

Race Pos	Bib#	Athlete	Gen der	Team	Gun Time	Chip Time
1	183	Daniel Triggs	M	Neath Harriers	0:49:12	0:49:12
2	101	Darren Bishop	M	Pontypridd Roadents AC	0:50:42	0:50:42
3	102	Adam Brown	M	Merthyr Running Club	0:51:08	0:51:08
4	194	David Keenan	M	Llanelli AC	0:51:35	0:51:35
5	107	Gareth Davey	M	Neath Harriers	0:52:17	0:52:17
6	112	Sam Dodge	M		0:53:07	0:53:05
7	184	Matt Turner	M	San Domenico RC	0:54:29	0:54:29
8	163	Rhys Perkins	M	Cornelly Striders AC	0:54:51	0:54:49
9	124	Thomas Guest	M	Swansea Harriers	0:55:02	0:55:02
10	180	Owen Thomas	M	Aberdare Valley AAC	0:55:38	0:55:35
11	179	Gabrielius Stuokus	M	Tri Hard Harriers	0:56:41	0:56:41
12	162	Adrian Pearce	M	Brackla Harriers	0:56:58	0:56:55
13	170	Tom Rhoden	M		0:57:00	0:56:58
14	201	Antony Andrus	M	3M Gorseinon Road Runners	0:57:19	0:57:08
15	159	Simon Osborne	M	Bridgend AC	0:57:31	0:57:30
16	462	Laurence Pole	M	Pontypridd Roadents AC	0:57:53	0:57:51
17	149	Joseph Mainwaring	M	Porthcawl Runners	0:58:02	0:57:58
18	160	Nathaniel Palmer	M	Les Croupiers	0:58:11	0:58:08
19	118	Ben Francis	M		0:58:21	0:58:16
20	105	Sandra Chipper	F	Lliswerry Runners	0:58:47	0:58:46
21	157	Helen Oliver	F	Les Croupiers	0:58:57	0:58:54
22	172	Gareth Richards	M	Ogmore Phoenix Runners	0:59:08	0:59:04
23	136	Christopher Jenkins	M	Neath Harriers	0:59:42	0:59:41
24	121	Mike Furness	M	Porthcawl Runners	1:00:18	1:00:15
25	185	Matt Turner	M	Caerleon RC	1:00:20	1:00:16
26	137	Gwyn Johnson	M	Pontypridd Roadents AC	1:00:33	1:00:32
27	254	Huw Macarthur	M		1:00:49	1:00:39
28	117	Nick Fox	M	Llanelli AC	1:01:11	1:01:09
29	215	Gareth Clubb	M		1:01:22	1:01:11
30	204	Luke Barham	M		1:01:33	1:01:28
31	255	James Mcloughlin	M	Lliswerry Runners	1:01:44	1:01:40
32	186	Carl Walsh	M	Ogmore Phoenix Runners	1:01:48	1:01:44
33	154	Terry O'Brien	M		1:01:50	1:01:45

34	178	Nick Stocker	M	Bridgend AC	1:01:50	1:01:49
35	135	Andrew Howells	M	Iswllyn RC	1:01:53	1:01:48
36	487	Geraint Williams	M		1:01:59	1:01:48
37	270	Carl Price	M	Ogmore Phoenix Runners	1:02:04	1:01:54
38	161	Georgie Parnell	F	Chepstow Harriers	1:02:06	1:02:04
39	130	John Hewson	M		1:02:21	1:02:18
40	214	Greg Clark	M		1:02:47	1:02:36
41	115	Robert Fairfax	M		1:02:59	1:02:59
42	173	Neil Ridley	M		1:03:04	1:03:00
43	114	William Edwards	M	Porthcawl Runners	1:03:05	1:03:03
44	195	Tomi Turner	M		1:03:18	1:03:15
45	275	Ken Salvatore	M	Ogmore Phoenix Runners	1:03:22	1:03:11
46	206	Ian Bell	M	San Domenico RC	1:03:37	1:03:27
47	129	Paul Heskins	M	Run4All Neath	1:04:07	1:04:05
48	200	Robert Duggan	M		1:04:42	1:04:39
49	218	Karl Coughlin	M	Parc Bryn Bach Running Club	1:04:51	1:04:45
50	122	Ifan Griffiths	M		1:04:59	1:04:56
51	229	James Farrant	M		1:05:03	1:04:53
52	145	Gareth Ludkin	M		1:05:16	1:05:11
53	191	Georgie Dando	F	Bridgend AC	1:05:30	1:05:28
54	127	Alex Hart	M		1:05:39	1:05:36
55	103	Darren Chapple	M	Run4All Neath	1:05:41	1:05:38
56	113	Kevin Dupe	M	Caerleon RC	1:05:47	1:05:47
57	177	Deryl Stephens	M	Bridgend AC	1:05:53	1:05:50
58	404	Jamie Bishop	M		1:06:16	1:06:14
59	155	Rian O'Dwyer	M		1:06:21	1:06:19
60	289	George Williams	M		1:06:31	1:06:22
61	116	Ceri Foley	M		1:06:48	1:06:43
62	169	Emma Pullen	F		1:07:11	1:07:05
63	273	Steve Rees	M		1:07:21	1:07:16
64	258	Tom Morgan	M	3M Gorseinon Road Runners	1:07:28	1:07:17
65	415	Jeff Davies	M		1:07:33	1:07:08
66	197	Peter Robinson	M		1:07:34	1:07:28
67	164	Mike Pobjoy	M	Lliswerry Runners	1:08:09	1:08:02
68	223	Zoe Davies	F	Port Talbot Harriers	1:08:25	1:08:16
69	315	Stephen Dallow	M	Parc Bryn Bach Running Club	1:08:28	1:07:55

70	343	Neil Jones	M	Hengoed Harriers	1:08:36	1:08:06
71	290	Paul Winstanley	M	Run4All Neath	1:08:50	1:08:43
72	242	Rhian John	F	Run4All Neath	1:09:01	1:08:54
73	463	Alun Powell	M		1:09:31	1:09:26
74	389	Christopher Wojcikowski	M		1:09:36	1:09:20
75	189	Neil Willis	M		1:09:40	1:09:31
76	144	Lee Llewellyn	M	Run4All Neath	1:09:49	1:09:47
77	139	Chris Jones	M	Porthcawl Runners	1:09:57	1:09:40
78	249	Anthony Kavanagh	M	Ogmore Phoenix Runners	1:10:19	1:10:08
79	175	David Shewring	M	Pontyclun RR	1:10:29	1:10:23
80	386	Kevin Williams	M		1:10:34	1:10:28
81	152	Mandy Morris	F	Neath Harriers	1:11:02	1:10:58
82	230	Andrew Furlong	M		1:11:06	1:10:56
83	472	Keziah Rhoden	F		1:11:13	1:11:00
84	141	Richard Jones	M		1:11:16	1:11:09
85	424	Adrian Frowen	M		1:11:35	1:11:20
86	156	Ian Ogrady	M		1:11:51	1:11:49
87	265	Rebecca Playle	F	Les Croupiers	1:11:53	1:11:40
88	125	Laura Gush	F	Bridgend AC	1:11:55	1:11:53
89	301	Antonio Antoniazzi	M	Ogmore Phoenix Runners	1:11:55	1:11:36
90	209	Renske Bouwens	F	Spirit Of Monmouth	1:12:17	1:12:06
91	387	Steven Wilyeo	M	Run4All Neath	1:12:28	1:12:14
92	237	Simon Hill	M	White Rock Runners	1:13:21	1:13:14
93	151	Elinor McNamara	F	CDF Runners	1:13:43	1:13:36
94	274	Eleri Rogers	F	CDF Runners	1:13:44	1:13:36
95	120	Wayne Frewen	M	Brackla Harriers	1:14:10	1:14:01
96	198	Gareth Woodbridge	M		1:14:16	1:14:11
97	193	Ioan Owen	M		1:14:22	1:14:11
98	190	Linda Woodland	F		1:14:25	1:14:21
99	202	Richard Appleford	M	Caerphilly Runners	1:14:30	1:14:17
100	196	Stephen Wilkinson	M		1:14:30	1:14:22
101	468	Lowri Randell-Evans	F		1:14:32	1:14:18
102	246	Neil Jones	M		1:14:40	1:14:32
103	110	Neil Davies	M		1:14:43	1:14:27
104	109	Joanne Davies	F		1:14:43	1:14:28
105	192	Erin Hayes	F		1:14:49	1:14:48

106	454	Judith Oakley	F	Vegan Runners UK	1:15:06	1:14:50
107	379	Vanessa Turnbull	F	Caerphilly Runners	1:15:25	1:15:13
108	352	Stuart Milbourne	M		1:15:36	1:15:17
109	260	Glen Neal	M		1:15:38	1:15:24
110	174	Joanne Ryan	F	Rhondda Valley Runners	1:15:40	1:15:35
111	167	Keira Pratt	F		1:15:41	1:15:36
112	411	Marc Cross	M	Griffithstown Harriers	1:16:03	1:15:38
113	138	Lorna Johnson	F	Run4All Neath	1:16:05	1:15:58
114	205	Jade Bazylkiewicz	F		1:16:15	1:15:59
115	171	Ceri Richards	M	Chepstow Harriers	1:16:29	1:16:23
116	304	Matthew Barrell	M		1:16:30	1:15:51
117	447	John Maloney	M	Llisbury Runners	1:16:30	1:16:22
118	269	Leanne Powis	F	Porthcawl Runners	1:16:43	1:16:25
119	451	Rees Morrell	M		1:16:59	1:16:50
120	233	Laura Hale	F		1:17:03	1:16:51
121	354	Kath Morgan	F	Llanelli AC	1:17:04	1:16:38
122	228	Jeff Ellaway	M		1:17:07	1:16:53
123	153	Louise Muteham	F	Llisbury Runners	1:17:09	1:17:02
124	448	Emma Maloney	F	Llisbury Runners	1:17:10	1:17:02
125	111	Jeremy Dickson	M	Llisbury Runners	1:17:10	1:16:48
126	259	Claire Morgan-Powell	F	Llisbury Runners	1:17:10	1:17:03
127	357	Gwyn Palfrey	M	Crickhowell Running Club	1:17:13	1:16:43
128	220	Gareth Davies	M	Penarth & Dinas Runners	1:17:13	1:17:03
129	216	Christie Coleman	M		1:17:40	1:17:28
130	166	Bryn Powis	M	Porthcawl Runners	1:17:51	1:17:34
131	199	Alex Lewis	M		1:17:54	1:17:36
132	148	Romana Maine	F	Porthcawl Runners	1:17:57	1:17:38
133	362	Phil Powell	M	Llanelli AC	1:18:22	1:17:53
134	256	Barbara Modrzejewska-Bau	F		1:18:37	1:18:29
135	224	Fiona Drysdale	F	Ogmore Phoenix Runners	1:18:47	1:18:33
136	123	Mark Griffiths	M	Neath Harriers	1:18:47	1:18:34
137	313	Michael Cunningham	M	Hengoed Harriers	1:19:15	1:19:01
138	276	Julie Scholey	F	Les Croupiers RC	1:19:18	1:19:02
139	252	Patrick Lambert	M		1:19:24	1:18:54
140	286	Tamara Thomas	F	Brackla Harriers	1:19:52	1:19:42
141	243	Charlotte Johns	F	Brackla Harriers	1:19:53	1:19:42

142	282	Andrea Starritt	F	Brackla Harriers	1:19:53	1:19:53
143	396	Dewi Gwynedd	M	Caerphilly Runners	1:19:53	1:19:16
144	262	Jane Ogilvie	F	Brackla Harriers	1:19:54	1:19:42
145	295	Malcolm Bradley	M	Penarth & Dinas Runners	1:20:00	1:19:49
146	279	Christopher Simons	M	3M Gorseinon Road Runners	1:20:14	1:20:02
147	272	Kimberley Price	F	Parc Bryn Bach Running Club	1:20:18	1:20:11
148	280	Marcus Smith	M	Parc Bryn Bach Running Club	1:20:19	1:20:11
149	323	Christian Ford	M	Caerleon RC	1:20:21	1:19:51
150	316	Dewi Davies	M		1:20:28	1:19:58
151	236	Richard Hext	M	Pontypridd Roadents AC	1:20:31	1:20:01
152	303	Andy Baker	M	Fairwater Runners Cwmbran	1:20:33	1:20:19
153	440	Sadie Jones	F		1:20:36	1:20:01
154	203	Oliver Ashford	M		1:20:47	1:20:36
155	211	Denise Bradley	F	Ogmore Phoenix Runners	1:20:51	1:20:33
156	284	Martin Talbot	M	Lliswerry Runners	1:21:23	1:21:14
157	450	Emma Mitchell	F	Lliswerry Runners	1:21:23	1:21:14
158	393	Ian Day	M		1:21:24	1:21:07
159	143	Steve Lee	M		1:21:28	1:21:22
160	248	Howard Jones	M		1:21:35	1:21:25
161	210	Huw Bowen	M		1:21:40	1:21:28
162	132	Nigel Hitchings	M	Ogmore Phoenix Runners	1:21:42	1:21:36
163	422	Gavin Fraser	M	Cornelly Striders AC	1:21:43	1:21:20
164	266	Rebecca Poole	F	Fairwater Runners Cwmbran	1:22:02	1:21:48
165	359	Russ Pearce	M	Caerphilly Runners	1:22:16	1:21:51
166	147	Julian Maine	M	Porthcawl Runners	1:22:40	1:22:22
167	296	Gemma Harris	F	Run4All Neath	1:22:46	1:22:25
168	232	Martin Green	M	Pontypridd Roadents AC	1:22:48	1:22:35
169	366	Wayne Randall	M	Ogmore Phoenix Runners	1:22:51	1:22:34
170	401	Michelle Amblin	F	Les Croupiers	1:22:53	1:22:40
171	264	Rachel Phillips	F		1:22:56	1:22:33
172	253	Hannah Lewis	F	Run4All Neath	1:22:59	1:22:51
173	489	Ruth Williams	F		1:22:59	1:22:28
174	412	Lydia Dando	F		1:22:59	1:22:28
175	234	Idris Hanmer	M		1:23:00	1:22:51
176	292	Karen Phillips	F	Porthcawl Runners	1:23:13	1:22:51
177	434	Colin Hunt	M		1:23:21	1:23:02

178	119	Jason Freeman	M		1:23:21	1:23:02
179	344	Anthony Jones	M	3M Gorseinon Road Runners	1:23:24	1:23:12
180	207	Alex Benson	M		1:24:14	1:24:06
181	281	Deborah Spiers	F	Run4All Neath	1:24:29	1:24:20
182	399	Stephen Evans	M		1:24:32	1:24:05
183	244	David Jones	M		1:24:38	1:24:19
184	212	Vanessa Buckler	F	Llanelli AC	1:24:41	1:24:27
185	317	James Davies	M		1:24:44	1:24:26
186	294	Chris Pratt	M	Ogmore Phoenix Runners	1:25:06	1:24:54
187	291	Nick Harris	M	Ogmore Phoenix Runners	1:25:23	1:25:11
188	430	Anna Helsing	F	Penarth & Dinas Runners	1:25:25	1:25:02
189	181	Shogun-Li Thomas	M		1:25:28	1:25:19
190	238	Niall Hughes	M	San Domenico RC	1:25:43	1:25:28
191	325	Eve Gallop-Evans	F	Les Croupiers	1:25:49	1:25:32
192	345	Wayne Jones	M		1:26:01	1:25:31
193	222	Huw Davies	M		1:26:01	1:25:33
194	226	David Eagle	M	Run4All Neath	1:26:15	1:26:01
195	490	Emma Winch	F	Ogmore Phoenix Runners	1:26:17	1:26:01
196	394	Paul Day	M		1:26:38	1:26:21
197	378	Angela Thorpe	F	Run4All Neath	1:27:14	1:26:51
198	106	Eric Davey	M	Llanelli AC	1:27:28	1:27:24
199	384	Garry Wharmby	M	Brackla Harriers	1:27:59	1:27:36
200	353	Ceri Moore	F		1:28:06	1:27:31
201	358	Sarah Parry	F		1:28:06	1:27:31
202	165	Eleri Powell	F		1:28:50	1:28:38
203	402	Dudley Ashford	M		1:28:53	1:28:42
204	231	Yasmine Grainger	F	Cornelly Striders AC	1:29:14	1:29:03
205	340	Amy Jones	F		1:29:45	1:29:22
206	476	Louise Russell	F		1:30:15	1:29:39
207	346	Betty Lee	F		1:29:45	1:29:22
208	398	Kat Clark	F	Porthcawl Runners	1:30:22	1:30:01
209	485	Joanne Wheeldon	F		1:30:15	1:29:39
210	464	Solitaire Pritchard	F		1:30:15	1:29:39
211	339	Alison Jenkins	F		1:30:23	1:29:56
212	467	Susan Ralph	F	Brackla Harriers	1:30:23	1:30:01
213	444	Andrew Laity	M		1:30:25	1:30:25

214	267	Ricky Poole	M		1:30:40	1:30:25
215	437	Stuart Jenkins	M		1:30:25	1:29:53
216	427	Laurence Gray	M		1:30:58	1:30:34
217	435	Andrew Hurley	M		1:31:12	1:30:35
218	356	Mirena Noyvirt	F		1:31:34	1:31:09
219	330	Jarrold Higgs	M	Caerphilly Runners	1:31:46	1:31:13
220	329	Helen Higgs	F	Caerphilly Runners	1:31:46	1:31:14
221	336	Catherine James	F	Caerphilly Runners	1:31:46	1:31:14
222	372	Sharon Smith	F	Caerphilly Runners	1:31:47	1:31:14
223	320	Karen Dore	F	Lonely Goat RC	1:32:05	1:31:33
224	365	Maria Randall	F		1:32:06	1:31:34
225	385	Sian Williams	F		1:32:12	1:31:38
226	445	Elinor Landeg	F		1:32:50	1:32:15
227	241	Jennet James	F	Cornelly Striders AC	1:32:54	1:32:42
228	388	Carolyn Windos	F	Cornelly Striders AC	1:32:54	1:32:42
229	213	Jayne Catherall	F		1:33:01	1:32:26
230	263	Leanne Phillips	F	Llisbury Runners	1:33:18	1:32:50
231	319	Liz Denton	F	Les Croupiers	1:34:11	1:33:54
232	235	Amy Hendry	F		1:34:27	1:34:27
233	219	Emma Davies	F		1:34:28	1:34:13
234	131	Ffion Higginson	F	Bridgend AC	1:34:29	1:34:27
235	421	Laura-Jane Evans	F		1:34:57	1:34:27
236	314	Caroline Cutlan	F		1:35:30	1:34:59
237	321	Gemma Eccles	F		1:35:30	1:34:56
238	334	Ashley Howells	M	Ogmore Phoenix Runners	1:35:31	1:35:12
239	322	Sinan Eccles	M		1:35:33	1:34:59
240	373	Lilyblue Southam	F		1:35:35	1:35:04
241	337	Mark James	M	Porthcawl Runners	1:35:36	1:35:15
242	225	Stephanie Dyke	F	Ogmore Phoenix Runners	1:35:37	1:35:19
243	338	Huw Jenkins	M	Porthcawl Runners	1:35:38	1:35:18
244	391	Suzanne Court	F	Parc Bryn Bach Running Club	1:35:42	1:35:12
245	406	Nicholas Cadman	M	Llisbury Runners	1:35:51	1:35:26
246	377	Liam Thorley	M	Llanelli AC	1:36:29	1:36:01
247	308	Laura Chapple	F	Run4All Neath	1:36:35	1:36:13
248	426	Alyn Ginn	M	Run4All Neath	1:36:46	1:36:22
249	240	Steph Iveson	F	Ogmore Phoenix Runners	1:37:04	1:36:42

250	370	Rosie Salvatore	F	Ogmore Phoenix Runners	1:37:04	1:36:43
251	305	Claire Bell	F	Les Croupiers	1:37:17	1:37:00
252	491	Alun Wylde	M	Ogmore Phoenix Runners	1:37:27	1:37:08
253	302	David Bailyes	M	Caerphilly Runners	1:37:49	1:37:16
254	457	Kaylea Palkowski	F	Caerphilly Runners	1:37:49	1:37:15
255	407	Julie Cawdery	F		1:37:52	1:37:16
256	488	Leah Williams	F		1:37:52	1:37:16
257	250	Sylke King	F	Porthcawl Runners	1:38:15	1:37:53
258	482	Radek Water	M		1:38:51	1:38:30
259	481	Luiza Water	F		1:38:51	1:38:31
260	466	Coral Putman	F	Vegan Runners UK	1:38:52	1:38:12
261	227	Fiona Eagle	F	Run4All Neath	1:39:46	1:39:37
262	245	Mark Jones	M	Dragon RC	1:40:18	1:40:04
263	342	Emma Jones	F		1:40:19	1:40:03
264	428	Rich Greenwood	M		1:40:31	1:40:01
265	452	Peter Morris	M	Brackla Harriers	1:40:56	1:40:34
266	360	Claire Pepper	F		1:41:05	1:40:31
267	417	Zoe Davies	F	Port Talbot Harriers	1:40:56	1:40:56
268	483	Claire Wellington	F	Tri Hard Harriers	1:40:56	1:40:32
269	367	Nina Ray	F		1:41:05	1:40:31
270	335	Dawn Howles	F		1:41:05	1:40:31
271	326	Amanda Geddes	F		1:41:05	1:40:32
272	271	Claire Price	F	Lliswerry Runners	1:41:09	1:40:43
273	375	Tracy Strydom	F	Lliswerry Runners	1:41:09	1:40:43
274	257	Anne-Marie Moon	F	Vegan Runners	1:41:17	1:40:42
275	332	Louise Hopkins	F	Lliswerry Runners	1:41:09	1:40:43
276	473	Beatrice Roberts	F		1:41:22	1:40:58
277	471	Sian Regan	F		1:41:23	1:40:59
278	277	Sara Shiel	F		1:41:23	1:40:59
279	477	Nicci Southard-Stuart	F	Tri Hard Harriers	1:41:28	1:41:05
280	108	Gavin Davies	M	3M Gorseinon Road Runners	1:41:57	1:41:45
281	347	Caerwyn Lewis	M	Ogmore Phoenix Runners	1:42:25	1:41:56
282	418	Christina Deakin	F		1:42:28	1:41:57
283	416	Nicola Davies	F	White Rock Runners	1:42:42	1:42:00
284	331	Melanie Hill	F	White Rock Runners	1:42:42	1:42:01
285	486	Heather Whittaker	F		1:43:43	1:43:05

286	484	Louise Wharton	F		1:44:28	1:44:07
287	413	Gareth Davies	M	Penarth & Dinas Runners	1:44:32	1:44:11
288	420	Julie Evans	F		1:44:39	1:44:02
289	438	Natalie Jones	F		1:44:40	1:44:24
290	480	Melanie Thomas	F	Ogmore Phoenix Runners	1:44:40	1:44:24
291	446	Kate Lee	F	Ogmore Phoenix Runners	1:44:40	1:44:24
292	478	Tracey Summers	F		1:45:04	1:44:27
293	410	Philippa Rocker	F		1:45:13	1:44:46
294	371	Rob Sims	M		1:45:36	1:45:04
295	442	Craig Kearney	M	Llanelli AC	1:45:38	1:45:10
296	397	Jody Williams	F	Llanelli AC	1:45:49	1:45:22
297	441	Claire Kearney	F	Llanelli AC	1:45:38	1:45:10
298	409	Lindsey Clarke	F		1:47:05	1:46:41
299	361	Lorna Powell	F	Llanelli AC	1:45:49	1:45:21
300	126	Michael Halsall	M	Llanelli AC	1:49:24	1:49:21
301	449	Judith Maragna	F		1:47:05	1:46:41
302	324	Leigh Francis	F		1:49:26	1:49:06
303	251	Simon Kingsnorth	M	Llanelli AC	1:50:03	1:49:33
304	382	Amanda Ward	F	Run4All Neath	1:50:28	1:50:03
305	369	Rebecca Richards	F	Run4All Neath	1:51:06	1:50:40
306	456	Joanne Paling	F	Griffithstown Harriers	1:51:14	1:50:49
307	479	Michael Taylor	M		1:52:34	1:52:09
308	433	Alison Hughes	F	Griffithstown Harriers	1:51:14	1:50:48
309	395	Gina Day	F		1:53:51	1:53:33
310	349	Barbie Llewellyn	F		1:54:30	1:54:03
311	458	Leanne Parsons	F	Ogmore Phoenix Runners	1:54:56	1:54:36
312	414	Janet Davies	F		1:55:14	1:54:53
313	278	Josephine Shirley	F	Porthcawl Runners	1:55:14	1:54:52
314	455	Samuel Owens	M		1:57:01	1:55:56
315	355	Iliyana Noyvirt	F		1:57:52	1:57:25
316	460	Deb Peake	F		1:57:59	1:57:19
317	461	Steve Peake	M		1:58:00	1:57:20
318	221	Geraint Davies	M	Llanelli AC	1:58:40	1:58:11
319	268	Carolyn Powell	F		1:58:44	1:58:12
320	318	Natasha Davies	F	Llanelli AC	1:58:40	1:58:10
321	423	Jack Freeman	M		2:00:46	2:00:22

322	348	Jacky Lewis	F		2:05:37	2:05:08
323	364	Victoria Ramsey	F		2:05:39	2:05:07
324	392	Linda Harris	F	Ogmore Phoenix Runners	2:13:00	2:12:30
325	104	Clair Charalambous	F	Les Croupiers	2:14:19	2:13:51
326	293	Kirsty McGowan	F	Les Croupiers	2:14:46	2:14:18
327	431	Tracy Hext	F		2:18:29	2:17:57
328	405	Noelle Brys	F		2:29:41	2:29:17
329	429	Tina Griffiths	F		2:29:41	2:28:56