

# THE RABBIT RUN 2023

Saturday 15th July, 2023

POS	BIB	TIME	NAME	CAT	CAT RANK	CLUB
1	520	00:45:32	Jacob Tasker	MSen	1	Ogmore Phoenix Runners
2	564	00:49:38	Adam Whittaker	MSen	2	Cdf Runners
3	61	00:49:53	Thomas Callard	MSen	3	Neath Harriers
4	36	00:51:12	Tim Bennett-Jones	MSen	4	
5	265	00:51:19	Martin Johns	MSen	5	Llswerry Runners
6	19	00:51:50	Daniel Austin	MSen	6	Cardiff Archers
7	586	00:52:00	Sion Daniels	MSen	7	Llanelli AC
8	152	00:52:09	Gethin Edwards	M40+	1	Pontypridd Roadents
9	43	00:52:24	Jonny Bonville-Ginn	MSen	8	Cdf Runners
10	358	00:52:59	Ollie Minton	MSen	9	Clwb Run Wales
11	99	00:53:18	Gareth Davey	M40+	2	Neath Harriers
12	2	00:53:38	Andreas Adams	MSen	10	
13	553	00:53:46	David Warren	M60+	1	Clwb Rhedeg Aberteifi
14	135	00:53:50	Antoinette Dumayne	FSen	1	Llswerry Runners
15	415	00:53:56	Sean Petty	MU20	1	Bridgend Ac
16	121	00:54:06	Alan Davies	M60+	2	Swansea Harriers
17	133	00:54:33	Martyn Driscoll	M40+	3	Les Croupiers
18	463	00:54:36	Jack Rowland	MSen	11	Llswerry Runners
19	98	00:54:42	Michael Darke	M40+	4	Cdf Runners
20	169	00:54:46	Meirion Evans	M40+	5	Run4All Neath
22	30	00:54:49	Oliver Bartlett	MSen	12	Sale Harriers Manchester
21	80	00:54:49	Craig Collins	M40+	6	Llswerry Runners
23	626	00:54:55	Daniel Clarke	M40+	7	Llanelli AC
24	446	00:55:22	Thomas Rhoden	MSen	13	
25	262	00:55:37	Matthew Jenkins	MSen	14	Cdf Runners
26	305	00:56:11	Nynke Kuiper	FSen	2	Cdf Runners
27	502	00:56:18	Roddy Stark	MSen	15	Cdf Runners
28	242	00:56:22	Aled Hughes	M40+	8	Ogmore Phoenix Runners
29	326	00:57:13	Jaron Lloyd	MSen	16	Llswerry Runners
30	420	00:57:25	Laurence Pole	M40+	9	Pontypridd Roadents
31	250	00:57:43	Alexander James	MSen	17	Cdf Runners
32	594	00:57:56	Steve Jones	M40+	10	
33	318	00:57:59	Chris Lewis	M40+	11	Port Talbot Harriers
34	541	00:58:03	Jonathan Travis	MSen	18	San Domenico
35	155	00:58:09	Tom Emslie-Smith	MSen	19	
36	65	00:58:17	Richard Carr	MSen	20	Run Grangetown
37	546	00:58:31	Matt Turner	M50+	1	Caerleon Rc

38	405	00:58:44	Connor Panting	MSen	21	Ogmore Phoenix Runners
39	480	00:58:55	Joe Semmens	MSen	22	
40	473	00:58:58	Neil Saxena	MSen	23	
41	205	00:58:59	Christopher Guy	M40+	12	Llswerry Runners
42	51	00:59:03	Will Breeze	M40+	13	Gary House Running
43	578	00:59:05	Tim Woodhead	MSen	24	Good Gym Race Team
44	96	00:59:12	Adrian Crujeiras Miranda	MSen	25	
45	14	00:59:13	William Arnold	MSen	26	
46	580	00:59:18	Emma Wookey	FSen	3	Llswerry Runners
47	300	00:59:19	Nathan Kersley	M40+	14	Rosie'S Runners
48	112	00:59:32	Gavin Davies	M50+	2	3M Gorseinon Rrc
49	380	00:59:38	Carl Nealon	MSen	27	
50	365	00:59:42	Tom Morgan	MSen	28	Cdf Runners
51	337	00:59:45	Tom Mahoney	MSen	29	Ogmore Phoenix Runners
52	296	00:59:55	Elinor Keetch	F40+	1	Pontypridd Roadents
53	193	01:00:22	Simon Gill	M40+	15	Llswerry Runners
54	259	01:00:23	Tracy Jenkins	F50+	1	Porthcawl Runners
55	492	01:00:29	Steve Smith	M60+	3	Swansea Harriers
56	120	01:00:40	Rob Davies	M40+	16	Llanelli Ac
57	207	01:00:51	Idris Hanmer	MSen	30	Run4All Neath
58	85	01:00:55	Simon Coombes	M40+	17	Swansea Harriers
59	627	01:00:59	Rhydian Davies	MSen	31	
60	50	01:01:01	Richard Breakspear	M40+	18	Good Gym Race Team
61	244	01:01:05	Armored Jackson	FSen	4	Moti Albany Road Run Club
62	554	01:01:09	Heidi Waters	FSen	5	Port Talbot Harriers
63	246	01:01:12	Claire Jacobs	F50+	2	Les Croupiers
64	175	01:01:14	David Ferns	MSen	32	Pontypridd Roadents
65	105	01:01:18	Shawn Davies	M40+	19	Rhondda Valley Runners
66	352	01:01:32	Ceri Merwood	FSen	6	Cdf Runners
67	273	01:01:36	Randal Jones	M60+	4	Llswerry Runners
68	39	01:01:52	Stephen Betts	MSen	33	
69	444	01:01:57	Nick Rees	M60+	5	Llswerry Runners
70	428	01:02:02	Connor Preddy	MSen	34	Run4All Neath
71	576	01:02:04	Anna Williams	FSen	7	Caerphilly Runners
72	63	01:02:06	Neil Calucag	M40+	20	Cdf Runners
73	9	01:02:12	Jesse Andrews	M40+	21	Cdf Runners
74	309	01:02:15	Michael Launder	MSen	35	Port Talbot Harriers
75	516	01:02:21	Naomi Sutton	FSen	8	Run4All Neath
76	200	01:02:39	Ifan Griffiths	MSen	36	
77	550	01:02:44	George Walker	M60+	6	Cdf Runners
78	215	01:02:52	Samantha Healy	F50+	3	Port Talbot Harriers
79	350	01:02:54	James Mcloughlin	M50+	3	Llswerry Runners
80	523	01:02:55	Lowenna Taylor	FSen	9	Caerleon Rc
81	12	01:03:03	Antonio Antoniazzi	M50+	4	Ogmore Phoenix Runners

82	510	01:03:07	Nick Stocker	M50+	5	Bridgend Ac
83	485	01:03:11	Robert Slaughter	M50+	6	Porthcawl Runners
84	57	01:03:20	David Brown	M50+	7	
85	208	01:03:30	Stewart Harding	MSen	37	CDF Runners
86	310	01:03:43	Phil Lee	M40+	22	Llswerry Runners
87	159	01:03:46	Tom Evans	MSen	38	
88	192	01:04:09	Stephen George	M40+	23	Parc Brynbach Running Club
89	618	01:04:19	Sam Skilton	MSen	39	Llswerry Runners
90	229	01:04:31	James Hole	MSen	40	Tri Hard Harriers
91	431	01:04:48	Robert Price	M40+	24	Aberdare Valley Amateur Athletic Club
93	7	01:04:49	Seren Allin	FSen	10	
92	139	01:04:49	Kevin Dupe	M50+	8	Vegan Runners
94	218	01:04:59	Paul Heskins	M40+	25	Run4All Neath
95	615	01:05:14	Carl Feiven	M40+	26	Cornelly Striders
96	88	01:05:19	Alun Cox	M50+	9	Port Talbot Harriers
97	519	01:05:43	Cheryl Tanner	F40+	2	Run4All Neath
98	504	01:05:44	Deryl Stephens	M50+	10	Bridgend Ac
99	598	01:05:58	Nick Mannion	M40+	27	
100	46	01:06:03	Rachel Bowen	F40+	3	Llswerry Runners
101	68	01:06:05	Simon Cawthorn	M50+	11	Llswerry Runners
102	107	01:06:05	Huw Davies	MSen	41	Pontypridd Roadents
103	482	01:06:09	James Sibley	MSen	42	
104	483	01:06:09	Tim Sibley	M50+	12	Axe Valley Runners
105	540	01:06:19	Alex Tovey	M50+	13	Run4All Neath
106	17	01:06:25	Stephen Attwood	M40+	28	
107	432	01:06:27	Rob Price	M50+	14	Builth Wells And District Running Club
108	288	01:06:29	Will Jones	M40+	29	
109	419	01:06:36	Mike Pobjoy	M50+	15	Llswerry Runners
110	536	01:06:44	Lauren Thomas	FSen	11	Run4All Neath
111	398	01:06:53	Clive Osmond	M60+	7	Les Croupiers
113	59	01:06:57	Lydia Bundy	FSen	12	Pontypridd Roadents
112	87	01:06:57	Holly Corlett	FSen	12	Cdf Runners
114	474	01:07:02	Sorcha Saxena	FSen	14	
115	328	01:07:07	John Lloyd	M50+	16	Brackla Harriers
116	18	01:07:12	Stephen Austin	M50+	17	
117	374	01:07:21	Michael Murphy	M60+	8	Les Croupiers
118	125	01:07:27	Jeremy Dickson	M60+	9	Llswerry Runners
119	425	01:07:36	Catherine Powell	F40+	4	Pontypridd Roadents
120	442	01:07:43	Darren Raz-Nick	M40+	30	Good Gym Race Team
121	181	01:07:46	Graham Foster	M60+	10	Brackla Harriers
122	558	01:08:06	Jessica Wesley	FSen	15	3M Gorseinon Road Runners
123	584	01:08:10	Lee Bodenham	F40+	5	Potthcawl Runners
124	226	01:08:28	Steven Hoare	MSen	43	Pontypridd Roadents
125	274	01:08:30	Christopher Jones	M60+	11	Llswerry Runners

126	412	01:08:37	Steven Perks	M60+	12	Run4All Neath
127	376	01:08:40	Louise Muteham	F40+	6	Lliswerry Runners
128	314	01:08:51	Adrian Lewis	M50+	18	Brackla Harriers
129	437	01:08:56	Sally Pugsley	FSen	16	Porthcawl Runners
130	33	01:08:58	Martin Beard	M50+	19	Ogmore Phoenix Runners
131	373	01:09:00	Rhys Mumford	MSen	44	Porthcawl Runners
132	267	01:09:01	Adam Johnson	MSen	45	Cdf Runners
133	148	01:09:03	Colin Edwards	M60+	13	Llanelli Ac
134	447	01:09:05	Keziah Rhoden	FSen	17	
135	115	01:09:07	James Davies	MSen	46	
136	199	01:09:12	Lisa Griffin	F40+	7	Rosie'S Runners
137	261	01:09:13	Lloyd Jenkins	MSen	47	
138	359	01:09:20	Rachel Monks	FSen	18	Port Talbot Harriers
140	177	01:09:24	Jon Finch	M50+	20	Irongang
139	539	01:09:24	Emma Tovey	F40+	8	Merthyr Running Club
141	472	01:09:25	Sean Sanders	M50+	21	Merthyr Running Club
142	372	01:09:26	Peter Morrison	MSen	48	
143	496	01:09:27	Mahesh Soni	MSen	49	Lliswerry Runners
144	167	01:09:30	David Evans	MSen	50	
145	183	01:09:36	Lauren Foulkes	FSen	19	Pontypridd Roadents
146	458	01:09:37	Jennifer Roberts	FSen	20	Swansea Harriers
147	560	01:09:38	Elaine Wharmby	F50+	4	Brackla Harriers
148	287	01:09:52	Chris Jones	M60+	14	Porthcawl Runners
149	468	01:10:01	Dom Ryland	M50+	22	Cardiff Tri
150	532	01:10:02	Mark Thomas	M40+	31	Personal
151	275	01:10:14	Richard Jones	MSen	51	Lliswerry Runners
152	360	01:10:37	Louise Mordue	F40+	9	Porthcawl Runners
153	505	01:10:38	Marc Stephens	MSen	52	
154	511	01:10:41	Dylan Stocker	MSen	53	
155	593	01:10:49	Stevie Jenkins	MSen	54	
156	25	01:10:56	Sarah Barham	F50+	5	3M Gorseinon Road Runners
157	316	01:10:58	Rhys Lewis	MSen	55	
158	477	01:11:01	Claire Seaman	FSen	21	
159	136	01:11:05	Claire Dunbar-Bowen	F40+	10	Ogmore Phoenix Runners
160	515	01:11:13	Jo Sulman	F50+	6	Pontypridd Roadents
161	600	01:11:20	Hal Parsons	MSen	56	
162	179	01:11:32	Christian Ford	MSen	57	Caerleon Rc
163	514	01:11:36	James Stroud	MSen	58	
164	604	01:11:38	Brian Saxby	M60+	15	Run4All Neath
165	443	01:11:39	Andy Rees	M60+	16	3M Gorseinon Road Runners
166	517	01:11:45	Nathan Swain	MSen	59	Good Gym Race Team
167	117	01:11:46	Gareth Davies	M50+	23	Ogmore Phoenix Runners
168	612	01:11:50	Mathew Jones	M40+	32	Llanelli AC
169	488	01:11:55	Nick Sloper	M50+	24	Spirit Of Monmouth

170	173	01:12:03	Lorraine Fergus	F50+	7	Llswerry Runners
171	429	01:12:16	Kimberley Price	F40+	11	Parc Brynbach Running Club
172	493	01:12:16	Marcus Smith	M50+	25	Parc Brynbach Running Club
173	524	01:12:16	Suzanne Tew	F50+	8	Parc Brynbach Running Club
174	613	01:12:16	John Clark	M60+	17	Run4All Neath
175	35	01:12:23	Amanda Beel	F40+	12	
176	427	01:12:27	Bryn Powis	M40+	33	Porthcawl Runners
177	102	01:12:31	Alison Davidson	FSen	22	Good Gym Race Team
178	436	01:12:38	Chris Pugh	M50+	26	
179	209	01:12:49	Louise Harries	F50+	9	Brackla Harriers
180	402	01:13:05	Gwyn Palfrey	M60+	18	Crickhowell Running Club
181	228	01:13:06	Steve Holderness	M50+	27	Rhondda Valley Runners
182	13	01:13:09	Cris Arnold	M50+	28	3M Gorseinon Road Runners
183	172	01:13:09	Stuart Felix	M50+	28	Rhondda Valley Runners
184	369	01:13:11	Rees Morrell	M40+	34	
185	322	01:13:17	Gareth Llewellyn	M40+	35	
186	466	01:13:19	Joanne Ryan	F40+	13	Rhondda Valley Runners
187	306	01:13:27	Triona Lambert	FSen	23	Llswerry Runners
188	28	01:13:29	Andy Barry	M60+	19	Llswerry Runners
189	297	01:13:36	Amy Kelleher	F40+	14	
190	424	01:13:44	Eleri Powell	FSen	24	Brackla Harriers
191	624	01:13:57	Deian Davies	M40+	36	Trots
192	471	01:14:03	Philip Sanders	M40+	37	
193	32	01:14:05	Jade Bazylkiewicz	FSen	25	Ogmore Phoenix Runners
194	531	01:14:31	Gareth Thomas	M50+	30	Run4All Neath
195	5	01:15:06	Indy Allin	MU20	2	Ridley'S Runners
196	67	01:15:07	Stephen Casburn	MSen	60	Vegan Runners
197	4	01:15:09	Marilyn Allin	F50+	10	Ridley'S Runners
198	383	01:15:23	Kat Nguyen	FSen	26	Cdf Runners
199	392	01:15:23	Stephan Noyvirt	MSen	61	
200	423	01:15:24	Emily Portergill	FSen	27	Cdf Runners
201	455	01:15:26	Diane Ridgeway	F50+	11	3M Gorseinon Road Runners
202	95	01:15:30	Marc Cross	M40+	38	Griffithstown Harriers
203	364	01:15:30	Huw Morgan	MSen	62	
204	214	01:15:32	Liv Hayward	FSen	28	
205	180	01:15:34	Tomas Forsey	MSen	63	Llswerry Runners
206	602	01:15:36	Chris Pratt	M50+	31	Ogmore Phoenix Runners
207	570	01:15:39	Joshua Hayden Williams	MSen	64	
208	206	01:15:43	Laura Hale	F40+	15	
209	232	01:15:48	Craig Hopkins	M40+	39	Llanelli Ac
210	426	01:15:48	Leanne Powis	F40+	16	Porthcawl Runners
211	302	01:15:50	Emma King	F40+	17	Llswerry Runners
212	476	01:15:50	Julie Scholey	F60+	1	Les Croupiers
213	421	01:15:51	Mark Polley	MSen	65	



214	339	01:15:52	Romana Maine	F60+	2	Porthcawl Runners
215	22	01:15:56	Paul Azzopardi	MSen	66	
216	26	01:16:10	Kevin Barnes	M60+	20	Hereford Couriers
217	113	01:16:15	Neil Davies	M60+	21	Pegasus
218	75	01:16:19	Gareth Clubb	M40+	40	
219	370	01:16:24	Tina Morris	F40+	18	Amman Valley Harriers
220	185	01:16:31	Jason Freeman	M50+	32	Tridents
221	64	01:16:33	Lee Canning	M40+	41	Caerphilly Runners
222	134	01:16:34	Fiona Drysdale	F50+	12	Ogmore Phoenix Runners
223	465	01:16:45	Louise Russell	F40+	19	
224	382	01:16:46	Francesca Newman	F50+	13	3M Gorseinon Road Runners
225	525	01:16:52	Shogun-Li Thomas	M40+	42	Cornelly Striders
226	332	01:16:59	Simon Lock	M50+	33	Trail Running Association
227	409	01:17:07	Bretti Paxton	FSen	29	Pontypridd Roadents
228	378	01:17:27	Glen Neal	M50+	34	
229	213	01:17:28	David Hawker	M50+	35	
230	535	01:17:30	Richard Thomas	M40+	43	
231	338	01:17:33	Julian Maine	M60+	22	Porthcawl Runners
232	575	01:17:42	Jason Williams	M50+	36	
233	590	01:17:56	Andrew Homer	M40+	44	Vipers running club
234	323	01:17:59	Rhys Llewellyn	M40+	45	
235	292	01:18:01	Evren Karaibrahimgil	M40+	46	
236	582	01:18:06	Caroline Wright	F40+	20	Amman Valley Harriers
237	547	01:18:15	Sandra Vermaak	F40+	21	Cowbridge Moovers
238	450	01:18:27	Janet Richards	F50+	14	Lliswerry Runners
239	449	01:18:41	Martin Richards	M50+	37	
240	587	01:18:43	Claire Godfrey	F50+	15	Porthcawl Runers
241	597	01:18:44	Darren Lock	M50+	38	
242	137	01:18:51	Lee Dunbar-Bowen	M40+	47	Ogmore Phoenix Runners
243	456	01:19:07	Katie Ridley-Jones	FSen	30	
244	241	01:19:15	Ieuan Hughes	MSen	67	
245	363	01:19:15	Daniel Morgan	MSen	67	
246	49	01:19:16	Denise Bradley	F60+	3	Ogmore Phoenix Runners
247	478	01:19:21	Graham Seaman	M60+	23	
248	317	01:19:26	Hannah Lewis	FSen	31	Run4All Neath
249	542	01:19:36	Sharon Trotman	F50+	16	3M Gorseinon Road Runners
250	371	01:19:53	Jody Morris	FSen	32	Rvr
251	71	01:20:04	Emily Chinn	F50+	17	Lliswerry Runners
252	298	01:20:06	Sarah Kembrey	F40+	22	Lliswerry Runners
253	81	01:20:08	Kathryn Collins	FSen	33	Lliswerry Runners
254	448	01:20:12	Helen Rice	F40+	23	
255	490	01:20:21	Sharon Smith	F50+	18	Caerphilly Runners
256	312	01:20:24	Kwok Lee	M40+	48	Run4All Neath
257	58	01:20:25	Andrew Buchanan	M40+	49	Run4All Neath

258	11	01:20:26	Kat Angell	FSen	34	Porthcawl Runners
259	457	01:20:29	Kath Roberts	F40+	24	Run4All Neath
260	160	01:20:31	Joanna Evans	FSen	35	
261	354	01:20:45	Stuart Milbourne	M60+	24	
262	481	01:20:49	David Sheard	M50+	39	Ogmore Phoenix Runners
263	187	01:20:53	Steven Gabriel	F40+	25	Cdf Runners
264	459	01:20:54	Matthew Robertson	M40+	50	Brackla Harriers
265	290	01:20:56	Owen Jones	M50+	40	Lliswerry Runners
266	320	01:21:00	Beth Lewis	F40+	26	
267	347	01:21:04	Martin Mcgowan	M40+	51	
268	503	01:21:05	Alexander Starritt	MSen	69	Brackla Harriers
269	27	01:21:08	Matthew Barrell	M40+	52	
270	327	01:21:16	Alison Lloyd	F40+	27	Hengoed Harriers
271	454	01:21:24	Manisha Rickards	F60+	4	3M Gorseinon Road Runners
272	130	01:21:26	Clare Donaldson	F40+	28	
273	581	01:21:28	Michael Workman	M40+	53	Caerphilly Runners
274	315	01:21:31	Fiona Lewis	FSen	36	
275	158	01:21:33	Julia Esmond	F40+	29	Ogmore Phoenix Runners
276	384	01:21:37	Dan Nicholas	MSen	70	
277	44	01:21:44	Gareth Boon	M50+	41	
278	176	01:21:44	Stephanie Ferry	FSen	37	Cdf Runners
279	269	01:21:46	Andrew Jones	M50+	42	Hengoed Harriers
280	92	01:22:08	Kelly Crofts	F40+	30	Les Croupiers
281	411	01:22:10	Jon Pearn	M60+	25	Run4All Neath
282	325	01:22:14	Paul Lloyd	M50+	43	
283	198	01:22:30	Joel Griffin	M40+	54	Rosie'S Runners
284	410	01:22:39	Russ Pearce	M50+	44	Hengoed Harriers
285	34	01:22:44	Joshua Beard	MSen	71	
286	104	01:22:46	David Kevin Davies	M60+	26	Grangtown Runners
287	566	01:22:54	Barbara Wilkinson	F50+	19	Lliswerry Runners
288	97	01:22:57	Gareth Daniel	M60+	27	
289	278	01:23:01	Gemma Jones	F40+	31	Run4All Neath
290	381	01:23:06	Grace Newbould	FSen	38	Penarth & Dinas Runners
291	220	01:23:13	Simon Hill	M50+	45	
292	62	01:23:18	Bron Calnan	FSen	39	Penarth & Dinas Runners
293	628	01:23:21	Anthony Williams	M40+	55	Hengoed Harriers
294	217	01:23:33	Michael Henry	MSen	72	Lliswerry Runners
295	89	01:23:37	Lynne Crabtree	F50+	20	Oakdale Runners
296	201	01:23:39	Franki Grima	F40+	32	
297	223	01:23:40	Matthew Hill	M40+	56	
298	127	01:23:42	Jamie Diserens	MSen	73	
299	128	01:23:42	Kathryn Diserens	FSen	40	
300	41	01:23:51	Justine Blaber	F50+	21	Lliswerry Runners
301	73	01:23:52	Lisa Christen	F50+	22	Cotswold Allrunners

302	118	01:23:59	Rebecca Davies	F40+	33	Rhondda Valley Runners
303	196	01:24:07	Martin Green	M50+	46	Pontypridd Roadents
304	414	01:24:07	Sue Peters	F60+	5	Tri Hard Harriers
305	606	01:24:11	Jody Williams	FSen	41	
306	548	01:24:21	Yangi Vundamina	F40+	34	Caerleon Rc
307	258	01:24:23	Sharon Jenkins	F50+	23	
308	29	01:24:24	Natalie Bartlett	FSen	42	Rhondda Valley Runners
309	257	01:24:24	Huw Jenkins	M50+	47	
310	211	01:24:26	Nick Harris	MSen	74	Ogmore Phoenix Runners
311	529	01:24:26	Melanie Thomas	F40+	35	Ogmore Phoenix Runners
312	563	01:24:27	Rohan Whiteman	MU20	3	
313	534	01:24:39	Alwyn Thomas	M60+	28	Porthcawl Runners
314	537	01:24:49	Rachel Thomson	FSen	43	
315	407	01:24:51	Sarah Parry	F50+	24	She Runs Cardiff
316	526	01:24:52	Myfanwy Thomas	F40+	36	She Runs: Cardiff
317	101	01:24:59	Jacqueline Davidge	F60+	6	Llswerry Runners
318	122	01:24:59	Liz Davis	F50+	25	Llswerry Runners
319	202	01:24:59	Julia Groombridge	F50+	25	Llswerry Runners
320	452	01:25:04	Rhys Richards	MSen	75	
321	451	01:25:17	Anthony Richards	M60+	29	
322	513	01:25:17	Jon Stones	M40+	57	Llswerry Runners
323	401	01:25:20	Mark Packwood	M50+	48	
324	245	01:25:28	Emma Jackson-Phillips	FSen	44	Cornelly Striders
325	108	01:25:31	Zoe Davies	FSen	45	Port Talbot Harriers
326	588	01:25:34	Sharon Graham	F40+	37	
327	131	01:25:52	Rachel Dorel	FSen	46	Llswerry Runners
328	227	01:25:53	Steve Hogan	M40+	58	Llswerry Runners
329	52	01:25:56	Rachel Brewer	F40+	38	
330	400	01:26:02	Liam Owen	MSen	76	Llswerry Runners
331	194	01:26:10	Martin Graff	M60+	30	Good Gym Race Team
332	299	01:26:42	Rebecca Kemlo	FSen	47	
333	589	01:26:42	Jason Hodges	MSen	77	
334	224	01:26:48	Christopher Hill	M50+	49	Llswerry Runners
335	225	01:27:05	Nigel Hitchings	M50+	50	Ogmore Phoenix Runners
336	6	01:27:36	Rory Allin	M50+	51	Ridley'S Runners
337	60	01:27:39	Nicholas Cadman	M40+	59	Llswerry Runners
338	161	01:27:41	Carwyn Evans	M50+	52	Dragons Running Club
339	170	01:27:57	Nia Evans	FSen	48	Run4All Neath
340	486	01:28:00	Ed Slaughter	MU20	4	
341	255	01:28:04	David Jeffery	M60+	31	
342	149	01:28:21	Gloria Edwards	F60+	7	Llanelli Ac
343	319	01:28:28	John Lewis	M60+	32	Llantwit Major Milers
344	439	01:28:28	Tracey Pycroft	F50+	27	Run For Fun
345	311	01:28:32	Betty Lee	F40+	39	



346	559	01:28:47	Michelle Westlake	F40+	40	
347	333	01:28:57	Tanya Lock	F50+	28	Trail Running Association
348	286	01:29:07	Deb Jones	F50+	29	Porthcawl Runners
349	416	01:29:07	Karen Phillips	F50+	29	Porthcawl Runners
350	291	01:29:18	Margaret Joseph	F40+	41	Porthcawl Runners
351	343	01:29:18	Anna Marchington	F40+	41	
352	577	01:29:19	Sarah Wilson	F40+	43	Porthcawl Runners
353	555	01:29:28	John Weatherbed	M60+	33	Llswerry Runners
354	243	01:29:29	Trudy Hurford	F40+	44	Llswerry Runners
355	599	01:29:30	John May	M60+	34	Run4AllNeath
356	303	01:29:33	Sylke King	F50+	31	Porthcawl Runners
357	592	01:29:37	Llinos Hubbard	FSen	49	
358	271	01:29:48	Cheryl Jones	F40+	45	Llswerry Runners
359	508	01:29:59	Lisa Stevens	F50+	32	Stratford Upon Avon Athletics Club
360	461	01:30:04	Paul Robinson	M40+	60	Porthcawl Runners
361	585	01:30:28	Richard Crook	F50+	33	Vegetarian Cycling Athletic Club
362	368	01:30:55	Lon Morgan	F60+	8	Trots
363	301	01:31:36	Roger Key	M50+	53	Run4All Neath
364	142	01:31:54	Stephanie Dyke	F50+	34	Ogmore Phoenix Runners
365	8	01:32:27	Michelle Amblin	F40+	46	Les Croupiers
366	591	01:32:30	jennifer hoskins	F50+	35	Run4all Neath
367	100	01:32:33	Eric Davey	M60+	35	Llanelli Striders
368	433	01:32:44	Victoria Pritchard	FSen	50	She Runs Cardiff
369	489	01:32:45	Megan Smith	FSen	51	She Runs Cardiff
370	222	01:32:47	David Hill	M40+	61	Cdf Runners
371	561	01:33:10	Garry Wharmby	M60+	36	Brackla Harriers
372	106	01:33:15	Nicola Davies	F50+	36	Moti Albany Road Run Club
373	221	01:33:16	Melanie Hill	F50+	37	
374	574	01:33:36	Angela Williams	F60+	9	Porthcawl Runners
375	210	01:33:40	Emma Harris	FSen	52	Run Grangetown
376	195	01:33:45	Michelle Graham	F40+	47	
377	538	01:33:51	Caroline Tinsley	F40+	48	Rhiwbina Runners
378	237	01:34:28	The Hubbarde	M50+	54	
379	389	01:34:29	Maja Nowak	F40+	49	Caerleon Rc
380	254	01:34:36	Hannah Jeans-Wells	F40+	50	Llswerry Runners
381	497	01:35:05	Lilyblue Southam	F40+	51	
382	399	01:35:07	Melanie Owen	F40+	52	
383	248	01:35:20	Catherine James	F40+	53	
384	247	01:35:21	Kevin James	M40+	62	
385	512	01:35:33	Rhiannon Stone	F50+	38	
386	203	01:35:35	Susie Gurner	F40+	54	Hengoed Harriers
387	375	01:35:39	Gillian Murphy	F60+	10	Les Croupiers
388	417	01:35:43	Rachel Phillips	F50+	39	
389	53	01:35:49	Gary Brewster	MSen	78	Llswerry Runners

390	15	01:35:54	Sharon Ashby	F40+	55	She Runs Cardiff
391	42	01:35:54	Clare Boland	FSen	53	Just Run Penybont
392	204	01:36:48	Caroline Gurnsey	F40+	56	
393	216	01:36:48	Laura Hennah George	F40+	56	
394	279	01:36:49	Katie Jones	F40+	58	
395	182	01:36:53	Wendy Foster	F50+	40	Brackla Harriers
396	556	01:36:53	Lucy Webb	FSen	54	
397	441	01:37:22	Nina Ray	F40+	59	
398	500	01:37:22	Karen Spence	F50+	41	
399	321	01:37:33	Catherine Lewton	F40+	60	
400	307	01:38:05	Vernon Lambert	M40+	63	Trail Running Association
401	355	01:38:11	Rebekah Miles	F40+	61	Les Croupiers
402	377	01:38:16	Mathew Thomas Nash	M50+	55	Cdf Runners
403	94	01:38:18	Colin Crooks	M60+	37	Pegasus
404	494	01:38:21	Katie Smith	F40+	62	Heath Massive Run Club
405	76	01:38:42	Tracey Coakley	F50+	42	Trail Running Association
406	84	01:38:55	Leisa Cook	F40+	63	Justrun Penybont
407	190	01:38:55	Emma Geddes	F50+	43	Cornelly Striders
408	234	01:38:59	Lucy Howells	FSen	55	Ogmore Phoenix Runners
409	285	01:39:00	Denise Jones	F50+	44	Justrun Penybont
410	256	01:39:19	Sian Jenkins	F50+	45	Ogmore Phoenix Runners
411	280	01:39:43	Alison Jones	F60+	11	Lliswerry Runners
412	251	01:39:56	Mark James	M50+	56	Porthcawl Runners
413	165	01:40:14	Jan Evans	F50+	46	Just Run Penybont
414	231	01:40:15	Richie Hopkins	M40+	64	
415	422	01:40:15	Maggie Pope	F50+	47	
416	238	01:40:19	Karen Huggins	FSen	56	Llanelli Ac
417	595	01:40:20	Menna Langfod	F40+	64	She runs
418	174	01:40:32	Donna Fernandez	F40+	65	Llanelli Ac
419	348	01:40:36	Kirsty MCGowan	FSen	57	Les Croupiers
420	239	01:40:50	Rachel Huggins	FSen	58	Llanelli Ac
421	294	01:40:50	Claire Kearney	F40+	66	Llanelli Ac
422	86	01:41:18	Emma Cope	FSen	59	
423	189	01:41:18	Sara Gale	F40+	67	
424	295	01:41:30	Craig Kearney	M40+	65	Llanelli Ac
425	518	01:41:32	Gianna Taccone	F50+	48	Moovers
426	171	01:41:53	Rachel Evans	F50+	49	Llanelli Ac
427	562	01:42:09	Louise Wharton	F40+	68	
428	83	01:42:40	Sophie Constantinou	FSen	60	Logantini
429	82	01:42:41	Peter Constantinou	M50+	57	
430	277	01:43:07	Joanne Jones	F50+	50	Port Talbot Harriers
431	178	01:43:11	Jane Finch	F50+	51	Irongang
432	282	01:43:21	Mali Jones	FU20	1	
433	356	01:43:25	Sam Milligan	MU20	5	Tri Hard Harriers

434	557	01:43:26	Claire Wellington	F50+	52	Tri Hard Harriers
435	162	01:43:34	Gail Evans	FSen	61	Dragons Running Club
436	625	01:43:34	Huw Davies	M50+	58	Dragons Running Club
437	40	01:43:37	Carys Bhatia	F40+	69	
438	357	01:43:38	Catherine Mills	F40+	70	
439	440	01:43:38	Rhian Quinton	F40+	70	
440	114	01:44:08	Gareth Davies	M40+	66	
441	69	01:44:49	Faye Chamberlain	F50+	53	Chargers
442	565	01:44:49	Tony Wilford	M50+	59	Chargers
443	24	01:45:08	Emma Banwell	FSen	62	Roberttown Road Runners
444	153	01:45:08	Amie Ellington	FSen	62	Roberttown Road Runners
445	270	01:45:09	Mark Jones	M50+	60	Roberttown Road Runners
446	276	01:45:09	Emma Jones	F40+	72	Roberttown Road Runners
447	406	01:45:11	Brian Parker	M40+	67	Roberttown Road Runners
448	138	01:45:30	Margaret Dunn	F40+	73	Penybont Tri Club
449	313	01:45:31	Jackie Lewis	F60+	12	
450	351	01:45:35	Bennett Mcveigh	M50+	61	Rhiwbina Runners
451	283	01:45:49	Fern Jones	FU20	2	
452	284	01:45:49	Anthony Jones	M50+	62	3M Gorseinon Road Runners
453	438	01:46:02	Diana Purnell	F40+	74	Ogmore Phoenix Runners
454	579	01:46:04	Jane Woodhead	F40+	75	Cowbridge Moovers
455	289	01:46:19	Dawn Jones	F50+	54	Caerleon Rc
456	341	01:46:21	Louise Mansell	F50+	55	Cowbridge Moovers
457	362	01:46:22	Antony Morgan	M50+	63	
458	90	01:46:27	William Crane	M40+	68	
459	445	01:46:30	Allan Rees	M40+	69	
460	390	01:46:31	Mirena Noyvirt	F50+	56	
461	10	01:48:49	Sarah Angel	F50+	57	Caerphilly Runners
462	123	01:48:50	Rachel Demellweek	F40+	76	Caerphilly Runners
463	388	01:48:51	Joanne Norton	F40+	77	Caerphilly Runners
464	408	01:48:51	Ruth Partridge	F40+	77	Caerphilly Runners
465	116	01:49:47	Ann Davies	F60+	13	
466	434	01:49:55	Sharon Pritchard	F50+	58	Ogmore Phoenix Runners
467	37	01:50:06	Debbie Bennion	F60+	14	Ogmore Phoenix Runners
468	264	01:50:55	Deb John	F60+	15	
469	601	01:50:55	Lorna Powell	F50+	59	Llanelli Striders
470	567	01:51:48	Kat Williams	FSen	64	She Runs Cardiff
471	387	01:52:29	Hayley Norris	F40+	79	
472	605	01:53:34	Liam Thorley	MSen	79	Peak Performance Wales
473	47	01:53:36	Michelle Bowen	F60+	16	
474	329	01:53:41	Tina Lloyd	F50+	60	Brackla Harriers
475	93	01:55:09	Maria Cronje	F50+	61	Porthcawl Runners
476	266	01:56:15	Clare Johnson	F60+	17	Les Croupiers
477	391	01:56:38	Iliyana Noyvirt	FSen	65	

478	379	01:56:50	Paul Neale	M50+	64	Porthcawl Runners
479	23	01:56:53	Dave Bailyes	M60+	38	Caerphilly Runners
480	77	01:56:53	Stuart Coates	M40+	70	Caerphilly Runners
481	119	01:56:56	Janet Davies	F50+	62	Porthcawl Runners
482	453	01:56:57	Laura Richards	F40+	80	Porthcawl Runners
483	530	01:57:02	Helen Thomas	F50+	63	Porthcawl Runners
484	132	01:59:18	Ele Drewett	FSen	66	She Runs Cardiff
485	330	02:00:06	Eleanor Lock	FSen	67	Pontypridd Roadents
486	331	02:00:06	Owain Lock	MSen	80	Pontypridd Roadents
487	533	02:01:36	Susan Thomas	F60+	18	Porthcawl Runners
488	596	02:01:36	Jane Llewellyn	F60+	18	
489	403	02:05:51	Debra Panes	F50+	64	Pontypridd Roadents
490	404	02:05:52	Aimee Panes	FSen	68	Pontypridd Roadents
491	103	02:07:05	Rebecca Davies	F40+	81	She Runs Cardiff
492	528	02:15:17	Heulwen Thomas	F60+	20	She Runs: Cardiff
493	583	02:15:18	Hsiaoyun Yang	F40+	82	She Runs Cardiff