

Bib	Overall Position	Name	Guntime	Chiptime	Category	Category Position	Team / Club	Gender	Gender Position	Avg speed	Avg pace	Status
1334	1	Jonathan Hughes	00:19:48	00:19:48	MSEN	1		m	1	15.15	03:58	Finished
574	2	Aled Hughes	00:19:58	00:19:56	M35	1	Ogmore Phoenix Runners	m	2	15.05	03:59	Finished
1091	3	Stephen Wiergowski	00:20:15	00:20:15	M45	1		m	3	14.81	04:03	Finished
1366	4	Tomos Lewis	00:20:17	00:20:15	MSEN	2		m	4	14.81	04:03	Finished
587	5	Rhydian John	00:20:30	00:20:30	M35	2	Pontyclun Road Runners	m	5	14.63	04:06	Finished
1409	6	Jess Parson	00:20:47	00:20:47	FSEN	1	Jog Scotland Kintore	f	1	14.43	04:09	Finished
989	7	Clive O'Brien	00:20:49	00:20:48	M45	2	Fairwater Runners	m	6	14.42	04:10	Finished
822	8	Kris Denholm	00:20:53	00:20:51	M45	3	Ogmore Phoenix Runners	m	7	14.39	04:10	Finished
711	9	Andrew Thomas	00:21:04	00:21:03	M35	3	Orion Harriers	m	8	14.25	04:13	Finished
1441	10	Owen Thomas	00:21:05	00:20:57	MSEN	3		m	9	14.32	04:11	Finished
1327	11	Ben Hooper	00:21:06	00:21:05	MSEN	4		m	10	14.23	04:13	Finished
516	12	Dale Edwards	00:21:06	00:21:05	M35	4		m	11	14.23	04:13	Finished
1432	13	Liam Stockden	00:21:14	00:21:14	MSEN	5	Pontypridd Roadents	m	12	14.13	04:15	Finished
505	14	Tracy Davies	00:21:15	00:20:53	F35	1	Islwyn RC	f	2	14.37	04:11	Finished
998	15	Chris Panes	00:21:17	00:21:17	M45	4	Roberttown Road Runners	m	13	14.1	04:15	Finished
784	16	Allen Bunney	00:21:19	00:21:19	M45	5	Aberdare Valley AAC	m	14	14.07	04:16	Finished
498	17	Dafydd Trystan Davies	00:21:28	00:21:26	M35	5	AT Run	m	15	14	04:17	Finished
461	18	Claire Briggs	00:21:29	00:21:14	F35	2	Parc Bryn Bach RC	f	3	14.13	04:15	Finished
635	19	David Morgan	00:21:34	00:21:31	M35	6		m	16	13.94	04:18	Finished
951	20	Lynden Mack	00:21:38	00:21:24	M45	6		m	17	14.02	04:17	Finished
652	21	Steve Paskell	00:21:39	00:21:32	M35	7		m	18	13.93	04:18	Finished
444	22	Kevin Ashcroft	00:21:39	00:21:38	M35	8		m	19	13.87	04:20	Finished
1029	23	Gareth Richards	00:21:40	00:21:06	M45	7	Ogmore Phoenix Runners	m	20	14.22	04:13	Finished
1339	24	Gareth Jenkins	00:21:40	00:21:37	MSEN	6	Ogmore Phoenix Runners	m	21	13.88	04:19	Finished
1194	25	Graham Mack	00:21:44	00:21:31	M55	1	Merthyr Running Club	m	22	13.94	04:18	Finished
717	26	Rhodri Thomas	00:21:45	00:21:35	M35	9		m	23	13.9	04:19	Finished
921	27	Mitchell Jones	00:21:46	00:21:42	M45	8		m	24	13.82	04:20	Finished
949	28	Kevin MacDonald	00:21:49	00:21:41	M45	9	Dragons Runging Club	m	25	13.84	04:20	Finished
698	29	Andrew Smith	00:21:53	00:21:39	M35	10	Pont-Y-Pwl & District Runners	m	26	13.86	04:20	Finished
1275	30	Geraint Davies	00:21:55	00:21:55	MSEN	7		m	27	13.69	04:23	Finished
1242	31	Steven Wadley	00:21:56	00:21:52	M55	2	Harriers	m	28	13.72	04:22	Finished
1015	32	Chris Pratt	00:21:59	00:21:56	M45	10	Ogmore Phoenix Runners	m	29	13.68	04:23	Finished
1221	33	Steve Rees	00:22:00	00:21:51	M55	3		m	30	13.73	04:22	Finished
1329	34	Sam Horne	00:22:01	00:21:37	MSEN	8		m	31	13.88	04:19	Finished
813	35	Ian Davies	00:22:03	00:22:03	M45	11	Parc Bryn Bach RC	m	32	13.61	04:25	Finished
1121	36	Nell Davies	00:22:06	00:22:06	M55	4		f	33	13.57	04:25	Finished
1313	37	Tristan Gruffydd	00:22:14	00:22:09	MSEN	9		m	34	13.54	04:26	Finished
1372	38	Jonathan Lock	00:22:14	00:22:14	MSEN	10		m	35	13.49	04:27	Finished
1296	39	Phillip Evans	00:22:14	00:22:10	MSEN	11		m	36	13.53	04:26	Finished
613	40	Lyndsey Lewis	00:22:15	00:22:14	F35	3	Dragons Runging Club	f	4	13.49	04:27	Finished
1407	41	Ross Owen	00:22:20	00:21:40	MSEN	12	Rhondda Valley Runners	m	37	13.85	04:20	Finished
1058	42	Carl Stockden	00:22:24	00:22:24	M45	12	Roberttown Road Runners	m	38	13.39	04:29	Finished
555	43	Paul Harris	00:22:26	00:22:16	M35	11	Roberttown Road Runners	m	39	13.47	04:27	Finished
826	44	Michael Donnelly	00:22:27	00:22:22	M45	13	Pontyclun Road Runners	m	40	13.41	04:28	Finished
414	45	Niall James	00:22:28	00:22:28	MJ	1		m	41	13.35	04:30	Finished
1178	46	Bernie Jones	00:22:28	00:22:24	M55	5		m	42	13.39	04:29	Finished
1404	47	Gareth Norris	00:22:32	00:22:01	MSEN	13		m	43	13.63	04:24	Finished
1433	48	Jamie Sullivan	00:22:33	00:22:06	MSEN	14		m	44	13.57	04:25	Finished
401	49	Iestyn Cartwright	00:22:35	00:22:34	MJ	2		m	45	13.29	04:31	Finished
1120	50	Stephen Dalow	00:22:37	00:22:33	M55	6	Parc Bryn Bach RC	m	46	13.3	04:31	Finished
1036	51	Matthew Robins	00:22:37	00:22:31	M45	14		m	47	13.32	04:30	Finished
1380	52	Gordon Masson	00:22:39	00:21:37	MSEN	15		m	48	13.88	04:19	Finished
1414	53	Conor Ponting	00:22:39	00:22:06	MSEN	16		m	49	13.57	04:25	Finished
541	54	Mat Gillard	00:22:53	00:22:52	M35	12		m	50	13.12	04:34	Finished
474	55	Lyn Cartwright	00:22:53	00:22:53	M35	13		m	51	13.11	04:35	Finished
835	56	Wayne Edwards	00:22:57	00:22:24	M45	15		m	52	13.39	04:29	Finished
1396	57	Adam Morgan	00:22:59	00:22:31	MSEN	17		m	53	13.32	04:30	Finished
557	58	Michael Harvey	00:23:02	00:23:01	M35	14		m	54	13.03	04:36	Finished
554	59	Carwyn Harris	00:23:05	00:22:51	M35	15		m	55	13.13	04:34	Finished
1439	60	Carys Thomas	00:23:06	00:22:57	FSEN	2	Dragons Runging Club	f	5	13.07	04:35	Finished
1045	61	David Sinclair	00:23:07	00:22:57	M45	16	CDR Runners	m	56	13.07	04:35	Finished
1301	62	Jake Francis	00:23:08	00:23:06	MSEN	18		m	57	12.99	04:37	Finished
1132	63	Ray Davies	00:23:12	00:23:07	M55	7	Aberdare Valley AAC	m	58	12.98	04:37	Finished
1199	64	Kieran McDonnell	00:23:19	00:23:18	M55	8		m	59	12.88	04:40	Finished
741	65	Huw Williams	00:23:19	00:23:02	M35	16	Rhondda Valley Runners	m	60	13.02	04:36	Finished
1357	66	Gareth Key	00:23:25	00:23:23	MSEN	19	CDR Runners	m	61	12.83	04:41	Finished
605	67	Kelly Langford	00:23:27	00:23:11	F35	4	Roberttown Road Runners	f	6	12.94	04:38	Finished
920	68	Martyn Jones	00:23:34	00:23:20	M45	17	Llswerry Runners	m	62	12.86	04:40	Finished
1134	69	Jeremy Dickson	00:23:34	00:23:18	M55	9	Llswerry Runners	m	63	12.88	04:40	Finished
1151	70	Hefin Gruffydd	00:23:35	00:23:23	M55	10	Pontypridd Roadents	m	64	12.83	04:41	Finished
1109	71	Cheryl Bunney	00:23:36	00:23:28	F55	1	Aberdare Valley AAC	f	7	12.78	04:42	Finished
458	72	Rachel Bowen	00:23:37	00:23:32	F35	5	Llswerry Runners	f	8	12.75	04:42	Finished
742	73	Ian Williams	00:23:39	00:23:14	M35	17	Islwyn RC	m	65	12.91	04:39	Finished
1001	74	David Parry	00:23:39	00:23:25	M45	18	Parc Bryn Bach RC	m	66	12.81	04:41	Finished
890	75	Andrew Howells	00:23:43	00:23:26	M45	19		m	67	12.8	04:41	Finished
852	76	Paul Galea	00:23:44	00:23:44	M45	20	Roberttown Road Runners	m	68	12.64	04:45	Finished
1172	77	Gareth Jones	00:23:46	00:23:37	M55	11	Chepstow Harriers	m	69	12.7	04:43	Finished
1240	78	Keith Verheyden	00:23:47	00:23:46	M55	12	FERC	m	70	12.62	04:45	Finished
1310	79	Llewellyn Griffiths	00:23:50	00:23:40	MSEN	20	Caerphilly Triers	m	71	12.68	04:44	Finished
750	80	Stuart Williams	00:23:54	00:23:53	M35	18		m	72	12.56	04:47	Finished
1171	81	Bryan Jones	00:23:54	00:23:31	M55	13		m	73	12.76	04:42	Finished
1180	82	David Kempton	00:23:54	00:23:38	M55	14	Parc Bryn Bach RC	m	74	12.69	04:44	Finished
679	83	Shane Roberts	00:23:55	00:23:51	M35	19	Aberdare Valley AAC	m	75	12.58	04:46	Finished
521	84	Ross Edwards	00:23:56	00:23:54	M35	20		m	76	12.55	04:47	Finished
1131	85	Martin Davies	00:23:57	00:23:53	M55	15		m	77	12.56	04:47	Finished
470	86	Chris Carey	00:24:01	00:23:33	M35	21		m	78	12.74	04:43	Finished
1241	87	Dimitri Vorres	00:24:01	00:23:33	M55	16	Pontypool and District Runners	m	79	12.74	04:43	Finished
748	88	Nathan Williams	00:24:03	00:23:41	M35	22	Aberdare Valley AAC	m	80	12.67	04:44	Finished
482	89	Evette Collins	00:24:03	00:22:20	F35	6		f	9	13.43	04:28	Finished
406	90	Cameron Gauci	00:24:04	00:22:58	MJ	3		m	81	13.06	04:36	Finished
1383	91	Jordan Mayo	00:24:04	00:24:03	MSEN	21		m	82	12.47	04:49	Finished
1173	92	Mark Jones	00:24:06	00:23:45	M55	17		m	83	12.63	04:45	Finished
844	93	Michael Farrell	00:24:07	00:23:59	M45	21		m	84	12.51	04:48	Finished
548	94	Richard Haddock	00:24:07	00:23:56	M35	23		m	85	12.53	04:47	Finished
1238	95	Richard Treadgold	00:24:07	00:24:03	M55	18		m	86	12.47	04:49	Finished
1130	96	John Davies	00:24:09	00:23:51	M55	19	Dragons Runging Club	m	87	12.58	04:46	Finished
570	97	Frances Howard	00:24:11	00:24:03	F35	7		f	10	12.47	04:49	Finished
853	98	Jason Garrahan	00:24:12	00:23:15	M45	22	Caerphilly Runners	m	88	12.9	04:39	Finished
715	99	Jonathan Thomas	00:24:14	00:23:17	M35	24		m	89	12.88	04:39	Finished
657	100	Steven Phillips	00:24:16	00:23:54	M35	25	Parc Bryn Bach RC	m	90	12.55	04:47	Finished
426	101	Ben Pearce	00:24:20	00:24:12	MJ	4		m	91	12.4	04:50	Finished
623	102	Richard Martin	00:24:22	00:24:04	M35	26	Pontypridd Roadents	m	92	12.47	04:49	Finished
777	103	Matt Botwood	00:24:27	00:23:57	M45	23		m	93	12.53	04:47	Finished
1290	104	Adrian Evans	00:24:28	00:24:19	MSEN	22		m	94	12.34	04:52	Finished
1020	105	Steve Pring	00:24:28	00:24:06	M45	24		m	95	12.45	04:49	Finished
1370	106	Robert Lineham	00:24:30	00:24:08	MSEN	23	Aberfan Canoe Club	m	96	12.43	04:50	Finished
1141	107	Deborah Evans	00:24:31	00:24:23	F55	2	Dragons Runging Club	f	11	12.3	04:53	Finished
823	108	John Dent	00:24:32	00:24:31	M45	25		m	97	12.24	04:54	Finished
501	109	Paul Davies	00:24:33	00:24:33	M35	27	Aberdare Valley AAC	m	98	12.22	04:55	

1083	124	Elizabeth Vaughan	00:24:53	00:24:37 F45	2	Taff Ely Tri Club	f	16	12.19	04:55	Finished
1181	125	Maad Khalil	00:25:00	00:24:57 M55	20	Pontypridd Roadents	m	109	12.02	04:59	Finished
595	126	Ross Jones	00:25:02	00:24:56 M35	33		m	110	12.03	04:59	Finished
420	127	Ty Lewis	00:25:02	00:24:38 MJ	5		m	111	12.18	04:56	Finished
1248	128	Alun Williams	00:25:03	00:24:47 M55	21		m	112	12.1	04:57	Finished
1262	129	Jonathan Bishoo	00:25:03	00:24:41 M5EN	25	Dragons Runing Club	m	113	12.15	04:56	Finished
563	130	Richard Hext	00:25:14	00:24:58 M35	34	Roberttown Road Runners	m	114	12.02	05:00	Finished
906	131	Ailyn Jenkins	00:25:15	00:24:55 M45	30		m	115	12.04	04:59	Finished
456	132	Joanne Betty	00:25:15	00:25:05 F35	9	Ogmore Phoenix Runners	f	17	11.96	05:01	Finished
1405	133	Alice Nottingham	00:25:15	00:24:37 F5EN	4	Cardiff AAC	f	18	12.19	04:55	Finished
1070	134	Gregory Thomas	00:25:19	00:25:15 M45	31	Dragons Runing Club	m	116	11.88	05:03	Finished
1128	135	Gareth Davies	00:25:21	00:24:53 M55	22	Aberdare Valley AAC	m	117	12.06	04:59	Finished
475	136	Tom Chapman	00:25:22	00:24:31 M35	35		m	118	12.24	04:54	Finished
1449	137	David Webb	00:25:22	00:24:13 M5EN	26		m	119	12.39	04:51	Finished
779	138	Lisa Bowen	00:25:24	00:24:53 F45	3		f	19	12.06	04:59	Finished
529	139	Tanya Evans	00:25:25	00:24:55 F35	10		f	20	12.04	04:59	Finished
421	140	Eve Lloyd	00:25:26	00:25:04 FJ	1		f	21	11.97	05:01	Finished
524	141	Ian Evans	00:25:26	00:24:54 M35	36		m	120	12.05	04:59	Finished
1155	142	Edwin Hanly	00:25:28	00:25:04 M55	23		m	121	11.97	05:01	Finished
962	143	Javier Meco	00:25:30	00:24:57 M45	32		m	122	12.02	04:59	Finished
725	144	Christian Trivett	00:25:30	00:24:21 M35	37		m	123	12.32	04:52	Finished
1429	145	Kirsty Smith	00:25:30	00:25:13 F5EN	5		f	22	11.93	05:03	Finished
937	146	Jane Lewis	00:25:31	00:25:24 F45	4	Fairwater Runners	f	23	11.81	05:05	Finished
528	147	Stephen Evans	00:25:33	00:25:08 M35	38	Islwyn RC	m	124	11.94	05:02	Finished
400	148	Ethan Bevan	00:25:34	00:25:31 MJ	6		m	125	11.76	05:06	Finished
791	149	Christie Coleman	00:25:35	00:25:16 M45	33	Cmw Ogwr Tri	m	126	11.87	05:03	Finished
517	150	Gareth Edwards	00:25:37	00:25:27 M35	39	Edds eagles	m	127	11.79	05:05	Finished
1369	151	Claire Lineham	00:25:39	00:24:52 F5EN	6		f	24	12.06	04:58	Finished
515	152	Neil Edwards	00:25:42	00:25:40 M35	40		m	128	11.69	05:08	Finished
1119	153	Steve Crowther	00:25:43	00:24:44 M55	24	Llswerry Runners	m	129	12.13	04:57	Finished
640	154	Noel Muteham	00:25:44	00:24:55 M35	41		m	130	12.04	04:59	Finished
892	155	Andrew Hughes	00:25:48	00:24:48 M45	34		m	131	12.1	04:58	Finished
1122	156	Simon Davies	00:25:48	00:24:49 M55	25		m	132	12.09	04:58	Finished
805	157	Christine Davies	00:25:49	00:24:50 F45	5		f	25	12.08	04:58	Finished
1316	158	Daniel Haman	00:25:50	00:25:16 M5EN	27		m	133	11.87	05:03	Finished
1202	159	Paul Moore	00:25:50	00:25:50 M55	26		m	134	11.61	05:10	Finished
1285	160	Kimberley Edwards	00:25:51	00:25:19 F5EN	7		f	26	11.85	05:04	Finished
1087	161	Rob Ward	00:25:52	00:25:24 M45	35		m	135	11.81	05:05	Finished
749	162	Nicola Williams	00:25:52	00:25:34 F35	11	Dragons Runing Club	f	27	11.73	05:07	Finished
772	163	Michael Bevan	00:25:52	00:25:50 M45	36	Dragons Runing Club	m	136	11.61	05:10	Finished
1019	164	Martin Price	00:25:56	00:25:15 M45	37		m	137	11.88	05:03	Finished
1424	165	Jessica Rowan	00:25:57	00:25:28 F5EN	8	Wimbledon windmilers	f	28	11.78	05:06	Finished
882	166	Jennet Holmes	00:25:59	00:25:36 F45	6	Pontypridd Roadents	f	29	11.72	05:07	Finished
831	167	Barri Edwards	00:26:00	00:25:35 M45	38	Vegan runners	m	138	11.73	05:07	Finished
1336	168	Zoe James	00:26:01	00:25:30 F5EN	9	CDP runners	f	30	11.76	05:06	Finished
1465	169	Johnathan Langdon	00:26:02	00:25:39 M35	42		m	139	11.7	05:08	Finished
812	170	Huw Davies	00:26:03	00:25:43 M45	39	Dragons Runing Club	m	140	11.67	05:09	Finished
815	171	Marcus Davies	00:26:04	00:25:45 M45	40	Dragons Runing Club	m	141	11.65	05:09	Finished
966	172	Mark Moran	00:26:05	00:25:42 M45	41		m	142	11.67	05:08	Finished
449	173	Matthew Barrrell	00:26:07	00:25:21 M35	43	4Q runners	m	143	11.83	05:04	Finished
1425	174	Josh Rowlands	00:26:11	00:26:08 M5EN	28		m	144	11.48	05:14	Finished
646	175	Kelly Owen	00:26:13	00:25:55 F35	12	Cwm Ogwr	f	31	11.58	05:11	Finished
654	176	Carrie Perry	00:26:14	00:26:08 F35	13	Roberttown Road Runners	f	32	11.48	05:14	Finished
582	177	Kathryn Jones	00:26:16	00:26:03 F35	14		f	33	11.52	05:13	Finished
704	178	Vicky Stroud	00:26:18	00:25:49 F35	15	Roberttown Road Runners	f	34	11.62	05:10	Finished
876	179	Peter Hawkins	00:26:19	00:25:57 M45	42		m	145	11.56	05:11	Finished
464	180	Vaughan Budd	00:26:19	00:25:46 M35	44	Pontardawe Running club	m	146	11.64	05:09	Finished
722	181	Wyn Thomas	00:26:19	00:25:47 M35	45		m	147	11.64	05:09	Finished
1047	182	Sharon Smith	00:26:23	00:25:48 F45	7	Caerphilly Runners	f	35	11.63	05:10	Finished
1158	183	Robert Haswell	00:26:24	00:26:21 M55	27		m	148	11.39	05:16	Finished
701	184	Holly Spencer	00:26:25	00:26:10 F35	16		f	36	11.46	05:14	Finished
1472	185	Gail Evans	00:26:25	00:26:05 F5EN	10	Dragons Runing Club	f	37	11.5	05:13	Finished
492	186	Hannah Darbyshire	00:26:25	00:26:22 F35	17		f	38	11.38	05:16	Finished
700	187	Gareth Spencer	00:26:27	00:26:12 M35	46		m	149	11.45	05:14	Finished
849	188	Gavin Fraser	00:26:27	00:25:59 M45	43	Cornelly Striders	m	150	11.55	05:12	Finished
1127	189	Eirwen Davies	00:26:29	00:26:25 F55	4		f	39	11.36	05:17	Finished
572	190	Rebecca Hudson	00:26:37	00:26:10 F35	18		f	40	11.46	05:14	Finished
1360	191	Fay Lawrence	00:26:39	00:26:30 F5EN	11	Pontyclun Road Runners	f	41	11.32	05:18	Finished
1097	192	Michael Woods	00:26:39	00:25:28 M45	44		m	151	11.78	05:06	Finished
828	193	David Driscoll	00:26:40	00:26:18 M45	45		m	152	11.41	05:16	Finished
632	194	Sara Morgan	00:26:41	00:26:13 F35	19	Village vipers	f	42	11.44	05:15	Finished
902	195	Mark James	00:26:48	00:26:20 M45	46	Porthcawl Runners	m	153	11.39	05:16	Finished
801	196	Steven Cresswell	00:26:49	00:26:48 M45	47		m	154	11.19	05:22	Finished
924	197	Roger Jones	00:26:50	00:25:39 M45	48		m	155	11.7	05:08	Finished
1196	198	Jeffrey Mason	00:26:52	00:26:51 M55	28	Ogmore Phoenix Runners	m	156	11.17	05:22	Finished
1024	199	Wayne Randall	00:26:53	00:26:41 M45	49	Ogmore Phoenix Runners	m	157	11.24	05:20	Finished
1067	200	Suzie Tew	00:26:53	00:26:37 F45	8	Parc Bryn Bach RC	f	43	11.27	05:19	Finished
1460	201	Sarah Wills	00:26:54	00:26:10 F5EN	12	White Rock Runners	f	44	11.46	05:14	Finished
773	202	James Beynon	00:26:54	00:26:40 M45	50	Ogmore Phoenix Runners	m	158	11.25	05:20	Finished
579	203	Ann Hurley	00:26:55	00:26:36 F35	20	Rhondda Valley Runners	f	45	11.28	05:19	Finished
630	204	Deborah Morgan	00:26:56	00:25:52 F35	21		f	46	11.6	05:10	Finished
738	205	Andrea Williams	00:26:57	00:26:50 F35	22		f	47	11.18	05:22	Finished
1209	206	Tim Orbell	00:26:58	00:26:55 M45	29		m	159	11.15	05:23	Finished
767	207	Anthony Beer	00:26:58	00:25:58 M45	51		m	160	11.55	05:12	Finished
1039	208	Louise Saddler	00:26:59	00:26:22 F45	9	Islwyn RC	f	48	11.38	05:16	Finished
756	209	Katie Allen	00:27:01	00:26:43 F45	10	Pont-Y-Pwll & District Runners	f	49	11.23	05:21	Finished
566	210	Laura Hire	00:27:01	00:26:26 F35	23	Parc Bryn Bach RC	f	50	11.35	05:17	Finished
1397	211	Huw Morgan	00:27:01	00:25:33 M5EN	29	N.E.W.T	m	161	11.74	05:07	Finished
880	212	Christopher Hill	00:27:02	00:25:59 M45	52	Caerleon RC	m	162	11.55	05:12	Finished
1038	213	Joanne Ryan	00:27:03	00:25:41 F45	11	Rhondda Valley Runners	f	51	11.68	05:08	Finished
1111	214	Phil Butler	00:27:03	00:26:12 M55	30		m	163	11.45	05:14	Finished
926	215	Robert Joslin	00:27:03	00:26:19 M45	53	Rhondda Valley Runners	m	164	11.4	05:16	Finished
1048	216	Sharon Smith	00:27:04	00:27:04 F45	12		f	52	11.08	05:25	Finished
1351	217	Shaw Jones	00:27:05	00:25:43 M5EN	30		m	165	11.67	05:09	Finished
789	218	Paul Chapman	00:27:05	00:26:32 M45	54	Les Croupiers RC	m	166	11.31	05:18	Finished
860	219	David Gore	00:27:06	00:27:01 M45	55		m	167	11.1	05:24	Finished
850	220	Georgina Fraser	00:27:07	00:26:38 F45	13	Cornelly Striders	f	53	11.26	05:20	Finished
1264	221	Quain Brodick	00:27:14	00:26:50 M5EN	31		m	168	11.18	05:22	Finished
622	222	Roni Margerison	00:27:16	00:26:27 F35	24	Llswerry Runners	f	54	11.34	05:17	Finished
511	223	Gemma Dummett	00:27:17	00:27:11 F35	25		f	55	11.04	05:26	Finished
1049	224	Nigel Soulsby	00:27:20	00:27:05 M45	56	Taff Ely Tri Club	m	169	11.08	05:25	Finished
452	225	David Beddows	00:27:21	00:26:38 M35	47	Christian Runners UK	m	170	11.26	05:20	Finished
884	226	Rachel Hooper	00:27:21	00:27:10 F45	14	Roberttown Road Runners	f	56	11.04	05:26	Finished
500	227	Kirstie Davies	00:27:22	00:26:53 F35	26	Roberttown Road Runners	f	57	11.16	05:23	Finished
1133	228	W Huw Davies	00:27:23	00:26:38 M55	31	Clwb Rhedeg Pontardawe RC	m	171	11.26	05:20	Finished
1385	229	Sean McDonnell	00:27:23	00:27:00 M5EN	32		m	172	11.11	05:24	Finished
1116	230	Gary Cleaves	00:27:24	00:26:25 M55	32	Ebbw Vale RC	m	173	11.36	05:17	Finished
933	231	Stuart Laslett	00:27:24	00:26:55 M45	57		m	174	11.15	05:23	Finished
1061	232	Dawn Surrey	00:27:25	00:27:03 F45	15		f	58	11.09	05:25	Finished
1174	233	Randal Jones	00:27:25	00:26:36 M55	33	Llswerry Runners	m	175	11.28	05:19	Finished
956	234	Sian McGoldrick	00:27:26	00:27:09 F45	16	Parc Bryn Bach RC	f	59	11.05	05:26	Finished
520	235	Rhian Edwards	00:27:26	00:26:57 F35	27	Cardiff AAC	f	60	11.1		

838	248	Carwyn Evans	00:27:39	00:27:00 M45	60	Dragons Runing Club	m	184	11.11	05:24	Finished
551	249	Katie Hamer	00:27:40	00:27:04 F35	30	Parc Bryn Bach RC	f	65	11.08	05:25	Finished
594	250	Paul Jones	00:27:41	00:26:39 M35	51	Aberdare Valley AAC	m	185	11.26	05:20	Finished
639	251	Louise Muteham	00:27:41	00:26:53 F35	31	Llswerry Runners	f	66	11.16	05:23	Finished
771	252	Jamie Bevan	00:27:43	00:26:37 M45	61	Ogmore Phoenix Runners	m	186	11.27	05:19	Finished
1272	253	Christopher Comley	00:27:43	00:26:41 M5EN	35		m	187	11.24	05:20	Finished
1095	254	Mo Williams	00:27:45	00:26:31 M45	62	RUNNewport	m	188	11.31	05:18	Finished
1053	255	Bethan Slacey	00:27:45	00:27:43 F45	17	Roberttown Road Runners	f	67	10.89	05:21	Finished
901	256	Louise James	00:27:46	00:27:22 F45	18	Cornelly Striders	f	68	10.96	05:28	Finished
1126	257	David Davies	00:27:46	00:27:35 M55	35	CDL Runners	m	189	10.88	05:31	Finished
586	258	Amy Jenner	00:27:47	00:27:11 F35	32	Caepphilly Tri-ers	f	69	11.04	05:26	Finished
1030	259	John Richards	00:27:48	00:26:41 M45	63		m	190	11.24	05:20	Finished
580	260	Paul Iddon	00:27:49	00:27:47 M35	52	Pontypridd Roadents	m	191	10.8	05:33	Finished
571	261	Gavin Howard	00:27:49	00:27:11 M35	53		m	192	11.04	05:26	Finished
1021	262	Helen Pritchard	00:27:49	00:27:35 F45	19		f	70	10.88	05:31	Finished
954	263	David McCarthy	00:27:50	00:25:55 M45	64		m	193	11.58	05:11	Finished
710	264	James Taylor	00:27:51	00:27:48 M35	54		m	194	10.79	05:34	Finished
1283	265	Cari Edwards	00:27:52	00:27:37 F5EN	14		f	71	10.86	05:31	Finished
567	266	Gareth Horsnell	00:27:52	00:27:40 M35	55		m	195	10.84	05:32	Finished
608	267	Charlotte Leigh	00:27:53	00:27:43 F35	33	Caerleon RC	f	72	10.82	05:33	Finished
1344	268	Abigail Kate Jones	00:27:55	00:27:49 F5EN	15		f	73	10.78	05:34	Finished
1377	269	Wayna Jones	00:27:55	00:27:49 M55	36		m	196	10.78	05:34	Finished
1114	270	Gordon Carter	00:27:56	00:27:29 M55	27	Dragons Runing Club	m	197	10.92	05:30	Finished
1076	271	Ann Timbrell	00:27:58	00:27:48 F45	20	Caerleon RC	f	74	10.79	05:34	Finished
1362	272	Dale Lewis	00:27:58	00:27:52 M5EN	36		m	198	10.77	05:34	Finished
1263	273	Leanne Brake	00:27:59	00:27:31 F5EN	16		f	75	10.9	05:30	Finished
1317	274	Emma Harris	00:27:59	00:27:59 F5EN	17	Run Grangetown	f	76	10.72	05:36	Finished
1108	275	David Brake	00:27:59	00:27:31 M55	38		m	199	10.9	05:30	Finished
743	276	Philip Williams	00:28:01	00:27:36 M35	56		m	200	10.87	05:31	Finished
522	277	Stephen Edwards	00:28:01	00:26:45 M35	57		m	201	11.21	05:21	Finished
1450	278	Rhys Weeks	00:28:02	00:27:15 M5EN	37	Taff Ely Tri Club	m	202	11.01	05:27	Finished
1325	279	Jonathan Hodges	00:28:03	00:26:18 M5EN	38		m	203	11.41	05:16	Finished
706	280	Greg Summerill	00:28:03	00:27:28 M35	58		m	204	10.92	05:30	Finished
753	281	Emma Addis	00:28:03	00:27:30 F45	21		f	77	10.91	05:30	Finished
1406	282	Lauren Old	00:28:05	00:26:56 F5EN	18		f	78	11.14	05:23	Finished
783	283	Mike Brown	00:28:06	00:27:34 M45	65		m	205	10.88	05:31	Finished
981	284	Steve New	00:28:06	00:26:53 M45	66	Penarth & Dinas Runners	m	206	11.16	05:23	Finished
829	285	Finola Drysdale	00:28:10	00:27:37 F45	22	Ogmore Phoenix Runners	f	79	10.86	05:31	Finished
1080	286	Vanessa Turnbull	00:28:10	00:26:57 F45	23	Caerphilly Runners	f	80	11.13	05:23	Finished
893	287	David Hughes	00:28:10	00:27:47 M45	67		m	207	10.8	05:33	Finished
1371	288	Chris Lloyd-Evans	00:28:12	00:27:39 M5EN	39		m	208	10.85	05:32	Finished
770	289	Simon Best	00:28:13	00:27:05 M45	68	Pontypool and District Runners	m	209	11.08	05:25	Finished
1161	290	Glyn Hicks	00:28:15	00:27:47 M55	39	Roberttown Road Runners	m	210	10.8	05:33	Finished
1062	291	Luke Surrey	00:28:15	00:27:53 M45	69		m	211	10.76	05:35	Finished
410	292	Erin Howells	00:28:15	00:28:03 FJ	3	Roberttown Road Runners	f	81	10.7	05:37	Finished
1315	293	Ceri Haddock	00:28:16	00:28:05 F5EN	19	Pontypridd Roadents	f	82	10.68	05:37	Finished
708	294	Bobbie Swift	00:28:17	00:26:52 F35	34	Parc Bryn Bach RC	f	83	11.17	05:22	Finished
787	295	Dene Caple	00:28:19	00:27:15 M45	70	RVAC	m	212	11.01	05:27	Finished
1386	296	Matthew Meader	00:28:20	00:26:48 M5EN	40		m	213	11.19	05:22	Finished
413	297	Emily James	00:28:20	00:27:55 FJ	4	Porthcawl Runners	f	84	10.75	05:35	Finished
453	298	Marisa Benjamin	00:28:21	00:28:03 F35	35	Pont-Y-Pwl & District Runners	f	85	10.7	05:37	Finished
1259	299	Michael Barnes	00:28:23	00:27:30 M5EN	41	Fairwater Runners	m	214	10.91	05:30	Finished
531	300	Gerard Evans	00:28:24	00:27:51 M35	59		m	215	10.77	05:34	Finished
593	301	Lee Jones	00:28:25	00:28:22 M35	60		m	216	10.58	05:40	Finished
553	302	Nigel Hammersley	00:28:25	00:27:12 M35	61	Caerphilly Runners	m	217	11.03	05:26	Finished
1257	303	Gareth Baker	00:28:27	00:26:43 M5EN	42		m	218	11.23	05:21	Finished
618	304	Rhian Llewellyn	00:28:28	00:27:51 F35	36	Dragons Runing Club	f	86	10.77	05:34	Finished
1138	305	Carl Elliott	00:28:29	00:27:04 M55	40	Llswerry Runners	m	219	11.08	05:25	Finished
945	306	Claire Lloyd Thomas	00:28:30	00:28:19 F45	24	Roberttown Road Runners	f	87	10.59	05:40	Finished
433	307	Jon Abbott	00:28:31	00:28:06 M35	62		m	220	10.68	05:37	Finished
491	308	Melanie Daniels	00:28:31	00:28:07 F35	37		f	88	10.67	05:37	Finished
1273	309	Ben Cording	00:28:35	00:26:49 M5EN	43		m	221	11.19	05:22	Finished
1075	310	Ian Thorne	00:28:35	00:26:40 M45	71	Pegasus RC	m	222	11.25	05:20	Finished
895	311	David Hughes	00:28:39	00:27:07 M45	72	Dragons Runing Club	m	223	11.06	05:25	Finished
683	312	Jamie Rowland	00:28:39	00:28:38 M35	63		m	224	10.48	05:44	Finished
427	313	Glesni Powell	00:28:40	00:28:37 FJ	5	Brecon AC	f	89	10.48	05:43	Finished
1421	314	Emma Rees	00:28:41	00:28:39 F5EN	20		f	90	10.47	05:44	Finished
1252	315	Beverly Hanez	00:28:42	00:28:06 F55	5	Dragons Runing Club	f	91	10.68	05:37	Finished
839	316	Richard Evans	00:28:43	00:28:11 M45	73		m	225	10.64	05:38	Finished
1040	317	Darren Salvage	00:28:43	00:27:47 M45	74		m	226	10.8	05:33	Finished
817	318	Teresa Davies	00:28:44	00:27:19 F45	25	Parc Bryn Bach RC	f	92	10.98	05:28	Finished
754	319	Karen Aitchison	00:28:45	00:27:03 F45	26	Run4All Neath	f	93	11.09	05:25	Finished
1232	320	Alwyn Thomas	00:28:45	00:27:29 M55	41	Porthcawl Runners	m	227	10.92	05:30	Finished
509	321	Michael Dobbs	00:28:46	00:28:42 M35	64		m	228	10.45	05:44	Finished
647	322	Susan Owen	00:28:47	00:28:36 F35	38		f	94	10.49	05:43	Finished
1338	323	Keely Jarvis	00:28:48	00:27:47 F5EN	21	Aberdare Valley AAC	f	95	10.8	05:33	Finished
1375	324	Tom Longley	00:28:48	00:27:42 M5EN	44	Caerphilly Runners	m	229	10.83	05:32	Finished
723	325	Alex Todd-Jones	00:28:49	00:27:52 M35	65		m	230	10.77	05:34	Finished
1448	326	Katie Watts	00:28:51	00:28:05 F5EN	22	Pontyclun Road Runners	f	96	10.68	05:37	Finished
788	327	Kay Chapman	00:28:51	00:28:15 F45	27	Cardiff AAC	f	97	10.62	05:39	Finished
1447	328	Jessica Watts	00:28:51	00:28:06 F5EN	23	Pontyclun Road Runners	f	98	10.68	05:37	Finished
905	329	Teresa Jeffries-Callaghan	00:28:54	00:28:52 F45	28	Dragons Runing Club	f	99	10.39	05:46	Finished
922	330	Nicola Jones	00:28:54	00:28:52 F45	29	Dragons Runing Club	f	100	10.39	05:46	Finished
1458	331	Lewis Williams	00:28:56	00:28:11 M5EN	45		m	231	10.64	05:38	Finished
1037	332	Wayne Robson	00:29:03	00:27:51 M45	75		m	232	10.77	05:34	Finished
1479	333	Runner 1479	00:29:03	00:28:22 M5EN	46		m	233	10.58	05:40	Finished
1430	334	Gareth Spencer	00:29:04	00:28:14 M5EN	47		m	234	10.63	05:39	Finished
643	335	Vicky O'Brien	00:29:10	00:29:01 F35	39	Fairwater Runners	f	101	10.34	05:48	Finished
1249	336	Bethan Williams	00:29:11	00:28:18 F55	6		f	102	10.6	05:40	Finished
1350	337	Rhys Jones	00:29:12	00:28:00 M5EN	48		m	235	10.71	05:36	Finished
913	338	Nigel Jones	00:29:13	00:27:29 M45	76		m	236	10.92	05:30	Finished
891	339	Sharron Howells	00:29:16	00:29:03 F45	30	Roberttown Road Runners	f	103	10.33	05:49	Finished
856	340	Claire Ghuman	00:29:17	00:29:04 F45	31	Pontypridd Roadents	f	104	10.32	05:49	Finished
1255	341	Rachel Avon	00:29:18	00:28:29 F5EN	24	Llswerry Runners	f	105	10.53	05:42	Finished
793	342	Wendy Collie	00:29:20	00:28:51 F45	32	Roberttown Road Runners	f	106	10.4	05:46	Finished
940	343	Robert Lewis	00:29:20	00:28:44 M45	77		m	237	10.44	05:45	Finished
927	344	David Kembery	00:29:20	00:27:44 M45	78	Ogmore Phoenix Runners	m	238	10.82	05:33	Finished
615	345	Rhys Lewis	00:29:21	00:27:38 M35	66	Parc Bryn Bach RC	m	239	10.86	05:32	Finished
573	346	Vicky Hughes	00:29:22	00:28:59 F35	40		f	107	10.35	05:48	Finished
692	347	Sara Shiel	00:29:22	00:28:45 F35	41		f	108	10.43	05:45	Finished
1431	348	Ceri Stephens	00:29:23	00:27:46 M5EN	49		m	240	10.8	05:33	Finished
1277	349	Joshuah Davies	00:29:23	00:29:03 M5EN	50		m	241	10.33	05:49	Finished
1154	350	Kevin Hamer	00:29:27	00:28:41 M55	42		m	242	10.46	05:44	Finished
659	351	Jonathan Piontecki	00:29:29	00:29:18 M35	67		m	243	10.24	05:52	Finished
923	352	Phillip Jones	00:29:30	00:28:56 M45	79		m	244	10.37	05:47	Finished
663	353	Catherine Price	00:29:32	00:28:51 F35	42	Parc Bryn Bach RC	f	109	10.4	05:46	Finished
1398	354	Bethan Mulcahy	00:29:33	00:28:33 F5EN	25		f	110	10.51	05:43	Finished
1169	355	Kath Jervis	00:29:33	00:28:51 F55	7	Parc Bryn Bach RC	f	111	10.4	05:46	Finished
1089	356	Leanne Westacott	00:29:35	00:28:46 F45	33	Llswerry Runners	f	112	10.43	05:45	Finished
1124	357	Andrew Davies	00:29:36	00:29:17 M55	43	Dragons Runing Club	m	245	10.24	05:51	Finished
861	358	Lisa Gore	00:29:38	00:28:38 F45	34		f	113	10.48	05:44	Finished
1307	359										

1216	372	Wayne Phillips	00:30:03	00:29:47 M55	44	m	252	10.07	05:57	Finished
971	373	Robert Morgan	00:30:04	00:29:12 M45	81	m	253	10.27	05:50	Finished
1179	374	Gareth Jones	00:30:04	00:29:59 M55	45	m	254	10.01	06:00	Finished
558	375	Andrew Harvey	00:30:05	00:29:02 M35	70	m	255	10.33	05:48	Finished
607	376	Kelly Lee	00:30:06	00:29:30 F35	46	f	121	10.17	05:54	Finished
1207	377	Kenneth Wayne Oliver	00:30:06	00:29:14 M55	46	m	256	10.26	05:51	Finished
803	378	Jason Curtis	00:30:06	00:29:12 M45	82	m	257	10.27	05:50	Finished
597	379	Stephanie Jones	00:30:07	00:29:50 F35	47	f	122	10.06	06:00	Finished
1143	380	Gethyn Evans	00:30:07	00:28:24 M55	47	m	258	10.56	05:41	Finished
969	381	Caroline Morgan	00:30:08	00:28:27 F45	38	f	123	10.54	05:41	Finished
1391	382	Michael Miles	00:30:09	00:29:13 M5EN	54	m	259	10.27	05:51	Finished
578	383	Krista Humphrey	00:30:09	00:29:29 F35	48	f	124	10.18	05:54	Finished
775	384	Emma Bond	00:30:11	00:29:56 F45	39	f	125	10.02	05:59	Finished
1205	385	Neil Nuttall	00:30:12	00:29:34 M55	48	m	260	10.15	05:55	Finished
977	386	Jason Morrissey	00:30:13	00:29:07 M45	83	m	261	10.3	05:49	Finished
1008	387	Gareth Piper	00:30:14	00:29:08 M45	84	m	262	10.3	05:50	Finished
1175	388	Roger Jones	00:30:16	00:29:04 M55	49	m	263	10.32	05:49	Finished
942	389	Catherine Llewellyn	00:30:17	00:29:16 F45	40	f	126	10.25	05:51	Finished
614	390	Nicola Lewis	00:30:17	00:28:37 F35	49	f	127	10.48	05:43	Finished
1159	391	Brigitte Heasley	00:30:17	00:28:38 F55	8	f	128	10.48	05:44	Finished
696	392	Hanna Smith	00:30:17	00:29:17 F35	50	f	129	10.24	05:51	Finished
689	393	Jayne Walters	00:30:18	00:30:00 F45	41	f	130	10.11	06:00	Finished
887	394	Sean Hosking	00:30:18	00:29:35 M45	85	m	264	10.14	05:55	Finished
675	395	Paul Reid	00:30:20	00:29:25 M35	71	m	265	10.2	05:53	Finished
536	396	Lindsay Ford	00:30:21	00:29:31 F35	51	f	131	10.16	05:54	Finished
476	397	Christopher Clack	00:30:22	00:30:09 M35	72	m	266	9.95	06:02	Finished
1393	398	Carys Monington	00:30:24	00:29:39 F5EN	27	f	132	10.12	05:56	Finished
602	399	Toby Knoyle	00:30:25	00:30:12 M35	73	m	267	9.93	06:02	Finished
1392	400	Andrew Monington	00:30:25	00:29:40 M5EN	55	m	268	10.11	05:56	Finished
1018	401	Esther Price	00:30:27	00:28:54 F45	42	f	133	10.38	05:47	Finished
1007	402	Stephen Phillips	00:30:28	00:29:06 M45	86	m	269	10.31	05:49	Finished
1418	403	Sydnie Price	00:30:29	00:28:54 F5EN	28	f	134	10.38	05:47	Finished
1330	404	Rebecca House Howe	00:30:30	00:29:58 F5EN	29	f	135	10.01	06:00	Finished
1381	405	Gary Mauli	00:30:30	00:29:24 M5EN	56	m	270	10.2	05:53	Finished
407	406	Bethan Grant	00:30:32	00:30:20 FJ	6	f	136	9.89	06:04	Finished
952	407	Mark Mahoney	00:30:32	00:29:29 M45	87	m	271	10.18	05:54	Finished
1100	408	Alun Wyllie	00:30:32	00:30:06 M45	88	m	272	9.97	06:01	Finished
1288	409	Natalie Esp	00:30:34	00:30:08 F5EN	30	f	137	9.96	06:02	Finished
1078	410	Sharon Trotman	00:30:35	00:29:10 F45	43	f	138	10.29	05:50	Finished
928	411	Louise Kirby	00:30:35	00:29:02 F45	44	f	139	10.33	05:48	Finished
1280	412	Sammypo Davies	00:30:36	00:30:36 F5EN	31	f	140	9.8	06:07	Finished
1182	413	Mike King	00:30:37	00:29:22 M55	50	m	273	10.22	05:52	Finished
1228	414	Derrick Stephenson	00:30:37	00:29:33 M55	51	m	274	10.15	05:55	Finished
665	415	Dal Prosser	00:30:39	00:30:16 M35	74	m	275	9.91	06:03	Finished
795	416	Debbie Conway	00:30:39	00:30:33 F45	45	f	141	9.82	06:07	Finished
896	417	Mark Hughes	00:30:40	00:30:35 M45	89	m	276	9.81	06:07	Finished
1427	418	Kirsty Shellard	00:30:40	00:30:03 F5EN	32	f	142	9.98	06:01	Finished
1226	419	Alyson Smith	00:30:40	00:29:34 F55	9	f	143	10.15	05:55	Finished
609	420	Christopher Lewis	00:30:42	00:30:18 M35	75	m	277	9.9	06:04	Finished
879	421	Gareth Hill	00:30:42	00:29:14 M45	90	m	278	10.26	05:51	Finished
1304	422	April Gilson	00:30:42	00:30:35 F5EN	33	f	144	9.81	06:07	Finished
1459	423	Solomon Williams-Wadley	00:30:45	00:29:58 M5EN	57	m	279	10.01	06:00	Finished
705	424	Ryan Stuckey	00:30:47	00:30:01 M35	76	m	280	9.99	06:00	Finished
1079	425	Stephen Trotman	00:30:49	00:29:24 M45	91	m	281	10.2	05:53	Finished
1188	426	Michael Lewis	00:30:50	00:29:08 M55	52	m	282	10.3	05:50	Finished
758	427	Charles Almond	00:30:52	00:30:04 M45	92	m	283	9.98	06:01	Finished
1237	428	David Todd-Jones	00:30:53	00:30:13 M55	53	m	284	9.93	06:03	Finished
768	429	Heidi Bennett	00:30:54	00:30:04 F45	46	f	145	9.98	06:01	Finished
599	430	Samantha Kear	00:30:55	00:30:25 F35	52	f	146	9.86	06:05	Finished
911	431	Claire Jones	00:30:57	00:30:26 F45	47	f	147	9.86	06:05	Finished
1189	432	Tim Lewis	00:31:00	00:30:10 M55	54	m	285	9.94	06:02	Finished
489	433	Dawn Daniel	00:31:01	00:30:05 F35	53	f	148	9.97	06:01	Finished
883	434	Jonathan Hooper	00:31:01	00:29:19 M45	93	m	286	10.23	05:52	Finished
1187	435	Jackie Lewis	00:31:03	00:30:41 F55	10	f	149	9.78	06:08	Finished
1163	436	Peter Jackson	00:31:03	00:22:05 M55	55	m	287	13.58	04:25	Finished
513	437	Margaret Dunn	00:31:04	00:30:44 F35	54	f	150	9.76	06:09	Finished
974	438	Elaine Morris	00:31:05	00:30:20 F45	48	f	151	9.89	06:04	Finished
975	439	Stephen Morris	00:31:05	00:30:21 M45	94	m	288	9.88	06:04	Finished
820	440	Martin Davies	00:31:05	00:30:31 M45	95	m	289	9.83	06:06	Finished
423	441	Darcy Morgan	00:31:05	00:30:31 FJ	7	f	152	9.83	06:06	Finished
809	442	Caroline Davies	00:31:06	00:30:33 F45	49	f	153	9.82	06:07	Finished
495	443	Anna Davies	00:31:06	00:30:40 F35	55	f	154	9.78	06:08	Finished
728	444	Matthew Tucker	00:31:07	00:29:56 M35	77	m	290	10.02	05:59	Finished
899	445	Alun Hurley	00:31:08	00:30:50 M45	96	m	291	9.73	06:10	Finished
934	446	Sue Layland	00:31:09	00:29:55 F45	50	f	155	10.03	05:59	Finished
1156	447	Jeffrey Hanson	00:31:09	00:29:49 M55	56	m	292	10.06	05:58	Finished
1149	448	Susan Griffiths	00:31:10	00:30:35 F55	11	f	156	9.81	06:07	Finished
1074	449	Dawn Thomas-Mountford	00:31:11	00:29:45 F45	51	f	157	10.08	05:57	Finished
627	450	Rachel McDonald	00:31:11	00:30:57 F35	56	f	158	9.69	06:11	Finished
619	451	Michelle Lloyd	00:31:11	00:30:19 F35	57	f	159	9.9	06:04	Finished
1185	452	David Lewis	00:31:11	00:30:37 M55	57	m	293	9.8	06:07	Finished
545	453	Vicki Griffiths	00:31:12	00:30:10 F35	58	f	160	9.94	06:02	Finished
559	454	Elizabeth Harwood	00:31:13	00:30:16 F35	59	f	161	9.91	06:03	Finished
1214	455	Carole Phillips	00:31:15	00:31:07 F55	12	f	162	9.64	06:13	Finished
976	456	Claire Morrissey	00:31:17	00:30:10 F45	52	f	163	9.94	06:02	Finished
1292	457	Gareth Evans	00:31:21	00:31:11 M5EN	58	m	294	9.62	06:14	Finished
1055	458	Stan Steadman	00:31:22	00:30:40 F45	53	m	164	9.78	06:08	Finished
672	459	Jeff Rees	00:31:23	00:31:00 M35	78	m	295	9.68	06:12	Finished
422	460	Dylan McCarthy	00:31:24	00:31:15 MJ	7	m	296	9.6	06:15	Finished
1361	461	Paula Ledgerwood	00:31:24	00:31:23 F5EN	34	f	165	9.56	06:17	Finished
412	462	Harry Jackson	00:31:26	00:30:19 MJ	8	m	297	9.9	06:04	Finished
514	463	Sarah Eaton	00:31:30	00:30:51 F35	60	f	166	9.72	06:10	Finished
687	464	Laura Serpell	00:31:32	00:30:23 F35	61	f	167	9.87	06:05	Finished
466	465	Alexandra Burnett	00:31:32	00:30:54 F35	62	f	168	9.71	06:11	Finished
405	466	Beth Davies	00:31:33	00:31:15 FJ	8	f	169	9.6	06:15	Finished
1323	467	Rachel Haynes	00:31:33	00:31:06 F5EN	35	f	170	9.65	06:13	Finished
688	468	Martyn Serpell	00:31:33	00:30:24 M35	79	m	298	9.87	06:05	Finished
819	469	Elizabeth Davies	00:31:33	00:31:15 F45	54	f	171	9.6	06:15	Finished
842	470	Lisa Fackrell	00:31:36	00:31:01 F45	55	f	172	9.67	06:12	Finished
455	471	Michelle Best	00:31:36	00:30:07 F35	63	f	173	9.96	06:01	Finished
950	472	Carol Mack	00:31:38	00:30:42 F45	56	f	174	9.77	06:08	Finished
1289	473	Joanna Etheridge	00:31:40	00:31:03 F5EN	36	f	175	9.66	06:13	Finished
964	474	Debbie Moore	00:31:42	00:31:40 F45	57	f	176	9.47	06:20	Finished
1104	475	Maria Berrett	00:31:43	00:30:53 F55	13	f	177	9.71	06:11	Finished
1016	476	Andrew Price	00:31:44	00:30:09 M45	97	m	299	9.95	06:02	Finished
1453	477	Rhian White	00:31:45	00:30:06 F5EN	37	f	178	9.97	06:01	Finished
1139	478	Keith Ellis	00:31:47	00:31:20 M55	58	m	300	9.57	06:16	Finished
539	479	Stephanie George	00:31:48	00:30:50 F35	64	f	179	9.73	06:10	Finished
1164	480	Ann James	00:31:48	00:30:29 F55	14	f	180	9.84	06:06	Finished
834	481	Peggy Edwards	00:31:49	00:30:26 F45	58	f	181	9.86	06:05	Finished
1013	482	David Powell	00:31:49	00:31:15 M45	98	m	301	9.6	06:15	Finished
1297	483	Sarah Evans	00:31:49	00:31:39 F5EN	38	f	182	9.48	06:20	Finished
1063	484	Darron Swift	00:31:52	00:30:59 M45	99	m	302	9.68	06:12	Finished
1014	485	Sharon Powell	00:31:52	00:31:18 F45	59	f	183	9.58	06:16	Finished
824	486	Katija Dew	00:31:53	00:30:51 F45	60	f	184	9.72	06:10	Finished
869	487	Julia Groombridge	00:31:53	00:30:50 F45	61	f	185	9.73	06:10	Finished
985	488	Lisa Nicholls	00:31:54	00:30:51 F45	62	f	186	9.72	06:10	Finished
898	489	Trudy Hurford	00:31:54	00:30:52 F45	63	f	187	9.72	06:10	Finished
832	490	Gina Edwards	00:31:54	00:30:26 F45	64	f	188	9.86	06:05	Finished
790	491	Tammie Clemmett								

447	496	Jonathan Ball	00:31:59	00:24:09 M35	81	m	305	12.42	04:50	Finished
814	497	James Davies	00:32:00	00:30:55 M45	101	m	306	9.7	06:11	Finished
487	498	Emma Crowl	00:32:02	00:31:04 F35	66	f	192	9.66	06:13	Finished
938	499	Jen Lewis	00:32:02	00:30:45 F45	67	f	193	9.76	06:09	Finished
1027	500	Catherine Reen	00:32:05	00:31:56 F45	68	f	194	9.39	06:23	Finished
591	501	Hannah Jones	00:32:07	00:31:36 F35	67	f	195	9.49	06:19	Finished
875	502	Louise Harris	00:32:07	00:31:58 F45	69	f	196	9.38	06:24	Finished
1236	503	Christopher Todd Jones	00:32:09	00:31:25 M55	59	m	307	9.53	06:18	Finished
727	504	Rachel Truscott	00:32:09	00:31:38 F35	68	f	197	9.48	06:20	Finished
1270	505	Louise Carpenter	00:32:09	00:31:27 F5EN	39	f	198	9.54	06:17	Finished
979	506	Sarah Mulcahy	00:32:10	00:31:10 F45	70	f	199	9.63	06:14	Finished
1328	507	Daniel Hopkins	00:32:10	00:32:09 M5EN	59	m	308	9.33	06:26	Finished
1445	508	Leigh-Anne Vowles	00:32:11	00:31:58 F5EN	40	f	200	9.38	06:24	Finished
518	509	Hayley Edwards	00:32:11	00:31:59 F35	69	f	201	9.38	06:24	Finished
648	510	Ian Owens	00:32:16	00:31:41 M35	82	m	309	9.47	06:20	Finished
702	511	Donna Stagg	00:32:16	00:30:58 F35	70	f	202	9.69	06:12	Finished
712	512	Brett Thomas	00:32:16	00:30:52 M35	83	m	310	9.72	06:10	Finished
1065	513	Claire Tappee	00:32:17	00:30:37 F45	71	f	203	9.8	06:07	Finished
780	514	Anthony Brady	00:32:17	00:31:42 M45	102	m	311	9.46	06:20	Finished
506	515	Kathryn Davies	00:32:17	00:31:20 F35	71	f	204	9.57	06:16	Finished
1302	516	Danielle Francombe	00:32:18	00:31:09 F5EN	41	f	205	9.63	06:14	Finished
957	517	Amanda McLaughlin-Jones	00:32:18	00:32:15 F45	72	f	206	9.63	06:27	Finished
1059	518	Tracy Strydom	00:32:19	00:31:00 F45	73	f	207	9.68	06:12	Finished
1308	519	Christopher Griffiths	00:32:20	00:32:18 M5EN	60	m	312	9.29	06:28	Finished
499	520	Helen Davies	00:32:23	00:30:51 F35	72	f	208	9.72	06:10	Finished
504	521	Simon Davies	00:32:23	00:30:51 M35	84	m	313	9.72	06:10	Finished
1234	522	Nigel Thomas	00:32:24	00:32:05 M55	60	m	314	9.35	06:25	Finished
1107	523	Nicola Brain	00:32:24	00:32:18 F55	15	f	209	9.29	06:28	Finished
1343	524	Owen Jones	00:32:27	00:31:18 M5EN	61	m	315	9.58	06:16	Finished
961	525	Phillip Mears	00:32:27	00:31:58 M45	103	m	316	9.38	06:24	Finished
481	526	Victoria Coles	00:32:28	00:31:17 F35	73	f	210	9.59	06:15	Finished
707	527	Nichola Summerill	00:32:28	00:31:33 F35	74	f	211	9.51	06:19	Finished
1148	528	Gareth Griggiths	00:32:29	00:30:47 M55	61	m	317	9.75	06:09	Finished
1342	529	Cath Jones	00:32:30	00:31:21 F5EN	42	f	212	9.57	06:16	Finished
448	530	Paula Barnard	00:32:30	00:31:35 F35	75	f	213	9.5	06:19	Finished
1348	531	Louisa Jones	00:32:30	00:32:04 F5EN	43	f	214	9.36	06:25	Finished
909	532	Nick Jenkins	00:32:30	00:30:40 M45	104	m	318	9.78	06:08	Finished
408	533	Mark Griffiths	00:32:30	00:30:50 M45	60	m	319	9.73	06:10	Finished
1120	534	Marilyn Rees	00:32:31	00:31:49 F55	16	f	215	9.43	06:22	Finished
778	535	Michelle Bowen	00:32:32	00:32:06 F45	74	f	216	9.35	06:25	Finished
1300	536	Ian Francis	00:32:35	00:31:32 M5EN	62	m	320	9.51	06:18	Finished
1468	537	Claire Taylor	00:32:39	00:31:42 F35	76	f	217	9.46	06:20	Finished
1500	538	Runner 1500	00:32:39	00:31:17 M5EN	63	m	321	9.59	06:15	Finished
1123	539	Tracey Davies	00:32:39	00:31:40 F55	17	f	218	9.47	06:20	Finished
549	540	Tonia Hall	00:32:42	00:31:16 F35	77	f	219	9.59	06:15	Finished
863	541	Martin Green	00:32:43	00:31:32 M45	105	m	322	9.51	06:18	Finished
1267	542	Catrin Budd	00:32:44	00:31:33 F5EN	44	f	220	9.51	06:19	Finished
874	543	Rachael Hannah	00:32:44	00:30:51 F45	75	f	221	9.72	06:10	Finished
870	544	Nicola Gundry	00:32:44	00:32:37 F45	76	f	222	9.2	06:31	Finished
847	545	Mark Francis	00:32:45	00:30:52 M45	106	m	323	9.72	06:10	Finished
439	546	Thomas Annetts	00:32:45	00:31:56 M35	85	m	324	9.39	06:23	Finished
436	547	Gavin Allen	00:32:46	00:31:35 M35	86	m	325	9.5	06:19	Finished
900	548	Helen Cox	00:32:46	00:31:34 F45	77	f	223	9.5	06:19	Finished
544	549	Louise Griffiths	00:32:47	00:31:35 F35	78	f	224	9.5	06:19	Finished
508	550	Gary Dixon	00:32:47	00:31:21 M35	87	m	326	9.57	06:16	Finished
1098	551	Linda Woodward	00:32:47	00:31:26 F45	78	f	225	9.54	06:17	Finished
671	552	Claire Rawle	00:32:49	00:32:11 F35	79	f	226	9.32	06:26	Finished
1347	553	Kate Jones	00:32:51	00:32:33 F5EN	45	f	227	9.22	06:31	Finished
1033	554	Rachel Roberts	00:32:56	00:32:18 F45	79	f	228	9.29	06:28	Finished
959	555	Bennett McVeigh	00:33:03	00:31:49 M45	107	m	327	9.43	06:22	Finished
598	556	Gareth Jones	00:33:06	00:31:22 M35	88	m	328	9.56	06:16	Finished
808	557	C Davies	00:33:06	00:32:06 F45	80	f	229	9.35	06:25	Finished
996	558	Petrina Owen	00:33:08	00:31:48 F45	81	f	230	9.43	06:22	Finished
440	559	Catherine Anstice	00:33:12	00:32:03 F35	80	f	231	9.36	06:25	Finished
460	560	Victoria Brewer	00:33:13	00:32:02 F35	81	f	232	9.37	06:24	Finished
903	561	Donna James	00:33:15	00:32:15 F45	82	f	233	9.3	06:27	Finished
1477	562	Gareth Jones	00:33:17	00:32:42 M45	108	m	329	9.17	06:32	Finished
1082	563	Martyn Vardon	00:33:21	00:33:08 M45	109	m	330	9.05	06:38	Finished
918	564	Joanne Jones	00:33:23	00:32:47 F45	83	f	234	9.15	06:33	Finished
982	565	Tracey Newman	00:33:23	00:33:05 F45	84	f	235	9.07	06:37	Finished
1073	566	Maxine Thomas	00:33:23	00:32:11 F45	85	f	236	9.32	06:26	Finished
674	567	Meriel Rees	00:33:23	00:32:55 F35	82	f	237	9.11	06:35	Finished
624	568	Tabitha Martinson	00:33:25	00:32:38 F35	83	f	238	9.19	06:32	Finished
776	569	Marguerite Botwood	00:33:25	00:32:01 F45	86	f	239	9.37	06:24	Finished
468	570	Davie Campbell	00:33:26	00:33:00 M35	89	m	331	9.09	06:36	Finished
442	571	Tracey Arthur	00:33:26	00:32:35 F35	84	f	240	9.21	06:31	Finished
582	572	Rhian James	00:33:27	00:32:15 F35	85	f	241	9.3	06:37	Finished
1295	573	Nia Evans	00:33:27	00:32:40 F5EN	46	f	242	9.18	06:32	Finished
769	574	Adrian Best	00:33:28	00:31:36 M45	110	m	332	9.49	06:19	Finished
445	575	Ross Avon	00:33:30	00:32:42 M35	90	m	333	9.17	06:32	Finished
1224	576	Tony Simmons	00:33:32	00:32:13 M55	62	m	334	9.31	06:27	Finished
502	577	Rachel Davies	00:33:37	00:33:09 F35	86	f	243	9.05	06:38	Finished
1251	578	Hilary Wright	00:33:37	00:33:17 F55	18	f	244	9.01	06:39	Finished
1184	579	Kay Lawless	00:33:38	00:32:16 F55	19	f	245	9.3	06:27	Finished
1006	580	Dave Pearce	00:33:38	00:33:36 M45	111	m	335	8.93	06:43	Finished
691	581	Sarah Shephard	00:33:39	00:32:53 F35	87	f	246	9.12	06:35	Finished
1475	582	David Parry	00:33:39	00:33:06 M45	112	m	336	9.06	06:37	Finished
1474	583	Shaun Parry	00:33:40	00:33:09 M35	91	m	337	9.05	06:38	Finished
1331	584	Zoe Howells	00:33:41	00:32:46 F5EN	47	f	247	9.16	06:33	Finished
631	585	Kristian Morgan	00:33:42	00:32:34 M35	92	m	338	9.21	06:31	Finished
1333	586	Sophie Hughes	00:33:44	00:32:33 F5EN	48	f	248	9.22	06:31	Finished
1268	587	Megan Bunney	00:33:44	00:32:43 F5EN	49	f	249	9.17	06:33	Finished
1368	588	Rhys Lewis	00:33:45	00:31:57 M5EN	64	m	339	9.39	06:23	Finished
731	589	Bethan Wakley	00:33:48	00:32:25 F35	88	f	250	9.25	06:29	Finished
851	590	Douglas Fudge	00:33:48	00:31:58 M45	113	m	340	9.38	06:24	Finished
664	591	Rachel Probert	00:33:49	00:33:11 F35	89	f	251	9.04	06:38	Finished
409	592	Chloe Griggs	00:33:50	00:32:49 F35	9	f	252	9.14	06:34	Finished
430	593	Megan Wakley	00:33:50	00:32:27 F35	10	f	253	9.24	06:29	Finished
1115	594	Andrew Cleary	00:33:50	00:33:04 M55	63	m	341	9.07	06:37	Finished
653	595	Kaye Pedler	00:33:51	00:32:23 F35	90	f	254	9.26	06:29	Finished
488	596	Shawn Cullen	00:33:52	00:32:24 M35	93	m	342	9.26	06:29	Finished
1022	597	Courtenay Probert	00:33:52	00:33:14 M45	114	m	343	9.03	06:39	Finished
1401	598	Gemma Louise Nicholas	00:33:53	00:32:49 F5EN	50	f	255	9.14	06:34	Finished
1311	599	Rhian Griffiths	00:33:55	00:33:19 F5EN	51	f	256	9	06:40	Finished
1247	600	Andy Welch	00:33:58	00:32:54 M55	64	m	344	9.12	06:35	Finished
402	601	Chloe Coleman	00:34:00	00:33:37 F35	11	f	257	8.92	06:43	Finished
1152	602	Gill Gubbings	00:34:01	00:33:40 F55	20	f	258	8.91	06:44	Finished
713	603	Carl Thomas	00:34:03	00:33:10 M35	94	m	345	9.05	06:38	Finished
642	604	Tamsin Oakley	00:34:03	00:32:45 F35	91	f	259	9.16	06:33	Finished
946	605	Suzanne Lockwood	00:34:05	00:32:38 F45	87	f	260	9.19	06:32	Finished
1072	606	Steve Thomas	00:34:05	00:32:28 M45	115	m	346	9.24	06:30	Finished
1340	607	Stan Jenkins	00:34:06	00:34:00 F5EN	52	f	261	8.82	06:48	Finished
1086	608	Ruth Walters	00:34:07	00:33:55 F45	88	f	262	8.85	06:47	Finished
914	609	Andrea Jones	00:34:07	00:32:30 F45	89	f	263	9.23	06:30	Finished
1003	610	Carl Peacock	00:34:08	00:32:54 M45	116	m	347	9.12	06:35	Finished
465	611	Vicky Bull	00:34:10	00:33:13 F35	92	f	264	9.03	06:39	Finished
988	612	John Oakley	00:34:10	00:32:52 M45	117	m	348	9.13	06:34	Finished
479	613	Rachel Clissold	00:34:11	00:32:41 F35	93	f	265	9.18	06:32	Finished
941	614	Andrea Lewis	00:34:12	00:33:22 F45	90	f	266	8.99	06:40	Finished
462	615	Zoe Brock	00:34:1							

1438	620	Verena Terry	00:34:16	00:32:55 F5EN	55	f	271	9.11	06:35	Finished
1422	621	Gareth Rees	00:34:17	00:32:43 M5EN	65	m	350	9.17	06:33	Finished
1265	622	Sheridan Brooks	00:34:18	00:33:32 F5EN	56	f	272	8.95	06:42	Finished
965	623	Debbie Moran	00:34:19	00:32:32 F45	91	f	273	9.22	06:30	Finished
999	624	Debbie Panes	00:34:19	00:33:27 F45	92	f	274	8.97	06:41	Finished
1253	625	Graham Yeo	00:34:20	00:34:03 M55	66	m	351	8.81	06:49	Finished
1166	626	Leigh James	00:34:21	00:32:30 M55	67	m	352	9.23	06:30	Finished
995	627	Pavi Owen	00:34:22	00:32:51 M45	118	f	285	9.13	06:34	Finished
480	628	Delyth Coburn	00:34:23	00:32:55 F35	96	f	275	9.11	06:35	Finished
1476	629	Claire Adams	00:34:23	00:32:54 F55	21	f	276	9.12	06:35	Finished
1118	630	John Cooper	00:34:23	00:34:23 M55	68	m	354	8.73	06:53	Finished
781	631	Wendy Brady	00:34:23	00:33:31 F45	93	f	277	8.95	06:42	Finished
840	632	Tracey Evans	00:34:23	00:33:52 F45	94	f	278	8.86	06:46	Finished
1412	633	Sarah Phillips	00:34:23	00:32:56 F5EN	57	f	279	9.11	06:35	Finished
932	634	Claire Lane	00:34:24	00:32:53 F45	95	f	280	9.12	06:35	Finished
986	635	Michelle Noble	00:34:24	00:33:03 F45	96	f	281	9.08	06:37	Finished
1326	636	Gareth Hooke	00:34:24	00:33:38 M5EN	66	m	355	8.92	06:44	Finished
900	637	Claire James	00:34:26	00:32:34 F45	97	f	282	9.21	06:31	Finished
1147	638	Robert Green	00:34:28	00:33:24 M55	69	m	356	8.98	06:41	Finished
434	639	Lyneise Addicott	00:34:29	00:34:03 F35	97	f	283	8.81	06:49	Finished
994	640	Kate Owen	00:34:36	00:33:42 F45	98	f	284	8.9	06:44	Finished
1416	641	Abigail Rowell	00:34:39	00:33:42 F5EN	58	f	285	8.93	06:44	Finished
1028	642	Elaine Rees	00:34:39	00:33:45 F45	99	f	286	8.89	06:45	Finished
611	643	Elinor Lewis	00:34:40	00:33:19 F35	98	f	287	9	06:40	Finished
739	644	Christina Williams	00:34:41	00:33:49 F35	99	f	288	8.87	06:46	Finished
1239	645	Trevor Turner	00:34:41	00:33:50 M55	70	m	357	8.87	06:46	Finished
601	646	Claire Knight	00:34:43	00:34:40 F35	100	f	289	8.65	06:56	Finished
670	647	Julie Ransom	00:34:43	00:33:14 F35	101	f	290	9.03	06:39	Finished
1160	648	Elaine Hicks	00:34:43	00:33:48 F55	22	f	291	8.88	06:46	Finished
1462	649	Matthew Witcombe	00:34:43	00:33:22 M5EN	67	m	358	8.99	06:40	Finished
1305	650	Katrina Gooch	00:34:45	00:33:15 F5EN	59	f	292	9.02	06:39	Finished
1286	651	Kirsty Edwards	00:34:48	00:33:22 F5EN	60	f	293	8.99	06:40	Finished
873	652	Janeann Hammond	00:34:49	00:33:56 F45	100	f	294	8.84	06:47	Finished
668	653	Sian Pursey	00:34:49	00:33:15 F35	102	f	295	9.02	06:39	Finished
944	654	Kate Lloyd Jones	00:34:53	00:33:36 F45	101	f	296	8.93	06:43	Finished
1051	655	Gareth Spargo	00:34:55	00:33:33 M45	119	m	359	8.94	06:43	Finished
1044	656	Paul Shopland	00:34:55	00:33:06 M45	120	m	360	9.06	06:37	Finished
1050	657	Gareth Spargo	00:34:56	00:33:35 F45	102	f	297	8.93	06:33	Finished
858	658	Rhian Gibson	00:34:59	00:34:50 F45	103	f	298	8.61	06:58	Finished
1337	659	Emily Jarmann	00:35:00	00:33:12 F5EN	61	f	299	9.04	06:38	Finished
948	660	Gaynor Lugg	00:35:01	00:33:36 F45	104	f	300	8.93	06:43	Finished
1096	661	Sue Williams	00:35:02	00:34:07 F45	105	f	301	8.79	06:49	Finished
878	662	Nicola Hendry	00:35:04	00:33:42 F45	106	f	302	8.9	06:44	Finished
877	663	Iain Hendry	00:35:04	00:33:43 M45	121	m	361	8.9	06:45	Finished
666	664	Sally Prosser	00:35:06	00:34:47 F35	103	f	303	8.62	06:57	Finished
1411	665	Joanne Peters	00:35:08	00:33:35 F5EN	62	f	304	8.93	06:43	Finished
865	666	Cath Griffiths	00:35:09	00:33:25 F45	107	f	305	8.98	06:41	Finished
910	667	Sian Jenkins	00:35:10	00:33:25 F45	108	f	306	8.98	06:41	Finished
1231	668	Liz Taylor	00:35:10	00:34:13 F55	23	f	307	8.77	06:51	Finished
1467	669	Sarah Grant	00:35:10	00:33:41 F35	104	f	308	8.91	06:44	Finished
584	670	Huw Jenkins	00:35:12	00:33:44 M35	95	m	362	8.89	06:45	Finished
472	671	Darren Carter	00:35:13	00:34:06 M35	96	m	363	8.8	06:49	Finished
629	672	Stephen Melton	00:35:16	00:33:43 M35	97	m	364	8.9	06:45	Finished
1176	673	Steve Jones	00:35:17	00:33:47 M55	71	m	365	8.88	06:43	Finished
477	674	Michael Clark	00:35:17	00:33:22 M35	98	m	366	8.99	06:40	Finished
1170	675	Bev Jones	00:35:17	00:33:48 F55	24	f	309	8.88	06:46	Finished
1092	676	Emma Williams	00:35:18	00:33:54 F45	109	f	310	8.85	06:47	Finished
1319	677	Claran Hartly	00:35:22	00:34:11 M5EN	68	f	367	8.78	06:50	Finished
760	678	Liz Balde	00:35:22	00:34:02 F45	110	f	311	8.81	06:48	Finished
1461	679	Rebecca Wilson	00:35:24	00:34:04 F5EN	63	f	312	8.81	06:49	Finished
1032	680	Keith Roberts	00:35:24	00:34:16 M45	122	m	368	8.75	06:51	Finished
734	681	Hywel Watts	00:35:26	00:33:55 M35	99	m	369	8.85	06:47	Finished
637	682	Liz Mounfield	00:35:26	00:33:37 F35	105	f	313	11.71	05:07	Finished
1260	683	Sarah Beach	00:35:29	00:34:14 F5EN	64	f	314	8.76	06:51	Finished
1010	684	Claire Ponting	00:35:31	00:35:11 F45	111	f	315	8.53	07:02	Finished
1250	685	Janet Williams	00:35:32	00:35:23 F55	25	f	316	8.48	07:05	Finished
496	686	Bethan Davies	00:35:32	00:35:22 F35	106	f	317	8.48	07:04	Finished
510	687	Elizabeth Driscoll	00:35:33	00:34:33 F35	107	f	318	8.68	06:55	Finished
1031	688	Lee Richards	00:35:34	00:33:50 M45	123	m	370	8.87	06:46	Finished
641	689	Joanne Norton	00:35:34	00:34:06 F35	108	f	319	8.8	06:49	Finished
697	690	Rhianon Smith	00:35:34	00:34:06 F35	109	f	320	8.8	06:49	Finished
676	691	Nicola Richards	00:35:34	00:33:50 F35	110	f	321	8.87	06:46	Finished
660	692	Sarah Pontin	00:35:35	00:33:51 F35	111	f	322	8.86	06:46	Finished
404	693	Chloe Davies	00:35:35	00:34:20 FJ	12	f	323	8.74	06:52	Finished
990	694	Ian Openshaw	00:35:36	00:34:22 M45	124	m	371	8.73	06:52	Finished
857	695	Susan Gibbs	00:35:36	00:33:58 F45	112	f	324	8.83	06:48	Finished
575	696	Emma Hughes	00:35:36	00:35:03 F35	112	f	325	8.56	07:01	Finished
1456	697	Nicholas Williams	00:35:37	00:35:16 M5EN	69	m	372	8.51	07:03	Finished
1066	698	Kathryn Taylor	00:35:38	00:35:25 F45	113	f	326	8.47	07:05	Finished
561	699	Vivienne Henderson	00:35:40	00:33:48 F35	113	f	327	8.88	06:46	Finished
446	700	Matthew Baker	00:35:42	00:33:52 M35	100	m	373	8.86	06:46	Finished
797	701	Carol Copley	00:35:42	00:34:23 F45	114	f	328	8.73	06:53	Finished
471	702	Sofiane Carey	00:35:43	00:33:53 F35	114	f	329	8.85	06:47	Finished
645	703	Fiona Openshaw	00:35:45	00:34:30 F35	115	f	330	8.7	06:54	Finished
490	704	Marcus Daniells	00:35:45	00:34:25 M35	101	m	374	8.72	06:53	Finished
1186	705	Ian Lewis	00:35:48	00:34:03 M55	72	m	375	8.81	06:49	Finished
864	706	Carrie Griffiths	00:35:51	00:34:06 F45	115	f	331	8.8	06:49	Finished
1243	707	Lee Walters	00:35:52	00:35:41 M55	73	m	376	8.41	07:08	Finished
1388	708	Kayleigh Meek	00:35:52	00:34:08 F5EN	65	f	332	8.79	06:50	Finished
1117	709	Julie Cook	00:35:53	00:35:27 F55	26	f	333	8.46	07:05	Finished
617	710	Suzanne Linker Davies	00:35:53	00:35:28 F35	116	f	334	8.46	07:06	Finished
1084	711	Joanne Vincent	00:35:54	00:35:08 F45	116	f	335	8.54	07:02	Finished
1284	712	Hayley Edwards	00:35:55	00:34:28 F5EN	66	f	336	8.7	06:54	Finished
494	713	Alison Davies	00:36:01	00:35:20 F35	117	f	337	8.49	07:04	Finished
744	714	Rhianon Williams	00:36:02	00:35:21 F35	118	f	338	8.49	07:04	Finished
740	715	Efiona Williams	00:36:03	00:35:22 F35	119	f	339	8.48	07:04	Finished
1064	716	Tracy Symon	00:36:05	00:34:47 F45	117	f	340	8.62	06:57	Finished
1399	717	Laura Mulcahy	00:36:06	00:34:38 F5EN	67	f	341	8.66	06:56	Finished
786	718	Angela Burke	00:36:06	00:34:49 F45	118	f	342	8.62	06:58	Finished
1235	719	Susan Thomas	00:36:07	00:34:39 F55	27	f	343	8.66	06:56	Finished
1057	720	Chris Stewart	00:36:08	00:34:55 M45	125	m	377	8.59	06:59	Finished
425	721	Cerys Mulcahy	00:36:09	00:35:09 FJ	13	f	344	8.53	07:02	Finished
656	722	Debbie Perry	00:36:10	00:34:42 F35	120	f	345	8.65	06:56	Finished
655	723	Christopher Perry	00:36:10	00:34:43 M35	102	m	378	8.64	06:57	Finished
633	724	Sharon Morgan	00:36:15	00:35:06 F35	121	f	346	8.55	07:01	Finished
830	725	Harriet Edwards	00:36:18	00:35:31 F45	119	f	347	8.45	07:06	Finished
1136	726	Ian Edwards	00:36:19	00:36:03 M55	74	m	379	8.32	07:13	Finished
443	727	Catherine Ashcroft	00:36:19	00:34:45 F35	122	f	348	8.63	06:57	Finished
457	728	Leanne Bowcott	00:36:23	00:35:03 F35	123	f	349	8.56	07:01	Finished
816	729	Michelle Davies	00:36:23	00:35:03 F45	120	f	350	8.56	07:01	Finished
1112	730	Elizabeth Butler	00:36:25	00:35:56 F55	28	f	351	8.35	07:11	Finished
897	731	Natalie Hughes	00:36:26	00:35:57 F45	121	f	352	8.34	07:11	Finished
1454	732	Bieddyn Williams	00:36:29	00:35:02 M5EN	70	m	380	8.56	07:00	Finished
1085	733	Mark Vincent	00:36:31	00:35:44 M45	126	m	381	8.4	07:09	Finished
804	734	Rebecca Darwin	00:36:32	00:35:14 F45	122	f	353	8.51	07:03	Finished
577	735	Sarah Hughes	00:36:33	00:34:54 F35	124	f	354	8.6	06:59	Finished
1165	736	Hilary James	00:36:35	00:34:41 F55	29	f	355	8.65	06:56	Finished
540	737	Maria Gillgrass John	00:36:36	00:35:00 F35	125	f	356	8.57	07:00	Finished
523	738	Jessica England	00:36:36	00:36:23 F35	126	f	357	8.25	07:17	

589	744	Angharad Jones	00:36:43	00:35:12 F35	128	Caerphilly Runners	f	362	8.52	07:02	Finished
972	745	Sally-Ann Morgan	00:36:45	00:35:07 F45	123	Parc Bryn Bach RC	f	363	8.54	07:01	Finished
1056	746	Alison Stevens	00:36:46	00:35:07 F45	124	Parc Bryn Bach RC	f	364	8.54	07:01	Finished
1269	747	Vickie Cameron-Davies	00:36:47	00:35:01 F5EN	69	Ogmore Phoenix Runners	f	365	8.57	07:00	Finished
806	748	Philip Davies	00:36:48	00:35:32 M45	128		m	383	8.44	07:06	Finished
1077	749	Stan Tossell	00:36:48	00:35:26 F45	125	Ogmore Phoenix Runners	f	366	8.47	07:05	Finished
1192	750	David Lowe	00:36:54	00:35:24 M55	75		m	384	8.47	07:05	Finished
752	751	Katie Yanes	00:36:54	00:35:07 F35	129	Dragons Runing Club	f	367	8.34	07:11	Finished
1452	752	Leanne White	00:36:55	00:35:10 F5EN	70		f	368	8.53	07:02	Finished
1470	753	Simone Burgwyn	00:36:56	00:35:57 F45	126	Dragons Runing Club	f	369	8.34	07:11	Finished
1471	754	Melanie Thomas	00:36:57	00:35:58 F35	130	Dragons Runing Club	f	370	8.34	07:12	Finished
1071	755	Lyndon Thomas	00:36:59	00:35:35 M45	129	TSEF	m	385	8.43	07:07	Finished
868	756	Mark Griffiths	00:36:59	00:35:35 M45	130	CDF Runners	m	386	8.43	07:07	Finished
1035	757	Lee Robins	00:37:01	00:35:21 M45	131		m	387	8.49	07:04	Finished
1009	758	Mike Pobjoy	00:37:03	00:35:48 M45	132	Llswerry Runners	m	388	8.38	07:10	Finished
1258	759	Sadye Baker	00:37:07	00:36:59 F5EN	71		f	371	8.11	07:24	Finished
1442	760	Thomas Tudor	00:37:09	00:37:02 M5EN	71		m	389	8.1	07:24	Finished
677	761	Joanne Roberts	00:37:10	00:36:02 F35	131		f	372	8.33	07:12	Finished
473	762	Lisa Carter	00:37:10	00:36:02 F35	132		f	373	8.33	07:12	Finished
1387	763	Rachel Meader	00:37:12	00:35:39 F5EN	72		f	374	8.42	07:08	Finished
1113	764	David Carney	00:37:21	00:35:51 M55	76	Bromsgrove & Redditch AC	m	390	8.37	07:10	Finished
686	765	Katie Morgan-Clark	00:37:27	00:37:00 F35	133		f	375	8.11	07:24	Finished
1129	766	John Davies	00:37:27	00:35:33 M55	77	RunAll Neath	m	391	8.44	07:07	Finished
1469	767	Kathryn Lewis	00:37:31	00:37:04 F35	134	Dragons Runing Club	f	376	8.09	07:25	Finished
1294	768	Megan Evans	00:37:32	00:36:58 F5EN	73	Dragons Runing Club	f	377	8.12	07:24	Finished
1346	769	Joanne Jones	00:37:43	00:35:58 F5EN	74	Aberdare Valley AAC	f	378	8.34	07:12	Finished
1142	770	Jean Evans	00:37:50	00:36:14 F55	32	Couch to 5k	f	379	8.28	07:15	Finished
1282	771	Danielle Edmunds	00:37:51	00:36:33 F5EN	75		f	380	8.21	07:19	Finished
943	772	Michelle Lloyd	00:37:53	00:36:05 F45	127		f	381	8.31	07:13	Finished
1246	773	Gary Welsh	00:37:55	00:36:12 M55	78		m	392	8.29	07:14	Finished
859	774	Ruth Goodfellow Jones	00:37:57	00:36:26 F45	128		f	382	8.23	07:17	Finished
782	775	Sharon Bram	00:37:59	00:36:42 F45	129		f	383	8.17	07:20	Finished
484	776	Sarah Cooper	00:38:01	00:37:04 F35	135	Dragons Runing Club	f	384	8.09	07:25	Finished
733	777	Helen Watts	00:38:03	00:36:31 F35	136		f	385	8.22	07:18	Finished
1153	778	Tony Hall	00:38:03	00:36:42 M55	79		m	393	8.17	07:20	Finished
843	779	Debbie Farrar	00:38:07	00:37:08 F45	130		f	386	8.08	07:26	Finished
1105	780	Andrea Bird	00:38:09	00:37:24 F55	33	RunAll Neath	f	387	8.02	07:29	Finished
884	781	Suzanne Hughes	00:38:11	00:36:46 F45	131		f	388	8.16	07:21	Finished
729	782	Cheryl Vines	00:38:12	00:36:32 F35	137	Ponty Panthers	f	389	8.21	07:18	Finished
730	783	Philip Vines	00:38:13	00:36:33 M35	103		m	394	8.21	07:19	Finished
486	784	Ceri Cosway	00:38:14	00:36:31 M35	104		m	395	8.22	07:18	Finished
1435	785	Daryl Summerhayes	00:38:17	00:36:54 M5EN	72		m	396	8.13	07:23	Finished
931	786	Patricia Koubou	00:38:18	00:36:23 F45	132		f	390	8.25	07:17	Finished
497	787	Claire Davies	00:38:20	00:37:40 F35	138		f	391	7.96	07:32	Finished
1191	788	Gaynor Loveless	00:38:24	00:36:28 F55	34	Seriously Mad Runners	f	392	8.23	07:18	Finished
1415	789	Adele Powell	00:38:27	00:36:48 F5EN	76		f	393	8.15	07:22	Finished
1012	790	Cheryl Powell	00:38:28	00:36:49 F45	133		f	394	8.15	07:22	Finished
596	791	Sarah Jones	00:38:29	00:36:37 F35	139		f	395	8.19	07:19	Finished
714	792	Gemma Thomas	00:38:29	00:37:04 F35	140		f	396	8.09	07:25	Finished
1034	793	Jeanette Robins	00:38:31	00:36:52 F45	134		f	397	8.14	07:22	Finished
919	794	Louisa Jones	00:38:34	00:36:54 F45	135		f	398	8.13	07:23	Finished
915	795	Christopher Jones	00:38:35	00:36:55 M45	133		m	397	8.13	07:23	Finished
590	796	Emma Jones	00:38:39	00:37:51 F35	141		f	399	7.93	07:34	Finished
621	797	Catherine Maguire	00:38:47	00:37:16 F35	142		f	400	8.06	07:27	Finished
441	798	Cerian Arianrhod	00:38:48	00:36:54 F35	143		f	401	8.13	07:23	Finished
1423	799	Aiden Richards	00:38:50	00:36:56 M5EN	73		m	398	8.12	07:23	Finished
564	800	Tracy Hext	00:38:51	00:38:21 F35	144	Roberttown Road Runners	f	402	7.82	07:40	Finished
1312	801	Rhiannon Griffiths	00:38:52	00:37:43 F5EN	77		f	403	7.95	07:33	Finished
576	802	Laura Hughes	00:39:03	00:37:24 F35	145	Dragons Runing Club	f	404	8.02	07:29	Finished
747	803	Leanne Williams	00:39:03	00:37:25 F35	146		f	405	8.02	07:29	Finished
1349	804	Rebecca Jones	00:39:05	00:37:31 F5EN	78		f	406	8	07:30	Finished
626	805	Helen McCarthy	00:39:09	00:39:01 F35	147		f	407	7.69	07:48	Finished
415	806	Owain Jenkins	00:39:12	00:38:16 M3	10		m	399	7.84	07:39	Finished
886	807	Paula Hopkinson	00:39:14	00:37:50 F45	136	RUNNewport	f	408	7.93	07:34	Finished
565	808	Matthew Hickman	00:39:15	00:37:38 M35	105	Canton Chargers	m	400	7.97	07:32	Finished
1218	809	Philipp Price	00:39:16	00:39:06 M55	80		m	401	7.67	07:49	Finished
1144	810	Brenda Evans	00:39:17	00:39:05 F55	35	Pontypridd Roadents	f	409	7.68	07:49	Finished
525	811	Laura Evans	00:39:18	00:38:24 F35	148	Dragons Runing Club	f	410	7.81	07:41	Finished
650	812	Shelley Parry	00:39:24	00:38:15 F35	149		f	411	7.84	07:39	Finished
1081	813	Michelle Turner	00:39:24	00:38:30 F45	137	Dragons Runing Club	f	412	7.79	07:42	Finished
1215	814	Clyde Phillips	00:39:33	00:38:28 M55	81		m	402	7.8	07:42	Finished
585	815	Steve Jenkins	00:39:42	00:38:46 M35	106		m	403	7.74	07:45	Finished
1146	816	Gina Goddard	00:39:44	00:38:28 F55	36		f	413	7.8	07:42	Finished
1261	817	Richard Bidwell	00:39:52	00:37:49 M5EN	74		m	404	7.93	07:34	Finished
763	818	Lynette Baynham	00:39:55	00:38:13 F45	138		f	414	7.85	07:39	Finished
718	819	Sali Thomas	00:39:56	00:37:52 F35	150		f	415	7.92	07:34	Finished
1245	820	Carol Weeks	00:39:57	00:38:07 F55	37		f	416	7.87	07:37	Finished
796	821	Judith Cooke	00:39:58	00:38:16 F45	139		f	417	7.84	07:39	Finished
1204	822	Julie Norris	00:39:58	00:39:10 F55	38		f	418	7.66	07:50	Finished
547	823	Owen Griffiths	00:39:59	00:37:56 M35	107		m	405	7.91	07:35	Finished
1211	824	Kim Peacock	00:40:02	00:38:13 M55	82		m	406	7.85	07:39	Finished
546	825	Huw Griffiths	00:40:03	00:37:59 M35	108		m	407	7.9	07:36	Finished
1150	826	Alan Griffiths	00:40:03	00:37:59 M55	83		m	408	7.9	07:36	Finished
935	827	Carolyn Lewis	00:40:06	00:40:04 F45	140		f	419	7.49	08:01	Finished
719	828	Craig Thomas	00:40:06	00:38:03 M35	109		m	409	7.88	07:37	Finished
542	829	Kieron Gough	00:40:08	00:39:09 M35	110		m	410	7.66	07:50	Finished
1390	830	Gemma Miles	00:40:10	00:39:12 F5EN	79	Dragons Runing Club	f	420	7.65	07:50	Finished
925	831	Sharon Jones	00:40:11	00:40:09 F45	141	Just started the Dragons first session on 11/09/20	f	421	7.47	08:02	Finished
1364	832	Joyemma Lewis	00:40:11	00:39:16 F5EN	80		f	422	7.64	07:51	Finished
1054	833	Sam Standerwick	00:40:14	00:38:49 F45	142	Parc Bryn Bach RC	f	423	7.73	07:46	Finished
1428	834	Ffion Smith	00:40:16	00:38:29 F5EN	81	Ogmore Phoenix Runners	f	424	7.8	07:42	Finished
625	835	Rachel Matthews	00:40:19	00:39:23 F35	151		f	425	7.62	07:53	Finished
1324	836	Steven Hoare	00:40:22	00:39:30 M5EN	75	Roberttown Road Runners	m	411	7.59	07:54	Finished
766	837	Kay Bedford	00:40:24	00:39:07 F45	143	Run with Us	f	426	7.67	07:49	Finished
1229	838	Kay Sutton	00:40:25	00:39:05 F55	39	Team Rees	f	427	7.68	07:49	Finished
1354	839	Nadia Kafai-Hoare	00:40:25	00:39:33 F5EN	82		f	428	7.59	07:55	Finished
867	840	Julia Griffiths	00:40:29	00:39:30 F45	144	CDF Runners	f	429	7.59	07:54	Finished
774	841	Graham Bingham	00:40:30	00:39:32 M45	134	Pontypridd Roadents	m	412	7.59	07:54	Finished
960	842	Catherine McVeigh	00:40:48	00:39:33 F45	145		f	430	7.59	07:55	Finished
1446	843	Rachael Watkins	00:40:56	00:40:08 F5EN	83	Islwyn RC	f	431	7.48	08:02	Finished
746	844	Heleb Williams	00:40:56	00:40:08 F35	152	Islwyn RC	f	432	7.48	08:02	Finished
431	845	Brad Williams	00:40:58	00:40:44 M3	11		m	413	7.36	08:09	Finished
450	846	Nicola Bater-Melton	00:40:59	00:40:17 F35	153	RunAll Neath	f	433	7.45	08:03	Finished
562	847	Tanya Heskins	00:41:00	00:40:16 F35	154	RunAll Neath	f	434	7.45	08:03	Finished
992	848	Arlene Osman	00:41:09	00:40:33 F45	146	Parc Bryn Bach RC	f	435	7.4	08:07	Finished
526	849	Melanie Evans	00:41:17	00:39:41 F35	155		f	436	7.56	07:56	Finished
841	850	Jason Evans	00:41:17	00:39:41 M45	135		m	414	7.56	07:56	Finished
1318	851	Samantha Harris	00:41:22	00:40:20 F5EN	84		f	437	7.44	08:04	Finished
929	852	David Kirk	00:41:27	00:40:03 M45	136	Fitmums and Friends	m	415	7.49	08:01	Finished
1219	853	Ying Reed	00:41:27	00:40:44 F55	40		f	438	7.36	08:09	Finished
955	854	Menna McCarthy	00:41:28	00:39:36 F45	147		f	439	7.58	07:55	Finished
1125	855	Clair Davies	00:41:29	00:39:34 F55	41		f	440	7.58	07:55	

936	868	Gary Lewis	00:42:11	00:40:35 M45	138	m	419	7.39	08:07	Finished
939	869	Pam Lewis	00:42:12	00:40:36 F45	152	f	450	7.39	08:07	Finished
682	870	Claire Rood	00:42:13	00:40:54 F35	157	f	451	7.33	08:11	Finished
930	871	Pamela Kirk	00:42:17	00:40:54 F45	153	f	452	7.33	08:11	Finished
1394	872	Boz Moore	00:42:26	00:41:17 F5EN	87	f	453	7.27	08:15	Finished
1413	873	Tara Phillips	00:42:28	00:41:43 F5EN	88	f	454	7.19	08:21	Finished
811	874	Gareth Davies	00:42:29	00:42:03 M45	139	m	420	7.13	08:25	Finished
818	875	Cheryl Davies	00:42:29	00:42:03 F45	154	f	455	7.13	08:25	Finished
855	876	Gary George	00:42:31	00:40:49 M45	140	m	421	7.35	08:10	Finished
1190	877	Helen Lloyd Jones	00:42:51	00:41:04 F55	44	f	456	7.31	08:13	Finished
917	878	Helen Jones	00:42:54	00:41:52 F45	155	f	457	7.17	08:22	Finished
428	879	Bethany Shopland	00:43:05	00:41:14 FJ	14	f	458	7.28	08:15	Finished
1254	880	Stacey Adams	00:43:06	00:41:15 F5EN	89	f	459	7.27	08:15	Finished
1402	881	James Norris	00:43:29	00:41:33 M5EN	76	m	422	7.22	08:19	Finished
987	882	Jane O'Rourke	00:43:29	00:41:56 F45	156	f	460	7.15	08:23	Finished
1478	883	Jane Hitchman	00:43:30	00:41:56 F45	157	f	461	7.15	08:23	Finished
1005	884	Catherine Pearce	00:43:45	00:41:56 F45	158	f	462	7.15	08:23	Finished
493	885	Joanne Davies	00:43:47	00:42:30 F35	158	f	463	7.06	08:30	Finished
537	886	Angela Foster-Swales	00:43:49	00:42:03 F35	159	f	464	7.13	08:25	Finished
1103	887	Jan Avon	00:44:31	00:43:13 F55	45	f	465	6.94	08:39	Finished
532	888	Lisa Falat	00:44:32	00:43:14 F35	160	f	466	6.94	08:39	Finished
1455	889	Cara Williams	00:44:47	00:44:40 F5EN	90	f	467	6.72	08:56	Finished
1434	890	Michael Sully	00:44:47	00:44:42 M5EN	77	m	423	6.71	08:56	Finished
1208	891	Gillian Ormar	00:44:47	00:43:12 F55	46	f	468	6.94	08:38	Finished
1213	892	Andy Phillips	00:44:59	00:43:28 M55	85	m	424	6.9	08:42	Finished
1004	893	Sarah Pearce	00:45:08	00:43:18 F45	159	f	469	6.93	08:40	Finished
765	894	Adriana Beddows	00:45:43	00:43:46 F45	160	f	470	6.85	08:45	Finished
1197	895	Gillian Matthews	00:46:08	00:44:51 F55	47	f	471	6.69	08:58	Finished
1436	896	Rhiandd Summerhayes	00:46:16	00:44:33 F5EN	91	f	472	6.73	08:55	Finished
628	897	Stephanie Meek	00:46:50	00:45:05 F35	161	f	473	6.65	09:01	Finished
871	898	Kate Hall	00:47:05	00:45:22 F45	161	f	474	6.61	09:04	Finished
798	899	Ruth Corney	00:48:17	00:46:18 F45	162	f	475	6.48	09:16	Finished
530	900	Bethan Evans	00:48:17	00:46:19 F35	162	f	476	6.48	09:16	Finished
418	901	Tegan Knight	00:48:18	00:48:18 FJ	15	f	477	6.21	09:40	Finished
854	902	Jackie Gauci	00:48:24	00:46:32 F45	163	f	478	6.45	09:18	Finished
1043	903	Frances Shopland	00:48:24	00:46:32 F45	164	f	479	6.45	09:18	Finished
1101	904	Anthony Adams	00:48:24	00:46:32 M55	86	m	425	6.45	09:18	Finished
1367	905	Amber Lewis	00:50:37	00:48:43 F5EN	92	f	480	6.16	09:45	Finished
1444	906	Sarina Vaughan-Johns	00:50:37	00:48:54 F5EN	93	f	481	6.13	09:47	Finished
438	907	Alison Andrews	00:51:58	00:50:15 F35	163	f	482	5.97	10:03	Finished
1046	908	Julie Smith	00:52:18	00:50:23 F45	165	f	483	5.95	10:05	Finished
1227	909	Hugh Smith	00:52:18	00:50:23 M55	87	m	426	5.95	10:05	Finished
1206	910	Margaret Nuttall	00:53:24	00:51:45 F55	48	f	484	5.8	10:21	Finished
1306	911	Richard Goodfellow	00:53:48	00:53:04 M5EN	78	m	427	5.65	10:37	Finished
1376	912	Helen Mahony	00:53:48	00:53:04 F5EN	94	f	485	5.65	10:37	Finished