

Position	Time	Name	Club	Category	Pace	
1	0:54:22	GARDENER, RICHARD	Aberdare AC	Men 35-39	05:26.1	1242
2	0:55:20	GURMIN, Daniel	Swansea Harriers	Senior Men 23-34	05:31.9	1236
3	0:55:52	WILLIAMS, Christopher	Neath Harriers	Vet Men 40	05:35.1	1122
4	0:56:02	REES, Steve	Port Talbot Harriers	Senior Men 23-34	05:36.1	1203
5	0:56:22	DAVIES, Steve	Swansea Harriers	Senior Men 23-34	05:38.1	1235
6	0:56:42	SCANLON, Jason	Pontypridd Roadents	Men 35-39	05:40.1	1073
7	0:56:51	THOMAS, DANIEL	Swansea Harriers	Under 23 Men	05:41.0	1276
8	0:57:00	CREES, Stuart	Les Croupiers	Senior Men 23-34	05:41.9	1155
9	0:57:31	COLES, Peter	Pontypridd Roadents	Vet Men 45	05:45.0	1147
10	0:59:32	THOMAS, Stephen	Islwyn Running Club	Vet Men 40	05:57.1	1036
11	1:00:25	TALBOT, Paul	Neath Harriers	Vet Men 40	06:02.4	1171
12	1:05:30	BRISTOW, Phil	San Domenico	Vet Men50	06:32.9	1062
13	1:05:39	GOSNEY, Mark	3m Gorseinon road runners	Senior Men 23-34	06:33.8	1139
14	1:05:43	HOPKINS, Matt	Les Croupiers	Senior Men 23-34	06:34.2	1044
15	1:05:58	CHALK, Amy	Bristol	Vet Ladies 35	06:35.7	1200
16	1:05:59	EVANS, Mike	TROTS	Men 35-39	06:35.8	1240
17	1:06:07	BROWN, Gary	Penarth & Dinas	Senior Men 23-34	06:36.6	1104
18	1:06:12	WADLOW, Stuart	Islwyn Running Club	Senior Men 23-34	06:37.1	1144
19	1:06:15	LOWTHIAN, Dave	severn	Vet Men 40	06:37.4	1270
20	1:06:16	GARDINER, Andrew	South Wales Police AC	Senior Men 23-34	06:37.5	1011
21	1:06:20	RUSSELL, Andrew	Les Croupiers	Men 35-39	06:37.9	1146
22	1:06:21	FULCHER, Chris	Port Talbot Harriers	Vet Men 40	06:38.0	1205
23	1:06:25	DANDO, Richard	Bridgend AC	Senior Men 23-34	06:38.4	1159
24	1:06:27	O CALLAGHAN, JAMES	Women's Running Network	Senior Men 23-34	06:38.6	1063
25	1:06:36	HUGHES, Hugh	Unattached	Vet Men 40	06:39.5	1075
26	1:06:47	JACKLIN, Matthew	Unattached	Men 35-39	06:40.6	1082
27	1:06:53	HUTCHISON, Anne-marie	Neath Harriers	Ladies 30-34	06:41.2	1178
28	1:06:53	WHITEHOUSE, Royston	Neath Harriers	Vet Men 45	06:41.2	1189
29	1:07:07	SPEYER, Paul	Bracknell	Men 35-39	06:42.6	1186
30	1:07:12	FOSTER, Niall	Cardiff AAC	Men 35-39	06:43.1	1109
31	1:07:24	BAMSEY, Robert	Neath Harriers	Vet Men 55	06:44.3	1177
32	1:07:25	THOMAS, Lloyd	Unattached	Under 23 Men	06:44.4	1030
33	1:07:36	WILLIAMS, Martin	Les Croupiers	Vet Men 45	06:45.5	1229
34	1:07:37	MORGAN, Kelly	Pontypridd Roadents	Ladies 30-34	06:45.6	1148
35	1:07:38	JONES, Neil	San Domenico	Senior Men 23-34	06:45.7	1191
36	1:07:38	JONES, Alun	Les Croupiers	Men 35-39	06:45.7	1268
37	1:07:39	HARDIE, Dean	3m Gorseinon road runners	Vet Men50	06:45.8	1113
38	1:07:49	GREEN, Gareth	San Domenico	Senior Men 23-34	06:46.8	1027

39	1:07:51	BRISTOW, RICHARD	San Domenico	Vet Men 45	06:47.0	1093
40	1:07:54	HARDMAN, Gareth	Bridgend AC	Vet Men 45	06:47.3	1153
41	1:08:05	MORRIS, Lee	3m Gorseinon road runners	Senior Men 23-34	06:48.4	1055
42	1:08:17	EMERY, Mark	Unattached	Senior Men 23-34	06:49.6	1158
43	1:08:27	HOOPER, Daniel	Sarn Helen	Men 35-39	06:50.6	1174
44	1:08:39	CLEMENT, Clem	Penarth & Dinas	Vet Men50	06:51.8	1092
45	1:08:44	MORATH, Stephen	Penarth & Dinas	Senior Men 23-34	06:52.3	1151
46	1:08:45	KENT, Howard	Les Croupiers	Vet Men 55	06:52.4	1081
47	1:08:50	DOBBS, Russell	Islwyn Running Club	Men 35-39	06:52.9	1020
48	1:08:50	DAVIES, John	Les Croupiers	Vet Men 55	06:52.9	1243
49	1:08:57	SCHOLZ, STEFFAN	Les Croupiers	Vet Men 40	06:53.6	1040
50	1:08:58	WALTON, ALAN	San Domenico	Vet Men 40	06:53.7	1261
51	1:09:02	WILLIAMS, Leighton	3m Gorseinon road runners	Vet Men 45	06:54.1	1215
52	1:09:04	COLE, Michelle	3m Gorseinon road runners	Ladies 30-34	06:54.3	1064
53	1:09:14	PHILLIPS, IAN	3m Gorseinon road runners	Senior Men 23-34	06:55.3	1128
54	1:09:31	WALTERS, Pete	TROTS	Vet Men50	06:57.0	1241
55	1:09:42	NELLINS, Christopher	Penarth & Dinas	Vet Men 55	06:58.1	1054
56	1:09:51	STEVENS, DARREN	Unattached	Vet Men 40	06:59.0	1263
57	1:09:52	EVANS, Robert	ebbw vale running club	Vet Men 45	06:59.1	1106
58	1:09:57	MORGAN, Edward	taff ely triathlon	Vet Men50	06:59.6	1209
59	1:09:59	EVANS, Amanda	3m Gorseinon road runners	Vet Ladies 40	06:59.8	1126
60	1:10:05	STEWART, Jim	Unattached	Vet Men 60	07:00.4	1034
61	1:10:17	Unregistered Competitor		NDB	07:01.6	
62	1:10:19	GRUMMEY, Oliver	Unattached	Senior Men 23-34	07:01.8	1230
63	1:10:21	WEBSTER, Dean	3m Gorseinon road runners	Senior Men 23-34	07:02.0	1051
64	1:10:22	CORCORAN, Cornelius	Pontypridd Roadents	Vet Men 40	07:02.1	1172
65	1:10:24	Unregistered Competitor		NDB	07:02.3	
66	1:10:43	CABLE, Stephen	3m Gorseinon road runners	Men 35-39	07:04.2	1115
67	1:10:49	DAVEY, Eric	Llanelli AC	Vet Men 60	07:04.8	1086
68	1:10:51	DOBBS, Jim	Islwyn Running Club	Vet Men 55	07:05.0	1015
69	1:10:53	MORTON, Adam	Les Croupiers	Senior Men 23-34	07:05.2	1138
70	1:10:56	FIDDES, Ian	Unattached	Vet Men 40	07:05.5	1029
71	1:11:07	FARNELL, Stacey	3m Gorseinon road runners	Senior Men 23-34	07:06.6	1125
72	1:11:12	EDWARDS, William	Porthcawl Runnerslife	Men 35-39	07:07.1	1058
73	1:11:15	DALTON, James	Unattached	Men 35-39	07:07.4	1224
74	1:11:19	MORGAN, Lloyd	San Domenico	Men 35-39	07:07.8	1266
75	1:11:24	PHILPIN, Simon	Brackla Harriers	Senior Men 23-34	07:08.3	1161
76	1:11:29	WILLIAMS, Darren	Unattached	Senior Men 23-34	07:08.8	1195
77	1:12:03	SHEPPARD, Paul	Unattached	Vet Men 40	07:12.2	1006

78	1:12:04	THOMAS, Daniel	Unattached	Senior Men 23-34	07:12.3	1274
79	1:12:21	REDMOND, JOHN	Unattached	Men 35-39	07:14.0	1002
80	1:12:35	DAVIES, Julie	Griffithstown Harriers	Vet Ladies 35	07:15.4	1162
81	1:12:38	OSMOND, Clive	Les Croupiers	Vet Men50	07:15.7	1100
82	1:12:44	MAGEE, John	Les Croupiers	Men 35-39	07:16.3	1025
83	1:12:55	CHALK, Lee	calne smartt	Vet Men 40	07:17.4	1135
84	1:13:10	DAMIAN, Allyn	ebbw vale running club	Men 35-39	07:18.9	1107
85	1:13:13	WILMOT, Richard	Unattached	Senior Men 23-34	07:19.2	1201
86	1:13:16	RUSSELL, Tom	mynych ddu	Senior Men 23-34	07:19.5	1252
87	1:13:19	SHIELDS, Dominic	San Domenico	Vet Men 45	07:19.8	1175
88	1:13:21	GOUGH, Brian	Pontypridd Roadents	Vet Men 70	07:20.0	1066
89	1:13:29	LONG, Richard	Unattached	Vet Men 40	07:20.8	1074
90	1:13:33	DANDO, Georgie	Bridgend AC	Ladies 30-34	07:21.2	1160
91	1:13:34	WEST, Dewi	3m Gorseinon road runners	Vet Men 45	07:21.3	1111
92	1:13:35	MCWILLIAM, Nicky	Les Croupiers	Vet Ladies 35	07:21.4	1129
93	1:13:37	MAINE, Julian	Porthcawl Runnerslife	Vet Men50	07:21.6	1019
94	1:13:39	MAINE, Gabriella	Porthcawl Runnerslife	Under 23 Ladies	07:21.8	1018
95	1:13:41	EDWARDS, Amy	Rhondda Valley RC	Senior Ladies 23-29	07:22.0	1110
96	1:13:50	TURNER, Phillip	Llanelli Tri Club	Vet Men 40	07:22.9	1004
97	1:14:03	CORBETT, Adrian	Outdoor Fitness	Vet Men50	07:24.2	1041
98	1:14:14	HAYES, Alyson	cardigan	Vet Ladies 40	07:25.3	1210
99	1:14:16	BAMFORD, Ian	3m Gorseinon road runners	Men 35-39	07:25.5	1132
100	1:14:20	ARNOLD, Jayne	Celtic Tri	Vet Ladies 35	07:25.9	1068
101	1:14:20	BIDDLECOMBE, Clare	San Domenico	Vet Ladies 35	07:25.9	1281
102	1:14:39	RUSSELL, KEVIN	San Domenico	Vet Men50	07:27.8	1280
103	1:14:44	COLLINS, Dennis	Rhondda Valley RC	Vet Men 45	07:28.3	1202
104	1:14:46	DAY, Richard	Pontypridd Roadents	Vet Men 45	07:28.5	1190
105	1:14:47	MCLELLAND, STEVE	3m Gorseinon road runners	Vet Men 55	07:28.6	1097
106	1:14:48	FURLONG, Antony	Penarth & Dinas	Senior Men 23-34	07:28.7	1262
107	1:14:49	WERTHEIM, Tony	ebbw vale running club	Vet Men 45	07:28.8	1096
108	1:14:54	LUFFMAN, Daniel	Unattached	Men 35-39	07:29.3	1218
109	1:14:57	HURMAN, Andrea	Penarth & Dinas	Vet Ladies 40	07:29.6	1130
110	1:14:58	ARNOLD, Paul	Celtic Tri	Vet Men 40	07:29.7	1067
111	1:15:00	CLEARY, Lisa	Penarth & Dinas	Vet Ladies 45	07:29.9	1088
112	1:15:31	BELL, ROGER	3m Gorseinon road runners	Vet Men 45	07:33.0	1127
113	1:15:38	PHILLIPS, Sian	Swansea Harriers	Vet Ladies 45	07:33.7	1077
114	1:15:40	WILSON, Robert	Penarth & Dinas	NDB	07:33.9	1273
115	1:15:55	DENTON, Clive	Rhondda Valley RC	Vet Men 40	07:35.4	1080
116	1:16:02	THOMAS, Matthew	Unattached	Men 35-39	07:36.1	1248

117	1:16:13	POORTINGA, Wouter	Les Croupiers	Men 35-39	07:37.2	1022
118	1:16:25	WARD, Jean	Unattached	Vet Ladies 40	07:38.4	1234
119	1:16:32	DAVIES, Byron	3m Gorseinon road runners	Men 35-39	07:39.1	1057
120	1:16:32	WILLIAMS, David	Les Croupiers	Vet Men 45	07:39.1	1007
121	1:16:38	REES, Paul	3m Gorseinon road runners	Vet Men 45	07:39.7	1222
122	1:16:43	RAHMAN, LUTHFUR	Unattached	Senior Men 23-34	07:40.2	1003
123	1:16:49	PORTELLI, Kellinu	Les Croupiers	Vet Men 45	07:40.8	1136
124	1:16:54	FORD, ROBERT	Pontypridd Roadents	Vet Men 55	07:41.3	1169
125	1:17:00	CURRAN, Peter	Unattached	Vet Men 45	07:41.9	1120
126	1:17:15	DAVIES, Michael H	Les Croupiers	Vet Men 60	07:43.4	1091
127	1:17:30	DIFFY, John	Les Croupiers	Vet Men 45	07:44.9	1246
128	1:17:36	GRAHAM, Nick	Unattached	Vet Men50	07:45.5	1244
129	1:17:38	CAHALAN, Dermot	Unattached	Senior Men 23-34	07:45.7	1278
130	1:17:45	BIGMORE, Paul	Brackla Harriers	Vet Men 55	07:46.4	1094
131	1:17:57	QUINN, Stephen	Les Croupiers	Men 35-39	07:47.6	1251
132	1:18:08	STRAVSOVA, Veronika	Bristol	Ladies 30-34	07:48.7	1275
133	1:18:20	THOMAS, MICHAEL	Unattached	Vet Men 45	07:49.9	1239
134	1:18:22	BRADLEY, Malcolm	Penarth & Dinas	Vet Men 60	07:50.1	1121
135	1:18:23	BROCKLEBANK, Nina	3m Gorseinon road runners	Vet Ladies 35	07:50.2	1001
136	1:18:25	SANDLES, Caroline	3m Gorseinon road runners	Vet Ladies 40	07:50.4	1085
137	1:18:33	BLACKMORE, Lisa	Unattached	Vet Ladies 35	07:51.2	1217
138	1:18:35	MOORE, David	Unattached	Men 35-39	07:51.4	1078
139	1:18:48	NASH, MIKE	3m Gorseinon road runners	Vet Men50	07:52.7	1231
140	1:18:50	BEATTY, Claire	Les Croupiers	Ladies 30-34	07:52.9	1076
141	1:19:06	WILLIAMS, Richard Alun	Unattached	Senior Men 23-34	07:54.5	1183
142	1:19:06	VERHEYDEN, Keith	Unattached	Vet Men50	07:54.5	1271
143	1:19:36	MARVIN, Richard	Port Talbot Harriers	Vet Men 40	07:57.5	1206
144	1:19:36	WILKS, Peter	Les Croupiers	Men 35-39	07:57.5	1118
145	1:19:51	NEW, Stephen	100 Marathon Club	Vet Men 45	07:59.0	1035
146	1:19:55	WELBIRG, Simon	Bath, City of	Under 23 Men	07:59.4	1164
147	1:20:15	WELBIRG, Peter	Griffithstown Harriers	Vet Men 55	08:01.4	1165
148	1:20:32	DONNAN, Graeme	Les Croupiers	Vet Men 55	08:03.1	1170
149	1:20:35	HOWELL, Michael	Unattached	Vet Men 45	08:03.4	1272
150	1:20:37	TERRY, Michael	TROTS	Vet Men 60	08:03.6	1265
151	1:20:42	GRIFFIHS, Brian	3m Gorseinon road runners	Vet Men 65	08:04.1	1083
152	1:20:44	HARPER, Kristie	Unattached	Senior Ladies 23-29	08:04.3	1037
153	1:20:48	SCHOLEY, Julie	Les Croupiers	Vet Ladies 50	08:04.7	1173
154	1:21:00	GREAVES, CLIVE	3m Gorseinon road runners	Vet Men 45	08:05.9	1223
155	1:21:04	JOHN, Martin	Unattached	Vet Men 40	08:06.3	1048

156	1:21:12 MAJER, RAY	Sospan Road Runners	Vet Men 55	08:07.1	1267
157	1:21:17 SEAMAN, Carl	Rhondda Valley RC	Vet Men 40	08:07.6	1199
158	1:21:23 JONES, Terry	Celtic Tri	Vet Men 55	08:08.2	1192
159	1:21:25 EDWARDS, Carl	Pontypridd Roadents	Vet Men 40	08:08.4	1150
160	1:21:28 JONES, Cordelia	3m Gorseinon road runners	Senior Ladies 23-29	08:08.7	1137
161	1:21:38 SMITH, Sue	Unattached	Vet Ladies 35	08:09.7	1028
162	1:21:54 WILLIAMS, Rob	Brecon AC	Vet Men50	08:11.3	1254
163	1:21:55 FURLONG, Paul	Unattached	Vet Men 60	08:11.4	1260
164	1:22:07 HART, Robert	Unattached	Vet Men 45	08:12.6	1142
165	1:22:13 MILLER, Carol	Les Croupiers	Vet Ladies 45	08:13.2	1168
166	1:22:26 ASH, Jane	Les Croupiers	Vet Ladies 35	08:14.5	1089
167	1:22:29 RYDER, Hollie	nottingham	Under 23 Ladies	08:14.8	1181
168	1:22:40 ABRAHAM, Adam	Unattached	Senior Men 23-34	08:15.9	1070
169	1:22:45 PRITCHARD, Michael	Unattached	Vet Men50	08:16.4	1014
170	1:22:54 MILUE, Gillian	Les Croupiers	Ladies 30-34	08:17.3	1213
171	1:22:55 HILL, Steve	Penarth & Dinas	Vet Men 45	08:17.4	1167
172	1:22:58 DAVEY, Ralph	Les Croupiers	Vet Men 65	08:17.7	1087
173	1:23:06 ELLIS, Kevin	Rhondda Valley RC	Vet Men50	08:18.5	1204
174	1:23:48 FRENCH, Julian	Llisbury Runners	Vet Men 45	08:22.7	1046
175	1:23:59 WILLIAMS, Lisa	3m Gorseinon road runners	Ladies 30-34	08:23.8	1032
176	1:24:03 DALLIMORE, Caroline	Les Croupiers	Vet Ladies 55	08:24.2	1225
177	1:24:20 EVANS, Rhodri	Penarth & Dinas	Vet Men 45	08:25.9	1102
178	1:24:30 MACHIN, Frances	Les Croupiers	Vet Ladies 35	08:26.9	1188
179	1:24:39 MCCARTHY, Debbie	Unattached	Vet Ladies 35	08:27.8	1176
180	1:24:41 ELLINGHAM, Ray	San Domenico	Vet Men50	08:28.0	1071
181	1:24:47 QUINN, Nick	Unattached	Senior Men 23-34	08:28.6	1207
182	1:24:52 SANDERSON, John	3m Gorseinon road runners	Vet Men50	08:29.1	1024
183	1:24:54 STARR, Keith	Unattached	Vet Men 60	08:29.3	1211
184	1:24:54 HARRIS, Rachel	Penarth & Dinas	Senior Ladies 23-29	08:29.3	1152
185	1:25:04 MORGAN, Hywel	Unattached	Men 35-39	08:30.3	1259
186	1:25:17 EDWARDS, Jan	Pontypridd Roadents	Vet Ladies 40	08:31.6	1149
187	1:25:20 GREY, Julia	Unattached	Vet Ladies 45	08:31.9	1180
188	1:25:22 JOB, Stephen	Unattached	Vet Men 40	08:32.1	1133
189	1:25:29 DENNIS, Heather	Penarth & Dinas	Vet Ladies 35	08:32.8	1269
190	1:25:34 MORGAN, Richard	Unattached	Senior Men 23-34	08:33.3	1156
191	1:25:45 HOUSE, Claire	Unattached	Vet Ladies 35	08:34.4	1179
192	1:25:54 ADAMS, Tarquin	Unattached	Senior Men 23-34	08:35.3	1016
193	1:25:55 ELLIOTT, PAUL	Unattached	Senior Men 23-34	08:35.4	1247
194	1:25:56 SMITH, Allan	3m Gorseinon road runners	Vet Men 70	08:35.5	1017

195	1:26:01	ROWELL, Ann	TROTS	Vet Ladies 55	08:36.0	1143
196	1:26:03	WILLIAMS, GLYN	3m Gorseinon road runners	Vet Men 60	08:36.2	1050
197	1:26:03	JONES, Jacqueline	Islwyn Running Club	Vet Ladies 40	08:36.2	1154
198	1:26:04	EL-KHATIB, Sara	Penarth & Dinas	Ladies 30-34	08:36.3	1134
199	1:26:08	CARREL, Chris	Unattached	Vet Men 45	08:36.7	1079
200	1:26:09	LLOYD BENNETT, Catherine	3m Gorseinon road runners	Ladies 30-34	08:36.8	1114
201	1:26:20	SILVER, Roy	Les Croupiers	Vet Men50	08:37.9	1228
202	1:26:21	KING, Greg	Llanelli Tri Club	Vet Men 40	08:38.0	1005
203	1:26:26	HIGGS, Tom	Unattached	Vet Men 55	08:38.5	1233
204	1:26:30	HATHWAY, Owen	Unattached	Senior Men 23-34	08:38.9	1026
205	1:26:34	PHILLIPS, Anthony	Porthcawl Runnerslife	Vet Men 45	08:39.3	1277
206	1:26:51	CLEMENT, Janice	Penarth & Dinas	Vet Ladies 50	08:41.0	1116
207	1:27:31	BULBECK, Lynn	Unattached	Vet Ladies 40	08:45.0	1105
208	1:27:39	JONES, Marc	Unattached	Senior Men 23-34	08:45.8	1157
209	1:27:54	BARRINGTON, Amanda	Penarth & Dinas	Vet Ladies 45	08:47.3	1060
210	1:28:06	EDWARDS, Tracy	Rhondda Valley RC	Vet Ladies 40	08:48.5	1145
211	1:28:13	REES, Andy	Unattached	Vet Men50	08:49.2	1184
212	1:28:33	HERN, Natalie	Griffithstown Harriers	Vet Ladies 40	08:51.2	1061
213	1:28:43	HELSING, Anna	Penarth & Dinas	Vet Ladies 45	08:52.2	1194
214	1:28:47	GRANDON, Tony	Unattached	Vet Men 60	08:52.6	1099
215	1:28:59	BAXTER, Geoff	Unattached	Vet Men 40	08:53.8	1256
216	1:29:00	CHAMPION, Angela	Village Vipers	Ladies 30-34	08:53.9	1013
217	1:29:04	DAVIES, Tudor	Unattached	Vet Men 45	08:54.3	1214
218	1:29:10	JENKINS, Sarah	tredegar triathlon club	Ladies 30-34	08:54.9	1124
219	1:29:17	DONOVAN, Martin	Lliswerry Runners	Vet Men50	08:55.6	1065
220	1:29:18	HOUGHTON, CLARE	Penarth & Dinas	Vet Ladies 35	08:55.7	1023
221	1:29:20	OTTESON, Jo	Women's Running Network	Vet Ladies 35	08:55.9	1052
222	1:29:30	HOEY, Michelle	Unattached	Ladies 30-34	08:56.9	1166
223	1:29:34	ROWE, Joanne	Unattached	Senior Ladies 23-29	08:57.3	1012
224	1:29:37	MAHOLEY, Matthew	Unattached	Men 35-39	08:57.6	1257
225	1:29:56	HOPKINS, Aimee	Lliswerry	Senior Ladies 23-29	08:59.5	1038
226	1:29:58	HOPKINS, Keith	Unattached	Vet Men 60	08:59.7	1039
227	1:30:01	DAVIES, CLAIRE	Village Vipers	Ladies 30-34	09:00.0	1197
228	1:30:02	CHADWELL, Karen	Women's Running Network	Vet Ladies 40	09:00.1	1049
229	1:30:10	BAKER, Tony	3m Gorseinon road runners	Vet Men50	09:00.9	1212
230	1:30:20	HICKLING, Keith	Unattached	Vet Men50	09:01.9	1131
231	1:30:23	VECK, Debbie	3m Gorseinon road runners	Vet Ladies 40	09:02.2	1090
232	1:31:01	MORGAN, Lucy	vipers	Ladies 30-34	09:06.0	1196
233	1:31:36	JOHNSON, CLARE	Les Croupiers	Vet Ladies 65	09:09.5	1103

234	1:31:52	WOOLLEY, Rachel	Village Vipers	Senior Ladies 23-29	09:11.1	1021
235	1:32:32	REES, Linda	3m Gorseinon road runners	Vet Ladies 50	09:15.1	1221
236	1:32:44	HURDIDGE, CHRISTIN	3m Gorseinon road runners	Vet Ladies 55	09:16.3	1220
237	1:32:44	JAMES, Kathryn	Unattached	Ladies 30-34	09:16.3	1045
238	1:33:04	WILLIAMS, Sian	Brecon AC	Vet Ladies 50	09:18.3	1253
239	1:33:32	HART, Gareth	Caerleon Running Club	Vet Men 40	09:21.1	1140
240	1:33:42	JONES, Sian	Caerleon Running Club	Ladies 30-34	09:22.1	1141
241	1:34:10	BEWG, Bill	Chepstow Harriers	Vet Men 70	09:24.8	1112
242	1:34:12	POWELL, Sally	Rhondda Valley RC	Ladies 30-34	09:25.0	1258
243	1:34:46	STEPHENS, Hayley	Unattached	Vet Ladies 35	09:28.4	1245
244	1:35:13	WITHERS, Gareth	Cardiff AAC	Vet Men50	09:31.1	1193
245	1:35:14	GRUNDY, Rhian	Unattached	Vet Ladies 35	09:31.2	1031
246	1:35:42	QUINN, Tegen	Unattached	Senior Ladies 23-29	09:34.0	1208
247	1:36:37	GREY, Matthew	Unattached	Men 35-39	09:39.5	1182
248	1:36:37	COLE, Vicki	Unattached	Ladies 30-34	09:39.5	1187
249	1:36:37	DAVIES, Michelle	3m Gorseinon road runners	Vet Ladies 40	09:39.5	1056
250	1:36:37	CLARK, Peter	Unattached	Vet Men 55	09:39.5	1279
251	1:37:20	JOHNSON, James	Unattached	Vet Men 70	09:43.8	1232
252	1:37:40	MARGETIS, Joanna	Unattached	Ladies 30-34	09:45.8	1238
253	1:37:40	READ, Nik	Unattached	Vet Men50	09:45.8	1237
254	1:37:46	REES, Pauline	Unattached	Vet Ladies 50	09:46.4	1185
255	1:37:46	KEMPTON, Dave	Unattached	Vet Men50	09:46.4	1119
256	1:37:59	JONES, Nigel Leighton	Llanelli AC	Vet Men 55	09:47.7	1255
257	1:39:15	HALL, Laura	3m Gorseinon road runners	Vet Ladies 45	09:55.3	1059
258	1:39:43	STEVENS, Sandra	merthyr	Vet Ladies 60	09:58.1	1264
259	1:41:00	AMOS, Ashley	Unattached	Under 23 Men	10:05.8	1249
260	1:41:43	WOODFORD, Carol	Lliswerry Runners	Vet Ladies 50	10:10.1	1043
261	1:46:35	JULIAN, Nicola	3m Gorseinon road runners	Vet Ladies 45	10:39.3	1226
262	1:46:35	OWENS, Linda	3m Gorseinon road runners	Vet Ladies 55	10:39.3	1098
263	1:47:56	HUDD, Simon	Unattached	Vet Men 40	10:47.4	1163
264	1:48:34	EVANS, Clive	Unattached	Vet Men 70	10:51.2	1084
265	1:48:38	ALEXIS, Errol	Les Croupiers	Vet Men 70	10:51.6	1227
266	1:48:46	AMOS, Eloise	Unattached	Senior Ladies 23-29	10:52.4	1250
267	1:49:46	PHILLIPS, Arthur	3m Gorseinon road runners	Vet Men 70	10:58.4	1042
268	1:55:44	JOHN, Kirsty Marie	Unattached	Under 23 Ladies	11:34.2	1047
269	1:57:47	DAVIES, JULIE	3m Gorseinon road runners	Vet Ladies 55	11:46.5	1219
270	2:06:30	BIGMORE, Lesley	Brackla Harriers	Vet Ladies 50	12:38.8	1095
271	2:24:10	WATTS, Allen	Sarn Helen	Vet Men 70	14:24.8	1198