

1	107	Luke Williams	San Domenico	SM	15:18
2	61	Jack Hope	Kettering Town Harriers	SM	15:40
3	31	Ben Butler-Madden	Penarth & Dinas	SM	16:02
4	3	Simon Lewis	Pontypridd Roadents AC	M40	16:08
5	153	Ermis Tegstu	UA	SM	16:17
6	117	John Howells	Pontypridd Roadents	SM	16:18
7	10	Harry Davies	Parc Bryn Bach Running Club	SM	16:19
8	21	Doug Nicholls	Les Croupiers	SM	16:20
9	125	Matthew Jacklin	Aberdare Valley	M40	16:26
10	115	Alex Jackson	Cardiff AAC	MU20	16:28
11	53	Vaughan Edwards	Cardiff Harlequins RC	M40	16:34
12	181	Richard Ross	Les Croupiers	M45	16:37
13	60	David Lawson	Mynyddwyr De Cymru	SM	16:38
14	106	Andy Gardiner	San Domenico	SM	16:40
15	78	Ryan Edwards	Cardiff Archers	MU20	16:41
16	145	Alex Price	Swansea Harriers	SM	16:43
17	110	Samuel Jackson	Parc Bryn Bach	MU20	16:44
18	84	Shaun Pinch	Aberdare Valley	MU20	16:44
19	41	Geraint Williams	Run4all	SM	16:45
20	99	Lauren Cooper	Parc Bryn Bach	SW	16:45
21	152	Rich Baker	Les Croupiers	M45	16:46
22	26	Mark Horsman	Pontypridd Roadents	M40	16:47
23	96	Rhys Hardman	Cardiff Archers	MU20	16:52
24	112	Chris Oxley	San Domenico	SM	16:57
25	40	Jamie Vanstone	Pontyclun Road Runners	SM	16:58
26	7	David Richardson	Pont-Y-Pwl & District Runners	SM	17:15
27	68	David Craig	UA	M40	17:23
28	88	Ben Ray	Cardiff Archers	MU20	17:24
29	16	Ian Southwell	Penarth & Dinas	SM	17:29
30	135	Nathan Christoferato	Penarth & Dinas	SM	17:30
31	32	Lucy Marland	Cardiff AAC	SW	17:39
32	77	Paul Josua	San Domenico	SM	17:41
33	161	Andrew Blair	Les Croupiers	M50	17:41
34	134	Oliver Price	Blaenau Gwent Athletics Club	MU20	17:47
35	133	Ifan Lloyd	Swansea Harriers	M55	17:49
36	114	John Morris	Les Croupiers	SM	17:50
37	97	Simon Miles	Pontypridd Roadents	M40	17:55
38	19	Rhys Pippard	Les Croupiers	SM	17:58
39	178	Johnny Lam	San Domenico	M45	17:59
40	56	Gareth Medd	Pontyclun Road Runners	SM	18:01
41	109	Matthew Verran	Les Croupiers	SM	18:02
42	87	Ben Hughes	Cardiff AAC	MU20	18:03
43	167	Laurence Pole	Pontypridd Roadents	M40	18:08
44	79	Loui Camilleri	Cardiff Archers	MU20	18:10
45	190	Cameron Coburn	Cardiff Archers	MU20	18:11
46	148	Stephen May	Pontypridd Roadents	M45	18:15
47	159	Efan Owen	Cardiff AAC	MU20	18:18
48	165	Martin Williams	Les Croupiers	M50	18:21
49	196	Darragh Crofts	White Rock Runners	SM	18:23
50	170	Joseph Joyce	Cardiff AAC	MU20	18:24

51	171	Mark Joyce	Les Croupiers	M45	18:34
52	94	James Gold	Cardiff AAC	MU20	18:40
53	137	Laurent Bono	Les Croupiers	SM	18:41
54	193	Paul Lacey	Cardiff AAC	SM	18:44
55	116	Harry Vowles	Cardiff AAC	MU20	18:52
56	63	Richie Mann	White Rock Runners	SM	18:56
57	166	Neema Mal	Les Croupiers	SM	18:57
58	80	Kobe Beltran	Cardiff AAC	MU20	19:00
59	131	Lloyd Bridges	Cardiff AAC	MU20	19:03
60	67	Aled Hughes	Ogmore phoenix runners	M40	19:03
61	147	Daniel Luffman	Les Croupiers	M45	19:08
62	42	Katie Beecher	Les Croupiers	W40	19:08
63	82	Laura Wright	Cardiff AAC	WU20	19:09
64	188	Stuart Mcilroy	Les Croupiers	M45	19:13
65	119	Lloyd Mack	Merthyr Run Club	SM	19:16
66	98	David Mathews	Penarth & Dinas	SM	19:17
67	75	Emily Chandler	Stroud & District AC	SW	19:21
68	52	Gemma Seaman	Swansea Harriers	SW	19:25
69	101	Megan Tucker	Brecon AC	SW	19:26
70	100	Kevin Chalke	Penarth & Dinas	M55	19:27
71	111	Phil Bristow	San Domenico	M55	19:29
72	76	Nathan Hill	Cardiff Archers	MU20	19:34
73	128	Mia Goddard	Cardiff AAC	WU20	19:36
74	194	Bradley Meddings	UA	SM	19:39
75	15	Colin Caesar	Penarth & Dinas	M45	19:40
76	12	Christopher Jones	Cardiff Archers	MU20	19:44
77	142	Sean Price	Les Croupiers	M55	19:45
78	151	David James	Les Croupiers	M60+	19:46
79	37	David Walker	Les Croupiers	M60+	19:48
80	189	Ceri Coburn	Bridgend	SM	19:49
81	149	Richard Edge	Pegasus	M40	19:49
82	118	Shelley Brace	Les Croupiers	SW	19:50
83	35	Marcus Meyrick	Les Croupiers	M45	19:51
84	92	Bethany Gold	Cardiff AAC	WU20	19:51
85	55	Isaac Jones	Cardiff AAC	MU20	19:59
86	51	Ben Gooding	pegasus	SM	20:01
87	48	Mollie Davies	Cardiff Met Athletics	SW	20:02
88	172	Nick Hayward	San Domenico	M40	20:08
89	81	Kerby Beltran	Cardiff AAC	MU20	20:15
90	138	Stephan Noyvirt	Cardiff AAC	MU20	20:19
91	9	Kris Emes	UA	M40	20:19
92	162	Nicholas Denny	Pontypridd Roadents	M40	20:21
93	122	Mike Harrison	UA	SM	20:27
94	121	Mike Morgan	Penarth & Dinas	SM	20:28
95	33	Darren Owen	Merthyr Running Club	M45	20:29
96	136	Freya Robert	Cardiff Archers	WU20	20:30
97	140	Darren Stevens	Merthyr Run Club	M45	20:31
98	36	Bethan Meyrick	Cardiff AAC	WU20	20:33
99	141	Robert Evans	Les Croupiers	M60+	20:35
100	123	David George	Les Croupiers	M50	20:42

101	113	Brendan Jones	Les Croupiers	M45	20:47
102	49	Julie Chamberlain	Cardiff Athletics	W35	20:48
103	39	Terry O'brien	UA	M60+	20:50
104	175	Claire Maksimovic	Pontypridd Roadents	SW	20:50
105	130	Kara Bennett	Cardiff AAC	WU20	20:51
106	150	Tim Davies	Pontypridd Roadents	SM	20:54
107	30	Rhys Picton	Merthyr Running Club	SM	20:57
108	154	Catherine Barker	Penarth & Dinas	W40	21:02
109	191	Matthew Benbow	Pontyclun Road Runners	SM	21:08
110	91	Millie Gold	Cardiff AAC	WU20	21:13
111	102	Ronald Morris	San Domenico	M60+	21:18
112	132	David Williams	Les Croupiers	M55	21:22
113	95	Jacqueline Brace	Bridgend	W55+	21:22
114	177	Steven Barker	Penarth & Dinas	SM	21:25
115	186	Chris Pratt	Ogmore Phoenix	M45	21:27
116	28	Terry Mccarthy	Penarth & Dinas	M60+	21:37
117	85	Hefin Gruffydd	Pontypridd Roadents	M55	21:38
118	22	Bethan Apglyn	Penarth & Dinas	SW	21:42
119	59	David Kembery	Ogmore Phoenix Runners	M45	21:50
120	20	Angela Champion	Les Croupiers	W40	21:52
121	44	Ruth Cann	Penarth and dinas	W35	21:53
122	187	Daniel Lane	LISWERRY	M40	22:01
123	108	Christopher Nellins	Penarth & Dinas	M60+	22:09
124	64	Jenny Martin	Les Croupiers	W35	22:14
125	24	Gwynfor Palfrey	BGAC	M55	22:17
126	34	Carol Rees	Les Croupiers	W45	22:18
127	74	Louise Hunt	Penarth & Dinas	W35	22:20
128	156	Lolly Evans	Les Croupiers	W45	22:21
129	144	Angharad Price	Les Croupiers	SW	22:26
130	23	Malcolm Bradley	Penarth & Dinas	M60+	22:31
131	25	Hannah Pretty	Cardiff AAC	SW	22:36
132	168	Gareth Rees	UA	SM	22:38
133	89	Andy Davies	Pontypridd Roadents	M55	22:52
134	155	Kay Chapman	Cardiff AAC	W50	22:56
135	192	Helen Perry	San Domenico	SW	23:01
136	169	Ffion Rees	UA	SW	23:02
137	198	Peter Trott	Penarth & Dinas	M50	23:02
138	180	Gareth Davies	Penarth & Dinas	M40	23:10
139	120	Andrew Williamson	Pegasus	M40	23:18
140	185	Steve Goodfellow	Penarth & Dinas	M55	23:23
141	174	Paul Maksimovic	UA	SM	23:24
142	50	Hugh Russell	UA	SM	23:26
143	176	Mick Tabor	Les Croupiers	M60+	23:30
144	45	Nick Harris	Ogmore Phoenix Runners	SM	23:44
145	43	Rosie Bristow	pegasus	W40	23:46
146	5	Gabriella Green	Les Croupiers	W50	23:52
147	126	Graham Webster	Les Croupiers	M60+	23:54
148	104	Jon Morgan	Les Croupiers	M55	23:56
149	38	James Buckingham	Penarth & Dinas	M55	23:57
150	124	Rachel Higginson	Les Croupiers	W35	24:00

151	70	Zoe Holloway	Cardiff AAC	SW	24:09
152	127	Andrea Webster	Les Croupiers	W55+	24:15
153	157	Emma Bissex	Pegasus	W40	24:17
154	65	Kumiko Southwell	UA	W40	24:18
155	58	Karl Johnson	Ogmore Phoenix Runners	SM	24:30
156	195	Tim O Sullivan	Les Croupiers	M60+	24:33
157	66	Ethan Meyrick	Cardiff AAC	MU20	24:38
158	29	Jon Lewis	Penarth & Dinas	M40	24:41
159	103	Helen Robertson	Les Croupiers	W45	24:42
160	182	Sally Groves	Pegasus	W55+	24:48
161	105	Matt Webley	Penarth & Dinas	M40	24:49
162	62	Dawn Hopkins	Ogmore Phoenix Runners	W40	24:52
163	17	Paul Mitchell	Penarth & Dinas	M40	25:09
164	73	Caroline Thomas	Blaenau Gwent Athletics Club	W35	25:12
165	13	Beverley Warburton	Penarth & Dinas	W55+	25:14
166	197	Stephen Farmer	Penarth & Dinas	M55	25:25
167	158	Sally Bissex	Pegasus	W35	25:43
168	179	Alexis John	Pegasus	W55+	25:43
169	90	Maddison Gregory	Cardiff AAC	WU20	25:48
170	199	Anna Helsing	Penarth & Dinas	W55+	25:49
171	4	Kelly Crofts	Les Croupiers	W35	26:06
172	83	Stuart Ball	Les Croupiers	M40	26:07
173	57	John Chandler	San Domenico	M55	26:13
174	46	Yvonne Williams	Penarth & Dinas Runners	W55+	26:15
175	164	Kathryn Cook	UA	SW	26:16
176	72	Tony Grandon	Outdoor Fitness	M60+	26:19
177	146	Darren Morgan	Penarth & Dinas	M50	26:33
178	129	Carole Goddard	UA	W45	26:40
179	173	Mark Evans	Brackla Harriers	M55	26:41
180	71	Jake Bourne	Penarth & Dinas	M45	27:31
181	139	Catherine Llewellyn	Merthyr Run Club	M55	28:18
182	163	Finn Johnson Denny	UA	MU20	28:38
183	160	Olivia Webb	Pegasus	SW	29:23
184	183	Phil Groves	Pegasus	M55	29:32
185	143	Deborah Price	Les Croupiers	W50	29:51
186	54	Debbie Cumming	CDF Runners	W55+	30:02
187	184	Hermannes Volvekamp	UA	M60+	31:14
188	47	Christopher Stacey	Les Croupiers	M60+	31:47
189	69	Colin Crooks	Pegasus Running Club	M60+	32:07
190	8	Beccie Morris	UA	W50	44:18
191	6	Sian Edwards	Swansea Harriers	SW	44:19