

Bib	Overall Position	Name	Guntime	Chiptime	Category	Category Position	Team / Club	Gender	Gender Position	Avg speed	Avg pace	Status
365	1	Jacob Reynolds	00:03:22	00:03:22	M14	1	Cardiff AAC	m	1	21.39	02:48	Finished
350	2	James Griffiths	00:03:26	00:03:26	M15	1	Neath Harriers	m	2	20.97	02:52	Finished
369	3	Lloyd Sheppard	00:03:28	00:03:28	M15	2	Cardiff AAC	m	3	20.77	02:53	Finished
352	4	Rhys Hardman	00:03:31	00:03:31	M15	3	Cardiff Archers	m	4	20.47	02:56	Finished
357	5	Lloyd Jones	00:03:36	00:03:36	M15	4	Cardiff AAC	m	5	20	03:00	Finished
348	6	Ben Farrell	00:03:40	00:03:40	M14	2	Cardiff AAC	m	6	19.64	03:03	Finished
370	7	Iwan Smith	00:03:42	00:03:42	M15	5	Cardiff AAC	m	7	19.46	03:05	Finished
353	8	Alanah Hill	00:03:51	00:03:51	F14	1	Cardiff Archers	f	1	18.7	03:13	Finished
342	9	Aimee Callow	00:03:53	00:03:53	F15	1	Cardiff Archers	f	2	18.54	03:14	Finished
354	10	Ben Hughes	00:03:58	00:03:58	M14	3	Cardiff AAC	m	8	18.15	03:18	Finished
363	11	Oliver Price	00:03:59	00:03:59	M14	4	Blaenau Gwent Athletic club	m	9	18.08	03:19	Finished
343	12	Alexander Carrara	00:03:59	00:03:59	M14	5	Rhymney Valley Athletics Club	m	10	18.08	03:19	Finished
368	13	Carwyn Salmon	00:04:08	00:04:08	M15	6		m	11	17.42	03:27	Finished
362	14	Daniel Meehan	00:04:10	00:04:10	M14	6	Newport Harriers	m	12	17.28	03:28	Finished
351	15	Kiera Griffiths	00:04:16	00:04:16	F14	2	Aberdare Valley AAC	f	3	16.88	03:33	Finished
372	16	Bryn Williams	00:04:19	00:04:19	M15	7	Iliswery	m	13	16.68	03:36	Finished
356	17	Lili Jones	00:04:23	00:04:23	F15	2	Cardiff AAC	f	4	16.43	03:39	Finished
358	18	Conlan Jones	00:04:32	00:04:31	M14	7	Robertstown road runners	m	14	15.94	03:46	Finished
367	19	Catrin Ryder	00:04:33	00:04:33	F14	3	Aberdare Valley Amateur Athletics Club	f	5	15.82	03:48	Finished
360	20	Caitlyn Kelleher	00:04:37	00:04:37	F15	3		f	6	15.6	03:51	Finished
359	21	Harriet Kehl	00:04:42	00:04:42	F15	4		f	7	15.32	03:55	Finished
366	22	Caitlyn Roberts	00:04:49	00:04:49	F14	4	Aberdare	f	8	14.95	04:01	Finished
355	23	Morgan James	00:05:08	00:05:07	M14	8		m	15	14.07	04:16	Finished
344	24	Frida Clausen	00:05:12	00:05:11	F15	5		f	9	13.89	04:19	Finished
341	25	Thomas Botwood	00:05:23	00:05:22	M14	9		m	16	13.42	04:28	Finished
371	26	Milli Stroud	00:06:25	00:06:24	F14	5	Robertown road runners	f	10	11.25	05:20	Finished