

Bib	Overall Position	Name	Guntime	Chiptime	Category	Category Position	Team / Club	Gender	Gender Position	Avg speed	Avg pace	Status
269	1	Kristian Jones	00:14:19	00:14:19	MSEN	1	Swansea Harriers	m	1	20.95	02:52	Finished
320	2	Ieuan Thomas	00:14:49	00:14:49	MSEN	2	Cardiff AAC	m	2	20.25	02:58	Finished
296	3	Dan Nash	00:14:55	00:14:55	MSEN	3	Cardiff AAC	m	3	20.11	02:59	Finished
275	4	Ciaran Lewis	00:14:58	00:14:58	MSEN	4	Cardiff AAC	m	4	20.04	03:00	Finished
39	5	Abed Teweldebrhan	00:15:03	00:15:03	MSEN	5	Newport Harriers	m	5	19.93	03:01	Finished
261	6	James Hunt	00:15:03	00:15:03	MSEN	6	Cardiff AAC	m	6	19.93	03:01	Finished
318	7	Kurt Taylor	00:15:06	00:15:05	MSEN	7	Bristol & West AC	m	7	19.89	03:01	Finished
256	8	Iestyn Harrett	00:15:08	00:15:08	MSEN	8	Cardiff AAC	m	8	19.82	03:02	Finished
84	9	Owain Jones	00:15:11	00:15:10	M35	1	Bristol & West AC	m	9	19.78	03:02	Finished
290	10	Jack Millar	00:15:15	00:15:15	MSEN	9	Bristol & West AC	m	10	19.67	03:03	Finished
220	11	Christopher Carpanini	00:15:18	00:15:18	MSEN	10	Micky Morris Racing Team	m	11	19.61	03:04	Finished
22	12	James Vincent	00:15:18	00:15:18	MJ	1	Cardiff AAC	m	12	19.61	03:04	Finished
235	13	Richard de-Camps	00:15:26	00:15:26	MSEN	11	Cheltenham Harriers	m	13	19.44	03:05	Finished
292	14	Joshua Moody	00:15:32	00:15:32	MSEN	12	Bristol & West AC	m	14	19.31	03:06	Finished
19	15	Benjamin Reynolds	00:15:36	00:15:35	MJ	2	Cardiff AAC	m	15	19.25	03:07	Finished
291	16	Ben Mitchell	00:15:37	00:15:35	MSEN	13	Bristol & West AC	m	16	19.25	03:07	Finished
308	17	Elliot Richards	00:15:42	00:15:42	MSEN	14	Cardiff AAC	m	17	19.11	03:08	Finished
330	18	Steve Morris	00:15:43	00:15:43	MSEN	15	Cardiff AAC	m	18	19.09	03:09	Finished
289	19	Stephen Mears	00:15:44	00:15:42	MSEN	16	Charnwood	m	19	19.11	03:08	Finished
327	20	Morgan James	00:15:45	00:15:45	MJ	3	Cardiff AAC	m	20	19.05	03:09	Finished
262	21	Rikki James	00:15:57	00:15:55	MSEN	17	Southampton AC	m	21	18.85	03:11	Finished
105	22	Doug Nicholls	00:16:04	00:16:03	M35	2	Les Croupiers RC	m	22	18.69	03:13	Finished
257	23	Owen Haswell	00:16:05	00:16:04	MSEN	18	Cardiff AAC	m	23	18.67	03:13	Finished
216	24	Daniel Bodman	00:16:06	00:16:04	MSEN	19	Aberdare Valley AAC	m	24	18.67	03:13	Finished
32	25	Ben Butler-Madden	00:16:12	00:16:11	M35	3	Penarth & Dinas Runners	m	25	18.54	03:14	Finished
313	26	Oliver Smith	00:16:17	00:16:15	MSEN	20	Southampton AC	m	26	18.46	03:15	Finished
305	27	Alex Price	00:16:18	00:16:16	MSEN	21	Swansea Harriers	m	27	18.44	03:15	Finished
324	28	Adam Wilson	00:16:20	00:16:19	MSEN	22	Bristol & West AC	m	28	18.39	03:16	Finished
38	29	Jenny Nesbitt	00:16:31	00:16:31	FSEN	1	Club Worcester AC	f	1	18.16	03:18	Finished
58	30	Matthew Evans	00:16:32	00:16:32	M35	4	Aberdare Valley AAC	m	29	18.15	03:18	Finished
281	31	Oli Lum	00:16:34	00:16:34	MSEN	23	Bracknell AC	m	30	18.11	03:19	Finished
50	32	Jim Davies	00:16:35	00:16:33	M35	5	Southampton AC	m	31	18.13	03:19	Finished
277	33	Michael Lewis	00:16:37	00:16:36	MSEN	24	Fairwater Runners	m	32	18.07	03:19	Finished
91	34	Edward Land	00:16:44	00:16:42	M35	6	Aberystwyth AC	m	33	17.96	03:20	Finished
77	35	Matthew Jacklin	00:16:44	00:16:42	M35	7	Aberdare Valley AAC	m	34	17.96	03:20	Finished
29	36	Darren Bishop	00:16:46	00:16:45	M35	8	Pontypridd Roadents	m	35	17.91	03:21	Finished
13	37	David Locke	00:16:49	00:16:47	MJ	4	Cardiff AAC	m	36	17.87	03:21	Finished
242	38	Clara Evans	00:16:50	00:16:49	FSEN	2	Cardiff AAC	f	2	17.84	03:22	Finished
55	39	Vaughan Edwards	00:16:56	00:16:55	M35	9	Cardiff Harlequins RC	m	37	17.73	03:23	Finished
230	40	Gary Wyn Davies	00:16:57	00:16:56	MSEN	25	Aberystwyth AC	m	38	17.72	03:23	Finished
118	41	Peter Ryder	00:16:59	00:16:57	M35	10	Aberdare Valley AAC	m	39	17.7	03:23	Finished
121	42	Jamie Vanstone	00:17:02	00:16:59	M35	11	Pontyclun Road Runners	m	40	17.66	03:24	Finished
294	43	Owain Morris	00:17:06	00:17:03	MSEN	26	Aberdare Valley AAC	m	41	17.6	03:25	Finished
80	44	Neil Jones	00:17:08	00:17:07	M35	12	Pontyclun Road Runners	m	42	17.53	03:25	Finished
14	45	Owen Locke	00:17:09	00:17:08	MJ	5	Cardiff AAC	m	43	17.51	03:26	Finished
265	46	Caryl Jones	00:17:17	00:17:15	FSEN	3	Swansea Harriers	f	3	17.39	03:27	Finished
240	47	Richard Elgar	00:17:18	00:17:15	MSEN	27	Llswerry Runners	m	44	17.39	03:27	Finished
7	48	Liam Griffiths	00:17:19	00:17:16	MJ	6	Aberdare Valley AAC	m	45	17.37	03:27	Finished
214	49	Alaw Beynon-Thomas	00:17:21	00:17:19	FSEN	4	Swansea Harriers	f	4	17.32	03:28	Finished
164	50	Andrew Lee	00:17:25	00:17:22	M45	1	Pontypool and District Runners	m	46	17.27	03:28	Finished
71	51	Andrew How	00:17:28	00:17:24	M35	13	Hendre Lake RC	m	47	17.24	03:29	Finished
297	52	Daniel Newton	00:17:29	00:17:24	MSEN	28	Swansea Harriers	m	48	17.24	03:29	Finished
310	53	Georgina Russell	00:17:31	00:17:31	FSEN	5	Southampton AC	f	5	17.13	03:30	Finished
306	54	Scott Pulley	00:17:32	00:17:30	MSEN	29	Southampton AC	m	49	17.14	03:30	Finished
267	55	Gavin Jones	00:17:32	00:17:28	MSEN	30	Monross-Traillblazers	m	50	17.18	03:30	Finished
132	56	Peter Akrill	00:17:39	00:17:34	M45	2	Abingdon AC	m	51	17.08	03:31	Finished
224	57	Lauren Cooper	00:17:39	00:17:38	FSEN	6	Parc Bryn Bach RC	f	6	17.01	03:32	Finished
206	58	Anthony Roper	00:17:41	00:17:41	M55	1	Bristol & West AC	m	52	16.97	03:32	Finished
311	59	Anna Sharp	00:17:42	00:17:40	FSEN	7	Southampton AC	f	7	16.98	03:32	Finished
137	60	Shelley Childs	00:17:42	00:17:39	M45	3	Aberystwyth AC	m	53	17	03:32	Finished
114	61	Matt Pryor	00:17:43	00:17:38	M35	14	Les Croupiers RC	m	54	17.01	03:32	Finished
17	62	Joel Price	00:17:52	00:17:50	MJ	7	Blaenau Gwent AC	m	55	16.82	03:34	Finished
1	63	Adam Brown	00:17:53	00:17:42	MJ	8	Merthyr Running Club	m	56	16.95	03:32	Finished
274	64	Gareth Lawrence	00:17:55	00:17:54	MSEN	31	Brecon AC	m	57	16.76	03:35	Finished
166	65	Adrian Lewis	00:17:59	00:17:56	M45	4	Aberdare Valley AAC	m	58	16.73	03:35	Finished
127	66	Iwan Williams	00:18:09	00:18:07	M35	15	Brecon AC	m	59	16.56	03:37	Finished
79	67	Christopher Jaynes	00:18:10	00:18:07	M35	16	Brackla Harriers	m	60	16.56	03:37	Finished
285	68	Megan McBrien	00:18:10	00:18:06	FSEN	8	RSCAC	f	8	16.57	03:37	Finished
28	69	Jon Belcher	00:18:11	00:18:07	M35	17	Llswerry Runners	m	61	16.56	03:37	Finished
243	70	Rebecca Evans	00:18:13	00:18:11	FSEN	9	Cardiff AAC	f	9	16.5	03:38	Finished
217	71	Ryan Bowen	00:18:16	00:18:12	MSEN	32	Bridgend AC	m	62	16.48	03:38	Finished
10	72	Samuel Jackson	00:18:17	00:18:15	MJ	9	Parc Bryn Bach RC	m	63	16.44	03:39	Finished
170	73	Emyr Morgan	00:18:18	00:18:14	M45	5	Les Croupiers RC	m	64	16.45	03:39	Finished
241	74	Arwel Evans	00:18:19	00:18:14	MSEN	33	Rhedwyr Hobog	m	65	16.45	03:39	Finished
304	75	Rhys Pippard	00:18:23	00:18:14	MSEN	34	Les Croupiers RC	m	66	16.45	03:39	Finished
272	76	Emily Lagomarsino	00:18:25	00:18:18	FSEN	10	San Domenico	f	10	16.39	03:40	Finished
186	77	Ceri Tapper	00:18:27	00:18:24	M45	6	Pontypridd Roadents	m	67	16.3	03:41	Finished
151	78	Mark Hiddlestone	00:18:28	00:18:20	M45	7	Port Talbot Harriers	m	68	16.36	03:40	Finished
73	79	David Hughes	00:18:29	00:18:26	M35	18	Aberdare Valley AAC	m	69	16.27	03:41	Finished
270	80	Patrick Jones	00:18:36	00:18:35	MSEN	35	Swansea Harriers	m	70	16.14	03:43	Finished
18	81	Naomi Reid	00:18:36	00:18:34	FJ	1	Cardiff AAC	f	11	16.16	03:43	Finished
182	82	Steven Smith	00:18:42	00:18:38	M45	8	Aberdare Valley AAC	m	71	16.1	03:44	Finished
205	83	Sean Price	00:18:43	00:18:40	M55	2		m	72	16.07	03:44	Finished
67	84	Bryn Griffiths	00:18:44	00:18:40	M35	19	Rhondda AC	m	73	16.07	03:44	Finished
197	85	Robert Hunt	00:18:48	00:18:43	M55	3	Bridgend AC	m	74	16.03	03:45	Finished
245	86	Daniel Farmer	00:18:50	00:18:43	MSEN	36		m	75	16.03	03:45	Finished
52	87	Kris Davies	00:18:50	00:18:48	M35	20		m	76	15.96	03:46	Finished
98	88	Richard Lloyd	00:18:52	00:18:49	M35	21	Aberdare Valley AAC	m	77	15.94	03:46	Finished
167	89	Keith Lynch	00:18:55	00:18:42	M45	9		m	78	16.04	03:44	Finished
126	90	Dale Williams	00:18:55	00:18:54	M35	22	Brecon AC	m	79	15.87	03:47	Finished
314	91	Tim Spencer	00:18:57	00:18:53	MSEN	37		m	80	15.89	03:47	Finished
106	92	Haydn O'Reilly	00:19:00	00:18:59	M35	23	Builth and District RC	m	81	15.8	03:48	Finished
54	93	Gethin Edwards	00:19:02	00:18:59	M35	24	Pontyclun Road Runners	m	82	15.8	03:48	Finished
321	94	Zoe Thomas	00:19:02	00:18:59	FSEN	11	Bridgend AC	f	12	15.8	03:48	Finished
124	95	Phil Welch	00:19:04	00:18:59	M35	25	Bridgend AC	m	83	15.8	03:48	Finished
99	96	Gav Meadows	00:19:05	00:19:02	M35	26	Grantham RC	m	84	15.76	03:48	Finished
33	97	Richard Carr	00:19:07	00:18:58	M35	27	Run Grangetown	m	85	15.82	03:48	Finished
134	98	David Bennett	00:19:11	00:19:08	M45	10	Porthcawl Runners	m	86	15.68	03:50	Finished
179	99	Kevin Plank	00:19:13	00:19:04	M45	11	San Domenico	m	87	15.73	03:49	Finished
232	100	Rachel Davies	00:19:16	00:19:12	FSEN	12	Swansea Harriers	f	13	15.63	03:50	Finished
5	101	Bethan Evans	00:19:22	00:19:20	FJ	2	Cardiff AAC	f	14	15.52	03:52	Finished
175	102	Ashley Owen	00:19:23	00:19:17	M45	12	Ebbw Vale RC	m	88	15.56	03:51	Finished
247	103	Marc Fitzgibbon	00:19:25	00:19:19	MSEN	38	Caerphilly Tri-ers	m	89	15.53	03:52	Finished
204	104	Kneath Philippart	00:19:27	00:19:22	M55	4	Swansea Harriers	m	90	15.49	03:52	Finished
237	105	George Eadon	00:19:27	00:19:20	MSEN	39	Sarn Helen	m	91	15.52	03:52	Finished
65	106	Simon Gill	00:19:32	00:19:29	M35	28	Llswerry Runners	m	92	15.4	03:54	Finished
210	107	Rhys Annett	00:19:35	00:19:32	MSEN	40	Serpentine RC	m	93	15.36	03:54	Finished
64	108	Christopher Gay	00:19:36	00:19:30	M35	29	Ebbw Vale RC	m	94	15.38	03:54	Finished

165	113	Sharon Leech	00:19:45	00:19:41 F45	1	Swansea Harriers	f	16	15.24	03:56	Finished
278	114	Chris Lloyd	00:19:47	00:19:42 M5EN	42	Run4All Neath	m	98	15.23	03:56	Finished
96	115	Peter Llewellyn	00:19:48	00:19:34 M35	30	Cardiff Triathlon Club	m	99	15.33	03:55	Finished
225	116	Dean Cox	00:19:50	00:19:39 M5EN	43		m	100	15.27	03:56	Finished
234	117	Andrew de-Camps	00:19:50	00:19:45 M5EN	44	Gloucester AC	m	101	15.19	03:57	Finished
60	118	Louise Flynn	00:19:50	00:19:42 F35	2		f	17	15.23	03:56	Finished
104	119	Daniel Morgan	00:19:52	00:19:44 M35	31	Bridgend AC	m	102	15.2	03:57	Finished
81	120	Bleddyn Jones	00:19:52	00:19:47 M35	32	BRAT	m	103	15.16	03:57	Finished
110	121	Andrew Pask	00:19:52	00:19:47 M35	33	Grantham RC	m	104	15.16	03:57	Finished
192	122	Ian Bell	00:19:53	00:19:45 M55	6	San Domenico	m	105	15.19	03:57	Finished
145	123	Paul Francis	00:19:54	00:19:48 M45	14	Caerphilly Runners	m	106	15.15	03:58	Finished
88	124	Gareth Knight	00:19:55	00:19:51 M35	34	Fairwater Runners	m	107	15.11	03:58	Finished
83	125	Llinos Jones	00:19:55	00:19:52 F35	3	Swansea Harriers	f	18	15.1	03:58	Finished
215	126	Shorty Bishop	00:20:04	00:20:01 M5EN	45	Pontypridd Roadents	m	108	14.99	04:00	Finished
319	127	Luticia Thomas	00:20:04	00:20:00 F5EN	13	Swansea Harriers	f	19	15	04:00	Finished
111	128	Arron Peacock	00:20:05	00:19:52 M35	35		m	109	15.1	03:58	Finished
194	129	Simonarke Darke	00:20:05	00:19:56 M55	7	Maindy Harriers	m	110	15.05	03:59	Finished
149	130	Gareth Hardman	00:20:05	00:19:58 M45	15	Bridgend AC	m	111	15.03	04:00	Finished
207	131	David Walker	00:20:07	00:20:00 M55	8	Les Croupiers RC	m	112	15	04:00	Finished
266	132	Gareth Jones	00:20:08	00:19:57 M5EN	46		m	113	15.04	03:59	Finished
219	133	Connor Buckley	00:20:10	00:20:04 M5EN	47		m	114	14.95	04:01	Finished
129	134	Hayley Winters	00:20:12	00:20:06 F35	4	Gloucester AC	f	20	14.93	04:01	Finished
108	135	Howard Owen	00:20:14	00:20:05 M35	36	Les Croupiers RC	m	115	14.94	04:01	Finished
329	136	Carwyn Watkins	00:20:14	00:20:04 M35	37		m	116	14.95	04:01	Finished
161	137	Paul Kehl	00:20:15	00:20:03 M45	16	Pontyclun Road Runners	m	117	14.96	04:01	Finished
178	138	Andy Pearce	00:20:16	00:20:04 M45	17	Cardiff Triathlon Club	m	118	14.95	04:01	Finished
143	139	William Edwards	00:20:17	00:20:11 M45	18	Porthcawl Runners	m	119	14.86	04:02	Finished
316	140	Simon Stokes	00:20:18	00:20:08 M5EN	48	White Rock Runners	m	120	14.9	04:02	Finished
37	141	Gavin Chappelle	00:20:20	00:20:08 M35	38		m	121	14.9	04:02	Finished
89	142	Dan Lancaster	00:20:30	00:20:26 M35	39		m	122	14.68	04:05	Finished
68	143	Andrew Gunter	00:20:30	00:20:20 M35	40	Parc Bryn Bach RC	m	123	14.75	04:04	Finished
155	144	Mark Hutchings	00:20:31	00:20:23 M45	19	Canton Chargers	m	124	14.72	04:05	Finished
187	145	Richard Weber	00:20:35	00:20:20 M45	20		m	125	14.75	04:04	Finished
97	146	Dan Lloyd	00:20:41	00:20:32 M35	41	CDF Runners	m	126	14.61	04:06	Finished
48	147	Liz Davies	00:20:48	00:20:37 F35	5	Cardiff AAC	f	21	14.55	04:07	Finished
150	148	Gina Hardman	00:20:50	00:20:43 F45	2	Bridgend AC	f	22	14.48	04:09	Finished
146	149	Ray Greenhouse	00:20:52	00:20:46 M45	21	Ebbw Vale RC	m	127	14.45	04:09	Finished
62	150	Tim Fry	00:20:53	00:20:42 M35	42	Cardiff AAC	m	128	14.49	04:08	Finished
117	151	Ian Rowburrey	00:20:56	00:20:51 M35	43		m	129	14.39	04:10	Finished
309	152	Philip Rose	00:20:59	00:20:49 M5EN	49		m	130	14.41	04:10	Finished
298	153	Jemima Osborn	00:21:00	00:20:52 F5EN	14	Swansea Harriers	f	23	14.38	04:10	Finished
301	154	Danielle Phillips	00:21:00	00:20:54 F5EN	15	Pont-Y-Pwl & District Runners	f	24	14.35	04:11	Finished
203	155	Mark Neal	00:21:01	00:20:53 M55	9	Aberdare Valley AAC	m	131	14.37	04:11	Finished
101	156	Ryan Minard	00:21:06	00:21:00 M35	44	Aberdare Valley AAC	m	132	14.29	04:12	Finished
25	157	Paul Adams	00:21:08	00:20:56 M35	45	Caerleon RC	m	133	14.33	04:11	Finished
171	158	Gareth Morgan	00:21:09	00:20:54 M45	22		m	134	14.35	04:11	Finished
184	159	Darren Stevens	00:21:13	00:21:03 M45	23		m	135	14.25	04:13	Finished
109	160	Carl Parry	00:21:17	00:21:06 M35	46		m	136	14.22	04:13	Finished
153	161	Steven Hooper	00:21:18	00:21:08 M45	24	Pontypridd Roadents	m	137	14.2	04:14	Finished
168	162	Phillip Mears	00:21:21	00:21:12 M45	25	White Rock Runners	m	138	14.15	04:14	Finished
141	163	Kevin Dupe	00:21:25	00:21:14 M45	26	Caerleon RC	m	139	14.13	04:15	Finished
282	164	Lloyd Mack	00:21:26	00:21:13 M5EN	50	Merthyr Running Club	m	140	14.14	04:15	Finished
34	165	Julie Chamaberkaian	00:21:27	00:21:19 F35	6		f	25	14.07	04:16	Finished
35	166	Angela Champion	00:21:30	00:21:21 F35	7	Les Croupiers RC	f	26	14.05	04:16	Finished
331	167	Jacqueline Brace	00:21:32	00:21:26 F55	1	Bridgend AC	f	27	14	04:17	Finished
152	168	Paul Hill	00:21:33	00:21:25 M45	27		m	141	14.01	04:17	Finished
144	169	Sheryl Evans	00:21:34	00:21:22 F45	3	Hereford Couriers	f	28	14.04	04:16	Finished
92	170	Sarah Lauder	00:21:34	00:21:27 F35	8	Iliswerry Runners	f	29	13.99	04:17	Finished
2	171	Caitlin Chapman	00:21:38	00:21:28 FJ	3	Cardiff AAC	f	30	13.98	04:18	Finished
69	172	Richard Hazel	00:21:41	00:21:34 M35	47	Caerphilly Runners	m	142	13.91	04:19	Finished
113	173	Catherine Powell	00:21:42	00:21:30 F35	9	Pontyclun Road Runners	f	31	13.95	04:18	Finished
154	174	Tracy Hooper	00:21:51	00:21:43 F45	4		f	32	13.81	04:21	Finished
293	175	Emma-Jane Morris	00:21:52	00:21:38 F5EN	16	Ogmore Phoenix Runners	f	33	13.87	04:20	Finished
120	176	Paul Thomas	00:21:52	00:21:42 M35	48		m	143	13.82	04:20	Finished
163	177	Darren Kippest	00:21:56	00:21:53 M45	28	Parc Bryn Bach RC	m	144	13.71	04:23	Finished
283	178	Claire Maksimovic	00:21:57	00:21:47 F5EN	17	Pontypridd Roadents	f	34	13.77	04:21	Finished
268	179	Julian Jones	00:21:58	00:21:49 M5EN	51	Amman Valley Harriers	m	145	13.75	04:22	Finished
174	180	Nick Osman	00:22:00	00:21:50 M45	29	Parc Bryn Bach RC	m	146	13.74	04:22	Finished
70	181	Paul Heskins	00:22:01	00:21:57 M35	49	Run4All Neath	m	147	13.67	04:23	Finished
49	182	Jason Davies	00:22:03	00:21:46 M35	50		m	148	13.78	04:21	Finished
133	183	Maria Anthony	00:22:03	00:21:54 F45	5	Chepstow Harriers	f	35	13.7	04:23	Finished
185	184	Nick Stocker	00:22:05	00:21:59 M45	30	Bridgend AC	m	149	13.65	04:24	Finished
189	185	Simon Williams	00:22:07	00:21:55 M45	31	Ogmore Phoenix Runners	m	150	13.69	04:23	Finished
147	186	Clare Griffiths	00:22:09	00:22:03 F45	6	Aberdare Valley AAC	f	36	13.61	04:25	Finished
135	187	Stephen Burrell	00:22:13	00:22:02 M45	32	Pontyclun Road Runners	m	151	13.62	04:24	Finished
211	188	Bethan Applyn	00:22:14	00:22:02 F5EN	18	Penarth & Dinas Runners	f	37	13.62	04:24	Finished
244	189	Cara-Leanne Farley	00:22:15	00:22:11 F5EN	19	Run4All Neath	f	38	13.52	04:26	Finished
27	190	Matthew Ashcroft	00:22:16	00:22:03 M35	51		m	152	13.61	04:25	Finished
172	191	Nicholas Morgan	00:22:20	00:22:10 M45	33	Parc Bryn Bach RC	m	153	13.53	04:26	Finished
72	192	Nicola Howls	00:22:27	00:22:16 F35	10	Islwyn RC	f	39	13.47	04:27	Finished
157	193	Hayley Jackson	00:22:37	00:22:30 F45	7	Parc Bryn Bach RC	f	40	13.33	04:30	Finished
57	194	Martyn Evans	00:22:52	00:22:40 M35	52	Hendre Lake RC	m	154	13.24	04:32	Finished
201	195	Neil Lewis	00:22:55	00:22:42 M55	10		m	155	13.22	04:32	Finished
173	196	Catherine Olivant	00:23:09	00:22:57 F45	8	Brecon AC	f	41	13.07	04:35	Finished
226	197	Joanne Davies	00:23:10	00:23:07 F5EN	20		f	42	12.98	04:37	Finished
102	198	Charlotte Moran	00:23:10	00:22:59 F35	11	Caerleon RC	f	43	13.05	04:36	Finished
131	199	Stephen Wood	00:23:11	00:22:58 M35	53	Pegasus RC	m	156	13.06	04:36	Finished
61	200	Bethan Ford	00:23:11	00:23:01 F35	12	Pontypridd Roadents	f	44	13.03	04:36	Finished
26	201	Paula Allen	00:23:11	00:22:58 F35	13	Pegasus RC	f	45	13.06	04:36	Finished
198	202	Jeanette Jenkins	00:23:14	00:23:07 F55	2	Fairwater Runners	f	46	12.98	04:37	Finished
208	203	Mark Williams	00:23:20	00:23:12 M55	11	Parc Bryn Bach RC	m	157	12.93	04:38	Finished
188	204	Rebecca Williams	00:23:20	00:23:12 F45	9	Parc Bryn Bach RC	f	47	12.93	04:38	Finished
138	205	Lisa Cleary	00:23:24	00:23:11 F45	10	Penarth & Dinas Runners	f	48	12.94	04:38	Finished
76	206	Louise Hunt	00:23:31	00:23:18 F35	14	Penarth & Dinas Runners	f	49	12.88	04:40	Finished
169	207	Trudi Morgan	00:23:32	00:23:26 F45	11	Aberdare Valley AAC	f	50	12.8	04:41	Finished
128	208	Sara Williams	00:23:32	00:23:25 F35	15	Caerphilly Runners	f	51	12.81	04:41	Finished
82	209	Delphine Jones	00:23:49	00:23:41 F35	16	Parc Bryn Bach RC	f	52	12.67	04:44	Finished
42	210	Claire Connolly	00:24:15	00:24:07 F35	17	Vale SLSC	f	53	12.44	04:49	Finished
323	211	Gwen Williams	00:24:24	00:24:10 F5EN	21		f	54	12.41	04:50	Finished
142	212	Linda Edwards	00:24:36	00:24:24 F45	12		f	55	12.3	04:53	Finished
16	213	Abigail Morgan	00:25:29	00:25:17 FJ	4	Bridgend AC	f	56	11.87	05:03	Finished
180	214	Kathryn Powell	00:25:32	00:25:20 F45	13	Brecon AC	f	57	11.84	05:04	Finished
246	215	Aimee Ferguson	00:25:32	00:25:25 F5EN	22	Aberdare Valley AAC	f	58	11.8	05:05	Finished
115	216	Andrew Reddy	00:25:43	00:25:35 M35	54	Aberdare Valley AAC	m	158	11.73	05:07	Finished
51	217	Katie Davies	00:26:02	00:25:47 F35	18		f	59	11.64	05:09	Finished