

# ABERDARE 10K - 2009

| GunPos    | Bib        | GunTime         | Forename    | Surname       | Gender   | Cat       | Club                 | ChipPos   | ChipTime        |
|-----------|------------|-----------------|-------------|---------------|----------|-----------|----------------------|-----------|-----------------|
| 1         | 278        | 00:30:44        | Richard     | Gardiner      | M        |           | Cardiff AC           | 1         | 00:30:43        |
| 2         | 141        | 00:33:46        | Paul        | Griffiths     | M        | 40        | Neath Harriers       | 2         | 00:33:45        |
| 3         | 179        | 00:34:34        | Ian         | Williams      | M        | 40        |                      | 3         | 00:34:33        |
| 4         | 187        | 00:34:54        | Gareth      | Jenkins       | M        |           | Brackla Harriers     | 4         | 00:34:54        |
| 5         | 232        | 00:35:43        | Daniel      | Bodman        | M        |           | Aberdare             | 5         | 00:35:42        |
| 6         | 463        | 00:36:13        | Matthew     | Jacklin       | M        |           |                      | 6         | 00:36:11        |
| 7         | 214        | 00:36:48        | Ashley      | Owen          | M        |           | Ebbw Vale RC         | 7         | 00:36:47        |
| 8         | 254        | 00:36:50        | Dylan       | Lewis         | M        |           | Cerist               | 8         | 00:36:50        |
| 9         | 33         | 00:36:55        | David       | Hodgins       | M        | 40        |                      | 9         | 00:36:53        |
| 10        | 238        | 00:37:24        | Matthew     | Chard         | M        |           | Ebbw Vale            | 10        | 00:37:23        |
| 11        | 248        | 00:37:50        | Daniel      | King          | M        |           | Bristol              | 11        | 00:37:49        |
| 12        | 262        | 00:37:57        | Mark        | Duncombe      | M        | 40        | Sarn Helen           | 12        | 00:37:56        |
| 13        | 36         | 00:38:10        | Kieran      | Mackintosh    | M        |           | Port Talbot Harriers | 13        | 00:38:08        |
| 14        | 245        | 00:38:16        | Sandy       | Johnston      | M        | 60        | Les Croupiers        | 14        | 00:38:15        |
| 15        | 247        | 00:38:24        | Geraint     | Williams      | M        |           |                      | 15        | 00:38:23        |
| 16        | 89         | 00:38:26        | Alex        | Williams      | M        | 40        | Port Talbot Harriers | 16        | 00:38:25        |
| <b>17</b> | <b>121</b> | <b>00:39:03</b> | <b>Glyn</b> | <b>Sansom</b> | <b>M</b> | <b>40</b> | <b>San Domenico</b>  | <b>17</b> | <b>00:39:01</b> |
| 18        | 40         | 00:39:11        | Clare       | Phillips      | F        | 40        | Port Talbot Harriers | 18        | 00:39:10        |
| 19        | 210        | 00:39:25        | Ian         | Jones         | M        | 40        |                      | 19        | 00:39:14        |
| 20        | 202        | 00:39:28        | Satu        | Haikala       | F        | 40        | Brecon AC            | 20        | 00:39:26        |
| 21        | 289        | 00:39:34        | Ian         | Ogilvie       | M        | 40        | Brackla Harriers     | 21        | 00:39:31        |
| 22        | 222        | 00:39:39        | Peter       | Johns         | M        | 40        |                      | 22        | 00:39:35        |
| 23        | 242        | 00:39:41        | Andy        | Davies        | M        |           | Pontypridd Roadents  | 23        | 00:39:39        |
| 24        | 159        | 00:39:44        | Stephen     | Jenkins       | M        |           |                      | 24        | 00:39:42        |
| 25        | 281        | 00:39:52        | Rhodri      | Evans         | M        |           | Pontypridd Roadents  | 25        | 00:39:49        |
| 26        | 270        | 00:39:58        | John        | Diffey        | M        | 40        | Les Croupiers        | 26        | 00:39:54        |
| 27        | 140        | 00:40:03        | Phil        | Bristow       | M        |           |                      | 27        | 00:39:59        |
| 28        | 81         | 00:40:04        | Paul        | Davies        | M        | 40        | Swansea Harriers     | 28        | 00:40:01        |
| 29        | 225        | 00:40:14        | David       | Rose          | M        |           | Brackla Harriers     | 29        | 00:40:07        |
| 30        | 243        | 00:40:15        | Claire      | Conway        | F        |           | Bristol              | 31        | 00:40:13        |
| 31        | 268        | 00:40:19        | Paul        | Powell        | M        | 40        |                      | 30        | 00:40:13        |

|           |            |                 |                 |                |          |           |                     |           |                 |
|-----------|------------|-----------------|-----------------|----------------|----------|-----------|---------------------|-----------|-----------------|
| <b>32</b> | <b>231</b> | <b>00:40:28</b> | <b>Alistair</b> | <b>Wood</b>    | <b>M</b> | <b>40</b> |                     | <b>32</b> | <b>00:40:20</b> |
| 33        | 118        | 00:40:35        | Robert          | Evans          | M        | 40        | Ebbw Vale RC        | 33        | 00:40:32        |
| 34        | 103        | 00:40:37        | Damian          | Caswell        | M        |           | Ebbw Vale RC        | 34        | 00:40:36        |
| 35        | 264        | 00:40:42        | Paul            | Cable          | M        |           | Taff Ely Tri        | 35        | 00:40:37        |
| 36        | 191        | 00:40:52        | Ian             | Williams       | M        |           | Ebbw Vale RC        | 37        | 00:40:50        |
| 37        | 288        | 00:40:58        | Gareth          | Griffiths      | M        | 40        |                     | 36        | 00:40:47        |
| 38        | 220        | 00:41:01        | Darren          | Stevens        | M        |           |                     | 38        | 00:40:54        |
| 39        | 267        | 00:41:03        | Mark            | Jones          | M        |           | Pontypridd Roadents | 39        | 00:41:03        |
| 40        | 279        | 00:41:21        | Niall           | Davidson       | M        |           | Village Vipers      | 40        | 00:41:06        |
| 41        | 250        | 00:41:24        | Joshua          | Evans          | M        |           |                     | 42        | 00:41:21        |
| 42        | 124        | 00:41:25        | Kevin           | McCarthy       | M        | 40        | RRC                 | 43        | 00:41:21        |
| 43        | 192        | 00:41:26        | Brendan         | Jones          | M        | 40        |                     | 41        | 00:41:12        |
| 44        | 38         | 00:41:46        | Raymond         | Greenhouse     | M        | 40        | Ebbw Vale RC        | 44        | 00:41:43        |
| 45        | 1          | 00:41:53        | Mark            | Williams       | M        |           |                     | 45        | 00:41:50        |
| <b>46</b> | <b>272</b> | <b>00:41:55</b> | <b>Dominic</b>  | <b>Shields</b> | <b>M</b> | <b>40</b> | <b>San Domenico</b> | <b>46</b> | <b>00:41:53</b> |
| 47        | 61         | 00:42:00        | Daniel          | Humphreys      | M        |           |                     | 48        | 00:41:54        |
| 48        | 256        | 00:42:03        | Mike            | Lewis          | M        |           |                     | 49        | 00:41:59        |
| 49        | 158        | 00:42:04        | Paul            | Boxer          | M        |           |                     | 53        | 00:42:04        |
| 50        | 137        | 00:42:06        | Kellinu         | Portelli       | M        | 40        | Les Croupiers       | 50        | 00:42:02        |
| 51        | 148        | 00:42:06        | Anthony         | Williams       | M        | 40        |                     | 51        | 00:42:03        |
| 52        | 132        | 00:42:08        | Paul            | Figgins        | M        |           |                     | 52        | 00:42:04        |
| 53        | 6          | 00:42:10        | Phil            | Protheroe      | M        |           |                     | 54        | 00:42:07        |
| 54        | 95         | 00:42:12        | Richard         | Day            | M        | 40        | Pontypridd Roadents | 47        | 00:41:54        |
| 55        | 228        | 00:42:18        | Jason           | Dickinson      | M        |           | TROT's St Clears    | 55        | 00:42:08        |
| 56        | 234        | 00:42:28        | Tony            | Wertheim       | M        |           | Ebbw Vale           | 56        | 00:42:26        |
| 57        | 66         | 00:42:35        | Rob             | Fearnley       | M        |           |                     | 58        | 00:42:31        |
| 58        | 76         | 00:42:36        | Alex            | Hackett        | M        |           |                     | 57        | 00:42:30        |
| 59        | 104        | 00:42:37        | Nick            | Johnson        | M        |           |                     | 60        | 00:42:32        |
| 60        | 455        | 00:42:40        | Liz             | Ashton         | F        |           | Les Croupiers       | 59        | 00:42:32        |
| 61        | 205        | 00:42:46        | Jon             | Belcher        | M        |           |                     | 61        | 00:42:32        |
| 62        | 260        | 00:42:53        | Andrew          | beaton         | M        |           |                     | 62        | 00:42:39        |
| 63        | 233        | 00:42:54        | David           | Gibson         | M        |           |                     | 64        | 00:42:49        |
| 64        | 293        | 00:43:00        | Stephen         | Bendle         | M        | 40        | Swansea Harriers    | 63        | 00:42:40        |
| 65        | 152        | 00:43:11        | Paul            | Bigmore        | M        | 50        | Brackla Harriers    | 65        | 00:42:56        |
| 66        | 134        | 00:43:19        | Mark            | Potter         | M        |           | Brackla Harriers    | 67        | 00:43:15        |
| 67        | 23         | 00:43:24        | Stephen         | Trapnell       | M        | 50        | Ebbw Vale RC        | 68        | 00:43:24        |

|           |           |                 |              |             |          |    |                        |           |                 |
|-----------|-----------|-----------------|--------------|-------------|----------|----|------------------------|-----------|-----------------|
| 68        | 221       | 00:43:27        | Charlotte    | Johns       | F        | 40 | Brackla Harriers       | 66        | 00:43:12        |
| 69        | 462       | 00:43:58        | Richard      | Jones       | M        |    |                        | 70        | 00:43:54        |
| 70        | 59        | 00:44:11        | Barri        | Edwards     | M        |    |                        | 69        | 00:43:53        |
| 71        | 55        | 00:44:32        | Clive        | Denton      | M        | 40 | Rhondda Valley Runners | 71        | 00:44:20        |
| 72        | 252       | 00:44:44        | Lisa         | Jones       | F        |    |                        | 73        | 00:44:42        |
| 73        | 286       | 00:44:55        | Allun        | Jones       | M        | 50 | Brackla Harriers       | 72        | 00:44:38        |
| 74        | 115       | 00:44:56        | Michael      | Williams    | M        | 40 | Ebbw Vale RC           | 76        | 00:44:55        |
| 75        | 296       | 00:44:59        | Robert       | Ford        | M        |    | Pontypridd Roadents    | 74        | 00:44:49        |
| 76        | 78        | 00:45:02        | Martin       | Donovan     | M        | 40 |                        | 77        | 00:44:56        |
| 77        | 127       | 00:45:05        | Jonathan     | Miles       | M        |    |                        | 75        | 00:44:50        |
| 78        | 150       | 00:45:09        | Spencer      | Jones       | M        |    |                        | 78        | 00:45:06        |
| 79        | 71        | 00:45:23        | Hywel        | Morgan      | M        |    |                        | 79        | 00:45:11        |
| 80        | 146       | 00:45:24        | Stuart       | Davidson    | M        | 50 | Brecon AC              | 80        | 00:45:13        |
| 81        | 87        | 00:45:32        | Stewart      | Pugh        | M        | 40 |                        | 81        | 00:45:20        |
| 82        | 119       | 00:45:37        | Louise       | Evans       | F        | 40 | Ebbw Vale RC           | 82        | 00:45:31        |
| 83        | 215       | 00:45:47        | David        | Williams    | M        |    |                        | 83        | 00:45:32        |
| 84        | 246       | 00:45:48        | Mike         | Nash        | M        | 40 | 3M Gorseinon           | 85        | 00:45:41        |
| 85        | 162       | 00:45:53        | Carl         | Harris      | M        |    |                        | 84        | 00:45:39        |
| 86        | 255       | 00:45:56        | Allen        | Bunney      | M        |    | Aberdare               | 91        | 00:45:49        |
| 87        | 153       | 00:46:00        | Wayne        | Preece      | M        | 50 |                        | 89        | 00:45:43        |
| 88        | 282       | 00:46:00        | Phillip      | Thomas      | M        |    | Brackla Harriers       | 87        | 00:45:43        |
| 89        | 96        | 00:46:00        | Mike         | Ridout      | M        | 50 | Brackla Harriers       | 86        | 00:45:43        |
| 90        | 114       | 00:46:00        | James        | Thomas      | M        | 40 | Brackla Harriers       | 88        | 00:45:43        |
| 91        | 283       | 00:46:02        | Tim          | Knight      | M        |    |                        | 95        | 00:45:58        |
| 92        | 216       | 00:46:03        | Gary         | Bodman      | M        | 40 |                        | 90        | 00:45:48        |
| 93        | 90        | 00:46:04        | Neil         | Davies      | M        |    |                        | 92        | 00:45:52        |
| <b>94</b> | <b>88</b> | <b>00:46:10</b> | <b>Wendy</b> | <b>Owen</b> | <b>F</b> |    | <b>San Domenico</b>    | <b>96</b> | <b>00:46:02</b> |
| 95        | 161       | 00:46:14        | Emma         | Shaw        | F        |    |                        | 97        | 00:46:08        |
| 96        | 266       | 00:46:14        | Simon        | Dye         | M        |    |                        | 93        | 00:45:55        |
| 97        | 135       | 00:46:15        | Kristian     | Shearan     | M        |    | Brackla Harriers       | 94        | 00:45:58        |
| 98        | 265       | 00:46:18        | Robert       | Phillips    | M        | 40 | Pontypridd Roadents    | 98        | 00:46:14        |
| 99        | 188       | 00:46:24        | Jason        | Braumont    | M        |    |                        | 99        | 00:46:15        |
| 100       | 244       | 00:46:27        | Louise       | Mickell     | F        |    | 3M Gorseinon           | 101       | 00:46:19        |
| 101       | 79        | 00:46:30        | Maria        | Williams    | F        |    | Islwyn RC              | 103       | 00:46:24        |
| 102       | 227       | 00:46:35        | Michael      | Thomas      | M        |    |                        | 102       | 00:46:22        |
| 103       | 44        | 00:46:36        | Phil         | Dodge       | M        |    |                        | 100       | 00:46:18        |

|     |     |          |            |              |   |    |                        |     |          |
|-----|-----|----------|------------|--------------|---|----|------------------------|-----|----------|
| 104 | 174 | 00:46:36 | Sydney     | Willocks     | M | 60 | Teignbridge Trotters   | 106 | 00:46:30 |
| 105 | 204 | 00:46:39 | Tony       | Burt         | M |    |                        | 104 | 00:46:25 |
| 106 | 224 | 00:46:40 | Leslie     | Rowe         | M | 50 |                        | 105 | 00:46:28 |
| 107 | 156 | 00:46:46 | Andrew     | Williams     | M |    |                        | 111 | 00:46:39 |
| 108 | 166 | 00:46:46 | David      | McDonald     | M | 40 | Les Croupiers          | 113 | 00:46:41 |
| 109 | 69  | 00:46:46 | Brian      | Cotton       | M |    |                        | 107 | 00:46:33 |
| 110 | 194 | 00:46:48 | Richard    | Holland      | M | 40 | Pontypridd Roadents    | 109 | 00:46:34 |
| 111 | 198 | 00:46:49 | John       | Magee        | M |    |                        | 108 | 00:46:34 |
| 112 | 167 | 00:46:53 | John       | Martin       | M | 50 |                        | 110 | 00:46:35 |
| 113 | 155 | 00:46:54 | Robert     | Hart         | M | 40 |                        | 112 | 00:46:41 |
| 114 | 452 | 00:46:57 | Darren     | Gwynne-Hamer | M |    |                        | 114 | 00:46:44 |
| 115 | 31  | 00:47:03 | Dave       | Walker       | M | 50 |                        | 116 | 00:46:52 |
| 116 | 263 | 00:47:03 | Trevor     | Hay          | M | 40 |                        | 115 | 00:46:47 |
| 117 | 99  | 00:47:08 | Nick       | Bayliss      | M |    |                        | 117 | 00:47:06 |
| 118 | 180 | 00:47:14 | Anne Marie | Evans        | F |    | Parc Bryn Bach         | 119 | 00:47:13 |
| 119 | 24  | 00:47:21 | Leigh      | Tomlins      | M |    |                        | 118 | 00:47:10 |
| 120 | 18  | 00:47:25 | Alyn       | Tennant      | M | 40 |                        | 121 | 00:47:23 |
| 121 | 15  | 00:47:30 | Michael    | O'Shea       | M | 40 |                        | 120 | 00:47:22 |
| 122 | 208 | 00:47:35 | Kathryn    | John         | F | 40 | 3M                     | 123 | 00:47:28 |
| 123 | 125 | 00:47:41 | Michelle   | John         | F |    |                        | 124 | 00:47:36 |
| 124 | 165 | 00:47:48 | Stephen    | Fisher       | M | 50 |                        | 122 | 00:47:26 |
| 125 | 458 | 00:47:58 | Thomas     | Rowlands     | M |    |                        | 125 | 00:47:49 |
| 126 | 172 | 00:48:09 | Shane      | Wallbank     | M |    |                        | 132 | 00:48:09 |
| 127 | 173 | 00:48:09 | Ben        | Adams        | M |    |                        | 126 | 00:47:53 |
| 128 | 460 | 00:48:11 | Michael    | Isaac        | M | 40 |                        | 130 | 00:48:06 |
| 129 | 261 | 00:48:13 | Lindy      | Beaton       | F | 40 |                        | 127 | 00:47:58 |
| 130 | 10  | 00:48:13 | Kevin      | Spencer      | M |    |                        | 129 | 00:48:02 |
| 131 | 46  | 00:48:22 | Rhys       | Shellard     | M |    |                        | 128 | 00:48:02 |
| 132 | 203 | 00:48:23 | Keith      | Treharne     | M |    |                        | 131 | 00:48:09 |
| 133 | 106 | 00:48:28 | David      | Rowlands     | M | 40 |                        | 133 | 00:48:19 |
| 134 | 86  | 00:48:29 | Amy        | Edwards      | F |    | Rhondda Valley Runners | 135 | 00:48:24 |
| 135 | 45  | 00:48:40 | Martin     | Ridden       | M |    |                        | 134 | 00:48:21 |
| 136 | 269 | 00:48:40 | Tracy      | Edwards      | F |    | Rhondda Valley         | 136 | 00:48:28 |
| 137 | 84  | 00:48:45 | Ruth       | Treharne     | F | 40 | Islwyn RC              | 138 | 00:48:39 |
| 138 | 258 | 00:48:47 | Adrian     | Colley       | M | 50 |                        | 137 | 00:48:38 |
| 139 | 212 | 00:48:55 | Nicola     | Parker       | F |    |                        | 140 | 00:48:47 |

|            |           |                 |             |                  |          |                        |            |                 |
|------------|-----------|-----------------|-------------|------------------|----------|------------------------|------------|-----------------|
| 140        | 200       | 00:48:58        | Lynne       | Parry            | F        | 3M                     | 141        | 00:48:51        |
| 141        | 113       | 00:48:59        | Anthony     | Windibank        | M        | 40                     | 139        | 00:48:41        |
| 142        | 116       | 00:49:02        | Martin      | Yates            | M        | 60                     | 142        | 00:48:54        |
| 143        | 39        | 00:49:13        | Deborah     | Hope             | F        | 40                     | 143        | 00:49:03        |
| 144        | 213       | 00:49:25        | Ben         | Witcomb          | M        | Ebbw Vale RC           | 146        | 00:49:19        |
| 145        | 105       | 00:49:30        | Howard      | Owen             | M        |                        | 144        | 00:49:16        |
| <b>146</b> | <b>64</b> | <b>00:49:31</b> | <b>Emma</b> | <b>Griffiths</b> | <b>F</b> | <b>San Domenico</b>    | <b>145</b> | <b>00:49:18</b> |
| 147        | 72        | 00:49:42        | Nina        | Brocklebank      | F        | 3M                     | 147        | 00:49:35        |
| 148        | 259       | 00:50:10        | Julie       | Owen             | F        | 40                     | 148        | 00:50:04        |
| 149        | 56        | 00:50:30        | Steffan     | Alcott           | M        |                        | 150        | 00:50:13        |
| 150        | 77        | 00:50:31        | Michael     | Hinchliffe       | M        |                        | 149        | 00:50:10        |
| 151        | 199       | 00:50:37        | Jayne       | Nutall           | F        | 40 Pontypridd          | 153        | 00:50:33        |
| 152        | 291       | 00:50:40        | Rebecca     | Jenkins          | F        | Epsom Allsorts         | 152        | 00:50:28        |
| 153        | 223       | 00:50:45        | Gary        | Davies           | M        | 40                     | 154        | 00:50:39        |
| 154        | 53        | 00:50:46        | Neil        | Riden            | M        |                        | 151        | 00:50:27        |
| 155        | 178       | 00:50:56        | Daniel      | Morgan           | M        | Ebbw Vale RC           | 155        | 00:50:51        |
| 156        | 280       | 00:51:07        | Ian         | Wallace          | M        | South Wales Police     | 156        | 00:50:56        |
| 157        | 175       | 00:51:15        | Jason       | Donovan          | M        |                        | 158        | 00:51:09        |
| 158        | 176       | 00:51:15        | Nicola      | Donovon          | F        |                        | 159        | 00:51:09        |
| 159        | 97        | 00:51:17        | Natalee     | Murphy           | F        |                        | 160        | 00:51:11        |
| 160        | 93        | 00:51:18        | Gethyn      | Evans            | M        | 50                     | 157        | 00:51:03        |
| 161        | 237       | 00:51:31        | Joanna      | Rhead            | F        | 40 Ebbw Vale           | 161        | 00:51:25        |
| 162        | 240       | 00:51:57        | Stephen     | Thald            | M        |                        | 163        | 00:51:51        |
| 163        | 201       | 00:52:07        | Gareth      | Shellard         | M        |                        | 164        | 00:51:51        |
| 164        | 52        | 00:52:08        | Simon       | Riden            | M        |                        | 162        | 00:51:49        |
| 165        | 206       | 00:52:15        | Rachel      | Bowen            | F        |                        | 166        | 00:51:57        |
| 166        | 287       | 00:52:17        | Patricia    | Jones            | F        | Brackla Harriers       | 165        | 00:51:55        |
| 167        | 108       | 00:52:21        | Karen       | Chadwell         | F        | Womens Running Network | 167        | 00:51:58        |
| 168        | 65        | 00:52:31        | Philip      | Jones            | M        | 40 Heolddu CS          | 168        | 00:52:18        |
| 169        | 217       | 00:52:38        | Christopher | Shellard         | M        |                        | 169        | 00:52:20        |
| 170        | 257       | 00:52:40        | Helen       | Colley           | F        |                        | 170        | 00:52:31        |
| 171        | 451       | 00:53:08        | Ray         | Davies           | M        |                        | 171        | 00:52:57        |
| 172        | 145       | 00:53:16        | Alun        | Nelson           | M        |                        | 172        | 00:53:05        |
| 173        | 123       | 00:53:30        | Andy        | Sutton           | M        |                        | 173        | 00:53:15        |
| 174        | 276       | 00:53:31        | Gareth      | Holyfield        | M        | Abergavenny Striders   | 175        | 00:53:18        |
| 175        | 74        | 00:53:31        | Cheryl      | Davies           | F        | 40                     | 174        | 00:53:18        |

|     |     |          |           |           |   |                           |     |          |
|-----|-----|----------|-----------|-----------|---|---------------------------|-----|----------|
| 176 | 144 | 00:53:32 | Lisa      | Milton    | F | Avon & Somerset Police    | 176 | 00:53:20 |
| 177 | 142 | 00:53:49 | Ian       | Williams  | M | 40                        | 177 | 00:53:31 |
| 178 | 100 | 00:54:01 | Angela    | Champion  | F | Village Vipers            | 178 | 00:53:45 |
| 179 | 461 | 00:54:14 | Leah      | Smith     | F |                           | 179 | 00:53:51 |
| 180 | 136 | 00:54:16 | Robert    | Holt      | M |                           | 180 | 00:53:57 |
| 181 | 236 | 00:54:19 | Chris     | Webber    | M |                           | 181 | 00:54:03 |
| 182 | 75  | 00:54:24 | Mandy     | Beer      | F | 40 Womens Running Network | 184 | 00:54:17 |
| 183 | 94  | 00:54:27 | Ross      | Lewis     | M |                           | 182 | 00:54:04 |
| 184 | 157 | 00:54:27 | Andrew    | Davies    | M |                           | 183 | 00:54:05 |
| 185 | 117 | 00:54:40 | Catherine | Llewellyn | F | Merthyr Harriers          | 185 | 00:54:23 |
| 186 | 253 | 00:54:56 | Adam      | Bull      | M |                           | 186 | 00:54:53 |
| 187 | 111 | 00:55:29 | Rachel    | Povey     | F |                           | 187 | 00:55:21 |
| 188 | 19  | 00:55:33 | Claire    | Ricketts  | F |                           | 188 | 00:55:23 |
| 189 | 219 | 00:55:43 | Sandra    | Stevens   | F |                           | 189 | 00:55:25 |
| 190 | 218 | 00:55:45 | Lisa      | Mathias   | F |                           | 192 | 00:55:36 |
| 191 | 196 | 00:55:47 | Claire    | Staunton  | F |                           | 190 | 00:55:35 |
| 192 | 459 | 00:55:55 | Jason     | Berrett   | M |                           | 191 | 00:55:35 |
| 193 | 235 | 00:55:57 | Carys     | Bailey    | F | Ebbw Vale                 | 195 | 00:55:51 |
| 194 | 211 | 00:56:03 | Laura     | Hicks     | F |                           | 197 | 00:55:55 |
| 195 | 126 | 00:56:06 | Leon      | Elston    | M |                           | 194 | 00:55:51 |
| 196 | 128 | 00:56:10 | Liam      | O'Brien   | M |                           | 196 | 00:55:54 |
| 197 | 239 | 00:56:11 | Beth      | Murphy    | F |                           | 199 | 00:56:01 |
| 198 | 453 | 00:56:11 | Jayne     | Palmer    | F |                           | 193 | 00:55:51 |
| 199 | 25  | 00:56:15 | Ceri      | Tomlins   | F |                           | 200 | 00:56:04 |
| 200 | 48  | 00:56:16 | Gareth    | Parkman   | M |                           | 198 | 00:55:58 |
| 201 | 249 | 00:56:16 | Tony      | Dally     | M | 40 Cwmamman Dragons       | 201 | 00:56:05 |
| 202 | 457 | 00:56:39 | Debra     | Jones     | F |                           | 204 | 00:56:30 |
| 203 | 456 | 00:56:40 | Nicola    | Gould     | F |                           | 205 | 00:56:30 |
| 204 | 102 | 00:56:44 | Paula     | James     | F | Pontypridd Roadents       | 202 | 00:56:21 |
| 205 | 129 | 00:56:45 | Rachel    | Woolley   | F | Village Vipers            | 203 | 00:56:29 |
| 206 | 57  | 00:56:47 | Stephen   | Robbins   | M |                           | 206 | 00:56:31 |
| 207 | 107 | 00:57:11 | Cath      | Morgan    | F | 50 Womens Running Network | 207 | 00:56:49 |
| 208 | 51  | 00:57:17 | Paul      | Parkman   | M |                           | 208 | 00:56:57 |
| 209 | 193 | 00:57:24 | Greg      | Mullett   | M |                           | 210 | 00:57:13 |
| 210 | 92  | 00:57:34 | Graham    | Singer    | M |                           | 211 | 00:57:18 |
| 211 | 292 | 00:57:35 | Nigel     | Williams  | M | 40                        | 209 | 00:57:09 |

|     |     |          |           |              |   |    |                      |     |          |
|-----|-----|----------|-----------|--------------|---|----|----------------------|-----|----------|
| 212 | 35  | 00:57:42 | Maria     | Berrett      | F | 50 |                      | 212 | 00:57:22 |
| 213 | 171 | 00:57:44 | Michael   | Howell       | M | 40 |                      | 213 | 00:57:23 |
| 214 | 230 | 00:57:51 | Ashley    | Lynch        | M |    |                      | 214 | 00:57:29 |
| 215 | 143 | 00:58:02 | Marilyn   | Evans        | F | 50 |                      | 216 | 00:57:52 |
| 216 | 164 | 00:58:09 | Carolyn   | Thomas       | F | 40 |                      | 215 | 00:57:51 |
| 217 | 11  | 00:58:15 | Sarah     | Dawes-Clark  | F |    |                      | 217 | 00:57:56 |
| 218 | 101 | 00:58:29 | Claire    | Chipperfield | F |    |                      | 218 | 00:58:05 |
| 219 | 131 | 00:58:37 | Matthew   | Labanciw     | M |    |                      | 219 | 00:58:17 |
| 220 | 138 | 00:58:49 | Alan      | Bladen       | M | 60 | Les Croupiers        | 220 | 00:58:30 |
| 221 | 20  | 00:59:17 | Claire    | Jones        | F |    |                      | 221 | 00:59:06 |
| 222 | 251 | 00:59:23 | Simon     | Hudd         | M | 40 |                      | 223 | 00:59:08 |
| 223 | 91  | 00:59:25 | Clive     | Evans        | M | 60 |                      | 222 | 00:59:07 |
| 224 | 273 | 00:59:37 | Susie     | Cooney       | F |    | Shropshire Shufflers | 224 | 00:59:22 |
| 225 | 274 | 00:59:37 | Louise    | Davidson     | F |    | Village Vipers       | 225 | 00:59:22 |
| 226 | 49  | 00:59:47 | Stephen   | Jones        | M |    |                      | 226 | 00:59:27 |
| 227 | 151 | 00:59:59 | Nigel     | Fenlon       | M | 50 |                      | 227 | 00:59:43 |
| 228 | 42  | 01:00:00 | Carly     | Sutton       | F |    |                      | 230 | 00:59:51 |
| 229 | 82  | 01:00:02 | Kelly     | Hull         | F |    |                      | 228 | 00:59:49 |
| 230 | 83  | 01:00:03 | Greg      | Turley       | M |    |                      | 229 | 00:59:49 |
| 231 | 168 | 01:00:17 | Geraldine | Hayward      | F | 50 |                      | 232 | 00:59:55 |
| 232 | 169 | 01:00:18 | David     | Lewis        | M | 40 | Celtic Tri           | 231 | 00:59:55 |
| 233 | 9   | 01:00:32 | Jackie    | Spencer      | F | 40 |                      | 233 | 01:00:22 |
| 234 | 54  | 01:00:53 | Nicholos  | Rutherford   | M | 40 |                      | 235 | 01:00:46 |
| 235 | 154 | 01:00:58 | Steve     | Morgan       | M | 50 |                      | 234 | 01:00:42 |
| 236 | 186 | 01:01:12 | Phill     | Gibbon       | M | 50 |                      | 236 | 01:00:55 |
| 237 | 14  | 01:01:27 | Diane     | Williams     | F |    |                      | 237 | 01:01:15 |
| 238 | 147 | 01:02:00 | Patricia  | Davidson     | F | 50 | Brackla Harriers     | 238 | 01:01:38 |
| 239 | 130 | 01:02:01 | Leah      | Davies       | F |    |                      | 239 | 01:01:42 |
| 240 | 43  | 01:02:08 | Alistair  | Pitt         | M | 40 |                      | 240 | 01:01:45 |
| 241 | 68  | 01:02:13 | Ian       | Fowler       | M |    |                      | 241 | 01:02:06 |
| 242 | 13  | 01:02:24 | Elaine    | Hiscox       | F |    |                      | 242 | 01:02:13 |
| 243 | 62  | 01:02:41 | Rhys      | Smith        | M |    |                      | 244 | 01:02:30 |
| 244 | 295 | 01:02:44 | Jeff      | Cooper       | M | 60 | Aberdare             | 243 | 01:02:27 |
| 245 | 7   | 01:02:49 | Diane     | Palmer       | F |    |                      | 245 | 01:02:32 |
| 246 | 190 | 01:03:44 | Fay       | Aubrey       | F | 40 |                      | 246 | 01:03:25 |
| 247 | 226 | 01:04:06 | Shirley   | Rose         | F |    | Brackla Harriers     | 247 | 01:03:45 |

|     |     |          |             |          |   |    |                            |     |          |
|-----|-----|----------|-------------|----------|---|----|----------------------------|-----|----------|
| 248 | 160 | 01:04:22 | David       | Kempton  | M | 50 |                            | 248 | 01:04:08 |
| 249 | 139 | 01:04:52 | Anita       | Howells  | F |    |                            | 249 | 01:04:43 |
| 250 | 177 | 01:05:26 | Charlotte   | White    | F |    |                            | 250 | 01:05:16 |
| 251 | 271 | 01:05:35 | John        | Spencer  | M | 40 |                            | 252 | 01:05:23 |
| 252 | 133 | 01:05:35 | Kay         | Spencer  | F | 40 |                            | 251 | 01:05:23 |
| 253 | 109 | 01:05:51 | Fran        | Goodman  | F |    |                            | 253 | 01:05:30 |
| 254 | 229 | 01:06:00 | Luisa       | Lynch    | F |    |                            | 254 | 01:05:38 |
| 255 | 122 | 01:06:01 | Ruth        | Martin   | F | 50 | Cheltenham Almost Athletes | 257 | 01:05:39 |
| 256 | 285 | 01:06:02 | Gareth      | Davies   | M | 40 |                            | 255 | 01:05:38 |
| 257 | 284 | 01:06:03 | Gill        | Davies   | F |    |                            | 256 | 01:05:39 |
| 258 | 241 | 01:06:08 | Lee-John    | Baker    | M |    |                            | 258 | 01:05:46 |
| 259 | 197 | 01:06:10 | Sian        | Ackland  | F | 40 | Brackla Harriers           | 259 | 01:05:49 |
| 260 | 277 | 01:06:36 | Rhys        | Thomas   | M |    |                            | 260 | 01:06:12 |
| 261 | 110 | 01:06:57 | Stephen     | Duggan   | M | 50 |                            | 261 | 01:06:36 |
| 262 | 41  | 01:07:04 | Kate        | Jones    | F |    |                            | 262 | 01:06:54 |
| 263 | 67  | 01:07:39 | Philomena   | Rowles   | F |    |                            | 263 | 01:07:31 |
| 264 | 8   | 01:07:42 | Graham      | Cater    | M |    |                            | 264 | 01:07:35 |
| 265 | 85  | 01:07:43 | Darren      | Sparkes  | M |    |                            | 265 | 01:07:35 |
| 266 | 149 | 01:08:01 | Sharon      | Smith    | F |    |                            | 266 | 01:07:40 |
| 267 | 16  | 01:08:12 | Amanda      | Evans    | F | 40 |                            | 267 | 01:07:51 |
| 268 | 17  | 01:08:12 | Rhys        | Evans    | M |    |                            | 268 | 01:07:51 |
| 269 | 3   | 01:09:24 | David       | Hirst    | M |    |                            | 269 | 01:09:13 |
| 270 | 2   | 01:09:24 | Helen       | Williams | F |    | Aberdare Valley            | 270 | 01:09:14 |
| 271 | 184 | 01:10:46 | Helen       | Edwards  | F |    |                            | 271 | 01:10:22 |
| 272 | 181 | 01:10:47 | Hayley      | Williams | F | 40 |                            | 272 | 01:10:22 |
| 273 | 47  | 01:25:37 | Darren      | Moseley  | M |    |                            | 273 | 01:25:18 |
| 274 | 29  | 01:25:38 | Christopher | Hawkins  | M |    |                            | 274 | 01:25:20 |
| 275 | 294 | 01:25:57 | Runner      |          | F |    | 294                        | 276 | 01:25:30 |
| 276 | 182 | 01:25:57 | Annette     | Taylor   | F | 40 |                            | 275 | 01:25:30 |