

Pontypridd Roadents Results

Sunday 21 February 2010. 10:00 am

Provisional Results for All Competitors in finish order.

| txtPlace | txtTime | txtName | txtTeam | txtCat2 | txtGrad | txtEntr | txtPosn |
|----------|---------|-----------------------|-----------------------|-----------------|---------|---------|---------|
| 1 | 0:52:04 | GARDENER, RICHARD | Cardiff AAC | Senior Men | 05:12.3 | 823 | 1 |
| 2 | 0:53:21 | PATERSON, Stephen | San Domenico | Senior Men | 05:20.0 | 712 | 2 |
| 3 | 0:53:33 | REES, Steve | Port Talbot Harriers | Senior Men | 05:21.2 | 574 | 3 |
| 4 | 0:56:00 | GRIFFITHS, Paul | Neath Harriers | Vet Men (40-49) | 05:35.9 | 701 | 4 |
| 5 | 0:56:12 | THOMAS, DANIEL | Swansea Harriers | Under 23 Men | 05:37.1 | 836 | 5 |
| 6 | 0:56:19 | SCANLON, Jason | Pontypridd Roadents | Senior Men | 05:37.8 | 710 | 6 |
| 7 | 0:56:31 | THOMAS, Stephen | Islwyn Running Club | Vet Men (40-49) | 05:39.0 | 604 | 7 |
| 8 | 0:56:53 | EDWARDS, Jerome | San Domenico | Senior Men | 05:41.2 | 590 | 8 |
| 9 | 0:57:18 | FROST, Nick | Pontypridd Roadents | Vet Men (40-49) | 05:43.7 | 709 | 9 |
| 10 | 0:57:20 | REYNOLDS, Andrew | Neath Harriers | Senior Men | 05:43.9 | 578 | 10 |
| 11 | 0:57:22 | TALBOT, Paul | Neath Harriers | Vet Men (40-49) | 05:44.1 | 758 | 11 |
| 12 | 0:58:33 | CRANE, Philip | Neath Harriers | Vet Men (40-49) | 05:51.2 | 769 | 12 |
| 13 | 0:58:36 | S, Robin | Lliswerry | Senior Men | 05:51.5 | 765 | 13 |
| 14 | 0:58:37 | DANDO, Richard | Bronsgrove & Redditch | Senior Men | 05:51.6 | 707 | 14 |
| 15 | 0:58:39 | MULVANY, Richard | Abingdon Amblers | Senior Men | 05:51.8 | 543 | 15 |
| 16 | 0:58:42 | WARD, Gregg | westbury harriers | Senior Men | 05:52.1 | 730 | 16 |
| 17 | 0:58:44 | HARTNELL, Haydn | Islwyn Running Club | Vet Men (40-49) | 05:52.3 | 503 | 17 |
| 18 | 0:58:52 | BODMAN, Daniel | Pontypridd Roadents | Under 23 Men | 05:53.1 | 772 | 18 |
| 19 | 0:58:56 | DURY, MICHAEL | Islwyn Running Club | Senior Men | 05:53.5 | 789 | 19 |
| 20 | 0:59:02 | EVANS, SCOTT | Sospan Road Runners | Senior Men | 05:54.1 | 829 | 20 |
| 21 | 0:59:07 | NUNN, JAMES | | Senior Men | 05:54.6 | 855 | 21 |
| 22 | 0:59:09 | HUTCHISON, Anne-marie | Neath Harriers | Senior Ladies | 05:54.8 | 718 | 22 |
| 23 | 0:59:20 | KING, James | Caerleon Running Club | Senior Men | 05:55.9 | 514 | 23 |
| 24 | 0:59:43 | BALE, EDDIE | Rhondda Valley RC | Vet Men (40-49) | 05:58.2 | 843 | 24 |
| 25 | 0:59:47 | CRANE, Peter | Neath Harriers | Vet Men (40-49) | 05:58.6 | 771 | 25 |
| 26 | 1:00:19 | JACKLIN, Matthew | Unattached | Senior Men | 06:01.8 | 678 | 26 |
| 27 | 1:00:23 | ELLIS, Wayne | Bitton Road Runners | Senior Men | 06:02.2 | 602 | 27 |
| 28 | 1:00:36 | COLES, David | Les Croupiers | Vet Men (50-59) | 06:03.5 | 672 | 28 |
| 29 | 1:00:41 | HOWELL, SCOTT | Les Croupiers | Vet Men (40-49) | 06:04.0 | 840 | 29 |
| 30 | 1:00:56 | WEAVER, Adrian | Neath Harriers | Senior Men | 06:05.5 | 575 | 30 |
| 31 | 1:01:19 | FULCHER, Chris | Port Talbot Harriers | Vet Men (40-49) | 06:07.8 | 576 | 31 |
| 32 | 1:01:33 | MORRIS, Lee | | Senior Men | 06:09.2 | 733 | 32 |

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|----|---------|-------------------|---------------------------|-----------------|---------|-----|----|
| 33 | 1:01:41 | WEBBORN, Martin | Swansea Harriers | Vet Men (40-49) | 06:10.0 | 690 | 33 |
| 34 | 1:01:51 | GRIFFITHS, Stuart | 3m Gorseinon road runners | Senior Men | 06:11.0 | 597 | 34 |
| 35 | 1:02:12 | WILDER, RICHARD | Les Croupiers | Senior Men | 06:13.1 | 778 | 35 |
| 36 | 1:02:25 | GILMOUR, Carl | hay hot footers | Vet Men (40-49) | 06:14.4 | 766 | 36 |
| 37 | 1:02:37 | EMERY, Mark | Unattached | Senior Men | 06:15.6 | 564 | 37 |
| 38 | 1:02:43 | CRANE, David | Neath Harriers | Vet Men (50-59) | 06:16.2 | 770 | 38 |
| 39 | 1:02:45 | JONES, Richard | | Vet Men (50-59) | 06:16.4 | 759 | 39 |
| 40 | 1:02:55 | LENIS, Paul | 3m Gorseinon road runners | Vet Men (40-49) | 06:17.4 | 741 | 40 |
| 41 | 1:03:03 | SCHOLZ, STEFFAN | Les Croupiers | Senior Men | 06:18.2 | 787 | 41 |
| 42 | 1:03:09 | GEORGE, MARTIN | Sospan Road Runners | Senior Men | 06:18.8 | 835 | 42 |
| 43 | 1:03:18 | PHILLIPS, IAN | 3m Gorseinon road runners | Senior Men | 06:19.7 | 810 | 43 |
| 44 | 1:03:24 | THOMAS, Jeff | Bridgend AC | Vet Men (40-49) | 06:20.3 | 746 | 44 |
| 45 | 1:03:27 | WEBSTER, Dean | 3m Gorseinon road runners | Senior Men | 06:20.6 | 591 | 45 |
| 46 | 1:03:35 | EVANS, Huw | Penarth & Dinas | Senior Men | 06:21.4 | 716 | 46 |
| 47 | 1:03:37 | TABOR, Mick | Les Croupiers | Vet Men (50-59) | 06:21.6 | 692 | 47 |
| 48 | 1:03:40 | HASELHURST, Sally | San Domenico | Senior Ladies | 06:21.9 | 638 | 48 |
| 49 | 1:03:42 | HOUSE, Dean | Unattached | Vet Men (40-49) | 06:22.1 | 705 | 49 |
| 50 | 1:03:44 | EMBLING, Jon | Bridgend AC | Vet Men (50-59) | 06:22.3 | 747 | 50 |
| 51 | 1:03:47 | WEBBORN, Martin | Swansea Harriers | Vet Men (40-49) | 06:22.6 | 690 | 51 |
| 52 | 1:03:50 | WILDER, RICHARD | Les Croupiers | Senior Men | 06:22.9 | 778 | 54 |
| 53 | 1:04:03 | PALMER, ROBERT | | Senior Men | 06:24.2 | 852 | 55 |
| 54 | 1:04:07 | EVANS, Rhodri | Pontypridd Roadents | Senior Men | 06:24.6 | 731 | 56 |
| 55 | 1:04:12 | MCCARTHY, Kevin | | Vet Men (40-49) | 06:25.1 | 619 | 57 |
| 56 | 1:04:13 | PROUD, David | Les Croupiers | Vet Men (40-49) | 06:25.2 | 595 | 58 |
| 57 | 1:04:20 | KELLAM, Peter | Les Croupiers | Vet Men (40-49) | 06:25.9 | 760 | 59 |
| 58 | 1:04:27 | JAMES, Leigh | Windle Valley | Senior Ladies | 06:26.6 | 554 | 60 |
| 59 | 1:04:27 | WALTON, ALAN | San Domenico | Vet Men (40-49) | 06:26.6 | 779 | 61 |
| 60 | 1:04:55 | LITTLEWOOD, JOHN | Celtic Tri | Senior Men | 06:29.4 | 868 | 62 |
| 61 | 1:04:56 | DAVIES, ROBERT | Islwyn Running Club | Senior Men | 06:29.5 | 783 | 63 |
| 62 | 1:05:01 | DAVIES, CHRIS | Islwyn Running Club | Senior Men | 06:30.0 | 830 | 64 |
| 63 | 1:05:13 | THOMAS, Steve | 3m Gorseinon road runners | Senior Men | 06:31.2 | 687 | 65 |
| 64 | 1:05:19 | MORRIS, Ronald | San Domenico | Vet Men (60-69) | 06:31.8 | 719 | 66 |
| 65 | 1:05:23 | TRELOAR, Sean | Port Talbot Harriers | Vet Men (40-49) | 06:32.2 | 750 | 67 |
| 66 | 1:05:27 | DUNSCOMBE, Mark | Sarn Helen | Vet Men (40-49) | 06:32.6 | 646 | 68 |
| 67 | 1:05:36 | SANDLES, Robert | 3m Gorseinon road runners | Vet Men (40-49) | 06:33.5 | 775 | 69 |
| 68 | 1:05:39 | THOMAS, ANDREW | Sospan Road Runners | Vet Men (40-49) | 06:33.8 | 846 | 70 |
| 69 | 1:05:40 | PEMBERTON, Steve | Lliswerry | Senior Men | 06:33.9 | 715 | 71 |
| 70 | 1:05:45 | GETHING, Nichola | Cwmbran Harriers | Senior Ladies | 06:34.4 | 538 | 72 |
| 71 | 1:05:48 | THOAS, MARK | Sospan Road Runners | Senior Men | 06:34.7 | 863 | 74 |

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| 72 | 1:05:49 | DAVIES, SCOT | Celtic Tri | Senior Men | 06:34.8 | 869 | 75 |
| 73 | 1:05:57 | REES, Paul | Port Talbot Harriers | Vet Men (40-49) | 06:35.6 | 728 | 76 |
| 74 | 1:06:07 | EDWARDS, Nathan | | Senior Men | 06:36.6 | 735 | 78 |
| 75 | 1:06:10 | DAWES, Paul | San Domenico | Vet Men (40-49) | 06:36.9 | 677 | 79 |
| 76 | 1:06:12 | ALFORD, Jeremy | Penarth & Dinas | Vet Men (40-49) | 06:37.1 | 751 | 80 |
| 77 | 1:06:24 | BRISTOW, RICHARD | San Domenico | Vet Men (40-49) | 06:38.3 | 867 | 81 |
| 78 | 1:06:26 | DIFFY, John | Les Croupiers | Vet Men (40-49) | 06:38.5 | 509 | 82 |
| 79 | 1:06:48 | JACKSON, Victoria | Cardiff AAC | Under 23 Ladies | 06:40.7 | 757 | 83 |
| 80 | 1:06:49 | RUSSELL, Andrew | Les Croupiers | Senior Men | 06:40.8 | 671 | 84 |
| 81 | 1:06:57 | WILLIAMS, Leighton | 3m Gorseinon road runners | Vet Men (40-49) | 06:41.6 | 754 | 85 |
| 82 | 1:06:59 | GEORGE, Simon | Unattached | Senior Men | 06:41.8 | 682 | 86 |
| 83 | 1:07:02 | OWEN, Stephen | Les Croupiers | Vet Men (50-59) | 06:42.1 | 727 | 87 |
| 84 | 1:07:13 | MORGAN, Kelly | Pontypridd Roadents | Senior Ladies | 06:43.2 | 708 | 88 |
| 85 | 1:07:15 | GRIFFITHS, GARETH | | Vet Men (40-49) | 06:43.4 | 860 | 89 |
| 86 | 1:07:29 | JONES, Lisa | | Senior Ladies | 06:44.8 | 816 | 90 |
| 87 | 1:07:38 | NELLINS, Christopher | Penarth & Dinas | Vet Men (50-59) | 06:45.7 | 563 | 91 |
| 88 | 1:07:45 | MCDONALD, Ian | San Domenico | Vet Men (40-49) | 06:46.4 | 745 | 92 |
| 89 | 1:07:50 | ANTHONY, Mike | Lliswerry | Vet Men (50-59) | 06:46.9 | 714 | 93 |
| 90 | 1:07:55 | CABLE, Stephen | 3m Gorseinon road runners | Senior Men | 06:47.4 | 631 | 94 |
| 91 | 1:08:00 | KING, James | Caerleon Running Club | Senior Men | 06:47.9 | 514 | 95 |
| 92 | 1:08:01 | EVANS, Daniel | Unattached | Under 23 Men | 06:48.0 | 685 | 96 |
| 93 | 1:08:12 | MORGAN, Lloyd | San Domenico | Senior Men | 06:49.1 | 688 | 97 |
| 94 | 1:08:28 | EVANS, Amanda | 3m Gorseinon road runners | Vet Ladies (35-44) | 06:50.7 | 686 | 98 |
| 95 | 1:08:32 | BAMSEY, Robert | Neath Harriers | Vet Men (50-59) | 06:51.1 | 717 | 99 |
| 96 | 1:08:37 | COLVIN, GRAHAM | 3m Gorseinon road runners | Vet Men (40-49) | 06:51.6 | 782 | 100 |
| 97 | 1:08:41 | HUGHES, Hugh | Unattached | Senior Men | 06:52.0 | 603 | 101 |
| 98 | 1:08:42 | MORTON, Adam | Les Croupiers | Senior Men | 06:52.1 | 622 | 102 |
| 99 | 1:08:43 | SAUNDERS, ALUN | | Senior Men | 06:52.2 | 881 | 103 |
| 100 | 1:08:51 | WEBSTER, Richard | 3m Gorseinon road runners | Vet Men (50-59) | 06:53.0 | 613 | 104 |
| 101 | 1:08:56 | LIDDIATT, Ian | Penarth & Dinas | Vet Men (40-49) | 06:53.5 | 698 | 105 |
| 102 | 1:08:56 | WARLOW, Robert | Port Talbot Harriers | Senior Men | 06:53.5 | 618 | 106 |
| 103 | 1:08:56 | HARDMAN, Gareth | Bridgend AC | Vet Men (40-49) | 06:53.5 | 669 | 107 |
| 104 | 1:09:19 | HARDMAN, Gina | Bridgend AC | Senior Ladies | 06:55.8 | 670 | 108 |
| 105 | 1:09:23 | COLE, Michelle | 3m Gorseinon road runners | Senior Ladies | 06:56.2 | 573 | 109 |
| 106 | 1:09:32 | TUCKER, Philip | Unattached | Senior Men | 06:57.1 | 592 | 110 |
| 107 | 1:09:39 | BLAIR, Andrew | Les Croupiers | Vet Men (40-49) | 06:57.8 | 679 | 111 |
| 108 | 1:09:40 | DAVEY, Eric | Llanelli AC | Vet Men (60-69) | 06:57.9 | 630 | 112 |
| 109 | 1:09:43 | JAMES, Ray | Port Talbot Harriers | Vet Men (40-49) | 06:58.2 | 740 | 113 |
| 110 | 1:09:48 | SCARFE, Dean | Unattached | Vet Men (40-49) | 06:58.7 | 711 | 114 |

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| 111 | 1:09:50 | PROFFITT, David | Newport Harriers | Vet Men (50-59) | 06:58.9 | 608 | 115 |
| 112 | 1:09:53 | REES, David | hay hot footers | Vet Men (50-59) | 06:59.2 | 768 | 116 |
| 113 | 1:09:55 | W, Poul | Penarth & Dinas | Senior Men | 06:59.4 | 756 | 117 |
| 114 | 1:10:00 | REES, Gareth | Sospan Road Runners | Senior Men | 06:59.9 | 644 | 118 |
| 115 | 1:10:04 | PHILLIPS, Brian | Parc Bryn Bach Running Club | Vet Men (40-49) | 07:00.3 | 676 | 119 |
| 116 | 1:10:10 | JONES, KELVIN | | Vet Men (40-49) | 07:00.9 | 882 | 120 |
| 117 | 1:10:12 | HOOK, Robert | Unattached | Vet Men (40-49) | 07:01.1 | 660 | 121 |
| 118 | 1:10:14 | STEVENS, DARREN | | Senior Men | 07:01.3 | 861 | 122 |
| 119 | 1:10:17 | OSULLIVAN, Tim | Les Croupiers | Vet Men (50-59) | 07:01.6 | 726 | 123 |
| 120 | 1:10:26 | MORATH, Stephen | Penarth & Dinas | Senior Men | 07:02.5 | 616 | 124 |
| 121 | 1:10:30 | SHEPPARD, Paul | Unattached | Senior Men | 07:02.9 | 582 | 125 |
| 122 | 1:10:33 | RUSSELL, KEVIN | San Domenico | Vet Men (50-59) | 07:03.2 | 856 | 126 |
| 123 | 1:10:36 | JONES, IAN | | Vet Men (40-49) | 07:03.5 | 825 | 127 |
| 124 | 1:10:38 | HOPKINS, Matt | Les Croupiers | Senior Men | 07:03.7 | 643 | 128 |
| 125 | 1:10:39 | SHIELDS, Dominic | San Domenico | Vet Men (40-49) | 07:03.8 | 742 | 129 |
| 126 | 1:10:42 | INGHAN, VICKY | Poole Runners | Under 23 Ladies | 07:04.1 | 844 | 130 |
| 127 | 1:10:43 | EDWARDS, Barry | Unattached | Vet Men (40-49) | 07:04.2 | 524 | 131 |
| 128 | 1:10:49 | DOBBS, Russell | Islwyn Running Club | Senior Men | 07:04.8 | 737 | 132 |
| 129 | 1:10:52 | WILLIAMS, Heather | Swansea Harriers | Senior Men | 07:05.1 | 699 | 133 |
| 130 | 1:11:00 | BRASINGTON, ANDREW | Brecon AC | Vet Men (40-49) | 07:05.9 | 876 | 134 |
| 131 | 1:11:03 | DAVIDSON, NIALL | Village Vipers | Senior Men | 07:06.2 | 786 | 135 |
| 132 | 1:11:14 | HURLEY, Andrew | Penarth & Dinas | Senior Men | 07:07.3 | 691 | 136 |
| 133 | 1:11:33 | EVANS, Paul | Brecon AC | Senior Men | 07:09.2 | 724 | 137 |
| 134 | 1:11:41 | ARNOLD, Jayne | Celtic Tri | Senior Ladies | 07:10.0 | 511 | 138 |
| 135 | 1:11:53 | DOBBS, Jim | Islwyn Running Club | Vet Men (50-59) | 07:11.2 | 667 | 139 |
| 136 | 1:11:54 | LEWIS, Terry | Islwyn Running Club | Vet Men (40-49) | 07:11.3 | 673 | 140 |
| 137 | 1:11:55 | LAM, JOHNNIE | | Senior Men | 07:11.4 | 788 | 141 |
| 138 | 1:11:59 | HARVEY, Jacob | Unattached | Senior Men | 07:11.8 | 567 | 142 |
| 139 | 1:12:06 | SLEAT, WESLEY | | Senior Men | 07:12.5 | 859 | 143 |
| 140 | 1:12:18 | WILLIAMS, ASHLEY | hay hot footers | Vet Men (50-59) | 07:13.7 | 785 | 144 |
| 141 | 1:12:29 | LUCAS, Andrew | 3m Gorseinon road runners | Vet Men (40-49) | 07:14.8 | 607 | 145 |
| 142 | 1:12:42 | BROWN, MILES | Cardiff AAC | Vet Men (40-49) | 07:16.1 | 837 | 146 |
| 143 | 1:12:46 | VAS, David | San Domenico | Vet Men (40-49) | 07:16.5 | 504 | 147 |
| 144 | 1:13:20 | QUINN, Abyd | Penarth & Dinas | Vet Men (50-59) | 07:19.9 | 762 | 148 |
| 145 | 1:13:25 | DONNAN, Graeme | Les Croupiers | Vet Men (50-59) | 07:20.4 | 605 | 149 |
| 146 | 1:13:28 | ENNIS, Martin | 3m Gorseinon road runners | Vet Men (40-49) | 07:20.7 | 583 | 150 |
| 147 | 1:13:58 | WALSHE, John | East Cork AC | Vet Men (50-59) | 07:23.7 | 600 | 151 |
| 148 | 1:14:07 | BAILEY, MARK | | Vet Men (40-49) | 07:24.6 | 864 | 152 |
| 149 | 1:14:10 | MAJER, RAY | Sospan Road Runners | Vet Men (50-59) | 07:24.9 | 845 | 153 |

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| 150 | 1:14:11 | SMALLMAN, Mathew | | Senior Men | 07:25.0 | 723 | 154 |
| 151 | 1:14:13 | MILLBOURNE, STEPHEN | | Vet Men (50-59) | 07:25.2 | 841 | 155 |
| 152 | 1:14:13 | TURNER, Phillip | Llanelli Tri Club | Vet Men (40-49) | 07:25.2 | 531 | 156 |
| 153 | 1:14:17 | WILLIAMS, Darren | Port Talbot Harriers | Senior Men | 07:25.6 | 729 | 157 |
| 154 | 1:14:18 | ARNOLD, Paul | Celtic Tri | Vet Men (40-49) | 07:25.7 | 512 | 158 |
| 155 | 1:14:25 | MCLELLAND, STEVE | 3m Gorseinon road runners | Vet Men (50-59) | 07:26.4 | 807 | 159 |
| 156 | 1:14:26 | RHYS, Judi | Les Croupiers | Vet Ladies (45-54) | 07:26.5 | 611 | 160 |
| 157 | 1:14:30 | JOHNS, DAVID | | Vet Men (50-59) | 07:26.9 | 849 | 161 |
| 158 | 1:14:34 | FORD, ROBERT | Pontypridd Roadents | Vet Men (50-59) | 07:27.3 | 822 | 163 |
| 159 | 1:14:37 | DAVIES, Ashford | | Under 23 Men | 07:27.6 | 748 | 164 |
| 160 | 1:14:55 | FURLONG, Antony | Penarth & Dinas | Senior Men | 07:29.4 | 535 | 165 |
| 161 | 1:15:02 | EDWARDS, Amy | Rhondda Valley RC | Senior Ladies | 07:30.1 | 656 | 166 |
| 162 | 1:15:11 | DAVIES, Jeff | Unattached | Vet Men (40-49) | 07:31.0 | 617 | 167 |
| 163 | 1:15:22 | JONES, Phil | | Senior Men | 07:32.1 | 819 | 168 |
| 164 | 1:15:35 | EVANS, Debbie | Penarth & Dinas | Vet Ladies (35-44) | 07:33.4 | 653 | 169 |
| 165 | 1:15:40 | CURTIS, Ben | Islwyn Running Club | Senior Men | 07:33.9 | 599 | 170 |
| 166 | 1:15:47 | BENDLE, STEVEN | Swansea Harriers | | 07:34.6 | 883 | 171 |
| 167 | 1:15:52 | BROCKLEBANK, Nina | 3m Gorseinon road runners | Senior Ladies | 07:35.1 | 553 | 172 |
| 168 | 1:15:55 | THOMAS, MICHAEL | | Vet Men (40-49) | 07:35.4 | 842 | 173 |
| 169 | 1:15:56 | WILLIAMS, Steven | Unattached | Senior Men | 07:35.5 | 549 | 174 |
| 170 | 1:16:04 | SMITH, Christina | 3m Gorseinon road runners | Vet Ladies (45-54) | 07:36.3 | 752 | 175 |
| 171 | 1:16:13 | BOWIE, Richard | Fairwater Runners | Vet Men (40-49) | 07:37.2 | 609 | 176 |
| 172 | 1:16:21 | NORMAN, JAIME | | Senior Men | 07:38.0 | 851 | 177 |
| 173 | 1:16:24 | RAINBIRD, DEREK | Parc Bryn Bach Running Club | Vet Men (50-59) | 07:38.3 | 880 | 178 |
| 174 | 1:16:31 | FOSTER, Niall | Unattached | Senior Men | 07:39.0 | 508 | 179 |
| 175 | 1:16:35 | BELL, ROGER | 3m Gorseinon road runners | Vet Men (40-49) | 07:39.4 | 806 | 180 |
| 176 | 1:16:42 | ROWE, LESLIE | | Vet Men (50-59) | 07:40.1 | 879 | 181 |
| 177 | 1:16:46 | ELLISON, Andrew | Rhondda Valley RC | Senior Men | 07:40.5 | 657 | 182 |
| 178 | 1:16:55 | BENNEWITH, MARK | 3m Gorseinon road runners | Vet Men (40-49) | 07:41.4 | 804 | 183 |
| 179 | 1:17:00 | HATT, DAVID | Sospan Road Runners | Vet Men (40-49) | 07:41.9 | 847 | 184 |
| 180 | 1:17:11 | OSBORN, Matthew | Unattached | Vet Men (40-49) | 07:43.0 | 637 | 185 |
| 181 | 1:17:20 | REES, Geraint | Unattached | Senior Men | 07:43.9 | 544 | 186 |
| 182 | 1:17:22 | GRIFFIHS, Brian | 3m Gorseinon road runners | Vet Men (60-69) | 07:44.1 | 665 | 187 |
| 183 | 1:17:35 | DENNY, William | Unattached | Senior Men | 07:45.4 | 612 | 188 |
| 184 | 1:17:46 | MORRIS, Sarah | Village Vipers | Vet Ladies (35-44) | 07:46.5 | 773 | 189 |
| 185 | 1:17:48 | LORD, Dale | | Senior Men | 07:46.7 | 812 | 190 |
| 186 | 1:17:53 | MISKELL, LOUISE | 3m Gorseinon road runners | Senior Ladies | 07:47.2 | 801 | 191 |
| 187 | 1:17:53 | PARFITT, David | Port Talbot Harriers | Vet Men (40-49) | 07:47.2 | 513 | 192 |
| 188 | 1:17:56 | EYRE, Del | 3m Gorseinon road runners | Vet Ladies (45-54) | 07:47.5 | 650 | 193 |

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| 189 | 1:17:59 NASH, MIKE | 3m Gorseinon road runners | Vet Men (40-49) | 07:47.8 | 800 | 194 |
| 190 | 1:18:02 HOPKINS, PAUL | 3m Gorseinon road runners | Vet Men (40-49) | 07:48.1 | 809 | 195 |
| 191 | 1:18:13 GREAVES, CLIVE | 3m Gorseinon road runners | Vet Men (40-49) | 07:49.2 | 808 | 196 |
| 192 | 1:18:24 SANDLES, Caroline | 3m Gorseinon road runners | Vet Ladies (35-44) | 07:50.3 | 774 | 197 |
| 193 | 1:18:28 WILLIAMS, GLYN | 3m Gorseinon road runners | Vet Men (60-69) | 07:50.7 | 799 | 198 |
| 194 | 1:18:32 KNIGHT, TIM | | Senior Men | 07:51.1 | 871 | 199 |
| 195 | 1:18:34 DANDO, Georgie | Bronsgrove & Redditch | Senior Ladies | 07:51.3 | 706 | 200 |
| 196 | 1:18:39 JACKSON, Carly | | Senior Ladies | 07:51.8 | 713 | 201 |
| 197 | 1:18:50 JONES, Aled | | Vet Men (40-49) | 07:52.9 | 818 | 202 |
| 198 | 1:18:50 AVERY, Brenda | Chepstow Harriers | Vet Ladies (55-64) | 07:52.9 | 693 | 203 |
| 199 | 1:19:28 DAVIES, Byron | 3m Gorseinon road runners | Senior Men | 07:56.7 | 624 | 204 |
| 200 | 1:19:37 EYRE, Marcus | 3m Gorseinon road runners | Vet Men (50-59) | 07:57.6 | 651 | 205 |
| 201 | 1:19:48 MARTIN, John | Unattached | Vet Men (50-59) | 07:58.7 | 587 | 206 |
| 202 | 1:19:58 ABRAHAM, Adam | Les Croupiers | Senior Men | 07:59.7 | 642 | 207 |
| 203 | 1:20:01 LANGMEAD, RICHARD | | Senior Men | 08:00.0 | 853 | 208 |
| 204 | 1:20:02 GILLARD, PAUL | | Vet Men (50-59) | 08:00.1 | 878 | 209 |
| 205 | 1:20:03 SULLIVAN, Mark | Unattached | Senior Men | 08:00.2 | 683 | 210 |
| 206 | 1:20:04 ELLIOTT, PAUL | | Senior Men | 08:00.3 | 828 | 211 |
| 207 | 1:20:22 CLARKE, Tom | Abingdon Amblers | Vet Men (40-49) | 08:02.1 | 732 | 212 |
| 208 | 1:20:24 WILLIAMS, FRANK | Les Croupiers | Vet Men (50-59) | 08:02.3 | 831 | 213 |
| 209 | 1:20:25 HARRIS, Rachel | Penarth & Dinas | Senior Ladies | 08:02.4 | 615 | 214 |
| 210 | 1:20:28 FURLONG, Paul | Unattached | Vet Men (60-69) | 08:02.7 | 641 | 215 |
| 211 | 1:20:53 JONES, PAUL | Mumble Milers | Senior Men | 08:05.2 | 797 | 216 |
| 212 | 1:20:56 COLLINGS, PAUL | | Senior Men | 08:05.5 | 872 | 217 |
| 213 | 1:21:00 THOMAS, Matthew | Unattached | Senior Men | 08:05.9 | 529 | 218 |
| 214 | 1:21:04 JONES, Cordelia | 3m Gorseinon road runners | Senior Ladies | 08:06.3 | 580 | 219 |
| 215 | 1:21:13 JONES, ADRIAN | | Senior Men | 08:07.2 | 854 | 220 |
| 216 | 1:21:16 TURNBULL, Vanessa | Women's Running Network | Vet Ladies (35-44) | 08:07.5 | 704 | 221 |
| 217 | 1:21:35 KWOK, Lee | Unattached | Senior Men | 08:09.4 | 647 | 222 |
| 218 | 1:21:44 DAVEY, Ralph | Les Croupiers | Vet Men (60-69) | 08:10.3 | 703 | 223 |
| 219 | 1:21:49 EDWARDS, Tracy | Rhondda Valley RC | Vet Ladies (35-44) | 08:10.8 | 662 | 224 |
| 220 | 1:22:03 JAMES, Ray | Port Talbot Harriers | Vet Men (40-49) | 08:12.2 | 740 | 225 |
| 221 | 1:22:17 EXELL, Gary | Unattached | Vet Men (40-49) | 08:13.6 | 561 | 226 |
| 222 | 1:22:24 DAVIES, Ceri | Unattached | Senior Men | 08:14.3 | 589 | 227 |
| 223 | 1:22:32 GARDENER, RHIANYDD | | Senior Ladies | 08:15.1 | 824 | 228 |
| 224 | 1:22:35 SEABOURNE, DAIUO | | Senior Men | 08:15.4 | 820 | 229 |
| 225 | 1:22:42 DONOVAN, Martin | Unattached | Vet Men (40-49) | 08:16.1 | 572 | 230 |
| 226 | 1:22:43 SAMUEL, Lee | Unattached | Senior Men | 08:16.2 | 675 | 231 |
| 227 | 1:23:03 HARRIS, REBECCA | | Vet Ladies (35-44) | 08:18.2 | 838 | 232 |

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| 228 | 1:23:10 HARRIS, NOWELL | | Vet Men (40-49) | 08:18.9 | 839 | 233 |
| 229 | 1:23:13 DONNE, Richard | 3m Gorseinon road runners | Vet Men (40-49) | 08:19.2 | 586 | 234 |
| 230 | 1:23:24 BASSETT, David | Griffithstown Harriers | Vet Men (60-69) | 08:20.3 | 526 | 235 |
| 231 | 1:23:26 SANDERSON, John | 3m Gorseinon road runners | Vet Men (50-59) | 08:20.5 | 811 | 236 |
| 232 | 1:23:44 REES, Linda | 3m Gorseinon road runners | Vet Ladies (45-54) | 08:22.3 | 813 | 237 |
| 233 | 1:23:50 REES, Paul | 3m Gorseinon road runners | Vet Men (40-49) | 08:22.9 | 814 | 238 |
| 234 | 1:23:51 ROBERTS, Alan | Port Talbot Harriers | Vet Men (50-59) | 08:23.0 | 744 | 239 |
| 235 | 1:23:55 COLLEY, Helen | Unattached | Senior Ladies | 08:23.4 | 557 | 240 |
| 236 | 1:24:19 COLLEY, Adrian | Unattached | Vet Men (50-59) | 08:25.8 | 556 | 241 |
| 237 | 1:24:22 WHITE, GEOFF | 3m Gorseinon road runners | Vet Men (50-59) | 08:26.1 | 798 | 242 |
| 238 | 1:24:24 DAVIES, CIGINE | Village Vipers | Senior Ladies | 08:26.3 | 870 | 243 |
| 239 | 1:24:25 LUKE, Emily | Penarth & Dinas | Senior Ladies | 08:26.4 | 505 | 244 |
| 240 | 1:24:39 HILL, Steve | Penarth & Dinas | Vet Men (40-49) | 08:27.8 | 506 | 245 |
| 241 | 1:24:54 MCDONALD, David | Les Croupiers | Vet Men (40-49) | 08:29.3 | 523 | 246 |
| 242 | 1:25:02 RUBBAN, HUSSAIN | | Senior Men | 08:30.1 | 790 | 247 |
| 243 | 1:25:05 DIXON, COLIN | Islwyn Running Club | Vet Men (50-59) | 08:30.4 | 833 | 248 |
| 244 | 1:25:07 SYMONS, Stella | Fairwater Runners | Vet Ladies (45-54) | 08:30.6 | 661 | 249 |
| 245 | 1:25:17 LEWIS, Neil | Mumble Milers | Vet Men (50-59) | 08:31.6 | 817 | 250 |
| 246 | 1:26:37 DAVIES, Kevin | | Vet Men (40-49) | 08:39.6 | 749 | 251 |
| 247 | 1:26:41 SMITH, Allan | 3m Gorseinon road runners | Vet Men (70 plus) | 08:40.0 | 552 | 252 |
| 248 | 1:26:42 DAVIES, James | 3m Gorseinon road runners | Vet Men (40-49) | 08:40.1 | 584 | 253 |
| 249 | 1:26:45 HOLLOHAN, JOHN | 3m Gorseinon road runners | Vet Men (60-69) | 08:40.4 | 805 | 254 |
| 250 | 1:26:51 BEWG, Bill | Chepstow Harriers | Vet Men (60-69) | 08:41.0 | 633 | 255 |
| 251 | 1:26:51 DIXON, JASON | Islwyn Running Club | Senior Men | 08:41.0 | 834 | 256 |
| 252 | 1:26:59 JENKINS, Mark | Llanelli Tri Club | Vet Men (40-49) | 08:41.8 | 532 | 257 |
| 253 | 1:27:00 KING, Greg | Llanelli Tri Club | Vet Men (40-49) | 08:41.9 | 695 | 258 |
| 254 | 1:27:05 HURDIDGE, CHRISTIN | 3m Gorseinon road runners | Vet Ladies (55-64) | 08:42.4 | 802 | 259 |
| 255 | 1:27:07 WILLIAMS, Sian | Brecon AC | Vet Ladies (45-54) | 08:42.6 | 722 | 260 |
| 256 | 1:27:17 DAVIS, Hilary | Unattached | Vet Ladies (35-44) | 08:43.6 | 541 | 261 |
| 257 | 1:27:26 HOUGHTON, CLARE | Penarth & Dinas | Senior Ladies | 08:44.5 | 537 | 262 |
| 258 | 1:27:29 HERN, Natalie | | Vet Ladies (35-44) | 08:44.8 | 761 | 263 |
| 259 | 1:27:35 CONNOR, Eleri | Penarth & Dinas | Senior Ladies | 08:45.4 | 755 | 264 |
| 260 | 1:27:54 WILLIAMS, Yvonne | Penarth & Dinas | Vet Ladies (55-64) | 08:47.3 | 684 | 265 |
| 261 | 1:28:03 MELLOR, Matthew | Unattached | Senior Men | 08:48.2 | 577 | 266 |
| 262 | 1:28:18 JOHNSON, CLARE | Les Croupiers | Vet Ladies (55-64) | 08:49.7 | 803 | 267 |
| 263 | 1:28:50 WILLIAMS, Michael | Unattached | Senior Men | 08:52.9 | 555 | 268 |
| 264 | 1:29:04 ALSORTH, Michael | 100 Marathon Club | Vet Men (50-59) | 08:54.3 | 645 | 269 |
| 265 | 1:29:07 HARRIES, RHYDWYN | Islwyn Running Club | Vet Men (40-49) | 08:54.6 | 784 | 270 |
| 266 | 1:29:23 CLARKE, PAUL | Mumble Milers | Senior Men | 08:56.2 | 780 | 271 |

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| 267 | 1:29:38 | CLEMENT, Janice | Penarth & Dinas | Vet Ladies (45-54) | 08:57.7 | 634 | 272 |
| 268 | 1:29:41 | HOUSE, Claire | Unattached | Senior Ladies | 08:58.0 | 558 | 273 |
| 269 | 1:29:41 | STICKLAND, Anna | | Senior Ladies | 08:58.0 | 763 | 274 |
| 270 | 1:29:51 | EDWARDS, Rhian | Unattached | Senior Ladies | 08:59.0 | 596 | 275 |
| 271 | 1:30:00 | KENNARD, Rachael | Unattached | Senior Ladies | 08:59.9 | 666 | 276 |
| 272 | 1:30:15 | GUNSTONE, REBECCA | Mumble Milers | Senior Ladies | 09:01.4 | 781 | 277 |
| 273 | 1:30:21 | JONES, Nigel | | Vet Men (50-59) | 09:02.0 | 734 | 278 |
| 274 | 1:30:25 | GRIFFITHS, Donna | 3m Gorseinon road runners | Senior Ladies | 09:02.4 | 598 | 279 |
| 275 | 1:30:27 | ROWLANDS, MARK | | Vet Men (40-49) | 09:02.6 | 791 | 280 |
| 276 | 1:30:30 | SHARPE, Fay | 3m Gorseinon road runners | Vet Ladies (45-54) | 09:02.9 | 594 | 281 |
| 277 | 1:30:31 | JONES, Craig | | Senior Men | 09:03.0 | 815 | 282 |
| 278 | 1:30:34 | JAMES, Kathryn | Unattached | Senior Ladies | 09:03.3 | 689 | 283 |
| 279 | 1:31:05 | WAITE, Kelly | Islwyn Running Club | Senior Ladies | 09:06.4 | 738 | 284 |
| 280 | 1:31:15 | REYNOLDS, Rebecca | Fairwater Runners | Senior Ladies | 09:07.4 | 767 | 285 |
| 281 | 1:31:30 | CONFREY, Debra | Sospan Road Runners | Vet Ladies (35-44) | 09:08.9 | 569 | 286 |
| 282 | 1:31:42 | PARRY, LOUISE | 3m Gorseinon road runners | Senior Ladies | 09:10.1 | 792 | 287 |
| 283 | 1:31:49 | SEAMAN, Carl | Rhondda Valley RC | Vet Men (40-49) | 09:10.8 | 636 | 288 |
| 284 | 1:31:49 | KNIGHT, ROLAND | | Vet Men (60-69) | 09:10.8 | 865 | 289 |
| 285 | 1:32:08 | RUSSELL, Cathryn | Unattached | Vet Ladies (45-54) | 09:12.7 | 639 | 290 |
| 286 | 1:32:26 | WOOLLEY, Rachel | Village Vipers | Senior Ladies | 09:14.5 | 550 | 291 |
| 287 | 1:32:35 | LEWIS, Julie | Islwyn Running Club | Vet Ladies (35-44) | 09:15.4 | 674 | 292 |
| 288 | 1:32:43 | CHAMPION, Angela | Village Vipers | Senior Ladies | 09:16.2 | 546 | 293 |
| 289 | 1:32:43 | JONES, Liz | Unattached | Senior Ladies | 09:16.2 | 606 | 294 |
| 290 | 1:33:03 | JONES, Allison | | Senior Ladies | 09:18.2 | 764 | 295 |
| 291 | 1:33:49 | DRYDEN, Sarah | Unattached | Senior Ladies | 09:22.8 | 566 | 296 |
| 292 | 1:34:08 | GRANDON, Tony | Unattached | Vet Men (60-69) | 09:24.6 | 658 | 297 |
| 293 | 1:34:08 | MILLS, Lesley | Almost Athletes | Senior Ladies | 09:24.6 | 560 | 298 |
| 294 | 1:34:14 | DAVIES, Paula | Islwyn Running Club | Senior Ladies | 09:25.2 | 696 | 299 |
| 295 | 1:34:18 | WILLIAMS, LISA | | Senior Ladies | 09:25.6 | 874 | 300 |
| 296 | 1:34:29 | HINGOTT, CLARE | | Senior Men | 09:26.7 | 875 | 301 |
| 297 | 1:34:46 | DAVIS, Simon | Unattached | Vet Men (40-49) | 09:28.4 | 539 | 302 |
| 298 | 1:35:22 | POWELL, Caroline | Unattached | Senior Ladies | 09:32.0 | 536 | 303 |
| 299 | 1:35:38 | CADOGAN, RICHARD JOHN | Rhondda Valley RC | Vet Men (40-49) | 09:33.6 | 877 | 304 |
| 300 | 1:35:46 | WIDDRINGTON, PETER | | Vet Men (70 plus) | 09:34.4 | 858 | 305 |
| 301 | 1:36:20 | MORGAN, Sarah | Unattached | Senior Ladies | 09:37.8 | 540 | 306 |
| 302 | 1:36:21 | WILLIAMS, Karen | Unattached | Senior Ladies | 09:37.9 | 548 | 307 |
| 303 | 1:36:22 | WILLIAMS, Steven | Unattached | Senior Men | 09:38.0 | 549 | 308 |
| 304 | 1:36:33 | FARR, REBECCA | | Senior Ladies | 09:39.1 | 827 | 309 |
| 305 | 1:36:33 | DAVIES, Sali | 3m Gorseinon road runners | Senior Ladies | 09:39.1 | 593 | 310 |

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| 306 | 1:36:53 | HENEBERY, ANTHONY | Mumble Milers | Vet Men (40-49) | 09:41.1 | 796 | 311 |
| 307 | 1:36:57 | LLEWELLYN, CATHERINE | | Vet Ladies (45-54) | 09:41.5 | 862 | 312 |
| 308 | 1:37:15 | JONES, Rhiannydd | Unattached | Senior Ladies | 09:43.3 | 628 | 313 |
| 309 | 1:37:15 | DAVIES, Michelle | 3m Gorseinon road runners | Vet Ladies (35-44) | 09:43.3 | 623 | 314 |
| 310 | 1:38:11 | DOLAN, Emma | | Senior Ladies | 09:48.9 | 725 | 315 |
| 311 | 1:38:12 | PITT, Alistair | Parc Bryn Bach Running Club | Vet Men (40-49) | 09:49.0 | 501 | 316 |
| 312 | 1:38:28 | DAVIES, SUSAN | Celtic Tri | Vet Ladies (45-54) | 09:50.6 | 795 | 317 |
| 313 | 1:38:41 | ALEXIS, Errol | Les Croupiers | Vet Men (70 plus) | 09:51.9 | 694 | 318 |
| 314 | 1:38:53 | BROWN, Gareth | Unattached | Senior Men | 09:53.1 | 568 | 320 |
| 315 | 1:39:14 | ADAMS JONES, RHIAN | | Senior Ladies | 09:55.2 | 850 | 321 |
| 316 | 1:39:35 | CHADWELL, Karen | Women's Running Network | Vet Ladies (35-44) | 09:57.3 | 610 | 322 |
| 317 | 1:39:53 | MEAN, Richard | | Vet Men (50-59) | 09:59.1 | 743 | 323 |
| 318 | 1:41:41 | WILLIAMS, Helen | Islwyn Running Club | Senior Ladies | 10:09.9 | 739 | 324 |
| 319 | 1:42:56 | STEPVENS, SARAH | Penarth & Dinas | Senior Ladies | 10:17.4 | 821 | 325 |
| 320 | 1:45:36 | GRUNDY, Rhian | Unattached | Senior Ladies | 10:33.4 | 515 | 326 |
| 321 | 1:48:42 | AYRES, Charlene | | Senior Ladies | 10:52.0 | 776 | 328 |
| 322 | 1:49:08 | WILLIAMS, Lynda | Unattached | Vet Ladies (35-44) | 10:54.6 | 542 | 329 |
| 323 | 1:50:08 | SINGER, GRAHAM | | Vet Men (50-59) | 11:00.6 | 873 | 330 |
| 324 | 1:50:08 | PHILLIPS, Arthur | 3m Gorseinon road runners | Vet Men (70 plus) | 11:00.6 | 736 | 331 |
| 325 | 1:50:56 | DAVIDSON, Patricia | Brackla Harriers | Vet Ladies (45-54) | 11:05.4 | 700 | 332 |
| 326 | 1:56:58 | TAYLOR, GARY | Mumble Milers | Senior Men | 11:41.6 | 832 | 333 |
| 327 | 1:56:58 | BILGE, Deniz | Unattached | Senior Men | 11:41.6 | 620 | 334 |
| 328 | 1:58:34 | TSIOGKAS, KONSTANTINOS | Unattached | Senior Men | 11:51.2 | 570 | 335 |
| 329 | 1:58:35 | KING, Sophie | Unattached | Senior Ladies | 11:51.3 | 521 | 336 |
| 330 | 2:03:26 | OWENS, Linda | 3m Gorseinon road runners | Vet Ladies (55-64) | 12:20.4 | 663 | 337 |
| 331 | 2:03:26 | DAVIES, JULIE | 3m Gorseinon road runners | Vet Ladies (55-64) | 12:20.4 | 794 | 338 |
| 332 | 2:20:30 | YOUNG, DARREN | | Senior Men | 14:02.8 | 885 | 339 |
| 333 | | BELCHER, RYAN | | Senior Men | | 884 | 340 |
| 334 | | WILLIAMS, PAULA | | Vet Ladies (45-54) | | 857 | 341 |
| 335 | | HALL, NADINE | 3m Gorseinon road runners | Senior Ladies | | 793 | 342 |
| 336 | 2:20:30 | WATTS, Allen | Sarn Helen | Vet Men (70 plus) | 14:02.8 | 702 | 343 |