female 40+	
602	Claire Lewis		Female 55+	4
603	Fiona Lewis		Female 40+	
604	Rachel Lewis	Northampton Road Runners	Female Open	1
605	Tifanie Lewis	Amman Valley Harriers	Female Open	3
606	Laura Lewis-Copeman	Griffithstown Harriers	Female Open	
607	Ashleigh Lezard	The Stragglers RC	Female 45+	
608	Hannah Lidgett	Chepstow Harriers	Female Open	1
609	Louise Linnett	Northampton Road Runners	Female 55+	2
610	Marie Lipscombe	Lordshill road runners	Female Open	
611	Helen Little		Female 50+	1
612	Jo Lloyd Davies	Amman Valley Harriers	Female 40+	
613	Emma Long	St Neots Riverside Runners	Female 45+	
614	Gaynor Loveless		Female 65+	
615	Kirsty Lovell		Female 50+	
616	Ruth Lucas		Female 45+	
617	Louise Ludwig	Deal Triathlon Club	Female 60+	1
618	Polly Ludwig	Deal Triathlon Club	Female Open	
619	Suzy Luker-Davies	Dragons Running Club Aberdare	Female 50+	3
620	Naomi Lunn	Desford Striders	Female 50+	4
621	Fiona Lynch	Bury AC	Female 50+	
622	Marie Lynch		Female 50+	6
623	Beca Lyne-Pirkis	Heathwood Triathlon Club	Female 45+	
624	Christina Lyons		Female 50+	1
625	Lorraine Lyons	Deal Triathlon Club	Female 55+	1
626	Helen Macarthur	Colwyn Bay Athletics	Female 55+	1
627	Kellie Macbeth	Cardigan Running Club	Female 50+	
628	Esta Macinnes		Female Open	
629	Hannah Macro		Female Open	
630	Ellen Maine	Tri Hard Harriers	Female 55+	
631	Delyth Mainwaring		Female 45+	5
632	Lesley Mainwaring	Port Talbot Harriers	Female 55+	9
633	Karolina Majka	Caerphilly Runners	Female Open	
634	Barbara Margetts	Rhedwyr Hebog	Female 60+	
635	Llinos Marples		Female Open	2
636	Sarah Marriott	GOG Triathlon Club	Female 50+	2
637	Emma Marsh		Female 40+	
638	Emma Marshall	Just Run Penybont	Female 45+	2
639	Johanna Marshall		Female 45+	3

640	Anna Martin	Moor Road Runners	Female 50+	2
641	Karina Martin-Dunstan	Cheltenham and Gloucester Trail Runners	Female 40+	
642	Gayle Mason	Reigate Priory Athletics Club	Female 50+	1
643	Sarah Massey	GOG Triathlon Club	Female 50+	3
644	Anne-Marie Matthews	Badgers	Female 45+	3
645	Rachel Matthews	Cardigan Running Club	Female 60+	1
646	Fee Maycock	Western Tempo	Female 55+	
647	Zoe Mcbeth		Female 50+	2
648	Lepha McCartan	Almost Athletes	Female 40+	2
649	Shan McCarthy	Weston Athletic Club	Female 55+	
650	Helen McCormack		Female 50+	2
651	Jane Mcfarlane		Female 50+	1
652	Jessica McGivney		Female Open	
653	Kimberley McGourlick	Islwyn RC	Female 40+	
654	Justine McGregor (Formerly Flett)	100 Marathon Club	Female 50+	1
655	Rachel McGuckin		Female 40+	2
656	Tracie McGuire	Grimsby Tri Club	Female 55+	1
657	Nicola McNally	Peak Performance	Female 60+	
658	Jennifer Mcpadden	Griffithstown Harriers	Female 40+	
659	Rebecca Mcwass	Invisible Fitness	Female 45+	2
660	Hayley Meade	Chineham Park Running Club	Female Open	1 (2025)
661	Nicola Meades	Genod Gelert	Female 50+	2
662	Tori Melhuish		Female 45+	1
663	Shelley Menell	Saffron Striders	Female 45+	
664	Becca Menzler		Female Open	
665	Ellie-Rose Merriman		Female Open	
666	Ellie Michael	Pegasus RC	Female 45+	
667	Gillian Middlemas	Mon Milers	Female 65+	
668	Rebecca Millar	Albany Road Run Club	Female Open	
669	Amanda Miller		Female 50+	
670	Lauren Miller		Female Open	
671	Debbie Millington	Lonely Goat Running Club	Female 45+	1
672	Emily Mills	UTS Run Club	Female 40+	2
673	Vicky Millward	Essington Harriers Running Club	Female 45+	
674	Nia Mitchelmore	Genod Gelert	Female Open	
675	Lidia Modzelewska		Female 50+	2
676	Jaime Molloy		Female 40+	
677	Rebecca Mon-Williams	Ilkley Harriers	Female 55+	
678	Debbie Monroe	Daventry Road Runners	Female 60+	4
679	Emma Mooney	Marple Runners	Female 45+	
680	Anna Moore		Female 40+	
681	Aimee Moran	Run4All Neath	Female Open	
682	Angela Morgan		Female 65+	7
683	Caroline Morgan	Swansea Harriers	Female 60+	1
684	Erica Morgan		Female 50+	
685	Helen Morgan	Eryri Harriers	Female 45+	5
686	Leah Morgan	Swansea vale tri	Female Open	
687	Lon Morgan	TROTS	Female 65+	6
688	Sian Morgan	Penarth and Dinas Runners	Female 40+	2
689	Kellie Morgan-Rowe	Cornelly Striders AC	Female 45+	1
690	Zoe Morling	Northampton Road Runners	Female Open	
691	Abigail Morris	Hailsham Harriers	Female Open	2
692	Alice Morris		Female Open	3
693	Claire Morris		Female 50+	2
694	Jane Morris	Wrekin Road Runners	Female 60+	
695	Jayne Morris	Lonely Goat Running Club	Female 55+	1
696	Kimberley Morris		Female Open	
697	Melina Morris	Denbigh Harriers	Female 50+	2
698	Rachel Morris		Female 45+	1
699	Rebecca Morris		Female 45+	
700	Vicky Morris	Bridgnorth Running Club	Female 45+	
701	Ann Morrissey	Hyde Village Striders	Female 60+	4
702	Bethan Mortimer	Eryri Harriers	Female 45+	1
703	Aimee Mote		Female 45+	
704	Sarah Muirhead	Cardigan Running Club	Female Open	
705	Viki Murphy	Bramhall runners	Female 55+	8
706	Cain Muse		Female Open	
707	Helen Myers	100 Marathon Club	Female 55+	6
708	Mad Max Napal	Trail Running Association	Female 50+	5
709	Claire Negus	Cheshire Dragons	Female 45+	1
710	Katy Nelson		Female Open	1
711	Zuzana Nemeckova	Kent AC	Female 50+	3
712	Julia Neri	Steel City Striders	Female 45+	0
713	Tracey Newman	Clwb Run Wales	Female 55+	8
714	Andrea Newnes	Knowsley Harriers	Female Open	
715	Sian Newton	Hengoed Harriers	Female 50+	2
716	Sarah Nicholass		Female 40+	6
717	Alison Nicholls	Brecon AC	Female 60+	9
718	Lynne Nicholls	Northampton Road Runners	Female 45+	

719	Eleanor Nichols-Grey		Female 40+	1
720	Tania Nicklin	Chatty Pacers	Female 50+	
721	Karen Nix		Female 45+	1
722	Jude Norman		Female 50+	
723	Nikki Norman	Redway Runners	Female 45+	
724	Jennifer Norwood		Female 45+	1
725	Mary Ann O'Neill	Wrekin Road Runners	Female 50+	
726	Heidi O'Brien	Cybi Striders	Female Open	1
727	Lil Odea	Harwich Runners	Female 40+	
728	Jane Ogilvie	Brackla Harriers	Female 60+	8
729	Lauren Old	Pegasus RC	Female 40+	1
730	Grace Oleary		Female Open	
731	Sallyann Oneil		Female 50+	5
732	Johanna Oregan	St Neots Triathlon Club	Female 40+	
733	Suzanne Orr		Female 55+	10
734	Cadi Ostler	Eryri Harriers	Female 40+	2
735	Caitlin Owen	Lliswerry Runners	Female Open	1
736	Emma Owen		Female Open	3
737	Helen Owen	Maldwyn Harriers	Female 55+	6
738	Shannon Owen		Female Open	3
739	Sian Owen	Aberystwyth AC	Female 50+	1
740	Kathryn Owens		Female Open	
741	Sarah Padbury	Bristol trail running club	Female Open	
742	Georgia Palmer	Les Croupiers RC	Female Open	
743	Liz Palmer	Penarth and Dinas Runners	Female 40+	
744	Kimberley Parker		Female 40+	
745	Michele Parker	Croft Ambrey Running Club	Female 55+	3
746	Judy Parkes	Badgers	Female 55+	
747	Olivia Parkin	Parc Bryn Bach RC	Female Open	
748	Ann Parrott		Female 60+	
749	Zara Parry	Porth Eirias Runners	Female 45+	
750	Sarah Patnett	Penarth and Dinas Runners	Female 50+	
751	Rachel Pattiatia		Female Open	1
752	Julie Pattyson		Female 55+	
753	Bretti Paxton	Pontypridd Roadents AC	Female Open	2
754	Lily Peace	Tri Hard Harriers	Female Open	
755	Katie Peacock	Cannock Chase trail runners	Female 40+	
756	Melanie Peake		Female Open	1
757	Helen Perkin	Human Energy AC	Female 55+	6
758	Julie Perkins		Female 50+	7
759	Laura Perrett		Female 45+	
760	Gemma Perriam		Female Open	1
761	Emma Perry	Silverdale Running Club	Female Open	2
762	Kirsty Perry-Gower		Female 45+	4
763	Nicola Perry-Gower		Female 50+	6
764	Hilary Peters	Cannock and Stafford AC	Female 50+	1
765	Lisa Phaure	City of Salisbury Athletics and Running Club	Female 50+	
766	Lisa Phee	Dunstable lions RC	Female 45+	3
767	Angela Phillips	Freedom Tri	Female 55+	
768	Bethan Phillips	Carmarthen Triathlon Club	Female Open	
769	Katherine Phillips		Female 45+	2
770	Kathryn Phillips		Female 45+	3
771	Katie Phillips	Merthyr Running Club	Female 40+	
772	Louise Phillips	Rhondda valley runners	Female 45+	4
773	Nia Phillips	Carmarthen Triathlon Club	Female Open	
774	Pam Philpot	100 Marathon Club	Female 65+	
775	Zoe Pickering	Northampton Road Runners	Female Open	2
776	Sarah Pinkerton	PACE Running Club	Female 50+	
777	Lisa Pinney	Sawmill	Female 50+	4
778	Tamina Piscopo		Female 45+	
779	Jess Player		Female 45+	1
780	Keri Pocock		Female Open	
781	Jo Podolanski	Stockport Tri Club	Female 55+	5
782	Katherine Poljakovic	Genod Gelert	Female 45+	2
783	Mariola Ponomarov		Female Open	0
784	Joanne Porteous	UTS	Female 55+	2
785	Kaylie Porter	Griffithstown Harriers	Female Open	
786	Gemma Potter		Female Open	
787	Megan Poulson	San Domenico RC	Female Open	2
788	Carol Powell	Croft Ambrey Running Club	Female 50+	
789	Emily Powell		Female Open	
790	Ffion Powell		Female Open	
791	Lorna Powell	Llanelli striders	Female 55+	2
792	Natasha Powell		Female Open	
793	Rebecca Powell	Penarth and Dinas Runners	Female 45+	
794	Dawn Power	North Herts Road Runners	Female 50+	
795	Keira Pratt	Penarth and Dinas Runners	Female 40+	2
796	Hilary Preece	Islwyn RC	Female 55+	1
797	Evie Price	Yr Hen Blwyf	Female Open	

798	Hayley Price		Female 45+	8
799	Charlotte Priddy	Aberystwyth AC	Female Open	
800	Rosie Priddy		Female 40+	
801	Jessica Priest	Clent Runners	Female Open	
802	Ffion Priestley		Female 40+	
803	Sharon Pritchard	Ogmore Phoenix Runners	Female 55+	3
804	Sonia Pritchard		Female 45+	
805	Rhian Probert	Mynydd Du	Female 55+	7
806	Hayley Pugh		Female 50+	1
807	Jane Pugh	Dudley Kingswinford	Female 55+	2
808	Emma Quarmby	Ripon Runners	Female 50+	2
809	Verity Quartermain		Female Open	
810	Holly Quine		Female Open	
811	Sally Quine		Female Open	1
812	Shirley Ralph	Bramhall Runners	Female 50+	1
813	Katelan Ramsey		Female Open	
814	Victoria Ramsey		Female 45+	3
815	Einir Randall		Female 50+	
816	Rebecca Rayner	Fairlands Valley Spartans	Female 40+	
817	Aine Razzell	Chineham Park Running Club	Female 55+	
818	Emma Reading	Maldwyn Harriers	Female 45+	
819	Teresa Reason	Gade Valley Harriers	Female 50+	
820	Donna Redvers Jones	Mon Milers	Female 55+	
821	Carole Reed		Female 60+	13
822	Carly Rees	100 Marathon Club	Female 40+	4
823	Cathryn Rees	Dorset Doodlers	Female 45+	
824	Celyn Rees		Female Open	
825	Elaine Rees		Female 55+	
826	Natasha Rees	Cheltenham and Gloucester Trail Runners	Female 45+	
827	Nia Rees	Sarn Helen	Female Open	
828	Sioned Rees	Amman Valley Harriers	Female Open	
829	Stacey Rendall	Islwyn RC	Female 45+	1
830	Amy Reynolds		Female Open	5
831	Paula Reynolds		Female 50+	2
832	Vicki Reynolds		Female 40+	2
833	Kirsty Rhodes	Pontypool and District Runners	Female 40+	
834	Angharad Rich		Female 45+	
835	Alaw Swyn Richards		Female Open	
836	Debbie Richards	Women Running Penarth	Female 55+	1
837	Janet Richards	Lliswerry Runners	Female 60+	7
838	Lowri Richards	DC Triathlon	Female Open	
839	Natalie Richards	Heathwood Triathlon Club	Female 45+	2
840	Sarah Richardson	Bromsgrove and Redditch AC	Female 60+	5
841	Alix Riches-Barber		Female 40+	
842	Rachel Rick	Penny Lane Striders	Female 65+	9
843	Alison Riley		Female 40+	1
844	Zoe Rimmer		Female Open	
845	Sandra Ritchie	Roadhoggs AC Leicester	Female 55+	
846	Bethan Wyn Roberts		Female 55+	
847	Iona Roberts		Female Open	2
848	Kathryn Roberts	Rhedwyr Hebog	Female 50+	4
849	Leanne Roberts	Cardigan Running Club	Female Open	
850	Lowri Roberts		Female 50+	1
851	Sarah Roberts	She Runs Cardiff	Female 50+	
852	Sian Roberts		Female 55+	
853	Teresa Roberts		Female 60+	7
854	Mandy Robinson	Pontypool and District Runners	Female 55+	
855	Rachel Rongong		Female 55+	1
856	Antoinette Rose	Lliswerry Runners	Female Open	3
857	Joanne Rosenwold		Female 55+	1
858	Genevieve Ross	Buckley RC	Female Open	1
859	Lucy Rowe	Caerphilly Runners	Female Open	
860	Victoria Rowland	Clarity	Female 45+	2
861	Sarah Rowlands		Female 55+	
862	Lisa Russell		Female 50+	
863	Jane Ryall	Tri Potential	Female 55+	
864	Bec Ryan	Cornelly Striders AC	Female Open	1
865	Hollie Ryder	St albans striders	Female Open	
866	Lorna Saffer	Vegan Runners UK	Female Open	1
867	Katie Samuelson	Todmorden Harriers	Female 45+	7
868	Rebecca Sanders	Valley Hill Runners	Female 40+	
869	Nichola Sanderson	Almost Athletes	Female 40+	
870	Elaine Sargent	Keswick AC	Female 55+	
871	Amanda Schwarz		Female 60+	
872	Claire Scoots		Female 40+	
873	Amanda Scotter	Deestridders RC	Female 40+	
874	Rebecca Scrivens		Female 40+	
875	Patricia Searle	She Runs Cardiff	Female 65+	3
876	Angela Seddon-Doyle		Female 45+	2

877	Rachel Sergeant	Eryri Harriers	Female 40+	
878	Rachael Shankland	StokeFit	Female 40+	
879	Catherine Sharp	Pontyclun Road Runners	Female Open	1
880	Robin Shaw	Iron chef coaching	Female Open	1
881	Bev Shawcross	Moor Road Runners	Female 60+	
882	Sheena Shearman		Female 45+	2
883	Emma Shears		Female Open	
884	Gayle Sheppard		Female 50+	1
885	Janet Sheppard		Female 60+	
886	Bryony Shircore	Eryri Harriers	Female Open	4
887	Paula Short	Stamford Striders	Female 45+	1
888	Jasmin Silvester		Female Open	
889	Ellie Simonds-Gooding	Maidenhead Athletics Club	Female Open	
890	Nicola Sinclair	Lliswerry Runners	Female 45+	2
891	Sophie Skarbek		Female Open	1
892	Lisa Skermer	Ripley Running Club	Female 50+	
893	Agnieszka Skora		Female 50+	
894	Liz Slade	Axe Valley Runners	Female 50+	1
895	Emma Slark	Forest Vikings	Female 40+	
896	Tracy Slater		Female 45+	
897	Claire Slaviero	Holme Pierrepont RC	Female 40+	
898	Jessica Sloan		Female 45+	2
899	Sally Smart	Cornelly Striders AC	Female 50+	
900	Joanna Smit	Maidstone Harriers	Female 45+	
901	Amanda Jayne Smith	Ferry Flatliners	Female 50+	
902	Beverley Smith	Egdon Heath Harriers	Female 50+	
903	Charlotte Smith	Selby striders	Female 40+	1
904	Ebony Smith	Run4All Neath	Female 45+	2
905	Gaenor Smith		Female 45+	
906	Jen Smith	Kent AC	Female 50+	1
907	Jo Smith		Female 50+	1
908	Julie Smith	Rugby and Northampton	Female 50+	
909	Frankie Snare	Witney Road Runners	Female Open	
910	Lorna Spalding	Wolds veteran running club	Female 45+	
911	Bethan Spare	Run4All Neath	Female Open	
912	Michelle Spencer	Amman Valley Harriers	Female 50+	
913	Rachel Stacey	Weston Athletic Club	Female 60+	3
914	Lina Statham	Regency Runners	Female 60+	6
915	Shelagh Stelfox		Female 60+	9
916	Laurie Stephens	Brecon AC	Female Open	
917	Emma Stewart		Female 40+	
918	Evie Stocker		Female Open	
919	Caryl Stokes	Run4All Neath	Female 50+	2
920	Emily Stone	Northwich Running Club	Female 40+	
921	Polly Summers	Sarn Helen	Female Open	2
922	Sue Summers	Northampton Road Runners	Female 60+	1
923	Ruth Sutton		Female 50+	
924	Katie Tabner		Female 45+	
925	Jennifer Tait		Female Open	
926	Taryn Talbott	Caerphilly Runners	Female 40+	
927	Katy Tallon	The green runners	Female 40+	
928	Amy Tang	Chorlton Runners	Female 40+	
929	Jenny Tanner	TROTS	Female 40+	3
930	Nina Tant	Mon Milers	Female Open	
931	Sally Tapper	Leicester Roadhogs	Female 55+	
932	Sarah Taylor		Female Open	1
933	Vicky Taylor	Northampton Road Runners	Female 40+	
934	Amelia Tayt	Dereham Runners	Female 45+	
935	Fran Telford		Female 55+	
936	Diane Thacker		Female 60+	11
937	Carolyn Thomas	Dragons Running Club Aberdare	Female 60+	8
938	Chris Thomas	Builth and District Running Club	Female 65+	
939	Kirsty Thomas	Merthyr Triathlon Club	Female 40+	
940	Laura Thomas		Female 40+	
941	Lorraine Thomas		Female 60+	2
942	Louise Thomas		Female 50+	
943	Melanie Thomas	Ogmore Phoenix Runners	Female 45+	1
944	Michelle Thomas	Pegasus RC	Female 55+	
945	Myfanwy Thomas	She Runs Cardiff	Female 45+	1
946	Nicola Thomas	Amman Valley Harriers	Female 45+	2
947	Sarah Thomas		Female 45+	5
948	Suzanne Thomas		Female 60+	
949	Tammy Thomas	Brackla Harriers	Female 50+	
950	Catherine Thompson		Female Open	
951	Wendy Thompson	Huncote Harriers AC	Female 55+	6
952	Caroline Thrussell	North herts road runners	Female 60+	3
953	Lynne Thumpston	100 Marathon Club	Female 65+	
954	Rebecca Tilley		Female Open	1
955	Jackie Timms	Dwygy Dashers	Female 55+	10

956	Jenny Tomkins	Cornelly Striders AC	Female 50+	1
957	Mair Tomkinson-Armytage	Rhondda Valley Runners	Female 50+	4
958	Megan Tomlin		Female 50+	
959	Heiddwen Tomos	Sarn Helen	Female 45+	
960	Ceri Tothill		Female 45+	
961	Charlotte Townsend	Dorset Doodlers	Female 50+	
962	Wendy Trelease	GOG Triathlon Club	Female 50+	
963	Lindsay Trelford	South Leeds Lakers	Female 45+	
964	Alice Trevor Jones	Oswestry Olympians	Female 40+	
965	Maria Del Carmen Trillo Quintans		Female 50+	
966	Emma Truss		Female Open	
967	Lesley Tuck	St Neots Riverside Runners	Female 50+	
968	Jacqui Tudhope	Lliswerry Runners	Female 50+	
969	Eve Tully		Female 45+	1
970	Elizabeth Tunna	Elizabeth Tunna	Female 40+	7
971	Tracy Turley		Female 45+	
972	Helen Turnbull		Female Open	2
973	Moli Turner		Female Open	
974	Hannah Twigg	Silverdale Running Club	Female 40+	
975	Sarah Tyler	Betsi Runaways	Female 40+	6
976	Sarah Valentine		Female 65+	
977	Lucy Vamplew	Ackworth Road Runners	Female 45+	3
978	Gerlinde Van Meerbergen	TROTS	Female 40+	
979	Sarah Varnam	Roadhogs AC Leicester	Female Open	
980	Simona Vasiljeva		Female Open	
981	Lottie Vaughan	Brackla Harriers	Female Open	5
982	Lottie Vaughan	Brackla Harriers	Female Open	5
983	Zophie Vazquez-Howard	100 Marathon Club	Female 60+	
984	Kerry Venn		Female 50+	5
985	Claire Verran	Croft Ambrey Running Club	Female 50+	1
986	Natalie Vidler	Donnington Runners	Female 40+	
987	Jenni Visuri	Swansea Harriers	Female Open	
988	Florence Waddington	CDF Runners	Female Open	1
989	Lisa Wade	Mon Milers	Female 50+	
990	Lisa Wakeman	Aldridge running club	Female 40+	
991	Elizabeth Walker	Helsby Running Club	Female 40+	1
992	Jane Wall	Saint Edmund Pacers	Female 70+	
993	Rachel Walsh	Les Croupiers RC	Female 45+	
994	Hayley Fairclough	Penny lane striders	Female 40+	2
995	Josie Walters	Tri Hard Harriers	Female Open	
996	Alice Walton		Female Open	5
997	Fiona Warburton		Female Open	
998	Chloe Ward		Female Open	
999	Harriet Warden	Wootton Road Runners	Female Open	1
1000	Sarah Warden	Wootton Road Runners	Female 60+	
1001	Lauren Ware		Female Open	
1002	Kaz Warlow		Female 55+	1
1003	Anna Warner		Female Open	
1004	Liane Warren	Ackworth Road Runners	Female 55+	6
1005	Betty Warrington		Female 40+	1
1006	Olena Waskiewicz	Vegan Runners UK	Female 50+	1
1007	Heidi Waters		Female 40+	1
1008	Jeannie Watkins	Paul Popham	Female 50+	
1009	Mari Watkins	Les Croupiers RC	Female Open	
1010	Peggy Watkins		Female Open	1
1011	Christina Watson	Eton Manor	Female 65+	2
1012	Sian Watson	Ripley Running Club	Female 45+	
1013	Lana Watts		Female 45+	
1014	Chris Webb	Swansea Harriers	Female 50+	2
1015	Jo Webb		Female 45+	1
1016	Laura Weir	Wirral Saxons	Female 45+	
1017	Helen Welch		Female 55+	1
1018	Claire Wellington	Tri Hard Harriers	Female 55+	2
1019	Janice Wellstead	Baffins Fit Club	Female 65+	4
1020	Helen Weston	TROTS	Female 45+	3
1021	Jenni Whatley	Lonely Goat Running Club	Female 45+	3
1022	Lyndsey Wheeler	Aberystwyth AC	Female 40+	2
1023	Emma Louise White		Female 45+	3
1024	Tonia Whitebeam	Tewkesbury Running Club	Female 55+	1
1025	Melanie Wigley		Female 45+	2
1026	Ruth Wilkinson	Macclesfield Harriers	Female Open	4
1027	Adie Williams	Daventry Road Runners	Female 45+	
1028	Alison Williams		Female 45+	4
1029	Bethan Williams	Rhedwyr Emlyn	Female 40+	1
1030	Ceris Williams	Aberystwyth AC	Female 55+	2
1031	Delyth Williams	San Domenico	Female Open	5
1032	Jo-Anne Williams	Pembs Tri	Female 45+	
1033	Kate Williams	Dulwich Runners AC	Female Open	
1034	Kathryn Williams	She Runs Cardiff	Female 40+	

1035 Lauren Williams	Caerleon RC	Female 40+	
1036 Lia Williams		Female Open	
1037 Lisa Williams		Female 50+	6
1038 Lisa Williams	Pentraeth Automotive	Female 45+	1
1039 Liz Williams	Running Forever Running Club	Female 55+	
1040 Nathalie Williams	St Neots Riverside Runners	Female 55+	2
1041 Nia Williams		Female Open	
1042 Nicola Williams		Female 55+	1
1043 Sandra Williams		Female 55+	1
1044 Sarah Williams	Running Punks	Female 45+	2
1045 Sarah Williams	Hereford couriers	Female 45+	2
1046 Sharon Williams		Female 60+	
1047 Sian Williams		Female 45+	
1048 Siwan Williams		Female Open	
1049 Sonia Williams		Female Open	2
1050 Tracy Williams	Cardigan Running Club	Female 40+	2
1051 Helen Willoughby		Female 60+	7
1052 Katherine Wills	Betsi Runaways	Female 60+	9
1053 Kim Wilyman		Female 40+	1
1054 Hayley Winder		Female 50+	8
1055 Rachel Windle-Jones		Female 50+	1
1056 Zoe Windos	Cornelly Striders AC	Female Open	
1057 Andrea Winkless	Barrow runners	Female 55+	3
1058 Laura Winter	Cardigan Running Club	Female 45+	2
1059 Olivia Withers	London Heathside	Female Open	5
1060 Laura Witter	Genod Gelert	Female 40+	
1061 Rachel Wood	Maldwyn Harriers	Female 40+	
1062 Trish Woodhouse		Female 60+	1
1063 Helen Woodward	SVT	Female 55+	
1064 Bethan Wootton		Female Open	
1065 Sarah Worth		Female 45+	3
1066 Claire Wright	100 Marathon Club	Female 50+	4
1067 Clare Wright		Female 45+	1
1068 Ebony Wright		Female Open	
1069 Jozie Wright		Female Open	
1070 Lisa Wright	Lisa Wright	Female 55+	10
1071 Nicola Wright	Parklands Jog and run	Female 45+	
1072 Annes Wyn		Female 40+	
1073 Nyfain Wynn	Rhedwyr Hebog	Female 50+	4
1074 Natalie Wynne		Female Open	1
1075 Jo Yarnall	100 Marathon Club	Female 55+	9
1076 Rebecca Yearling	Lliswerry Runners	Female Open	
1077 Maya Yien		Female Open	
1078 Denise Zachariasz		Female 50+	5
1079 Roxy Zym	Parc Bryn Bach RC	Female Open	
1950 Glyndwr Jones		Male 70+	11
1979 Simon Webb	The Stragglers RC	Male 45+	2
2001 Kevin Dalling		Male 60+	2
2002 Craig A Gilchrist	Mowcop running club	Male 45+	1
2003 Keiron A O'Neill	Tri Hard Harriers	Male Open	
2004 Llyr Ab Einion	Aberystwyth AC	Male Open	
2005 Jake Abraham		Male Open	
2006 Nigel Adams	Penarth and Dinas Runners	Male 60+	
2007 Iwan Adams-Lewis		Male 55+	13
2008 Richard Adamson	Betsi Runaways	Male 45+	3
2009 Martin Addrison	Leighton Fun Runners	Male 70+	
2010 Gary Allen		Male 60+	12
2011 Tim Allen		Male 50+	1
2012 Gary Alliston		Male 40+	1
2013 Andy Altoft	Badgers	Male 40+	
2014 David Anderson	Trail Runners Association	Male 50+	10
2015 Jamie Anderson	Telford Harriers	Male 50+	
2016 Paul Anscombe		Male 40+	
2017 Jonathan Anstee	CDF Runners	Male Open	2
2018 Craig Anthony		Male 45+	2
2019 Rhodri Ap Dyfrig	Meirionnydd Running Club	Male 45+	
2020 Dafydd Ap Sin Rees		Male 55+	2
2021 Gwydion Ap Wynn	Rhedwyr Hebog	Male 45+	3
2022 Tom Armstrong	Herne Hill Harriers	Male 65+	3
2023 Jack Arnold	Team GJE	Male Open	
2024 Martin Ashford	Pontyclun Road Runners	Male 65+	1
2025 John Ashley		Male 50+	1
2026 Cameron Ashworth		Male Open	
2027 Mark Ashworth		Male 60+	2
2028 Paul Astin		Male 60+	
2029 Dewi Atherton	Meirionnydd Running Club	Male Open	1
2030 Elfed Atherton	Meirionnydd Running Club	Male Open	2
2031 Luke Atherton	Fulham	Male Open	2
2032 Paul Atkinson	Leighton Fun Runners	Male 65+	1

2033 Martin Attrup		Male 60+	3
2034 Thomas Austin		Male Open	
2035 Dan Back	Aberystwyth AC	Male 40+	2
2036 Jason Bailey		Male 50+	
2037 Llewelyn Bailey		Male Open	
2038 Vincent Bailey	TROTS	Male 55+	2
2039 David Baker		Male 45+	8
2040 Jonathan Ball		Male 55+	6
2041 Andrew Ballantyne	Didsbury Runners	Male 50+	
2042 Mark Bamford	3M Gorseinon Road Runners	Male 50+	
2043 Mark Banfield		Male 60+	
2044 Gavin Banks	Plumstead Runners	Male 45+	
2045 David Bannister	Wye Valley Runners	Male 50+	1
2046 Kevin Barber		Male 55+	
2047 Tom Barber		Male Open	
2048 Valdas Barisauskas		Male 45+	
2049 Scott Barker	St Neots Riverside Runners	Male Open	
2050 Calum Barlow	Chineham Park Running Club	Male Open	
2051 Dyfan Barlow		Male Open	
2052 Carl Barnard	Macclesfield Harriers	Male 55+	
2053 Carl Barnes	Widnes Running Club	Male 40+	
2054 Gary Barnes	St Neots Riverside Runners	Male 60+	21
2055 Mark Barnes	South Cheshire Harriers	Male 45+	4
2056 Peter Barnes		Male 65+	2
2057 James Barraclough		Male Open	
2058 Richard Barratt		Male 40+	2
2059 Sam Barratt	Manchester Triathlon Club	Male Open	
2060 Paul Barrett		Male 50+	1
2061 Andy Barry	Lliswerry Runners	Male 60+	4
2062 Allan Bartlett		Male 65+	
2063 Matt Bartlett	Matt	Male 40+	
2064 James Bassil		Male 45+	2
2065 Richard Bate	Mercia Fell Runners	Male 40+	
2066 Michael Bate-Durward	Lawley	Male Open	3
2067 Richard Batten	Caerphilly Runners	Male 50+	
2068 Andrew Baxter		Male 40+	4
2069 Nick Bayliss		Male 50+	1
2070 James Bebbington	South Cheshire Harriers	Male 40+	
2071 Neil Beckett	UTS Run Club	Male 45+	4
2072 Danny Beddard		Male Open	2
2073 Edward Bedwell	Wye Valley Runners	Male 40+	
2074 Daniel Beech	Pontypridd Roadents AC	Male Open	
2075 Mark Beever	Whitchurch Whippets	Male 50+	
2076 Peter Bell	Cornelly Striders AC	Male 45+	1
2077 Charlie Bennett		Male Open	
2078 Paul Bennett	RunEA	Male 65+	6
2079 Linley Beresford		Male 40+	9
2080 Neale Bergman		Male 40+	
2081 Matthew Berryman	Parc Bryn Bach RC	Male 40+	1
2082 Richard Bettley		Male 50+	
2083 Jamie Betts	Prestatyn Running Club	Male Open	
2084 Daniel Bevan		Male 40+	
2085 David Bevis	NEJ	Male Open	1
2086 Ashley Beynon		Male Open	2
2087 Michael Beynon		Male 55+	8
2088 Steve Beynon	Eryri Harriers	Male Open	
2089 Andrew Bickle	Bys Vyken	Male 70+	23
2090 Jack Bidgood		Male Open	
2091 John Bigg	Basingstoke & Mid Hants AC	Male 60+	7
2092 Paul Bigmore	100 Marathon Club	Male 70+	15
2093 Ben Billingham		Male Open	
2094 Tim Billingham		Male 50+	3
2095 David Bingham	Hengoed Harriers	Male 60+	1
2096 Duncan Bisatt	Northampton Road Runners	Male 60+	1
2097 Greg Black		Male 50+	2
2098 Jon Blackford		Male 40+	1
2099 Adrian Blake	Team GJE	Male 50+	
2100 Alistair Blake	Cleobury Mortimer Running Club	Male 65+	2
2101 Darron Blake	Stoke F.I.T	Male 60+	3
2102 James Blake	Gosforth Tri Club	Male 45+	
2103 Kevin Blake	South Leeds Lakers	Male 50+	1
2104 Steve Blakemore		Male 50+	2
2105 Dave Bland		Male 60+	
2106 William Blevins	Pentraeth Automotive	Male Open	
2107 Judah Blick		Male Open	
2108 Matt Blick		Male 55+	3
2109 Stuart Blofeld	Redway Runners	Male 45+	9
2110 Philip Blundell	Cybi Striders	Male 50+	
2111 Phil Boakes	Eryri Harriers	Male Open	

2112 Michael Boardman		Male 45+	
2113 Mathew Bone	Yaxley Runners and Joggers	Male 40+	4
2114 Jack Booth		Male Open	
2115 Lee Booth		Male 55+	
2116 Michael Booth		Male 40+	
2117 Michael Booton	Rhedwyr Hebog	Male Open	1
2118 Noel Boswell	Yr Hen Blwyf	Male 50+	8
2119 Tom Bourton		Male 45+	
2120 Adrian Bowcock	Middleton Harriers A C	Male 60+	1
2121 Daniel Bowden		Male Open	5
2122 James Howell	The Stragglers RC	Male 40+	
2123 Alistair Bowen	Cardigan Running Club	Male 55+	5
2124 Caio Bowen		Male Open	
2125 Dafydd Bowen	Clwb Rhedeg Aberteifi	Male Open	
2126 Philip Bowen	CDF Runners	Male 55+	
2127 Richie Bowen		Male 45+	2
2128 Austin Bowers		Male 50+	7
2129 James Bowers	Croft Ambrey Running Club	Male 45+	3
2130 Oliver Bowers	The Stragglers RC	Male Open	1
2131 Sam Bowers		Male Open	
2132 Gregor Bowie	North Herts Road Runners	Male 45+	6
2133 Adam Bowman		Male Open	3
2134 Chris Bowman		Male Open	2
2135 David Bowman	TROTS	Male 60+	4
2136 James Boyd	Roadhogs AC Leicester	Male 40+	
2137 Phill Boyd	Llamwyr Llyn	Male 40+	
2138 Stephen Bozier	North Wales Road Runners Club	Male 45+	4
2139 Eamonn Brady		Male 55+	5
2140 Adrian Bragger	Pontypridd Roadents AC	Male 65+	1
2141 Alun Brain		Male 50+	14
2142 Martin Braithwaite		Male 50+	
2143 Steve Bramhall	Barrow Runners	Male 55+	
2144 Nic Brancaccio	Chippenham Harriers	Male 55+	2
2145 Simon Brazil	The Stragglers RC	Male 60+	1
2146 Aled Breeze	Maldwyn Harriers	Male Open	
2147 Simon Brewer	Swansea harriers	Male 55+	4
2148 James Brian		Male 40+	
2149 Luke Brick	Hereford Couriers	Male 40+	2
2150 Jack Bridgett		Male Open	
2151 Mike Briggs	Serpentine RC	Male 55+	
2152 Salvis Briska		Male 40+	
2153 Luke Bristowe		Male Open	1
2154 Matthew Brittain		Male Open	
2155 Sion Britton	Clwb Rhedeg Pontardawe RC	Male Open	1
2156 Simon Bromham		Male 45+	4
2157 Peter Brommer		Male 45+	2
2158 Paul Brookes	Islwyn RC	Male 55+	1
2159 Simon Brookes	Llamwyr Llyn	Male 55+	
2160 Eric Brooks		Male 50+	
2161 Mark Brooks	Caerphilly Triers	Male 55+	
2162 Paul Brooks	Port talbot harriers	Male 50+	
2163 Kyle Brophy	Tri Hard Harriers	Male Open	
2164 Marc Brophy	Tri Hard Harriers	Male Open	1
2165 Michael Brophy	Tri Hard Harriers	Male 45+	1
2166 Adrian Brown	Royton Road Runners	Male 40+	2
2167 Anthony Brown	Blackburn Road Runners	Male Open	10
2168 David Brown	Griffithstown Harriers	Male 50+	4
2169 David Brown	Penarth and Dinas Runners	Male 50+	5
2170 Glyn Brown		Male Open	
2171 James Brown	Lliswerry Runners	Male Open	3
2172 Julian Brown	Macclesfield Harriers	Male 60+	13
2173 Robert Brown		Male 70+	4
2174 Paul Browning		Male 60+	7
2175 Robert Browning		Male 40+	
2176 Tom Browning		Male Open	3
2177 Andrew Bryant		Male 50+	2
2178 Graham Bryce		Male 60+	
2179 Daniel Bucknole	GOG Triathlon Club	Male 45+	
2180 Vaughan Budd	Run4All Neath	Male 40+	1
2181 Richard Bullass		Male Open	
2182 Kieran Bumster	Tri Hard Harriers	Male Open	
2183 Shaun Bundy	Rhondda Tri	Male Open	
2184 John Bunn		Male 40+	
2185 Richard Bunn	Bad Boy Running	Male 50+	14ish
2186 Allen Bunyan	Macclesfield Harriers	Male Open	
2187 Hugh Burchard	Team Agile	Male 65+	1
2188 Aled Burd		Male Open	
2189 Phil Burdett		Male 40+	
2190 Andrew Burgess	Maidstone Harriers	Male 60+	6

2191 Joe Burn	Stourbridge Running Club	Male Open	
2192 Chris Burrell	Harborough AC	Male 55+	
2193 Craig Burrows	Bridgend Athletic Club	Male 40+	1
2194 Daniel Burton	Run Free Fell Runners	Male 40+	2
2195 Ian Burton		Male 45+	4
2196 Jack Burton	Badgers	Male Open	
2197 Philip Bussy	100 Marathon Club	Male 45+	4
2198 Nick Butler	Caerphilly Triers	Male 50+	
2199 Peter Butler	Oswestry Olympians	Male 40+	
2200 Richard Butler		Male Open	
2201 Tom Buttle		Male 40+	3
2202 Darren Byfield	Northampton Road Runners	Male 55+	6
2203 Wayne Byles	Danetre Striders	Male 50+	
2204 Julian Cabell		Male 55+	1
2205 Christy J Cahill	MCI	Male 60+	8
2206 Jason Cahill		Male 55+	
2207 James Cain	Ivanhoe Runners	Male 40+	1
2208 Denis Callaghan		Male 50+	1
2209 David Calvert	Rhondda Valley Runners	Male 40+	1
2210 Oliver Cameron-Swan	Croft Ambrey Running Club	Male 50+	2
2211 Michael Canning		Male 40+	1
2212 Tom Cannon		Male Open	
2213 Giovanni Capodici	Silverdale Running Club	Male Open	
2214 Andy Cardell		Male 55+	1
2215 Graham Carrick		Male 60+	7
2216 Rob Carrington	TRX Wolves AC	Male 55+	
2217 Craig Casley		Male 50+	
2218 Paul Cassidy		Male 45+	
2219 Raymond Cassidy	Rhedwyr Hebog	Male 50+	7
2220 Jamie Cattle		Male 50+	2
2221 Tim Cattle	Nova Running Club	Male Open	
2222 Simon Cawthorn	Liswerry Runners	Male 55+	
2223 Scott Cecil		Male 40+	
2224 Lee Cessford		Male Open	
2225 Andy Chambers		Male 55+	
2226 Jamie Chapman		Male Open	
2227 Jason Chapman		Male 45+	1
2228 Kieron Chapman		Male 45+	
2229 Tom Chapman		Male 45+	2
2230 Dean Cherrington	Armadillos	Male 40+	1
2231 Noel Cheseldine		Male 55+	17
2232 Benjamin Chesterton	Run Free Fell Runners	Male 50+	
2233 Matthew Childs		Male 60+	
2234 Sam Christie		Male Open	
2235 Marcus Chung		Male Open	
2236 Chris Clanfield	Run4All Neath	Male 50+	9
2237 Ben Clark		Male 50+	3
2238 Richard Clark		Male 40+	
2239 Sol Clark	Buxton AC	Male 40+	
2240 Dan Clarke		Male 60+	3
2241 Daniel Clarke	Daniel Clarke	Male Open	6
2242 David Clarke		Male 45+	3
2243 Kevin Clarke		Male 60+	6
2244 Matthew Clarke	Sarn Helen	Male 45+	
2245 Nick Clarke	Tri Hard Harriers	Male 40+	
2246 Oliver Clarke		Male 40+	
2247 Richard Clarke		Male 55+	16
2248 Rob Clarke	Rhondda Triathlon Club	Male 45+	
2249 Sean Clarke	Maldwyn Harriers	Male 55+	3
2250 Tim Clarke		Male Open	
2251 Dan Clift	Northampton Road Runners	Male 45+	6
2252 Stuart Clipper		Male 40+	7
2253 Paul Clutterbuck		Male 55+	10
2254 Steven Clynes	Grimsby Tri Club	Male 55+	
2255 Stuart Coates	Caerphilly runners	Male 50+	4
2256 Matthew Cobble		Male Open	5
2257 James Cochrane	Manx Harriers	Male 50+	6?
2258 Nick Cockburn	PACER	Male 40+	3
2259 Steve Coldicott	Stourbridge Running Club	Male 45+	3
2260 Christie Coleman	Warriors	Male 55+	3
2261 Gerard Coleman	Buckley RC	Male Open	1
2262 Ewan Coles		Male Open	1
2263 Adrian Colley	Taff Ely Triathlon Club	Male 65+	
2264 Jonathan Collier		Male Open	
2265 Chris Collings	Red Rose Road Runners	Male Open	1
2266 Dennis Collins	Rhondda valley runners	Male 60+	5
2267 Geoff Collins	Helsby Running Club	Male 70+	
2268 Malcolm Collins	Leigh Harriers AC	Male 55+	13
2269 Nicholas Collins		Male 40+	

2270 Michael Colwill	Swansea Vale Tri	Male 40+	2
2271 Simon Colyer	Lawley Running Club	Male 50+	3
2272 Arthur Connell		Male 45+	
2273 Glen Connell	Maidenhead Athletics Club	Male 50+	1
2274 Chris Cook		Male 60+	6
2275 James Cook		Male 50+	1
2276 Matthew Cook		Male Open	1
2277 Neil Cook		Male 55+	1
2278 Andy Cooksey		Male 65+	4
2279 Neal Coombe		Male 40+	1
2280 James Coombes	Lichfield Running Club	Male 40+	1
2281 Simon Coombes	Swansea harriers	Male 50+	
2282 Benjamin Coop	Bury AC	Male Open	2
2283 Russell Cooper		Male Open	
2284 Liam Cooper-King		Male Open	
2285 Micky Copeman		Male 55+	
2286 Rhys Copner	Parc Bryn Bach RC	Male Open	
2287 Luis Corbo	Deal Triathlon Club	Male Open	
2288 Alex Cornett		Male 40+	
2289 Nick Costin	Redway Runners	Male 60+	3
2290 Alex Cotterill		Male Open	
2291 Rhys Cottle		Male 45+	1
2292 Andy Cottrell	Northampton Road Runners	Male 60+	10
2293 Tom Cottrell Lilley		Male Open	
2294 Alec Cottrill	Achille Ratti Climbing Club	Male 65+	1
2295 Karl Coughlin	Parc Bryn Bach RC	Male 45+	3
2296 Graham Coupe		Male 50+	
2297 Mark Cousinne		Male 55+	1
2298 Jon Cousins		Male 55+	3
2299 Allen Coward		Male 65+	8
2300 Dave Cox	Ystrad Mynach Running Club	Male 40+	2
2301 Chris Coy		Male 50+	
2302 Dominic Coy	Ilkley Harriers	Male Open	
2303 Chris Craggs	Vegan Runners UK	Male 60+	6
2304 Stuart Crees	Les Croupiers RC	Male 45+	1
2305 Oscar Crickmer		Male Open	
2306 Ged Critchley	Oldham and Royton Harriers AC	Male 50+	
2307 Tom Crone		Male Open	
2308 John Cronin	Birkenhead Park Running Club	Male 55+	
2309 Benjamin Cross		Male 40+	
2310 Gary Cross		Male Open	
2311 Pete Crow	Louth A.C	Male 65+	6
2312 Steve Crowther	Llisbury Runners	Male 60+	4
2313 Daniel Cumberlin	Run4All Neath	Male 40+	
2314 Michael Cummins	Roadhogs AC Leicester	Male 55+	
2315 Brian Cumpsty	Thornton Cleveleys running club	Male 60+	6
2316 John Cunnane	Pontyclun Road Runners	Male 70+	11
2317 Michael Cunningham	Hengoed Harriers	Male 70+	1
2318 Neil Cunningham		Male 45+	
2319 Chris Curry		Male 55+	5
2320 Patrick Curry		Male 40+	
2321 Nick Cutcliffe	Forest of Dean AC	Male 50+	
2322 Andrew Cuthbert		Male 65+	4
2323 Philip Cuthbert	Wallasey AC	Male 50+	One
2324 Warren D'Rozario	Sandwell Valley RC	Male 65+	16
2325 Andrew Dainty		Male 60+	
2326 Dave Dale	Heaton Harriers	Male 50+	
2327 David Dale		Male 40+	
2328 Aaron Dalleywater		Male Open	3
2329 Alex Dallimore		Male 40+	
2330 Kevin Dalling		Male 60+	2
2331 Nick Dalton	Witney Road Runners	Male 55+	3
2332 Matt Daniels	Eynsham Road Runners	Male 40+	
2333 Adam Darby		Male Open	
2334 Ben Darby	Pensby Runners	Male 45+	4
2335 Pedro Das Gupta	The Stragglers RC	Male 60+	1
2336 James Davey	Ackworth Road Runners	Male 45+	1
2337 Matthew Davidge		Male 40+	
2338 Alexis Davidson		Male 70+	
2339 Adrian Davies	Sydney Harbour Runners	Male Open	
2340 Allan Davies	Team Armadillo	Male 55+	4
2341 Andrew Davies	Port Talbot Harriers	Male 50+	
2342 Barry Davies		Male 55+	4
2343 Barry Davies	Iron chef coaching (Team ICC)	Male 45+	1
2344 Cian Davies		Male Open	
2345 David Davies	Cdf	Male 70+	
2346 Delmie Davies		Male 50+	7
2347 Gareth Davies	Pontypool and District Runners	Male 45+	
2348 Gareth Davies		Male 40+	

2349 Gareth Wynn Davies		Male 60+	
2350 Gary Davies		Male 40+	1
2351 Glen Davies	Cardigan Running Club	Male 70+	
2352 Huw Davies	Dragons Running Club Aberdare	Male 55+	3
2353 Huw Davies	Cardigan Harriers	Male 55+	4
2354 Hywel Davies		Male Open	
2355 Ian Davies	Parc Bryn Bach RC	Male 60+	4
2356 Jake Tomos Davies		Male Open	3
2357 Jamie Davies		Male Open	7
2358 Jason Davies	Vegan Runners UK	Male 50+	2
2359 John Davies	Dragons Running Club Aberdare	Male 65+	3
2360 Jonathan Davies	Tannhauser Gate Athletics	Male 55+	14
2361 Jonathan Davies		Male 45+	3
2362 Lee Davies		Male 40+	
2363 Llion Davies		Male Open	3
2364 Marc Davies		Male 45+	
2365 Martin Davies	Clwb Seiclo Cwm Gwendraeth	Male 45+	4
2366 Martin Davies		Male 55+	2
2367 Matt Davies	Gje endurance	Male Open	1
2368 Matthew Davies	ATG Tri Club Merthyr	Male 50+	1
2369 Michael Davies	Sarn Helen	Male 55+	12
2370 Neil Davies	Pontypridd Roadents AC	Male 55+	2
2371 Nigel Davies	Sarn Helen	Male 50+	10
2372 Osian Davies		Male Open	
2373 Owain Davies	CDF Runners	Male Open	2
2374 Paul Davies	Amman Valley Harriers	Male 65+	3
2375 Phil Davies	Jaffa	Male 60+	One
2376 Phil Davies	The Stragglers RC	Male 70+	6
2377 Rhydian Davies	CDF Runners	Male Open	
2378 Rob Davies		Male 45+	3
2379 Samuel Davies		Male 40+	2
2380 Seth Davies	Cardigan Running Club	Male Open	6
2381 Simon Davies		Male 50+	2
2382 Steve Davies	Griffithstown Harriers	Male 65+	303
2383 Teifion Davies	Sarn Helen	Male Open	6
2384 Tom Davies		Male Open	
2385 Tony Davies	Rhayader Running Club	Male 60+	
2386 Wayne Davies	Western Tempo	Male 40+	4
2387 Martin Davies		Male 65+	
2388 Gareth Davies-Jones		Male 45+	
2389 Justin Davis		Male 50+	5
2390 Joshua Davison		Male Open	
2391 Max Davison		Male 60+	5
2392 Robert Davison		Male 45+	1
2393 Andrew Dawe	Lliswerry Runners	Male 60+	1
2394 Ollie Dawson-Hicks	100 Marathon Club	Male Open	5
2395 Daniel Day	Daventry Road Runners	Male Open	4
2396 Luke Day	Ilfracombe Running Club	Male Open	1
2397 Paul Day	Lliswerry Runners	Male 70+	8
2398 Jack De Bokx	Daventry Road Runners	Male 65+	2
2399 Chris Dean	Warley Woods Pacers	Male 50+	3
2400 Stephen Dean	Plumstead Runners	Male 50+	1
2401 Adam Deeks		Male 40+	
2402 Joseph Deery	ATG Tri Club Merthyr	Male Open	
2403 Andrew Dell'Anno	The Stragglers RC	Male 60+	
2404 Neal Dempsey	Peel Runners	Male 55+	1
2405 Joe Derrett	Kent AC	Male 50+	12
2406 Andy Devine	Chester Road Runners	Male 50+	1
2407 Graham Dewar	Poynton Runners	Male 55+	9
2408 Paul Dewar		Male 60+	8
2409 Nigel Dexter	Droitwich AC	Male 40+	1
2410 James Dias	Blaydon Harrier and AC	Male 40+	
2411 Steven Diboll		Male 45+	
2412 Andrew Dickens	NEWTS	Male 55+	12
2413 Chris Dickinson		Male Open	
2414 Mike Dille	#TeamBeut	Male 40+	1
2415 Anukul Dixit	North Devon Road Runners	Male 40+	
2416 Jason Dixon	Islwyn RC	Male 55+	10
2417 John Dixon	Run2Happiness	Male 45+	
2418 Trevor Dockeray	Daventry Road Runners	Male 55+	3
2419 Chris Dodge		Male 50+	
2420 Lawrence Dodi		Male 40+	
2421 Wayne Dolby	Peak & Valley Trail Runners	Male 45+	
2422 Jac Donovan	Run4All Neath	Male Open	
2423 Rhys Doolan		Male 40+	3
2424 Nigel Dooley		Male 55+	
2425 Simon Dorken	Llanelli AC	Male 45+	
2426 James Dowell	Kent AC	Male 40+	
2427 Andrew Down		Male 55+	

2428 Steve Down		Male 55+	
2429 Mark Downey		Male 50+	
2430 Jake Doyle	Northampton Road Runners	Male Open	
2431 Henry Drake	Amman Valley Harriers	Male 50+	3
2432 Stuart Draper		Male 45+	
2433 Adam Drew		Male 55+	2
2434 Toby Driver	Aberystwyth AC	Male 55+	1
2435 Mark Drover		Male 55+	
2436 Sion Drummond		Male Open	
2437 Steven Duggan	Parc Bryn Bach RC	Male 40+	3
2438 Peter Duncalfe	South Cheshire Harriers	Male 40+	
2439 Keith Dunham	Pensby Runners	Male 45+	1
2440 James Dunn		Male Open	8
2441 Sam Dunnico		Male Open	
2442 Ethan Dunning	Rhondda tri	Male Open	
2443 Tom Dunning		Male Open	2
2444 Paul Dursley	Lliswerry Runners	Male 70+	17
2445 Nick Dutton	Porthcawl Runners	Male 50+	
2446 Simon Dymond	Tri Hard Harriers	Male 50+	
2447 Christopher Earing		Male 40+	3
2448 Matt Easthill		Male Open	
2449 Nick Easthill		Male 60+	4
2450 Sion Edward		Male Open	
2451 Alex Edwards	Jog Lisburn	Male Open	
2452 Andrew Edwards	Dragons Running Club Aberdare	Male 50+	3
2453 Eurwyn Edwards	Eryri Harriers	Male 70+	13
2454 Gavin Edwards	Eryri Harriers	Male 40+	1
2455 Glyn Edwards		Male 45+	2
2456 Ian Edwards	Eryri Harriers	Male 40+	3
2457 Jerome Edwards	Les Croupiers RC	Male 50+	
2458 Paul Edwards	Run4All Neath	Male Open	
2459 Philip Edwards	DC Triathlon	Male 45+	
2460 Rhys Edwards	Salisbury Tri Club	Male 45+	1
2461 Richard Edwardson		Male 45+	15
2462 Stuart Elliott		Male 50+	10
2463 Colin Ellis		Male 65+	50
2464 Martin Ellis		Male 45+	
2465 Neil Ellis	Pontypridd Roadents AC	Male 50+	2
2466 Phil Ellis	Woking AC	Male 45+	
2467 Jack Ellison		Male Open	
2468 Andrew Ellwood		Male 60+	
2469 Ashleigh Elsey	Tri Hard Harriers	Male Open	
2470 Chris Elt	St neots triathlon club	Male 40+	
2471 Jonathan Endres	NHS Blood and Transplant Charity	Male Open	
2472 Ian Errington	Northampton Road Runners	Male 40+	1
2473 Arwel Evans	Clwb Taran Llyn	Male Open	
2474 Arwel Evans	Les Croupiers RC	Male Open	
2475 Chris Evans	Denbigh Harriers	Male 55+	
2476 Chris Evans		Male 60+	1
2477 Duncan Evans	St Bees Triers	Male 55+	2
2478 Eilir Evans	Sarn Helen	Male 50+	
2479 Ellis Evans		Male Open	
2480 Gareth Evans		Male 50+	
2481 Gary Evans		Male 60+	
2482 Guto Evans	Amman Valley Harriers	Male 60+	5
2483 Iestyn Evans	Neath Harriers	Male Open	1
2484 Iwan Evans		Male Open	
2485 Keith Evans	Sarn Helen	Male 50+	1
2486 Luke Evans	TROTS	Male Open	
2487 Macaulay Evans	Peak performance wales	Male Open	
2488 Max Evans		Male Open	
2489 Nigel Evans	3M Gorseinon Road Runners	Male 60+	4
2490 Nigel Evans	Heathwood Triathlon Club	Male 50+	1
2491 Phil Evans		Male 45+	
2492 Ryan Evans	Dragon Tri	Male 40+	5
2493 Sam Evans		Male Open	
2494 Sion Evans		Male Open	1
2495 Wyn Evans		Male 70+	2
2496 Guto Evens		Male Open	1
2497 Gwyn Everett	Taff Ely Triathlon Club	Male 55+	7
2498 Kyle Evison	Maldwyn Harriers	Male Open	
2499 Matthew Faires		Male Open	
2500 Adam Fakher	Run4All	Male Open	1
2501 Richard Fanning	Serpentine	Male 55+	
2502 Bruce Fanshawe	Mercia Fell Runners	Male Open	1
2503 James Farrant	Bridgend Athletic Club	Male 45+	
2504 Andy Farrell		Male 45+	1
2505 Mohammed Faruque	Levenshulme runners	Male 50+	
2506 Steve Faulkner	Bracknell Forest Runners	Male 60+	

2507 Tom Faulkner	Northampton Road Runners	Male 40+	
2508 John Fay	Royton road runners	Male 45+	
2509 Nathan Fellows	Lonely Goat Running Club	Male 40+	1
2510 Alex Fenlon		Male 45+	1
2511 Bouke Fennema	SV Friesland	Male 60+	1
2512 Rhys Fernandes	Wye Valley Runners	Male Open	
2513 Liam Ferris		Male 55+	1
2514 Tomasz Figurski	Caerphilly Runners	Male 45+	1
2515 Gary Fisher	Kirkby Milers AC	Male 40+	11
2516 Matt Fisher		Male 40+	1
2517 Aeron Fitzgerald		Male Open	
2518 Neil Fitzgerald	Pontypridd Roadents AC	Male 55+	6
2519 Billy Flatman	Gower Trail Blazers	Male 40+	
2520 Rob Flatt		Male 40+	
2521 Euan Floyd		Male Open	
2522 Joel Floyd	Witney Road Runners	Male 40+	
2523 Osian Flynn	Rhedwyr Hebog	Male Open	1
2524 Paul Flynn	Swansea Harriers	Male 55+	1
2525 Dean Foden	MRC Copenhagen	Male 55+	
2526 Pete Forster	Long Eaton Running club	Male 40+	
2527 Jack Foster	Alive Run Club	Male Open	2
2528 Gene Foulkes	Colwyn Bay Athletics	Male 40+	
2529 Tomos Foulkes	Cardiff Triathlon Club	Male Open	1
2530 Andrew Fowler		Male Open	
2531 Wayne Fowler	Amman Valley Harriers	Male 50+	1
2532 Martin Fox	Caerphilly Triers	Male Open	1
2533 Anthony Foy	Tewkesbury Running Club	Male 65+	
2534 Vince Frain		Male 55+	
2535 Glen Francis		Male 50+	
2536 Rob Francis	Maldwyn Harriers	Male 45+	
2537 Joe Francombe		Male Open	1
2538 Thomas Fraser		Male Open	
2539 Martin Fray	Compton Harriers	Male 65+	
2540 Jason Freeman	Sarn Helen	Male Open	1
2541 Chris Frost	Ripley Running Club	Male 40+	
2542 Roger Frost	RunBlandford	Male 65+	2
2543 Ben Frost-Jones		Male Open	1
2544 Martin Fryer	Hereford Couriers	Male Open	
2545 Phillip Fryer	Burnden Road Runners	Male 40+	
2546 Steve Gadd	Denbigh Harriers	Male 50+	1
2547 Colin Gallop	Fetcheveryone	Male 55+	1
2548 Chris Gardener	Witney Road Runners	Male 55+	3
2549 John Gareth	Llamwyr Llyn	Male 60+	4
2550 Dan Garland		Male Open	
2551 Mike Garner	Leighton Fun Runners	Male 40+	1
2552 Ben Garnett	Prestatyn Running Club	Male Open	
2553 Daniel Gatward		Male 40+	
2554 Kevin Geary		Male 65+	
2555 Dan George	Maldwyn Harriers	Male 45+	1
2556 Emlyn George		Male 40+	2
2557 Ricky George	Hereford Couriers	Male 60+	14
2558 Stephen George	Parc Bryn Bach RC	Male 40+	3
2559 Lee German		Male 50+	2
2560 Luke Gething	Parc Bryn Bach RC	Male Open	
2561 John Gibbins	Northampton Road Runners	Male 50+	5
2562 Rhodri Gibbons		Male Open	3
2563 James Gibbs		Male 45+	2
2564 Michael Gibson		Male 55+	13
2565 Owen Gibson	Prestatyn Running Club	Male Open	9
2566 Richard Giddy	Pontyclun road runners	Male 45+	2
2567 Kieran Gilbert	Silverdale Running Club	Male 40+	
2568 Colin Gill		Male 70+	27
2569 Darren Gillman	Todmorden Harriers	Male 55+	7
2570 Adam Girling		Male Open	
2571 Robert Gisbourne	Stratford AC	Male 45+	1
2572 Michael Gleeson	Swansea harriers	Male 50+	
2573 Max Glendinning		Male Open	
2574 Richard Glister	100 Marathon Club	Male 45+	1
2575 Irfon Glyn		Male 45+	
2576 Andrew Goater	Betsi runaways	Male 50+	1
2577 Jamie Goddard	Chepstow Harriers	Male 55+	2
2578 Mike Goddard		Male 50+	
2579 Tom Goddard		Male Open	
2580 James Godfrey		Male 40+	
2581 Andy Goff		Male 45+	8
2582 Jonathan Gomez		Male 55+	2
2583 David Goodwin	100 Marathon Club	Male 55+	4
2584 Alastair Gordon		Male 50+	
2585 Duncan Gordon	100 Marathon Club	Male 45+	6

2586 Simon Gore	Belper Harriers	Male 55+	
2587 Leon Gould		Male 40+	1
2588 Colin Goulder		Male 45+	
2589 Douglas Graham	Black Cloak Runners	Male 45+	
2590 Ben Gray		Male Open	
2591 Matthew Gray		Male 40+	
2592 Scott Gray		Male Open	
2593 Ian Greaves	Stratford upon Avon Athletics Club	Male 55+	2
2594 Andrew Green		Male 45+	
2595 Josh Green	Team GJE	Male Open	
2596 Joshua Green		Male Open	
2597 Martin Green		Male 55+	4
2598 Martin Green	Meirionnydd Running Club	Male 50+	4
2599 Paul Green		Male 40+	
2600 Robert Green	Ogmore Phoenix Runners	Male 45+	1
2601 James Gregory	Tri Hard Harriers	Male Open	
2602 Vincent Gregory	Parc Bryn Bach RC	Male Open	
2603 Adam Grey	Pontypool and District Runners	Male Open	
2604 Tim Griffin	Penkridge Runners	Male 40+	
2605 Dewi Griffith		Male Open	
2606 Marcus Griffith		Male 50+	9
2607 Meirion Griffith	Rhedwyr Hebog	Male 60+	
2608 Aled Griffiths		Male 50+	3-4
2609 Andrew Griffiths		Male 40+	
2610 Bryan Griffiths		Male 50+	1
2611 Callum Griffiths		Male Open	
2612 Gary Griffiths	MonRoss Trailblazers	Male 45+	1
2613 Gavin Griffiths	Bro Dysynni AC	Male 50+	2
2614 Glyn Griffiths	Eryri Harriers	Male 60+	2
2615 Montgomery Griffiths		Male Open	
2616 Owen Griffiths		Male Open	
2617 Tudur Griffiths		Male Open	2
2618 Mark Griggs	Ipswich Triathlon Club	Male 50+	
2619 Rhys Groom		Male Open	
2620 Simon Groom	Stafford Harriers	Male 50+	
2621 Alastair Guinee	Swindon Striders	Male Open	
2622 Daniel Gunn	Yaxley Runners and Joggers	Male 40+	2
2623 Daniel Gurmin	Swansea Harriers	Male 40+	5
2624 Morty Gus		Male 50+	
2625 Ed Gwynne-Harris	Builth and District Running Club	Male Open	
2626 Bob Gwynnett-Davies	You Jack Runners	Male 50+	
2627 Peter Ha		Male 45+	
2628 Wayne Hackett	Stilton Striders	Male 50+	2
2629 Jimmy Haddon		Male 45+	2
2630 Ian Hage	Smalley road runners	Male 55+	
2631 Ben Haigh	Crossgate Harriers	Male 50+	
2632 James Haikney		Male Open	2
2633 Alex Haines	Blaenavon Bog Trotters	Male Open	
2634 Nathan Haines	Secretri	Male Open	
2635 Vincent Hainsby	St Neots Riverside Runners	Male 60+	
2636 Jamie Halford		Male 50+	3
2637 Danny Hall	Barrow Runners	Male Open	
2638 Simon Hall	Sarn Helen	Male 45+	6
2639 William Hallan		Male Open	
2640 Thomas Halliwell	Nob End Run Club	Male 40+	
2641 Phil Hambleton	Les Croupiers RC	Male Open	
2642 Dai Hamm	Islwyn RC	Male 55+	
2643 Paul Hammond	Pheonix Road Runners	Male 40+	
2644 Bruce Hampton	Knowle and Dorridge Running Club	Male 40+	2
2645 Jamie Hancock	Caerphilly Triers	Male 45+	
2646 Jonathan Hancock		Male 55+	8
2647 Darragh Hanley-Crofts	Les Croupiers RC	Male Open	
2648 Simon Hanna		Male 60+	1
2649 Mark Hannah		Male 40+	2
2650 Ben Hannen	Chiltern Harriers AC	Male 50+	2
2651 Louis Hardiman	White Rock Runners	Male Open	
2652 Gareth Harding		Male 45+	2
2653 Alan Haresnape	100 Marathon Club	Male 55+	1
2654 Lewis Hargreaves	ATG Tri Club Merthyr	Male Open	
2655 David Harnwell		Male 45+	
2656 Glen Harper	K2 RUNCLUB	Male Open	
2657 Iwan Harries		Male Open	
2658 Matthew Harries		Male 40+	1
2659 Craig Harris	Tri Hard Harriers	Male Open	2
2660 Guy Harris		Male 55+	8
2661 Martin Harris	Pembrokeshire Harriers	Male 60+	4
2662 Nick Harris	Ogmore Phoenix Runners	Male 40+	7
2663 Peter Harris	Bromsgrove and Redditch AC	Male 40+	
2664 Martyn Harrison		Male 55+	20

2665 Tommy Harrison	Bolton Harriers	Male 40+	
2666 Gareth Hart	Caerleon Running Club	Male 55+	1
2667 Richard Hart		Male 60+	3
2668 Richie Hart	White Rock Runners	Male 60+	1
2669 Carl Hartley		Male 40+	9
2670 Damian Hartley		Male 40+	3
2671 Joe Hartley	Kent AC	Male Open	
2672 Ben Hartshorne	100 Marathon Club	Male Open	1
2673 Jeremy Harvey-Smith		Male Open	
2674 Dan Haslam		Male Open	2
2675 Raymond Hasler		Male 70+	12
2676 Keith Hatton		Male 40+	
2677 Stuart Hatton	Peel Road Runners	Male 60+	1
2678 Ian Hawkes	The Stragglers RC	Male 60+	
2679 Mikie Hawkey	The Secret squirrel club	Male 45+	
2680 Phil Hawkins		Male Open	
2681 Ian Hawley	Barrow Upon Soar Running Club	Male 40+	
2682 Alex Hay	Islwyn RC	Male 40+	
2683 Conrad Hayes		Male Open	3
2684 Stephen Hayes	100 Marathon Club	Male 45+	6
2685 Lee Haynes		Male 50+	5
2686 Philip Hayward		Male Open	
2687 Simon Haywood	Barnsley Harriers	Male 50+	1
2688 Clive Hearn	100 Marathon Club	Male 50+	1
2689 Ian Heasby	NHS Blood and Transplant Charity	Male 40+	
2690 Tom Heaselgrave		Male Open	
2691 Keith Helliwell	Builth and District Running Club	Male 50+	
2692 Robert Hemingway	Northampton Road Runners	Male 45+	3
2693 Carl Henderson		Male Open	
2694 Iain Hendry	Neath Harriers	Male 55+	
2695 Nigel Herbert	Ystrad Mynach Running Club	Male 40+	
2696 Darren Hesleton	Bro Dysynni AC	Male 50+	4
2697 David Hetherington	ChaseLife.uk Runners	Male 55+	8
2698 Andy Hewitt	Chester Road Runners	Male 55+	1
2699 Richard Hext	Merthyr Triathlon Club	Male 40+	4
2700 Jack Heywood		Male Open	
2701 Nick Hibberd	Northampton Road Runners	Male 50+	1
2702 Martin Hick		Male 65+	11
2703 Daniel Hickey	Run Free Fell Runners	Male 50+	
2704 Michael Hickey	Basingstoke & Mid Hants AC	Male 65+	8
2705 Luke Hicks		Male Open	
2706 Nathaniel Hicks	Glossopdale Harriers	Male Open	
2707 John Higgins	Lonely Goat Running Club	Male 60+	2
2708 Brynach Higginson		Male Open	
2709 Adam Higson		Male 45+	3
2710 Colin Hill	Macclesfield Harriers	Male Open	
2711 Darren Hill	IRC	Male 50+	1
2712 Jono Hill		Male 50+	1
2713 Ryan Hill		Male Open	
2714 Sean Hill		Male 45+	
2715 Adrian Hingley	Stourbridge Running Club	Male 45+	1
2716 Jordan Hitch		Male Open	
2717 Jason Hitchen	Tenby Aces	Male 55+	
2718 James Hobson	Lliswerry Runners	Male Open	2
2719 Richard Hockin		Male Open	
2720 Philip Hodge	Les Croupiers RC	Male 60+	
2721 Gareth Hodges		Male 50+	
2722 Michael Hodges	100 Marathon Club	Male 70+	27
2723 Paul Hodges	Eryri Harriers	Male 60+	9
2724 Roy Hodgkiss		Male 65+	10
2725 Laith Hofayz		Male 55+	2
2726 Christopher Hogben		Male Open	
2727 Alex Hogg	Maldwyn Harriers	Male 40+	2
2728 Guy Holcroft	Guildford and Godalming AC	Male 55+	
2729 Kevin Holland	Aberystwyth AC	Male 65+	7
2730 Phil Holloway		Male Open	2
2731 Richard Holmes		Male 40+	
2732 Steve Holmes	100 Marathon Club	Male 55+	1
2733 Steven Holmes	Sarn Helen	Male 50+	11
2734 Andrew Holroyd	Lonely Goat Running Club	Male 40+	8
2735 Leigh Holt	Lawley Running Club	Male 55+	1
2736 Peter Hooker		Male Open	
2737 Dan Hooper	Sarn Helen	Male 50+	3
2738 Justin Hooson		Male 55+	10
2739 Lon Hooson		Male 50+	18
2740 Trystan Hopkins		Male Open	
2741 Mark Hopper		Male 40+	6
2742 Adam Horner		Male Open	
2743 Martin Hough	Yr hen blwyf	Male 40+	2

2744 Jon Houghton		Male 55+	2
2745 Barney Howard		Male 40+	1
2746 Fraser Howard	Witney Road Runners	Male 50+	2
2747 Joel Howard		Male Open	
2748 Philip Howarth	Prestatyn Running Club	Male 70+	
2749 Darren Howells	Ferry Flatliners	Male 45+	
2750 Gary Howells	Peak Performance Wales	Male 45+	7
2751 Ryan Howells		Male 45+	
2752 William Howes	100 Marathon Club	Male 70+	14
2753 Richard Howlett		Male 55+	
2754 Chris Hucker	Lonely Goat Running Club	Male 60+	Five
2755 Rob Hudson	Blackwater Valley Runners	Male 40+	
2756 Simon Hudson	Aldridge Running Club	Male 65+	2
2757 Alan Hughes		Male 40+	1
2758 Christopher Hughes		Male Open	1
2759 Craig Hughes	Amman Valley Harriers	Male Open	
2760 Emyr Hughes	Llamwyr Llyn	Male 45+	1
2761 Gary Hughes		Male 45+	
2762 Gordon Hughes		Male 45+	4
2763 Ian Hughes		Male 40+	1
2764 Ioan Hughes		Male Open	
2765 Joel Hughes		Male Open	
2766 Leon Hughes	Rhedwyr Hebog	Male 45+	8
2767 Luke Hughes		Male Open	1
2768 Mark Hughes		Male 45+	
2769 Richard Hughes		Male 50+	1
2770 Seiriol Hughes	Llancian Lliwgar	Male 40+	
2771 Stephen Hughes		Male Open	4:30
2772 Steven Hughes		Male 50+	2
2773 Tom Hughes		Male 60+	15
2774 Tomos Hughes		Male Open	2
2775 Tudur Hughes		Male 50+	
2776 Cameron Hughes-Daly		Male Open	
2777 Glyn Benjamin Hughes-Thomas		Male Open	
2778 Ian Humphreys	Macclesfield Harriers	Male 60+	1
2779 Kieran Humphreys		Male Open	
2780 Terry Humphreys	Clwb Rhedeg Pontardawe RC	Male 70+	1
2781 Tomos Derek Humphreys		Male Open	
2782 Wayne Humphreys	Les Croupiers RC	Male 50+	1
2783 Joe Humphries		Male Open	
2784 Peter Humphries		Male 50+	15
2785 Rob Humphries	Rugeley Runners	Male Open	2
2786 Nelson Hunter	Grimsby Tri Club	Male 55+	
2787 Simon Hurford	#TeamBeut	Male 45+	3
2788 Joseph Hurley		Male Open	
2789 Anthony Hurst		Male 65+	
2790 Brett Hutchinson		Male 45+	
2791 Ian Hutchinson	Chester Road Runners	Male 50+	
2792 Steven Huxter		Male 40+	
2793 Paul Hyde		Male 50+	10
2794 Ryan Ibbotson	Oldham and Royton Harriers AC	Male Open	2
2795 Paul Iddon	Pontypridd Roadents AC	Male 45+	5
2796 Michael Indeka	Aberystwyth AC	Male 55+	
2797 Jason Ingham		Male 50+	6
2798 Dave Isaac	Wrekin Road Runners	Male 45+	
2799 Yoshitaka Iwai		Male Open	
2800 Andrew Jackson		Male 50+	
2801 Mark Jackson		Male 45+	3
2802 Matt Jackson	North Derbyshire RC	Male Open	2
2803 Paul Jackson		Male 40+	
2804 Rich Jackson	Exeter Harriers	Male 45+	6
2805 Andrew Jacobs	Birchfield Harriers	Male 40+	4
2806 Jeffrey Jacox1962@Hotmail.Co.Uk	Les Croupiers RC	Male 60+	8
2807 Anthony James	Port Talbot Harriers	Male Open	1
2808 Carl James	Wolverhampton & Bilston ac	Male Open	1
2809 Dylan James		Male Open	
2810 Keith James	Lliswerry Runners	Male 50+	6
2811 Kevin James	Caerphilly Triers	Male 45+	1
2812 Mark James		Male 60+	1
2813 Matthew James		Male Open	
2814 Matthew James	San Domenico	Male 40+	
2815 Nem James	Prestatyn Running Club	Male Open	
2816 Ryan James	Redway Runners	Male Open	
2817 Lewis Jarman	Parc Bryn Bach RC	Male Open	
2818 Andy Jarvis		Male 40+	1
2819 Ryan Jarvis	100 Marathon Club	Male 50+	2
2820 Dave Jay	Northampton Road Runners	Male 50+	4
2821 David Jaycock		Male 45+	
2822 Ricky Jeavons		Male 40+	

2823 Adam Jenkins	Team MK	Male 40+	
2824 Ceri Jenkins	Peak Performance Wales	Male 45+	2
2825 Daniel Jenkins	Ogmore Phoenix Runners	Male 50+	3
2826 Fraser Jenkins	Porthcawl Runners	Male Open	
2827 Piers Maredudd Lloyd Jenkins	Ealing Eagles	Male 60+	4
2828 Mark Jennings		Male Open	1
2829 Anthony Johansen	Sospan Road Runners	Male 50+	2
2830 Billy John		Male Open	
2831 Harri John		Male Open	
2832 John John	Cybi Striders	Male 40+	
2833 Matthew John	Run4All Neath	Male 50+	2
2834 Gareth Johns	Pegasus RC	Male 40+	1
2835 Martin Johns	Lliswerry Runners	Male Open	3
2836 Andrew Johnson	Royal Wootton Bassett Hounds	Male 60+	4
2837 Brian Johnson	Meirionnydd Running Club	Male 55+	One
2838 David Johnson	St Neots Riverside Runners	Male 50+	
2839 Mark Johnson		Male 40+	
2840 Kim Johnston	100 Marathon Club	Male 65+	14
2841 Adrian Jones	Leicester Roadhogs	Male 65+	5
2842 Anthony Jones		Male Open	7
2843 Aron Jones	3M Gorseinon Road Runners	Male 40+	1
2844 Aron Huw Jones	Rhedwyr Hebog	Male Open	1
2845 Astyn Jones	West 4 Harriers	Male Open	
2846 Bernie Jones		Male 65+	One
2847 Christopher Jones		Male 45+	1
2848 Christopher Jones	Swansea Harriers	Male 55+	8
2849 Craig Jones		Male 55+	1
2850 Craig Jones		Male Open	1
2851 Darren Jones		Male 55+	7
2852 Darren Jones	Mon Milers	Male 45+	
2853 David Jones	Wrexham AAC	Male 45+	
2854 David Jones		Male Open	
2855 David Jones		Male 45+	3
2856 David Owen Jones	Denbigh Harriers	Male 60+	18
2857 Emlyn Jones	Poblado Plodders	Male 45+	
2858 Gareth Jones	Levenshulme Runners	Male 45+	
2859 Gareth Jones	GOG Triathlon Club	Male 55+	4
2860 Gareth Jones		Male Open	1
2861 Gareth Jones	Prestatyn Running Club	Male 40+	8
2862 Gareth Jones		Male 40+	1
2863 Gary Jones		Male Open	
2864 Geraint Jones	Rhedwyr Emlyn	Male 40+	1
2865 Gerallt Jones		Male 40+	2
2866 Gethin Jones	Jog Division	Male Open	1
2867 Gwilym Jones	Aberystwyth AC	Male 70+	4
2868 Hedd Jones	Wye Valley Runners	Male 50+	2
2869 Hywel Jones		Male Open	
2870 Iwan Jones		Male Open	
2871 Jac Jones		Male Open	
2872 Jack Jones	Edinburgh Athletics Club	Male Open	2
2873 Junior Jones		Male 50+	1
2874 Karl Jones		Male Open	
2875 Lee Jones		Male 45+	3
2876 Marc Jones	Ferndale Triathlon Club	Male 40+	
2877 Mark Jones	Dragons Running Club Aberdare	Male 65+	3
2878 Mark Jones		Male 55+	10
2879 Mark Jones		Male 55+	10
2880 Martin Jones	Pembrokeshire harriers	Male 40+	3
2881 Martin Jones	Islwyn RC	Male 45+	4
2882 Martyn Jones	Lliswerry Runners	Male 60+	
2883 Matt Jones	Malvern Joggers	Male 40+	2
2884 Matthew Jones	Les Croupiers RC	Male Open	
2885 Mike Jones		Male 50+	1
2886 Nathan Jones		Male 45+	15
2887 Nathan Jones		Male 40+	
2888 Nathan Jones		Male Open	
2889 Neil Jones	100 Marathon Club	Male 65+	16
2890 Neil Jones	Coastline Runners	Male 50+	
2891 Owen Jones		Male 40+	
2892 Owen Jones	DC Triathlon	Male 60+	1
2893 Paul Jones	GOG Triathlon Club	Male 45+	1
2894 Philip Jones	Islwyn RC	Male 40+	1
2895 Philip Jones		Male 70+	
2896 Robin Jones	Eryri Harriers	Male Open	
2897 Robyn Jones		Male 60+	5
2898 Sam Jones	Mercia Fell Runners	Male Open	
2899 Sam Jones	Parc Bryn Bach RC	Male 40+	8
2900 Sion Michael Jones	Rhedwyr Hebog	Male Open	1
2901 Steffan Jones		Male Open	2

2902	Stuart Jones	Male 55+	4
2903	Thomas Jones	Male Open	
2904	Trevor Jones	Male 40+	1
2905	Tudor Jones	Cybi Striders	Male 65+
2906	Wynne Jones	Amman Valley Harriers	Male 60+
2907	Paul Jones Parry	KBH	Male 45+
2908	Aled Jones-Davies	TROTS	Male 45+
2909	Adam Jordan		Male Open
2910	Robert Joslin	Rhondda Valley Runners	Male 55+
2911	Martin Joy		Male 50+
2912	Gary Julio	Eryri Harriers	Male Open
2913	Mark Kallenberg		Male 65+
2914	Yianni Karakousis	Cybi Striders	Male Open
2915	Gareth Keatley		Male 40+
2916	Rich Kell	Newquay Road Runners	Male 55+
2917	Graham Kelly	Oldham and Royton Harriers AC	Male 50+
2918	Paul Kelly		Male Open
2919	Huseyin Kemal		Male 50+
2920	Juha Kemilinen	100 Marathon Club	Male 65+
2921	Huw Kendall		Male Open
2922	Michael Kendall	Wootton Road Runners	Male 70+
2923	John Kennedy	Fleckney & Kibworth Athletics Club	Male 50+
2924	John Kennedy	Saffron Striders	Male 55+
2925	James Kent		Male 45+
2926	Kevin Kenward		Male 45+
2927	Phil Kenward		Male 40+
2928	Lee Kibble		Male 40+
2929	Stuart Kibble		Male 45+
2930	Kieran Kieran	Fitness connection	Male 40+
2931	Alex King		Male Open
2932	Charlie King	Barlestone St Giles Running Club	Male 50+
2933	Michael King	Bearbrook Running & Triathlon Club	Male 65+
2934	Pete King	Running Punks	Male 60+
2935	Peter Kingsland	Morchard Collins	Male 50+
2936	Eamonn Kirk	Run4All Neath	Male 55+
2937	Mark Kleanthous	Leighton Fun Runners	Male 65+
2938	Josh Knight	Northampton Road Runners	Male Open
2939	Luke Knight		Male 40+
2940	Steven Knight		Male 40+
2941	Mark Knight-Davis	Lliswerry Runners	Male 55+
2942	Vagelis Korais	This Messy Happy	Male 40+
2943	Robert Krzeminski		Male 50+
2944	Douglas Kuhrt		Male 55+
2945	Dave Kyffin		Male 50+
2946	Max Kyffin		Male Open
2947	David Lamb		Male 45+
2948	David Lambert		Male 45+
2949	Richard Landon		Male 45+
2950	Daniel Lane	Griffithstown Harriers	Male 50+
2951	Steven Lane	Islwyn RC	Male 50+
2952	Alex Langford		Male 40+
2953	Mike Langford	Carmarthen Triathlon Club	Male 40+
2954	Warren Langer- Watts	100 Marathon Club	Male 55+
2955	Keith Langley		Male 70+
2956	Chris Larkin	Helsby Running Club	Male Open
2957	Osian Larsen		Male Open
2958	Martin Law		Male 40+
2959	Steffan Lea		Male 40+
2960	Simon Leathley		Male 50+
2961	Tim Lebbon	Newport East Wales Triathlon	Male 55+
2962	Colin Lee	Jedi Order	Male 40+
2963	Pierrot Lee	Horsham joggers	Male Open
2964	Wai Kin Lee	NRR	Male 40+
2965	Colin Lees	Badgers	Male 55+
2966	Tom Lees		Male Open
2967	Cory Leighton	ATG Tri Club Merthyr	Male Open
2968	Adam Lemalle	North Wales Road Runners Club	Male 40+
2969	Peter Lester-Owen	Denbigh Harriers	Male 65+
2970	Adrian Lewis	Brackla Harriers	Male 50+
2971	Chris Lewis	Run4All Neath	Male 45+
2972	Christopher Lewis	Run4All Neath	Male Open
2973	Corey Lewis		Male Open
2974	Dylan Lewis	Sarn Helen	Male 40+
2975	Ethan Lewis		Male Open
2976	Geraint Lewis	Amman Valley Harriers	Male 40+
2977	Iestyn Lewis	Team Rees Runners	Male 50+
2978	Jon Lewis	Griffithstown Harriers	Male 50+
2979	Jonny Lewis		Male Open
2980	Julian Lewis	TROTS	Male 50+

2981 Owen Lewis	Hillsborough & Rivelin Running Club	Male 50+	
2982 Paul Lewis	Croft Ambrey Running Club	Male 40+	
2983 Rhys Lewis	Sarn Helen	Male 50+	2
2984 Rich Lewis		Male Open	1
2985 Rich Lewis		Male 60+	
2986 Tom Lewis		Male 40+	1
2987 Tom Lewis		Male Open	
2988 Paul Lewtey	Deestriders RC	Male 45+	2
2989 David Liddall		Male 50+	9
2990 Paul Lidgett		Male 60+	11
2991 Ronald Light		Male 65+	9
2992 Ian Line	Parc Bryn Bach RC	Male 55+	1
2993 Chris Lintorn		Male Open	1
2994 Stuart Litster		Male 45+	1
2995 Chris Livesley	Totley AC	Male 45+	3
2996 Cai Llewellyn Jones	White Rock Runners	Male Open	2
2997 Rhodri Llewelyn		Male 50+	
2998 Elgan Lloyd		Male Open	
2999 Jamie Lloyd	Aberystwyth AC	Male Open	
3000 John Lloyd	Brackla Harriers	Male 60+	3
3001 Peter Lloyd	Kingfisher Harriers	Male 60+	
3002 Henry Lloyd Davies	Amman Valley Harriers	Male 45+	
3003 Matthew Lock	Witney Road Runners	Male Open	4
3004 Andrew Lockett		Male 50+	2
3005 Richard Jack Lockett	ATG Tri Club Merthyr	Male Open	1
3006 Rhodri Lodwick		Male Open	1
3007 Hywel Longman	Swansea Harriers	Male Open	1
3008 Colin Longworth		Male 70+	35
3009 Dewi Lord		Male Open	
3010 Dylan Lougher		Male Open	
3011 Kieran Loughlin	Ystrad Mynach Running Club	Male 40+	1
3012 Leo Loughran	Salford harriers	Male 45+	
3013 Russell Love	CDF Runners	Male 40+	
3014 Neil Lovell		Male 50+	
3015 Kevin Lovett		Male 40+	
3016 Peter Lowe-Werrell	Bridgnorth Running Club	Male 50+	13
3017 Will Luck		Male Open	
3018 Andrew Luckhurst		Male 45+	
3019 Jack Lucking		Male 50+	1
3020 Andrew Ludley	Trail Tuesday Ripponden	Male Open	
3021 James Ludley		Male Open	1
3022 Dan Lumsden		Male Open	
3023 Richard Lycett	Rugeley Runners	Male 50+	2
3024 Daragh Lynch		Male Open	
3025 Joseph Lynch	Croft Ambrey Running Club	Male Open	3
3026 Michael Lynch	Club seiclo cwm gwendraeth	Male 55+	
3027 Elliot Lynch-Warden		Male Open	1
3028 Matthew Lynch-Warden		Male Open	
3029 Alex Lynes		Male Open	
3030 Phil Lynes		Male 40+	8
3031 Matthias Mache		Male 40+	
3032 Stephen Mackay		Male Open	
3033 James Mackie	Wirral AC	Male 50+	
3034 Paul Mackie	TROTS	Male 40+	
3035 Chris Maclean	GJ Endurance	Male Open	1
3036 Derek Macphail	Meirionnydd Running Club	Male 55+	
3037 Paul Maitland	Mon Milers	Male 55+	1
3038 Andy Major		Male 50+	2 (I think)
3039 Firouz Mal		Male 65+	11
3040 Kai Mallett	Hyde village striders	Male Open	
3041 Josh Manley	Run4All Neath	Male Open	1
3042 Mark Manning	Northampton Road Runners	Male 55+	4
3043 Allan Mansfield	Kenilworth Runners	Male 45+	
3044 Kyle Marin		Male Open	
3045 Steve Marklew	Royal Sutton Coldfield AC	Male 60+	6
3046 Simon Marks	Les Croupiers RC	Male 45+	
3047 Chris Marsh		Male Open	2
3048 Daniel Marshall	Vale Runners	Male Open	
3049 Chris Martin	Hill bottom	Male 40+	1
3050 Lee Martin	Levenshulme Runners	Male 45+	
3051 Oliver Martin		Male Open	1
3052 Paul Martin	GOG Triathlon Club	Male 55+	4
3053 Colin Maskell	West Bromwich harriers	Male 55+	
3054 Daniel Maskew	Wolves & Bilston AC	Male Open	
3055 Jeff Mason		Male 55+	17
3056 Neil Mason	Vegan Runners UK	Male 45+	
3057 Kevin Matlock	Desford Striders	Male 55+	2
3058 Alan Matthews	Aberdare Valley Athletic	Male 65+	6
3059 Jon Matthews	Ogmore Phoenix Runners	Male Open	1

3060 Roger Matthews	Aberystwyth AC	Male 60+	2
3061 Jonathan Mattock	Chorley Athletic and Triathlon Club	Male 50+	3
3062 Trevor Matty	Mynydd du	Male 60+	11
3063 John Maunder		Male 60+	6
3064 Mark Mayers		Male 40+	2
3065 Finn Mccartlett		Male 40+	
3066 Chris Mcbeth		Male 55+	
3067 Redford Mcbeth	Just Run Community Lincoln	Male Open	
3068 Andy Mccall	Amman Valley Harriers	Male Open	1
3069 Ben Mccarthy		Male 50+	4
3070 Simon Mccarthy		Male 45+	12
3071 Christian Mcconnell	Lliswerry Runners	Male Open	
3072 Duncan Mcconnell	The Stragglers RC	Male 40+	1
3073 Zac Mcculloch		Male Open	3
3074 Rory Mcdermott	Les Croupiers RC	Male Open	4
3075 Gary Mcdonald	Waveney Valley AC	Male 40+	5
3076 Rob Mcgregor	100 Marathon Club	Male 55+	1
3077 Peter Mcguane		Male Open	
3078 Alexander Mcguire	NRF	Male Open	
3079 Jonny Mchale		Male 40+	1
3080 Andy Mcintyre	Hengoed Harriers	Male 55+	3
3081 Dave Mcintyre		Male 50+	4
3082 Richard Mckee		Male 55+	1
3083 Alex Mckenna	The Stragglers RC	Male Open	
3084 John Mckeon		Male 45+	7
3085 Allan Mckeown	Buckley RC	Male 45+	3
3086 Ben Mclean		Male Open	
3087 Gary Mclean	Hunwick Harriers	Male 45+	
3088 Stephen Mclean		Male Open	5
3089 Calum Mcleish	Monross Trailblazers	Male Open	3
3090 Patrick Mcleish		Male Open	3
3091 Fraser Mcmillan	Cardigan Running Club	Male 55+	4
3092 Roger Mcpherson	Albany Road Run Club	Male 60+	1
3093 Jasper Mcqueen	Dalzell Runners	Male 55+	1
3094 Matt Mcwhinnie		Male 40+	
3095 Stu Meades		Male 50+	3
3096 Jason Mee		Male 50+	9
3097 Ceri Melhuish-Thomas		Male 45+	
3098 Stephen Mellor		Male 45+	
3099 Matthew Melton		Male 45+	1
3100 Joshua Melvin- Gibbons	Hertford Running Club	Male Open	
3101 Paul Mercer	London Heathside	Male 50+	
3102 Timothy Meredith	Rhondda Valley Runners	Male Open	2
3103 Andrew Merriman	Hay Hotfooters	Male 50+	
3104 Damian Miles	Desford Striders	Male 55+	1
3105 Jonathan Miles		Male 45+	
3106 Darren Mills	Northampton Road Runners	Male 40+	
3107 Jack Mills		Male Open	1
3108 Lee Mills	Islwyn RC	Male 50+	4
3109 Simon Mills	Peak Performance Wales	Male 45+	2
3110 Mark Milner		Male 60+	13
3111 Luke Minall		Male 60+	2
3112 David Mitchell		Male 55+	
3113 Craig Mitchley		Male 40+	2
3114 Jamie Moghaddam	Port talbot harriers	Male 40+	
3115 Rob Moir	St Neots Riverside Runners	Male 60+	8
3116 Rob Mole	Bromsgrove and Redditch AC	Male 55+	13
3117 Melwyn James Moore	Istead and Ifield Harriers	Male 60+	6
3118 Mont Moreton	STOKE FIT	Male 50+	4
3119 Ben Morgan	Team Armadillo	Male Open	
3120 Ceri Morgan		Male Open	
3121 Chris Morgan	Lliswerry Runners	Male 50+	
3122 Clive Morgan		Male 45+	
3123 Daniel Morgan		Male 50+	5
3124 Darren Morgan	Penarth and Dinas Runners	Male 65+	2
3125 Edward Morgan	Taff Ely Triathlon Club	Male 65+	1
3126 Keith Morgan	Ashbourne RC	Male 60+	
3127 Lewis Morgan	Rhondda Valley Runners	Male Open	2
3128 Owain Morgan		Male Open	
3129 Phillip Morgan	Peak Performance Wales	Male 50+	2
3130 Rhys Morgan		Male Open	2
3131 Huw Morgans	Richmond and zetland harriers	Male 40+	3 (2 completed)
3132 Alan Morris	Alansrunning RC	Male 60+	2
3133 Bernie Morris	Buckley RC	Male 50+	4
3134 Ceri Morris		Male 45+	6
3135 Chris Morris	GOG Triathlon Club	Male 40+	2
3136 Gerallt Morris		Male Open	4hr
3137 Joseph Morris		Male Open	1
3138 Karl Morris	Eryri Harriers	Male 45+	9

3139 Kevin Morris	Lonely Goat Running Club	Male 60+	1
3140 Lee Morris	3M Gorseinon Road Runners	Male 45+	10
3141 Paul Morris	Pontypool and District Runners	Male 60+	
3142 David Morrison	Vegan Runners UK	Male 55+	1
3143 Josh Morrison		Male Open	
3144 Colt Morrissey		Male Open	
3145 Euan Morton		Male Open	1
3146 David Mould	Ely RUNNERS	Male 60+	9
3147 Andy Moxon	NH Fitness	Male 55+	3
3148 Ian Muggleston		Male 50+	
3149 Rabindra Muqrati	Griffithstown Harriers	Male 40+	
3150 Ronald Muhumuza	Barrow Runners	Male 40+	
3151 Edwin Muirhead	Cardigan Running Club	Male 45+	
3152 Luke Munday		Male Open	
3153 Andrew Munro	Porthcawl runners	Male Open	
3154 Chris Murphy		Male 40+	2
3155 David Murphy		Male 45+	12
3156 Rob Murray	Port talbot harriers	Male 50+	
3157 Simon Murray	Northampton Road Runners	Male 50+	4
3158 Edward Naish	City of Salisbury Athletics and Running Club	Male Open	1
3159 Simon Narbeth	Warrior Tri Club	Male 50+	
3160 James Neilson		Male Open	0
3161 Chris Nelson	Lonely Goat Running Club	Male 65+	7
3162 Robert Nelson	Spirit of Monmouth	Male 55+	2
3163 Danny Newell		Male Open	
3164 Keith Newhouse		Male 45+	18
3165 Kerry Newman	Cr@P Tri	Male 55+	3
3166 Paul Newman		Male 50+	2
3167 Kev Newnes		Male 60+	
3168 Matt Nicholls	Ripley running club	Male 40+	4
3169 Liam Nichols		Male Open	
3170 Barry Nichols-Grey		Male 40+	
3171 John Nicholson	Stockport Harriers & AC	Male 45+	
3172 Robbie Nimmo		Male Open	
3173 Tim Nolan		Male 50+	
3174 Barry Norman	Redway Runners	Male 45+	
3175 Matthew Norman		Male Open	
3176 Michael Northam		Male Open	
3177 Rafael Nunez	Chineham Park Running Club	Male Open	
3178 Gary O'Brien	Liverpool Running Bugs	Male 60+	8
3179 Jim O'Brien	Hawkesbury Runners	Male 55+	9
3180 Liam O'Brien		Male 45+	5
3181 Ian O'Donnell	Massey Fergusson RC	Male 50+	7
3182 Sion O'Neil		Male 50+	6
3183 Sean O'Neill		Male Open	
3184 Sean Obeirn		Male Open	
3185 Chris Obrien	Brecon AC	Male 45+	6
3186 Ian Ogilvie	Brackla Harriers	Male 60+	10
3187 Neil Olden	Run4cake	Male 45+	3
3188 Chris Oliver	Nantwich Running Club	Male 50+	
3189 Declan Oneill		Male Open	
3190 Bogdan Onofrei		Male 40+	
3191 Alastair Orenecas	Beaumont Running Club	Male 50+	7
3192 Thomas Orr		Male 50+	9
3193 Ian Orton	Peel road runners	Male 40+	2
3194 Nicholas Ost	Wootton Road Runners	Male Open	
3195 Mark Osullivan		Male 55+	21
3196 James Otter	Plumstead Runners	Male 60+	
3197 Daniel Owen		Male Open	
3198 Derfel Owen		Male 45+	2
3199 Iolo Owen	Eryri Harriers	Male 45+	2
3200 Jonathan Owen		Male 55+	4
3201 Mark Owen	Cybi Striders	Male 50+	1
3202 Oisin Owen		Male 45+	2
3203 Paul Owen	Amphill and Flitwick Flyers	Male 55+	2
3204 Robin Owen		Male 45+	6
3205 Ross Owen	Rhondda Valley Runners	Male 40+	7
3206 Robert Owen-Jones		Male 40+	1
3207 Ian Owens	DC Triathlon	Male 50+	
3208 Oliver Pacey		Male Open	
3209 Jenny Packer	Mon Milers	Male 55+	
3210 Louie Paddison	Nuneaton Harriers	Male Open	
3211 Dale Padfield		Male Open	
3212 Jamie Page-Lewis		Male Open	
3213 Dafydd Palfrey		Male 50+	
3214 Barry Palmer	Porth Eirias Runners	Male 45+	
3215 Connor Panting	Ogmore Phoenix Runners	Male Open	
3216 Dylan Panting	Ogmore Phoenix Runners	Male Open	
3217 Martyn Paramore		Male 45+	2

3218 Warren Parish	Cannock Chase Trail Runners	Male 40+	1
3219 Joe Parker	TB TRIATHLON	Male Open	1
3220 Paul Parker	Croft Ambrey Running Club	Male 50+	5
3221 Jeff Parkes		Male 55+	3
3222 Danny Parry		Male 50+	6
3223 Jamie Parry	Parc Bryn Bach RC	Male 40+	2
3224 Meurig Parry		Male Open	
3225 Rhys Parry		Male 45+	3
3226 Stephen Parry		Male Open	2
3227 Jason Parry Jones		Male Open	10
3228 Dan Parsons		Male Open	1
3229 Gavin Parsons		Male 50+	2
3230 Steven Pasch		Male 45+	
3231 Harshad Patel	Aldridge Running Club	Male 45+	12
3232 Milan Patel		Male Open	
3233 Sourabh Patel		Male Open	
3234 Oliver Paterson	Hailsham Harriers	Male Open	
3235 Adrian Patindol		Male Open	
3236 Danny Patton		Male 60+	3
3237 Liam Payne		Male Open	8
3238 John Peaker	Chester triathlon club	Male 60+	4
3239 David Pearce	Roadhogs AC Leicester	Male 60+	6
3240 Alex Pearson		Male Open	
3241 Mark Pearson		Male 55+	1
3242 Daniel Perkin	Human Energy AC	Male Open	4
3243 Lee Perrett		Male 45+	
3244 Alex Perry	100 Marathon Club	Male 55+	
3245 Dan Perry	PACER	Male 50+	9
3246 Juanxo Perry	Silverdale Running Club	Male Open	2
3247 Charlie Pestridge		Male Open	
3248 Luke Petley	Porth Eirias Runners	Male Open	
3249 Warren Petty	Team beut	Male Open	
3250 David Phaure	City of Salisbury Athletics and Running Club	Male 50+	
3251 Patrick Phelan		Male 60+	7
3252 Dane Phelps		Male Open	1
3253 Dyfan Phillips		Male 45+	3
3254 Gavin Phillips	Pembrokeshire Harriers	Male Open	2
3255 Jonathan Phillips	North Dock Dredgers Tri	Male 40+	1
3256 Matthew Phillips		Male 45+	4
3257 Neil Phillips		Male 65+	13
3258 Richard Phillips	TROTS	Male 50+	4
3259 Scott Phillips		Male Open	1
3260 Trystan Phillips		Male 45+	8
3261 Chris Phillipson	Swinton Running Club	Male 50+	7
3262 James Pickering		Male 40+	1
3263 Mark Pickering	Northampton Road Runners	Male 65+	3
3264 Rhys Picton	Merthyr Triathlon Club	Male 40+	
3265 Andrew Pigg	Cardigan Running Club	Male 60+	
3266 Chris Pinder		Male 50+	
3267 Hugh Pinner		Male 50+	2
3268 William Pischel		Male Open	
3269 Morgan Pitman	Element 3	Male Open	
3270 Slim Pittman	Lonely Goat Running Club	Male 55+	1
3271 Luke Plass		Male 50+	1
3272 Dic Player		Male 70+	
3273 Mike Pobjoy	Hengoed Harriers	Male 55+	
3274 Laszlo Pocsai		Male 50+	3
3275 Johnny Podmore	Dnf Cheshire	Male 45+	3
3276 Andy Pointon	Michelin Ac	Male 50+	1
3277 Simon Pollard		Male 50+	
3278 Michael Pook	Rugby triathlon club	Male 65+	
3279 Clive Poole	100 Marathon Club	Male 55+	1
3280 Jamie Poole	Alive Run Club	Male 40+	
3281 Alan Porter	Taff Ely Triathlon Club	Male 60+	
3282 Bob Porter	Stour Striders	Male 65+	
3283 Melvyn Porter	Coltishall Jaguars RC	Male 55+	1
3284 Nick Pounder	Pontypridd Roadents AC	Male 50+	7
3285 Mark Povall		Male 50+	
3286 Myles Povey		Male Open	
3287 Andrew Powell		Male 50+	
3288 Dan Powell	Vale runners	Male 45+	
3289 Huw Powell		Male 40+	3
3290 Ioan Power		Male Open	
3291 Chris Pownell	Cybi Striders	Male Open	1
3292 Chris Pratt	Ogmore Phoenix Runners	Male 55+	9
3293 Adam Price		Male 40+	
3294 Alex Price	Les Croupiers RC	Male Open	2
3295 Allan Price	Harmeny AC	Male 65+	
3296 Carl Price	Parc Bryn Bach RC	Male 50+	

3297 Joel Price	Les Croupiers RC	Male Open	
3298 Matthew Price		Male Open	
3299 Rich Price		Male 45+	
3300 Rob Price	GOG Triathlon Club	Male 40+	1
3301 Steven Price		Male 50+	9
3302 Craig Priday		Male 40+	
3303 Chris Priddy		Male 40+	
3304 Daniel Priddy		Male Open	
3305 Jason Priddy	Just Run Penybont	Male 50+	1
3306 Richard Priest		Male 55+	2
3307 Dafydd Pritchard		Male 40+	
3308 Dylan Pritchard		Male Open	
3309 Simon Pritchard	Pontypridd Roadents AC	Male 50+	3
3310 Neil Profit	Islwyn RC	Male 45+	2
3311 Wojtek Prokorym		Male 40+	1
3312 Harri Prytherch		Male Open	
3313 Ieuan Pugh-Jones	Meirionnydd Running Club	Male Open	2
3314 Carl Pullen	Parc Bryn Bach RC	Male 45+	
3315 Marc Pullen	Parc Bryn Bach RC	Male 50+	1
3316 Christopher Purcell	Merthyr Running Club	Male 40+	2
3317 Tom Purnell		Male Open	10
3318 Tudur Puw	Rhedwyr Hebog	Male 60+	
3319 Andrew Quainton		Male 45+	1
3320 Andy Quicke		Male 45+	3
3321 Jason Quinn		Male 50+	1
3322 Keith Quinton		Male 40+	1
3323 Ashley Ramsden	Amman Valley Harriers	Male Open	1
3324 Karl Randell	Tri Hard Harriers	Male Open	
3325 Paul Rankin		Male 40+	
3326 Jason Ratchford		Male 55+	
3327 Jake Ratcliffe	Eryri Harriers	Male Open	1
3328 Jonathan Rawlinson		Male 60+	6
3329 Joshua Raymond		Male Open	
3330 Kevin Raymond	Ogmore Phoenix Runners	Male 65+	5
3331 Steve Reading	Maldwyn Harriers	Male 60+	
3332 Louis Realff	Great Western Runners	Male Open	
3333 David Redfern		Male 50+	1
3334 Neil Redler	Shropshire Shufflers	Male 45+	
3335 Mark Redwood	St Neots Riverside Runners	Male 50+	1
3336 Nick Reed		Male 60+	11
3337 Andrew Rees	Amman Valley Harriers	Male 50+	3
3338 Gareth Rees	Clwb Seiclo Cwm Gwendraeth	Male 50+	1
3339 Gareth Rees		Male Open	1
3340 Jonathan Rees	Merthyr Tydfil	Male 45+	7
3341 Steven Rees-Smith	Amman Valley Harriers	Male Open	2
3342 Sean Reeve		Male 45+	
3343 Daniel Reilly		Male Open	
3344 Patrick Reilly	Marshlane. Harriers	Male 50+	
3345 Rich Rex	City of Hull AC	Male 55+	2
3346 Marinus Reynecke	St Neots Riverside Runners	Male Open	
3347 Graham Reynolds	Torbay Tri Club	Male 60+	2
3348 Jack Reynolds		Male Open	
3349 Spencer Reynolds		Male 50+	1
3350 Vito Ricciardi		Male 60+	
3351 Andy Richards	Witney Road Runners	Male Open	1
3352 Gavin Richards		Male 45+	
3353 Lewis Richards		Male Open	2
3354 Tegid Richards		Male Open	1
3355 Jonathan Richardson	100 Marathon Club	Male 50+	17
3356 Rhodri Rickard		Male Open	
3357 Lee Rickards	Peel Road Runners	Male 45+	7
3358 Dylan Rickerby	Rothwell Harriers	Male 50+	2
3359 Paul Ridgway	North Dock Dredgers Tri	Male 45+	
3360 Mark Ritchie		Male 70+	3
3361 Alun Roach		Male 55+	4
3362 Andy Roberts	Airey Airways	Male 50+	
3363 Colin Roberts		Male 40+	2
3364 David Roberts		Male 45+	
3365 Deri Roberts		Male 45+	6
3366 Duane Roberts		Male 60+	11
3367 Emlyn Roberts	Cybi Striders	Male 40+	2
3368 Gareth Roberts		Male 50+	11
3369 Gareth Roberts		Male Open	
3370 Gwydion Roberts		Male Open	1
3371 James Roberts	Tacla Rhedag	Male 40+	1
3372 Kevin Roberts		Male 50+	4
3373 Kieron Roberts		Male Open	
3374 Llŷr Roberts	Albany Road Run Club	Male 60+	1
3375 Matthew Roberts		Male Open	

3376	Mike Roberts		Male 60+	
3377	Rhys Roberts		Male 40+	
3378	Sion Llyr Roberts	Cybi Striders	Male Open	0
3379	Trystan Roberts		Male Open	1
3380	Lee Robinson	SYP	Male 50+	3
3381	Paul Robinson		Male Open	
3382	Tom Robinson	Bournville Harriers	Male 45+	
3383	Ian Robson	Eryri Harriers	Male 65+	2
3384	Neil Rochester	Oswestry Olympians	Male 45+	2
3385	Graham Roddis		Male 55+	
3386	Kevin Roderick		Male 65+	3
3387	Michael Roderick	Tri Hard Harriers	Male 45+	6
3388	Chris Rogers		Male 40+	
3389	Frank Rogers	Levenshulme Runners	Male 50+	1
3390	Kenneth Rogers		Male Open	
3391	Paul Rogers	Coltishall Jaguars	Male 50+	
3392	Graeme Rolfe	Harborough AC	Male 60+	15
3393	Andrew Rosewell	Northampton Road Runners	Male 40+	4
3394	Chance Rowan	The Stragglers RC	Male 50+	4
3395	Jamie Rowland		Male 45+	1
3396	Aled Rowlands		Male 45+	
3397	Ben Rowlands	Deestridders RC	Male Open	
3398	Dilwyn Rowlands	Eryri Harriers	Male 55+	10
3399	Karl Rowlands	Dwygy Dashers	Male 40+	
3400	Mitch Rowley		Male 45+	4
3401	Bobby Ruffles		Male 40+	
3402	Mark Rush	Weston Athletic club	Male 50+	0
3403	Chris Russell		Male Open	0
3404	Stuart Russell	Calder Valley Fell Runners	Male 50+	
3405	Tommy Rutherford		Male 55+	1
3406	Gareth Ryan		Male 45+	5
3407	Peter Ryder		Male 40+	
3408	Julian Sacofsky	Levenshulme Runners	Male 65+	55
3409	Robert Salt	Dacorum AC	Male 60+	1
3410	Matt Sampson		Male 45+	
3411	Gerald Sanders	Black Pear Joggers	Male 65+	3
3412	Christian Sandry	Run4All Neath	Male Open	2
3413	Jose Santos	Northampton Road Runners	Male 45+	
3414	Dave Saunders		Male 60+	5
3415	Brian Saxby	Vegan Runners UK	Male 60+	5
3416	Ben Saxton		Male 45+	
3417	Ethan Sayce	Parc Bryn Bach RC	Male Open	
3418	Chris Scanlon	Fareham Running Club	Male 45+	
3419	Matthew Scanlon	CDF	Male 45+	
3420	Gwion Schiavone	Denbigh Harriers	Male Open	1
3421	Owain Schiavone	Aberystwyth AC	Male 45+	1
3422	Rhys Schiavone		Male Open	
3423	Graeme Scott		Male 55+	10
3424	Rory Seabourne	3 Royal Welsh	Male Open	
3425	Ben Sealey		Male Open	
3426	Harry Searle		Male Open	
3427	Kevin Searle	Griffithstown Harriers	Male 50+	4
3428	John Seaward	Caerphilly Runners	Male 40+	1
3429	Jon Seddon	Eryri Harriers	Male 70+	16
3430	Phil Seddon	Darwen Dashers	Male 65+	
3431	Alex Seymour		Male 50+	2
3432	Marcus Shaikh	Roadhogs AC Leicester	Male 50+	
3433	Jason Shailer	Witney Road Runners	Male 45+	1
3434	Carl Shawcross	Medwaytri	Male 55+	2
3435	David Sheard	Ogmore Phoenix Runners	Male 60+	5
3436	Drew Shearing		Male Open	1
3437	Wes Sheldon	Port Talbot Harriers	Male 45+	
3438	Mathew Shelley	High Ercall	Male 40+	1
3439	Rick Shepley	Astley and Tyldesley road runners	Male 45+	
3440	Andy Sheppard		Male 60+	one
3441	John Shewring	Penarth and Dinas Runners	Male 60+	
3442	Toby Shipway	Hook Norton Harriers	Male 40+	2
3443	Patrick Shortell		Male 70+	15
3444	William Shortell		Male 65+	13
3445	Jo Sibley		Male Open	2
3446	Paul Sidwells	Run free fell runners	Male 50+	2
3447	Stuart Sievwright	Fremington trailblazers	Male 40+	3
3448	Lee Simmons	Penkridge runners	Male 40+	7
3449	Richard Simpson		Male 45+	6
3450	Gavin Sisson		Male 40+	
3451	Richard Siviter		Male 50+	
3452	Nik Skidmore		Male 55+	12
3453	Jeremy Slade	Axe Valley Runners	Male 55+	1
3454	Daniel Slater		Male Open	

3455 Martin Slater		Male 45+	1
3456 Kevin Slattery	North Wales Road Runners Club	Male 70+	7
3457 John Slinn		Male 70+	7
3458 Steve Slyne	Daventry Road Runners	Male 40+	
3459 Michael Smallwood	Wye Valley Runners	Male 60+	2
3460 Paul Smart	Human energy weedon	Male 70+	3
3461 Andrew Smedley		Male 40+	1
3462 Dave Smith		Male 45+	1
3463 David Smith	100 Marathon Club	Male 55+	
3464 Ian Smith	Fairwater Runners Cwmbran	Male 50+	
3465 James Smith		Male 40+	
3466 Mark Smith		Male 50+	1
3467 Mark Smith		Male 55+	
3468 Paul Smith	Hay hot footers	Male 50+	
3469 Robert Smith	PACER	Male 45+	12
3470 Michael Smyth		Male Open	
3471 Ben Snell		Male 45+	1
3472 Matt Snowdon	Hyde Village Striders	Male Open	2
3473 Peter Sowerby	Brecon AC	Male 60+	3
3474 Robin Spacie	Tri Hard Harriers	Male 40+	
3475 Ryan Spall	Grimsby Tri Club	Male Open	0
3476 Ian Speakman		Male 50+	
3477 Paul Spear	Wrekin Road Runners	Male 50+	2
3478 David Spector		Male 50+	3
3479 Mark Speed	Northampton Road Runners	Male 45+	
3480 Oliver Spicer	Wootton road runners	Male 40+	1
3481 Lukas Spies		Male Open	1
3482 David Spofforth	GOG Triathlon Club	Male 40+	
3483 Paul Spooner		Male 40+	4
3484 William Spracklen	Witney Road Runners	Male 55+	3
3485 Neal Stayner	Crewkerne running club	Male 55+	1
3486 Jamie Stedman		Male Open	1
3487 Luke Stedman		Male Open	
3488 Thom Stephens	Almost Athletes	Male Open	3
3489 Ian Stevens		Male 45+	2
3490 Matthew Stevens	PROJECT MDS 27	Male Open	
3491 Peter Stevens	Merthyr triathlon club	Male 55+	4
3492 Andy Stevens-Olsen		Male 60+	9
3493 Charles Stevenson		Male 40+	3
3494 Jack Stewart	Biddulph RC	Male Open	
3495 Robert Stewart	Tri Hard Harriers	Male 40+	3
3496 Nick Stocker	Vegan Runners UK	Male 55+	6
3497 Josh Stolberg		Male Open	
3498 Simon Stonehouse	Stockport Harriers & AC	Male 55+	
3499 Jon Stones	Lliswerry Runners	Male 50+	
3500 Jamie Sullivan		Male Open	
3501 Liam Sullivan	ATG Tri Club Merthyr	Male 40+	
3502 Richard Sullivan		Male 50+	3
3503 Joseph Summers	Sarn Helen	Male Open	2
3504 Paul Sutherland	100 Marathon Club	Male 60+	1
3505 Nigel Sweeney	Chester Road Runners	Male 60+	1
3506 Adrian Talbot	Wrekin Road Runners	Male 55+	
3507 Jon Tallis		Male 55+	1
3508 Mark Tanner	Bromsgrove and Redditch ac	Male 45+	2
3509 Taff Tanner	SixMinionDollar Running Club	Male 55+	7
3510 Michael Tarling	Sarn Helen	Male 50+	
3511 Barry Tavener		Male 45+	
3512 Blake Taylor	Roadhogs AC Leicester	Male Open	
3513 Brian Taylor		Male 60+	1
3514 Dal Taylor	PGC1 Coaching	Male 55+	3
3515 Dan Taylor		Male 55+	4
3516 Ian Taylor		Male 50+	14
3517 James Taylor	Aberdare Amateur Athletics Club	Male 45+	6
3518 James Taylor	Pontypridd Roadents AC	Male 45+	3
3519 Josh Taylor	Chineham Park Running Club	Male Open	
3520 Lee Taylor	Daventry Road Runners	Male 40+	4
3521 Lee Taylor	Daventry Road Runners	Male 40+	4
3522 Michael Taylor	Crickhowell Running Club	Male 55+	
3523 Ricky Taylor		Male 45+	
3524 Simon Paul Taylor	NRR	Male 50+	4
3525 Peris Tecwyn		Male Open	
3526 Paul Telford		Male 50+	1
3527 George Tellem		Male Open	
3528 Joseph Thanniyil	Liswerry runners	Male 50+	
3529 Rabi Thapa	Aberystwyth AC	Male 50+	1
3530 Jonathan Thiel	Bridgend Athletic Club	Male 45+	
3531 Aled Thomas	Peak performance wales	Male Open	
3532 Andrew Thomas	Sospan Road runners	Male 60+	8
3533 Dafydd Thomas	Meirionnydd Running Club	Male Open	1

3534 Dan Thomas		Male 40+	1
3535 Daniel Thomas	Maldwyn Harriers	Male Open	
3536 Dean Thomas		Male 55+	6
3537 Dylan Thomas	Cybi Striders	Male 40+	
3538 Gareth Thomas	Builth and District Running Club	Male Open	
3539 Gareth Thomas	Ogmore Phoenix Runners	Male 45+	1
3540 Geraint Thomas	Sarn Helen	Male 50+	4
3541 Gruffudd Thomas		Male Open	
3542 Hugo Thomas	Llamwyr Llyn	Male 60+	2
3543 Huw Thomas		Male 40+	
3544 Iolo Thomas	Carmarthen Triathlon Club	Male Open	
3545 Joel Thomas		Male Open	
3546 Joseff Thomas		Male Open	
3547 Llewelyn Thomas		Male 50+	
3548 Mark Thomas		Male 40+	
3549 Melville Thomas		Male 45+	4
3550 Michael Thomas		Male 60+	13
3551 Rhys Thomas		Male Open	
3552 Richard Thomas	TTM	Male 45+	2
3553 Robert Thomas		Male Open	4
3554 Rowan Thomas		Male Open	
3555 Shogun-Li Thomas	Cornelly Striders AC	Male 45+	1
3556 Sion Thomas	Run Your Way	Male Open	
3557 Stephen Thomas	Running punks	Male 50+	3
3558 William Thomas	Run4All Neath	Male 50+	2
3559 Finn Thompson	Leigh on Sea Striders	Male Open	
3560 Ian Thompson	Huncote Harriers AC	Male 55+	6
3561 Michael Thompson		Male 65+	
3562 Richard Thompson	Albany Road run club	Male 55+	2
3563 Michael Thorne		Male Open	
3564 Toby Thorogood	Witney Road Runners	Male Open	
3565 Mick Thurston		Male Open	
3566 Ryan Tidball	Blaenavon Bog Trotters	Male Open	
3567 Bodean Tiernan		Male 45+	
3568 James Timmins		Male 50+	14
3569 Ryan Timms		Male Open	
3570 Andy Tink	Chessington Unity Running Club	Male 55+	19
3571 Isaac Tipler	Rugby and Northampton	Male Open	2
3572 Robert Tite		Male 45+	1
3573 Luciano Tomasulo	Griffithstown Harriers	Male Open	1
3574 Jonathan Tombs	Eden Runners	Male 55+	2
3575 Jason Tomkins	Huncote Harriers AC	Male 45+	4
3576 Alyn Tomkinson	Hengoed Harriers	Male 50+	
3577 Ryan Tomkinson		Male 45+	6
3578 Owen Tomlin		Male 40+	
3579 Keegan Tomlinson		Male Open	
3580 Pete Tomsett	Ashford A C	Male 45+	
3581 Daniel Tonge	Heathwood Triathlon Club	Male 40+	1
3582 Peter Townsend		Male 45+	9
3583 Brennan Townshend	Keswick AC	Male Open	
3584 Rod Tredgett	Stratford Striders	Male 50+	11
3585 Mark Truman	Run4All Neath	Male 45+	9
3586 Andrew Trumper	Blaenavon Bog Trotters	Male 40+	2
3587 Sam Tucker	Run4All Neath	Male 40+	3
3588 Nicky Tudor	Griffithstown Harriers	Male 40+	
3589 Steve Tupholme	Holme Pierrepont RC	Male 55+	5
3590 Andrew Turnbull		Male Open	
3591 Kenneth Turner	Griffithstown Harriers	Male 50+	
3592 Matthew Turner	San Domenico RC	Male 45+	1
3593 Matthew Tutte		Male 40+	
3594 Geoff Twigg	Penarth and Dinas Runners	Male 70+	
3595 Ross Tyrrell	Beaumont Running Club	Male Open	
3596 Chris Unsworth	Eryri Harriers	Male Open	
3597 Paul Veitch	Cambridge & Coleridge AC	Male 55+	9
3598 Nick Vernon	Huncote Harriers AC	Male 55+	7
3599 Richard Vero	Plumstead Runners	Male 65+	1
3600 Howard Verran	Croft Ambrey Running Club	Male 50+	1
3601 Ethan Vicars-Harris		Male Open	1
3602 Neil Vicars-Harris	GOG Triathlon Club	Male 55+	4
3603 Bradley Vickers	Tri Hard Harriers	Male Open	
3604 David Vickerstaff	Plymouth Harriers	Male 50+	3
3605 Josh Vickery	Dragons Running Club Aberdare	Male Open	1
3606 Huw Viggers		Male Open	3
3607 Alistair Vince	Sarn Helen	Male 40+	3
3608 Samuel Vincent	Royal Air Force Athletics	Male Open	
3609 Martin Vivian	The Stragglers RC	Male 55+	
3610 Graham Vyner	Run4All Neath	Male 55+	12
3611 Alex Waddelove	Dockside runners	Male Open	
3612 Matt Wade		Male 55+	20

3613 Thomas Wade	Parc Bryn Bach RC	Male Open	3
3614 Adam Walker		Male 45+	
3615 Robert Walker		Male 45+	1
3616 Wayne Walker	Leighton Fun Runners	Male 50+	2
3617 Chris Wallace	Shrewsbury athletic club	Male 45+	
3618 Kevin Walpole	Northampton Road Runners	Male 55+	4
3619 Carl Walsh	Ogmore Phoenix Runners	Male 55+	6
3620 Patrick Walsh	North Wales Road Runners Club	Male Open	1
3621 Robert Walsh	Chorley Athletic and Triathlon Club	Male 50+	4
3622 Isaac Walter	Northampton Road Runners	Male Open	
3623 Phill Walters	Tri Hard Harriers	Male Open	
3624 Dafydd Warburton		Male 50+	1
3625 Dale Warburton		Male 40+	
3626 Gareth Warburton		Male 40+	
3627 John Ward		Male 55+	
3628 Malcolm Ward	Clowne Road Runners	Male 55+	13
3629 Marc Ward		Male 40+	
3630 Simon Ward	St Neots Riverside Runners	Male 55+	2
3631 Richard Ward-Smith		Male 55+	
3632 Paul Warden	Wootton Road Runners	Male 60+	1
3633 Harry Warne	Thornton Cleveleys Running Club	Male Open	
3634 Peter Warren	Les Croupiers RC	Male 65+	1
3635 Tom Warren	Rumble Racing	Male Open	
3636 Sam Warringer		Male Open	
3637 David Watkins	Paul Popham Running Club	Male 50+	
3638 Paul Watkins	Griffithstown Harriers	Male 60+	3
3639 Anthony Watmough	Cardigan Running Club	Male 55+	
3640 Stephen Watson		Male 45+	4
3641 John Weatherbed	Lliswerry Runners	Male 65+	1
3642 Matthew Webb	Pontypool and District Runners	Male 45+	
3643 Steffan Webb		Male 65+	
3644 Steve Webb	Lonely Goat Running Club	Male 65+	
3645 Thomas Webb	Parc Bryn Bach RC	Male Open	
3646 Raymond Weeks	Peak Performance Wales	Male 50+	
3647 Richard Wells		Male 40+	
3648 Keiran Weston	TROTS	Male 40+	3
3649 Jon Westwood	Bossin It Run Club	Male 55+	
3650 Mark Wheatley		Male 50+	2
3651 Philip Whelan		Male 40+	3
3652 Mark Whitby		Male 55+	14
3653 David White	Roadhogs AC Leicester	Male 45+	
3654 Paul White	Parc Bryn Bach RC	Male 45+	7
3655 Jason Whitehead		Male 55+	6
3656 Thomas Whittaker		Male 40+	1
3657 Tim Whittall-Williams	Iron Chef Coaching	Male 60+	
3658 Russell Whitwell		Male 50+	1
3659 Mike Wilcox		Male 55+	1
3660 Mark Wilde	City of Salisbury Athletics and Running Club	Male 50+	1
3661 Huw Wilkins	White Rock Runners	Male 65+	1
3662 Grant Willcox		Male 50+	7
3663 Leigh Willett	Eden runners	Male 45+	1
3664 Aled Williams		Male 45+	
3665 Andrew Williams	Spider Runners	Male 40+	2
3666 Anthony Williams	Hengoed Harriers	Male 55+	4
3667 Ben Williams		Male Open	
3668 Bleddyn Williams	Tacla Rhedeg	Male 45+	
3669 Bradley Williams		Male 40+	
3670 Caleb Williams		Male Open	
3671 Carwyn Williams	Eryri Harriers	Male Open	
3672 Ceirion Williams		Male 60+	3
3673 Dafydd Morgan Williams		Male Open	
3674 Daniel Williams	Cranleigh Runners	Male 55+	6
3675 Daniel Williams	Prestatyn Running Club	Male 40+	
3676 Darren Williams		Male 40+	
3677 David Williams		Male 70+	4
3678 Geraint Williams		Male 45+	1
3679 Geraint Williams	Rhedwyr emlyn	Male 50+	
3680 Griffith Williams		Male Open	1
3681 Gwion Williams	Eryri Harriers	Male 50+	19
3682 Gwyndaf Williams		Male 50+	3
3683 Huw Williams		Male 40+	1
3684 Ian Williams		Male 50+	1
3685 Ian Williams	Sarn Helen	Male 50+	
3686 Joel Williams	Birkenhead Park Running Club	Male Open	2
3687 Jonathan Williams	TROTS	Male 65+	3
3688 Kelvin Williams		Male 45+	
3689 Kyle Williams	Wrecsam Tri	Male Open	5
3690 Matthew Williams	St Clears Trots	Male 50+	
3691 Matthew Williams		Male 45+	One

3692 Michael Williams	Swansea Harriers	Male 50+	
3693 Nathan Williams		Male 45+	
3694 Neil Williams		Male 45+	3
3695 Neil Williams		Male 60+	4
3696 Nick Williams		Male 40+	
3697 Nigel Williams		Male 45+	4
3698 Nigel Williams		Male 40+	
3699 Paul Williams		Male 45+	
3700 Paul Williams	South Devon AC	Male 60+	
3701 Peredur Williams		Male Open	2
3702 Rhodri Williams	Sarn Helen	Male Open	
3703 Rhys Williams		Male 40+	2
3704 Rhys Williams		Male 45+	1
3705 Rhys Williams		Male Open	
3706 Rhys Williams	Hartshill Runners	Male 55+	1
3707 Rhys Williams	Taran Llyn	Male 50+	2
3708 Rhys Williams		Male Open	
3709 Richard Williams		Male Open	1
3710 Richard Williams		Male 50+	4
3711 Richie Williams	Cybi Striders	Male 60+	
3712 Russell Williams	Cardigan Running Club	Male 45+	10
3713 Ryan Williams	Yr Hen Blwyf	Male 45+	5
3714 Sam Williams		Male Open	
3715 Shane Williams	Cybi Striders	Male 40+	6
3716 Simon Williams	TROTS	Male 45+	4
3717 Thomas Williams		Male 45+	4
3718 Toby Williams	Human Energy AC	Male 55+	3
3719 Tom Williams		Male Open	
3720 Tom Williams	Witney Road Runners	Male 50+	1
3721 Will Williams		Male 40+	
3722 William Williams		Male Open	2
3723 David Williamson		Male 60+	3
3724 Mathew Wills		Male Open	
3725 Darran Wilson		Male 55+	4
3726 Derek Wilson	Just run penybont	Male 60+	5 or 6 ??
3727 Luke Wilson		Male Open	1
3728 Trevor Wilson	Lagan Valley AC	Male 65+	4
3729 Alec Winter		Male Open	
3730 Ben Witham	Tipton Harriers	Male 40+	1
3731 Robert Witherall	Spcperformancecoaching	Male 45+	1
3732 Tim Withers		Male 60+	8
3733 Alan Witter		Male 45+	1
3734 David Witts	Islwyn RC	Male 40+	1
3735 Chris Wong	Birchfield Harriers	Male Open	2
3736 Andy Wood	Lonely Goat Running Club	Male 55+	2
3737 Andy Wood	Belle Vue Racers	Male 60+	10
3738 Daniel Wood	CF7Run	Male 45+	
3739 Graham Woodin	Northampton Road Runners	Male 60+	
3740 Matthew Woodman		Male Open	
3741 Owain Woodward	ATG Tri Club Merthyr	Male 40+	2
3742 Will Wooldridge		Male 45+	2
3743 Matthew Woolgar-Sephton	BADRAT Runners	Male 40+	
3744 Clinton Woolley		Male 45+	
3745 David Worley	Witney Road Runners	Male 50+	
3746 Rob Worrall		Male 50+	1
3747 Richard Worsley		Male 65+	
3748 Duncan Worth	Salford Metropolitan Athletics Club	Male 65+	7
3749 William Worthing		Male 55+	
3750 Paul Wraith		Male 45+	
3751 Simon Wray	Tri misfits	Male 40+	1
3752 Matt Wren		Male 40+	
3753 Ashley Wright	Harborough AC	Male Open	3
3754 Dave Wright	Chineham Park RC	Male 60+	4
3755 James Wright	Royton road runners	Male 55+	10
3756 Richard Wright		Male 45+	
3757 Robert Wright		Male 45+	
3758 Gareth Wyatt		Male Open	
3759 Marc Wyatt		Male 40+	1
3760 Matthew Yapp		Male Open	6
3761 Matt Yardley	Bollington Harriers	Male 55+	2
3762 James Yarwood	Wrexham AAC	Male Open	1
3763 Chris Yeomans		Male 50+	2
3764 James Young		Male Open	
3765 Phillip Young	Windle Valley Runners	Male 50+	
3766 Richard Young		Male 45+	1
3767 Dirk Zenz	LT Bernd Hbner	Male 60+	
3768 Nerijus Zukauskas	Hereford Couriers	Male 45+	

Bib	FirstLastname	Club	Age Group	No of Previous Marathon Eryl
1	Joshua Griffiths	Swansea Harriers	Male Open	
2	Tina Vira	Eryl Harriers	Female Open	2
3	Michael Young	Mina Aedwedd RC	Male Open	3
4	David Cole	Cardigan Running Club	Male Open	3
5	Jonathan Hounslow	Lisa Runners	Female 40+	
6	Jack White	Safford Harriers	Male Open	
7	Emma Woolley	Llwyny Runners	Female Open	6
8	Rob Corney	Reading Roadrunners	Male Open	
9	Isa Aedwedd	Dorffed RC	Female 50+	
10	Clare Bishop	Eryl Harriers	Female 40+	9
11	Jonia Megan	Wreatham	Female 50+	10
12	Dorothy Coal	100 Marathon Club	Male Open	
13	Ryan Davis	Male 60+	Male 60+	3
14	Jon Aston	Eryl Harriers	Female 55+	12
15	Terri Mason	Male 55+	Male 55+	14
16	Hugh Morgan	Stockport Harriers & AC	Female 55+	15
17	Peta Walsh	Eryl Harriers	Female 50+	16
18	Andrea Rowlands	Betol Runaways	Female 55+	17
19	Brian Wills	Male 65+	Male 65+	18
20	Mica Cutting	Male 55+	Male 55+	19
21	Roger Thompson	Male 55+	Male 55+	20
22	Charles Ashley	Male 55+	Male 55+	21
23	Gwynn Jones	Male 70+	Male 70+	22
24	Jeff Palmer	Male 50+	Male 50+	23
25	Mica Scott	Bingley Harriers	Male 55+	24
26	Luca Craig	Kilfordhock Olympians	Male 45+	25
27	Phil Adams	AWAC	Male Open	26
28	David Alexander	Male Open	Male Open	2
29	Mary Anthony	TROTS	Female 60+	6
30	Anny Tiley	Stockport Harriers & AC	Male 50+	29
31	Eric Rees	Sam Helen	Male 55+	30
32	Sharon Crowley	Fairford Valley Spartans	Female 45+	32
35	Michael Mynd	Male 70+	Male 70+	34
36	Paul Hodgkin	Male 55+	Male 55+	35
42	Stephen Roger	Female 55+	Female 55+	4
44	John Phillips	Female 45+	Female 45+	
45	Rachel Adams-Carbonell	Great Yarmouth road runners	Female 50+	14
46	Julia Red	Female Open	Female Open	
47	Becky Adams	Betol Runaways	Female 50+	4
48	Yvette Adams	Female 45+	Female 45+	6
49	Karen Addy	Female Open	Female Open	
50	Polly Abon	Female 45+	Female 45+	
51	Kerrie Aldridge	LT Barnet Hbrar	Female Open	
52	Caroline Allen	Northampton Road Runners	Female 45+	
53	Amanda Allen	Female 40+	Female 40+	3
54	Emma Anderson	Female 45+	Female 45+	1
55	Magdalena Ay Robert	Eryl Harriers	Female 65+	
56	Felicity Alex	100 Marathon Club	Female 55+	1
57	Rachel Armstrong	Female 55+	Female 55+	
58	Liz Ashby	Albany Road Run Club	Female 50+	
59	Sharon Ashby	Female 45+	Female 45+	2
60	Steven Med Aston	Comely Striders AC	Female 45+	
61	Agnes Aspin	Female 45+	Female 45+	
62	Sarah Aston	Wrexham Road Runners	Female 55+	6
63	David Atkinson	Holme Pierrepont RC	Female 55+	3
64	Tacy Avil	Female 50+	Female 50+	3
65	Kate Ayward	Dunstable Road Runners	Female Open	1
66	Maddie Bache	Female Open	Female Open	
67	Loi Baines	Female Open	Female Open	
68	Simone Baggeley	Gator AC	Female Open	
69	Heidi Baggeley	She Run Cardiff	Female 45+	
70	Kayleigh Bagshaw	TROTS	Female Open	2
71	Christine Baker	Run IMD	Female 55+	4
72	Lisa Baker	Cribbit	Female 45+	5
73	Julia Bal	Mist Mists	Female 50+	
74	Louise Ballard	Chessington Union Running Club	Female 50+	2
75	Ana Barber	Victoria Park Harriers and Tower Harriers AC	Female Open	
76	Lizzy Barber	Female Open	Female Open	
77	Devon Barnes	South Chester Harriers	Female 45+	1
78	Rebecca Barnett	Female 45+	Female 45+	
79	Sarah Barnett	Comely Striders AC	Female 50+	2
80	Emma Barnett	Female 50+	Female 50+	
81	Christine Barrington	Female Open	Female Open	
82	Jo Barrow	Swansea vale 11	Female 45+	5 plus this
83	Dale Bartlett	Female 55+	Female 55+	2
84	Ann Barton	Vegan Runners UK	Female 45+	
85	Jade Barton	Widney Road Runners	Female Open	
86	Charlotte Baxxlow	Run & Ride Athletics club and CNF Staffordshire	Female 50+	2
87	Anita Beaby	Female 50+	Female 50+	1
88	Sarah Bealoch	Les Craygins RC	Female 45+	
89	Jessica Benjamin	CDF runners	Female Open	3
90	Marina Benjamin	Portsmouth and District Runners	Female 40+	
91	Michelle Bennett	Female 45+	Female 45+	2
92	Weron Bennett	Female Open	Female Open	
93	Suzie Bennett	Run EA	Female 65+	I think 6
94	Debbie Benson	Ogmore Phoenix Runners	Female 50+	3
95	Charlotte Bentley	Northampton Road Runners	Female 40+	
96	Elizabeth Bentley	Female 45+	Female 45+	
97	Alison Bewell	Croft Anthony Running Club	Female 60+	3
98	Ruth Bewell	Female 60+	Female 60+	8
99	Hayley Bergman	100 Marathon Club	Female 40+	1 last year
100	Jodie Berry	Female Open	Female Open	2
101	Kate Berry	Hartech Tri	Female Open	1
102	Tacy Berry	Liverpool Sefton and Penrith AC	Female 45+	
103	Katy Bessant	Female 45+	Female 45+	3
104	Lisa Bottony	Diablos Striders	Female 50+	2
105	Jayne Bevan	100 Marathon Club	Female 50+	1
106	Anna Bhagwan	Female 65+	Female 65+	
107	Jacqueline Bickerton	Female 55+	Female 55+	
108	Peter John Rhys Lewis	Eryl Harriers	Male 60+	31
109	Elaine Billington	Chertown Runners	Female Open	
110	Fraya Birley	Oldham and Royton Harriers AC	Female Open	
111	Brony Bishop	Female 45+	Female 45+	1
112	Lindsay Black	Southport Striders Running Club	Female 45+	4
113	Weron Black	Female 50+	Female 50+	3
114	Lindsay Blackford	Cardigan Running Club	Female 40+	4
115	Esther Blake	Road Road Runners	Female 45+	
116	Chloe Blake	Female Open	Female Open	0
117	Charlotte Blake	Glossopdale Harriers	Female Open	
118	Selina Bodcombe-Jones	Female 40+	Female 40+	
119	Katherine Bognarska	Female 40+	Female 40+	1
120	Clare Boland	Just run penrith	Female 40+	3
121	Sarah Bolton	Female 45+	Female 45+	1
122	Liz Bousingham	Northbrook AC	Female 45+	1
123	Bethal Bowen	Female Open	Female Open	
124	Kay Bowen	Iron Chef Coaching	Female 45+	
125	Crilly Bowyer	Croft Anthony Running Club	Female 40+	2
126	Vanessa Bowers	Croft Anthony Running Club	Female 40+	
127	Lisa Bowler	Ogmore Phoenix Runners	Female 50+	3
128	Dennis Bradley	Female 60+	Female 60+	
129	Catherine Bradshaw	Brooklands Harriers	Female 50+	
130	Lin Bradshaw	Female 50+	Female 50+	
131	Charles Brady	Sowethy Bridge Strals RC	Female 45+	
132	Shen Breese	Aberystwyth AC	Female 55+	5
133	Carys Breese	Malvern Harriers	Female Open	
134	Jayne Breese	Malvern Harriers	Female 50+	3
135	Lowenna Bridgend	Portsmouth and District Runners	Female Open	4
136	Louise Bright	Female 45+	Female 45+	
137	Rachel Brock	Maxey Ferguson Runners Cllb	Female 50+	
138	Nia Brockbank	Female 55+	Female 55+	
139	Gemma Brown	Female 45+	Female 45+	1
140	Nelen Brown	Female 50+	Female 50+	
141	Rachel Brown	Dursley Running Club	Female 55+	13
142	Sienna Brown	Female Open	Female Open	
143	Clare Bryan	Harrogate Harriers AC	Female 45+	5
144	Ally Bryant	TROTS	Female Open	2
145	Catherine Bryant	Female 45+	Female 45+	1
146	Mary Bunkley	Roadridge AC Leicester	Female 70+	
147	Carin Budd	Female Open	Female Open	2
148	Tricia Burr	161 Run	Female 50+	
149	Katie Burdett	Female Open	Female Open	
150	Ann Jones	Male 40+	Male 40+	14
151	Rachel Burgess	Female 40+	Female 40+	
152	Clare Burch	Baffins F1 Club	Female 40+	
153	Laura Burns	Female 45+	Female 45+	2
154	Katherine Burr	North Herts Road Runners	Female 45+	
155	Lisa Butler	Widney Road Runners	Female 45+	
156	Rachel Butler	Malvern Harriers	Female 60+	5
157	Louise Byers	Female 45+	Female 45+	
158	Ptiti Carner	Balanced Performance	Female Open	6
159	Ain Callaghan	Female 45+	Female 45+	
160	Brownlee Carlan	Pennarth and Dross Runners	Female Open	
161	Christie Carmichael	Deasidales RC	Female 45+	Several
162	Anna Casey	Female Open	Female Open	2
163	Emily Catless	Female Open	Female Open	
164	Natalie Carr	Bridgforth Running Club	Female 45+	5
165	Susan Carroll	Malvern Harriers	Female 55+	
166	Amey Carter	Female Open	Female Open	2
167	Catherine Carter	Female 50+	Female 50+	
168	Laura Carter	Stockport Tri Club	Female 55+	One
169	Pamela Carter	Sam Helen	Female 45+	5
170	Rachel Carter	Maley Harriers	Female 50+	
171	Mandy Cartwright	Chesham Runners	Female 45+	
172	Kim Cawthorne	Chesham Harriers	Female 40+	1
173	Sharon Cawthorne-Forman	Ogmore Phoenix Runners	Female 45+	1
174	Victoria Casson	Female 45+	Female 45+	5
175	Ruth Chamberlain	St Heals Triathlon Club	Female 50+	4
176	Lisa Chan	Holme Pierrepont RC	Female 50+	
177	Janis Charles	Female 60+	Female 60+	
178	Athenia Charlesworth	Female Open	Female Open	
179	Alexandra Chatter	North Wales Road Runners Club	Female Open	3
180	Alexandra Chatterton	Annadale	Female 45+	1
181	Yu-Hai Cheung	Female 50+	Female 50+	13
182	Julie Chivell	Female 45+	Female 45+	
183	Nicky Chivella	Running Forever Running Club	Female 60+	4
184	Debbie Christler	Female 50+	Female 50+	0
185	Kelly Christopher	Comely Striders AC	Female 50+	1
186	Nia Christy	Female Open	Female Open	
187	Nicola Churn Bolton	Smiles and miles	Female Open	1
188	Rhian Churnfield	Female 50+	Female 50+	6
189	Karen Clark	Steel City Striders	Female 60+	
190	Sheryl Clark	Maley RC	Female 50+	1
191	Annette Clarke	Female 50+	Female 50+	4
192	Mandy Clarke	Female 55+	Female 55+	
193	Maura Clayton	York Knapescliffe Harriers	Female 50+	2
194	Karen Clayton	Female 50+	Female 50+	
195	Katy Cleave	Road row road runners	Female 40+	
196	Aditya Clincks	Kent AC	Female Open	
197	Delyn Colcum	Female 40+	Female 40+	
198	Andrea Coody	Female 40+	Female 40+	
199	Nia Cole	DC Triathlon	Female Open	1
200	Ray Cole	Russendale Harriers	Female 45+	
201	Angela Coles	Brackles harriers	Female 50+	1
202	Maria Collins	Female 45+	Female 45+	3
203	Heleen Colley	Taff Ely Triathlon Club	Female 50+	
204	Hagga Collingdom	Female 60+	Female 60+	
205	Amey Collins	Aberystwyth AC	Female 45+	1
206	Fryia Collins	Heathfield runners	Female 50+	
207	Kathryn Collins	Liberty Runners	Female 45+	
208	Louise Collins	Halesowen	Female 45+	1
209	Tracy Collins	Liberty Runners	Female 50+	
210	Brownlee Colman	Female Open	Female Open	
211	Clare Connolly	Peloton parkrunners	Female 50+	
212	Leesa Cook	Juston Penrith	Female 45+	3
213	Rose Cook	Run Like a Girl	Female Open	
214	Joan Cooke	Ashby and Tyddesley road runners	Female 50+	
215	Caroline Coulmes	Working Striders	Female 45+	
216	Alison Coombs	Stogson Road Runners	Female 50+	1
217	Hannah Cooper	Female 45+	Female 45+	
218	Georgia Cootin	Female Open	Female Open	2
219	Kathy Corder	City of Salisbury Athletics and Running Club	Female 50+	
220	Felienne Coulton	Perpetual Motion Coaching	Female 50+	
221	Anne Coulter	Dawson Road Runners	Female 45+	
222	Elizabeth Coward	Female 65+	Female 65+	8
223	Louise Cucknell	Isleth Trail Runners	Female 40+	
224	Hannah Craig	Female Open	Female Open	3
225	Lilly Cress	Les Craygins RC	Female 55+	4
226	Katy Crofton	TROTS	Female Open	
227	Daphne Crona	Sam Helen	Female Open	7
228	Rachael Crone	Female Open	Female Open	
229	Kate Cronin	Ogmore Phoenix Runners	Female Open	
230	Angahard Crost	Northampton Road Runners	Female 45+	4
231	Barbara Crouch	Balgerny	Female 45+	1
232	Joanne Crow	Female 45+	Female 45+	2
233	Sara Cuffin	Female 45+	Female 45+	
234	Angahard Cummings	Female 45+	Female 45+	
235	Debra Cummings	Female 50+	Female 50+	
236	Kristie Cunningham	Female Open	Female Open	
237	Lisa Cusack	Female 50+	Female 50+	
238	Aime Cuthbert	Female 45+	Female 45+	
239	Nicki Dacre	Handy Runners	Female 40+	
240	Anna Dagall	Stockport Tri Club	Female 45+	
241	Kate Daniels	Eynham Road runners	Female 45+	

242	Catherine Darch	Croft Anthony Running Club	Female 45+	1 but DNF last year
243	Aileen Davies		Female Open	
244	Andrea Davies	Pontyfun Road Runners	Female 50+	
245	Angela Davies	Siegen Road Runners	Female Open	2
246	Eleanor Davies	Meirionnydd Running Club	Female 45+	1
247	Rian Davies	Glenelg	Female 50+	
248	Heaven Davies	Taff Ely Triathlon Club	Female 50+	3
249	Hudson Davies	Aberystwyth AC	Female 60+	1
250	Josie Davies		Female 60+	2
251	Karen Davies	Aberystwyth AC	Female 50+	
252	Kate Davies		Female Open	
253	Kelly Davies	Mar Miers	Female 45+	1
254	Kerry Davies	Cardigan Running Club	Female 45+	2
255	Lia Davies		Female Open	
256	Liz Davies		Female Open	
257	Liz Davies		Female 45+	2
258	Mia Davies	Croft Anthony Running Club	Female Open	
259	Nicola Davies	Mardenhead Athletics Club	Female 50+	
260	Rebecca Davies	Mar Miers	Female Open	1
261	Charlotte Davis	Iswyn RC	Female 45+	2
262	Elaine Davis		Female Open	
263	Jillian Dawson	Rochdale Tri Club	Female 55+	3
264	Jenny Dawson-Hicks		Female 40+	1
265	Chaire Day		Female 60+	2
266	Laila Day		Female 50+	1
267	Elen De Lacy		Female 40+	
268	Shawn Dearden		Female 50+	
269	Andrea Deafridge		Female 50+	4
270	Sonia Deafridge		Female Open	
271	Angela Delaney	Swansea Harriers	Female 55+	1
272	Francesca DePiero		Female Open	
273	Sarah Denton	Malbryn Harriers	Female 55+	5
274	Lulu Derry	CCRR	Female 55+	2
275	Melaine Devine	Chester Road Runners	Female 50+	
276	Amy Dewhurst	Stourbridge Running Club	Female Open	2
277	Linda Dicks	Chester Triathlon Club	Female 45+	
278	Ewen Dickinson	St Nocol Riverside Runners	Female 50+	1
279	Hayley Donnelly		Female 50+	1
280	William Dooks	Stockport Tri Club	Female 50+	1
281	Rebecca Dooks	Colewyn Bay Athletics	Female 45+	
282	Emma Drake		Female 50+	2
283	Liz Draycott	Pembrokeshire Harriers	Female 50+	3
284	Carrie Ann Driver		Female Open	7
285	Louise Durn	Barrow Runners	Female 40+	
286	Nadine Dwyer	Garden City Runners	Female 50+	1
287	Amy Dwyer		Female Open	
288	Sarah Dyle	Connelly Striders AC	Female 40+	1
289	Cat Easson	PACER	Female 40+	1
290	Joanna East	Penarth and Dross Runners	Female Open	
291	Kim Eastham	Mackfield Harriers	Female 60+	2
292	Emma Eaton	Woodton Road runners	Female 40+	
293	Rosalind Edwards	Taff Ely Triathlon Club	Female 50+	1
294	Carys Edwards	Ti Harl Harriers	Female Open	1
295	Chae Edwards		Female 50+	
296	Eleri Edwards	Loreley Goat Running Club	Female 40+	1
297	Olivia Edwards	Llanelli AC	Female 40+	2
298	Joanna Edwards	Prestatyn Running Club	Female 50+	0
299	Louise Edwards	Salisbury Triathlon Club	Female 40+	1
300	Natalie Edwards	Dragons Running Club Aberdare	Female Open	
301	Ma Maier Edwards		Female 40+	
302	Roseana Edwards		Female 50+	
303	Suzanne Edwards	Eryri Harriers	Female 70+	12
304	Vivienne Edwards		Female Open	
305	Fleur Ellis		Female Open	
306	Ella Gray Ella Grey		Female Open	
307	Heidi Ellis		Female 50+	13
308	Amelia Ellis	Wrexham Road Runners	Female 50+	
309	Elizabeth Ellis	Meirionnydd Running Club	Female Open	
310	Kathryn Ellis	NBS Blood and Transplant Charity	Female 40+	
311	Laura Ellis	Chester Road Runners	Female 50+	3
312	Amy Ellison		Female 40+	
313	Lynda Elmore		Female 55+	5
314	Karen Evans		Female 50+	0
315	Bhavini Engand	Aberystwyth AC	Female 40+	
316	Bethan Evans		Female 55+	
317	Bethan Evans	Rhyddol Valley Runners	Female 45+	1
318	Brenda Evans		Female 70+	
319	Elen Evans	Meirionnydd Running Club	Female 40+	
320	Ella Evans	Cyfe Striders	Female 40+	
321	Fiona Evans	Ogmore Phoenix Runners	Female 55+	6
322	Gail Evans	Dragons Running Club Aberdare	Female 40+	
323	Gail Evans	Aberystwyth AC	Female 45+	1
324	Gail Evans	GOG Triathlon Club	Female 50+	1
325	Jessie Evans		Female Open	
326	Lia Evans	Morthy Triathlon club	Female Open	
327	Julia Evans	Pembrokeshire Triathlon Club	Female 65+	1
328	Lia Michelle Evans	Derlugh Harriers	Female 50+	
329	Nicola Evans	Knowles and Durdidge RC	Female 45+	1
330	Suzanne Evans		Female 50+	
331	Susan Evans	Pencosed Panthers	Female 50+	2
332	Wendy Evans	Eryri Harriers	Female 60+	
333	Marguerite Evans-Olsen		Female 60+	1
334	Rachael Ezdale	Portlith Runners	Female 40+	
335	Julie Fairhead		Female 50+	
336	Jane Fanning	South Cheeshire Harriers	Female 50+	1
337	Al Fawcett	Rumilly Heath	Female Open	1
338	Cara Farley	Heath Warrner Runners	Female 45+	
339	Lorna Farmer	Balgerny	Female 45+	2
340	Suzanne Farnell	Chesford AC	Female 40+	
341	Chloe Fennell		Female 40+	1
342	Dorcas Fernandez	Buxton AC	Female Open	
343	Rachael Finch	Oldham and Royton Harriers AC	Female Open	
344	Cara Finnegan		Female 45+	1
345	Emma Fish-Ryder		Female 40+	2
346	Rachael Fisher	Kirkby Millers AC	Female 40+	1
347	Aileen Filton		Female 55+	
348	Elin Fittipson		Female Open	1
349	Daphne Fowler		Female 50+	1
350	Heaven Fowler	Badass Mother Runners	Female 45+	
351	Larven Fowler		Female Open	
352	Lia Francis	Derlugh Harriers	Female 50+	1
353	Shirley Franklin	Mardenhead Athletics Club	Female 40+	
354	Ann Frost		Female 60+	
355	Amelia Frost-Jones		Female Open	1
356	Tyly Fuller		Female 50+	0
357	Laura Funnell		Female 40+	2
358	Wendy Gasham		Female 60+	7
359	Geranna Gell		Female Open	
360	Louise Gallagher		Female 55+	
361	Sue Gallagher	Chester Road Runners	Female 50+	1
362	Julie Gardner		Female 50+	3
363	Jennifer Garner	Leighton Fun Runners	Female 40+	4
364	Cheryl Garland	The Stragglers RC	Female Open	
365	Lucy Gattis	Connelly Striders AC	Female 55+	1
366	Nia Gibbons		Female 50+	
367	Emily Gibson		Female Open	1
368	Alicia Gilbert	Silverdale Running Club	Female 40+	1
369	Julia Gilbert	3M Coneston Road Runners	Female Open	
370	Laura Gilbert	Ase Valley Runners	Female 60+	
371	Ashia Girdwood	100 Marathon Club	Female 45+	
372	Joanne Gisher		Female 50+	1
373	Carole Goodard	Lis Croopers RC	Female 50+	
374	Chloe Godfrey	Portsmouth Runners	Female 40+	
375	Sam Godfrey	Stomp the pedal	Female Open	
376	Frances Good		Female 70+	1
377	Ann Goodwin	PACER	Female 40+	2
378	Suzanne Gordon		Female 55+	3
379	Allison Gow	Gills That Jaff	Female 45+	
380	Elaine Grant		Female 50+	5
381	Anna Gray	Marshall Milton Keynes AC	Female Open	
382	Lige Gray		Female 45+	3
383	Nadine Gray	Derwent Road Runners	Female 50+	
384	Nicola Green	Griffithstown Harriers	Female 50+	
385	Karen Green	Ogmore Phoenix Runners	Female 45+	
386	Rebecca Green		Female 40+	
387	Hulie Gregory		Female 50+	
388	Claire Griffin	Penridge Runners	Female Open	
389	Emma Griffin		Female Open	5
390	Julia Griffin		Female Open	1
391	Angela Griffiths		Female 55+	
392	Amy Griffiths	Lis Croopers RC	Female Open	1
393	Bertha Griffiths	Llanelli Lyn	Female 50+	
394	Emily Griffiths	Emly	Female Open	8
395	Rhian Griffiths-Jones		Female 40+	1
396	Ron Groon	GOG Triathlon Club	Female Open	1
397	Andrea Grove		Female 55+	
398	Victoria Grodin		Female Open	2
399	Natalia Gragic		Female Open	
400	Venessa Gurn	Yanley Runners and Joggers	Female 50+	
401	Tara Gurner	Croft Anthony Running Club	Female 60+	2nd time
402	Suzie Gurner	Hanged Harriers	Female 40+	
403	Olga Gurney	Leighton Fun Runners	Female 45+	0 DNF
404	Heaven Hackling		Female 45+	
405	Emma Hall		Female Open	
406	Calvin Hall	Brackley Harriers	Female 40+	1
407	Moira Hall	Norfolk Goazles	Female 50+	
408	Naomi Halam	Lis Croopers RC	Female Open	
409	Stephanie Hamblin		Female 50+	7
410	Vicky Hamblin	Chinham Park Running Club	Female Open	
411	Jane Hammonds	REDWAY runners	Female 55+	1
412	Jane Hammonds		Female 45+	
413	Victoria Hancock-Jewson	Levenshulme Runners	Female 50+	
414	Joanne Harpley	Glenelg	Female Open	1
415	Elen Harman	Derwentham RC	Female 45+	
416	Clare Harper	Croft Anthony Running Club	Female 50+	
417	Samantha Harper	Dragons Running Club Aberdare	Female Open	
418	Jamie-Lee Harris		Female 45+	2
419	Jo Harris		Female Open	
420	Toni Harris		Female 55+	3
421	Tracey Harris	Accelerate	Female 45+	3
422	Venessa Harris	Bishop's Stortford Running Club	Female 45+	
423	Phoebe Harritt	Ransdell Running Club	Female 45+	
424	Eve Hart		Female 45+	1
425	Shan Hart	Canterton RC	Female 40+	
426	Alexandra Hartley	Penarth and Dross Runners	Female 45+	
427	Dione Hartley		Female 45+	1
428	Amelia Hasboun		Female 50+	1
429	Gudrun Haswood	Stockport Harriers & AC	Female Open	
430	Jane Haswood	Post Tally Harriers	Female 55+	1
431	Tracey Haseldine	GOG Triathlon Club	Female 50+	3
432	Anna Hatten		Female 40+	1
433	Jen Haywood	Vegan Runners UK	Female 50+	3
434	Emma Healy	Penarth and Dross Runners	Female 50+	
435	Jackie Heam		Female 50+	
436	Rayn Heath		Female 40+	
437	Ruth Heavyside	She Runs Cardiff	Female 40+	
438	Pat Heaps	Reddy Runners	Female 60+	24
439	Patricia Helen Seabrook	Frost Goazles	Female 40+	3
440	Suzanne Hemming	Dulby Hedgesford	Female 50+	
441	Lisa Herbert	Comberough Runners	Female 50+	9
442	Sarah Hetherington		Female Open	2
443	Milly Hewitt	Eryri Harriers	Female 45+	
444	Emma Hibbins	Leighton Fun Runners	Female 70+	3
445	Amy Hill		Female 50+	4
446	Janet Hill	Croft Anthony Running Club	Female 60+	
447	Patricia Hill	Hanged Harriers	Female 55+	4
448	Jill Hinton	Malbryn Harriers	Female 50+	
449	Amy Hines		Female 50+	
450	Chae Hinton	Spa Striders	Female Open	
451	Kath Hitchcock		Female Open	2
452	Kathrine Hodge	Newquay Road Runners	Female 55+	28
453	Margaret Hodges	Rhydydd Running Club	Female 45+	1
454	Ella Hogan	Leobury & District Harriers	Female 70+	
455	Helen Holroyd	Phyluff	Female 50+	
456	Burdie Holmes	Portsmouth Running Club	Female 50+	
457	Jane Holmes	Sarn Helen	Female 55+	
458	Janet Holmes	Lis Croopers RC	Female 55+	
459	Sue Holmes		Female 55+	
460	Tara Hull	The Stragglers RC	Female 55+	
461	Venessa Hup		Female Open	
462	Dawn Hopkins	Ogmore Phoenix Runners	Female 45+	2
463	Lara Hopkinson	Penarth and Dross Runners	Female 50+	
464	Emma Horro	Queenstown Runners	Female 60+	
465	Hannah Howard	Widney Road Runners	Female Open	
466	Jo Howell		Female 40+	1
467	Phillipa Howells	Peak Performance Walks	Female 40+	
468	Pauline Howes	100 Marathon Club	Female 70+	15
469	Julie Howitt		Female 40+	1
470	Kate Howls		Female 60+	
471	Heaven Hoyle	Sarn Helen	Female 45+	
472	Carol Anna Hughes	Genoel Galt	Female Open	
473	Ella Hughes		Female 55+	
474	Jo Hughes	Aberystwyth AC	Female 45+	
475	Kristen Hughes		Female 45+	

476	Lisa Hughes		Female 40+	2
477	Lisa Hughes	Just run panybort	Female 50+	1
478	Lisa Hughes		Female Open	
479	Lynne Hughes		Female 50+	2
480	Marguerite Hughes		Female Open	
481	Megan Hughes	Eryri Harriers	Female 50+	8
482	Rachael Hughes		Female Open	
483	Rebecca Hughes		Female 50+	2
484	Rebecca Hughes	Albanythryth AC	Female 40+	
485	Sally Hughes		Female Open	
486	Sarah-Jane Hughes	Bracon AC	Female 50+	
487	Carl Humphreys	Ti Harid Harriers	Female Open	
488	David Hurd		Female 50+	
489	Elizabeth Hunter	Shu Rhyn Cardiff	Female 50+	1
490	Thoby Hurford	Llanwryd Runners	Female 50+	4
491	Inogeni Huri		Female Open	
492	Jo Ingham	Sutton in Ashfield Harriers	Female 50+	2
493	Germa Jackson		Female Open	
494	Megan Jackson	Cambridge & Coleridge AC	Female Open	
495	Sarah Jackson	Penny Lane Striders	Female 45+	6
496	Rudolf James		Female Open	
497	Cath James	Caerffili Runners	Female 50+	2
498	Charmaine James		Female Open	
499	Hilary James		Female 50+	2
500	Jessica James	Panc Bryn Bach RC	Female Open	
501	Kimberlee James	Port Talbot harriers	Female 40+	
502	Kristy James		Female 50+	
503	Meryl James	Women Running Penarth	Female 50+	
504	Shan James	Cardiff Running Club	Female 45+	3
505	Shanwan James	NEJ Running Club	Female Open	
506	Wendy James		Female 50+	
507	Lisa Jeffrey	Albanythryth AC	Female 55+	5
508	Amelia Jenkins		Female 50+	2
509	Cathryn Jenkins	Celtic Tri	Female 50+	1
510	Lara Jenkins	Conelly Striders AC	Female Open	2
511	Rachel Jenkins		Female 50+	
512	Sharon Jenkins		Female 50+	
513	Siobred Jenkins		Female 45+	1
514	Lania Jenkins	Midlothian Runners	Female 50+	
515	Sarah Jennishah	Panc Bryn Bach RC	Female 50+	1
516	Anna-Marie Jermoin	OC Triathlon	Female 40+	2
517	Cerys John		Female Open	
518	Rebecca John	Brackla Harriers	Female 40+	1
519	Charlotte Jones		Female 50+	
520	Dyanne Johnson		Female 55+	
521	Frances Johnson	Egton Heath Harriers	Female 60+	1
522	Walen Johnson	Winst Saxons	Female 50+	1
523	Al Jones	Penarth and Dine Runners	Female Open	
524	Alison Jones	100 Marathon Club	Female 55+	4
525	Angela Jones		Female 45+	1
526	Caryl Jones	Llanwryd Llyn	Female Open	
527	Catherine Jones	Brantall Runners	Female 50+	6
528	Ceri Jones		Female 50+	1
529	Cheryl Jones	Llanwryd Runners	Female 45+	2
530	Clare Jones		Female 50+	
531	Denise Jones	JustRun Panybort	Female 50+	4
532	Ellen Jones		Female Open	
533	Emma Jones	Croft Ambrey Running Club	Female 45+	
534	Q Jones	Wrexham aac	Female 60+	7
535	Gemma Jones	Ru/Adh Naeth	Female 40+	2
536	Harriet Jones		Female 50+	
537	Jayne Jones	Panc Bryn Bach RC	Female 50+	2
538	Jules Jones	R&D Runners	Female 45+	
539	Julie Jones	North Dock Dragons Tri	Female 50+	
540	Karen Jones	Royston Road Runners	Female 50+	1
541	Liamella Jones		Female 50+	2
542	Shelly Jones	Hengad Harriers	Female 50+	2
543	Shona Jones	Llanwryd Llyn	Female Open	
544	Sian Jones		Female 45+	1
545	Sian Jones	Llanwryd Runners	Female Open	
546	Sian Jones	Panc Bryn Bach RC	Female Open	5
547	Stephie Jones		Female Open	
548	Tiffany Jones		Female Open	1
549	Vicky Jones		Female 45+	3
550	Nelen Jones-Crofts	Barnsley AC	Female 50+	
551	Miriam Jones-Walters	Mercia Fell Runners	Female Open	
552	Pipp Jousassom Kolia		Female 60+	
553	Karen Kanes	Smiles & Miles	Female 45+	
554	Sandra Kaskas	Oswestry Olympians	Female 40+	1
555	Kathryn Keanney	Port Talbot Harriers	Female 60+	1
556	Dennis Kellerman		Female 50+	
557	Jo Kemp	Northwich Running Club	Female 55+	5
558	Norran Kendall		Female Open	
559	Charlotte Kennedy		Female Open	
560	Rachael Kerry		Female 45+	1
561	Ann Kent		Female 45+	
562	Lia Keryanos	Avon Valley Runners	Female 50+	2
563	Angela Kerr		Female 70+	4
564	Joanne Kibby	Panc Bryn Bach RC	Female 50+	1
565	Bev King		Female 50+	2
566	Helen King	DNF	Female 45+	
567	Susan King		Female 40+	1
568	Sylvia King	Portcawl runners	Female 60+	1
569	Zelle King		Female Open	
570	Katy Knight		Female 40+	
571	Dad Knight Davis	Llanwryd Runners	Female 60+	1
572	Jule Kroll	Wye Valley Runners	Female 50+	
573	Lucia Krotoska		Female 50+	
574	Katarzyna Kzemińska	Ogmore Phoenix Runners	Female 50+	3
575	Sabina Kubacka		Female Open	1
576	Chiara La Barbera	South Dorthshire road runners	Female Open	9
577	Jenny Lang	Chipperton Harriers	Female 55+	7
578	Liz Lard		Female Open	
579	Alaska Lathamade		Female 40+	3
580	Lina Land	Albanythryth AC	Female 40+	
581	Kirsti Lane	Genot Goleit	Female Open	1
582	Elis Lane	Genot Goleit	Female Open	1
583	Jennie Lane		Female 45+	3
584	Polly Large		Female Open	
585	Anna Leighton	BCRC	Female 45+	
586	Bobbie Launchbury		Female 40+	2
587	Tia Lee		Female 40+	
588	Breigh Lawrence	Portcawl Runners	Female 40+	
589	Helen Lawrence		Female 50+	7
590	Ruth Lawrenson		Female Open	
591	Fiona Leatham	Whitchurch Whippets	Female 55+	
592	Nadine Leder	Albany Road Run Club	Female Open	
593	Harriet Lee		Female Open	
594	Jaana Lehtinen	NAMT ry	Female 60+	
595	Charlotte Leith		Female Open	
596	Stephie Letton	100 Marathon Club	Female Open	
597	Najley Leonard	Mon Miers	Female 40+	
598	Angela Lewis		Female Open	
599	Angela Lewis	GOG Triathlon Club	Female 45+	1
600	Bryony Lewis		Female Open	
601	Cecilia Lewis	Celtic Tri	Female 40+	
602	Clara Lewis		Female 55+	4
603	Fiona Lewis		Female Open	1
604	Rachel Lewis	Northampton Road Runners	Female Open	
605	Therese Lewis	Amman Valley Harriers	Female Open	3
606	Laura Lewis-Copman	Griffiths Harriers	Female Open	
607	Aineigh Lizard	The Stragglers RC	Female 45+	
608	Norah Llydett	Chapelle Harriers	Female Open	1
609	Louise Livett	Northampton Road Runners	Female 55+	2
610	Maria Llorente	Lordbld road runners	Female Open	
611	Helen Little	Amman Valley Harriers	Female 50+	1
612	Jo Lloyd Davies		Female 40+	
613	Emma Long	St Needs Riverside Runners	Female 45+	
614	Gaynor Lovelace		Female 50+	
615	Kirsty Lovell		Female 40+	
616	Ruth Lucas		Female 40+	
617	Louise Ludwig	Deaf Triathlon Club	Female 60+	1
618	Polly Lufley	Deaf Triathlon Club	Female Open	
619	Suzie Luker-Davies	Dragons Running Club Aberdare	Female 50+	3
620	Norah Lunn	Deaford Striders	Female 50+	4
621	Fiona Lynch	Bury AC	Female 50+	6
622	Maria Lynch	Heathwood Triathlon Club	Female 45+	
623	Becca Lynne-Picks		Female 45+	
624	Christina Lyons	Deaf Triathlon Club	Female 50+	1
625	Lorraine Lyons		Female 55+	1
626	Heien Macarthur	Colwyn Bay Athletics	Female 55+	1
627	Katie Macdon	Cardigan Running Club	Female 50+	
628	Eira Macdon		Female Open	
629	Hannah Macdon		Female Open	
630	Elen Mair	Ti Harid Harriers	Female 55+	
631	Deirdre Mainwaring		Female 45+	5
632	Lesley Mainwaring	Port Talbot Harriers	Female 55+	9
633	Karina Malik	Caerffili Runners	Female Open	
634	Barbara Marquet	Rhedydd Hebog	Female 50+	
635	Ueno Marquet		Female Open	2
636	Sarah Marriott	GOG Triathlon Club	Female 50+	2
637	Emma Marsh		Female 40+	
638	Emma Marshall	Just Run Panybort	Female 45+	2
639	Johnna Marshall		Female 45+	3
640	Anna Martin	Moor Road Runners	Female 50+	2
641	Karina Martin-Christie	Challenger and Gloucester Trail Runners	Female 40+	
642	Gayle Mason	Regatta Priory Athletics Club	Female 50+	1
643	Carol Mason	GOG Triathlon Club	Female 50+	3
644	Anna-Marie Matthews	Balders	Female 45+	3
645	Rachel Matthews	Cardigan Running Club	Female 60+	1
646	Fae Maycock	Western Tempo	Female 55+	
647	Joe McElroy		Female 50+	2
648	Lupha McCartan	Alreath Athletics	Female 40+	
649	Shan McCarthy	Western Athletic Club	Female 50+	2
650	Helen McCormick		Female 50+	
651	Jane McFarlane		Female 50+	1
652	Jessica McFarney		Female Open	
653	Kimberley McGuckick	Islwyn RC	Female 40+	1
654	Audrie Morgan (Formerly Platt)	100 Marathon Club	Female 50+	
655	Rachel Mogulkin		Female 40+	2
656	Tracie Morgan	Grimsby Tri Club	Female 55+	1
657	Nicola Morley	Peak Performance	Female 40+	
658	Jennifer Mordant	Griffiths Harriers	Female 45+	
659	Rebecca Mowles	Invisible Fitness	Female 45+	2
660	Hayley Moyle	Chesham Park Running Club	Female Open	1 (2020)
661	Nicola Moyle	Genot Goleit	Female 50+	2
662	Tori Muthus		Female 45+	1
663	Shelley Murrell	Saffron Striders	Female 45+	
664	Rosie Murrell		Female Open	
665	Elle-Rose Murrell		Female Open	
666	Elle Michael	Pegwell RC	Female 45+	
667	Gillian Middlemas	Mon Miers	Female 65+	
668	Rebecca Millar	Albany Road Run Club	Female Open	
669	Amelia Millar		Female 50+	
670	Laura Millar		Female Open	
671	Debbie Milington	Lovely Goat Running Club	Female 45+	
672	Emily Mills	UTS Run Club	Female 40+	2
673	Vicky Milward	Elisavon Harriers Running Club	Female 45+	
674	Ma Mithroben		Female Open	
675	Lida Modzelewska		Female 50+	2
676	Jane Molloy		Female 40+	
677	Rebecca Moss-Williams	Wey Harriers	Female 55+	
678	Debbie Monroe	Dawenty Road Runners	Female 60+	4
679	Emma Moore	Marple Runners	Female 45+	
680	Anna Moore	Ru/Adh Naeth	Female 40+	
681	Anna Moore		Female Open	
682	Angela Morgan	Sweeney Harriers	Female 65+	7
683	Caroline Morgan		Female 60+	1
684	Erica Morgan		Female 50+	5
685	Nelen Morgan		Female 45+	
686	Leah Morgan	Sweeney vale 91	Female Open	
687	Lon Morgan	TROTS	Female 55+	6
688	Shan Morgan		Female 40+	2
689	Katie Morgan-Rose	Penarth and Dine Runners	Female 40+	1
690	Zoe Morling	Northampton Road Runners	Female Open	
691	Angela Morris		Female Open	2
692	Alice Morris	Halshaw Harriers	Female Open	3
693	Clara Morris		Female 50+	2
694	Jane Morris	Wrexham Road Runners	Female 60+	
695	Jayne Morris	Lovely Goat Running Club	Female 50+	1
696	Kimberley Morris		Female Open	
697	Malina Morris	Denbigh Harriers	Female 50+	2
698	Rachel Morris		Female 45+	1
699	Rebecca Morris		Female 45+	
700	Vicky Morris	Briggroth Running Club	Female 45+	
701	Ann Morrison	Hyde Village Striders	Female 60+	4
702	Bethan Morrison	Eryri Harriers	Female 45+	1
703	Anna Moss		Female 45+	
704	Sarah Muthmad	Cardigan Running Club	Female Open	
705	Vic Murphy	Brantall runners	Female 55+	8
706	Cain Mura		Female 50+	
707	Nelen Myers	100 Marathon Club	Female 55+	6
708	Mad Max Nagel	Trail Running Association	Female 50+	5
709	Chloe Negus	Chesham Dragons	Female 45+	1

710	Katy Nelson	Burgess	Female Open	1
711	Zuzana Nemeczkova	Kent AC	Female 50+	3
712	Julia Neri	Steel City Striders	Female 45+	0
713	Yancy Newman	Club Run Wales	Female 55+	0
714	Andrea Nemes	Knowsley Harriers	Female Open	2
715	Alan Newton	Hogwood Runners	Female 50+	2
716	Sarah Nicholas	Bronco AC	Female 40+	6
717	Alison Nichols		Female 60+	0
718	Lynne Nichols	Northampton Road Runners	Female 45+	1
719	Elaine Nichols-Gray		Female 40+	1
720	Tania Nield	Chaffy Pacers	Female 50+	0
721	Karen Nix		Female 40+	1
722	Judi Norman		Female 50+	0
723	Niki Norman	Roadway Runners	Female 45+	0
724	Jennifer Newport		Female 45+	1
725	Mary Ann O'Neill	Whitton Road Runners	Female 50+	0
726	David O'Brien	Cyff Striders	Female Open	1
727	Liz O'Dea	Harwich Runners	Female 40+	0
728	Jane Ogilvie	Blackie Harriers	Female 60+	8
729	Lauren Old	Pegasus RC	Female 40+	1
730	Glenn O'Leary		Female Open	0
731	Sallyann O'Neill	St Neads Triathlon Club	Female 50+	5
732	Julianne Oregon		Female 40+	0
733	Suzanne Orr		Female 55+	10
734	Carol O'Sullivan	Eryll Harriers	Female 40+	2
735	Colleen Owen	Lisowey Runners	Female Open	1
736	Emma Owen		Female Open	1
737	Heleen Owen	Madwyn Harriers	Female 55+	6
738	Sharon Owen		Female Open	0
739	Shan Owen	Aberystwyth AC	Female 50+	1
740	Kathryn Owens		Female Open	0
741	Sarah Padbury	Bristol trail running club	Female Open	0
742	Georgia Palmer	Lisa Croppiers RC	Female Open	5
743	Liz Palmer	Penarth and Dineor Runners	Female 40+	0
744	Kirsty Parker	Croft Ambrey Running Club	Female 40+	3
745	Michelle Parker		Female 55+	0
746	Judy Parkin	Burgess	Female 55+	0
747	Olivia Parkin	Pan Bryn Bach RC	Female Open	0
748	Jan Parrott		Female 60+	0
749	Zoe Parr	Portlith Elias Runners	Female 45+	0
750	Sarah Patsall	Penarth and Dineor Runners	Female 50+	0
751	Rachel Patsall		Female Open	1
752	Julie Pattison	Portlydd Roadrunners AC	Female 55+	2
753	Breth Paxton	Tri Hard Harriers	Female Open	0
754	Liz Pearce	Cannock Chase trail runners	Female Open	1
755	Kath Pearce		Female 40+	0
756	Melaine Peake		Female Open	1
757	Heleen Peake	Human Energy AC	Female 50+	6
758	Julie Perkins		Female 50+	7
759	Laura Peters		Female 45+	0
760	Gemma Petman	Silverdale Running Club	Female Open	1
761	Emma Perry		Female Open	2
762	Kirsty Perry-Cowser		Female 45+	4
763	Nicola Perry-Cowser		Female 50+	6
764	Hilary Peters	Cannock and Stafford AC	Female 50+	1
765	Lisa Pheasant	City of Salisbury Athletics and Running Club	Female 50+	0
766	Lisa Phee	Durandale Lions RC	Female 45+	3
767	Angela Phillips	Frodoem Tri	Female 55+	0
768	Bethan Phillips	Carmarthen Triathlon Club	Female Open	2
769	Kathleen Phillips		Female 40+	0
770	Kathryn Phillips		Female 45+	3
771	Katie Phillips	Morfray Running Club	Female 40+	0
772	Louise Phillips	Rhonda valley runners	Female 45+	4
773	Jo Phillips	Carmarthen Triathlon Club	Female Open	0
774	Pam Pilgott	100 Marathon Club	Female 65+	0
775	Zoe Pincus	Northampton Road Runners	Female Open	2
776	Sarah Pindston	PACE Running Club	Female 50+	0
777	Lisa Pinner	Sawmill	Female 50+	4
778	Tania Piscopo		Female 45+	1
779	Joan Poyer		Female 45+	1
780	Keri Preece		Female Open	0
781	Jo Podolski	Stockport Tri Club	Female 55+	5
782	Katherine Poljakovic	Genet Gales	Female 45+	0
783	Melanie Pomonov	UTS	Female Open	0
784	Joanna Porteous		Female 55+	0
785	Kayle Porter	Griffithstown Harriers	Female Open	2
786	Gemma Potter		Female Open	0
787	Megan Poulton	San Domenico RC	Female Open	2
788	Carol Powell	Covent Ambrey Running Club	Female 50+	0
789	Emily Powell		Female Open	0
790	Ron Powell		Female Open	0
791	Lorna Powell	Llanelli striders	Female 55+	2
792	Natalia Powell		Female Open	0
793	Rebecca Powell	Penarth and Dineor Runners	Female 45+	0
794	Chloe Power	North Wales Road Runners	Female 50+	0
795	Katrin Pratt	Penarth and Dineor Runners	Female 40+	2
796	Mary Price	Weyn RC	Female 50+	1
797	Evelyn Price	Yr Hen Bwyll	Female Open	0
798	Helen Price		Female 40+	8
799	Charlotte Priddy	Aberystwyth AC	Female Open	0
800	Joanne Priddy		Female 40+	0
801	Jessica Priest	Clent Runners	Female Open	0
802	Rhon Pritchard		Female 40+	3
803	Rhona Pritchard	Ogmore Phoenix Runners	Female 50+	0
804	Sonia Pritchard		Female 45+	7
805	Rhian Probert	Mynydd Du	Female 50+	1
806	Haley Pugh		Female 45+	2
807	Jane Pugh	Dudley Kingswinford	Female 50+	2
808	Emma Quarmby	Ripon Runners	Female 50+	2
809	Verity Quarmby		Female Open	0
810	Holly Quine		Female Open	1
811	Sally Quine		Female 50+	1
812	Shirley Ralph	Brantford Runners	Female 50+	3
813	Kathleen Ramsey		Female 50+	0
814	Victoria Ramsey		Female 45+	3
815	Erin Randall		Female 50+	0
816	Rebecca Rayner	Fairlands Valley Sports	Female 40+	0
817	Alex Razall	Chesham Park Running Club	Female 55+	0
818	Emma Reading	Madwyn Harriers	Female 45+	0
819	Teresa Reason	Gale Valley Runners	Female 50+	0
820	Donna Redvers Jones	Mon Miers	Female 55+	13
821	Carole Reed		Female 50+	0
822	Carly Reed	100 Marathon Club	Female 40+	4
823	Colin Rees	Dorset Daddies	Female 40+	0
824	Celyn Rees		Female Open	0
825	Clare Rees		Female 55+	0
826	Natasha Rees	Cheltenham and Gloucester Trail Runners	Female 45+	0
827	Sam Rees	San Helen	Female Open	0
828	Shona Rees	Arman Valley Harriers	Female Open	1
829	Shirley Rendell	Islewyn RC	Female 45+	5
830	Amey Reynolds		Female Open	0
831	Paula Reynolds		Female 50+	2
832	Helen Reynolds		Female 40+	2
833	Kristy Rhodes	Portpool and District Runners	Female 40+	0
834	Angela Rich		Female 45+	0
835	Alex Ryan Richards	Women Running Penarth	Female Open	1
836	Dobbin Richards		Female 55+	7
837	Janet Richards	Lisowey Runners	Female 60+	0
838	Loel Richards	DC Triathlon	Female Open	0
839	Natalie Richards	Headwood Triathlon Club	Female 45+	2
840	Sarah Richardson	Bromsgrove and Redditch AC	Female 60+	5
841	Alex Riches-Barber		Female 40+	9
842	Rachel Rick	Penny Lane Striders	Female 40+	1
843	Allison Riley		Female Open	0
844	Zoe Rimmer		Female Open	0
845	Sandra Ritchie	Roadhoggs AC Leicester	Female 55+	0
846	Bethan Wynn Roberts		Female 50+	2
847	Iona Roberts		Female Open	4
848	Kathryn Roberts	Rhodesy Helwig	Female Open	1
849	Leanne Roberts	Cardigan Running Club	Female Open	0
850	Loel Roberts		Female 50+	7
851	Sarah Roberts	She Runs Cardiff	Female 50+	0
852	Shan Roberts		Female 50+	7
853	Teresa Roberts	Portpool and District Runners	Female 55+	1
854	Mandy Robinson		Female 50+	0
855	Rachel Rodding	Lisowey Runners	Female Open	1
856	Antoinette Rose		Female 50+	1
857	Joanne Rosemead	Buxley RC	Female Open	1
858	Ganeshwari Ross	Caerphilly Runners	Female Open	2
859	Lucy Rowe		Female 45+	0
860	Victoria Rowland	Clarity	Female 55+	0
861	Sarah Rowlands		Female 50+	0
862	Lisa Russell	Tri Potential	Female 55+	0
863	Jane Ryall	Comally Striders AC	Female Open	1
864	Bee Ryan	St albans striders	Female Open	0
865	Helle Ryder		Female 45+	1
866	Lona Saffer	Virgin Runners UK	Female Open	7
867	Katie Samson	Tollesham Harriers	Female 40+	0
868	Rebecca Sanders	Valley Hill Runners	Female 40+	0
869	Nicholas Sanderson	Almott Harriers	Female 55+	0
870	Elaine Sargent	Kewick AC	Female 60+	0
871	Amelia Schaefer		Female 40+	0
872	Clare Scotts	Deadrivers RC	Female 40+	0
873	Amelia Scudder		Female 40+	0
874	Rebecca Scrymgeour		Female 45+	3
875	Patricia Seale	She Runs Cardiff	Female 55+	2
876	Angela Seddon-Doyle		Female 40+	0
877	Rachel Seeger	Eryll Harriers	Female 40+	0
878	Rachael Shankland	StokeFf	Female 40+	0
879	Catherine Sharp	Portlydd Road Runners	Female Open	1
880	Robin Shaw	Iron chef coaching	Female Open	1
881	Bea Shawcross	Moor Road Runners	Female 60+	2
882	Sheena Sheehan		Female 45+	0
883	Emma Shears		Female Open	1
884	Claire Sheppard		Female 50+	0
885	Joel Sheppard	Eryll Harriers	Female 60+	4
886	Bryony Shireone		Female Open	1
887	Paula Short	Stanford Striders	Female 45+	0
888	Leanne Skelton		Female Open	0
889	Ella Skelton-Gooding	Maldenhead Athletics Club	Female Open	2
890	Nicola Sinclair	Lisowey Runners	Female 45+	1
891	Sophie Skarbeck		Female 50+	0
892	Lisa Slater	Ripley Running Club	Female 50+	0
893	Agneska Skora		Female 50+	1
894	Liz Skuse	Ans Valley Runners	Female 50+	0
895	Emma Stark	Forest Wings	Female 40+	0
896	Tracy Stear		Female 45+	2
897	Clare Stevens	Holme Pierrepont RC	Female 40+	0
898	Leanne Stiles		Female 45+	0
899	Sally Smart	Comally Striders AC	Female 50+	0
900	Joanna Smith	Maldenhead Harriers	Female 50+	0
901	Amelia Jayne Smith	Ferry Fadhlers	Female 50+	0
902	Beverly Smith	Egryn South Harriers	Female 50+	0
903	Charlotte Smith	Selly striders	Female 40+	1
904	Cheryl Smith	Rushall Heath	Female 45+	2
905	Gaelor Smith		Female 45+	1
906	Joan Smith	Kent AC	Female 50+	1
907	Jo Smith		Female 50+	1
908	Julie Smith	Ripley and Northampton	Female 50+	0
909	Frankie Smea	Wemy Road Runners	Female Open	0
910	Lorna Spalding	Wolds veteran running club	Female 45+	0
911	Bethan Spore	Rushall Heath	Female Open	0
912	Michelle Spencer	Arman Valley Harriers	Female 50+	3
913	Rachel Spence	Wotton Athletic Club	Female 60+	6
914	Lisa Statham	Regency Runners	Female 60+	9
915	Shona Stubbs		Female Open	0
916	Laurie Stephens	Bronco AC	Female Open	0
917	Emma Stewart		Female 45+	0
918	Eve Stocker		Female Open	2
919	Carol Stokes	Rushall Heath	Female 50+	0
920	Emily Stone	Northwich Running Club	Female 40+	2
921	Polly Summers	San Helen	Female Open	1
922	Sue Summers	Northampton Road Runners	Female 50+	0
923	Ruth Sutton		Female 45+	0
924	Katie Tabner		Female Open	0
925	Jessie Tait	Caerphilly Runners	Female 40+	0
926	Taryn Tabott	The green runners	Female 40+	0
927	Kelly Tabor	Chorlton Runners	Female 40+	3
928	Amy Tang	TROTTS	Female 40+	0
929	Anna Tarnier	Mon Miers	Female Open	1
930	Neva Tarr	Leicester Roadhogs	Female Open	0
931	Sally Taylor	Northampton Road Runners	Female 40+	0
932	Sarah Taylor		Female 45+	0
933	Kelly Taylor		Female 45+	0
934	Amelia Taylor		Female 50+	11
935	Fian Taylor		Female 60+	8
936	Chloe Thacker		Female 60+	0
937	Caroline Thomas	Diagona Running Club Aberdare	Female 60+	0
938	Chris Thomas	Buth and District Running Club	Female 60+	0
939	Kristy Thomas	Morfray Triathlon Club	Female 40+	0
940	Lara Thomas		Female 40+	2
941	Loraine Thomas		Female 60+	0
942	Louise Thomas		Female 50+	1
943	Melaine Thomas	Ogmore Phoenix Runners	Female 45+	0

944	Michelle Thomas	Pegasus RC	Female 55+	
945	Mylaney Thomas	She Runn Cariff	Female 45+	1
946	Nicola Thomas	Anman Valley Harriers	Female 45+	2
947	Sarah Thomas		Female 45+	5
948	Suzanne Thomas		Female 60+	
949	Tammy Thomas	Brackla Harriers	Female 50+	
950	Catherine Thompson		Female Open	
951	Wendy Thompson	Hantsville Harriers AC	Female 60+	6
952	Caroline Thruswell	North herts road runners	Female 60+	3
953	Lynne Thurston		Female 60+	
954	Rebecca Tilley	100 Marathon Club	Female Open	1
955	Jackie Tims	Dunloy Dudders	Female 50+	10
956	Janet Tomkins	Connelly Striders AC	Female 50+	1
957	Mart Tomkinson-Amylge	Rhonda Valley Runners	Female 50+	4
958	Megan Tootin		Female 50+	
959	Heddaun Tones	Sam Helen	Female 45+	
960	Curt Toth		Female 45+	
961	Charlotte Townsend	Dorset Dudders	Female 50+	
962	Wendy Trelease	GOO Trailhous Club	Female 50+	
963	Lindsay Treford	South Leeds Lakers	Female 45+	
964	Alice Trevor Jones	Oswestry Olympians	Female 45+	
965	Maria Del Carmen Tribb Quintana		Female 50+	
966	Emma Trust		Female Open	
967	Lesley Tuck	St Neots Riverside Runners	Female 50+	
968	Jacqui Tudhope	Liverney Runners	Female 50+	
969	Eve Tully		Female 45+	1
970	Elizabeth Tuma	Elizabeth Tuma	Female 45+	7
971	Tacey Turley		Female 45+	
972	Nelen Turnbull		Female Open	2
973	Moll Turner	Silverdale Running Club	Female Open	
974	Hanna Turgill	Betel Runaways	Female 45+	6
975	Sarah Tyler		Female 45+	
976	Sarah Valentine		Female 50+	
977	Lucy Vempwe	Adhworth Road Runners	Female 45+	3
978	Carole Van Meerbergen	TROTS	Female 45+	
979	Sarah Venan	Roadhogge AC Leicester	Female Open	
980	Simon Vaylley		Female 50+	
981	Lottie Vaughan	Brackla Harriers	Female Open	5
982	Lottie Vaughan	Brackla Harriers	Female Open	5
983	Zoghane Vazquez-Howard	100 Marathon Club	Female 50+	
984	Kerry Venn		Female 50+	5
985	Clare Venan	Croft Ambury Running Club	Female 50+	1
986	Natalie Vider	Dorington Runners	Female 45+	
987	Suzanne Viders	Suzanne Harriers	Female Open	
988	Florence Waddington	CCF Runners	Female Open	1
989	Lisa Wade	Mon Miers	Female 50+	
990	Lisa Wakeman	Aldridge running club	Female 40+	
991	Elizabeth Walker	Healey Running Club	Female 40+	1
992	Jane Wall	Saint Edmund Pacers	Female 70+	
993	Rachel Walsh	Lee Croppers RC	Female 45+	
994	Holley Fairclough	Penny lane striders	Female 40+	2
995	Louise Walton	Ti Hard Harriers	Female Open	5
996	Alice Walton		Female Open	
997	Fiona Warburton		Female Open	
998	Chloe Ward	Woodton Road Runners	Female Open	1
999	Hannah Ward		Female 60+	
###	Sarah Warden	Woodton Road Runners	Female 60+	
###	Laura Ware		Female Open	
###	Kaz Warwick		Female 55+	1
###	Anna Warner		Female Open	
###	Liane Warren	Adhworth Road Runners	Female 55+	6
###	Betty Warrington		Female 50+	1
###	Olivia Washkewicz	Vegan Runners UK	Female 50+	1
###	Heidi Waters		Female 45+	1
###	Jeanette Watkins	Paul Proham	Female 50+	
###	Paul Watkins	Lee Croppers RC	Female Open	
###	Peggy Watkins		Female Open	
###	Christie Watson	Elton Manor	Female 65+	2
###	Jan Watson	Ripley Running Club	Female 45+	
###	Lana Watts		Female 45+	
###	Chris Webb	Swinesay Harriers	Female 50+	2
###	Jo Webb		Female 45+	1
###	Laura West	Wimal Savons	Female 45+	
###	Helen Welch	Ti Hard Harriers	Female 55+	1
###	Clara Wellington		Female 55+	2
###	Janice Wellhead	Baffins FFI Club	Female 65+	4
###	Nelen Weston	TROTS	Female 45+	3
###	Jenny Whalley	Lorrey Goat Running Club	Female 45+	
###	Lyndsey Wheeler	Aberystwyth AC	Female 45+	
###	Emma Louise White		Female 45+	3
###	Tonia Whitehead		Female 55+	1
###	Melanie Wigley	Tewkesbury Running Club	Female 45+	2
###	Ruth Wilkinson	Macclesfield Harriers	Female Open	4
###	Ada Williams	Deventry Road Runners	Female 45+	
###	Alison Williams		Female 45+	4
###	Bothan Williams	Rhadeby Enlyn	Female 40+	1
###	Carla Williams	Aberystwyth AC	Female 45+	
###	Delyn Williams	San Domenico	Female Open	5
###	Jo-Anne Williams	Perilla Ti	Female 45+	
###	Kate Williams	Dulwich Runners AC	Female Open	
###	Lathry Williams	She Runn Cariff	Female 45+	
###	Laurie Williams	Claeston RC	Female 40+	
###	Lia Williams		Female Open	
###	Lia Williams	Paritworth Automotive	Female 45+	6
###	Liz Williams	Running Forward Running Club	Female 55+	1
###	Nathalia Williams	St Neots Riverside Runners	Female 55+	2
###	Na Williams		Female Open	
###	Nicola Williams		Female 55+	1
###	Sandra Williams		Female 55+	1
###	Sarah Williams	Running Pumas	Female 45+	
###	Sarah Williams	Healdth courcers	Female 45+	2
###	Sharon Williams		Female 60+	
###	Shan Williams		Female 45+	
###	Shawn Williams		Female Open	
###	Sonia Williams		Female Open	2
###	Tacy Williams	Cardigan Running Club	Female 45+	2
###	Nelen Willoughby		Female 60+	7
###	Katherine Wils	Betel Runaways	Female 60+	9
###	Kim Wilmes		Female 45+	1
###	Holley Winder		Female 50+	8
###	Phaedra Winsie-Jones		Female 50+	1
###	Zoe Windsor	Connelly Striders AC	Female Open	3
###	Andrea Windsor	Barrow runners	Female 55+	
###	Laura Winter	Cardigan Running Club	Female 45+	2
###	Olivia Winter	Lordon Heathside	Female Open	5
###	Laura Wither	Genod Gaiet	Female 40+	
###	Suzanne Wood	Mablethyn Harriers	Female 45+	
###	Trish Woodhouse		Female 60+	1
###	Helen Woodward	SVT	Female 55+	
###	Bethan Woodton		Female Open	
###	Sarah Worth	100 Marathon Club	Female 45+	3
###	Chloe Wright		Female 50+	4
###	Claire Wright		Female Open	1
###	Cheryl Wright		Female Open	
###	Jade Wright	Lisa Wright	Female Open	
###	Lisa Wright		Female 55+	10
###	Nicola Wright	Parklands Jog and run	Female 45+	
###	Annes Wryn		Female 45+	
###	Nyfan Wryn	Rhadeby Hellog	Female 50+	4
###	Natalie Wynne		Female Open	1
###	Jo Yarnall	100 Marathon Club	Female 55+	9
###	Rebecca Yeading	Liverney Runners	Female Open	
###	Maya Yen		Female Open	
###	Thomas Zachariasz		Female 50+	5
###	Rory Zym	Panc Bryn Bach RC	Female Open	
###	Clyde Jones		Male 70+	11
###	Simon Webb	The Stragglers RC	Male 45+	2
###	Kevin Dalling		Male 60+	2
###	Craig A O'Connell	Mowcop running club	Male 45+	1
###	Ti Hard Harriers		Male Open	
###	Llyr AB Enion	Aberystwyth AC	Male Open	
###	John Atkinson		Male Open	
###	Nigel Adams	Penarth and Orms Runners	Male 60+	
###	Alan Adams-Lewis		Male 50+	13
###	Richard Adenson	Betel Runaways	Male 45+	3
###	Marlin Adams	Leighton Fun Runners	Male 70+	
###	Gary Allen		Male 60+	12
###	Tin Alan		Male 50+	1
###	Gary Allston		Male 40+	
###	Andy Allott	Baldgers	Male 40+	
###	David Anderson	Trail Runners Association	Male 50+	10
###	Janis Anderson	Telford Harriers	Male 50+	
###	Paul Ascombe		Male 45+	
###	Jonathan Armitage	CCF Runners	Male Open	2
###	Craig Anthony		Male 45+	
###	Rhodi Ap Dyfrig	Merionnydd Running Club	Male 45+	
###	Dafydd Ap Idris Rees		Male 55+	2
###	Chrydion Ap Wryn	Rhadeby Hellog	Male 45+	3
###	Tom Armstrong	Hemel Hill Harriers	Male 45+	3
###	Jack Arnold	Team GUE	Male Open	
###	Martin Asford	Pontyclun Road Runners	Male 45+	1
###	John Asoley		Male 50+	1
###	Conor Ashworth		Male Open	
###	Mark Ashworth		Male 60+	2
###	Paul Aslin		Male 50+	
###	Devi Atherton	Merionnydd Running Club	Male Open	1
###	Ched Atherton	Merionnydd Running Club	Male Open	2
###	Luke Atherton	Fulham	Male Open	2
###	Paul Atkinson	Leighton Fun Runners	Male 50+	3
###	Martin Attop		Male 60+	
###	Thomas Audin		Male Open	
###	Dan Back	Aberystwyth AC	Male 40+	2
###	Jason Bailey		Male 50+	
###	Llewellyn Bailey	Male Open		
###	Vincent Bailey	TROTS	Male 55+	2
###	David Baker		Male 45+	8
###	Jonathan Ball	Dibbby Runners	Male 50+	
###	Mark Bamford	3M Gorseaston Road Runners	Male 50+	
###	Mark Bamford		Male 60+	
###	David Banks	Purnstead Runners	Male 45+	
###	David Bannister	Wye Valley Runners	Male 50+	1
###	Kevin Barber		Male 55+	
###	Tom Barber		Male Open	
###	Vedra Barisaukas		Male 45+	
###	Scott Barker	St Neots Riverside Runners	Male Open	
###	Colum Barkow	Chineham Park Running Club	Male Open	
###	Dylan Barker		Male Open	
###	Carl Barnard	Macclesfield Harriers	Male 55+	
###	Carl Barnes	Widnes Running Club	Male 40+	
###	Gary Barnes	St Neots Riverside Runners	Male 60+	21
###	Mark Barnes	South Cheshire Harriers	Male 45+	4
###	Peter Barnes		Male 65+	2
###	James Barnsdough		Male Open	
###	Richard Barnett		Male 40+	2
###	Sam Barnett	Manchester Trailhous Club	Male Open	
###	Paul Barnett	Liverney Runners	Male 50+	1
###	Andy Barry		Male 60+	4
###	Alan Bartlett		Male 65+	
###	Matt Bartlett	Matt	Male 45+	
###	James Baskill		Male 45+	2
###	Richard Bate	Mercia Pel Runners	Male 40+	
###	Michael Bate-Darward	Lewley	Male Open	3
###	Richard Baxter	Caerphilly Runners	Male 45+	4
###	Andrew Baxter		Male 40+	
###	Nick Baylis		Male 50+	1
###	James Bebbington	South Cheshire Harriers	Male 40+	
###	Neil Beckatt	UTS Run Club	Male 45+	2
###	Cheryl Beckett		Male Open	
###	Edward Beckett	Wye Valley Runners	Male 45+	
###	David Beech	Pontypridd Roadside AC	Male Open	
###	Mark Beaver	Whitchurch Whippets	Male 50+	
###	Peter Bell	Connelly Striders AC	Male 45+	1
###	Charlie Bennett		Male Open	
###	Paul Bennett	RuEA	Male 45+	6
###	Linley Bensford		Male 45+	9
###	Nash Bergen		Male 45+	
###	Matthew Berryman	Panc Bryn Bach RC	Male 40+	1
###	Richard Berry		Male 50+	
###	Jamie Betts	Prestatyn Running Club	Male Open	
###	Daniel Bevis		Male 45+	
###	David Bevis	NEJ	Male Open	1
###	Lathry Beynon		Male Open	2
###	Michael Beynon		Male 55+	8
###	Steve Beynon	Enyl Harriers	Male Open	
###	Andrew Bickle	Bryr Vlynn	Male 70+	23
###	Jack Biggod		Male Open	
###	John Bigg	Baileingside & Mid Herts AC	Male 60+	7
###	Paul Bigmore	100 Marathon Club	Male 70+	15
###	Ron Bingham		Male Open	
###	Tin Bingham		Male 50+	3
###	David Bingham		Male 60+	1
###	Duncan Bisset	Northampton Road Runners	Male 60+	1

###	Greg Black		Male 50+	2	1
###	Jon Blackford		Male 40+	1	
###	Adam Blake	Team GJE	Male 50+	1	
###	Alister Blake	Cleodary Mountain Running Club	Male 65+	2	
###	Darren Blake	Stoke T T Club	Male 60+	3	
###	James Blake	Gedforth Tri Club	Male 45+	1	
###	Kevin Blake	South Leeds Lakers	Male 50+	1	
###	Steve Blackmore		Male 50+	2	
###	Dave Black		Male 60+	1	
###	William Blavins	Pontesath Automotive	Male 60+	1	
###	Julian Black		Male Open	1	
###	Matt Black		Male 55+	3	
###	Rodney Burners		Male 45+	1	
###	Phil Bundred	Cycle Riders	Male 50+	3	
###	Phil Buxton	Eryn Harriers	Male Open	1	
###	Michael Boardman		Male 45+	4	
###	Matthew Bore		Male 40+	1	
###	Jack Booth	Valley Runners and Joggers	Male Open	1	
###	Lee Booth		Male 50+	1	
###	Michael Booth		Male Open	1	
###	Michael Booton	Redeaby Hellog	Male 40+	8	
###	Neil Bowdler		Male 50+	1	
###	Tom Boulton		Male 45+	1	
###	Adam Bowcock	Middlton Harriers A C	Male 50+	5	
###	Daniel Bowden		Male Open	1	
###	James Bowes	The Stragglers RC	Male 40+	1	
###	Alister Bowen	Cardigan Running Club	Male 55+	5	
###	Craig Bowen		Male Open	1	
###	Dayld Bowen	Club Rhedeg Aberdâr	Male 55+	1	
###	Phil Bowen	COF Runners	Male 55+	1	
###	Riclie Bowen		Male 45+	2	
###	Adrian Bowen		Male 50+	1	
###	James Bowens	Croft Antwerp Running Club	Male 45+	3	
###	Oliver Bowens	The Stragglers RC	Male Open	1	
###	Sam Bowens		Male Open	1	
###	Conger Bowes	North Herls Road Runners	Male 45+	6	
###	Adam Bowman		Male 30+	3	
###	Chris Bowman		Male Open	2	
###	Dave Bowman	TROTS	Male 60+	4	
###	James Boyd	Roadhogs AC Leicester	Male 40+	4	
###	Phil Boyd	Lumery Lyn	Male 40+	1	
###	North Wales Road Runners Club		Male 40+	1	
###	Eamonn Brady		Male 55+	5	
###	Adrian Bragg	Pontypridd Roaders AC	Male 50+	1	
###	Alan Brian		Male 50+	14	
###	Martin Brathwaite		Male 50+	1	
###	Steve Brannell	Barnes Runners	Male 55+	1	
###	Neil Brancaccio	Chippington Harriers	Male 55+	2	
###	Simon Brant	The Stragglers RC	Male 50+	1	
###	Alan Brase	Malvern Harriers	Male Open	1	
###	Simon Braxton	Bewseye Harriers	Male 55+	4	
###	James Brian		Male 40+	2	
###	Luke Brick	Hemelford Couriers	Male 40+	1	
###	Jack Briggs		Male Open	1	
###	Mike Briggs	Serpentine RC	Male 50+	1	
###	Salve Brikt		Male 40+	1	
###	Luke Britton		Male Open	1	
###	Matthew Brittan		Male Open	1	
###	Sian Britton	Club Rhedeg Pontardawe RC	Male Open	1	
###	Simon Bronnam		Male 45+	4	
###	Peter Brommer		Male 45+	2	
###	Paul Brookes	Islewyn RC	Male 55+	1	
###	Simon Brookes	Lumery Lyn	Male 50+	1	
###	Eric Brooks		Male 50+	1	
###	Mark Brooks	Canterbury Triers	Male 50+	1	
###	Paul Brooks	Port talbot harriers	Male 50+	1	
###	Kyle Brophy		Male 50+	1	
###	Mark Brophy	Ti Hard Harriers	Male Open	1	
###	Michael Brophy	Ti Hard Harriers	Male 45+	1	
###	Adrian Brown	Royton Road Runners	Male 40+	2	
###	Anthony Brown	Blackburn Road Runners	Male Open	10	
###	Douglas Brown	Guthrieown Harriers	Male 50+	1	
###	Dave Brown	Pearn and Drina Runners	Male 50+	5	
###	Olyn Brown		Male Open	1	
###	James Brown	Luswerry Runners	Male 50+	3	
###	Julian Brown	Blackheath Harriers	Male 50+	13	
###	Robert Brown		Male 70+	4	
###	Paul Browning		Male 60+	7	
###	Robert Browning		Male Open	3	
###	Andrew Bryant		Male 45+	1	
###	Graham Bryce		Male 60+	2	
###	Daniel Bucknole	GOO Triathlon Club	Male 55+	1	
###	Vaughan Budd	Runkid Neath	Male 40+	1	
###	Richard Bullock	Ti Hard Harriers	Male Open	1	
###	Simon Burn	Rhonda Tri	Male Open	1	
###	Shuan Bundy		Male 40+	1	
###	John Burn		Male 40+	1	
###	Richard Burn	Bad Boy Running	Male 50+	14th	
###	Alan Burn	Blackheath Harriers	Male Open	1	
###	Hugh Burnard	Team Agile	Male 65+	1	
###	Andi Burr		Male Open	1	
###	Phil Bussett	Marlstone Harriers	Male 40+	6	
###	Andrew Burgess	Stourbridge Running Club	Male Open	1	
###	Joe Burn	Harrowgate AC	Male 55+	1	
###	Chris Burnett		Male 40+	1	
###	Craig Burnow	Brigford Athletic Club	Male 40+	1	
###	Daniel Burton	Run Free Fell Runners	Male 40+	2	
###	Ian Burton		Male 45+	4	
###	Jack Burton	Badgers	Male Open	1	
###	Phil Bussey	100 Marathon Club	Male 45+	4	
###	Neil Butler	Canterbury Triers	Male 50+	1	
###	Peter Butler	Cleodary Olympians	Male 40+	1	
###	Richard Butler		Male 50+	3	
###	Tom Buttle		Male 40+	6	
###	Norhampton Road Runners		Male Open	1	
###	Darren Byfield		Male 55+	1	
###	Wayne Byles	Canvies Strides	Male 50+	8	
###	Julian Cabell		Male 55+	1	
###	Christy J Cabell	MCI	Male 60+	1	
###	Jason Cail		Male 45+	1	
###	James Cain	Wainhoe Runners	Male 40+	1	
###	Derek Callaghan		Male 50+	1	
###	David Callard	Rhonda Valley Runners	Male 50+	2	
###	Oliver Cameron-Swin	Croft Antwerp Running Club	Male 40+	1	
###	Michael Cannon		Male Open	1	
###	Tom Cannon		Male Open	1	
###	Gwyneth Carrick	Silverdale Running Club	Male 55+	1	
###	Andy Caspell		Male 60+	7	
###	Graham Carrick		Male 50+	1	
###	Rob Carrington	TRX Wolves AC	Male 55+	1	
###	Craig Cassidy		Male 50+	1	
###	Paul Cassidy		Male 45+	1	
###	Raymond Cassidy	Redeaby Hellog	Male 50+	2	
###	Janice Catts		Male Open	1	
###	Tim Cattle	Nova Running Club	Male 50+	3	
###	Simon Cawthorne	Luswerry Runners	Male 55+	1	
###	Scott Cecil		Male 40+	1	
###	Lee Cheadford		Male Open	1	
###	Andy Chambers		Male 50+	4	
###	James Chapman	Canterbury runners	Male 55+	87	
###	Jason Chapman	Manx Harriers	Male 45+	3	
###	Kevin Chapman	PACER	Male 40+	3	
###	Tom Chapman	Stourbridge Running Club	Male 45+	3	
###	Dave Cherrington	Warriors	Male 55+	3	
###	Neil Chesselrose	Buckley RC	Male Open	1	
###	Benjamin Chesham		Male 50+	17	
###	Matthew Chis		Male 50+	1	
###	Sam Chisles		Male Open	1	
###	Marvyn Chung		Male Open	9	
###	Chris Clafford		Male 50+	3	
###	Ben Clark		Male 40+	3	
###	Richard Clark		Male 40+	3	
###	Stei Clark	Button AC	Male 40+	3	
###	Dan Clark		Male 60+	6	
###	Daniel Clarke		Male Open	6	
###	Daniel Clarke		Male 45+	3	
###	Kevin Clarke		Male 60+	6	
###	Matthew Clarke	Sun Helen	Male 45+	1	
###	Nick Clarke	Ti Hard Harriers	Male 40+	1	
###	Oliver Clarke		Male 40+	1	
###	Richard Clarke		Male 55+	16	
###	Rob Clark	Rhonda Triathlon Club	Male 45+	3	
###	Simon Clark	Malvern Harriers	Male 50+	3	
###	Toni Clarke		Male Open	6	
###	Dave Cliff	Norhampton Road Runners	Male 45+	7	
###	Stuart Clippner		Male 50+	10	
###	Paul Clutterbuck		Male 50+	1	
###	Steven Clynes	Grimsey Tri Club	Male 55+	4	
###	Blair Coates	Canterbury runners	Male 50+	5	
###	Matthew Cobble	Manx Harriers	Male 50+	87	
###	James Cockayne	PACER	Male 40+	3	
###	Nick Coleman	Stourbridge Running Club	Male 45+	3	
###	Steve Colclough	Warriors	Male 55+	3	
###	Christie Coleman	Buckley RC	Male Open	1	
###	Gareth Coleman		Male Open	1	
###	Ewan Coles	Tuff Ey Triathlon Club	Male Open	1	
###	Adrian Colley		Male Open	1	
###	Jonathan Collier		Male Open	1	
###	Chris Collins	Ned Rose Road Runners	Male 50+	1	
###	Dennis Collins	Rhonda valley runners	Male 60+	1	
###	Graff Collins	Hellog Running Club	Male 70+	5	
###	Malcolm Collins	Leigh Harriers AC	Male 55+	13	
###	Nicholas Collins		Male 40+	2	
###	Michael Cowell	Swansea Vale Tri	Male 40+	2	
###	Simon Cowie	Luswerry Running Club	Male 50+	3	
###	Arthur Cornell		Male 45+	1	
###	Glen Cornell	Madwest Athletics Club	Male 50+	1	
###	Chris Cook		Male 60+	6	
###	James Cook		Male 50+	1	
###	Matthew Cook		Male Open	1	
###	Nail Cook		Male 55+	1	
###	Andy Cookey		Male 45+	4	
###	Nail Coombe		Male 40+	1	
###	James Coombes	Lichfield Running Club	Male 40+	1	
###	Simon Coombes	Swansea Harriers	Male 50+	1	
###	Benjamin Coop		Male Open	2	
###	Russell Cooper		Male Open	1	
###	Liam Cooper-King		Male Open	1	
###	Micky Cooperman		Male 55+	1	
###	Rhys Cooper	Pars Bryn Bach RC	Male Open	1	
###	Luis Corle	Deaf Triathlon Club	Male 40+	1	
###	Alan Cornett		Male 40+	1	
###	Nick Costin	Roadway Runners	Male 60+	3	
###	Alan Cottrell		Male Open	1	
###	Rhys Cottrell		Male 45+	1	
###	Northampton Road Runners		Male 60+	10	
###	Tom Cottrell-Lilly		Male Open	1	
###	Alan Cottrell	Active Reth Climbing Club	Male 45+	1	
###	Kari Coughlin	Pars Bryn Bach RC	Male 45+	3	
###	Graham Coupe		Male 50+	1	
###	Mark Coussins		Male 55+	1	
###	Jon Coussins		Male 55+	3	
###	Alan Coward		Male 60+	8	
###	Dave Cox	Ystrad Mynach Running Club	Male 40+	2	
###	Chris Coy		Male 50+	1	
###	Dominic Coy		Male Open	6	
###	Chris Craggs	Vegans Runners UK	Male 50+	2	
###	Stuart Ores	Les Couperers RC	Male 45+	1	
###	Oliver Crocker		Male Open	1	
###	Geoff Critchley	Oldham and Royton Harriers AC	Male 50+	1	
###	Tom Crooke		Male Open	1	
###	John Crovis	Birkenhead Park Running Club	Male 55+	1	
###	Benjamin Crovis		Male 40+	1	
###	Gary Crovis		Male 65+	6	
###	Phil Crow	Louth A.C	Male 60+	1	
###	Steve Crowther	Luswerry Runners	Male 60+	4	
###	Derek Cumberbatch	Runkid Neath	Male 55+	1	
###	Michael Cunniffe	Roadhogs AC Leicester	Male 55+	6	
###	Brian Cunniffe	Thornhill Cleeveley running club	Male 60+	1	
###	John Cunniffe	Pontypridd Road Runners	Male 70+	11	
###	Michael Cunningham	Henged Harriers	Male 45+	5	
###	Nail Cunningham		Male 55+	5	
###	Chris Curry		Male 40+	1	
###	Patrick Curry	Forest of Dean AC	Male 65+	4	
###	Nick Cuffie	Walsley AC	Male 50+	1	
###	Andrew Culbert	Sandwell Valley RC	Male 60+	18	
###	Warren D'Orazio		Male 50+	1	
###	Andrew Dany		Male 50+	1	
###	Dave Dale	Heaton Harriers	Male 40+	3	
###	Dave Dale		Male 40+	3	
###	Aaron Dallywater		Male 60+	2	
###	Alan Dafferns		Male 60+	2	
###	Kevin Dafferns		Male 60+	2	

### Nick Dalton	Winney Road Runners	Male 55+	3
### Matt Daniels	Eryman Road Runners	Male 45+	
### Adam Darby		Male Open	
### Alan Darby	Pensley Runners	Male 45+	4
### Pedro Das Oupla	The Stragglers RC	Male 60+	1
### James Davary	Adeshorn Road Runners	Male 45+	1
### Matthew Davidge		Male 40+	
### Kevin Davidson		Male 70+	
### Adrian Davies	Sydney Harbour Runners	Male Open	
### Alan Davies	Team Irlanda	Male 50+	4
### Andrew Davies	Port Talbot Harriers	Male 50+	
### Barry Davies		Male 50+	4
### Barry Davies	Iron chef coaching (Team ICC)	Male 45+	1
### Cain Davies		Male Open	
### David Davies		Male 70+	
### Debbie Davies		Male 45+	7
### Gareth Davies	Portgloog and District Runners	Male 45+	
### Gareth Davies		Male 40+	
### Gareth Wyn Davies		Male 60+	
### Gary Davies		Male 40+	1
### Glyn Davies	Cardigan Running Club	Male 70+	
### Huw Davies	Diagonn Running Club Aberdeen	Male 55+	3
### Huw Davies	Cardiffen Harriers	Male 55+	4
### Hywel Davies		Male Open	
### Ian Davies	Parr Bryn Bach RC	Male 60+	4
### Jake Tomes Davies		Male Open	3
### Jamie Davies		Male Open	7
### Jason Davies	Vegen Runners UK	Male 50+	2
### Jason Davies	Diagonn Running Club Aberdeen	Male 65+	3
### Jonathan Davies	Tannhauser Gole Athletics	Male 55+	14
### Jonathan Davies		Male 45+	3
### Lee Davies		Male 40+	3
### Leon Davies		Male Open	
### Marc Davies	Club Seiclo Cwm Owenarth	Male 45+	4
### Martin Davies		Male 55+	2
### Martin Davies		Male 55+	
### Matt Davies	Op endurance	Male Open	1
### Matthew Davies	ATD Tri Club Morthyr	Male 50+	1
### Michael Davies	Sam Helen	Male 50+	
### Neil Davies	Portgloog Roadruners AC	Male 55+	2
### Nigel Davies	Sam Helen	Male 50+	10
### Olaf Davies		Male Open	
### Owen Davies	CDP Runners	Male Open	2
### Paul Davies	Amman Valley Harriers	Male 60+	3
### Phil Davies	Jaffa	Male 60+	One
### Phil Davies	The Stragglers RC	Male 70+	6
### Rhidian Davies	CDP Runners	Male Open	
### Rob Davies		Male 45+	3
### Samuel Davies		Male 40+	2
### Beth Davies	Cardigan Running Club	Male Open	
### Simon Davies		Male 50+	6
### Steve Davies	Griffithstown Harriers	Male 65+	303
### Telford Davies	Sam Helen	Male Open	6
### Tom Davies		Male Open	
### Tony Davies	Rhayader Running Club	Male 60+	
### Wynne Davies	Western Torque	Male 45+	4
### Martin Davies		Male 65+	
### Gareth Davies-Jones		Male 45+	
### Justin Davis		Male 50+	5
### Joshua Davison		Male Open	
### Max Davison		Male 60+	5
### Robert Davison		Male 45+	1
### Andrew Deane	Llanerby Runners	Male 50+	1
### Chris Dawson-Hicks	100 Marathon Club	Male Open	
### Daniel Day	Deventry Road Runners	Male Open	4
### Luke Day	Ilacombe Running Club	Male Open	
### Paul Day	Llanerby Runners	Male 70+	8
### Jack De Bokk	Deventry Road Runners	Male 50+	2
### Chris Deek	Widley Woods Pacers	Male 50+	3
### Stephen Dean	Pumslaw Runners	Male 55+	1
### Adam Deeks		Male 40+	
### Joseph Deery	ATD Tri Club Morthyr	Male Open	
### Andrew Deffence	The Stragglers RC	Male 60+	
### Neal Denney	Peal Runners	Male 55+	1
### Noel Denery	Kear AC	Male 50+	12
### Andy Devine	Chester Road Runners	Male 50+	1
### Graham Devine	Poynton Runners	Male 55+	9
### Paul Dewar	Drogheda AC	Male 60+	8
### Nigel Dexter		Male 40+	1
### James Diaz	Blaydon Harrier and AC	Male 40+	
### Steven Dibb		Male 45+	
### Andrew Dickens	NEWTS	Male 55+	12
### Chris Dickinson		Male Open	
### Mike Diley	ifTeamBout	Male 40+	1
### Andrew Dill	North Devon Road Runners	Male 40+	
### Jason Dixon	Iswryn RC	Male 55+	10
### John Dixon	Ruchlogmaget	Male 45+	
### Trevor Dockrley	Deventry Road Runners	Male 55+	3
### Chris Dodge		Male 50+	
### Lawrence Dodd	Peak & Valley Trail Runners	Male 40+	
### Wayne Dobby	RumM Health	Male Open	
### Joe Dodson		Male 40+	3
### Rhys Doolan		Male 45+	
### Nigel Doolan		Male 45+	
### Simon Dorian	Llanelwyl AC	Male 45+	
### James Dowell	Kear AC	Male 40+	
### Andrew Down		Male 55+	
### Steve Down		Male 60+	
### Mark Downey	Northampton Road Runners	Male 50+	
### Julia Doyle	Amman Valley Harriers	Male Open	
### Henry Drake		Male 45+	3
### Stuart Draper		Male 45+	
### Adam Drew		Male 55+	2
### Toby Driver		Male 55+	1
### Mick Driver	Abertillery AC	Male 50+	
### Simon Drummond		Male Open	
### Steven Duggan	Parr Bryn Bach RC	Male 40+	3
### Peter Duncanson	South Cheshire Harriers	Male 40+	
### Keith Dunham	Pensley Runners	Male 45+	1
### James Dunn		Male Open	8
### Sam Dunsico		Male Open	
### Ethan Dunning	Rhosodri	Male Open	
### Tom Dunning	Llanerby Runners	Male 70+	2
### Paul Durnell	Portcawl Runners	Male 50+	17
### Nick Dutton	Tri Hard Harriers	Male 40+	
### Simon Dymond		Male 50+	
### Christopher Eading		Male 40+	3
### Mart Easton		Male Open	
### Nick Eastill		Male 60+	4
### Son Edward		Male Open	
### Alex Edwards	Jog Llanum	Male Open	
### Andrew Edwards	Diagonn Running Club Aberdeen	Male 50+	3
### Eynny Edwards	Erynn Harriers	Male 70+	13
### Gavin Edwards	Erynn Harriers	Male 40+	1
### Chris Edwards		Male 45+	2
### Ian Edwards	Erynn Harriers	Male 40+	3
### Jonne Edwards	Lee Crispiers RC	Male 50+	
### Paul Edwards	RumM Health	Male Open	
### Philip Edwards	DC Trefrieth	Male 45+	
### Rhys Edwards	Salisbury Tri Club	Male 45+	1
### Richard Ederston		Male 45+	15
### Stuart Elliott		Male 50+	10
### Colin Ellis		Male 60+	50
### Martin Ellis		Male 45+	
### Neil Ellis	Portgloog Roadruners AC	Male 45+	2
### Phil Ellis	Woking AC	Male 45+	
### Jack Ellison		Male Open	
### Andrew Elwood		Male 60+	
### Ashleigh Elwy	Tri Hard Harriers	Male Open	
### Chris Elz	St neots triathlon club	Male 40+	
### Jonathan Endres	St neots triathlon club	Male 40+	
### Ian Erington	Northampton Road Runners	Male 40+	1
### Aneel Evans	Club Taff Llyn	Male 50+	
### Aneel Evans	Lee Crispiers RC	Male Open	
### Chris Evans	Derby Harriers	Male 60+	1
### Elin Evans	St Bees Triers	Male 50+	2
### Elin Evans	Sam Helen	Male 50+	
### Gareth Evans		Male Open	
### Gary Evans	Amman Valley Harriers	Male 60+	5
### Gaby Evans	Neath Harriers	Male Open	1
### Iestyn Evans		Male Open	
### Keith Evans	Sam Helen	Male 50+	1
### Luke Evans	TROTS	Male Open	
### Maccusley Evans	Peak performance wales	Male Open	
### Max Evans		Male Open	
### Nigel Evans	3M Gorsafon Road Runners	Male 60+	4
### Nigel Evans	Hawthornthorpe Triathlon Club	Male 50+	1
### Phil Evans		Male 45+	
### Ryan Evans	Diagonn Tri	Male 40+	5
### Sam Evans		Male Open	1
### Wyn Evans		Male 70+	2
### Colin Evans		Male 50+	1
### Gwyn Everett	Taff Ely Triathlon Club	Male 55+	7
### Eyley Evans	Metheny Harriers	Male Open	
### Matthew Faires	RumM	Male Open	1
### John Faires	Serpentine	Male Open	
### Richard Fanning	Muscat Fell Runners	Male Open	1
### James Farrist	Brigend Athletic Club	Male 45+	
### Andy Farrell		Male 45+	1
### Mohammed Faruqi	Levenshulme runners	Male 50+	
### Steve Faulner	Blacknall Forest Runners	Male 60+	
### Tom Faulner	Northampton Road Runners	Male 40+	
### John Fay	Ryton road runners	Male 45+	
### Nathan Fellos	Loney Coal Running Club	Male 45+	1
### Alex Ferlon		Male 45+	1
### Brooke Ferroma	SV Friesland	Male 60+	1
### Rhys Fernandes	Wye Valley Runners	Male Open	
### Liam Ferris		Male 55+	1
### Tomasz Figurski	Cearghilly Runners	Male 45+	1
### Gary Fisher	Killybegs AC	Male 40+	11
### Matt Fisher		Male 40+	1
### Aaron Fitzgerald		Male Open	
### Neil Fitzgerald	Portgloog Roadruners AC	Male 55+	6
### Billy Flinn	Gower Trail Blazers	Male 45+	
### Rob Flett		Male 40+	
### Luan Flynn		Male Open	
### Joel Floyd	Winney Road Runners	Male 40+	
### Orlan Flynn	Widley Valley	Male Open	1
### Paul Flynn	Swansea Harriers	Male 55+	1
### Owen Fobes	MRC Copenhagen	Male 50+	
### Pete Forster	Long Eaton Running club	Male 40+	
### Jack Foster	Alva Run Club	Male Open	2
### Gene Foulkes	Conwy Bay Athletics	Male 40+	
### Jonna Foulkes	Canthan Triathlon Club	Male Open	1
### Andrew Fowler		Male Open	
### Wayne Fowler	Amman Valley Harriers	Male 50+	1
### Martin Fox	Cearghilly Triers	Male Open	
### Anthony Foy	Towlebury Running Club	Male 55+	1
### Vince Frae		Male 50+	
### Glen Francis	Madwyn Harriers	Male 45+	
### Joe Franccombe		Male Open	1
### Thomas Fraser		Male Open	
### Martin Frey	Compton Harriers	Male 65+	1
### Jason Freeman	Sam Helen	Male Open	
### Chris Frost	Ripley Running Club	Male 40+	
### Roger Frost	RuSlandford	Male 65+	2
### Ben Frost-Jones		Male Open	1
### Martin Fryer	Henford Couriers	Male Open	
### Philip Fryer	Burnden Road Runners	Male 40+	
### Steve Gault	Derby Harriers	Male 50+	1
### Colin Galko	Felchewryne	Male 55+	1
### Chris Gardner	Winney Road Runners	Male 55+	3
### John Gareth	Llanerby Llyn	Male 60+	4
### Dan Garland		Male Open	
### Mike Garner	Leighton Fun Runners	Male 40+	1
### Dan Garrett	Prestatyn Running Club	Male Open	
### Daniel Garsard		Male 40+	
### Kevin Geary		Male 60+	
### Dan George	Madwyn Harriers	Male 45+	1
### Eryn George		Male 40+	
### Ricky George	Henford Couriers	Male 40+	14
### Stephen George	Parr Bryn Bach RC	Male 60+	3
### Lee Gernan		Male 60+	2
### Luke Gething	Parr Bryn Bach RC	Male Open	
### John Gibbons	Northampton Road Runners	Male Open	5
### Rhodri Gibbons		Male Open	3
### James Gibbs		Male 45+	2
### Michael Gibson		Male 55+	13

### Owen Gibson	Prestatyn Running Club	Male Open	9
### Richard Gidley	Porthkerry road runners	Male 45+	2
### Kieran Gilbert	Silverdale Running Club	Male 40+	
### Colin Gil		Male 70+	27
### Darren Gillman	Toddbroon Harriers	Male 55+	7
### Adam Gilling		Male Open	
### Robert Gibson	Stafford AC	Male 45+	1
### Michael Gibson	Swansea Harriers	Male 50+	
### Max Glendinning		Male Open	
### Richard Gibson	100 Marathon Club	Male 45+	1
### Iwan Glyn		Male 45+	1
### Andrew Goulder	Bolton railways	Male 50+	1
### James Goodard	Chapelton Harriers	Male 55+	2
### Mike Goodard		Male 50+	
### Tom Goodard		Male Open	
### James Godfrey		Male 40+	
### Andy Goff		Male 45+	8
### Jonathan Gomez		Male 50+	2
### David Goodson	100 Marathon Club	Male 55+	4
### Alexander Gordon		Male 55+	
### Duncan Gordon	100 Marathon Club	Male 45+	6
### Simon Goss	Belper Harriers	Male 55+	
### Leon Gould		Male 40+	1
### Colin Goudier		Male 45+	
### Douglas Graham		Male 45+	
### Ben Gray	Black Oak Runners	Male 45+	
### Matthew Gray		Male Open	
### Scott Gray	Stafford upon Avon Athletics Club	Male 55+	2
### Ian Green		Male 45+	
### Andrew Green	Team GUE	Male Open	
### Josh Green		Male Open	
### Joshua Green		Male 55+	4
### Martin Green		Male 50+	4
### Paul Green	Meirionnydd Running Club	Male 40+	
### Robert Green		Male 45+	1
### Tim James Gregory	Ogmore Phoenix Runners	Male Open	
### Vincent Gregory	Plan: Bryn Bach RC	Male Open	
### Adam Grey	Porthkerry and District Runners	Male Open	
### Tim Griffin	Penbridge Runners	Male 40+	
### Dewi Griffin		Male Open	9
### Marcus Griffin		Male 60+	
### Merion Griffin	Rhewbery Hellog	Male 60+	3.4
### Aled Griffiths		Male 40+	
### Andrew Griffiths		Male 50+	1
### Dylan Griffiths		Male Open	
### Culum Griffiths	MonRosa Trailblazers	Male 45+	1
### Gary Griffiths		Male 50+	2
### Gavin Griffiths	Bro Dymuni AC	Male 60+	2
### Clyn Griffiths	Eryri Harriers	Male Open	2
### Montgomery Griffiths		Male Open	
### Tudor Griffiths		Male Open	2
### Mark Gidge	Ipwich Tradition Club	Male 55+	
### Rhys Groom	Stafford Harriers	Male Open	
### Simon Groom	Swindon Striders	Male Open	
### Alexander Gurnee	Valley Runners and Joggers	Male 45+	2
### Daniel Gurn	Swansea Harriers	Male 40+	5
### Daniel Gurnin		Male 50+	
### Murly Gw	Bulth and District Running Club	Male Open	
### Ed Gayenne-Harris	Yn Jack Runners	Male 45+	
### Peter Ha		Male 50+	2
### Wynne Hadden		Male 45+	
### Jimmy Haddon		Male 45+	2
### Ian Hagg	Shafley road runners	Male 50+	
### Ben Haigh	Crosgrove Harriers	Male 50+	
### James Halkney	Blawerton Bog Trotters	Male Open	2
### Alex Haines	Secotri	Male Open	
### Nathan Haines	St Neods Riverside Runners	Male 60+	
### Vincent Hainley		Male 50+	3
### Jamie Hafford	Barrow Runners	Male Open	
### Danny Hall	Sam Helen	Male 45+	6
### Simon Hall		Male Open	
### William Hall	Nab End Run Club	Male 40+	
### Thomas Halliwell	Los Croquisers RC	Male Open	
### Phil Handford	Ialwyn RC	Male 55+	
### Dai Harms	Phoenix Road Runners	Male 40+	
### Paul Hammond		Male 40+	
### Bruce Hampton	Knowle and Dordogne Running Club	Male 40+	2
### Jamie Hancock	Casertilly Triers	Male 45+	
### Jonathan Hancock		Male 55+	8
### Darragh Harley-Crofts	Los Croquisers RC	Male 60+	1
### Simon Harma		Male 40+	2
### Mark Harman		Male 50+	2
### Ben Harman	Chilham Harriers AC	Male Open	
### Louis Harman	White Rock Runners	Male 45+	
### Gareth Harding		Male 45+	2
### Ian Harrop	100 Marathon Club	Male 50+	1
### Lewis Hargreaves	ATD Tri Club Merthyr	Male Open	
### David Harrell		Male 45+	
### Glen Harper	K2 RUNCLUB	Male Open	
### Sean Harris		Male Open	
### Matthew Harris		Male 40+	1
### Craig Harris	Tri Hard Harriers	Male Open	2
### Clay Harris		Male 40+	8
### Martin Harris	Pembrokeville Harriers	Male 60+	4
### Nick Harris	Ogmore Phoenix Runners	Male 40+	7
### Peter Harris	Bromsgrove and Redditch AC	Male 40+	
### Martin Harrison		Male 40+	20
### Tommy Harrison	Bolton Harriers	Male 40+	1
### Gareth Hart	Cleckton Running Club	Male 50+	
### Richard Hart		Male 60+	3
### Richie Hart	White Rock Runners	Male 60+	1
### Carl Hartley		Male 40+	9
### Damian Harley		Male 40+	3
### Joe Harley	Kant AC	Male Open	
### Ben Harbome	100 Marathon Club	Male Open	1
### Jeremy Harvey-Smith		Male Open	
### Dan Haslam		Male Open	2
### Raymond Hasler		Male 70+	12
### Justin Haslam	Peel Road Runners	Male 40+	
### Stuart Haslam		Male 60+	1
### Ian Hasleick	The Stragglers RC	Male 60+	
### Mike Hawley	The Secret squirrel club	Male 45+	
### Phil Hawley		Male Open	
### Ian Hawley	Barrow Upon Soar Running Club	Male 40+	
### Alex Hay	Ialwyn RC	Male 40+	3
### Conrad Hayes		Male Open	
### Stephen Hayes	100 Marathon Club	Male 45+	6
### Lee Hayes		Male 50+	
### Philip Hayward		Male Open	
### Simon Heywood	Barnsley Harriers	Male 50+	1
### Clive Hean	100 Marathon Club	Male 50+	
### Ian Heasby	NBS Blood and Transplant Charity	Male 40+	
### Tom Heaslagrave		Male Open	
### Keith Heffell	Bulth and District Running Club	Male 55+	
### Robert Hemmings	Northampton Road Runners	Male 45+	3
### Carl Henderson		Male Open	
### Ian Hendry	Nash Harriers	Male 55+	
### Nigel Herbert	Ynallt Harriers Running Club	Male 40+	
### Darren Heslop	Bro Dymuni AC	Male 50+	4
### David Hetherington	Chesil, D. L. Lk Runners	Male 50+	5
### Andy Hewitt	Chesler Road Runners	Male 55+	1
### Richard Heat	Merthyr Tradition Club	Male 40+	4
### Jack Heywood	Northampton Road Runners	Male Open	1
### Nick Heywood		Male 50+	
### Martin Hick		Male 60+	11
### Daniel Hickey	Run Free Fall Runners	Male 50+	
### Michael Hickey	Basingstoke & Mid Hants AC	Male 60+	8
### Luke Hicks		Male Open	
### Nathaniel Hicks	Glossopdale Harriers	Male Open	
### John Higgins	Lovely Goat Running Club	Male Open	2
### Brynach Hignson		Male 40+	
### Adam Higon		Male 40+	3
### Colin Hill	Macclesfield Harriers	Male Open	
### Darren Hill	IRC	Male 50+	1
### Jono Hill		Male 50+	1
### Ryan Hill		Male Open	
### Sean Hill		Male 45+	1
### Adrian Hingley	Stourbridge Running Club	Male 45+	
### Jordan Hitch		Male Open	
### Jason Hitchon	Terry Aces	Male 55+	
### James Hobson	Llanyerny Runners	Male Open	2
### Richard Hocken		Male Open	
### Philip Hodge	Los Croquisers RC	Male 60+	
### Gareth Hodges		Male 50+	
### Michael Hodges	100 Marathon Club	Male 70+	27
### Paul Hodges	Harriers	Male 60+	9
### Roy Hodgkins		Male 60+	10
### Luth Holroy		Male 55+	2
### Christopher Hogen		Male Open	
### Alex Hogg	Madwyn Harriers	Male 40+	2
### Craig Hogson	Guldford and Crickham AC	Male 55+	
### Kevin Holland	Aberystwyth AC	Male 65+	7
### Phil Holloway		Male 40+	2
### Richard Holmes	100 Marathon Club	Male 45+	1
### Steven Holmes	Sam Helen	Male 50+	11
### Lawrence Holmbyrd	Lovely Goat Running Club	Male 40+	5
### Leigh Holt	Lewley Running Club	Male 55+	1
### Peter Hooker		Male Open	
### Dan Hooper	Sam Helen	Male 50+	3
### Justin Hooper		Male 55+	10
### Lon Hooper		Male 60+	18
### Trystan Hopkins		Male Open	
### Mark Hopper		Male 40+	6
### Adam Horner		Male Open	
### Martin Hough	Yr Hen Sheyl	Male 40+	2
### Jon Houghton		Male 55+	2
### Barry Howard		Male 40+	1
### Fraser Howard	Winney Road Runners	Male 50+	2
### Joel Howard		Male Open	
### Philip Howarth	Prestatyn Running Club	Male 70+	
### Darren Howells	Ferry Fisheries	Male 45+	
### Gary Howells	Peak Performance Walks	Male 45+	7
### Ryan Howells		Male 45+	
### William Howes	100 Marathon Club	Male 70+	14
### Richard Howes		Male 55+	
### Chris Hucker	Lovely Goat Running Club	Male 60+	Five
### Rob Hudson	Blackwater Valley Runners	Male 40+	
### Simon Hudson	Aldridge Running Club	Male 65+	2
### Alan Hughes		Male 40+	1
### Christopher Hughes	Annar Valley Harriers	Male Open	1
### Craig Hughes	Llanwney Uym	Male 45+	1
### Emyr Hughes		Male 40+	
### Gary Hughes		Male 45+	4
### Gordon Hughes		Male 45+	1
### Iai Hughes		Male Open	
### Jon Hughes		Male Open	
### Joel Hughes	Rhewbery Hellog	Male 45+	8
### Leon Hughes		Male Open	1
### Luke Hughes		Male 40+	
### Mark Hughes		Male 50+	1
### Richard Hughes	Loncian Lhwgar	Male 40+	
### Sioned Hughes		Male 45+	
### Stephen Hughes		Male Open	4.30
### Steven Hughes		Male 55+	2
### Tom Hughes		Male 60+	15
### Tomos Hughes		Male Open	6
### Tudor Hughes		Male 50+	2
### Cameron Hughes-Daly		Male Open	
### Glyn Benjamin Hughes-Thames		Male Open	
### Ian Humphreys	Macclesfield Harriers	Male 60+	1
### Kieran Humphreys	Club Rhedeg Pontardawe RC	Male Open	1
### Terry Humphreys		Male 70+	
### Tomos Derek Humphreys	Los Croquisers RC	Male Open	1
### Wynne Humphreys		Male 50+	
### Joe Humphries		Male Open	
### Peter Humphries		Male 55+	15
### Rob Humphries	Rugby Runners	Male Open	2
### Nelson Hurst	Glenrady Tri Club	Male 50+	
### Simon Hurford	#TeamBul	Male 45+	3
### Joseph Hurley		Male Open	
### Anthony Hurst		Male 65+	
### Brett Huthinson		Male 45+	
### Ian Hutchinson	Chesler Road Runners	Male 60+	
### Steven Hutter		Male 60+	10
### Paul Hyde	Oldham and Royton Harriers AC	Male Open	2
### Ryan Ibbotson	Porthkerry Roadrunners AC	Male 45+	
### Paul Iddon	Aberystwyth AC	Male 50+	6
### Michael Indika		Male 50+	
### Jason Ingham	Winklen Road Runners	Male 45+	

Yoshioka Ieai	Male Open	
Andrew Jackson	Male 50+	
Mark Jackson	Male 45+	3
Matt Jackson	North Derbyshire RC	Male Open
Paul Jackson	Male 45+	
Endre Hamers	Male 45+	6
Andrew Jacobs	Brimford Harriers	Male 45+
Jeffrey Jacob1962Hdmat Co Ld Crispens RC	Male 60+	8
Anthony James	Port Talbot Harriers	Male Open
Carl James	Wolverhampton & Blithon ac	Male Open
Dylan James	Male Open	
Llewellyn Runners	Male 50+	6
Keith James	Cuspliff Triers	Male 45+
Mark James	Male 60+	1
Matthew James	Male Open	
San Domenico	Male 45+	
Prislatyn Running Club	Male Open	
Ranley Runners	Male Open	
Panc Bryn Bach RC	Male 45+	1
Andy Jarvis	Male 50+	2
Ryan Jarvis	100 Marathon Club	Male 50+
Dave Jay	Male 45+	
David Jaycock	Male 45+	
Ricky Jeavons	Male 45+	
Adam Jenkins	Team MK	Male 45+
Ceri Jenkins	Peak Performance Wales	Male 45+
Opstone Phoenix Runners	Male 50+	2
Portswal Runners	Male 45+	3
Easty Eagles	Male Open	4
Mark Jennings	Male Open	1
Anthony Johnsen	Sospen Road Runners	Male 50+
Billy John	Male Open	2
John John	Cyfi Stiders	Male 45+
Run4M Heath	Male 50+	2
Gareth Johns	Male 45+	1
Llewellyn Runners	Male Open	3
Andrew Johnson	Royal Wootton Bassett Hounds	Male 50+
Brian Johnson	Marionnydd Running Club	Male 50+
David Johnson	St Needs Riverside Runners	Male 50+
Mark Johnson	Male 45+	4
Ken Johnson	100 Marathon Club	Male 60+
Adrian Jones	Male 60+	5
Anthony Jones	Male Open	7
Jon Jones	3M Gorseaston Road Runners	Male 45+
Ann Hae Jones	Rhedydd Helwig	Male Open
Astyn Jones	West 4 Harriers	Male Open
Bernie Jones	Male 60+	One
Christopher Jones	Male 45+	1
Christopher Jones	Male 50+	8
Craig Jones	Male 55+	1
Darren Jones	Male 55+	7
Darren Jones	Mon Miers	Male 45+
David Jones	Wreatham AAC	Male 45+
David Jones	Male Open	
David Jones	Male 45+	3
David Owen Jones	Male 60+	18
Enlyn Jones	Denlith Harriers	Male 45+
Polisado Ploisters	Male 45+	
Liverneham Runners	Male 45+	
Gareth Jones	GOG Triathlon Club	Male 55+
Gareth Jones	Male Open	1
Gareth Jones	Male 45+	8
Gareth Jones	Male 45+	1
Gary Jones	Male Open	
Gerrall Jones	Rhedydd Enlyn	Male 45+
Gerrall Jones	Male 45+	2
Gethin Jones	Jog Division	Male Open
Gwyn Jones	Aberdyffwrth AC	Male 70+
Hudd Jones	Wye Valley Runners	Male 50+
Hywel Jones	Male Open	
Iwan Jones	Male Open	
Jac Jones	Male Open	
Jack Jones	Edinburgh Athletics Club	Male Open
Junior Jones	Male 50+	1
Karl Jones	Male Open	
Lee Jones	Male 45+	3
Marc Jones	Female Triathlon Club	Male 45+
Mark Jones	Deopans Running Club Aberdare	Male 60+
Mark Jones	Male 55+	10
Mark Jones	Male 50+	10
Martin Jones	Male 45+	
Martin Jones	Penrthalesian harriers	Male 45+
Martyn Jones	Islwyn RC	Male 45+
Martyn Jones	Llewellyn Runners	Male 60+
Martyn Jones	Male 45+	2
Matthew Jones	Lee Crispens RC	Male Open
Mike Jones	Male 50+	
Nathan Jones	Male 45+	15
Nathan Jones	Male 45+	
Nathan Jones	Male Open	
Nathan Jones	Male 60+	16
Nathan Jones	Male 50+	
Owen Jones	Male 45+	
Owen Jones	Male 60+	1
Paul Jones	GOG Triathlon Club	Male 45+
Philip Jones	Islwyn RC	Male 45+
Philip Jones	Male 70+	
Robin Jones	Male Open	
Robyn Jones	Male 60+	5
Sam Jones	Male Open	
Sam Jones	Male 45+	8
Sam Michael Jones	Male Open	1
Shafer Jones	Male Open	2
Shawn Jones	Male 55+	4
Thomas Jones	Male Open	
Trevor Jones	Male 45+	
Tudor Jones	Cyfi Stiders	Male 65+
Wynne Jones	Amman Valley Harriers	Male 60+
Paul Jones Perry	KSH	Male 45+
Paul Jones-Davies	TROTS	Male 45+
Adam Jordan	Male Open	1
Robert Joslin	Rhodsia Valley Runners	Male 55+
Martin Joy	Male 50+	
Gary Judo	Eryl Harriers	Male Open
Mark Kalleberg	Male 65+	1
Yvoni Karabados	Cyfi Stiders	Male Open
Gareth Keasley	Male 45+	
Nearney Road Runners	Male 50+	6
Graham Kelly	Oldham and Royton Harriers AC	Male 50+
Paul Kelly	Male Open	
Moswyn Kenall	Male 50+	1
Jana Kentlein	100 Marathon Club	Male 65+
Hwa Kendall	Male Open	2
Michael Kendall	Wootton Road Runners	Male 70+
John Kennedy	Flackney & Roworth Athletics Club	Male 50+
John Kennedy	Male 55+	3
James Kent	Male 45+	2
Kevin Kenward	Male 45+	
Phil Kenward	Male 45+	
Lee Kibble	Male 45+	1
Shant Kibble	Male 45+	
Kieran Kieran	Fitness connection	Male 40+
Alan King	Male Open	
Charles King	Barlstone St Giles Running Club	Male 55+
Michael King	Barlstone Running & Triathlon Club	Male 45+
Peta King	Running Purvis	Male 60+
Peter Kingland	Montvale Colles	Male 50+
Liam Kirk	Run4M Heath	Male 55+
Mark Kishenhouse	Leigham Fun Runners	Male 45+
Josh Knight	Northampton Road Runners	Male Open
Luke Knight	Male 45+	
Steven Knight	Male 45+	3
Mark Knight-Davies	Male 50+	1
Vagelis Korak	Male 45+	1
Robert Krametski	Male 50+	2
Thouglas Kuhl	Male 55+	
Dave Kyffin	Male Open	
Max Kyffin	Male 45+	2
David Lamb	Male 45+	
Richard Landon	Male 45+	2
Steven Lane	Male 50+	5
Alan Langford	Male 45+	
Mike Langford	Camrathen Triathlon Club	Male 45+
Wynne Langford Watts	100 Marathon Club	Male 55+
Keith Langley	Male 70+	1
Chris Larkin	Male Open	
Chuan Larsen	Male Open	3
Martin Law	Male 45+	
Shuffan Lee	Male 45+	1
Simon Leadley	Male 50+	1
Tin Leabon	Newport East Wales Triathlon	Male 55+
Colin Lee	Jack Oiler	Male 45+
Pierrol Lee	Horsham joggers	Male Open
Pierrol Lee	NRR	Male 45+
Colin Lees	Badgers	Male 55+
Tom Lees	Male Open	
Cory Leighton	ATG Tri Club Merthyr	Male Open
North Wales Road Runners Club	Male 45+	2
Peter Lester-Owen	Denlith Harriers	Male 65+
Chris Lewis	Stratford Harriers	Male 50+
Chris Lewis	Run4M Heath	Male 45+
Christopher Lewis	Male Open	1
Conny Lewis	Male Open	
Dylan Lewis	Sam Helen	Male 40+
Ethan Lewis	Male Open	
Geraint Lewis	Amman Valley Harriers	Male 45+
Justin Lewis	Team Race Runners	Male 50+
Jon Lewis	Griffithstown Harriers	Male 50+
Jonny Lewis	Male Open	4
Julian Lewis	TROTS	Male 50+
Chen Lewis	Male 50+	
Paul Lewis	Male 45+	
Rhys Lewis	Croft Ambrey Running Club	Male 50+
Rich Lewis	Male Open	1
Tom Lewis	Male 45+	1
Tom Lewis	Male Open	
Paul Lewley	Deasidraders RC	Male 45+
David Lidlat	Male 50+	9
Paul Lidgett	Male 60+	11
Ronald Light	Male 65+	3
Ian Line	Panc Bryn Bach RC	Male 55+
Chris Lister	Male Open	
Shant Lither	Male 45+	1
Chris Llewellyn	Talley AC	Male 45+
Col Llewellyn Jones	White Rock Runners	Male Open
Rhodi Llewellyn	Male 50+	
Eugen Lloyd	Aberdyffwrth AC	Male Open
Janie Lloyd	Brackla Harriers	Male 60+
Peter Lloyd	Kingfisher Harriers	Male 60+
Henry Lloyd Davies	Amman Valley Harriers	Male 45+
Matthew Lock	Winey Road Runners	Male Open
Andrew Lockett	Male 50+	2
Richard Jack Lockett	ATG Tri Club Merthyr	Male Open
Rhodi Lockock	Male Open	1
Colin Longworth	Male Open	
Colin Longworth	Male 70+	35
Dowl Lord	Male Open	
Dylan Lougher	Male Open	
Kieran Loughlin	Yarraf Mynoch Running Club	Male 45+
Jon Loughnan	Salford Harriers	Male 45+
Russell Love	Male 45+	
Nail Lovell	Male 50+	
Kevin Lovett	Male 45+	
Peter Love-Worrell	Male 50+	
Will Luck	Male Open	13
Andrew Luchford	Male 45+	
Jack Lucking	Male 50+	1
James Luddy	Male Open	
James Luddy	Male Open	
Carl Lumsden	Male Open	
Richard Lyett	Rigley Runners	Male 50+
Deragh Lynch	Male Open	
Joseph Lynch	Croft Ambrey Running Club	Male Open
Michael Lynch	Club seicid cwm gwenddwrth	Male 55+
Elliot Lynch-Warden	Male Open	1
Matthew Lynch-Warden	Male Open	
Alan Lynes	Male Open	
Phil Lynes	Male 45+	8
Matthew Macho	Male 45+	
Stephen Mackay	Male Open	

### James Mackie	Winal AC	Male 50+	
### Paul Mackie	TROTS	Male 40+	
### Chris Mackinn	GJ Endurance	Male Open	1
### Derek Macphail	McIntyre's Running Club	Male 50+	1
### Paul Maitland	Mon Miers	Male 50+	2 9 (Weg)
### Andy Major		Male 50+	11
### Frouz Mal		Male 65+	
### Val Mallet	Hyde village striders	Male Open	
### Josh Marley	Run4M Health	Male Open	1
### Mark Marling	Northampton Road Runners	Male 50+	4
### Allen Marsfield	Kenilworth Runners	Male 40+	
### Kyle Martin		Male Open	
### Steve Marklew	Royal Sutton Coldfield AC	Male 60+	6
### Simon Marks	Lee Croppers RC	Male 40+	
### Chris Marsh	Vale Runners	Male Open	2
### Daniel Marshall	Hill bottom	Male 40+	1
### Chris Martin	Levenshulme Runners	Male 40+	
### Lee Martin	GOG Triathlon Club	Male Open	1
### Oliver Martin		Male 50+	4
### Paul Martin	West Bromwich Harriers	Male 50+	
### Colin Maskell	Wolves & Bilston AC	Male Open	
### Daniel Maslow		Male 55+	17
### Geoff Mason		Male Open	
### Neil Mason	Veget Runners UK	Male 40+	2
### Kevin Madsick	Deaford Striders	Male 50+	2
### Alan Matthews	Abertawe Valley Athletic	Male 60+	6
### Jon Matthews	Ogmore Phoenix Runners	Male Open	1
### Roger Matthews	Aberystwyth AC	Male 50+	2
### Jonathan Matlock	Chorley Athletic and Triathlon Club	Male 50+	3
### Trevor Maty	Mynyddu	Male 60+	11
### John Maund		Male 50+	6
### Mark Mayers		Male 40+	2
### Finn McBurnett		Male 40+	
### Chris Mcbeth	Jarl Run Community Lincoln	Male 50+	
### Andrew Mcbeth	Annman Valley Harriers	Male Open	1
### Andy Mccall		Male 50+	4
### Ian McCarthy		Male 40+	12
### Simon Mccourtly	Llanerby Runners	Male Open	
### Duncan Mcconnell	The Stragglers RC	Male 40+	1
### Zac Mcculloch	Lee Croppers RC	Male Open	3
### Rory Mcdonnell	Wannay Valley AC	Male 40+	4
### Gary McDonald	100 Marathon Club	Male 50+	5
### Rob Mcgarrigler		Male 50+	1
### Peter Mcguane	NRF	Male Open	
### Alexander McGuire		Male Open	
### Jonny Michale	Hengedw Harriers	Male 40+	1
### Andy Montyrie		Male 50+	3
### Dave Montyrie		Male 50+	4
### Richard Moseley		Male 50+	1
### Alex Mckenna	The Stragglers RC	Male Open	
### John Miskson		Male 40+	7
### Alan Miskson	Buckley RC	Male 40+	3
### Ian Miskson		Male Open	
### Gary Miskson	Humwick Harriers	Male 40+	5
### Stephen Miskson		Male Open	
### Calum Miskish	Monrovia Trailblazers	Male Open	3
### Patrick Miskish		Male Open	
### Fraser Monahan		Male 50+	4
### Roger Monaghan	Cardigan Running Club	Male 50+	1
### Jasper Moqueuen	Dabell Runners	Male 50+	1
### Mark Morris		Male 40+	
### Su Moxley		Male 50+	3
### Jason Moe		Male 50+	9
### Carl Mollush-Thomas		Male 40+	
### Stephen Mollon		Male 40+	
### Matthew Mollon		Male 40+	1
### Joshua Mollon- Gibbons	Harford Running Club	Male Open	
### Paul Morce	London Heathside	Male 50+	
### Timothy Meredith	Rhonda Valley Runners	Male Open	2
### Andrew Meehan	Hwy Hydrokers	Male 50+	
### Damian Miles	Deaford Striders	Male 50+	1
### Jonathan Miles		Male 40+	
### Darren Mills	Northampton Road Runners	Male 40+	1
### Jack Mills		Male Open	
### Lee Mills	Islewyn RC	Male 50+	4
### Simon Mills	Peak Performance Walks	Male 40+	2
### Mark Miner		Male 60+	13
### Luke Minto		Male 50+	2
### Craig Mitchell		Male 50+	2
### David Mitchell		Male 40+	
### Jamie Mighaddam	Port talbot harriers	Male 40+	
### Rob Mier	St Neots Riverside Runners	Male 40+	8
### Rob Mole	Bromsgrove and Redditch AC	Male 50+	13
### James James Moore	Walsal and Redd Harriers	Male 50+	6
### Mont Morrison	STOKES FIT	Male 50+	4
### Ian Morgan	Team Amersham	Male Open	
### Carl Morgan		Male Open	
### Chris Morgan	Llanerby Runners	Male 50+	5
### Clive Morgan		Male 40+	
### Darren Morgan	Penarth and Dinas Runners	Male 60+	2
### Edward Morgan	Taff Ely Triathlon Club	Male 60+	1
### Keith Morgan	Aldbourne RC	Male 60+	
### Lewis Morgan	Rhonda Valley Runners	Male Open	2
### Owen Morgan		Male Open	
### Philip Morgan	Peak Performance Walks	Male 50+	2
### Rhys Morgan		Male Open	
### Huw Morgers	Richmond and jafford harriers	Male 40+	3 6 (completed)
### Alan Morris	Alresingham RC	Male 60+	
### Bernie Morris	Buckley RC	Male 40+	4
### Carl Morris		Male 40+	8
### Chris Morris	GOG Triathlon Club	Male 40+	2
### Graff Morris		Male Open	20
### Joseph Morris		Male Open	1
### Earl Morris	Eryri Harriers	Male 40+	9
### Kevin Morris	Lorvely Goat Running Club	Male 60+	1
### Lee Morris	3M Concession Road Runners	Male 40+	10
### Paul Morris	Pontypool and District Runners	Male 60+	
### David Morrison	Veget Runners UK	Male 50+	1
### Josh Morrison		Male Open	
### Col Morrisonay		Male Open	
### Euan Morton	Ely RUNNERS	Male Open	1
### David Moud		Male 50+	9
### Andy Mowen	NH Fitness	Male 50+	3
### Ian Muggleton		Male 50+	
### Rabindra Magrat	Griffithstown Harriers	Male 40+	
### Ronald Mathews	Barrow Runners	Male 40+	
### Edwin Mathhead	Cardigan Running Club	Male 40+	
### Luke Mundy	Portlough runners	Male Open	
### Andrew Munro		Male Open	
### Chris Murphy		Male 40+	2
### David Murphy		Male 40+	12
### Rob Murray	Port talbot harriers	Male 40+	
### Simon Murray	Northampton Road Runners	Male 50+	4
### Edward Nash	City of Salisbury Athletics and Running Club	Male Open	1
### Simon Nelson	Winton Tri Club	Male 50+	
### James Nelson	Lorvely Goat Running Club	Male Open	0
### Chris Nelson		Male 60+	7
### Robert Nelson	Spirit of Monmouth	Male 50+	2
### Danny Newell		Male Open	
### Keith Newhouse	Craig Tti	Male 40+	18
### Kenny Newman		Male 50+	1
### Paul Newman		Male 50+	2
### Ken Newmans		Male 60+	
### Matt Nicholas	Ripley running club	Male 40+	4
### Liam Nichols		Male Open	
### Barry Nichols-Grey		Male 40+	
### John Nicholson	Stockport Harriers & AC	Male 40+	
### Robbie Nimmo		Male Open	
### Tim Nien		Male 50+	
### Barry Norman	Redway Runners	Male 40+	
### Matthew Norman		Male Open	
### Michael Northam		Male Open	
### Julian Nunez	Chesham Park Running Club	Male Open	
### Gary O'Brien	Liverpool Running Bags	Male 60+	8
### Jim O'Brien	Hawkebury Runners	Male 50+	9
### Liam O'Brien		Male 40+	5
### Ian O'Donnell	Maxsey Fergusson RC	Male 50+	7
### Don O'Neil		Male 50+	6
### Sean O'Neil		Male Open	
### Sean O'Neil		Male Open	
### Chris O'Brien	Brecon AC	Male 40+	6
### Ian O'Quive	Bridford Harriers	Male 60+	10
### Neil Oden	Run-Kalea	Male 40+	3
### Chris O'Neil	Newnham Running Club	Male 50+	
### Declan O'Neil		Male Open	
### Bogdan Orzech		Male 40+	
### Alastair Oroncas	Beaumont Running Club	Male 50+	7
### Thomas Orr		Male 50+	9
### Ian Orlon	Peel road runners	Male 40+	2
### Nicholas Orr	Wootton Road Runners	Male Open	
### Mark Oudruan		Male 50+	21
### James O'Neil	Pharmstead Runners	Male 40+	
### Daniel Owen		Male Open	
### David Owen		Male 40+	2
### Iain Owen	Eryri Harriers	Male 40+	2
### Mark Owen	Cybi Sliders	Male 50+	1
### Owen Owen		Male 40+	
### Paul Owen	Amphitll and Fitwick Flyers	Male 50+	2
### Rodin Owen		Male 40+	6
### Ross Owen	Rhonda Valley Runners	Male 40+	7
### Robert Owen-Jones	DC Triathlon	Male 40+	1
### Ian Owens		Male 50+	
### Oliver Pacey	Mon Miers	Male Open	
### Jenny Packer	Numanton Harriers	Male 50+	
### Louise Padblison		Male Open	
### Dale Padfield		Male Open	
### Jamie Page-Lewis		Male 50+	
### Dafydd Palley		Male 50+	
### Barry Palmer	Portl Enias Runners	Male 40+	
### Connor Parling	Ogmore Phoenix Runners	Male Open	
### Dylan Parling	Ogmore Phoenix Runners	Male Open	
### Martin Partridge		Male 40+	2
### Warren Parish	Carmock Chase Trail Runners	Male 40+	1
### Joe Parker	TB TRUSTLE CH	Male Open	
### Paul Parker	Croft Ambury Running Club	Male 50+	5
### Jeff Parkes		Male 50+	3
### Danny Parry		Male 50+	6
### James Parry	Parc Bryn Bach RC	Male 40+	2
### Meurig Parry		Male Open	
### Rhys Parry		Male 40+	3
### Stephen Parry		Male Open	2
### Jason Parry Jones		Male Open	10
### Dan Parsons		Male Open	1
### Gavin Paterson		Male 50+	2
### Steven Pason		Male 40+	
### Marshall Patel	Aldridge Running Club	Male 40+	12
### Milan Patel		Male Open	
### Sourabh Patel	Hillham Harriers	Male Open	
### Oliver Paterson		Male Open	
### Adrian Patnobl		Male Open	3
### Danny Paton		Male 60+	
### Liam Payne		Male Open	8
### John Peaker	Chester triathlon club	Male 60+	4
### David Pearce	Roadhodge AC Leicester	Male 50+	1
### Alan Pearson		Male Open	
### Mark Pearson		Male 50+	6
### Daniel Peckin	Human Energy AC	Male Open	4
### Lee Perrett	100 Marathon Club	Male 40+	
### Dan Perry	PACER	Male 50+	9
### James Perry	Shrewsbury Running Club	Male Open	2
### Charlie Peppidge		Male Open	
### Luke Petty	Portl Enias Runners	Male Open	
### Warren Petty	Team but	Male Open	
### David Pharis	City of Salisbury Athletics and Running Club	Male 50+	
### Patrick Phelan		Male 60+	7
### Dana Phelan		Male Open	1
### Dylan Phillips		Male 40+	3
### Gavin Phillips	Portsmouth Harriers	Male Open	2
### Jonathan Phillips	North Dock Drifters Tri	Male 40+	1
### Matthew Phillips		Male 40+	4
### Neil Phillips		Male 60+	13
### Richard Phillips	TROTS	Male 50+	4
### Scott Phillips		Male Open	
### Trystan Phillips		Male 60+	7
### James Pickering		Male 40+	1
### Mark Pickering	Northampton Road Runners	Male 40+	3
### Rhys Picton	Merrilyn Triathlon Club	Male 60+	
### Andrew Pigg	Cardigan Running Club	Male 60+	
### Chris Pinder		Male 50+	

###	Hugh Pinner		Male 50+	2
###	William Pischel		Male Open	
###	Morgan Pisman	Element 3	Male Open	
###	Alan Pittman	Lonely Goat Running Club	Male 55+	1
###	Luke Plass		Male 50+	1
###	Colt Player		Male 70+	
###	Mike Pology	Hanged Harriers	Male 55+	
###	Luke Polard		Male 50+	3
###	Johny Podmore		Male 45+	3
###	Andy Poff	Df Cheshire	Male 50+	
###	Simon Polard	Moreton AC	Male 50+	
###	Michael Poole		Male 50+	
###	Clive Poole	Rugby Union club	Male 55+	1
###	James Poole	100 Marathon Club	Male 55+	
###	Alan Porter	Alva Run Club	Male 40+	
###	Colt Porter	Taf Ely Tradition Club	Male 60+	
###	Mike Porter	Star Riders	Male 55+	
###	Colin Porter	Coltishall Jaguars RC	Male 55+	1
###	Nick Pounder	Pontypridd Roaders AC	Male 50+	7
###	Mark Pount		Male 50+	
###	Myles Povey		Male Open	
###	Andrew Powell		Male 50+	
###	Dan Powell	Valle runners	Male 45+	
###	Alan Powell		Male 40+	3
###	Ian Power		Male Open	
###	Chris Powell	Cyfi Stiders	Male Open	1
###	Chris Pratt	Oghmore Phoenix Runners	Male 55+	9
###	Adam Price		Male 40+	
###	Alex Price	Lee Couplings RC	Male Open	2
###	Alan Price	Hempes AC	Male 55+	
###	Carl Price	Parc Bryn Bach RC	Male 50+	
###	Just Price	Lee Couplings RC	Male Open	
###	Matthew Price		Male Open	
###	Rich Price		Male 45+	
###	Rob Price	GOG Triathlon Club	Male 40+	1
###	Steven Price		Male 50+	9
###	Craig Pridy		Male 40+	
###	Chris Pridy		Male 40+	
###	Daniel Pridy		Male Open	
###	Jason Pridy	Just Run Pontypridd	Male 50+	1
###	Richard Priest		Male 55+	2
###	Duffyd Pittard		Male 40+	
###	Dylan Pittard	Pontypridd Roaders AC	Male Open	3
###	Simon Pittard	Ukewyn RC	Male 45+	2
###	Niall Pivett		Male 40+	1
###	Wojtek Piskorski		Male Open	
###	Ieuan Pugh-Jones	Merionydd Running Club	Male Open	2
###	Carl Pullen	Parc Bryn Bach RC	Male 45+	
###	Marc Pullen	Parc Bryn Bach RC	Male 50+	1
###	Christopher Purcell	Merthyr Running Club	Male 40+	2
###	Tom Purnell		Male Open	10
###	Tadur Pw	Rhedydd Hedlog	Male 60+	
###	Andrew Quanton		Male 45+	1
###	Andy Quicke		Male 45+	3
###	Jason Quinn		Male 50+	1
###	Keith Quntion		Male 45+	1
###	Ashley Ramsden	Amman Valley Harriers	Male Open	1
###	Karl Randall	Ti Hard Harriers	Male Open	
###	Paul Rankin		Male 40+	
###	Jason Ratford		Male 55+	
###	John Ratcliffe	Eryri Harriers	Male Open	1
###	Jonathan Rawdson		Male 50+	6
###	Joshua Raymond	Oghmore Phoenix Runners	Male Open	
###	Kevin Raymond		Male 55+	5
###	Steve Reading	Mudwyn Harriers	Male 50+	
###	Louis Reath	Great Western Runners	Male Open	
###	David Redfern		Male 50+	1
###	Nial Redler	Shropshire Shufflers	Male 45+	
###	Mark Redwood	St Neads Riverside Runners	Male 50+	1
###	Nick Reed		Male 50+	11
###	Andrew Rees	Amman Valley Harriers	Male 50+	3
###	Gareth Rees	Club Seiclo Cwm Gwendraeth	Male 50+	1
###	Gareth Rees		Male Open	
###	Jonathan Rees	Merthyr Tydfil	Male 45+	7
###	Steven Rees-Smith	Amman Valley Harriers	Male Open	2
###	Sean Reeve		Male 45+	
###	Daniel Reilly		Male Open	
###	Patricia Reilly	Marlham Harriers	Male 50+	
###	Rich Rine	City of Mil AC	Male 55+	2
###	Marinus Rinecke	St Neads Riverside Runners	Male Open	
###	Clayton Reynolds	Torrey Tri Club	Male 45+	2
###	Jack Reynolds		Male Open	
###	Spencer Reynolds		Male 50+	1
###	Vic Rickard	Winney Road Runners	Male 60+	1
###	Andy Richards		Male Open	
###	Gavin Richards		Male 45+	2
###	Lewis Richards		Male Open	
###	Teget Richards		Male Open	1
###	Jonathan Richardson	100 Marathon Club	Male 50+	17
###	Rhodi Rickard		Male Open	
###	Lae Rickard	Parc Road Runners	Male 40+	7
###	Dylan Rickley	Rothwell Harriers	Male 50+	2
###	Paul Ridgway	North Dock Dredgers Tri	Male 40+	3
###	Mark Riddle		Male 70+	
###	Aun Roach		Male 50+	4
###	Andy Roberts		Male 40+	
###	Colin Roberts	Alley Always	Male 40+	2
###	David Roberts		Male 45+	
###	Der Roberts		Male 45+	6
###	Chane Roberts		Male 60+	11
###	Eryn Roberts	Cyfi Stiders	Male 40+	2
###	Gareth Roberts		Male 50+	11
###	Gareth Roberts		Male Open	
###	Caydon Roberts		Male Open	1
###	James Roberts	Tacta Rhedog	Male 40+	1
###	Kevn Roberts		Male 50+	4
###	Keron Roberts		Male Open	
###	Lyr Roberts	Albany Road Run Club	Male 60+	1
###	Matthew Roberts		Male Open	
###	Mike Roberts		Male 60+	
###	Rhys Roberts		Male 40+	0
###	Don Ly Roberts	Cyfi Stiders	Male Open	
###	Trystan Roberts		Male Open	1
###	Lae Robinson	SYF	Male 50+	3
###	Paul Robinson		Male Open	
###	Tom Robinson	Burnville Harriers	Male 45+	
###	Ian Robson	Eryri Harriers	Male 55+	2
###	Nial Rodenhouse		Male 40+	
###	Graham Roddis	Clewistty Olympians	Male 55+	
###	Kevin Rodbeck		Male 55+	3
###	Michael Rodbeck	Ti Hard Harriers	Male 45+	
###	Chris Rogers		Male 40+	
###	Frank Rogers	Levenshulme Runners	Male 50+	1
###	Kenneth Rogers		Male Open	
###	Paul Rogers	Coltishall Jaguars	Male 50+	
###	Graeme Rolfe	Harborough AC	Male 60+	15
###	Andrew Rosewell	Northampton Road Runners	Male 40+	4
###	Chance Rowan	The Stragglers RC	Male 50+	4
###	James Rowland		Male 45+	1
###	Aled Rowlands		Male 45+	
###	Ben Rowlands	Desforders RC	Male Open	
###	Diwyn Rowlands		Male 55+	10
###	Carl Rowlands	Eryri Harriers	Male 40+	
###	Mich Rowley	Dewry Dashers	Male 45+	4
###	Lesley Ruffus		Male 40+	
###	Mark Ruah	Weston Athletic club	Male 50+	0
###	Chris Russell		Male Open	0
###	Shuan Russell	Calder Valley Fell Runners	Male 60+	1
###	Tony Rutherford		Male 55+	
###	Gareth Ryan		Male 45+	5
###	Julian Seachaly	Levenshulme Runners	Male 60+	55
###	Robert Sall	Derwent AC	Male 50+	
###	Matt Sampson		Male 45+	1
###	Garard Sanders	Black Pear Joggers	Male 60+	3
###	Christian Sandy	Rushall Heath	Male 50+	2
###	Joao Santos	Northampton Road Runners	Male 45+	
###	Dave Saunders		Male 60+	5
###	Brian Saulty	Vegan Runners UK	Male 60+	5
###	Brian Saulton		Male 45+	
###	Ethan Sayce	Parc Bryn Bach RC	Male Open	
###	Chris Scallan	Faeham Running Club	Male 45+	
###	Matthew Scallan	CDP	Male 45+	
###	Caitlin Schoone	Dewigh Harriers	Male Open	1
###	Phyll Schoone	Aberystwyth AC	Male Open	1
###	Graeme Scott		Male 55+	10
###	Rory Seabourne		Male Open	
###	Ben Sealey		Male Open	
###	Henry Seale		Male Open	
###	Kevin Seale	Griffithstown Harriers	Male 50+	4
###	John Seaward	Casparth Runners	Male 40+	1
###	Jon Seaton	Eryri Harriers	Male 70+	16
###	Phil Seddon	Derwen Cookers	Male 50+	
###	Alex Seymour		Male 50+	2
###	Marus Shah	Roadhogs AC Leicester	Male 50+	
###	Jason Shaler	Winney Road Runners	Male 45+	1
###	Carl Sheenock	Merthyr	Male 55+	2
###	David Sheard	Oghmore Phoenix Runners	Male 50+	5
###	Steve Sheehy		Male Open	
###	Wes Shelling	Port Tabor Harriers	Male 45+	1
###	Martha Shelly	High End	Male 40+	
###	Rock Shelly	Adley and Tyddisley road runners	Male 45+	1
###	Andy Sheppard		Male 60+	one
###	John Shearing	Penarth and Dinas Runners	Male 60+	
###	Toby Shipway	Hook Norton Harriers	Male 40+	2
###	Frank Shonell		Male 70+	15
###	William Shortell		Male 65+	13
###	Jo Shley		Male Open	2
###	Paul Shelds	Run free fell runners	Male 50+	2
###	Shawn Shewright	Freemington trailblazers	Male 40+	3
###	Lee Simmons		Male 40+	7
###	Richard Simpson		Male 45+	6
###	Clavin Sison		Male 40+	
###	Richard Sitcher		Male 50+	
###	Nik Skidmore		Male 55+	12
###	Jeremy Slack	Ave Valley Runners	Male 50+	1
###	Daniel Slater		Male Open	
###	Kevin Slater	North Wales Road Runners Club	Male 45+	1
###	John Sles		Male 70+	7
###	Steve Slyn	Davertry Road Runners	Male 40+	
###	Michael Smallwood	Wye Valley Runners	Male 50+	2
###	Paul Smart	Human energy weodan	Male 70+	3
###	Andrew Smalley		Male 40+	1
###	Dave Smith		Male 45+	
###	David Smith	100 Marathon Club	Male 50+	
###	Ian Smith	Fairwater Runners Cambran	Male 50+	
###	James Smith		Male 40+	
###	Mark Smith		Male 50+	1
###	Paul Smith	Hay hot booters	Male 55+	
###	Robert Smith	PACER	Male 45+	12
###	Michael Smith		Male Open	
###	Ben Snell		Male 45+	1
###	Matt Snowden	Hyde Valley Stiders	Male Open	2
###	Peter Sowerby	Bronson AC	Male 60+	3
###	Robin Spack	Ti Hard Harriers	Male 40+	
###	Ryan Spall	Grimsey Tri Club	Male Open	0
###	Ian Spedding		Male 50+	
###	Paul Spear	Winklin Road Runners	Male 50+	2
###	David Spector		Male 50+	3
###	Mark Speed	Northampton Road Runners	Male 45+	
###	Oliver Spicer	Wootton road runners	Male 40+	1
###	Lukas Spies		Male Open	1
###	David Spofforth	GOG Triathlon Club	Male 40+	
###	Paul Spooner	Winney Road Runners	Male 40+	4
###	William Spracklen		Male 55+	3
###	Neal Stayer	Crawlemer running club	Male 55+	1
###	James Steaton		Male Open	
###	Luke Steadman		Male Open	
###	Tom Stephens	Alnord Athletics	Male Open	3
###	Ian Stevens		Male 45+	2
###	Martha Stevens	PROJECCT MED 27	Male Open	
###	Peter Stevens	Merthyr triathlon club	Male 55+	4
###	Andy Stevens-Olsen		Male 60+	9
###	Charles Stevenson		Male 40+	3
###	Jack Stewart	Biddulph RC	Male Open	
###	Robert Stewart	Ti Hard Harriers	Male 40+	3
###	Nick Stocker	Vegan Runners UK	Male 55+	6
###	Josh Stobber		Male Open	
###	Simon Stonehouse	Stockport Harriers & AC	Male 50+	
###	Jon Stones		Male 50+	
###	Jamie Sullivan		Male Open	

###	Liam Sullivan	ATO Tri Club Mertyr	Male 40+	
###	Richard Sullivan		Male 50+	3
###	Joseph Summers	Sam Helen	Male Open	2
###	Paul Summerville	100 Marathon Club	Male 45+	1
###	Nigel Sweeney	Chester Road Runners	Male 60+	1
###	Alan Tabak	Writen Road Runners	Male 50+	1
###	Jon Talla	Bromsgrove and Redditch ac	Male 55+	1
###	Mark Tait	StAlmionColor Running Club	Male 55+	2
###	Tuff Tanner	Sam Helen	Male 50+	7
###	Michael Taring		Male 50+	
###	Barry Tavenor		Male 45+	
###	Stella Taylor	Roadhogg AC Leicester	Male Open	1
###	Brian Taylor		Male 60+	3
###	Dai Taylor	POC1 Coaching	Male 50+	14
###	Clive Taylor		Male 50+	6
###	James Taylor	Aberdeen Amateur Athletics Club	Male 45+	3
###	James Taylor	Portglenf Roaders AC	Male Open	4
###	Joan Taylor	Chesham Park Running Club	Male 40+	4
###	Lee Taylor	Davertry Road Runners	Male 40+	4
###	Lee Taylor	Davertry Road Runners	Male 40+	4
###	Michael Taylor	Crickhowell Running Club	Male 55+	
###	Ricky Taylor		Male 45+	
###	Simon Paul Taylor	NRR	Male 50+	4
###	Peter Tockyn		Male Open	1
###	Paul Telford		Male Open	
###	George Tolem		Male 50+	1
###	Joseph Thamiyl	Lisewey runners	Male 50+	
###	Rishi Thapa	Aberystwyth AC	Male 50+	1
###	Jonathan Thiel	Brigford Athletic Club	Male 45+	
###	Alan Thomas	Pulse performance wales	Male Open	
###	Andrew Thomas	Sospen Road runners	Male 60+	8
###	Dafydd Thomas	Motonsyrd Running Club	Male Open	1
###	Dan Thomas	Madogyn Harriers	Male 40+	1
###	Dean Thomas		Male 55+	6
###	Cybil Stiders		Male 40+	
###	Gareth Thomas	Buth and District Running Club	Male Open	
###	Gareth Thomas	Ogmore Phoenix Runners	Male 45+	1
###	Gareth Thomas	Sam Helen	Male 50+	4
###	Gruflud Thomas		Male Open	
###	Hugo Thomas	Llanwyr Llyn	Male 40+	2
###	Huw Thomas		Male Open	
###	Nia Thomas	Cammerhan Tradition Club	Male Open	
###	Joel Thomas		Male Open	
###	Joseph Thomas		Male 50+	
###	Lawley Thomas		Male 40+	
###	Mark Thomas		Male 45+	4
###	Mervin Thomas		Male 60+	13
###	Michael Thomas		Male Open	
###	Rhys Thomas		Male 45+	2
###	Richard Thomas		Male Open	4
###	Robert Thomas		Male Open	
###	Roslan Thomas		Male Open	
###	Shogan-Li Thomas	Comely Striders AC	Male 45+	1
###	Sean Thomas	Ran Yr Wlad	Male Open	
###	Stephen Thomas	Running puris	Male 50+	3
###	William Thomas	Rumfild Heath	Male 50+	2
###	Finn Thompson	Leigh-on Sea Striders	Male Open	6
###	Ian Thompson	Huacote Harriers AC	Male 50+	
###	Michael Thompson		Male 65+	2
###	Richard Thompson	Albany Road run club	Male 50+	
###	Michael Thorne		Male Open	
###	Thay Thompson		Male Open	
###	Mick Thurston	Winey Road Runners	Male Open	
###	Ryan Tiber		Male Open	
###	Robbie Toman	Blawenon Bog Trotters	Male 45+	
###	James Timmins		Male 50+	14
###	Ryan Tink		Male Open	
###	Andy Trk	Chasingdon Unity Running Club	Male 55+	19
###	Isaac Tyler	Rugby and Northampton	Male Open	2
###	Robert Tils		Male 45+	1
###	Luciane Tomassulo	Griffithstown Harriers	Male Open	
###	Jonathan Tombs	Eden Runners	Male 55+	2
###	Jason Tomkins	Huacote Harriers AC	Male 45+	4
###	Alyn Tomkinson	Hengedog Harriers	Male 50+	
###	Ewan Tomkinson		Male 45+	6
###	Chwen Tomks		Male 40+	
###	Nevgen Tomkinson		Male Open	
###	Pete Tonsell	Ashford A C	Male 45+	
###	Daniel Tonge	Heathwood Tradition Club	Male 45+	1
###	Peter Towlesand	Kewpact AC	Male 45+	9
###	Road Treaght	Stratford Striders	Male 60+	11
###	Mark Tuman	Rumfild Heath	Male 45+	3
###	Andrew Tumper	Blawenon Bog Trotters	Male 40+	2
###	Sam Turner		Male 40+	3
###	Nicky Tudor	Griffithstown Harriers	Male 40+	
###	Steve Tughring	Holme Penpont RC	Male Open	5
###	Andrew Turnbull		Male Open	
###	Arnette Turner	Griffithstown Harriers	Male 50+	
###	Mumtaz Turner	San Domenico RC	Male 45+	1
###	Matthew Tule		Male 40+	
###	Cliff Tugby	Penarth and Dinas Runners	Male 70+	
###	Russ Tynell	Beaumont Running Club	Male Open	
###	Chris Lawerth	Eryri Harriers	Male 50+	9
###	Paul Vatch	Cambridge & Coleridge AC	Male 50+	7
###	Nia Varnon	Huacote Harriers AC	Male 50+	
###	Robert Vero	Plumstead Runners	Male 60+	1
###	Howard Vickers	Crest Anthony Running Club	Male 60+	1
###	Ethan Vicos-Harris		Male Open	1
###	Neil Vicos-Harris	GOG Tradition Club	Male 50+	4
###	Bradley Vickers	Ti Hnd Harriers	Male Open	
###	David Vickers	Plymouth Harriers	Male 50+	3
###	Joah Vickery	Diagona Running Club Aberdare	Male Open	1
###	Huw Vigners		Male Open	3
###	Alastar Vince	Sam Helen	Male 40+	3
###	Samuel Vincent	Royal St Force Athletics	Male 50+	
###	Martin Vivian	The Straggle RC	Male 55+	
###	Colman Vyner	Rumfild Heath	Male 50+	12
###	Alex W addislove	Dockside runners	Male Open	
###	Matt Wade		Male 50+	20
###	Thomas Wade	Pant Bryn Bach RC	Male Open	3
###	Robert Walker		Male 45+	1
###	Thyrne Walker	Leighton Fun Runners	Male 50+	2
###	Chris Wallace	Shrewsbury athletic club	Male 45+	
###	Arin Wallace	Northampton Road Runners	Male 50+	4
###	Carl Walsh	Ogmore Phoenix Runners	Male 55+	6
###	Patrick Walsh	North Wales Road Runners Club	Male Open	1
###	Robert Walsh	Chunley Athletic and Tishoban Club	Male 50+	
###	Isaac Walter	Northampton Road Runners	Male Open	
###	Phil Walters	Ti Hnd Harriers	Male 50+	1
###	Dafydd Warburton		Male 40+	
###	Clive Warburton		Male 40+	
###	Gareth Warburton		Male 40+	
###	John Ward		Male 55+	13
###	Malcolm Ward		Male 40+	
###	Simon Ward	St Needs Riverside Runners	Male 50+	2
###	Richard Ward-Smith		Male 50+	
###	Paul Warden	Wootton Road Runners	Male 60+	1
###	Narry Warren	Thornhill Cleeveley Running Club	Male Open	
###	Peter Warren	Lee Craggiers RC	Male 65+	1
###	Tom Warren	Runtles Racing	Male Open	
###	Sam Warringer	Paul Phrogam Running Club	Male Open	
###	David Watkins	Griffithstown Harriers	Male 60+	3
###	Paul Watkins	Cardigan Running Club	Male 45+	
###	Anthony Watkinson		Male 45+	4
###	Stephen Watson	Lisewey Runners	Male 60+	1
###	John Weatherhead	Portpool and District Runners	Male 45+	
###	Matthew Webb		Male 60+	
###	Steve Webb	Lovely Goat Running Club	Male 65+	
###	Thomas Webb	Pant Bryn Bach RC	Male Open	
###	Raymond Weeks	Pulse Performance Wales	Male 50+	
###	Richard Wels	TROTS	Male 40+	3
###	Kieran Weston	Boston 1 Run Club	Male 40+	
###	Jon Westwood		Male 50+	2
###	Mark Wheatley		Male 60+	3
###	Phil Whelan		Male 40+	14
###	Mark Whiby		Male 45+	
###	David White	Roadhogg AC Leicester	Male 45+	7
###	Paul White	Pant Bryn Bach RC	Male 40+	6
###	Jason Whitehead		Male 40+	
###	Thomas Whitaker		Male 40+	
###	Tin Whitist-Williams	Iron Chef Coaching	Male 50+	1
###	Russell Whitford		Male 50+	
###	Miaa Wilcox	City of Salisbury Athletics and Running Club	Male 50+	1
###	Mark Wiles		Male 50+	1
###	Huw Wilkie	White Rock Runners	Male 60+	1
###	Glen Wilcox		Male 50+	7
###	Leigh Willet	Eden runners	Male 45+	1
###	Andrew Williams	Spider Runners	Male 40+	2
###	Anthony Williams	Hengedog Harriers	Male 50+	4
###	Ben Williams	Tackle Rhetog	Male 45+	
###	Bradley Williams		Male 40+	
###	Carwyn Williams	Eryri Harriers	Male Open	
###	Caron Williams		Male 50+	3
###	Dafydd Morgan Williams		Male Open	
###	Daniel Williams	Cranleigh Runners	Male 55+	6
###	Darren Williams	Phylipstown Park Club	Male 40+	
###	David Williams		Male 70+	4
###	Gerard Williams		Male 45+	1
###	Guthrie Williams		Male 50+	
###	Carson Williams	Eryri Harriers	Male Open	19
###	Cynwlad Williams		Male 50+	3
###	Huw Williams		Male 40+	1
###	Ian Williams		Male 50+	1
###	Joel Williams	Sam Helen	Male 50+	2
###	Jonathan Williams	Bilketstead Park Running Club	Male 45+	3
###	Kevlin Williams		Male 45+	5
###	Kyle Williams	Wrexham Tri	Male Open	
###	Matthew Williams	St Cleans Tri	Male 60+	
###	Michael Williams	Swansea Harriers	Male 45+	One
###	Neil Williams		Male 45+	3
###	Neil Williams		Male 50+	4
###	Nick Williams		Male 40+	
###	Nigel Williams		Male 40+	4
###	Nigel Williams		Male 40+	
###	Paul Williams		Male 40+	
###	Paul Williams	South Devon AC	Male 60+	
###	Peredur Williams		Male Open	2
###	Rhodi Williams	Sam Helen	Male Open	
###	Rhys Williams		Male 40+	2
###	Rhys Williams		Male 40+	1
###	Rhys Williams	Harshill Runners	Male 50+	1
###	Rhys Williams	Taran Llyn	Male 50+	2
###	Richard Williams		Male Open	1
###	Richard Williams		Male 50+	4
###	Richie Williams	Cybil Striders	Male 60+	
###	Russell Williams	Cardigan Running Club	Male 45+	10
###	Ryan Williams	Yi Hen Blyaf	Male 45+	5
###	San Williams		Male Open	
###	Shane Williams	Cybil Striders	Male 40+	6
###	Simon Williams	TROTS	Male 45+	4
###	Thomas Williams		Male 45+	4
###	Toby Williams	Human Energy AC	Male 50+	3
###	Tom Williams		Male Open	
###	Tom Williams	Winey Road Runners	Male 50+	1
###	Will Williams		Male 40+	
###	William Williams		Male Open	2
###	David Williamson		Male 60+	3
###	Malina Wilson		Male Open	
###	Darren Wilson		Male 55+	4
###	Deak Wilson	Just run penybont	Male 60+	5 or 6??
###	Luke Wilson		Male Open	
###	Trevor Wilson	Lagen Valley AC	Male Open	4
###	Ben Witham	Tipton Harriers	Male 40+	1
###	Robert Withersall	SperrinMarathoncoaching	Male 45+	1
###	Tin Withers		Male 60+	6
###	Alan Wither		Male 45+	1
###	David Wits	Islwyn RC	Male 40+	1

###	Chris Wong	Bitchfield Harriers	Male Open	2
###	Andy Wood	Lovely Gaid Running Club	Male 55+	2
###	Andy Wood	Belle Vue Racers	Male 60+	10
###	Daniel Wood	CFT Run	Male 45+	
###	Graham Woodin	Northampton Road Runners	Male 60+	
###	Matthew Woodman		Male Open	
###	Oswin Woodward	ATG Tri Club Merthyr	Male 40+	2
###	WJ Woodridge		Male 45+	2
###	Matthew Woolgar-Septon	BADPAT Runners	Male 40+	
###	Simon Woolley		Male 40+	
###	David Worley	Winney Road Runners	Male 50+	
###	Rob Worral		Male 50+	1
###	Richard Worsley		Male 60+	
###	Duncan Worth	Safford Metropolitan Athletics Club	Male 60+	7
###	William Worthing		Male 50+	
###	Paul Wrath		Male 40+	
###	Simon Wray	Tri mistsis	Male 40+	1
###	Matt Wren		Male 40+	
###	Ashley Wright	Harborough AC	Male Open	3
###	Dave Wright	Chineham Park RC	Male 60+	4
###	James Wright	Ryton road runners	Male 50+	10
###	Richard Wright		Male 45+	
###	Robert Wright		Male 40+	
###	Gareth Wyatt		Male Open	
###	Marc Wyatt		Male 40+	1
###	Matthew Yapp		Male Open	6
###	Matt Yeadley	Bollington Harriers	Male 50+	2
###	James Yarwood	Widham AAC	Male Open	1
###	Chris Youmans		Male 50+	2
###	James Young		Male Open	
###	Philip Young	Windle Valley Runners	Male 50+	
###	Richard Young		Male 40+	1
###	Chris Zenc	LT Sarnoff Hiner	Male 60+	
###	Nerijus Zukauskas	Hereford Couriers	Male 40+	