

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/Km</i>	<i>Race No</i>	<i>Race Place</i>
1	0:31:13	GARDINER, Richard	Cardiff A.A.C.	Senior Men	03:07.3	547	1
2	0:33:00	PATERSON, Stephen	San Domenico Road Runners	Senior Men	03:18.0	511	2
3	0:33:47	RICHARDS, Paul	Neath Harriers	Male Vet 40	03:22.7	520	3
4	0:34:20	COLES, Peter	Pontypridd Roadents	Male Vet 40	03:26.0	537	4
5	0:34:24	ROBERTS, Mark	Swansea Harriers	Senior Men	03:26.4	554	5
6	0:35:24	TALBOT, Paul	Neath Harriers	Male Vet 40	03:32.4	560	6
7	0:35:34	SMITH, Mike	Bourton Roadrunners	Male Vet 40	03:33.4	486	7
8	0:36:07	THOMAS, Stephen	Islwyn R.C.	Male Vet 40	03:36.7	410	8
9	0:36:09	CABLE, Carl	Un-affiliated	Senior Men	03:36.9	419	9
10	0:36:51	CRANE, Philip	Neath Harriers	Male Vet 40	03:41.1	496	10
11	0:36:55	CRANE, Peter	Neath Harriers	Male Vet 40	03:41.5	494	11
12	0:36:56	DONOVAN, Ed	San Domenico Road Runners	Senior Men	03:41.6	516	12
13	0:37:02	HARTNELL, Haydn	Islwyn R.C.	Male Vet 40	03:42.2	582	13
14	0:37:07	WILLIAMS, Ioan	Gwent Police	Senior Men	03:42.7	536	14
15	0:37:12	DAVIES, Martin	Kidderminster & Stourport A.C.	Senior Men	03:43.2	458	15
16	0:37:19	BAKER, Andrew	Pontypridd Roadents	Male Vet 40	03:43.9	509	16
17	0:37:22	PENNY, Stuart	Chepstow Harriers	Male Vet 40	03:44.2	514	17
18	0:37:37	WEAVER, Adrian	Port Talbot Harriers	Senior Men	03:45.7	500	18
19	0:37:45	WILLIAMS, Martin	Les Croupiers RRC	Male Vet 40	03:46.5	504	19
20	0:37:48	CRANE, David	Neath Harriers	Male Vet 50	03:46.8	495	20
21	0:37:56	HEADON, David	Les Croupiers RRC	Male Vet 40	03:47.6	541	21
22	0:38:04	HURFORD, Matt	Les Croupiers RRC	Senior Men	03:48.4	417	22
23	0:38:06	HARRIS, Daniel	Les Croupiers RRC	Senior Men	03:48.6	452	23
24	0:38:35	GILMOUR, Carl	Hay Hotfooters	Male Vet 40	03:51.5	527	24
25	0:38:44	LOYNS, Mike	Un-affiliated	Senior Men	03:52.4	532	25
26	0:38:45	EVANS, Alun	Un-affiliated	Male Vet 40	03:52.5	589	26
27	0:38:51	WILLIAMS, Steve	Neath Harriers	Male Vet 50	03:53.1	539	27
28	0:38:53	STALLEY, Martin	Bitton Road Runners	Male Vet 40	03:53.3	563	28
29	0:39:07	MORRIS, Lee	Un-affiliated	Senior Men	03:54.7	567	29
30	0:39:08	CALLAGHAN, Shaun	Steepholme Pirates	Male Vet 40	03:54.8	472	30
31	0:39:10	BALL, Edward	Rhondda Valley Runners	Male Vet 40	03:55.0	595	31
32	0:39:14	MCCARTHY, Kevin	Road Runners Club	Male Vet 40	03:55.4	422	32
33	0:39:21	HOPKINS, Matt	Les Croupiers RRC	Senior Men	03:56.1	424	33
34	0:39:34	BRISTOW, Richard	San Domenico Road Runners	Male Vet 40	03:57.4	553	34
35	0:39:40	MOSS, Timothy	Penarth and Dinas Runners	Senior Men	03:58.0	464	35
36	0:39:55	EVANS, Rhodri	Pontypridd Roadents	Senior Men	03:59.5	586	36
37	0:40:00	CRISPIE, Gerard	Les Croupiers RRC	Male Vet 40	04:00.0	545	37
38	0:40:04	WOOLLEY, Theresa	Centurion R.C.	Female Vet 45	04:00.4	457	38
39	0:40:09	LLOYD, Neil	Un-affiliated	Male Vet 50	04:00.9	497	39
40	0:40:15	POWELL, Keith	Cornelly Striders	Male Vet 50	04:01.5	559	40
41	0:40:20	HOARE, Julian	Un-affiliated	Senior Men	04:02.0	435	41
42	0:40:32	LEWIS, Rob	Un-affiliated	Senior Men	04:03.2	13	42
43	0:40:34	RUSSELL, Andrew	Les Croupiers RRC	Senior Men	04:03.4	572	43
44	0:40:40	BEECHER, Katie	Les Croupiers RRC	Senior Ladies	04:04.0	544	44
45	0:40:45	THOMPSON, Keith	Islwyn R.C.	Male Vet 40	04:04.5	493	45
46	0:40:51	ALFORD, Jeremy	Penarth and Dinas Runners	Male Vet 40	04:05.1	395	46
47	0:40:52	CLEMENT, Clem	Penarth and Dinas Runners	Male Vet 50	04:05.2	412	47
48	0:40:56	MORGAN, Kelly	Pontypridd Roadents	Senior Ladies	04:05.6	478	48
49	0:40:58	HALSALL, Michael	Llanelli A.A.C.	Senior Men	04:05.8	523	49
50	0:40:59	EVANS, Michael	Neath Harriers	Male Vet 40	04:05.9	540	50
51	0:41:02	CONNOR, Shaun	Les Croupiers RRC	Male Vet 40	04:06.2	454	51
52	0:41:04	BRISTOW, Phil	San Domenico Road Runners	Male Vet 40	04:06.4	548	52
53	0:41:07	POWELL, Paul	Un-affiliated	Male Vet 40	04:06.7	590	53
54	0:41:15	PINKHAM, Sandra	Port Talbot Harriers	Female Vet 45	04:07.5	9	54
55	0:41:22	JACKSON-HOOKINS, Warren	Gosport Road Runners	Senior Men	04:08.2	591	55
56	0:41:28	STEVENS, Darren	Un-affiliated	Senior Men	04:08.8	21	56
57	0:41:29	WALTON, Alan	San Domenico Road Runners	Senior Men	04:08.9	576	57

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/Km</i>	<i>Race No</i>	<i>Race Place</i>
58	0:41:31	HEMMENS, Scott	Les Croupiers RRC	Senior Men	04:09.1	451	58
59	0:41:36	DAVIES, Andy	Pontypridd Roadents	Male Vet 40	04:09.6	505	59
60	0:41:39	DAVIES, Lee	Pontypridd Roadents	Senior Men	04:09.9	515	60
61	0:41:45	COLES, Marcus	Les Croupiers RRC	Senior Men	04:10.5	403	61
62	0:41:49	SINNETT, John	Pembrokeshire Harriers	Male Vet 50	04:10.9	564	62
63	0:42:00	BRASINGTON, Andrew	Brecon A.C.	Male Vet 40	04:12.0	14	63
64	0:42:04	LEECH, Sharon	Amman Valley Runners	Female Vet 35	04:12.4	401	64
65	0:42:14	BIRT, Dean	Pontypridd Roadents	Senior Men	04:13.4	597	65
66	0:42:24	PICKERING, Steve	Un-affiliated	Male Vet 40	04:14.4	436	66
67	0:42:29	GARLICK, David	Brecon A.C.	Male Vet 50	04:14.9	573	67
68	0:42:36	DAWES, Paul	San Domenico Road Runners	Male Vet 40	04:15.6	579	68
69	0:42:38	DURHAM, Huw	Pontypridd Roadents	Senior Men	04:15.8	466	69
70	0:42:39	MILES, Andrew	Un-affiliated	Male Vet 40	04:15.9	468	70
71	0:42:40	WOODS, Mike	Un-affiliated	Male Vet 40	04:16.0	566	71
72	0:42:47	TAYLOR, Adrian	Un-affiliated	Male Vet 40	04:16.7	525	72
73	0:42:52	PARTRIDGE, Simon	Neath Harriers	Male Vet 50	04:17.2	443	73
74	0:42:55	OSMOND, Clive	Les Croupiers RRC	Male Vet 40	04:17.5	445	74
75	0:42:58	PARFITT, David	Port Talbot Harriers	Senior Men	04:17.8	583	75
76	0:43:03	GREENHOUSE, Raymond	Ebbw Vale R.C.	Male Vet 40	04:18.3	421	76
77	0:43:10	MAGEE, John	Un-affiliated	Senior Men	04:19.0	483	77
78	0:43:19	EDWARDS, Barri	Un-affiliated	Male Vet 40	04:19.9	407	78
79	0:43:24	JONES, Stephen	Un-affiliated	Male Vet 40	04:20.4	519	79
80	0:43:28	HAWKINS, Mark	Kidderminster & Stourport A.C.	Senior Men	04:20.8	517	80
81	0:43:37	WILLIAMS, Nick	Les Croupiers RRC	Male Vet 40	04:21.7	593	81
82	0:43:42	MURPHY, Denis	Les Croupiers RRC	Male Vet 50	04:22.2	469	82
83	0:43:43	BELCHER, Jon	Un-affiliated	Senior Men	04:22.3	447	83
84	0:43:46	WILLIAMS, Philip	Un-affiliated	Senior Men	04:22.6	578	84
85	0:43:47	GRANT, Mick	Road Runners Club	Male Vet 50	04:22.7	428	85
86	0:43:58	DAVIES, Sue	Un-affiliated	Female Vet 45	04:23.8	440	86
87	0:44:13	LEWIS, Alex	Un-affiliated	Senior Men	04:25.3	585	87
88	0:44:21	LEWIS, Mark	Un-affiliated	Male Vet 40	04:26.1	5	88
89	0:44:22	ASTON, Jeff	Les Croupiers RRC	Male Vet 60	04:26.2	404	89
90	0:44:29	RUSSELL, Tom	Parc Bryn Bach R.C.	Senior Men	04:26.9	534	90
91	0:44:36	WILLIAMS, Philip	Un-affiliated	Senior Men	04:27.6	526	91
92	0:44:37	JONES, Alun	Les Croupiers RRC	Senior Men	04:27.7	543	92
93	0:44:45	GRIFFITHS, Gafin	Un-affiliated	Senior Men	04:28.5	556	93
94	0:44:54	DENTON, Clive	Rhondda Valley Runners	Male Vet 40	04:29.4	592	94
95	0:44:55	REID, Ben	Un-affiliated	Senior Men	04:29.5	420	95
96	0:44:56	LEWIS, Mike	Un-affiliated	Male Vet 40	04:29.6	565	96
97	0:45:02	MCGEOCH, Mick	Les Croupiers RRC	Male Vet 50	04:30.2	473	97
98	0:45:09	STOVOLD, Neil	Un-affiliated	Senior Men	04:30.9	463	98
99	0:45:13	LONERGAN, John	Un-affiliated	Male Vet 40	04:31.3	499	99
100	0:45:24	KAHL, Anthony	Un-affiliated	Male Vet 40	04:32.4	524	100
101	0:45:25	FORD, Robert	Pontypridd Roadents	Male Vet 50	04:32.5	569	101
102	0:45:30	DAVIES, Liam	Un-affiliated	Male Vet 50	04:33.0	400	102
103	0:45:32	WILLIAMS, Frank	Les Croupiers RRC	Male Vet 50	04:33.2	570	103
104	0:45:36	HOPES, Peter	Bitton Road Runners	Male Vet 40	04:33.6	396	104
105	0:45:36	DAWKINS, Karen	Bitton Road Runners	Female Vet 45	04:33.6	397	105
106	0:46:16	WILLIAMS, David	Un-affiliated	Male Vet 40	04:37.6	487	106
107	0:46:18	FITZGERALD, Denise	Centurion R.C.	Female Vet 45	04:37.8	455	107
108	0:46:25	KHAN, Imran	Un-affiliated	Senior Men	04:38.5	535	108
109	0:46:26	LLOYD, Clare	Un-affiliated	Senior Ladies	04:38.6	10	109
110	0:46:27	BODMAN, Gary	Un-affiliated	Male Vet 40	04:38.7	489	110
111	0:46:27	EDWARDS, Amy	Un-affiliated	Senior Ladies	04:38.7	406	111
112	0:46:31	SCHOLEY, Julie	Les Croupiers RRC	Female Vet 45	04:39.1	398	112
113	0:46:33	REES, David	Hay Hotfooters	Male Vet 50	04:39.3	3	113
114	0:46:44	HUTCHINSON, David	Un-affiliated	Male Vet 40	04:40.4	549	114
115	0:46:47	RHYS, Judi	Les Croupiers RRC	Female Vet 45	04:40.7	418	115
116	0:46:51	ROWE, Les	Un-affiliated	Male Vet 50	04:41.1	588	116
117	0:47:10	KNIGHT, Paul	Un-affiliated	Senior Men	04:43.0	538	117

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118	0:47:14	LOYNS, Julie	Un-affiliated	Senior Ladies	04:43.4	533	118
119	0:47:24	HOSKINS, Philip	Un-affiliated	Male Vet 40	04:44.4	492	119
120	0:47:30	EVANS, Anne Marie	Parc Bryn Bach R.C.	Female Vet 35	04:45.0	577	120
121	0:48:01	MEREDITH, Matthew	Un-affiliated	Senior Men	04:48.1	599	121
122	0:48:08	PRICE, John	Hay Hotfooters	Male Vet 50	04:48.8	479	122
123	0:48:20	ELLIS, Craig	Gwent Police	Senior Men	04:50.0	596	123
124	0:48:21	WILLIAMS, Darren	Port Talbot Harriers	Senior Men	04:50.1	584	124
125	0:48:33	PURCHASE, Adam	Un-affiliated	Senior Men	04:51.3	409	125
126	0:48:36	HILL, Steve	Penarth and Dinas Runners	Male Vet 40	04:51.6	392	126
127	0:48:37	LONERGAN, Michael	Un-affiliated	Senior Men	04:51.7	498	127
128	0:48:57	NEW, Steve	100 Marathon Club	Male Vet 40	04:53.7	393	128
129	0:48:59	JANES, Holly	Un-affiliated	Senior Ladies	04:53.9	6	129
130	0:49:19	MARTIN, John	Un-affiliated	Male Vet 50	04:55.9	485	130
131	0:49:21	JOHN, Gareth	Les Croupiers RRC	Male Vet 50	04:56.1	491	131
132	0:49:33	EDWARDS, Tracy	Rhondda Valley Runners	Female Vet 35	04:57.3	587	132
133	0:49:44	JENKINS, Sean	Un-affiliated	Senior Men	04:58.4	1	133
134	0:49:44	KINSEY, Rob	Un-affiliated	Male Vet 40	04:58.4	2	134
135	0:50:17	THOMAS, Martyn	Un-affiliated	Male Vet 40	05:01.7	448	135
136	0:50:29	ELLISON, Andrew	Rhondda Valley Runners	Senior Men	05:02.9	555	136
137	0:50:37	NELSON, Alun	Un-affiliated	Senior Men	05:03.7	433	137
138	0:50:43	RICHARDS, Maria	Islwyn R.C.	Female Vet 35	05:04.3	506	138
139	0:51:06	NEWMAN, Ruth	Vegan Runners	Female Vet 35	05:06.6	441	139
140	0:51:20	LUKE, Emily	Penarth and Dinas Runners	Senior Ladies	05:08.0	391	141
141	0:51:22	PEARSON, Jenny	Un-affiliated	Senior Ladies	05:08.2	490	142
142	0:51:23	HARRHY, Alan	Hay Hotfooters	Male Vet 60	05:08.3	529	143
143	0:51:44	LAVELLE, Tina	Hay Hotfooters	Female Vet 45	05:10.4	531	144
144	0:51:46	SMITH, Allan	3M Gorseinon Road Runners	Male Vet 70	05:10.6	467	145
145	0:51:51	KING, Emma	Un-affiliated	Senior Ladies	05:11.1	598	146
146	0:51:52	DAVIES, Allan	Un-affiliated	Male Vet 40	05:11.2	425	147
147	0:51:56	HAINES, Ian	Un-affiliated	Senior Men	05:11.6	12	148
148	0:51:59	WOOD, Neale	Un-affiliated	Male Vet 50	05:11.9	462	149
149	0:52:04	ASHDOWN, Jez	Un-affiliated	Senior Men	05:12.4	434	150
150	0:52:08	WILLIAMS, Christopher	Un-affiliated	Male Vet 50	05:12.8	19	151
151	0:52:21	OWEN, Julie	Un-affiliated	Female Vet 35	05:14.1	552	152
152	0:52:32	ELLINGHAM, Ray	Un-affiliated	Male Vet 40	05:15.2	4	153
153	0:52:52	CADOGAN, Richard	Rhondda Valley Runners	Male Vet 40	05:17.2	456	154
154	0:53:00	DAVIES, Annette	Un-affiliated	Female Vet 45	05:18.0	399	155
155	0:53:04	CLEMENT, Janice	Penarth and Dinas Runners	Female Vet 45	05:18.4	411	156
156	0:53:18	KIBBLEWHITE, Alison	Un-affiliated	Female Vet 35	05:19.8	501	157
157	0:54:07	PRICE, Angela	Hay Hotfooters	Female Vet 35	05:24.7	475	158
158	0:54:12	BOWEN, Rachel	Un-affiliated	Senior Ladies	05:25.2	446	159
159	0:55:05	MARLOW, Laura	Un-affiliated	Senior Ladies	05:30.5	426	160
160	0:55:06	O'BRIEN, James	Un-affiliated	Senior Men	05:30.6	427	161
161	0:55:32	MORGAN, Claire	Forest of Dean A.C.	Female Vet 45	05:33.2	484	163
162	0:55:35	JONES, Nigel	Llanelli Strollers	Male Vet 50	05:33.5	510	164
163	0:55:37	HALL, Tony	Un-affiliated	Male Vet 60	05:33.7	568	165
164	0:55:38	HOLYFIELD, Gareth	Abergavenny Striders	Male Vet 40	05:33.8	575	166
165	0:55:52	CONROY, Annie	Les Croupiers RRC	Female Vet 55	05:35.2	594	167
166	0:56:05	GRIFFITHS, Aileen	Forest of Dean A.C.	Female Vet 45	05:36.5	437	168
167	0:56:20	JONES, Rachel	Hay Hotfooters	Female Vet 35	05:38.0	465	169
168	0:56:31	LLEWELLYN, Catherine	Un-affiliated	Female Vet 45	05:39.1	580	170
169	0:56:37	LANE, Jason	Un-affiliated	Senior Men	05:39.7	415	171
170	0:56:48	SANDOR, Antal	UWA	Male Vet 40	05:40.8	11	172
171	0:56:49	DAVIES, Paula	Un-affiliated	Female Vet 35	05:40.9	481	173
172	0:57:03	PATERSON, Rhydian	Un-affiliated	Senior Men	05:42.3	507	174
173	0:57:03	PATERSON, Gavin	Un-affiliated	Senior Men	05:42.3	508	175
174	0:57:17	COTTNAM, Patricia	Penarth and Dinas Runners	Female Vet 45	05:43.7	22	176
175	0:57:18	JOHNSON, James	Un-affiliated	Male Vet 70	05:43.8	528	177
176	0:57:36	JONES, Hayley	Un-affiliated	Senior Ladies	05:45.6	7	178
177	0:57:39	BROWN, Sian	Un-affiliated	Female Vet 45	05:45.9	15	179

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178	0:57:44	ROBERTS, Anne	Un-affiliated	Female Vet 45	05:46.4	431	180
179	0:57:48	JERVIS, Kath	Parc Bryn Bach R.C.	Female Vet 45	05:46.8	453	181
180	0:57:57	HUDD, Simon	Un-affiliated	Male Vet 40	05:47.7	518	182
181	0:58:08	HAFNER, Caroline	Hay Hotfooters	Female Vet 55	05:48.8	557	183
182	0:58:13	SINGER, Graham	Un-affiliated	Male Vet 50	05:49.3	581	184
183	0:58:22	WHITING, Katy	Un-affiliated	Senior Ladies	05:50.2	476	185
184	0:58:38	STEVENS, Sandra	Un-affiliated	Female Vet 55	05:51.8	20	186
185	0:58:50	GILES, Hayley	Un-affiliated	Senior Ladies	05:53.0	460	187
186	0:59:15	BAYDOUN, Fadi	Un-affiliated	Senior Men	05:55.5	502	188
187	0:59:16	EMMS, Shaun	Hay Hotfooters	Male Vet 60	05:55.6	444	189
188	0:59:25	WILLIAMS, James	Plumstead Runners	Male Vet 60	05:56.5	438	190
189	0:59:25	WILLIAMS, Hannah	Un-affiliated	Senior Ladies	05:56.5	439	191
190	0:59:29	BLADEN, Alan	Les Croupiers RRC	Male Vet 70	05:56.9	429	192
191	0:59:43	ROWSON, Mal	Les Croupiers RRC	Male Vet 60	05:58.3	408	193
192	1:00:39	PROSSER, Judith	Un-affiliated	Senior Ladies	06:03.9	488	194
193	1:00:40	DIXON, Paula	Hay Hotfooters	Female Vet 35	06:04.0	561	195
194	1:00:46	THOMAS, Joy	Ammanford Harriers	Female Vet 35	06:04.6	512	196
195	1:00:50	DAVIES, Karen	Un-affiliated	Female Vet 45	06:05.0	8	197
196	1:01:03	MASON, Julie	Hay Hotfooters	Female Vet 35	06:06.3	558	198
197	1:01:04	PRICE, Neil	Islwyn R.C.	Male Vet 60	06:06.4	521	199
198	1:01:10	DONALD, Anne	Les Croupiers RRC	Female Vet 55	06:07.0	413	200
199	1:01:22	LARKWORTHY, Samantha	Un-affiliated	Senior Ladies	06:08.2	562	201
200	1:01:22	BEARD, Anna	Un-affiliated	Senior Ladies	06:08.2	574	202
201	1:01:25	BUTCHER, Paul	Un-affiliated	Male Vet 40	06:08.5	474	203
202	1:02:04	KING, Kahu	Un-affiliated	Senior Ladies	06:12.4	18	204
203	1:02:30	TAPPER, David	Un-affiliated	Male Vet 60	06:15.0	522	205
204	1:03:08	BAYDOUN, Judith	Un-affiliated	Female Vet 45	06:18.8	503	206
205	1:03:13	COOPER, Tim	Un-affiliated	Male Vet 40	06:19.3	530	207
206	1:03:17	GOULD, Alison	Un-affiliated	Female Vet 35	06:19.7	542	208
207	1:04:38	EVANS, Sarah	Ammanford Harriers	Senior Ladies	06:27.8	513	209
208	1:04:52	DAVIES, Jonathan	Un-affiliated	Male Vet 40	06:29.2	482	210
209	1:05:40	DE BEER, Brandon	Un-affiliated	Senior Men	06:34.0	16	211
210	1:05:40	DE BEER, Andre	Un-affiliated	Male Vet 50	06:34.0	17	212
211	1:08:40	GEORGE, Emma	Un-affiliated	Senior Ladies	06:52.0	551	213
212	1:12:10	REBANE, Deanne	Un-affiliated	Male Vet 40	07:13.0	470	214
213	1:12:10	MAHONEY, Elaine	Un-affiliated	Female Vet 45	07:13.0	471	215
214		WATTS, Allen	Sarn Helen	Male Vet 80		480	216
215		RICHARDS, Sharon	Un-affiliated	Female Vet 35		430	217

There were 215 finishers in the All Competitors category.