

| Race Pos | Bib# | Athlete             | Gen der | Team                      | WA Reg | Gun Time | Chip Time | Welsh Champs Medalists | Rabbit Run Race Awards     |
|----------|------|---------------------|---------|---------------------------|--------|----------|-----------|------------------------|----------------------------|
| 1        | 183  | Daniel Triggs       | M       | Neath Harriers            | Y      | 0:49:12  | 0:49:12   | M35+ 1                 | Overall Male - Winner      |
| 2        | 101  | Darren Bishop       | M       | Pontypridd Roadents AC    | Y      | 0:50:42  | 0:50:42   | M40+ 1                 | Overall Male - 2nd Place   |
| 3        | 102  | Adam Brown          | M       | Merthyr Running Club      | Y      | 0:51:08  | 0:51:08   | SenM 1                 | Overall Male - 3rd Place   |
| 4        | 194  | David Keenan        | M       | Llanelli AC               | N      | 0:51:35  | 0:51:35   |                        |                            |
| 5        | 107  | Gareth Davey        | M       | Neath Harriers            | Y      | 0:52:17  | 0:52:17   | M45+ 1                 | Over 40+ Male Award        |
| 6        | 112  | Sam Dodge           | M       |                           | N      | 0:53:07  | 0:53:05   |                        |                            |
| 7        | 184  | Matt Turner         | M       | San Domenico RC           | Y      | 0:54:29  | 0:54:29   | M40+ 2                 |                            |
| 8        | 163  | Rhys Perkins        | M       | Cornelly Striders AC      | Y      | 0:54:51  | 0:54:49   | SenM 2                 |                            |
| 9        | 124  | Thomas Guest        | M       | Swansea Harriers          | Y      | 0:55:02  | 0:55:02   | M55+ 1                 | Over 50+ Male Award        |
| 10       | 180  | Owen Thomas         | M       | Aberdare Valley AAC       | Y      | 0:55:38  | 0:55:35   | M35+ 2                 |                            |
| 11       | 179  | Gabrielius Stuokus  | M       | Tri Hard Harriers         | Y      | 0:56:41  | 0:56:41   |                        |                            |
| 12       | 162  | Adrian Pearce       | M       | Brackla Harriers          | Y      | 0:56:58  | 0:56:55   | M50+ 1                 |                            |
| 13       | 170  | Tom Rhoden          | M       |                           | N      | 0:57:00  | 0:56:58   |                        |                            |
| 14       | 201  | Antony Andrus       | M       | 3M Gorseinon Road Runners | Y      | 0:57:19  | 0:57:08   | M35+ 3                 |                            |
| 15       | 159  | Simon Osborne       | M       | Bridgend AC               | Y      | 0:57:31  | 0:57:30   | M60+ 1                 | Over 60+ Male Award        |
| 16       | 462  | Laurence Pole       | M       | Pontypridd Roadents AC    | Y      | 0:57:53  | 0:57:51   | M40+ 2                 |                            |
| 17       | 149  | Joseph Mainwaring   | M       | Porthcawl Runners         | Y      | 0:58:02  | 0:57:58   | SenM 3                 |                            |
| 18       | 160  | Nathaniel Palmer    | M       | Les Croupiers             | Y      | 0:58:11  | 0:58:08   | M50+ 2                 |                            |
| 19       | 118  | Ben Francis         | M       |                           | N      | 0:58:21  | 0:58:16   |                        |                            |
| 20       | 105  | Sandra Chipper      | F       | Llswerry Runners          | Y      | 0:58:47  | 0:58:46   | W45+ 1                 | Overall Female - Winner    |
| 21       | 157  | Helen Oliver        | F       | Les Croupiers             | Y      | 0:58:57  | 0:58:54   |                        | Overall Female - 2nd Place |
| 22       | 172  | Gareth Richards     | M       | Ogmore Phoenix Runners    | Y      | 0:59:08  | 0:59:04   |                        |                            |
| 23       | 136  | Christopher Jenkins | M       | Neath Harriers            | Y      | 0:59:42  | 0:59:41   | M40+ 3                 |                            |
| 24       | 121  | Mike Furness        | M       | Porthcawl Runners         | Y      | 1:00:18  | 1:00:15   | M50+ 3                 |                            |
| 25       | 185  | Matt Turner         | M       | Caerleon RC               | Y      | 1:00:20  | 1:00:16   | M45+ 3                 |                            |
| 26       | 137  | Gwyn Johnson        | M       | Pontypridd Roadents AC    | Y      | 1:00:33  | 1:00:32   |                        |                            |
| 27       | 254  | Huw Macarthur       | M       |                           | N      | 1:00:49  | 1:00:39   |                        |                            |
| 28       | 117  | Nick Fox            | M       | Llanelli AC               | Y      | 1:01:11  | 1:01:09   | M55+ 2                 |                            |
| 29       | 215  | Gareth Clubb        | M       |                           | N      | 1:01:22  | 1:01:11   |                        |                            |
| 30       | 204  | Luke Barham         | M       |                           | N      | 1:01:33  | 1:01:28   |                        |                            |
| 31       | 255  | James Mcloughlin    | M       | Llswerry Runners          | Y      | 1:01:44  | 1:01:40   |                        |                            |
| 32       | 186  | Carl Walsh          | M       | Ogmore Phoenix Runners    | Y      | 1:01:48  | 1:01:44   |                        |                            |
| 33       | 154  | Terry O'Brien       | M       |                           | N      | 1:01:50  | 1:01:45   |                        |                            |
| 34       | 178  | Nick Stocker        | M       | Bridgend AC               | Y      | 1:01:50  | 1:01:49   |                        |                            |
| 35       | 135  | Andrew Howells      | M       | Iswlyn RC                 | Y      | 1:01:53  | 1:01:48   |                        |                            |
| 36       | 487  | Geraint Williams    | M       |                           | N      | 1:01:59  | 1:01:48   |                        |                            |

|    |     |                         |   |                             |   |         |         |                                   |
|----|-----|-------------------------|---|-----------------------------|---|---------|---------|-----------------------------------|
| 37 | 270 | Carl Price              | M | Ogmore Phoenix Runners      | Y | 1:02:04 | 1:01:54 |                                   |
| 38 | 161 | Georgie Parnell         | F | Chepstow Harriers           | Y | 1:02:06 | 1:02:04 | W35+ 1 Overall Female - 3rd Place |
| 39 | 130 | John Hewson             | M |                             | N | 1:02:21 | 1:02:18 |                                   |
| 40 | 214 | Greg Clark              | M |                             | N | 1:02:47 | 1:02:36 |                                   |
| 41 | 115 | Robert Fairfax          | M |                             | N | 1:02:59 | 1:02:59 |                                   |
| 42 | 173 | Neil Ridley             | M |                             | N | 1:03:04 | 1:03:00 |                                   |
| 43 | 114 | William Edwards         | M | Porthcawl Runners           | Y | 1:03:05 | 1:03:03 |                                   |
| 44 | 195 | Tomi Turner             | M |                             | N | 1:03:18 | 1:03:15 |                                   |
| 45 | 275 | Ken Salvatore           | M | Ogmore Phoenix Runners      | Y | 1:03:22 | 1:03:11 |                                   |
| 46 | 206 | Ian Bell                | M | San Domenico RC             | Y | 1:03:37 | 1:03:27 | M60+ 2                            |
| 47 | 129 | Paul Heskins            | M | Run4All Neath               | Y | 1:04:07 | 1:04:05 |                                   |
| 48 | 200 | Robert Duggan           | M |                             | N | 1:04:42 | 1:04:39 |                                   |
| 49 | 218 | Karl Coughlin           | M | Parc Bryn Bach Running Club | Y | 1:04:51 | 1:04:45 |                                   |
| 50 | 122 | Ifan Griffiths          | M |                             | N | 1:04:59 | 1:04:56 |                                   |
| 51 | 229 | James Farrant           | M |                             | N | 1:05:03 | 1:04:53 |                                   |
| 52 | 145 | Gareth Ludkin           | M |                             | N | 1:05:16 | 1:05:11 |                                   |
| 53 | 191 | Georgie Dando           | F | Bridgend AC                 | Y | 1:05:30 | 1:05:28 |                                   |
| 54 | 127 | Alex Hart               | M |                             | N | 1:05:39 | 1:05:36 |                                   |
| 55 | 103 | Darren Chapple          | M | Run4All Neath               | Y | 1:05:41 | 1:05:38 |                                   |
| 56 | 113 | Kevin Dupe              | M | Caerleon RC                 | Y | 1:05:47 | 1:05:47 | M55+ 3                            |
| 57 | 177 | Deryl Stephens          | M | Bridgend AC                 | Y | 1:05:53 | 1:05:50 |                                   |
| 58 | 404 | Jamie Bishop            | M |                             | N | 1:06:16 | 1:06:14 |                                   |
| 59 | 155 | Rian O'Dwyer            | M |                             | N | 1:06:21 | 1:06:19 |                                   |
| 60 | 289 | George Williams         | M |                             | N | 1:06:31 | 1:06:22 |                                   |
| 61 | 116 | Ceri Foley              | M |                             | N | 1:06:48 | 1:06:43 |                                   |
| 62 | 169 | Emma Pullen             | F |                             | N | 1:07:11 | 1:07:05 |                                   |
| 63 | 273 | Steve Rees              | M |                             | N | 1:07:21 | 1:07:16 |                                   |
| 64 | 258 | Tom Morgan              | M | 3M Gorseinon Road Runners   | Y | 1:07:28 | 1:07:17 |                                   |
| 65 | 415 | Jeff Davies             | M |                             | N | 1:07:33 | 1:07:08 |                                   |
| 66 | 197 | Peter Robinson          | M |                             | N | 1:07:34 | 1:07:28 |                                   |
| 67 | 164 | Mike Pobjoy             | M | Llisbury Runners            | Y | 1:08:09 | 1:08:02 |                                   |
| 68 | 223 | Zoe Davies              | F | Port Talbot Harriers        | Y | 1:08:25 | 1:08:16 | Sen W 1                           |
| 69 | 315 | Stephen Dallow          | M | Parc Bryn Bach Running Club | Y | 1:08:28 | 1:07:55 | M65+ 1                            |
| 70 | 343 | Neil Jones              | M | Hengoed Harriers            | N | 1:08:36 | 1:08:06 |                                   |
| 71 | 290 | Paul Winstanley         | M | Run4All Neath               | Y | 1:08:50 | 1:08:43 |                                   |
| 72 | 242 | Rhian John              | F | Run4All Neath               | Y | 1:09:01 | 1:08:54 | W35+ 2                            |
| 73 | 463 | Alun Powell             | M |                             | N | 1:09:31 | 1:09:26 |                                   |
| 74 | 389 | Christopher Wojcikowski | M |                             | N | 1:09:36 | 1:09:20 |                                   |
| 75 | 189 | Neil Willis             | M |                             | N | 1:09:40 | 1:09:31 |                                   |

|     |     |                     |   |                        |   |         |         |                              |
|-----|-----|---------------------|---|------------------------|---|---------|---------|------------------------------|
| 76  | 144 | Lee Llewellyn       | M | Run4All Neath          | Y | 1:09:49 | 1:09:47 |                              |
| 77  | 139 | Chris Jones         | M | Porthcawl Runners      | Y | 1:09:57 | 1:09:40 |                              |
| 78  | 249 | Anthony Kavanagh    | M | Ogmore Phoenix Runners | Y | 1:10:19 | 1:10:08 |                              |
| 79  | 175 | David Shewring      | M | Pontyclun RR           | Y | 1:10:29 | 1:10:23 |                              |
| 80  | 386 | Kevin Williams      | M |                        | N | 1:10:34 | 1:10:28 |                              |
| 81  | 152 | Mandy Morris        | F | Neath Harriers         | Y | 1:11:02 | 1:10:58 | W45+ 2 Over 40+ Female Award |
| 82  | 230 | Andrew Furlong      | M |                        | N | 1:11:06 | 1:10:56 |                              |
| 83  | 472 | Keziah Rhoden       | F |                        | Y | 1:11:13 | 1:11:00 |                              |
| 84  | 141 | Richard Jones       | M |                        | N | 1:11:16 | 1:11:09 |                              |
| 85  | 424 | Adrian Frowen       | M |                        | N | 1:11:35 | 1:11:20 |                              |
| 86  | 156 | Ian Ogrady          | M |                        | N | 1:11:51 | 1:11:49 |                              |
| 87  | 265 | Rebecca Playle      | F | Les Croupiers          | N | 1:11:53 | 1:11:40 |                              |
| 88  | 125 | Laura Gush          | F | Bridgend AC            | Y | 1:11:55 | 1:11:53 | Sen W 2                      |
| 89  | 301 | Antonio Antoniazzi  | M | Ogmore Phoenix Runners | Y | 1:11:55 | 1:11:36 |                              |
| 90  | 209 | Renske Bouwens      | F | Spirit Of Monmouth     | Y | 1:12:17 | 1:12:06 | ?                            |
| 91  | 387 | Steven Wilyeo       | M | Run4All Neath          | Y | 1:12:28 | 1:12:14 |                              |
| 92  | 237 | Simon Hill          | M | White Rock Runners     | Y | 1:13:21 | 1:13:14 |                              |
| 93  | 151 | Elinor McNamara     | F | CDF Runners            | Y | 1:13:43 | 1:13:36 | W45+ 3                       |
| 94  | 274 | Eleri Rogers        | F | CDF Runners            | Y | 1:13:44 | 1:13:36 | W40+ 1                       |
| 95  | 120 | Wayne Frewen        | M | Brackla Harriers       | Y | 1:14:10 | 1:14:01 | M60+ 3                       |
| 96  | 198 | Gareth Woodbridge   | M |                        | N | 1:14:16 | 1:14:11 |                              |
| 97  | 193 | Ioan Owen           | M |                        | N | 1:14:22 | 1:14:11 |                              |
| 98  | 190 | Linda Woodland      | F | Neath Harriers         | Y | 1:14:25 | 1:14:21 | W60+ 1 Over 60+ Female Award |
| 99  | 202 | Richard Appleford   | M | Caerphilly Runners     | Y | 1:14:30 | 1:14:17 |                              |
| 100 | 196 | Stephen Wilkinson   | M |                        | N | 1:14:30 | 1:14:22 |                              |
| 101 | 468 | Lowri Randell-Evans | F |                        | N | 1:14:32 | 1:14:18 |                              |
| 102 | 246 | Neil Jones          | M |                        | N | 1:14:40 | 1:14:32 |                              |
| 103 | 110 | Neil Davies         | M |                        | N | 1:14:43 | 1:14:27 |                              |
| 104 | 109 | Joanne Davies       | F |                        | N | 1:14:43 | 1:14:28 |                              |
| 105 | 192 | Erin Hayes          | F |                        | N | 1:14:49 | 1:14:48 |                              |
| 106 | 454 | Judith Oakley       | F | Vegan Runners UK       | Y | 1:15:06 | 1:14:50 | W55+ 1 Over 50+ Female Award |
| 107 | 379 | Vanessa Turnbull    | F | Caerphilly Runners     | Y | 1:15:25 | 1:15:13 | W55+ 2                       |
| 108 | 352 | Stuart Milbourne    | M |                        | N | 1:15:36 | 1:15:17 |                              |
| 109 | 260 | Glen Neal           | M |                        | N | 1:15:38 | 1:15:24 |                              |
| 110 | 174 | Joanne Ryan         | F | Rhondda Valley Runners | Y | 1:15:40 | 1:15:35 |                              |
| 111 | 167 | Keira Pratt         | F |                        | N | 1:15:41 | 1:15:36 |                              |
| 112 | 411 | Marc Cross          | M | Griffithstown Harriers | Y | 1:16:03 | 1:15:38 |                              |
| 113 | 138 | Lorna Johnson       | F | Run4All Neath          | Y | 1:16:05 | 1:15:58 |                              |
| 114 | 205 | Jade Bazylkiewicz   | F | Ogmore Phoenix Runners | Y | 1:16:15 | 1:15:59 | W35+ 3                       |

|     |     |                          |   |                             |   |         |         |         |
|-----|-----|--------------------------|---|-----------------------------|---|---------|---------|---------|
| 115 | 171 | Ceri Richards            | M | Chepstow Harriers           | Y | 1:16:29 | 1:16:23 |         |
| 116 | 304 | Matthew Barrell          | M |                             | N | 1:16:30 | 1:15:51 |         |
| 117 | 447 | John Maloney             | M | Llswerry Runners            | Y | 1:16:30 | 1:16:22 |         |
| 118 | 269 | Leanne Powis             | F | Porthcawl Runners           | Y | 1:16:43 | 1:16:25 |         |
| 119 | 451 | Rees Morrell             | M |                             | N | 1:16:59 | 1:16:50 |         |
| 120 | 233 | Laura Hale               | F |                             | N | 1:17:03 | 1:16:51 |         |
| 121 | 354 | Kath Morgan              | F | Llanelli AC                 | Y | 1:17:04 | 1:16:38 |         |
| 122 | 228 | Jeff Ellaway             | M |                             | N | 1:17:07 | 1:16:53 |         |
| 123 | 153 | Louise Muteham           | F | Llswerry Runners            | Y | 1:17:09 | 1:17:02 |         |
| 124 | 448 | Emma Maloney             | F | Llswerry Runners            | Y | 1:17:10 | 1:17:02 | Sen W 3 |
| 125 | 111 | Jeremy Dickson           | M | Llswerry Runners            | Y | 1:17:10 | 1:16:48 |         |
| 126 | 259 | Claire Morgan-Powell     | F | Llswerry Runners            | Y | 1:17:10 | 1:17:03 |         |
| 127 | 357 | Gwyn Palfrey             | M | Crickhowell Running Club    | Y | 1:17:13 | 1:16:43 |         |
| 128 | 220 | Gareth Davies            | M | Penarth & Dinas Runners     | Y | 1:17:13 | 1:17:03 |         |
| 129 | 216 | Christie Coleman         | M |                             | N | 1:17:40 | 1:17:28 |         |
| 130 | 166 | Bryn Powis               | M | Porthcawl Runners           | Y | 1:17:51 | 1:17:34 |         |
| 131 | 199 | Alex Lewis               | M |                             | N | 1:17:54 | 1:17:36 |         |
| 132 | 148 | Romana Maine             | F | Porthcawl Runners           | Y | 1:17:57 | 1:17:38 | W60+ 2  |
| 133 | 362 | Phil Powell              | M | Llanelli AC                 | N | 1:18:22 | 1:17:53 |         |
| 134 | 256 | Barbara Modrzejewska-Bau | F |                             | N | 1:18:37 | 1:18:29 |         |
| 135 | 224 | Fiona Drysdale           | F | Ogmore Phoenix Runners      | Y | 1:18:47 | 1:18:33 | W50+ 1  |
| 136 | 123 | Mark Griffiths           | M | Neath Harriers              | N | 1:18:47 | 1:18:34 |         |
| 137 | 313 | Michael Cunningham       | M | Hengoed Harriers            | Y | 1:19:15 | 1:19:01 | M65+ 2  |
| 138 | 276 | Julie Scholey            | F | Les Croupiers RC            | Y | 1:19:18 | 1:19:02 | W60+ 3  |
| 139 | 252 | Patrick Lambert          | M |                             | N | 1:19:24 | 1:18:54 |         |
| 140 | 286 | Tamara Thomas            | F | Brackla Harriers            | Y | 1:19:52 | 1:19:42 |         |
| 141 | 243 | Charlotte Johns          | F | Brackla Harriers            | Y | 1:19:53 | 1:19:42 | W50+ 2  |
| 142 | 282 | Andrea Starritt          | F | Brackla Harriers            | Y | 1:19:53 | 1:19:53 | W50+ 3  |
| 143 | 396 | Dewi Gwynedd             | M | Caerphilly Runners          | N | 1:19:53 | 1:19:16 |         |
| 144 | 262 | Jane Ogilvie             | F | Brackla Harriers            | Y | 1:19:54 | 1:19:42 | W55+ 3  |
| 145 | 295 | Malcolm Bradley          | M | Penarth & Dinas Runners     | Y | 1:20:00 | 1:19:49 | M70+ 1  |
| 146 | 279 | Christopher Simons       | M | 3M Gorseinon Road Runners   | Y | 1:20:14 | 1:20:02 |         |
| 147 | 272 | Kimberley Price          | F | Parc Bryn Bach Running Club | Y | 1:20:18 | 1:20:11 | W40+ 2  |
| 148 | 280 | Marcus Smith             | M | Parc Bryn Bach Running Club | Y | 1:20:19 | 1:20:11 |         |
| 149 | 323 | Christian Ford           | M | Caerleon RC                 | Y | 1:20:21 | 1:19:51 |         |
| 150 | 316 | Dewi Davies              | M |                             | N | 1:20:28 | 1:19:58 |         |
| 151 | 236 | Richard Hext             | M | Pontypridd Roadents AC      | Y | 1:20:31 | 1:20:01 |         |
| 152 | 303 | Andy Baker               | M | Fairwater Runners Cwmbran   | Y | 1:20:33 | 1:20:19 |         |
| 153 | 440 | Sadie Jones              | F |                             | N | 1:20:36 | 1:20:01 |         |

## Under 20 Male - Award

|     |     |                  |   |                           |   |         |         |
|-----|-----|------------------|---|---------------------------|---|---------|---------|
| 154 | 203 | Oliver Ashford   | M |                           | N | 1:20:47 | 1:20:36 |
| 155 | 211 | Denise Bradley   | F | Ogmore Phoenix Runners    | Y | 1:20:51 | 1:20:33 |
| 156 | 284 | Martin Talbot    | M | Llisbury Runners          | Y | 1:21:23 | 1:21:14 |
| 157 | 450 | Emma Mitchell    | F | Llisbury Runners          | Y | 1:21:23 | 1:21:14 |
| 158 | 393 | Ian Day          | M |                           | N | 1:21:24 | 1:21:07 |
| 159 | 143 | Steve Lee        | M |                           | N | 1:21:28 | 1:21:22 |
| 160 | 248 | Howard Jones     | M |                           | N | 1:21:35 | 1:21:25 |
| 161 | 210 | Huw Bowen        | M |                           | N | 1:21:40 | 1:21:28 |
| 162 | 132 | Nigel Hitchings  | M | Ogmore Phoenix Runners    | Y | 1:21:42 | 1:21:36 |
| 163 | 422 | Gavin Fraser     | M | Cornelly Striders AC      | Y | 1:21:43 | 1:21:20 |
| 164 | 266 | Rebecca Poole    | F | Fairwater Runners Cwmbran | Y | 1:22:02 | 1:21:48 |
| 165 | 359 | Russ Pearce      | M | Caerphilly Runners        | Y | 1:22:16 | 1:21:51 |
| 166 | 147 | Julian Maine     | M | Porthcawl Runners         | Y | 1:22:40 | 1:22:22 |
| 167 | 296 | Gemma Harris     | F | Run4All Neath             | Y | 1:22:46 | 1:22:25 |
| 168 | 232 | Martin Green     | M | Pontypridd Roadents AC    | Y | 1:22:48 | 1:22:35 |
| 169 | 366 | Wayne Randall    | M | Ogmore Phoenix Runners    | Y | 1:22:51 | 1:22:34 |
| 170 | 401 | Michelle Amblin  | F | Les Croupiers             | Y | 1:22:53 | 1:22:40 |
| 171 | 264 | Rachel Phillips  | F |                           | N | 1:22:56 | 1:22:33 |
| 172 | 253 | Hannah Lewis     | F | Run4All Neath             | Y | 1:22:59 | 1:22:51 |
| 173 | 489 | Ruth Williams    | F |                           | N | 1:22:59 | 1:22:28 |
| 174 | 412 | Lydia Dando      | F |                           | N | 1:22:59 | 1:22:28 |
| 175 | 234 | Idris Hanmer     | M |                           | N | 1:23:00 | 1:22:51 |
| 176 | 292 | Karen Phillips   | F | Porthcawl Runners         | Y | 1:23:13 | 1:22:51 |
| 177 | 434 | Colin Hunt       | M |                           | N | 1:23:21 | 1:23:02 |
| 178 | 119 | Jason Freeman    | M |                           | N | 1:23:21 | 1:23:02 |
| 179 | 344 | Anthony Jones    | M | 3M Gorseinon Road Runners | Y | 1:23:24 | 1:23:12 |
| 180 | 207 | Alex Benson      | M |                           | N | 1:24:14 | 1:24:06 |
| 181 | 281 | Deborah Spiers   | F | Run4All Neath             | Y | 1:24:29 | 1:24:20 |
| 182 | 399 | Stephen Evans    | M |                           | N | 1:24:32 | 1:24:05 |
| 183 | 244 | David Jones      | M |                           | N | 1:24:38 | 1:24:19 |
| 184 | 212 | Vanessa Buckler  | F | Llanelli AC               | Y | 1:24:41 | 1:24:27 |
| 185 | 317 | James Davies     | M |                           | N | 1:24:44 | 1:24:26 |
| 186 | 294 | Chris Pratt      | M | Ogmore Phoenix Runners    | Y | 1:25:06 | 1:24:54 |
| 187 | 291 | Nick Harris      | M | Ogmore Phoenix Runners    | Y | 1:25:23 | 1:25:11 |
| 188 | 430 | Anna Helsing     | F | Penarth & Dinas Runners   | Y | 1:25:25 | 1:25:02 |
| 189 | 181 | Shogun-Li Thomas | M |                           | N | 1:25:28 | 1:25:19 |
| 190 | 238 | Niall Hughes     | M | San Domenico RC           | Y | 1:25:43 | 1:25:28 |
| 191 | 325 | Eve Gallop-Evans | F | Les Croupiers             | Y | 1:25:49 | 1:25:32 |
| 192 | 345 | Wayne Jones      | M |                           | N | 1:26:01 | 1:25:31 |

W40+ 3

|     |     |                     |   |                        |   |         |         |
|-----|-----|---------------------|---|------------------------|---|---------|---------|
| 193 | 222 | Huw Davies          | M |                        | N | 1:26:01 | 1:25:33 |
| 195 | 226 | David Eagle         | M | Run4All Neath          | Y | 1:26:15 | 1:26:01 |
| 196 | 490 | Emma Winch          | F | Ogmore Phoenix Runners | Y | 1:26:17 | 1:26:01 |
| 197 | 394 | Paul Day            | M |                        | Y | 1:26:38 | 1:26:21 |
| 198 | 378 | Angela Thorpe       | F | Run4All Neath          | Y | 1:27:14 | 1:26:51 |
| 199 | 106 | Eric Davey          | M | Llanelli AC            | Y | 1:27:28 | 1:27:24 |
| 200 | 384 | Garry Wharmby       | M | Brackla Harriers       | Y | 1:27:59 | 1:27:36 |
| 201 | 353 | Ceri Moore          | F |                        | N | 1:28:06 | 1:27:31 |
| 202 | 358 | Sarah Parry         | F |                        | N | 1:28:06 | 1:27:31 |
| 203 | 165 | Eleri Powell        | F |                        | N | 1:28:50 | 1:28:38 |
| 204 | 402 | Dudley Ashford      | M |                        | N | 1:28:53 | 1:28:42 |
| 205 | 231 | Yasmine Grainger    | F | Cornelly Striders AC   | Y | 1:29:14 | 1:29:03 |
| 206 | 346 | Betty Lee           | F |                        | N | 1:29:45 | 1:29:22 |
| 207 | 340 | Amy Jones           | F |                        | N | 1:29:45 | 1:29:22 |
| 208 | 464 | Solitaire Pritchard | F |                        | N | 1:30:15 | 1:29:39 |
| 209 | 476 | Louise Russell      | F |                        | N | 1:30:15 | 1:29:39 |
| 210 | 485 | Joanne Wheeldon     | F |                        | N | 1:30:15 | 1:29:39 |
| 211 | 398 | Kat Clark           | F | Porthcawl Runners      | Y | 1:30:22 | 1:30:01 |
| 212 | 339 | Alison Jenkins      | F |                        | N | 1:30:23 | 1:29:56 |
| 213 | 467 | Susan Ralph         | F | Brackla Harriers       | Y | 1:30:23 | 1:30:01 |
| 214 | 437 | Stuart Jenkins      | M |                        | N | 1:30:25 | 1:29:53 |
| 215 | 444 | Andrew Laity        | M |                        | N | 1:30:25 | 1:30:25 |
| 216 | 267 | Ricky Poole         | M |                        | N | 1:30:40 | 1:30:25 |
| 217 | 427 | Laurence Gray       | M |                        | N | 1:30:58 | 1:30:34 |
| 218 | 435 | Andrew Hurley       | M |                        | N | 1:31:12 | 1:30:35 |
| 219 | 356 | Mirena Noyvirt      | F |                        | N | 1:31:34 | 1:31:09 |
| 220 | 336 | Catherine James     | F | Caerphilly Runners     | Y | 1:31:46 | 1:31:14 |
| 221 | 330 | Jarrod Higgs        | M | Caerphilly Runners     | Y | 1:31:46 | 1:31:13 |
| 222 | 329 | Helen Higgs         | F | Caerphilly Runners     | Y | 1:31:46 | 1:31:14 |
| 223 | 372 | Sharon Smith        | F | Caerphilly Runners     | Y | 1:31:47 | 1:31:14 |
| 224 | 320 | Karen Dore          | F | Lonely Goat RC         | N | 1:32:05 | 1:31:33 |
| 225 | 365 | Maria Randall       | F |                        | N | 1:32:06 | 1:31:34 |
| 226 | 385 | Sian Williams       | F |                        | N | 1:32:12 | 1:31:38 |
| 227 | 445 | Elinor Landeg       | F |                        | N | 1:32:50 | 1:32:15 |
| 228 | 241 | Jennet James        | F | Cornelly Striders AC   | Y | 1:32:54 | 1:32:42 |
| 229 | 388 | Carolyn Windos      | F | Cornelly Striders AC   | Y | 1:32:54 | 1:32:42 |
| 230 | 213 | Jayne Catherall     | F |                        | N | 1:33:01 | 1:32:26 |
| 231 | 263 | Leanne Phillips     | F | Lliswerry Runners      | Y | 1:33:18 | 1:32:50 |
| 232 | 319 | Liz Denton          | F | Les Croupiers          | Y | 1:34:11 | 1:33:54 |

M70+ 2

|     |     |                   |   |                             |   |         |         |
|-----|-----|-------------------|---|-----------------------------|---|---------|---------|
| 233 | 235 | Amy Hendry        | F |                             | N | 1:34:27 | 1:34:27 |
| 234 | 219 | Emma Davies       | F |                             | N | 1:34:28 | 1:34:13 |
| 235 | 131 | Ffion Higginson   | F | Bridgend AC                 | Y | 1:34:29 | 1:34:27 |
| 236 | 421 | Laura-Jane Evans  | F |                             | N | 1:34:57 | 1:34:27 |
| 237 | 314 | Caroline Cutlan   | F |                             | N | 1:35:30 | 1:34:59 |
| 238 | 321 | Gemma Eccles      | F |                             | N | 1:35:30 | 1:34:56 |
| 239 | 334 | Ashley Howells    | M | Ogmore Phoenix Runners      | Y | 1:35:31 | 1:35:12 |
| 240 | 322 | Sinan Eccles      | M |                             | N | 1:35:33 | 1:34:59 |
| 241 | 373 | Lilyblue Southam  | F |                             | N | 1:35:35 | 1:35:04 |
| 242 | 337 | Mark James        | M | Porthcawl Runners           | Y | 1:35:36 | 1:35:15 |
| 243 | 225 | Stephanie Dyke    | F | Ogmore Phoenix Runners      | Y | 1:35:37 | 1:35:19 |
| 244 | 338 | Huw Jenkins       | M | Porthcawl Runners           | Y | 1:35:38 | 1:35:18 |
| 245 | 391 | Suzanne Court     | F | Parc Bryn Bach Running Club | Y | 1:35:42 | 1:35:12 |
| 246 | 406 | Nicholas Cadman   | M | Lliswerry Runners           | Y | 1:35:51 | 1:35:26 |
| 247 | 377 | Liam Thorley      | M | Llanelli AC                 | Y | 1:36:29 | 1:36:01 |
| 248 | 308 | Laura Chapple     | F | Run4All Neath               | Y | 1:36:35 | 1:36:13 |
| 249 | 426 | Alyn Ginn         | M | Run4All Neath               | Y | 1:36:46 | 1:36:22 |
| 250 | 240 | Steph Iveson      | F | Ogmore Phoenix Runners      | Y | 1:37:04 | 1:36:42 |
| 251 | 370 | Rosie Salvatore   | F | Ogmore Phoenix Runners      | Y | 1:37:04 | 1:36:43 |
| 252 | 305 | Claire Bell       | F | Les Croupiers               | Y | 1:37:17 | 1:37:00 |
| 253 | 491 | Alun Wylde        | M | Ogmore Phoenix Runners      | Y | 1:37:27 | 1:37:08 |
| 254 | 302 | David Bailyes     | M | Caerphilly Runners          | Y | 1:37:49 | 1:37:16 |
| 255 | 457 | Kaylea Palkowski  | F | Caerphilly Runners          | Y | 1:37:49 | 1:37:15 |
| 256 | 407 | Julie Cawdery     | F |                             | N | 1:37:52 | 1:37:16 |
| 257 | 488 | Leah Williams     | F |                             | N | 1:37:52 | 1:37:16 |
| 258 | 250 | Sylke King        | F | Porthcawl Runners           | Y | 1:38:15 | 1:37:53 |
| 259 | 482 | Radek Wator       | M |                             | N | 1:38:51 | 1:38:30 |
| 260 | 481 | Luiza Wator       | F |                             | N | 1:38:51 | 1:38:31 |
| 261 | 466 | Coral Putman      | F | Vegan Runners UK            | Y | 1:38:52 | 1:38:12 |
| 262 | 227 | Fiona Eagle       | F | Run4All Neath               | Y | 1:39:46 | 1:39:37 |
| 263 | 245 | Mark Jones        | M | Dragon RC                   | N | 1:40:18 | 1:40:04 |
| 264 | 342 | Emma Jones        | F |                             | N | 1:40:19 | 1:40:03 |
| 265 | 428 | Rich Greenwood    | M |                             | N | 1:40:31 | 1:40:01 |
| 266 | 483 | Claire Wellington | F | Tri Hard Harriers           | Y | 1:40:56 | 1:40:32 |
| 267 | 452 | Peter Morris      | M | Brackla Harriers            | Y | 1:40:56 | 1:40:34 |
| 268 | 417 | Zoe Davies        | F | Port Talbot Harriers        | Y | 1:40:56 | 1:40:56 |
| 269 | 360 | Claire Pepper     | F |                             | N | 1:41:05 | 1:40:31 |
| 270 | 367 | Nina Ray          | F |                             | N | 1:41:05 | 1:40:31 |
| 271 | 335 | Dawn Howles       | F |                             | N | 1:41:05 | 1:40:31 |

U20W 1 Under 20 Female Award

|     |     |                       |   |                           |   |         |         |
|-----|-----|-----------------------|---|---------------------------|---|---------|---------|
| 272 | 326 | Amanda Geddes         | F |                           | N | 1:41:05 | 1:40:32 |
| 273 | 332 | Louise Hopkins        | F | Lliswerry Runners         | Y | 1:41:09 | 1:40:43 |
| 274 | 375 | Tracy Strydom         | F | Lliswerry Runners         | Y | 1:41:09 | 1:40:43 |
| 275 | 271 | Claire Price          | F | Lliswerry Runners         | Y | 1:41:09 | 1:40:43 |
| 276 | 257 | Anne-Marie Moon       | F | Vegan Runners             | Y | 1:41:17 | 1:40:42 |
| 277 | 473 | Beatrice Roberts      | F |                           | N | 1:41:22 | 1:40:58 |
| 278 | 471 | Sian Regan            | F |                           | N | 1:41:23 | 1:40:59 |
| 279 | 277 | Sara Shiel            | F |                           | N | 1:41:23 | 1:40:59 |
| 280 | 477 | Nicci Southard-Stuart | F | Tri Hard Harriers         | Y | 1:41:28 | 1:41:05 |
| 281 | 108 | Gavin Davies          | M | 3M Gorseinon Road Runners | Y | 1:41:57 | 1:41:45 |
| 282 | 347 | Caerwyn Lewis         | M | Ogmore Phoenix Runners    | Y | 1:42:25 | 1:41:56 |
| 283 | 418 | Christina Deakin      | F |                           | N | 1:42:28 | 1:41:57 |
| 284 | 416 | Nicola Davies         | F | White Rock Runners        | Y | 1:42:42 | 1:42:00 |
| 285 | 331 | Melanie Hill          | F | White Rock Runners        | Y | 1:42:42 | 1:42:01 |
| 286 | 486 | Heather Whittaker     | F |                           | N | 1:43:43 | 1:43:05 |
| 287 | 484 | Louise Wharton        | F |                           | N | 1:44:28 | 1:44:07 |
| 288 | 413 | Gareth Davies         | M | Penarth & Dinas Runners   | Y | 1:44:32 | 1:44:11 |
| 289 | 420 | Julie Evans           | F |                           | N | 1:44:39 | 1:44:02 |
| 290 | 438 | Natalie Jones         | F |                           | N | 1:44:40 | 1:44:24 |
| 291 | 480 | Melanie Thomas        | F | Ogmore Phoenix Runners    | Y | 1:44:40 | 1:44:24 |
| 292 | 446 | Kate Lee              | F | Ogmore Phoenix Runners    | Y | 1:44:40 | 1:44:24 |
| 293 | 478 | Tracey Summers        | F |                           | N | 1:45:04 | 1:44:27 |
| 294 | 410 | Philippa Rocker       | F |                           | N | 1:45:13 | 1:44:46 |
| 295 | 371 | Rob Sims              | M |                           | N | 1:45:36 | 1:45:04 |
| 296 | 441 | Claire Kearney        | F | Llanelli AC               | Y | 1:45:38 | 1:45:10 |
| 297 | 442 | Craig Kearney         | M | Llanelli AC               | Y | 1:45:38 | 1:45:10 |
| 298 | 361 | Lorna Powell          | F | Llanelli AC               | Y | 1:45:49 | 1:45:21 |
| 299 | 397 | Jody Williams         | F | Llanelli AC               | Y | 1:45:49 | 1:45:22 |
| 300 | 449 | Judith Maragna        | F |                           | N | 1:47:05 | 1:46:41 |
| 301 | 409 | Lindsey Clarke        | F |                           | N | 1:47:05 | 1:46:41 |
| 302 | 126 | Michael Halsall       | M | Llanelli AC               | Y | 1:49:24 | 1:49:21 |
| 303 | 324 | Leigh Francis         | F |                           | N | 1:49:26 | 1:49:06 |
| 304 | 251 | Simon Kingsnorth      | M | Llanelli AC               | Y | 1:50:03 | 1:49:33 |
| 305 | 382 | Amanda Ward           | F | Run4All Neath             | Y | 1:50:28 | 1:50:03 |
| 306 | 369 | Rebecca Richards      | F | Run4All Neath             | Y | 1:51:06 | 1:50:40 |
| 307 | 433 | Alison Hughes         | F | Griffithstown Harriers    | Y | 1:51:14 | 1:50:48 |
| 308 | 456 | Joanne Paling         | F | Griffithstown Harriers    | Y | 1:51:14 | 1:50:49 |
| 309 | 479 | Michael Taylor        | M |                           | N | 1:52:34 | 1:52:09 |
| 310 | 395 | Gina Day              | F |                           | N | 1:53:51 | 1:53:33 |



|     |     |                    |   |                        |   |         |         |
|-----|-----|--------------------|---|------------------------|---|---------|---------|
| 311 | 349 | Barbie Llewellyn   | F |                        | N | 1:54:30 | 1:54:03 |
| 312 | 458 | Leanne Parsons     | F | Ogmore Phoenix Runners | Y | 1:54:56 | 1:54:36 |
| 313 | 414 | Janet Davies       | F |                        | N | 1:55:14 | 1:54:53 |
| 314 | 278 | Josephine Shirley  | F | Porthcawl Runners      | Y | 1:55:14 | 1:54:52 |
| 315 | 455 | Samuel Owens       | M |                        | N | 1:57:01 | 1:55:56 |
| 316 | 355 | Iliyana Noyvirt    | F |                        | N | 1:57:52 | 1:57:25 |
| 317 | 460 | Deb Peake          | F |                        | N | 1:57:59 | 1:57:19 |
| 318 | 461 | Steve Peake        | M |                        | N | 1:58:00 | 1:57:20 |
| 319 | 318 | Natasha Davies     | F | Llanelli AC            | Y | 1:58:40 | 1:58:10 |
| 320 | 221 | Geraint Davies     | M | Llanelli AC            | Y | 1:58:40 | 1:58:11 |
| 321 | 268 | Carolyn Powell     | F |                        | N | 1:58:44 | 1:58:12 |
| 322 | 423 | Jack Freeman       | M |                        | N | 2:00:46 | 2:00:22 |
| 323 | 348 | Jacky Lewis        | F |                        | N | 2:05:37 | 2:05:08 |
| 324 | 364 | Victoria Ramsey    | F |                        | N | 2:05:39 | 2:05:07 |
| 325 | 392 | Linda Harris       | F | Ogmore Phoenix Runners | Y | 2:13:00 | 2:12:30 |
| 326 | 104 | Clair Charalambous | F | Les Croupiers          | Y | 2:14:19 | 2:13:51 |
| 327 | 293 | Kirsty McGowan     | F | Les Croupiers          | N | 2:14:46 | 2:14:18 |
| 328 | 431 | Tracy Hext         | F |                        | N | 2:18:29 | 2:17:57 |
| 329 | 405 | Noelle Brys        | F |                        | N | 2:29:41 | 2:29:17 |
| 330 | 429 | Tina Griffiths     | F |                        | Y | 2:29:41 | 2:28:56 |

Indicates entered on day