

Pos	Bib	Name	Club	Gen	Cat	Gun Time	Chip Time
1	168	Jacob Tasker	Ogmore Phoenix Runners	M	MSen	00:46:09	00:46:09
2	177	Daniel Triggs	Neath Harriers	M	M35+	00:52:10	00:52:10
3	6	Oliver Bartlett	Sale Harriers Manchester	M	MSen	00:53:15	00:53:15
4	174	Daniel Thrift	Pontypridd Roadents AC	M	MSen	00:55:27	00:53:26
5	82	Martin Johns	Lliswerry Runners	M	MSen	00:53:42	00:53:42
6	194	Adam Clarke	PTH	M		00:54:07	00:54:04
7	7	Craig Blake	CDF Runners	M	MSen	00:54:30	00:54:30
8	128	Rhys Perkins		M	MSen	00:55:36	00:55:24
9	188	Harvey White		M	MSen	00:55:42	00:55:39
10	17	Sandra Chipper	Lliswerry Runners	F	F45+	00:55:45	00:55:45
11	68	Michael Houlding	Run4All Neath	M	M35+	00:56:14	00:56:11
12	191	Dorian Thomas	Raptic Tri Club	M		00:56:31	00:56:19
13	194	Tomos Black		M		00:56:29	00:56:29
14	85	Ben Jones	CDF Runners	M	M35+	00:56:48	00:56:48
15	139	Carl Price	Ogmore Phoenix Runners	M	M35+	00:56:51	00:56:50
16	8	Jonathan Bonville-Ginn	CDF Runners	M	MSen	00:56:51	00:56:51
17	78	Christopher Jenkins	Neath Harriers	M	M35+	00:57:21	00:57:19
18	43	Gethin Edwards	Pontypridd Roadents AC	M	M45+	00:58:02	00:58:01
19	18	Nicky Collin	Lliswerry Runners	F	FSen	00:58:13	00:58:13
20	299	Nynke Kuiper	CDF Runners	F	FSen	00:58:17	00:58:13
21	227	David Clarke	Llanelli AC	M	M35+	00:58:28	00:58:01
22	176	Jonathan Travis	San Domenico RC	M	M35+	00:58:51	00:58:47
23	148	Dan Reilly	Lliswerry Runners	M	M35+	00:59:17	00:59:16
24	134	LAURENCE POLE	Pontypridd Roadents AC	M	M45+	00:59:19	00:59:18
25	116	Emyr Morgan	Les Croupiers	M	M45+	00:59:33	00:59:32
26	269	Victor Garrick	Lliswerry Runners	M	M35+	00:59:51	00:59:34
27	39	Paul Deaton	Southville Running Club	M	M45+	00:59:54	00:59:52
28	33	Rob Davies	Llanelli AC	M	M45+	00:58:04	00:59:55
29	119	Paul Morton	Les Croupiers	M	M35+	00:59:59	00:59:59
30	95	Phillip Lee	Lliswerry Runners	M	M45+	01:00:03	01:00:01
31	145	Phil Read		M	M45+	01:00:04	01:00:00
32	583	Andy Wilton	San Domenico RC	M	M45+	01:00:05	01:00:01
33	338	Ian Payne	Crickhowell Running Club	M	M35+	01:00:10	00:59:36
34	1	Antony Andrus	3M Gorseinon Road Runners	M	M35+	01:00:12	01:00:11
35	395	Morgan Freeman	KIT Tri Club	M		01:00:20	01:00:12
36	28	Michael Darke	CDF Runners	M	M35+	01:00:50	01:00:50
37	72	Aled Hughes	Ogmore Phoenix Runners	M	M45+	01:00:51	01:00:51
38	332	Ian Ogilvie	Brackla Harriers	M	M55+	01:00:55	01:00:48
39	31	Gavin Davies	3M Gorseinon Road Runners	M	M55+	01:01:29	01:01:28
40	91	Alan Jordon	Crickhowell Running Club	M	M55+	01:01:48	01:01:45
41	64	John Hewson		M	M35+	01:02:02	01:01:59
42	121	Terry O'Brien		M	M65+	01:02:06	01:01:57
43	135	Christopher Potter	Lliswerry Runners	M	M55+	01:02:19	01:02:19
44	124	NATHANIEL PALMER	Les Croupiers	M	M45+	01:02:20	01:02:16
45	417	Neil Calucag	CDF Runners	M	M35+	01:02:26	01:02:15
46	96	sharon leech	Swansea Harriers	F	F45+	01:02:36	01:02:34
47	162	Richard Steele	Brackla Harriers	M	M35+	01:02:42	01:02:39
48	58	Christopher Guy	Lliswerry Runners	M	M45+	01:02:49	01:02:44
49	10	James Brown		M	MSen	01:02:50	01:02:45
50	80	Tracy Jenkins	Porthcawl Runners	F	F45+	01:02:52	01:02:48
51	108	James Mcloughlin	Lliswerry Runners	M	M45+	01:03:08	01:03:01
52	159	John Seaward	Caerphilly Runners	M	M35+	01:03:11	01:03:11
53	182	Joe Walker		M	MSen	01:03:16	01:03:12
54	106	Elinor Matthey	Amman Valley Harriers	F	FSen	01:03:17	01:03:12
55	63	Paul HESKINS	Run4All Neath	M	M35+	01:03:20	01:03:18

56	143	Jack Pugsley	Porthcawl Runners	M	MSen	01:03:33	01:03:33
57	60	Idris Hanmer	Run4All Neath	M	MSen	01:03:36	01:03:33
58	380	Pete Tyers		M	MSen	01:03:43	01:03:28
59	14	Richard Carr		M	M35+	01:04:00	01:03:54
60	557	Joseph Semmens		M	MU20	01:04:19	01:03:26
61	26	Georgie Dando	Bridgend AC	F	F35+	01:04:36	01:04:34
62	163	Nick Stocker	Bridgend AC	M	M45+	01:04:38	01:04:35
63	132	Kevin Plank	San Domenico RC	M	M45+	01:04:42	01:04:39
64	117	Tom Morgan	CDF Runners	M	MSen	01:04:44	01:04:43
65	367	Richard Self	Les Croupiers	M	M55+	01:04:46	01:04:22
66	88	Randal Jones	Lliswerry Runners	M	M55+	01:04:49	01:04:44
67	12	JAMES BRUCE	Les Croupiers	M	M45+	01:04:57	01:04:49
68	48	Nick Fox	Llanelli AC	M	M55+	01:04:57	01:04:53
69	289	Paul Howard	RUN4ALL Running Club	M	M45+	01:05:12	01:04:47
70	463	Simon Gill	Lliswerry Runners	M	M35+	01:05:14	01:05:11
71	83	Gwyn Johnson	Pontypridd Roadents AC	M	MSen	01:05:16	01:05:11
72	22	Alun cox		M	M45+	01:05:18	01:05:15
73	21	Karl Coughlin	Parc Bryn Bach Running Club	M	M35+	01:05:23	01:05:19
74	123	Nick Osman	Parc Bryn Bach Running Club	M	M45+	01:05:29	01:05:24
75	27	Gareth Danter Hill	Cornelly Striders AC	M	M35+	01:05:43	01:05:36
76	167	Nathan Swain	GoodGym Race Team	M	M35+	01:06:30	01:06:26
77	169	Craig Thomas	Caerphilly Runners	M	M35+	01:06:32	01:06:27
78	352	Kevin Raymond	Ogmore Phoenix Runners	M	M55+	01:06:43	01:06:33
79	420	Hester Cavaciuti		F	FSen	01:06:46	01:06:20
80	328	Carl nealon		M	MSen	01:06:54	01:06:47
81	222	Steve Chadwell	Les Croupiers	M	M45+	01:07:17	01:07:08
82	30	Dafydd Davies		M	M45+	01:07:24	01:07:17
83	216	Rachel Bowen	Lliswerry Runners	F	F45+	01:07:25	01:07:11
84	166	Matthew Stroud		M	M45+	01:07:25	01:07:25
85	4	Gawain Barnard		M	M45+	01:07:40	01:07:37
86	418	Richard Cass		M	M35+	01:07:42	01:07:35
87	382	Janneke van Beijnum	Les Croupiers	F	F35+	01:07:44	01:07:38
88	15	Darren Chapple	Run4All Neath	M	M45+	01:07:55	01:07:49
89	2	Antonio Antoniazzi	Ogmore Phoenix Runners	M	M45+	01:07:57	01:07:55
90	37	Justine Dawkins	Cornelly Striders AC	F	F45+	01:07:58	01:07:52
91	344	Keira Pratt	Penarth & Dinas Runners	F	F35+	01:08:02	01:07:34
92	179	Matt Turner	Caerleon RC	M	M45+	01:08:09	01:08:09
93	372	Ruth Sutton	Pontypridd Roadents AC	F	F45+	01:08:12	01:08:05
94	152	Joe Roderick		M	M45+	01:08:23	01:08:18
95	94	Howard Kent	Les Croupiers	M	M65+	01:08:26	01:08:21
96	262	Alex Evans	Parc Bryn Bach Running Club	F	F45+	01:08:44	01:08:26
97	234	Joseph Cooper		M	MSen	01:08:50	01:08:22
98	335	James Page		M	M35+	01:09:04	01:08:28
99	582	Alex Wilson		M	MSen	01:09:12	01:08:48
100	334	Clive Osmond	Les Croupiers	M	M55+	01:09:18	01:09:10
101	210	Anthony Bending		M	M35+	01:09:25	01:09:12
102	259	Kevin Dupe	Vegan Runnrs UK	M	M55+	01:09:30	01:09:01
103	172	Mark Thomas		M	M35+	01:09:48	01:09:36
104	98	john lloyd	Brackla Harriers	M	M55+	01:09:59	01:09:52
105	342	Alun Powell		M	M55+	01:10:01	01:09:31
106	151	Deb Roberts	Porthcawl Runners	F	F45+	01:10:12	01:10:07
107	260	James Edwards		M	M35+	01:10:18	01:10:11
108	71	Dawn Howles		F	F45+	01:10:18	01:10:09
109	53	Carole Goddard	Les Croupiers	F	F45+	01:10:19	01:10:14
110	539	Catherine Powell	Pontypridd Roadents AC	F	F35+	01:10:21	01:09:42
111	287	Craig Hopkins	Llanelli AC	M	M35+	01:10:31	01:10:03

112	156	Jack Rowland	Lliswerry Runners	M	M35+	01:10:42	01:10:40
113	158	Giuseppe Santese	Brackla Harriers	M	M35+	01:10:46	01:10:43
114	154	Eleri Rogers		F	F35+	01:10:52	01:10:36
115	437	Gruff Davies		M	M45+	01:11:00	01:10:49
116	153	Owen Rodgers		M	M45+	01:11:00	01:10:50
117	251	Zoe Davies	Port Talbot Harriers	F	F35+	01:11:17	01:10:54
118	225	ania ciolek		F	F35+	01:11:35	01:11:26
119	347	Claire Protheroe	Llanelli AC	F	F45+	01:11:40	01:11:21
120	199	Jamie Allan		M		01:11:57	01:11:37
121	439	Paul Davies		M	MSen	01:11:59	01:11:12
122	140	Emma Price		F	F35+	01:12:02	01:11:51
123	267	Andrew Furlong		M	M35+	01:12:07	01:11:57
124	219	Jordan Brown	Pontypridd Roadents AC	M	M35+	01:12:14	01:01:39
125	551	elizabeth richards	Caerleon RC	F	F55+	01:12:16	01:11:33
126	66	Katrin Higginson	Bridgend AC	F	FSen	01:12:21	01:12:19
127	388	Elaine Wharmby	Brackla Harriers	F	F55+	01:12:26	01:12:13
128	16	Deb Chick	Amman Valley Harriers	F	F55+	01:12:29	01:12:24
129	107	Christopher Matthews	Lliswerry Runners	M	M55+	01:12:41	01:12:30
130	312	Emma Maloney	Lliswerry Runners	F	FSen	01:12:48	01:12:42
131	133	mike pobjoy	Lliswerry Runners	M	M55+	01:12:49	01:12:45
132	198	Chris Jones	Porthcawl Runners	M		01:12:54	01:12:54
133	192	Ian Gill		M		01:13:08	01:13:06
134	387	Mike Warner	Run4All Neath	M	M55+	01:13:12	01:12:47
135	457	Christian Ford	Caerleon RC	M	MSen	01:13:24	01:12:40
136	550	Kez Rhoden		M	MSen	01:13:35	01:12:59
137	348	Chris Pugh		M	M45+	01:14:07	01:13:54
138	181	George Walker	CDF Runners	M	M55+	01:14:13	01:14:10
139	170	Geraint Thomas		M	M45+	01:14:21	01:14:14
140	81	Alun Job	Ogmore Phoenix Runners	M	M45+	01:14:24	01:14:18
141	504	Mark Jones	Dragons Running Club	M	M55+	01:14:28	01:13:33
142	112	Nia Milne		F	F35+	01:14:35	01:14:30
143	111	Jonathan Milne		M	MSen	01:14:36	01:14:30
144	567	Sian Stephens	Neath Harriers	F	F45+	01:14:37	01:13:58
145	453	Stuart Felix	Rhondda Valley Runners	M	M45+	01:14:43	01:14:19
146	522	Stuart Milbourne		M	M65+	01:14:47	01:13:56
147	264	Robert Flanagan	Pontypridd Roadents AC	M	M55+	01:14:49	01:14:14
148	427	david cornish	Port Talbot Harriers	M	M55+	01:14:54	01:14:14
149	136	Bryn Powis	Porthcawl Runners	M	M45+	01:15:06	01:14:59
150	171	Lauren Thomas	Run4All Neath	F	FSen	01:15:20	01:15:11
151	498	Adam Johnson	CDF Runners	M	M35+	01:15:21	01:14:38
152	484	Steven Hoare	Pontypridd Roadents AC	M	MSen	01:15:23	01:15:09
153	327	Louise Muteham	Lliswerry Runners	F	F35+	01:15:30	01:15:16
154	175	Alex Tovey	Run4All Neath	M	M45+	01:15:47	01:15:40
155	306	Mark Lewis	Amman Valley Harriers	M	M45+	01:15:50	01:15:20
156	157	Ken Salvatore	Ogmore Phoenix Runners	M	M45+	01:15:51	01:15:45
157	526	Peter Morrison		M	M35+	01:16:07	01:15:21
158	275	Laura Hale		F	F35+	01:16:20	01:16:08
159	266	Jason Freeman		M	M45+	01:16:27	01:16:19
160	370	Derek Spear	RUN4ALL Running Club	M	M55+	01:16:31	01:15:52
161	258	Claire Dunbar-Bowen	Ogmore Phoenix Runners	F	F45+	01:16:38	01:16:27
162	533	Gwyn Palfrey	Crickhowell Running Club	M	M55+	01:16:43	01:14:50
163	76	Martin Jackman		M	MSen	01:16:48	01:16:44
164	509	Scott Kilbey		M	MSen	01:16:57	01:16:08
165	517	Mat Lyon		M	M35+	01:17:20	01:16:38
166	320	Claire Morgan-Powell	Lliswerry Runners	F	F45+	01:17:24	01:17:10
167	261	Jeff Ellaway	Clwb Run Wales	M	M65+	01:17:26	01:17:08

168	144	Darren Raz-Nick	GoodGym Race Team	M	M35+	01:17:36	01:17:30
169	364	Brian Saxby	Run4All Neath	M	M55+	01:17:54	01:17:14
170	343	Phil Powell		M	M45+	01:18:03	01:16:49
171	226	Debra Clarke	Run4All Neath	F	F45+	01:18:07	01:17:30
172	245	Alison Davidson	GoodGym Race Team	F	F35+	01:18:18	01:17:51
173	361	Joanne Ryan	Rhondda Valley Runners	F	F45+	01:18:20	01:17:57
174	318	Gareth Morgan	Pencoed Panthers	M	M35+	01:18:44	01:18:25
175	51	David George		M	M45+	01:18:48	01:18:28
176	455	David Ferns	Pontypridd Roadents AC	M	MSen	01:18:57	01:17:59
177	636	Amy-Louise Doswell		F	FSen	01:19:06	01:17:58
178	310	Emma Loyns	Ogmore Phoenix Runners	F	F35+	01:19:08	01:18:58
179	137	Leanne Powis	Porthcawl Runners	F	F45+	01:19:13	01:19:05
180	450	Lolly Evans	Les Croupiers	F	F45+	01:19:14	01:18:42
181	555	Julie Scholey		F	F55+	01:19:30	01:19:20
182	397	Martin Furnesi	Porthcawl Runners	M		01:19:34	01:19:14
183	284	Louise Hogan	Cornelly Striders AC	F	F35+	01:19:36	01:19:06
184	339	Tim Petrides	Les Croupiers	M	M55+	01:19:42	01:19:20
185	376	Shogun-Li Thomas	Cornelly Striders AC	M	M45+	01:19:47	01:19:15
186	114	Claire MORGAN	Sospan Road Runners	F	F45+	01:19:56	01:19:41
187	317	Claire Morgan		F	F35+	01:19:58	01:19:43
188	568	James Stroud		M	M35+	01:20:11	01:19:29
189	242	Caitlin Darke		F	FSen	01:20:14	01:19:58
190	530	Eleanor Nichols-Grey		F	F35+	01:20:15	01:19:35
191	542	Sian Price	Ogmore Phoenix Runners	F	F35+	01:20:17	01:19:25
192	209	Michelle Bell		F	F35+	01:20:21	01:20:05
193	313	Emily Mansfield	Sospan Road Runners	F	FSen	01:20:22	01:20:05
194	291	Phill Iveson	Ogmore Phoenix Runners	M	M45+	01:20:24	01:20:08
195	103	Romana Maine	Porthcawl Runners	F	F55+	01:20:29	01:20:21
196	386	Rob Ward		M	M55+	01:20:30	01:20:16
197	274	Sally Groves	Pegasus Running Club	F	F55+	01:20:37	01:20:26
198	321	Rees Morrell		M	M35+	01:20:39	01:20:21
199	302	Adrian Lewis		M	M45+	01:20:41	01:20:18
200	405	Seren Allin		F	FSen	01:20:43	01:20:17
201	221	Andrew Buchanan	Run4All Neath	M	M35+	01:20:44	01:20:30
202	129	Sue Peters	3M Gorseinon Road Runners	F	F55+	01:20:51	01:20:51
203	356	Martin Richards		M	M45+	01:20:52	01:20:37
204	25	Ryan Cullen	Pontypridd Roadents AC	M	M35+	01:21:03	01:20:33
205	278	Matthew Henson	CDF Runners	M	M35+	01:21:03	01:20:34
206	657	Simon Harrison		M	M55+	01:21:06	01:19:35
207	277	Pippa Hayes	Pencoed Panthers	F	FSen	01:21:09	01:20:52
208	354	Zoe Rees	Caerphilly Runners	F	FSen	01:21:09	01:19:46
209	223	Martin Charles	Pontypridd Roadents AC	M	M35+	01:21:12	01:20:31
210	160	James Sibley		M	MSen	01:21:20	01:21:20
211	237	Katie Crook		F	FSen	01:21:31	01:19:57
212	778	Michael Waters	Clwb Run Wales	M	M45+	01:21:42	01:20:50
213	271	Philip Goodman		M	M45+	01:21:47	01:21:19
214	246	Angharad Davies	Sospan Road Runners	F	FSen	01:21:48	01:21:48
215	445	Fiona Drysdale	Ogmore Phoenix Runners	F	F45+	01:21:58	01:20:53
216	215	Gareth Boon		M	M55+	01:22:05	01:21:43
217	379	Vanessa Turnbull	Caerphilly Runners	F	F55+	01:22:08	01:21:02
218	311	Lesley Mainwaring	Port Talbot Harriers	F	F45+	01:22:13	01:21:35
219	250	Sarah Davies	Ogmore Phoenix Runners	F	F45+	01:22:14	01:22:01
220	765	Naomi Sutton	Run4All Neath	F	FSen	01:22:16	01:21:30
221	436	David Kevin Davies	CDF Runners	M	M65+	01:22:30	01:21:46
222	416	Scott Burroughes		M	MSen	01:22:44	01:22:07
223	147	Andy Rees	3M Gorseinon Road Runners	M	M55+	01:22:49	01:21:52

224	527	Glen Neal		M	M45+	01:22:53	01:22:53
225	556	Dave Semmens		M	M45+	01:22:56	01:22:01
226	229	Christie Coleman		M	M55+	01:23:03	01:23:03
227	403	Marilyn Allin		F	F55+	01:23:21	01:22:55
228	369	Marcus Smith	Parc Bryn Bach Running Club	M	M45+	01:23:23	01:23:03
229	346	Kimberley Price	Parc Bryn Bach Running Club	F	F35+	01:23:23	01:23:05
230	164	Suzanne Stockham-Tew	Parc Bryn Bach Running Club	F	F45+	01:23:23	01:23:04
231	52	Stephen George	Parc Bryn Bach Running Club	M	M35+	01:23:23	01:23:03
232	753	Louise Russell		F	F35+	01:23:27	01:22:29
233	562	Robert Slaughter		M	M45+	01:23:27	01:22:29
234	331	Jamie Nicholas		M	M45+	01:23:28	01:23:18
235	127	Adrian Pearce	Brackla Harriers	M	M45+	01:23:29	01:23:19
236	115	Darren Morgan		M	M55+	01:23:38	01:23:18
237	74	Oliver Hughes	Lliswerry Runners	M	M35+	01:23:41	01:23:25
238	104	Claire Maksimovic		F	F35+	01:23:48	01:22:24
239	535	Russ Pearce	Caerphilly Runners	M	M45+	01:23:57	01:23:13
240	73	Leon Hughes		M	M35+	01:24:03	01:23:54
241	67	Alison Hoskins		F	F35+	01:24:04	01:23:55
242	454	Simon Fenoulhet		M	M55+	01:24:15	01:23:21
243	649	Rachel Flint		F	FSen	01:24:25	01:23:22
244	333	Jane Ogilvie	Brackla Harriers	F	F55+	01:24:27	01:24:14
245	252	Gareth Davies	Ogmore Phoenix Runners	M	M55+	01:24:29	01:24:12
246	238	Marc Cross	Griffithstown Harriers	M	M35+	01:24:35	01:23:36
247	740	Katie Plimmer	Ogmore Phoenix Runners	F	FSen	01:24:36	01:23:23
248	519	Shane Matthews	Griffithstown Harriers	M	M45+	01:24:40	01:23:39
249	207	Jade Bazykiewicz	Ogmore Phoenix Runners	F	F35+	01:24:42	01:24:35
250	304	hannah Lewis	Run4All Neath	F	F35+	01:24:56	01:24:21
251	461	Eve Gallop-Evans	Les Croupiers	F	F55+	01:24:57	01:24:12
252	118	Peter Morris	Brackla Harriers	M	M35+	01:25:09	01:24:57
253	715	mair morgan	Trots	F	F55+	01:25:17	01:24:01
254	59	Ian Hamblin		M	M35+	01:25:29	01:25:29
255	102	Julian Maine	Porthcawl Runners	M	M55+	01:25:30	01:25:24
256	577	Yangi Vundamina	Caerleon RC	F	F45+	01:25:31	01:24:49
257	32	Rebecca Davies	Rhondda Valley Runners	F	F35+	01:25:40	01:25:18
258	35	Shawn Davies	Rhondda Valley Runners	M	M35+	01:25:40	01:25:19
259	643	Mark Emms		M	M45+	01:25:51	01:24:35
260	389	Nia Williams	Clwb Run Wales	F	F35+	01:25:59	01:25:24
261	390	Paul Williams		M	M45+	01:25:59	01:25:23
262	240	Steve Crowther	Lliswerry Runners	M	M55+	01:26:05	01:24:11
263	500	Dave Johnson	Sospan Road Runners	M	M65+	01:26:11	01:25:22
264	110	Rebekah Miles		F	F35+	01:26:14	01:26:06
265	748	Sian Rendell		F	F35+	01:26:15	01:25:05
266	11	Claire Bruce	Les Croupiers	F	F35+	01:26:19	01:26:11
267	618	Zdeni Cervena		F	F35+	01:26:22	01:25:10
268	570	Carl Taylor		M	M45+	01:26:29	01:25:12
269	768	Colin Thomas	Porthcawl Runners	M	M55+	01:26:40	01:25:31
270	587	Claire Winfield		F	F45+	01:26:48	01:26:09
271	525	Tina Morris	Amman Valley Harriers	F	F35+	01:26:52	01:25:59
272	316	James McLaughlin		M	M45+	01:27:03	01:26:44
273	529	Barry Nichols-Grey		M	M35+	01:27:18	01:26:39
274	635	Stephen Donoghue		M	M45+	01:27:20	01:27:09
275	735	Bretti Paxton	Pontypridd Roadents AC	F	FSen	01:27:30	01:26:50
276	314	Lucy Massie	Vegan Runners UK	F	FSen	01:27:35	01:27:11
277	588	Tomos Wootton		M	MSen	01:27:37	01:27:13
278	757	Ann Saxena	Newport Harriers	F	F65+	01:27:56	01:26:53
279	471	Martin Green	Pontypridd Roadents AC	M	M45+	01:27:57	01:27:02

280	502	Ellie Jones	Lliswerry Runners	F	FSen	01:28:06	01:27:18
281	503	Lionel Jones	Winchester Fit Club RC	M	M55+	01:28:06	01:27:16
282	396	Lorraine Fergus	Liswerry Runners	F		01:28:06	01:27:16
283	319	kath Morgan	Llanelli AC	F	F35+	01:28:25	01:28:01
284	324	Clare Moseley	Tri Hard Harriers	F	FSen	01:28:29	01:26:53
285	543	Alex Pridmore	Tri Hard Harriers	M	MSen	01:28:29	01:26:53
286	482	Amy Hendry		F	F35+	01:28:34	01:28:04
287	340	Dan Phillips		M	MSen	01:28:57	01:28:39
288	90	Mark Jones		M	M55+	01:29:00	01:28:45
289	409	Mary Beech	Brackla Harriers	F	F55+	01:29:01	01:28:08
290	640	Richard Edwards		M	M45+	01:29:07	01:28:06
291	293	Phillip Jolley		M	M35+	01:29:10	01:29:00
292	468	andrew grainger	Cornelly Striders AC	M	M45+	01:29:11	01:28:09
293	201	Lindsey Allan		F	F45+	01:29:12	01:28:49
294	202	Paula Allen		F	F45+	01:29:12	01:28:52
295	195	Derek Stephenson	Cardiff Athletics	M		01:29:23	01:29:12
296	303	Chris Lewis		M	M45+	01:29:29	01:29:14
297	363	Justin Savage		M	M45+	01:29:32	01:29:13
298	297	William Jones		M	M65+	01:29:34	01:29:23
299	738	Andy Phillips		M	M45+	01:29:48	01:28:27
300	270	Alyn Ginn	Run4All Neath	M	MSen	01:29:48	01:29:48
301	605	Paul Azzopardi		M	M35+	01:29:51	01:28:34
302	755	Rosie Salvatore	Ogmore Phoenix Runners	F	F45+	01:29:53	01:29:40
303	213	Alan Bolton	Lliswerry Runners	M	M35+	01:29:56	01:29:41
304	581	Sian Williams	Clwb Run Wales	F	F45+	01:30:06	01:29:03
305	77	Katie James	Les Croupiers	F	F35+	01:30:08	01:29:36
306	675	Nathan James		M	M35+	01:30:09	01:29:36
307	286	Rachel Hooper	Les Croupiers	F	F55+	01:30:09	01:29:38
308	536	Thomas Pearn	Run4All Neath	M	M55+	01:30:16	01:29:17
309	787	Louise Williams	Lliswerry Runners	F	F45+	01:30:18	01:29:11
310	506	Richard Jones		M	M35+	01:30:40	01:29:49
311	750	Kath Roberts	Run4All Neath	F	F35+	01:30:53	01:30:15
312	438	John Davies		M	M35+	01:30:59	01:29:58
313	281	Simon Hill	White Rock Runners	M	M55+	01:31:04	01:30:55
314	97	Joanne Lewis		F	F45+	01:31:12	01:31:03
315	92	Anthony Kavanagh	Ogmore Phoenix Runners	M	M35+	01:31:21	01:31:04
316	609	Jamie Bevan	Ogmore Phoenix Runners	M	M45+	01:31:21	01:31:07
317	512	steven lee		M	M45+	01:31:21	01:30:38
318	604	Kyle Attawar		M	MSen	01:31:53	01:30:43
319	105	Clare Martin	Lewes AC	F	FSen	01:31:57	01:31:27
320	518	Tom Martin		M	M35+	01:31:58	01:31:28
321	481	Clare Harris		F	F35+	01:32:26	01:31:35
322	301	Nick Leftly	Crickhowell Running Club	M	M35+	01:32:28	01:31:55
323	625	Jenny Crees		F	F45+	01:32:29	01:31:44
324	456	konrad figurski	Caerphilly Runners	M	M35+	01:32:42	01:31:54
325	673	Cath James	Caerphilly Runners	F	F45+	01:32:54	01:31:35
326	759	sharon Smith	Caerphilly Runners	F	F45+	01:32:54	01:31:33
327	554	Roseanne Saunders	Clwb Run Wales	F	F35+	01:32:55	01:32:09
328	402	Phil Allen	Pegasus Running Club	M	M55+	01:33:11	01:32:22
329	492	Clare James		F	F35+	01:33:15	01:32:30
330	415	Adam Burroughes		M	MSen	01:33:18	01:32:39
331	208	Rhys Bebb		M	M45+	01:33:19	01:32:58
332	401	ALISON ALLEN	Clwb Run Wales	F	F35+	01:33:19	01:32:33
333	231	Kathryn Collins	Lliswerry Runners	F	F35+	01:33:20	01:32:39
334	701	Paul Lloyd		M	M45+	01:33:44	01:32:30
335	350	Stephen Quin	Les Croupiers	M	M45+	01:33:55	01:33:45

336	254	Jeremy Dickson	Lliswerry Runners	M	M55+	01:34:03	01:33:37
337	575	Caroline Tinsley		F	F35+	01:34:03	01:33:01
338	309	Alison Lloyd		F	F35+	01:34:03	01:33:36
339	374	MELANIE THOMAS	Ogmore Phoenix Runners	F	F35+	01:34:16	01:34:04
340	378	Lisa Trick	Maverick Run Project	F	F35+	01:34:27	01:33:05
341	325	Teresa Moss		F	F45+	01:34:29	01:34:12
342	691	Rebecca Kemlo		F	F35+	01:34:32	01:33:07
343	263	Rachel Everson		F	F35+	01:34:40	01:33:47
344	696	Elinor Landeg		F	F35+	01:34:49	01:33:45
345	510	Stephen Landeg		M	M65+	01:34:49	01:33:45
346	694	Kyra Kirkham		F	F45+	01:34:55	01:33:40
347	714	Lon Morgan	Trots	F	F65+	01:34:55	01:33:40
348	622	Sue Collin		F	F55+	01:34:59	01:33:36
349	180	Royston Vincent	Pontypridd Roadents AC	M	M35+	01:35:15	01:35:06
350	404	Rory Allin		M	M55+	01:35:39	01:35:12
351	571	Hayley Thomas	Run4All Neath	F	F35+	01:35:55	01:34:59
352	516	Chris Loynes	Run4All Neath	M	M45+	01:35:55	01:34:58
353	772	Rachel Thomson		F	F35+	01:35:58	01:34:55
354	448	Fiona Evans		F	F45+	01:36:02	01:35:12
355	413	Denise Bradley	Ogmore Phoenix Runners	F	F55+	01:36:02	01:35:11
356	654	Emma Harris		F	F35+	01:36:08	01:35:11
357	773	Liam Thorley	Llanelli AC	M	MSen	01:36:13	01:34:59
358	621	Chris Cole		M	M35+	01:36:31	01:35:15
359	433	Naomi Darke		F	FSen	01:36:39	01:35:53
360	294	Gemma Jones	Run4All Neath	F	F35+	01:36:41	01:36:05
361	720	Caroline Nightingale	Vegan Runners UK	F	F55+	01:36:47	01:35:21
362	619	Laura Chapple	Run4All Neath	F	F35+	01:36:53	01:35:35
363	205	Katherine Axten	CDF Runners	F	FSen	01:36:55	01:36:10
364	751	Mark Roche		M	M45+	01:37:32	01:36:02
365	782	Garry Wharmby	Brackla Harriers	M	M55+	01:37:54	01:36:41
366	729	Melanie Owen		F	F35+	01:37:58	01:36:31
367	255	Tim Dixon	Headington RR	M	M55+	01:38:04	01:37:54
368	256	Zoe Dixon		F	FSen	01:38:04	01:37:56
369	298	Thomas Judge		M	MSen	01:38:05	01:37:56
370	651	Richard Greenwood		M	M45+	01:38:07	01:36:53
371	754	Eloise Ryland		F	FSen	01:38:20	01:36:49
372	362	Dominic Ryland		M	M45+	01:38:22	01:36:52
373	724	Coleen Osborne		F	F45+	01:38:40	01:37:17
374	723	Maja Nowak	Caerleon RC	F	F35+	01:38:45	01:37:27
375	645	Carwyn Evans	Dragons Running Club	M	M55+	01:39:02	01:37:42
376	688	Stacey Jones	Run4All Neath	F	F35+	01:39:03	01:37:21
377	644	Julia Esmond		F	F35+	01:39:07	01:37:55
378	634	Liz Davis	Lliswerry Runners	F	F45+	01:39:17	01:37:50
379	480	Tim Harries	Sospan Road Runners	M	M45+	01:39:21	01:38:36
380	732	Carys Parr		F	F35+	01:39:30	01:38:11
381	434	Jacqueline Davidge	Lliswerry Runners	F	F55+	01:40:03	01:38:32
382	633	Nicola Davies	White Rock Runners	F	F45+	01:40:33	01:38:52
383	664	Melanie Hill	White Rock Runners	F	F45+	01:40:33	01:38:52
384	686	Joanne Jones		F	F45+	01:40:34	01:39:05
385	20	DAVID COTTRELL		M	M35+	01:40:35	01:40:24
386	659	Arthur Hayes	San Domenico RC	M	M65+	01:40:39	01:39:19
387	626	Kelly Crofts	Les Croupiers	F	F35+	01:40:40	01:39:33
388	491	TRUDY HURFORD	Lliswerry Runners	F	F45+	01:40:59	01:39:31
389	292	Hannah Jeans-Wells	Lliswerry Runners	F	F35+	01:41:00	01:40:39
390	653	Julia Groombridge	Lliswerry Runners	F	F55+	01:41:00	01:39:31
391	538	Leanne Phillips		F	F45+	01:41:02	01:40:41

392	695	Charlotte Komor		F	FSen	01:41:05	01:40:15
393	511	Jonathan Lee		M	M45+	01:41:18	01:40:13
394	639	Fiona Eagle	Run4All Neath	F	F45+	01:41:28	01:39:53
395	487	jennifer hoskins	Run4All Neath	F	F45+	01:41:52	01:40:48
396	230	Angela Coles	Brackla Harriers	F	F45+	01:42:16	01:42:02
397	300	Michelle Lee	Les Croupiers	F	F55+	01:42:24	01:41:19
398	717	Mathew Nash	CDF Runners	M	M45+	01:42:28	01:41:02
399	662	Stu Hern		M	M45+	01:42:31	01:41:11
400	489	Stephen Hubbarde		M	M45+	01:42:48	01:42:00
401	483	Christopher Hill	Caerleon RC	M	M55+	01:42:50	01:41:05
402	391	Clare Worthington	Ogmore Phoenix Runners	F	F35+	01:42:55	01:42:32
403	272	Belinda Goulding		F	F45+	01:43:02	01:42:38
404	377	ANGELA THORPE	Run4All Neath	F	F55+	01:43:06	01:42:32
405	337	Sarah Parry	Clwb Run Wales	F	F45+	01:43:09	01:42:06
406	752	lisa rundle	Clwb Run Wales	F	F45+	01:43:10	01:42:07
407	547	Susan Ralph	Brackla Harriers	F	F55+	01:43:21	01:42:28
408	373	Frances Thomas	Paul Popham Running Club	F	F55+	01:43:31	01:41:50
409	244	ERIC DAVEY	Llanelli AC	M	M65+	01:43:33	01:43:04
410	211	Leigh Besley	Paul Popham Running Club	M	M35+	01:43:35	01:41:55
411	421	Karen Chadwell	Les Croupiers	F	F45+	01:43:40	01:42:33
412	638	David Eagle	Run4All Neath	M	M45+	01:43:53	01:42:10
413	464	Barbara Gomes	Paul Popham Running Club	F	F35+	01:44:01	01:42:22
414	589	Angharad Woozley		F	F35+	01:44:01	01:42:25
415	624	Gayna Cook	RUN4ALL Running Club	F	F45+	01:44:09	01:42:33
416	681	Sophie Jenkins		F	FSen	01:44:16	01:43:08
417	559	Fay Sharpe	3M Gorseinon Road Runners	F	F55+	01:44:16	01:43:15
418	187	Jessica Wesley	3M Gorseinon Road Runners	F	FSen	01:44:17	01:43:17
419	576	Louise Udiawar	Clwb Rhedeg Pontardawe RC	F	F45+	01:44:37	01:43:28
420	665	Iola Hobbs		F	F45+	01:44:38	01:43:28
421	669	Paul Iddon	Pontypridd Roadents AC	M	M45+	01:44:57	01:44:57
422	142	Gail Prosser		F	F45+	01:45:36	01:45:13
423	349	Tracey Pycroft		F	F45+	01:45:52	01:45:19
424	462	amanda geddes		F	F45+	01:45:53	01:45:18
425	564	Karen Spence		F	F45+	01:45:53	01:45:22
426	670	Amanda James		F	F45+	01:46:03	01:44:40
427	642	Jones Emma		F	F35+	01:46:04	01:44:39
428	758	Punna Singh	Les Croupiers	M	M55+	01:46:21	01:45:17
429	705	Laura Mackinney		F	FSen	01:46:22	01:44:49
430	704	Cameron Mackinney		M	MSen	01:46:22	01:44:49
431	658	Kam Hayer	Les Croupiers	F	F45+	01:46:35	01:45:28
432	660	Liv Hayward		F	FSen	01:46:49	01:45:52
433	655	Belinda Harris		F	F35+	01:46:49	01:45:53
434	45	Melanie Evans	Sospan Road Runners	F	F45+	01:47:27	01:47:11
435	620	Claire Charlton		F	F45+	01:47:33	01:46:36
436	204	Rachel Avon	Lliswerry Runners	F	F35+	01:47:50	01:47:08
437	733	Kate Parry-Jones	Lliswerry Runners	F	F35+	01:47:50	01:47:11
438	449	Jeffrey Evans	Cornelly Striders AC	M	M45+	01:48:16	01:47:43
439	613	Debbie Brown		F	F35+	01:48:26	01:46:53
440	697	Betty Lee		F	F35+	01:48:27	01:47:11
441	684	Amy Jones		F	F45+	01:48:27	01:47:13
442	265	Georgina Fraser	Cornelly Striders AC	F	F45+	01:48:31	01:47:53
443	458	Emily Fraser	Cornelly Striders AC	F	FSen	01:48:32	01:47:53
444	578	Anthony Williams	Hengoed Harriers	M	M45+	01:48:34	01:47:28
445	698	Jackie Lewis		F	F65+	01:48:35	01:47:16
446	713	Andrew Miller	Clwb Rhedeg Pontardawe RC	M	M45+	01:48:36	01:47:25
447	475	Susie Gurner		F	F35+	01:48:37	01:47:29



448	218	Gary Brewster	Lliswerry Runners	M	M35+	01:49:00	01:47:30
449	36	Dawn Davis	Caerleon RC	F	F45+	01:50:00	01:49:53
450	200	Phil Groves	Peegasus R.C	M		01:50:11	01:50:11
451	495	Nicola Jenkins	Pencoed Panthers	F	F45+	01:50:14	01:49:33
452	305	Helen Lewis	Pencoed Panthers	F	F45+	01:50:15	01:49:32
453	561	Karen Skinley		F	F45+	01:50:15	01:49:33
454	650	Isabel Francis	Run4All Neath	F	FSen	01:50:34	01:48:58
455	336	Phil Parker		M	M45+	01:50:53	01:49:59
456	473	Gina groom		F	F55+	01:50:53	01:49:59
457	452	Michael Faulds	Lliswerry Runners	M	M35+	01:50:59	01:49:30
458	392	Dawn Wright	Ogmore Phoenix Runners	F	F45+	01:51:03	01:49:58
459	602	Kate Atkin	Ogmore Phoenix Runners	F	F35+	01:51:06	01:50:00
460	783	Louise Wharton		F	F45+	01:51:21	01:50:06
461	566	Andrew Stephens	Llanelli AC	M	M55+	01:51:30	01:50:17
462	47	Thomas Fillingham		M	MSen	01:51:30	01:51:27
463	726	Liam O'Sullivan	Amman Valley Harriers	M	M35+	01:51:40	01:50:15
464	682	Denniss Jodie		F	F45+	01:51:42	01:50:34
465	770	Suzanne Thomas		F	F55+	01:51:53	01:50:27
466	741	Gill Powell	Clwb Run Wales	F	F45+	01:51:54	01:50:45
467	247	Emma Davies		F	F45+	01:52:44	01:52:14
468	507	Mark Jones		M	M45+	01:52:53	01:51:40
469	647	Sian Evans	Amman Valley Harriers	F	F35+	01:53:05	01:53:05
470	446	Michelle Edgell		F	F45+	01:53:06	01:52:13
471	393	Camilla Edlin	Cardiff Canicross	F		01:53:20	01:52:44
472	394	Sorcila Clapham		F		01:53:20	01:52:54
473	630	Gareth Davies		M	M35+	01:53:34	01:52:17
474	546	Rhian Quinton		F	F35+	01:54:14	01:53:00
475	610	Carys Bhatia		F	F45+	01:54:14	01:53:01
476	276	Marie Hanrahan		F	FSen	01:54:25	01:53:55
477	358	Diane Ridgeway	3M Gorseinon Road Runners	F	F45+	01:54:27	01:53:31
478	493	Paul James		M	M35+	01:54:54	01:53:10
479	565	Gareth Steel		M	M35+	01:54:55	01:53:11
480	523	Danny Moore		M	MSen	01:54:56	01:53:12
481	689	Claire Kearney	Llanelli AC	F	F35+	01:54:59	01:53:46
482	690	Craig Kearney	Llanelli AC	M	M35+	01:54:59	01:53:50
483	87	Natalie Jones		F	FSen	01:55:00	01:53:49
484	308	Arabella Llewelyn	3M Gorseinon Road Runners	F	F45+	01:55:01	01:54:03
485	351	Katherine Rands		F	F35+	01:55:13	01:53:55
486	631	Geraint Davies		M	M45+	01:55:16	01:54:04
487	540	Lorna Powell	Llanelli AC	F	F45+	01:55:24	01:54:14
488	580	Jody Williams	Llanelli AC	F	F35+	01:55:24	01:54:14
489	709	Kirsty McGowan	Les Croupiers	F	F35+	01:55:30	01:54:22
490	459	Alisha Galea		F	FU20	01:55:44	01:55:31
491	214	Brett Bonell	Ogmore Phoenix Runners	M	M35+	01:56:16	01:54:42
492	485	Dawn Hopkins	Ogmore Phoenix Runners	F	F35+	01:56:18	01:54:44
493	734	Leanne Parsons	Ogmore Phoenix Runners	F	F35+	01:56:18	01:54:45
494	499	Clare Johnson	Les Croupiers	F	F75+	01:56:48	01:55:42
495	661	Sarah Hearne		F	F45+	01:56:57	01:55:31
496	743	Kathleen Priddle	Brackla Harriers	F	F65+	01:57:14	01:55:55
497	615	David Burroughes		M	M55+	01:57:31	01:56:32
498	407	Alyson Attawar		F	F55+	01:57:37	01:56:26
499	460	Paul Galea		M	M55+	01:57:39	01:57:39
500	648	Rachel Evans	Llanelli AC	F	F45+	01:58:02	01:56:51
501	766	Rhiannon Taylor		F	F35+	01:58:10	01:56:50
502	762	Bethan Stacey		F	F45+	01:58:14	01:56:49
503	197	Jen Carroll	Run4All Neath	F		01:58:34	01:57:19

504	780	Claire Wellington	Tri Hard Harriers	F	F45+	01:59:12	01:57:35
505	760	Nicci Southard-Stuart	Tri Hard Harriers	F	F45+	01:59:13	01:57:35
506	710	Rachel McKavett	Tri Hard Harriers	F	FSen	01:59:13	01:57:36
507	744	Victoria Pritchard		F	F35+	01:59:24	01:57:54
508	771	Claire Thomas		F	F35+	02:01:20	01:59:51
509	730	Mark Packwood		M	M55+	02:02:01	02:00:38
510	429	Richard Crook		M	M55+	02:02:44	02:01:09
511	700	Jane Llewellyn		F	F65+	02:02:45	02:01:09
512	632	Janet Davies		F	F45+	02:03:25	02:02:03
513	791	Alun Wylde	Ogmore Phoenix Runners	M	M45+	02:03:52	02:02:19
514	490	Tamryn Hughes		F	F35+	02:04:06	02:02:56
515	444	Karen Dore	Lonely Goat RC	F	F45+	02:04:45	02:03:18
516	746	Maria Randall		F	F45+	02:04:45	02:03:18
517	712	Rachel mealing		F	F45+	02:04:46	02:03:20
518	667	Allison Hughes	Griffithstown Harriers	F	F55+	02:05:17	02:04:18
519	532	Rachel Owen		F	F45+	02:05:20	02:03:57
520	731	Jo Paling	Griffithstown Harriers	F	F45+	02:05:23	02:04:24
521	282	Kate Hoad	RUN4ALL Running Club	F	F45+	02:06:06	02:04:23
522	505	Nigel Jones		M	M65+	02:06:23	02:05:41
523	702	Eleanor Lock	Pontypridd Roadents AC	F	FSen	02:06:31	02:05:18
524	57	Owain Groves	Pontypridd Roadents AC	M	MSen	02:06:31	02:05:18
525	531	Linsey Ost	Paul Popham Running Club	F	F45+	02:06:47	02:05:09
526	606	Gemma Beattie	Paul Popham Running Club	F	F45+	02:06:50	02:05:11
527	283	Abi Hobson	3M Gorseinon Road Runners	F	F35+	02:07:04	02:06:05
528	113	Caroline Morgan	3M Gorseinon Road Runners	F	F45+	02:07:04	02:06:08
529	627	Maria Cronje	Porthcawl Runners	F	F45+	02:08:30	02:07:10
530	769	Helen Thomas	Porthcawl Runners	F	F55+	02:08:30	02:07:08
531	679	Dona Jenkins	Paul Popham Running Club	F	F45+	02:08:42	02:08:42
532	716	Kay Myatt		F	F35+	02:09:56	02:08:36
533	441	Rachel Demellweek	Caerphilly Runners	F	F45+	02:10:13	02:10:13
534	722	Joanne Norton		F	F35+	02:10:14	02:09:08
535	440	Chris Demellweek	Caerphilly Runners	M	M45+	02:10:15	02:09:11
536	515	Ruth Llewellyn		F	F45+	02:10:16	02:09:13
537	727	Deborah Otley		F	F55+	02:10:29	02:09:04
538	608	Claire Bell	Les Croupiers	F	F55+	02:10:38	02:09:31
539	725	Amanda Osmond		F	F35+	02:14:33	02:13:06
540	663	DAVID HILL		M	M35+	02:14:34	02:12:46
541	410	Lorraine Berry		F	F45+	02:15:01	02:14:03
542	520	Helen Mccarthy		F	F45+	02:15:01	02:14:02
543	721	Hayley Norris		F	F45+	02:18:49	02:17:18
544	637	Helen Drewett		F	F35+	02:18:50	02:17:18
545	414	Nadia Brown		F	FSen	02:19:29	02:18:41
546	775	Madeline Tucker		F	FSen	02:20:54	02:19:22