

day 14 August 2011. 10:30 am**Results for All Competitors in finish order.**

Pos.	Time	Name	Club	Category	Pace	R. No.	Pos.
1	0:30:13	GRIFFITHS, Dewi	Swansea Harriers	Senior Men	03:01.3	41	1
2	0:31:25	JONES, Carwyn	Cardiff A.A.C.	Senior Men	03:08.5	419	2
3	0:31:43	LANE, Nathaniel	Cardiff A.A.C.	Senior Men	03:10.3	32	3
4	0:31:49	MATTHEWS, Phillip	Swansea Harriers	Senior Men	03:10.9	406	4
5	0:32:01	CARE, Hywel	Woodford Green	Senior Men	03:12.1	482	5
6	0:32:17	MOUNTFORD, David	Deeside A.C.	Senior Men	03:13.7	315	6
7	0:32:47	REES, Steve	Port Talbot Harriers	Senior Men	03:16.7	467	7
8	0:33:12	ROSE, Matthew	Buckley Runners	Senior Men	03:19.2	314	8
9	0:33:18	WILLIAMS, Christopher	Neath Harriers	Mens Master 40-49	03:19.8	426	9
10	0:33:26	COLLINS, Matthew	Cardiff A.A.C.	Senior Men	03:20.6	47	10
11	0:33:42	JENNINGS, Mark	Fairwater Runners	Senior Men	03:22.2	48	11
12	0:33:55	EDWARDS, Jerome	Les Croupiers R.C.	Senior Men	03:23.5	477	12
13	0:34:10	DAMIANI, Desi	Wrexham A.C.	Senior Men	03:25.0	415	13
14	0:34:23	HOBBS, Lewis	Swansea Harriers	Senior Men	03:26.3	55	14
15	0:34:44	BAKER, Julian	Les Croupiers R.C.	Mens Master 40-49	03:28.4	33	15
16	0:34:50	DONOVAN, Edward	Les Croupiers R.C.	Senior Men	03:29.0	391	16
17	0:34:52	WHITCOMBE, Andrea	Swansea Harriers	Ladies Master 35-44	03:29.2	40	17
18	0:34:57	SCANLON, Jason	Pontypridd Roadents	Senior Men	03:29.7	308	18
19	0:35:05	COLES, Peter	Pontypridd Roadents	Mens Master 40-49	03:30.5	439	19
20	0:35:14	SIMMS, Stefan	Unaffiliated	Mens Master 40-49	03:31.4	119	20
21	0:35:15	TALBOT, Paul	Neath Harriers	Mens Master 40-49	03:31.5	407	21
22	0:35:16	DUKES, Nick	Les Croupiers R.C.	Senior Men	03:31.6	392	22
23	0:35:18	GURMIN, Matthew	Swansea Harriers	Senior Men	03:31.8	49	23
24	0:35:20	KENDRICK, Philip	Brecon A.C.	Mens Master 40-49	03:32.0	376	24
25	0:35:25	BROWN, Jez	Buckley Runners	Mens Master 40-49	03:32.5	325	25
26	0:35:26	BLAZIER, Darren	Prestatyn Runners	Senior Men	03:32.6	326	26
27	0:35:27	MULVANY, Richard	Neath Harriers	Senior Men	03:32.7	399	27
28	0:35:31	SHIELDS, Stephen	San Domenico R.R.C.	Senior Men	03:33.1	34	28
29	0:35:45	LEWIS, Geraint	Porthcawl RunnersLife	Senior Men	03:34.5	409	29
30	0:35:49	WATHAN, Paul	Eryri Harriers	Senior Men	03:34.9	318	30
31	0:36:02	HURFORD, Matthew	Les Croupiers R.C.	Senior Men	03:36.2	442	31
32	0:36:10	BEYNON-THOMAS, Alaw	Swansea Harriers	Senior Ladies	03:37.0	463	32
33	0:36:22	WHITEHOUSE, Royston	Neath Harriers	Mens Master 40-49	03:38.2	425	33
34	0:36:25	PALETTA, Gina	Wrexham A.C.	Senior Ladies	03:38.5	319	34
35	0:36:31	RICHARDSON, Brian	Les Croupiers R.C.	Mens Master 50-59	03:39.1	1	35
36	0:36:32	BARTLETT, Stephen	Unaffiliated	Mens Master 40-49	03:39.2	73	36

37	0:36:33	SAYER, Steffan	Menai Track & Field	Senior Men	03:39.3	316	37
38	0:36:35	FULCHER, Chris	Port Talbot Harriers	Mens Master 40-49	03:39.5	476	38
39	0:36:46	WILLIAMS, Oliver	San Domenico R.R.C.	Senior Men	03:40.6	386	39
40	0:36:47	WINDSOR, Mark	San Domenico R.R.C.	Senior Men	03:40.7	478	40
41	0:36:55	EDWARDS, Andrew	Deestridders	Senior Men	03:41.5	317	41
42	0:37:21	HARTNELL, Haydn	Islwyn Running Club	Mens Master 40-49	03:44.1	16	42
43	0:37:25	HOPKINS, Matthew	Les Croupiers R.C.	Senior Men	03:44.5	447	43
44	0:37:32	JOHNSON, Richard	Islwyn Running Club	Senior Men	03:45.2	475	44
45	0:37:37	SHEEN, Rob	Leicester Coritanian A.C.	Mens Master 50-59	03:45.7	304	45
46	0:37:38	ROBINSON, Erica	Buckley Runners	Senior Ladies	03:45.8	323	46
47	0:37:50	WADLOW, Stuart	Islwyn Running Club	Senior Men	03:47.0	446	47
48	0:37:54	LYNCH, Gareth	Les Croupiers R.C.	Senior Men	03:47.4	300	48
49	0:38:02	HARRIS, Ian	3M Road Runners	Senior Men	03:48.2	106	49
50	0:38:04	DAVIES, Steve	Griffithstown Harriers	Mens Master 50-59	03:48.4	81	50
51	0:38:11	BARNBY, Daryl	Fairwater Runners	Senior Men	03:49.1	118	51
52	0:38:15	WEAVER, Adrian	Port Talbot Harriers	Senior Men	03:49.5	494	52
53	0:38:20	HAVARD, Mickey	San Domenico R.R.C.	Mens Master 40-49	03:50.0	44	53
54	0:38:27	FARAG, Ben	Les Croupiers R.C.	Mens Master 50-59	03:50.7	495	54
55	0:38:27	ROBERTS, Kate	Bridgend A.C.	Senior Ladies	03:50.7	37	55
56	0:38:43	CAMPBELL, Eric	Buckley Runners	Mens Master 40-49	03:52.3	448	56
57	0:39:04	PHILLIPS, Claire	Port Talbot Harriers	Ladies Master 35-44	03:54.4	339	57
58	0:39:09	SANSOM, Glyn	San Domenico R.R.C.	Mens Master 40-49	03:54.9	456	58
59	0:39:12	STRANGE, Bethan	Cardiff A.A.C.	Senior Ladies	03:55.2	462	59
60	0:39:14	WILLIAMS, Alex	Port Talbot Harriers	Mens Master 40-49	03:55.4	337	60
61	0:39:18	BRIERLEY, Jenny	Bangor University	Senior Ladies	03:55.8	321	61
62	0:39:19	JOHNSTON, Sandy	Les Croupiers R.C.	Mens Master 60-69	03:55.9	3	62
63	0:39:22	CLEMENT, Clem	Penarth and Dinas Runners	Mens Master 50-59	03:56.2	497	63
64	0:39:24	GARDINER, Andy	South Wales Police	Senior Men	03:56.4	481	64
65	0:39:37	JONES, Ian	Unaffiliated	Mens Master 50-59	03:57.7	62	65
66	0:39:39	LLOYD, Neil	Unaffiliated	Mens Master 50-59	03:57.9	54	66
67	0:39:40	BUTLER, Ellen	Swansea Harriers	Senior Ladies	03:58.0	405	67
68	0:39:47	JENNIONS, Jay	Deestridders	Senior Ladies	03:58.7	324	68
69	0:39:50	WILLIAMS, Philip	Islwyn Running Club	Senior Men	03:59.0	412	69
70	0:39:51	GOULDING, Jay	Unaffiliated	Senior Men	03:59.1	122	70
71	0:39:52	O'SHEA, John	Les Croupiers R.C.	Mens Master 50-59	03:59.2	11	71
72	0:40:00	CRISPIE, Gerard	Les Croupiers R.C.	Mens Master 40-49	04:00.0	492	72
73	0:40:07	SAUNDERS, Alun	Unaffiliated	Mens Master 40-49	04:00.7	117	73
74	0:40:08	WILDER, Sally	San Domenico R.R.C.	Senior Ladies	04:00.8	36	74
75	0:40:09	EVANS, Alun	Unaffiliated	Mens Master 40-49	04:00.9	410	75
76	0:40:30	HUGHES, David	Pontypridd Roadents	Senior Men	04:03.0	352	76

77	0:40:33	SMITH, Simon	Unaffiliated	Senior Men	04:03.3	470	77
78	0:40:39	PARFITT, David	Port Talbot Harriers	Mens Master 40-49	04:03.9	101	78
79	0:41:01	PINKHAM, Sandra	Port Talbot Harriers	Ladies Master 45-54	04:06.1	15	79
80	0:41:04	ASHTON, Liz	Les Croupiers R.C.	Senior Ladies	04:06.4	454	80
81	0:41:06	DAVIES, Robert	Islwyn Running Club	Senior Men	04:06.6	64	81
82	0:41:08	HAMILTON-MORRIS, Alexia	Wrexham Tri Club	Ladies Master 45-54	04:06.8	329	82
83	0:41:09	MORGAN, Kelly	Pontypridd Roadents	Senior Ladies	04:06.9	38	83
84	0:41:10	DAVEY, Gareth	Llanelli A.C.	Senior Men	04:07.0	7	84
85	0:41:12	STEVENS, Darren	Unaffiliated	Mens Master 40-49	04:07.2	130	85
86	0:41:14	REES, David	Hay Hotfooters	Mens Master 60-69	04:07.4	63	86
87	0:41:30	DUNSCOMBE, Mark	Sarn Helen	Mens Master 40-49	04:09.0	466	87
88	0:41:34	BEATTY, Claire	Les Croupiers R.C.	Senior Ladies	04:09.4	430	88
89	0:41:40	BELCHER, Jon	Unaffiliated	Senior Men	04:10.0	445	89
90	0:41:48	POCKNELL, Justin	Caerleon R.C.	Mens Master 40-49	04:10.8	92	90
91	0:41:52	O'NEIL, Michael	Merthyr Cycling Club	Senior Men	04:11.2	87	91
92	0:42:02	JONES, Angela	Islwyn Running Club	Ladies Master 45-54	04:12.2	45	92
93	0:42:15	JONES, Justin	Pontypridd Roadents	Mens Master 40-49	04:13.5	68	93
94	0:42:16	WILLIAMS, David E	Les Croupiers R.C.	Mens Master 40-49	04:13.6	375	94
95	0:42:22	BASSETT, Jeremy	Unaffiliated	Mens Master 40-49	04:14.2	57	95
96	0:42:26	LEWIS, Alex	Unaffiliated	Senior Men	04:14.6	82	96
97	0:42:33	EVANS, Robert	Ebbw Vale R.C.	Mens Master 40-49	04:15.3	416	97
98	0:42:36	WILLIAMS, Ian	Ebbw Vale R.C.	Mens Master 50-59	04:15.6	89	98
99	0:42:38	KENT, Howard	Les Croupiers R.C.	Mens Master 50-59	04:15.8	334	99
100	0:42:42	MURPHY, Thomas	Pontypridd Roadents	Senior Men	04:16.2	123	100
101	0:42:45	RUSSELL, Tom	Mynydd Ddu Runners	Senior Men	04:16.5	85	101
102	0:42:48	OWEN, Stephen	Les Croupiers R.C.	Mens Master 50-59	04:16.8	381	102
103	0:42:50	DAVIES, Julie	Griffithstown Harriers	Ladies Master 35-44	04:17.0	499	103
104	0:42:51	COLWILL, Carl	Unaffiliated	Mens Master 50-59	04:17.1	483	104
105	0:42:53	CULLINANE, Anthony	Pontypridd Roadents	Mens Master 40-49	04:17.3	384	105
106	0:42:56	TAYLOR, A	Parc Bryn Bach R.C.	Mens Master 50-59	04:17.6	109	106
107	0:43:02	COLLINS, Emma	Denbigh Harriers	Ladies Master 35-44	04:18.2	331	107
108	0:43:08	CASWELL, Damian	Ebbw Vale R.C.	Senior Men	04:18.8	90	108
109	0:43:10	MAINE, Julian	Porthcawl RunnersLife	Mens Master 50-59	04:19.0	464	109
110	0:43:11	JOHNSTON, Alice	Unaffiliated	Senior Ladies	04:19.1	2	110
111	0:43:12	MAGEE, John	Les Croupiers R.C.	Senior Men	04:19.2	312	111
112	0:43:14	JONES, David	Forest of Dean A.C.	Mens Master 50-59	04:19.4	343	112
113	0:43:20	DAVIES, Gron	Unaffiliated	Mens Master 50-59	04:20.0	107	113
114	0:43:24	MORLEY, Lisa	Wrexham A.C.	Ladies Master 35-44	04:20.4	332	114
115	0:43:26	McROBIE, Sarah	Liverpool Harriers	Senior Ladies	04:20.6	322	115
116	0:43:27	BRACE, Jacqueline	Bridgend A.C.	Ladies Master 45-54	04:20.7	313	116

117	0:43:40	GOUGH, Brian	Pontypridd Roadents	Mens Master 70-79	04:22.0	303	117
118	0:43:42	DAVEY, Eric	Llanelli A.C.	Mens Master 60-69	04:22.2	8	118
119	0:43:48	MORGAN, Lloyd	San Domenico R.R.C.	Senior Men	04:22.8	30	119
120	0:43:48	DELANEY, James	San Domenico R.R.C.	Mens Master 50-59	04:22.8	51	120
121	0:43:49	REES, Gareth	Les Croupiers R.C.	Mens Master 40-49	04:22.9	301	121
122	0:43:50	GITTINS, Jade	Caerleon R.C.	Senior Ladies	04:23.0	21	122
123	0:43:52	SIBCY, John	San Domenico R.R.C.	Senior Men	04:23.2	408	123
124	0:43:53	EVANS, Dan	Unaffiliated	Senior Men	04:23.3	83	124
125	0:43:53	HURN, Tavis	Unaffiliated	Mens Master 40-49	04:23.5	451	125
126	0:43:56	BIRT, Dean	Pontypridd Roadents	Senior Men	04:23.6	115	126
127	0:43:56	CLEARY, Lisa	Penarth and Dinas Runners	Ladies Master 45-54	04:23.6	432	127
128	0:43:57	VAUGHAN, Richard	Unaffiliated	Senior Men	04:23.7	346	128
129	0:44:03	DUFFIELD, Helen	Chepstow Harriers	Ladies Master 35-44	04:24.3	22	129
130	0:44:04	MORDEY, Richard	San Domenico R.R.C.	Mens Master 40-49	04:24.4	111	130
131	0:44:05	TYPE, Robert	Unaffiliated	Senior Men	04:24.5	349	131
132	0:44:06	MULCAHY, Matthew	Unaffiliated	Senior Men	04:24.6	59	132
133	0:44:07	HILL, Gareth	Unaffiliated	Mens Master 40-49	04:24.7	27	133
134	0:44:08	JONES, Brendan	Les Croupiers R.C.	Mens Master 40-49	04:24.8	417	134
135	0:44:26	GRIFFITHS, Gafin	Les Croupiers R.C.	Senior Men	04:26.6	421	135
136	0:44:27	MACK, Graham	Unaffiliated	Mens Master 50-59	04:26.7	369	136
137	0:44:37	THOMAS, Michael	Unaffiliated	Mens Master 40-49	04:27.7	121	137
138	0:44:37	RICHARDS, Maria	Islwyn Running Club	Ladies Master 35-44	04:27.7	490	138
139	0:44:38	HAYES, Alyson	Les Croupiers R.C.	Ladies Master 35-44	04:27.8	56	139
140	0:44:46	HARRIS, Anne Marie	Parc Bryn Bach R.C.	Ladies Master 35-44	04:28.6	53	140
141	0:44:47	LEAROYD, Michael	Village Vipers	Mens Master 50-59	04:28.7	128	141
142	0:44:50	HALSALL, Michael	Llanelli A.C.	Senior Men	04:29.0	66	142
143	0:44:51	REES, Emma	Unaffiliated	Senior Ladies	04:29.1	340	143
144	0:44:52	O'CONNOR, Lance	Ebbw Vale R.C.	Mens Master 40-49	04:29.2	96	144
145	0:45:01	KAPOOR, Neil	Unaffiliated	Senior Men	04:30.1	112	145
146	0:45:02	HINCHLIFFE, Michael	Spirit of Monmouth	Senior Men	04:30.2	24	146
147	0:45:03	BREEN, David	Porthcawl RunnersLife	Mens Master 50-59	04:30.3	452	147
148	0:45:10	JOHN, Gareth	Les Croupiers R.C.	Mens Master 50-59	04:31.0	65	148
149	0:45:15	PORTELLI, Kellinu	Les Croupiers R.C.	Mens Master 40-49	04:31.5	338	149
150	0:45:17	SHIELDS, Dominic	San Domenico R.R.C.	Mens Master 40-49	04:31.7	350	150
151	0:45:29	EDWARDS, Amy	Rhondda Valley Runners	Senior Ladies	04:32.9	58	151
152	0:45:34	BRADLEY, Malcolm	Penarth and Dinas Runners	Mens Master 60-69	04:33.4	104	152
153	0:45:40	EVANS, Rhodri	Penarth and Dinas Runners	Mens Master 40-49	04:34.0	396	153
154	0:45:45	WEBBER, Luke	Unaffiliated	Senior Men	04:34.5	443	154
155	0:45:46	DUNSCOMBE, Andrew	Pontypridd Roadents	Mens Master 40-49	04:34.6	423	155
156	0:45:50	MORGANS, Gemma	Eryri Harriers	Senior Ladies	04:35.0	359	156

157	0:46:00	JONES, Nigel	Unaffiliated	Mens Master 50-59	04:36.0	108	157
158	0:46:04	SKILTON, Joanne	San Domenico R.R.C.	Ladies Master 45-54	04:36.4	429	158
159	0:46:05	GRAINGER, David	Plymouth Harriers	Mens Master 40-49	04:36.5	485	159
160	0:46:06	BRAMBLEY, Ceri	Port Talbot Harriers	Ladies Master 35-44	04:36.6	19	160
161	0:46:07	DAVIES, Sue	Brecon A.C.	Ladies Master 45-54	04:36.7	88	161
162	0:46:08	BOUNDS, Kevin	Unaffiliated	Senior Men	04:36.8	370	162
163	0:46:11	McDONOUGH, Jo	Prestatyn Runners	Senior Ladies	04:37.1	320	163
164	0:46:13	WARRELL, Stephen	Unaffiliated	Mens Master 40-49	04:37.3	110	164
165	0:46:16	FIROUZ, Mal	Les Croupiers R.C.	Mens Master 50-59	04:37.6	305	165
166	0:46:26	BRYSON, Liam	Unaffiliated	Mens Master 40-49	04:38.6	362	166
167	0:46:30	O'SULLIVAN, Tim	Les Croupiers R.C.	Mens Master 50-59	04:39.0	102	167
168	0:46:38	BODMAN, Gary	Les Croupiers R.C.	Mens Master 40-49	04:39.8	71	168
169	0:46:42	HUGHES, Philip	San Domenico R.R.C.	Senior Men	04:40.2	473	169
170	0:46:48	BANFIELD, Rachel	Les Croupiers R.C.	Senior Ladies	04:40.8	488	170
171	0:46:52	ALDWORTH, Gill	Brecon A.C.	Ladies Master 35-44	04:41.2	361	171
172	0:46:54	DAVIES, Andy	Pontypridd Roadents	Mens Master 40-49	04:41.4	500	172
173	0:46:55	CROSS, Wayne	Unaffiliated	Mens Master 40-49	04:41.5	61	173
174	0:47:12	WILLIAMS, Clare	Islwyn Running Club	Ladies Master 35-44	04:43.2	449	174
175	0:47:12	CORCORAN, Cornelius	Pontypridd Roadents	Mens Master 40-49	04:43.2	67	175
176	0:47:30	JONES, Sam	Unaffiliated	Senior Men	04:45.0	120	176
177	0:47:41	GRIFFITHS, Jonathan	Village Vipers	Senior Men	04:46.1	373	177
178	0:47:47	ALLEN, Lucy	Spirit of Monmouth	Ladies Master 45-54	04:46.7	125	178
179	0:47:57	PARFITT, Rhys	Unaffiliated	Senior Men	04:47.7	455	179
180	0:48:00	WILLIAMS, Pauline	Port Talbot Harriers	Ladies Master 45-54	04:48.0	14	180
181	0:48:02	DAVIES, Liam	Fetch Everyone R.C.	Mens Master 50-59	04:48.2	306	181
182	0:48:03	THOMAS, Nicola	Porthcawl RunnersLife	Ladies Master 35-44	04:48.3	6	182
183	0:48:10	EDWARDS, Carl	Pontypridd Roadents	Mens Master 40-49	04:49.0	78	183
184	0:48:17	ASTON, Jeffrey	Les Croupiers R.C.	Mens Master 60-69	04:49.7	461	184
185	0:48:19	DALLIMORE, Caroline	Les Croupiers R.C.	Ladies Master 55-64	04:49.9	422	185
186	0:48:27	DAVIES, Richard	Unaffiliated	Mens Master 40-49	04:50.7	342	186
187	0:48:30	SCHOLEY, Julie	Les Croupiers R.C.	Ladies Master 45-54	04:51.0	46	187
188	0:48:34	HURMAN, Andrea	Penarth and Dinas Runners	Ladies Master 45-54	04:51.4	434	188
189	0:48:50	EVANS, David	Unaffiliated	Mens Master 40-49	04:53.0	377	189
190	0:48:53	JONES, Wayne	Unaffiliated	Senior Men	04:53.3	368	190
191	0:48:55	HICKS, Glyn	Islwyn Running Club	Mens Master 60-69	04:53.5	23	191
192	0:48:59	FERRIDAY, John	Pegasus R.R.C.	Senior Men	04:53.9	438	192
193	0:49:02	PIGOTT, Aisling	Outdoor Fitness	Senior Ladies	04:54.2	487	193
194	0:49:27	RHYS, Judi	Les Croupiers R.C.	Ladies Master 45-54	04:56.7	380	194
195	0:49:28	JONES, Keri	Neath Harriers	Ladies Master 35-44	04:56.8	498	195
196	0:49:36	KING, Emma	Spirit of Monmouth	Senior Ladies	04:57.6	124	196

197	0:49:40	ELLINGHAM, Ray	San Domenico R.R.C.	Mens Master 50-59	04:58.0	94	197
198	0:49:45	HILL, Steve	Penarth and Dinas Runners	Mens Master 40-49	04:58.5	355	198
199	0:49:46	EDWARDS, Tracy	Rhondda Valley Runners	Ladies Master 35-44	04:58.6	9	199
200	0:49:51	DANIEL, Jamie	Unaffiliated	Senior Men	04:59.1	435	200
201	0:49:53	BOWEN, Rachel	Unaffiliated	Senior Ladies	04:59.3	444	201
202	0:49:55	NEWMAN, Lowri	Unaffiliated	Ladies Master 35-44	04:59.5	414	202
203	0:49:57	BROOME, Tyrone	Gwent Police	Mens Master 40-49	04:59.7	31	203
204	0:50:03	EDWARDS, Janet	Pontypridd Roadents	Ladies Master 35-44	05:00.3	77	204
205	0:50:14	GANDER, Paul	Unaffiliated	Senior Men	05:01.4	469	205
206	0:50:15	MARTIN, John	Unaffiliated	Mens Master 50-59	05:01.5	114	206
207	0:50:20	KENDRICK, Suzanne	Rhayader Running Club	Ladies Master 45-54	05:02.0	17	207
208	0:50:21	JONES, Sian	Caerleon R.C.	Senior Ladies	05:02.1	50	208
209	0:50:21	OLIVANT, Michael	Brecon A.C.	Mens Master 50-59	05:02.1	347	209
210	0:50:32	BAYDOUN, Fadi	Unaffiliated	Senior Men	05:03.2	25	210
211	0:50:50	HILL, Mark	Unaffiliated	Mens Master 40-49	05:05.0	28	211
212	0:50:51	WILLIAMS, Grant	Unaffiliated	Senior Men	05:05.1	453	212
213	0:50:57	HEATON, Phil	Unaffiliated	Mens Master 40-49	05:05.7	99	213
214	0:51:02	DAVIES, Annette	Fetch Everyone R.C.	Ladies Master 45-54	05:06.2	307	214
215	0:51:03	GRIFFITHS, Barry	Unaffiliated	Mens Master 40-49	05:06.3	367	215
216	0:51:22	DAVIES, Michael	Unaffiliated	Mens Master 50-59	05:08.2	18	216
217	0:51:26	MORGAN, Daniel	Ebbw Vale R.C.	Mens Master 50-59	05:08.6	91	217
218	0:51:27	LAFON, Chloe-Anne	Unaffiliated	Senior Ladies	05:08.7	479	218
219	0:51:30	DRYSDALE, Fiona	Unaffiliated	Ladies Master 35-44	05:09.0	103	219
220	0:51:44	WHITING, Sam	Unaffiliated	Senior Men	05:10.4	72	220
221	0:52:02	HOSTELLER-DAVIES, Justin	South Wales Police	Senior Men	05:12.2	341	221
222	0:52:23	WOOD, Stephen	Pegasus R.R.C.	Senior Men	05:14.3	354	222
223	0:52:30	DAVIES, William	Winchester & District A.C.	Mens Master 80+	05:15.0	333	223
224	0:52:37	WELHAM, Roxanne	Unaffiliated	Senior Ladies	05:15.7	129	224
225	0:52:48	DODD, Sarah	Unaffiliated	Senior Ladies	05:16.8	93	225
226	0:52:50	PRICE, Rob	Unaffiliated	Mens Master 40-49	05:17.0	84	226
227	0:53:15	SMITH, Alan	3M Road Runners	Mens Master 70-79	05:19.5	353	227
228	0:53:18	LAW, Rhiannon	Outdoor Fitness	Senior Ladies	05:19.8	491	228
229	0:53:25	KIERNAN, John J	Unaffiliated	Mens Master 40-49	05:20.5	60	229
230	0:53:27	CASWELL, Johnathan	Unaffiliated	Mens Master 40-49	05:20.7	472	230
231	0:53:28	GITTOES, Gemma	Unaffiliated	Senior Ladies	05:20.8	12	231
232	0:53:48	DAVIES, Rhian	Unaffiliated	Ladies Master 35-44	05:22.8	74	232
233	0:54:08	MORGAN, Sara	Womens Running Network	Senior Ladies	05:24.8	440	233
234	0:54:18	McDUFF, Rhiannon	Unaffiliated	Senior Ladies	05:25.8	10	234
235	0:54:25	BARNETT, Claire	Islwyn Running Club	Ladies Master 35-44	05:26.5	20	235
236	0:54:44	DENNIS, Heather	Penarth and Dinas Runners	Ladies Master 35-44	05:28.4	379	236

237	0:54:47	EDWARDS, Roy	Unaffiliated	Mens Master 60-69	05:28.7	127	237
238	0:54:48	GILBERT, Andrew	Unaffiliated	Senior Men	05:28.8	390	238
239	0:54:58	DAWES-CLARK, Sarah	Les Croupiers R.C.	Ladies Master 35-44	05:29.8	397	239
240	0:55:17	LAMBETH, Jacqueline	Islwyn Running Club	Ladies Master 35-44	05:31.7	105	240
241	0:55:30	CLARK, Andrew	Unaffiliated	Mens Master 40-49	05:33.0	398	241
242	0:55:36	GRIFFITHS, Jane	Unaffiliated	Ladies Master 35-44	05:33.6	75	242
243	0:55:48	DAVIES, Luke	Griffithstown Harriers	Senior Men	05:34.8	80	243
244	0:55:56	WILLIAMS, David	Les Croupiers R.C.	Senior Men	05:35.6	95	244
245	0:56:14	SWANSON, Ian	Port Talbot Harriers	Mens Master 60-69	05:37.4	378	245
246	0:56:17	TATTERSALL, Mark	Neath Harriers	Mens Master 70-79	05:37.7	401	246
247	0:56:22	CADMORE, Andrew	Unaffiliated	Mens Master 40-49	05:38.2	366	247
248	0:56:50	ASHDOWN, Jeremy	Unaffiliated	Senior Men	05:41.0	437	248
249	0:57:06	SANDOR, Antal		Mens Master 40-49	05:42.6	39	249
250	0:57:07	LLEWELLYN, Caroline	Unaffiliated	Ladies Master 45-54	05:42.7	43	250
251	0:57:15	JONES, Nigel Leighton	Llanelli Strollers	Mens Master 50-59	05:43.5	69	251
252	0:57:22	HOLDERNESS, Steve	Unaffiliated	Mens Master 40-49	05:44.2	126	252
253	0:57:38	SION, Dafydd	Unaffiliated	Senior Men	05:45.8	489	253
254	0:57:42	STEVENS, Sandra	Unaffiliated	Mens Master 60-69	05:46.2	131	254
255	0:58:19	THOMAS, Jade	Unaffiliated	Senior Ladies	05:49.9	441	255
256	0:58:21	THOMPSON, Amanda	Les Croupiers R.C.	Ladies Master 45-54	05:50.1	302	256
257	0:58:30	HUNT, Lindsey	Penarth and Dinas Runners	Senior Ladies	05:51.0	457	257
258	0:58:31	VAUGHAN, Terry	Ebbw Vale R.C.	Senior Men	05:51.1	395	258
259	0:58:35	BANFIELD, Robina	Unaffiliated	Ladies Master 45-54	05:51.5	13	259
260	0:58:50	NELLINS, Kay	Womens Running Network	Ladies Master 55-64	05:53.0	458	260
261	0:58:53	MILLER, Chris	Unaffiliated	Senior Men	05:53.3	98	261
262	0:59:10	KHUKAR, Stuart	Unaffiliated	Senior Men	05:55.0	97	262
263	0:59:29	WILLIAMS, Helen	Islwyn Running Club	Senior Ladies	05:56.9	496	263
264	0:59:38	ARWYN, Eirian	Les Croupiers R.C.	Ladies Master 55-64	05:57.8	424	264
265	0:59:44	LANE, Jason	Unaffiliated	Senior Men	05:58.4	418	265
266	0:59:52	SINGER, Graham	Unaffiliated	Mens Master 50-59	05:59.2	86	266
267	0:59:55	OVERFIELD, Paul	Unaffiliated	Senior Men	05:59.5	116	267
268	0:59:56	DAVIES, Jeff	Unaffiliated	Mens Master 40-49	05:59.6	431	268
269	1:00:04	WESTREN, Sara	Les Croupiers R.C.	Ladies Master 45-54	06:00.4	468	269
270	1:00:35	THOMAS, Martyn	Unaffiliated	Mens Master 40-49	06:03.5	336	270
271	1:00:49	WARBURTON, Paul	Rhondda Valley Runners	Mens Master 60-69	06:04.9	113	271
272	1:01:14	MARAGNA, Judith	Penarth and Dinas Runners	Ladies Master 55-64	06:07.4	388	272
273	1:01:35	LUKE, Emily	Penarth and Dinas Runners	Senior Ladies	06:09.5	411	273
274	1:01:55	BAYDOWN, Judith	Unaffiliated	Ladies Master 55-64	06:11.5	26	274
275	1:01:56	MORRIS, Emma	Unaffiliated	Senior Ladies	06:11.6	428	275
276	1:01:56	MORRIS, Bethan	Unaffiliated	Senior Ladies	06:11.6	427	276

277	1:02:06	GRIFFITHS, Paul	Unaffiliated	Mens Master 40-49	06:12.6	364	277
278	1:02:17	WELLS, Liam	Unaffiliated	Senior Men	06:13.7	394	278
279	1:03:08	LOVE, Phil	Maindy Harriers	Mens Master 40-49	06:18.8	70	279
280	1:03:13	KHAN, Alex	Unaffiliated	Senior Men	06:19.3	480	280
281	1:04:16	MORGAN, Liz	San Domenico R.R.C.	Senior Ladies	06:25.6	52	281
282	1:04:24	EMMS, Shaun	Hay Hotfooters	Mens Master 70-79	06:26.4	100	282
283	1:05:22	DAVIDSON, Alison	South Wales Police	Ladies Master 35-44	06:32.2	345	283
284	1:05:48	DICKSON, Anne	Unaffiliated	Senior Ladies	06:34.8	372	284
285	1:05:58	GRIFFITHS, Agii	Unaffiliated	Ladies Master 35-44	06:35.8	363	285
286	1:06:37	WILLIAMS, Shayla	Unaffiliated	Senior Ladies	06:39.7	486	286
287	1:07:27	WILLIAMS, Jennie	Unaffiliated	Senior Ladies	06:44.7	403	287
288	1:08:52	HOWCROFT, Jo	Unaffiliated	Ladies Master 35-44	06:53.2	402	288
289	1:09:00	GILBERT, Amanda	Unaffiliated	Ladies Master 45-54	06:54.0	389	289
290	1:09:25	AUSTERBERRY, Daphne	Unaffiliated	Ladies Master 65+	06:56.5	465	290
291	1:10:25	LOWE, Johanna	Unaffiliated	Ladies Master 35-44	07:02.5	382	291
292	1:10:25	PETERS, Daniel	Unaffiliated	Senior Men	07:02.5	383	292
293	1:10:40	PARFITT, Angela	Unaffiliated	Ladies Master 35-44	07:04.0	450	293
294	1:11:25	BLADEN, Alan	Les Croupiers R.C.	Mens Master 70-79	07:08.5	436	294
295	1:15:18	PETERS, Alan	Unaffiliated	Mens Master 60-69	07:31.8	387	295
296	1:25:58	SYMONDS, Sheila	Bro Dsystynni A.C.	Ladies Master 65+	08:35.8	413	296