

Bib	Overall Position	Name	Guntime	Chiptime	Category	Category Position	Team / Club	Gender	Gender Position	Avg speed	Avg pace	Status
285	1	Elis Finlayson	00:03:57	00:03:57	M12	1	Cardiff AAC	m	1	18.23	03:18	Finished
323	2	Evie Watkins	00:04:00	00:04:00	F13	1	Barry and Vale Harriers	f	1	18	03:20	Finished
299	3	Lewis Jacobs	00:04:02	00:04:02	M13	1	Rhondda AC	m	2	17.85	03:22	Finished
304	4	Sophie Knowle	00:04:09	00:04:09	F13	2	Cardiff Archers	f	2	17.35	03:28	Finished
283	5	Emily Dent	00:04:13	00:04:13	F12	1	Cardiff Archers	f	3	17.08	03:31	Finished
291	6	Bethan Hardman	00:04:20	00:04:20	F13	3	Cardiff Archers	f	4	16.62	03:37	Finished
265	7	Thomas Bowen	00:04:22	00:04:22	M12	2		m	3	16.49	03:38	Finished
289	8	Chloe Hale	00:04:28	00:04:28	F12	2	Carmarthen harriers	f	5	16.12	03:43	Finished
296	9	Freya Hughes-Rolls	00:04:30	00:04:30	F12	3	RVAC	f	6	16	03:45	Finished
293	10	Heather Heslop	00:04:38	00:04:38	F12	4		f	7	15.54	03:52	Finished
326	11	Jay Williams	00:04:39	00:04:38	M12	3		m	4	15.54	03:52	Finished
313	12	Nia Reddy	00:04:40	00:04:40	F12	5	Aberdare VAC	f	8	15.43	03:53	Finished
315	13	Alex Ridout	00:04:42	00:04:42	M12	4		m	5	15.32	03:55	Finished
301	14	Elliot Jones	00:04:43	00:04:43	M13	2		m	6	15.27	03:56	Finished
314	15	Owen Rees	00:04:46	00:04:46	M13	3		m	7	15.1	03:58	Finished
302	16	Rhys Jones	00:04:46	00:04:46	M12	5	Llswerry	m	8	15.1	03:58	Finished
276	17	Eve Crowl	00:04:48	00:04:48	F13	4		f	9	15	04:00	Finished
309	18	Joshua Morgan	00:04:48	00:04:48	M12	6	Bridgend AC	m	9	15	04:00	Finished
268	19	Keilan Burke	00:04:50	00:04:49	M12	7		m	10	14.95	04:01	Finished
281	20	Lacey Deacon	00:04:51	00:04:51	F13	5		f	10	14.85	04:02	Finished
275	21	Matthew Cox	00:04:52	00:04:52	M12	8	Celtic Tri	m	11	14.79	04:03	Finished
310	22	Louie Owen	00:04:54	00:04:54	M12	9		m	12	14.69	04:05	Finished
300	23	Abi Jarvis	00:05:05	00:05:05	F12	6	Aberdare Valley Amateur Athletic Club	f	11	14.16	04:14	Finished
325	24	Carys Williams	00:05:06	00:05:06	F13	6	llswerry	f	12	14.12	04:15	Finished
322	25	Madison Thomas	00:05:07	00:05:07	F12	7	aBERDARE	f	13	14.07	04:16	Finished
288	26	Leroy Griffiths	00:05:07	00:05:07	M13	4	Rhondda Ac	m	13	14.07	04:16	Finished
297	27	Amber May Hurn	00:05:08	00:05:08	F13	7	Llswerry Juniors	f	14	14.03	04:17	Finished
279	28	Lauren Davies	00:05:11	00:05:11	F12	8		f	15	13.89	04:19	Finished
292	29	Sophie Harris	00:05:17	00:05:17	F12	9	Roberttown Roadrunners	f	16	13.63	04:24	Finished
286	30	Daniel Golding-Hann	00:05:17	00:05:17	M13	5		m	14	13.63	04:24	Finished
294	31	Macey Holland	00:05:19	00:05:18	F13	8	Aberdare Valleys Amateurs	f	17	13.58	04:25	Finished
308	32	Nuno Mecco	00:05:21	00:05:21	M12	10		m	15	13.46	04:28	Finished
282	33	Keira Dee	00:05:28	00:05:27	F12	10		f	18	13.21	04:33	Finished
272	34	Becca Caple	00:05:31	00:05:31	F13	9	RVAC	f	19	13.05	04:36	Finished
273	35	Macy Clifton	00:05:32	00:05:32	F12	11		f	20	13.01	04:37	Finished
278	36	Carys Davies	00:05:32	00:05:32	F13	10		f	21	13.01	04:37	Finished
284	37	Lexie Dyas	00:05:36	00:05:36	F12	12		f	22	12.86	04:40	Finished
327	38	Evan Winstone	00:05:37	00:05:37	M12	11		m	16	12.82	04:41	Finished
295	39	Owain Hollister	00:05:52	00:05:52	M12	12		m	17	12.27	04:53	Finished
262	40	Alex Atwell-Thomas	00:06:03	00:06:02	F12	13		f	23	11.93	05:02	Finished
324	41	Bradley Williams	00:06:17	00:06:17	M13	6		m	18	11.46	05:14	Finished
311	42	Ellis Percy	00:06:22	00:06:22	M12	13		m	19	11.31	05:18	Finished
319	43	Tegan Rowlands	00:06:42	00:06:42	F12	14		f	24	10.75	05:35	Finished
263	44	Joel Bennett	00:06:50	00:06:50	M12	14	Porthcawl	m	20	10.54	05:42	Finished
270	45	Morgan Cable	00:07:01	00:07:01	F12	15		f	25	10.26	05:51	Finished
261	46	Elise Allen	00:07:01	00:07:01	F13	11		f	26	10.26	05:51	Finished
317	47	David Roberts	00:07:13	00:07:11	M12	15		m	21	10.02	05:59	Finished
312	48	Millie Price	00:07:30	00:07:30	F13	12		f	27	9.6	06:15	Finished