

Pos	Bib	Athlete	Cat	Gen	Team	Gun	Chip
1	183	Daniel Triggs	35+	M	Neath Harriers	0:49:12	0:49:12
2	101	Darren Bishop	35+	M	Pontypridd Roadents AC	0:50:42	0:50:42
3	102	Adam Brown	Sen	M	Merthyr Running Club	0:51:08	0:51:08
4	194	David Keenan	35+	M	Llanelli AC	0:51:35	0:51:35
5	107	Gareth Davey	45+	M	Neath Harriers	0:52:17	0:52:17
6	112	Sam Dodge	35+	M		0:53:07	0:53:05
7	184	Matt Turner	35+	M	San Domenico RC	0:54:29	0:54:29
8	163	Rhys Perkins	Sen	M		0:54:51	0:54:49
9	124	Thomas Guest	55+	M	Swansea Harriers	0:55:02	0:55:02
10	180	Owen Thomas	35+	M	Aberdare Valley AAC	0:55:38	0:55:35
11	179	Gabrielius Stukus	Sen	M	Tri Hard Harriers	0:56:41	0:56:41
12	162	Adrian Pearce	45+	M	Brackla Harriers	0:56:58	0:56:55
13	170	Tom Rhoden	Sen	M		0:57:00	0:56:58
14	201	Antony Andrus	35+	M	3M Gorseinon Road Runners	0:57:19	0:57:08
15	159	simon osborne	55+	M	Bridgend AC	0:57:31	0:57:30
16	462	Laurence Pole	45+	M	Pontypridd Roadents AC	0:57:53	0:57:51
17	149	Joseph Mainwaring	Sen	M	Porthcawl Runners	0:58:02	0:57:58
18	160	Nathaniel Palmer	45+	M	Les Croupiers	0:58:11	0:58:08
19	118	Ben Francis	35+	M		0:58:21	0:58:16
20	105	Sandra Chipper	45+	F	Llisbury Runners	0:58:47	0:58:46
21	157	Helen Oliver	Sen	F	Les Croupiers RC	0:58:57	0:58:54
22	172	Gareth Richards	45+	M		0:59:08	0:59:04
23	136	Christopher Jenkins	35+	M	Neath Harriers	0:59:42	0:59:41
24	121	Mike Furness	45+	M	Porthcawl Runners	1:00:18	1:00:15
25	185	Matt Turner	45+	M	Caerleon RC	1:00:20	1:00:16
26	137	Gwyn Johnson	Sen	M	Pontypridd Roadents AC	1:00:33	1:00:32
27	254	Huw Macarthur	45+	M		1:00:49	1:00:39
28	117	nick fox	55+	M	Llanelli AC	1:01:11	1:01:09
29	215	Gareth Clubb	45+	M		1:01:22	1:01:11
30	204	Luke Barham	Sen	M		1:01:33	1:01:28
31	255	James Mcloughlin	45+	M	Llisbury Runners	1:01:44	1:01:40
32	186	Carl Walsh	45+	M	Ogmore Phoenix Runners	1:01:48	1:01:44
33	154	Terry O'Brien	55+	M		1:01:50	1:01:45
34	178	Nick Stocker	45+	M	Bridgend AC	1:01:50	1:01:49
35	135	Andrew Howells	45+	M		1:01:53	1:01:48
36	487	Geraint Williams	35+	M		1:01:59	1:01:48
37	270	Carl Price	Sen	M	Ogmore Phoenix Runners	1:02:04	1:01:54
38	161	Georgie Parnell	35+	F	Chepstow Harriers	1:02:06	1:02:04
39	130	John Hewson	35+	M		1:02:21	1:02:18
40	214	Greg Clark	35+	M		1:02:47	1:02:36
41	115	Robert Fairfax	Sen	M		1:02:59	1:02:59
42	173	Neil Ridley	45+	M		1:03:04	1:03:00
43	114	William Edwards	45+	M	Porthcawl Runners	1:03:05	1:03:03
44	195	Tomi Turner	Sen	M		1:03:18	1:03:15
45	275	Ken Salvatore	45+	M	Ogmore Phoenix Runners	1:03:22	1:03:11
46	206	Ian Bell	55+	M	San Domenico RC	1:03:37	1:03:27
47	129	Paul Heskins	35+	M	Run4All Neath	1:04:07	1:04:05
48	200	Robert Duggan	Sen	M		1:04:42	1:04:39
49	218	Karl Coughlin	35+	M	Parc Bryn Bach Running Club	1:04:51	1:04:45
50	122	Ifan Griffiths	Sen	M		1:04:59	1:04:56
51	229	James Farrant	35+	M		1:05:03	1:04:53
52	145	Gareth Ludkin	Sen	M		1:05:16	1:05:11
53	191	Georgie Dando	35+	F	Bridgend AC	1:05:30	1:05:28
54	127	Alex Hart	Sen	M		1:05:39	1:05:36
55	103	Darren Chapple	45+	M	Run4All Neath	1:05:41	1:05:38
56	113	Kevin Dupe	55+	M	Caerleon RC	1:05:47	1:05:47
57	177	Deryl Stephens	45+	M	Bridgend AC	1:05:53	1:05:50

58	404	Jamie Bishop	35+	M		1:06:16	1:06:14
59	155	Rian O'Dwyer	45+	M		1:06:21	1:06:19
60	289	George Williams	Sen	M		1:06:31	1:06:22
61	116	Ceri Foley	35+	M		1:06:48	1:06:43
62	169	Emma Pullen	35+	F		1:07:11	1:07:05
63	273	Steve Rees	55+	M		1:07:21	1:07:16
64	258	Tom Morgan	Sen	M	3M Gorseinon Road Runners	1:07:28	1:07:17
65	415	Jeff Davies	55+	M		1:07:33	1:07:08
66	197	Peter Robinson	45+	M		1:07:34	1:07:28
67	164	Mike Pobjoy	45+	M	Lliswerry Runners	1:08:09	1:08:02
68	223	Zoe Davies	Sen	F	Port Talbot Harriers	1:08:25	1:08:16
69	315	Stephen Dallow	65+	M	Parc Bryn Bach Running Club	1:08:28	1:07:55
70	343	Neil Jones	35+	M	Hengoed Harriers	1:08:36	1:08:06
71	290	Paul Winstanley	55+	M		1:08:50	1:08:43
72	242	Rhian John	35+	F	Run4All Neath	1:09:01	1:08:54
73	463	Alun Powell	55+	M		1:09:31	1:09:26
74	389	Christopher Wojcikowski	Sen	M		1:09:36	1:09:20
75	189	neil willis	Sen	M		1:09:40	1:09:31
76	144	Lee Llewellyn	35+	M	Run4All Neath	1:09:49	1:09:47
77	139	Chris Jones	55+	M	Porthcawl Runners	1:09:57	1:09:40
78	249	Anthony Kavanagh	35+	M	Ogmore Phoenix Runners	1:10:19	1:10:08
79	175	David Shewring	35+	M		1:10:29	1:10:23
80	386	kevin willians	45+	M		1:10:34	1:10:28
81	152	Mandy Morris	45+	F	Neath Harriers	1:11:02	1:10:58
82	230	Andrew Furlong	35+	M		1:11:06	1:10:56
83	472	Keziah Rhoden	Sen	F		1:11:13	1:11:00
84	141	Richard Jones	45+	M		1:11:16	1:11:09
85	424	Adrian Frowen	45+	M		1:11:35	1:11:20
86	156	Ian Ogrady	35+	M		1:11:51	1:11:49
87	265	Rebecca Playle	45+	F	Les Croupiers	1:11:53	1:11:40
88	125	Laura Gush	Sen	F	Bridgend AC	1:11:55	1:11:53
89	301	Antonio Antoniazzi	45+	M	Ogmore Phoenix Runners	1:11:55	1:11:36
90	209	Renske Bouwens	45+	F	Spirit Of Monmouth	1:12:17	1:12:06
91	387	Steven Wilyeo	35+	M	Run4All Neath	1:12:28	1:12:14
92	237	Simon Hill	55+	M		1:13:21	1:13:14
93	151	Elinor McNamara	45+	F	CDF Runners	1:13:43	1:13:36
94	274	eleri rogers	35+	F		1:13:44	1:13:36
95	120	Wayne Frewen	55+	M	Brackla Harriers	1:14:10	1:14:01
96	198	Gareth Woodbridge	45+	M	Port Talbot Harriers	1:14:16	1:14:11
97	193	Ioan Owen	35+	M		1:14:22	1:14:11
98	190	Linda Woodland	55+	F		1:14:25	1:14:21
99	202	Richard Appleford	35+	M	Caerphilly Runners	1:14:30	1:14:17
100	196	Stephen Wilkinson	Sen	M		1:14:30	1:14:22
101	468	Lowri Randell-Evans	35+	F		1:14:32	1:14:18
102	246	Neil Jones	45+	M		1:14:40	1:14:32
103	110	Neil Davies	55+	M		1:14:43	1:14:27
104	109	Joanne Davies	Sen	F		1:14:43	1:14:28
105	192	Erin Hayes	Sen	F		1:14:49	1:14:48
106	454	Judith Oakley	55+	F	Vegan Runners UK	1:15:06	1:14:50
107	379	Vanessa Turnbull	55+	F	Caerphilly runners	1:15:25	1:15:13
108	352	stuart milbourne	65+	M		1:15:36	1:15:17
109	260	Glen Neal	45+	M		1:15:38	1:15:24
110	174	Joanne Ryan	45+	F	Rhondda Valley Runners	1:15:40	1:15:35
111	167	Keira Pratt	35+	F		1:15:41	1:15:36
112	411	Marc Cross	35+	M	Griffithstown Harriers	1:16:03	1:15:38
113	138	Lorna Johnson	45+	F	Run4All Neath	1:16:05	1:15:58
114	205	Jade Bazylkiewicz	35+	F		1:16:15	1:15:59
115	171	Ceri Richards	45+	M		1:16:29	1:16:23
116	304	Matthew Barrell	45+	M		1:16:30	1:15:51

117	447	John Maloney	55+	M	Lliswerry Runners	1:16:30	1:16:22
118	269	Leanne Powis	45+	F	Porthcawl Runners	1:16:43	1:16:25
119	451	Rees Morrell	35+	M		1:16:59	1:16:50
120	233	Laura Hale	35+	F		1:17:03	1:16:51
121	354	kath morgan	35+	F	Llanelli AC	1:17:04	1:16:38
122	228	Jeff Ellaway	65+	M		1:17:07	1:16:53
123	153	Louise Muteham	35+	F	Lliswerry Runners	1:17:09	1:17:02
124	448	Emma Maloney	Sen	F	Lliswerry Runners	1:17:10	1:17:02
125	111	Jeremy Dickson	55+	M		1:17:10	1:16:48
126	259	Claire Morgan-Powell	45+	F		1:17:10	1:17:03
127	357	Gwyn Palfrey	55+	M	Crickhowell Running Club	1:17:13	1:16:43
128	220	Gareth Davies	35+	M	Penarth & Dinas Runners	1:17:13	1:17:03
129	216	Christie Coleman	45+	M		1:17:40	1:17:28
130	166	Bryn Powis	35+	M	Porthcawl Runners	1:17:51	1:17:34
131	199	Alex Lewis	Sen	M		1:17:54	1:17:36
132	148	Romana Maine	55+	F	Porthcawl Runners	1:17:57	1:17:38
133	362	Phil Powell	45+	M	Llanelli AC	1:18:22	1:17:53
134	256	Barbara Modrzejewska-Baudin	35+	F		1:18:37	1:18:29
135	224	Fiona Drysdale	45+	F	Ogmore Phoenix Runners	1:18:47	1:18:33
136	123	Mark Griffiths	55+	M	Neath Harriers	1:18:47	1:18:34
137	313	michael cunningham	65+	M	Hengoed Harriers	1:19:15	1:19:01
138	276	Julie Scholey	55+	F		1:19:18	1:19:02
139	252	Patrick Lambert	55+	M		1:19:24	1:18:54
140	286	Tamara Thomas	45+	F	Brackla Harriers	1:19:52	1:19:42
141	243	Charlotte Johns	45+	F	Brackla Harriers	1:19:53	1:19:42
142	282	Andrea Starritt	45+	F	Brackla Harriers	1:19:53	1:19:53
143	396	Dewi Gwynedd	45+	M	Caerphilly Runners	1:19:53	1:19:16
144	262	Jane Ogilvie	55+	F	Brackla Harriers	1:19:54	1:19:42
145	295	Malcolm Bradley	65+	M		1:20:00	1:19:49
146	279	Christopher Simons	Sen	M	3M Gorseinon Road Runners	1:20:14	1:20:02
147	272	Kimberley Price	35+	F	Parc Bryn Bach Running Club	1:20:18	1:20:11
148	280	Marcus Smith	45+	M	Parc Bryn Bach Running Club	1:20:19	1:20:11
149	323	Christian Ford	Sen	M	Caerleon RC	1:20:21	1:19:51
150	316	Dewi Davies	35+	M		1:20:28	1:19:58
151	236	Richard Hext	35+	M		1:20:31	1:20:01
152	303	Andy Baker	45+	M	Fairwater Runners Cwmbran	1:20:33	1:20:19
153	440	Sadie Jones	35+	F		1:20:36	1:20:01
154	203	Oliver Ashford	U20	M		1:20:47	1:20:36
155	211	Denise Bradley	55+	F	Ogmore Phoenix Runners	1:20:51	1:20:33
156	284	Martin Talbot	35+	M	Lliswerry Runners	1:21:23	1:21:14
157	450	Emma Mitchell	Sen	F	Lliswerry Runners	1:21:23	1:21:14
158	393	Ian Day	35+	M		1:21:24	1:21:07
159	143	Steve Lee	45+	M		1:21:28	1:21:22
160	248	Howard Jones	65+	M		1:21:35	1:21:25
161	210	Huw Bowen	45+	M		1:21:40	1:21:28
162	132	Nigel Hitchings	55+	M		1:21:42	1:21:36
163	422	Gavin Fraser	45+	M	Cornelly Striders AC	1:21:43	1:21:20
164	266	Rebecca Poole	35+	F	Fairwater Runners Cwmbran	1:22:02	1:21:48
165	359	Russ Pearce	45+	M	Caerphilly Runners	1:22:16	1:21:51
166	147	Julian Maine	55+	M	Porthcawl Runners	1:22:40	1:22:22
167	296	Gemma Harris	35+	F	Run4All	1:22:46	1:22:25
168	232	Martin Green	45+	M	Pontypridd Roadents AC	1:22:48	1:22:35
169	366	Wayne Randall	45+	M	Ogmore Phoenix Runners	1:22:51	1:22:34
170	401	Michelle Amblin	45+	F	Les Croupiers	1:22:53	1:22:40
171	264	Rachel Phillips	45+	F		1:22:56	1:22:33
172	253	Hannah Lewis	35+	F	Run4All Neath	1:22:59	1:22:51
173	489	Ruth Williams	35+	F		1:22:59	1:22:28
174	412	Lydia Dando	35+	F		1:22:59	1:22:28
175	234	Idris Hanmer	Sen	M		1:23:00	1:22:51

176	292	Karen Phillips	55+	F	Porthcawl Runners	1:23:13	1:22:51
177	434	Colin Hunt	45+	M		1:23:21	1:23:02
178	119	Jason Freeman	45+	M		1:23:21	1:23:02
179	344	Anthony Jones	45+	M	3M Gorseinon Road Runners	1:23:24	1:23:12
180	207	Alex Benson	45+	M		1:24:14	1:24:06
181	281	Deborah Spiers	35+	F	Run4All Neath	1:24:29	1:24:20
182	399	Stephen Evans	45+	M	Ystrad Runners	1:24:32	1:24:05
183	244	David Jones	45+	M		1:24:38	1:24:19
184	212	Vanessa Buckler	35+	F	Llanelli AC	1:24:41	1:24:27
185	317	James Davies	Sen	M		1:24:44	1:24:26
186	294	Chris Pratt	45+	M	Ogmore Phoenix Runners	1:25:06	1:24:54
187	291	Nick Harris	35+	M	Ogmore Phoenix Runners	1:25:23	1:25:11
188	430	Anna Helsing	55+	F	Penarth & Dinas Runners	1:25:25	1:25:02
189	181	Shogun-Li Thomas	35+	M		1:25:28	1:25:19
190	238	Niall Hughes	45+	M	San Domenico RC	1:25:43	1:25:28
191	325	Eve Gallop-Evans	55+	F	Les Croupiers	1:25:49	1:25:32
192	345	Wayne Jones	55+	M		1:26:01	1:25:31
193	222	Huw Davies	35+	M		1:26:01	1:25:33
194	443	Jude Kitson-Jones	35+	F	Run4All Neath	1:26:15	1:26:01
195	226	David Eagle	45+	M	Run4All Neath	1:26:15	1:26:01
196	490	Emma Winch	35+	F	Ogmore Phoenix Runners	1:26:17	1:26:01
197	394	Paul Day	65+	M		1:26:38	1:26:21
198	378	Angela Thorpe	55+	F	Run4All Running Club	1:27:14	1:26:51
199	106	Eric Davey	65+	M	Llanelli AC	1:27:28	1:27:24
200	384	Garry Wharmby	55+	M		1:27:59	1:27:36
201	353	Ceri Moore	35+	F		1:28:06	1:27:31
202	358	Sarah Parry	45+	F		1:28:06	1:27:31
203	165	Eleri Powell	Sen	F		1:28:50	1:28:38
204	402	Dudley Ashford	45+	M		1:28:53	1:28:42
205	231	Yasmine Grainger	Sen	F	Cornelly Striders AC	1:29:14	1:29:03
206	346	Betty Lee	45+	F		1:29:45	1:29:22
207	340	Amy Jones	35+	F		1:29:45	1:29:22
208	464	Solitaire Pritchard	45+	F		1:30:15	1:29:39
209	476	Louise Russell	35+	F		1:30:15	1:29:39
210	485	Joanne Wheeldon	35+	F		1:30:15	1:29:39
211	398	Kat Clark	35+	F	Porthcawl Runners	1:30:22	1:30:01
212	339	Alison Jenkins	55+	F		1:30:23	1:29:56
213	467	Susan Ralph	55+	F	Brackla Harriers	1:30:23	1:30:01
214	437	stuart jenkins	45+	M		1:30:25	1:29:53
215	444	Andrew laity	35+	M		1:30:25	1:30:25
216	267	Ricky Poole	45+	M		1:30:40	1:30:25
217	427	Laurence Gray	35+	M		1:30:58	1:30:34
218	435	Andrew Hurley	55+	M		1:31:12	1:30:35
219	356	Mirena Noyvirt	45+	F		1:31:34	1:31:09
220	336	Catherine James	45+	F	Caerphilly Runners	1:31:46	1:31:14
221	330	Jarrood Higgs	45+	M	Caerphilly Runners	1:31:46	1:31:13
222	329	Helen Higgs	45+	F	Caerphilly Runners	1:31:46	1:31:14
223	372	sharon Smith	45+	F	Caerphilly Runners	1:31:47	1:31:14
224	320	Karen Dore	45+	F	Lonely Goat RC	1:32:05	1:31:33
225	365	Maria Randall	45+	F		1:32:06	1:31:34
226	385	Sian Williams	45+	F		1:32:12	1:31:38
227	445	Elinor Landeg	35+	F		1:32:50	1:32:15
228	241	Jennet James	45+	F	Cornelly Striders AC	1:32:54	1:32:42
229	388	Carolyn Windos	55+	F	Cornelly Striders AC	1:32:54	1:32:42
230	213	Jayne Catherall	35+	F		1:33:01	1:32:26
231	263	leanne phillips	45+	F		1:33:18	1:32:50
232	319	Liz Denton	55+	F	Les Croupiers	1:34:11	1:33:54
233	235	Amy Hendry	35+	F		1:34:27	1:34:27
234	219	Emma Davies	35+	F		1:34:28	1:34:13

235	131	Ffion Higginson	U20	F	Bridgend AC	1:34:29	1:34:27
236	421	Laura-Jane Evans	35+	F		1:34:57	1:34:27
237	314	Caroline Cutlan	35+	F		1:35:30	1:34:59
238	321	Gemma Eccles	35+	F		1:35:30	1:34:56
239	334	Ashley Howells	45+	M	Ogmore Phoenix Runners	1:35:31	1:35:12
240	322	Sinan Eccles	35+	M		1:35:33	1:34:59
241	373	Lilyblue Southam	35+	F		1:35:35	1:35:04
242	337	Mark James	55+	M		1:35:36	1:35:15
243	225	Stephanie Dyke	45+	F	Ogmore Phoenix Runners	1:35:37	1:35:19
244	338	Huw Jenkins	45+	M	Porthcawl Runners	1:35:38	1:35:18
245	391	Suzanne Court	45+	F	Brynmaur	1:35:42	1:35:12
246	406	Nicholas cadman	45+	M	Lliswerry Runners	1:35:51	1:35:26
247	377	Liam Thorley	Sen	M	Llanelli AC	1:36:29	1:36:01
248	308	Laura Chapple	35+	F	Run4All Neath	1:36:35	1:36:13
249	426	Alyn Ginn	Sen	M	Run4All Neath	1:36:46	1:36:22
250	240	Steph Iveson	35+	F	Ogmore Phoenix Runners	1:37:04	1:36:42
251	370	Rosie Salvatore	45+	F	Ogmore Phoenix Runners	1:37:04	1:36:43
252	305	Claire Bell	55+	F	Les Croupiers	1:37:17	1:37:00
253	491	Alun Wylde	45+	M	Ogmore Phoenix Runners	1:37:27	1:37:08
254	302	David Bailyes	55+	M	Caerphilly Runners	1:37:49	1:37:16
255	457	Kaylea Palkowski	Sen	F	Caerphilly runners	1:37:49	1:37:15
256	407	JULIE Cawdery	35+	F		1:37:52	1:37:16
257	488	Leah Williams	35+	F		1:37:52	1:37:16
258	250	sylke king	55+	F	Porthcawl Runners	1:38:15	1:37:53
259	482	Radek Wator	35+	M		1:38:51	1:38:30
260	481	Luiza Wator	35+	F		1:38:51	1:38:31
261	466	Coral Putman	45+	F	Vegan Runners UK	1:38:52	1:38:12
262	227	Fiona Eagle	45+	F	Run4All Neath	1:39:46	1:39:37
263	245	Mark Jones	55+	M		1:40:18	1:40:04
264	342	Emma Jones	35+	F		1:40:19	1:40:03
265	428	Rich Greenwood	35+	M		1:40:31	1:40:01
266	483	Claire Wellington	45+	F		1:40:56	1:40:32
267	452	Peter Morris	35+	M	Brackla Harriers	1:40:56	1:40:34
268	417	Zoe Davies	Sen	F		1:40:56	1:40:56
269	360	Claire Pepper	35+	F		1:41:05	1:40:31
270	367	Nina Ray	35+	F		1:41:05	1:40:31
271	335	Dawn Howles	45+	F		1:41:05	1:40:31
272	326	amanda geddes	45+	F		1:41:05	1:40:32
273	332	Louise Hopkins	55+	F	Lliswerry Runners	1:41:09	1:40:43
274	375	Tracy Strydom	55+	F	Lliswerry Runners	1:41:09	1:40:43
275	271	Claire Price	45+	F	Lliswerry Runners	1:41:09	1:40:43
276	257	Anne-Marie Moon	35+	F		1:41:17	1:40:42
277	473	Beatrice Roberts	35+	F		1:41:22	1:40:58
278	471	Sian Regan	35+	F		1:41:23	1:40:59
279	277	Sara Shiel	35+	F		1:41:23	1:40:59
280	477	Nicci Southard-Stuart	45+	F	Tri Hard Harriers	1:41:28	1:41:05
281	108	Gavin Davies	55+	M	3M Gorseinon Road Runners	1:41:57	1:41:45
282	347	Caerwyn Lewis	55+	M	Ogmore Phoenix Runners	1:42:25	1:41:56
283	418	Christina Deakin	45+	F		1:42:28	1:41:57
284	416	Nicola Davies	45+	F	White Rock Runners	1:42:42	1:42:00
285	331	Melanie Hill	45+	F		1:42:42	1:42:01
286	486	Heather Whittaker	Sen	F		1:43:43	1:43:05
287	484	Louise Wharton	45+	F		1:44:28	1:44:07
288	413	Gareth Davies	35+	M		1:44:32	1:44:11
289	420	Julie Evans	55+	F		1:44:39	1:44:02
290	438	Natalie Jones	35+	F	Ogmore Phoenix Runners	1:44:40	1:44:24
291	480	Melanie Thomas	35+	F	Ogmore Phoenix Runners	1:44:40	1:44:24
292	446	Kate Lee	35+	F	Ogmore Phoenix Runners	1:44:40	1:44:24
293	478	Tracey Summers	45+	F		1:45:04	1:44:27

294	410	philippa crocker	55+	F		1:45:13	1:44:46
295	371	Rob Sims	45+	M		1:45:36	1:45:04
296	441	Claire Kearney	35+	F	Llanelli AC	1:45:38	1:45:10
297	361	Lorna Powell	45+	F	Llanelli AC	1:45:49	1:45:21
298	397	Jody Williams	35+	F	Llanelli AC	1:45:49	1:45:22
299	449	Judith Maragna	65+	F		1:47:05	1:46:41
300	409	Lindsey Clarke	35+	F		1:47:05	1:46:41
301	126	Michael Halsall	45+	M	Llanelli AC	1:49:24	1:49:21
302	324	Leigh Francis	45+	F		1:49:26	1:49:06
303	251	Simon Kingsnorth	45+	M		1:50:03	1:49:33
304	382	Amanda Ward	35+	F	Run4All Neath	1:50:28	1:50:03
305	369	Rebecca Richards	45+	F	Run4All Neath	1:51:06	1:50:40
306	433	Allison Hughes	45+	F	Griffithstown Harriers	1:51:14	1:50:48
307	456	Joanne Paling	35+	F	Griffithstown Harriers	1:51:14	1:50:49
308	479	Michael Taylor	45+	M		1:52:34	1:52:09
309	395	Gina Day	65+	F		1:53:51	1:53:33
310	349	Barbie Llewellyn	45+	F	Run4All Neath	1:54:30	1:54:03
311	458	Leanne Parsons	35+	F	Ogmore Phoenix Runners	1:54:56	1:54:36
312	414	janet Davies	45+	F		1:55:14	1:54:53
313	278	Josephine Shirley	45+	F	Porthcawl Runners	1:55:14	1:54:52
314	455	Samuel Owens	Sen	M		1:57:01	1:55:56
315	355	Iliyana Noyvirt	Sen	F		1:57:52	1:57:25
316	460	Deb Peake	55+	F		1:57:59	1:57:19
317	461	Steve Peake	45+	M		1:58:00	1:57:20
318	318	Natasha Davies	45+	F		1:58:40	1:58:10
319	221	Geraint Davies	45+	M		1:58:40	1:58:11
320	268	Carolyn Powell	45+	F		1:58:44	1:58:12
321	423	Jack Freeman	Sen	M		2:00:46	2:00:22
322	348	Jacky Lewis	55+	F		2:05:37	2:05:08
323	364	Victoria Ramsey	35+	F		2:05:39	2:05:07
324	392	Linda Harris	55+	F	Ogmore Phoenix Runners	2:13:00	2:12:30
325	104	Clair Charalambous	45+	F		2:14:19	2:13:51
326	293	Kirsty McGowan	35+	F	Les Croupiers	2:14:46	2:14:18
327	431	Tracy Hext	35+	F		2:18:29	2:17:57
328	405	Noelle Brys	35+	F		2:29:41	2:29:17
329	429	Tina Griffiths	45+	F		2:29:41	2:28:56