

1	118	Luke Williams	San Domenico	SM	15:16
2	85	Adam Bull	Aberdare Valley	SM	15:24
3	52	Ewan William Short	Pontypridd Roadents AC	SM	15:50
4	70	Ben Butler-Madden	Penarth & Dinas Runners	SM	16:02
5	3	Simon Lewis	Pontypridd Roadents AC	M40	16:05
6	174	James Griffiths	Neath Harriers AC	MU20	16:13
7	182	Richard Baker	Les Croupiers	M45	16:18
8	58	Doug Nicholls	Les Croupiers	SM	16:19
9	77	Iestyn Edwards	Cardiff AAC	MU20	16:22
10	69	David Lawson	Les Croupiers	SM	16:26
11	48	Matthew Jones	Brecon AC	SM	16:29
12	123	David Song	Valley Striders	SM	16:32
13	80	Ryan Edwards	Cardiff Archers	MU20	16:32
14	166	Billy Hayton	San Domenico	SM	16:35
15	112	Rhys Hardman	Cardiff Archers	MU20	16:38
16	134	Andy Gardiner	San Domenico	SM	16:39
17	19	Mark Horsman	Pontypridd Roadents	M40	16:40
18	144	Nick Tulp	Les Croupiers	SM	16:42
19	31	Vaughan Edwards	Cardiff Harlequins RC	M40	16:44
20	128	Chris Oxley	San Domenico	SM	16:49
21	122	Alex Jackson	Cardiff AAC	MU20	16:49
22	125	Gary Brown	Penarth & Dinas	SM	16:52
23	87	Lauren Cooper	Parc Bryn Bach	SW	16:58
24	88	Matthew Evans	Aberdare Valley	SM	17:03
25	75	Ian Southwell	Penarth & Dinas Runners	SM	17:08
26	74	Sam Ryall	Pontypridd Roadents AC	M45	17:18
27	42	Neil Jones	Pontyclun Road Runners	M40	17:20
28	62	Daniel Thrift	Pontypridd Roadents AC	SM	17:25
29	84	Matthew Verran	Les Croupiers	SM	17:26
30	38	David Craig	0	M40	17:39
31	99	Dan Schofield	Cheltenham	SM	17:42
32	92	Simon Miles	Pontypridd Roadents	M40	17:44
33	110	Efan Owen	Cardiff AAC	MU20	17:45
34	83	Loui Camilleri	Cardiff Archers	MU20	17:50
35	107	Thomas Hendy	Liswerry	SM	17:60
36	164	Johnny Lam	San Domenico	M45	18:01
37	146	Michael Morgan	Penarth & Dinas	SM	18:08
38	188	James Manson	Cardiff Triathletes	M40	18:08
39	160	Andrew Blair	Les Croupiers	M50	18:08
40	103	Ben Hughes	Cardiff AAC	MU20	18:09
41	124	Megan Mcbrien	RSCAC	SW	18:10
42	129	Matt Govier	Les Croupiers	M45	18:11
43	136	Stephen May	Pontypridd Roadents	M45	18:13
44	175	Cameron Coburn	Cardiff Archers	MU20	18:17
45	187	Darragh Henley-Crofts	White Rock Runners	SM	18:18
46	105	Rhys Knight	Liswerry	SM	18:18
47	104	Harry Vowles	Cardiff AAC	MU20	18:27
48	180	Mark Joyce	Les Croupiers	SM	18:28
49	41	Paul Carter	UA	SM	18:32
50	137	Liz May	Pontypridd Roadents	W40	18:33

51	162	Michael Riley	Les Croupiers	M40	18:34
52	150	Paul Morton	Penarth & Dinas	SM	18:40
53	90	James Gold	Cardiff AAC	MU20	18:40
54	66	Gemma Seaman	Swansea Harriers	SW	18:42
55	158	Kevin Plank	San Domenico	M45	18:43
56	100	Laura Wright	Cardiff AAC	WU20	18:43
57	109	Jim Murray	Pontypridd Roadents	M45	18:47
58	50	John Seaward	Caerphilly Runners	SM	18:50
59	61	Matt Hopkins	Les Croupiers	SM	18:50
60	86	Lloyd Bridges	Cardiff AAC	MU20	18:57
61	37	Aled Hughes	Ogmore Phoenix	M40	18:60
62	140	Daniel Luffman	Les Croupiers	M45	19:06
63	171	Kobe Beltram	Cardiff AAC	MU20	19:07
64	56	Helen Sharpe	Cardiff AAC	W35	19:08
65	181	Hywel Edwards	San Domenico	M45	19:11
66	26	Katie Beecher	Les Croupiers Running Club	W40	19:15
67	49	Andrew Gunter	Parc Bryn Bach Running Club	SM	19:21
68	106	Cian Ralphs	Cardiff AAC	MU20	19:25
69	114	Bethan Hardman	Cardiff Archers	WU20	19:26
70	126	Dave James	Les Croupiers	M60+	19:27
71	159	Steven Howard	Penarth & Dinas	M50	19:28
72	115	Mia Goddard	Cardiff AAC	WU20	19:32
73	117	Georgina Dando	Bridgend	W40	19:34
74	131	Ben Hooper	ua	SM	19:36
75	119	John Light	San Domenico	M40	19:36
76	47	David Walker	Les Croupiers	M60+	19:38
77	69	David Lawson	Les Croupiers	SM	19:39
78	178	Joshua Sanders	Cardiff AAC	MU20	19:40
79	177	Rachel Giancola	ua	SW	19:48
80	93	Richard Bullen	Les Croupiers	M55	19:51
81	32	Isaac Jones	Cardiff AAC	MU20	19:52
82	170	Kerby Betltram	Cardiff AAC	MU20	19:54
83	23	Marcus Meyrick	Les Croupiers Running Club	M45	19:55
84	79	Brian Dias	Cardiff AAC	SM	19:56
85	60	Terry O'Brien	UA	M60+	19:57
86	57	Daryl Beggs	Les Croupiers	SM	19:58
87	6	Kris Emes	o	M40	19:59
88	138	Stephan Noyeirt	Cardiff AAC	MU20	20:02
89	167	Shelly Brace	Les Croupiers	SW	20:05
90	67	Peter Turnbull	Les Croupiers	M55	20:11
91	54	Tim Fry	Cardiff AAC	M40	20:15
92	8	Christopher Jones	Cardiff Archers	MU20	20:20
93	121	Darren Stevens	Merthyr Run Club	M45	20:22
94	133	Rhys Simmonds	Cardiff AAC	MU20	20:24
95	179	Joseph Joyce	Cardiff AAC	MU20	20:26
96	63	Mark Williams	Parc Bryn Bach Running Club	M60+	20:28
97	176	Ceri Coburn	Bridgend	SM	20:34
98	94	Ellie Lacey	UA	SW	20:35
99	24	Bethan Meyrick	Cardiff AAC	WU20	20:37
100	98	Robert Evans	Les Croupiers	M60+	20:38

101	91	Bethany Gold	Cardiff AAC	WU20	20:43
102	145	Mike Harrison	ua	SM	20:47
103	151	Catherine Barker	Penarth & Dinas	W40	20:51
104	44	Sally Pugsley	Les Croupiers	SW	20:52
105	111	Tim Davies	Pontypridd Roadents	SM	20:54
106	68	Mollie Davies	Cardiff Met Athletics	SW	20:56
107	154	Nick Hayward	San Domenico	M40	20:58
108	127	Graham Mack	Merthyr Run Club	M60+	20:60
109	82	Kara Bennett	Cardiff AAC	WU20	21:04
110	59	David George	Les Croupiers	M50	21:08
111	130	Huw Roberts	Bridgend	M60+	21:13
112	137	Liz May	Pontypridd Roadents	W40	21:15
113	161	Steven Barker	Penarth & Dinas	M45	21:17
114	113	Gina Hardman	Bridgend	W45	21:22
115	101	Neve Jones	Cardiff AAC	WU20	21:23
116	22	Carol Rees	Les Croupiers RC	W45	21:26
117	185	Chris Pratt	Ogmore Phoenix	M45	21:30
118	14	Angela Champion	Les Croupiers Running Club	W40	21:39
119	15	Bethan Apglyn	Penarth and Dinas Runners	SW	21:47
120	102	Carl Miller	Les Croupiers	M55	21:50
121	135	David. E Williams	Les Croupiers	M55	21:51
122	71	Terry Mccarthy	Penarth & Dinas Runners	M60+	21:55
123	45	Emma Maloney	Llisbury Runners	SW	22:01
124	76	Paul Edwards	Cardiff AAC	M40	22:06
125	20	Dominic Shields	San Domenico	M50	22:10
126	153	Terry Caveney	Les Croupiers	M55	22:19
127	142	Susan Bowes	Les Croupiers	W40	22:21
128	173	Rory Griffiths	ua	MU20	22:21
129	172	Mark Griffiths	ua	M50	22:21
130	156	Kay Chapman	Cardiff AAC	W50	22:29
131	165	Helen Perry	San Domenico	SW	22:36
132	29	Nick Harris	Ogmore Phoenix Runners	SM	22:48
133	72	Jay Howells	Ogmore Phoenix Runners	SM	22:49
134	152	Andy Davies	Pontypridd Roadents	M55	22:54
135	186	Michael. H Davies	Les Croupiers	M60+	23:01
136	73	Darren Griffithswarner	Pontypridd Roadents AC	M50	23:11
137	7	Richard Sewell	Les Croupiers R.C.	M60+	23:13
138	190	Geraint Healan		SM	23:14
139	96	Graham Webster	Les Croupiers	M60+	23:18
140	183	Stephen Wood	pegasus	M40	23:26
141	108	Andrew Williamson	Pegasus	M40	23:40
142	27	Rosie Bristow	Pegasus	W40	23:45
143	5	Gabriella Green	Les Croupiers	W50	23:47
144	95	Emily Dent	Cardiff Archers	WU20	23:53
145	64	Zoe Holloway	Cardiff AAC	SW	23:55
146	189	Claire Manson	Cardiff Triathletes	W35	24:05
147	148	Sally Groves	pegasus	W55+	24:07
148	141	Rachel Higginson	Les Croupiers	W35	24:18
149	97	Andrea Webster	Les Croupiers	W55+	24:47
150	157	John Payne	Les Croupiers	M50	24:51

151	4	Kelly Crofts	Les Croupiers Running Club	W35	24:52
152	36	Ethan Meyrick	Cardiff AAC	MU20	24:56
153	34	Karl Johnson	Ogmore Phoenix Runners	SM	24:57
154	89	Millie Gold	Cardiff AAC	WU20	25:00
155	81	Maddison Gregory	Cardiff AAC	WU20	25:01
156	33	John Chandler	San Domenico	M55	25:05
157	9	Beverley Warburton	Penarth & Dinas Runners	W55+	25:13
158	53	Gail Havard	San Domenico	W50	25:39
159	184	Luke Heslop	pegasus	M40	25:53
160	116	Carole Goddard		W45	26:13
161	163	Tyler Howells	Ogmore Phoenix	MU20	26:31
162	132	Frances Williams	San Domenico	W50	27:06
163	120	Catherine Llewelwyn	Merthyr Run Club	W55+	27:08
164	143	Mirena Noyeirt	ua	W45	27:08
165	149	Phil Groves	pegasus	M55	27:34
166	168	Jo Lee	ua	W45	27:41
167	147	Karen Chadwell	Les Croupiers	W45	28:21
168	191	Olivia Webb	pegasus	SW	28:44
169	65	Debbie Cumming	CDF Runners	W55+	31:00
170	155	Colin Crooks	pegasus	M60+	31:18