

1	145	Daniel Hamilton	San Domenico RC	SM	14:55
2	80	Ewan William Short	Pontypridd Roadents AC	SM	15:20
3	153	Juan Delgado	Pontypridd Roadents AC	SM	15:31
4	152	Luke Williams	San Domenico RC	SM	15:51
5	197	Muktaar Farhan	Cardiff AC	SM	15:54
6	149	Richard Jackson-Hookings	Les Croupiers RC	SM	15:54
7	67	Ben Butler-Madden	Penarth & Dinas Runners	SM	15:58
8	5	Simon Lewis	Pontypridd Roadents AC	M40	15:59
9	211	James Griffiths	Neath Harriers AC	MU20	16:00
10	196	Ermiyas Tbgstu	UA	SM	16:01
11	97	Rhys Hardman	Cardiff Archers	MU20	16:18
12	198	Richard Ross	Les Croupiers RC	M45	16:20
13	174	Darren Bishop	Pontypridd Roadents AC	SM	16:20
14	143	Neil Reynolds	San Domenico RC	SM	16:21
15	142	Chris Oxley	San Domenico RC	SM	16:24
16	46	Jamie Vanstone	Pontyclun Road Runners	SM	16:26
17	184	Rich Baker	Les Croupiers RC	M45	16:26
18	86	Richard Jones	Lliswerry Runners	M45	16:27
19	128	Leighton Rawlinson	Micky Morris	SM	16:27
20	22	Mark Horsman	Pontypridd Roadents AC	M40	16:38
21	122	Alex Jackson	Cardiff AC	MU20	16:45
22	182	Billy Hayton	Pontypridd Roadents AC	SM	16:46
23	105	Nick Wood	Dartford Harriers	SM	16:54
24	120	Brychan Price-Davies	Brecon AC	MU20	16:55
25	121	Joel Price	Blaenau Gwent Athletics Club	MU20	16:56
26	160	Ryan Cullen	San Domenico RC	SM	16:58
27	33	Vaughan Edwards	Cardiff Harlequins RC	M40	17:02
28	204	Stuart Crees	UA	M40	17:04
29	84	Lucy Marland	Cardiff AC	SW	17:11
30	175	Sean Taylor	Micky Morris	M40	17:15
31	91	Ian Southwell	Penarth & Dinas Runners	SM	17:18
32	50	Neil Jones	Pontyclun Road Runners	M40	17:20
33	195	Salman Maygag	Cardiff AC	MU20	17:22
34	158	Arwel Evans	Rhedwyr Hebog	SM	17:23
35	119	Oliver Price	Blaenau Gwent Athletics Club	MU20	17:24
36	173	Nathan Christoforato	Penarth & Dinas Runners	SM	17:28
37	47	Gethin Edwards	Pontyclun Road Runners	M40	17:28
38	123	Gareth Medd	Pontyclun Road Runners	SM	17:35
39	177	Matt Govier	Les Croupiers RC	M45	17:41
40	118	Lauren Cooper	Parc Bryn Bach Running Club	SW	17:45
41	200	Carys Hughes	Cardiff AC	SW	17:48
42	75	Natalie Griffiths	Bristol and West AC	SW	17:50
43	82	Andrew Blair	Les Croupiers RC	M50	17:52
44	98	Simon Miles	Pontypridd Roadents AC	M40	18:02
45	66	Jonathon Astley	Parc Bryn Bach Running Club	SM	18:03
46	147	Paul Morton	Les Croupiers RC	SM	18:11
47	187	Michael Morgan	Penarth & Dinas Runners	SM	18:11
48	89	James Pearce	Lliswerry Runners	M40	18:11
49	134	Lewis McLoughlin	Lliswerry Runners	MU20	18:12
50	100	Ben Hughes	Cardiff AC	MU20	18:13

51	131	Laurence Pole	Pontypridd Roadents AC	M40	18:15
52	190	Joseph Joyce	Cardiff AC	MU20	18:16
53	40	David Craig	UA	M40	18:16
54	124	Kobe Beltran	Cardiff AC	MU20	18:20
55	136	Cian Ralphs	Cardiff AC	MU20	18:22
56	199	Harry Vowles	Cardiff AC	MU20	18:23
57	212	Hywel Edwards	San Domenico RC	M45	18:27
58	69	Alexander Rowlands	UA	SM	18:32
59	74	Jon Ely	Penarth & Dinas Runners	M40	18:33
60	57	Ian Bird	RUN4ALL Running Club	SM	18:33
61	191	Mark Joyce	Les Croupiers RC	M45	18:34
62	79	Gemma Seaman	Swansea Harriers	SW	18:36
63	189	Kevin Plank	San Domenico RC	M45	18:36
64	146	Niall Lewis	Port Talbot Harriers	SM	18:44
65	127	Michael Riley	Les Croupiers RC	M40	18:44
66	110	Rhydian Wheeler	Cardiff AC	MU20	18:46
67	201	Jim Murray	Pontypridd Roadents AC	M45	18:53
68	51	Gareth Burkitt	Torfaen Runners	SM	18:59
69	138	Mia Goddard	Cardiff AC	WU20	19:04
70	28	Katie Beecher	Les Croupiers RC	W40	19:04
71	39	Aled Hughes	Ogmore Phoenix Runners	M40	19:06
72	109	David Matthews	Penarth & Dinas Runners	SM	19:09
73	96	Bethan Hardman	Cardiff Archers	WU20	19:15
74	192	Elizabeth Dimond	Lliswerry Runners	SW	19:17
75	60	Hannah Polden	Southampton Athletic Club	SW	19:17
76	104	Nicola Jukes	Parc Bryn Bach Running Club	W45	19:19
77	155	Steven Howard	Penarth & Dinas Runners	M50	19:22
78	103	Lloyd Bridges	Cardiff AC	MU20	19:28
79	162	David James	Les Croupiers RC	M60+	19:30
80	78	Helen Oliver	Les Croupiers RC	SW	19:31
81	137	Stephan Noyuirt	Cardiff AC	MU20	19:34
82	144	Leigh James	Bridgend	W35	19:36
83	68	Terry O'Brien	UA	M60+	19:40
84	55	Paul Kehl	Pontyclun Road Runners	M50	19:42
85	99	Bethany Gold	Cardiff AC	WU20	19:46
86	59	Andrew Gunter	Parc Bryn Bach Running Club	SM	19:52
87	113	Lewis Jacobs	Rhondda AC	MU20	19:54
88	34	Isaac Jones	Cardiff AC	MU20	20:00
89	180	Shelley Brace	Les Croupiers RC	SW	20:01
90	183	Rhys Simmonds	Cardiff AC	MU20	20:06
91	48	David Sansom	Pontyclun Road Runners	M40	20:07
92	25	Marcus Meyrick	Les Croupiers RC	M45	20:08
93	52	Kit Lambert	Penarth & Dinas Runners	SM	20:08
94	126	Darren Stevens	Merthyr Running Club	M45	20:10
95	90	Emily Christopher	Pontyclun Road Runners	SW	20:11
96	194	Peter Turnbull	Les Croupiers RC	M55	20:12
97	140	Graham Mack	Merthyr Running Club	M60+	20:15
98	63	Mark Williams	Parc Bryn Bach Running Club	M60+	20:16
99	154	David Proud	Les Croupiers RC	M50	20:20
100	4	Simon Brushett	Cr@pTri	M45	20:24

101	26	Bethan Meyrick	Cardiff AC	WU20	20:25
102	73	Tim Fry	Cardiff AC	M40	20:27
103	161	Andy Wilton	San Domenico RC	M40	20:30
104	185	Nick Hayward	San Domenico RC	M40	20:35
105	150	Tim Davies	Pontypridd Roadents AC	SM	20:38
106	186	Mike Harrison	UA	SM	20:41
107	1	Brian Dias	Cardiff AC	SM	20:43
108	129	Steven Barker	Penarth & Dinas Runners	M45	20:52
109	93	Thomas James	Parc Bryn Bach Running Club	SM	20:53
110	95	Gina Hardman	Bridgend	W45	21:01
111	70	Gareth Logan	UA	SM	21:02
112	157	Catherine Barker	Penarth & Dinas Runners	W40	21:04
113	81	David Goodall	White Rock Runners	M60+	21:23
114	156	Hayley Jackson	Parc Bryn Bach	W45	21:24
115	188	Jack Stewart	Cardiff AC	MU20	21:32
116	54	Kieron Oconnell	Canton Chargers	SM	21:32
117	85	Joe Turner	Seriously Mad Runners	SM	21:43
118	45	John Seaward	Caerphilly Runners	SM	21:45
119	64	Christopher Guy	Llswerry Runners	M45	21:48
120	76	David George	Les Croupiers RC	M50	21:51
121	19	Bethan Apglyn	Penarth & Dinas Runners	SW	21:59
122	31	Nick Harris	Ogmore Phoenix Runners	SM	22:00
123	135	Chris Pratt	Ogmore Phoenix	M45	22:10
124	88	Tobias Nunn	UA	SM	22:11
125	77	Foyez Ahmed	UA	SM	22:14
126	163	David E Williams	Les Croupiers RC	M55	22:15
127	108	Joanne Edwards	Cornelly Striders	W45	22:18
128	56	Daniel Burton	UA	SM	22:18
129	202	Susan Bowes	Les Croupiers RC	M40	22:18
130	176	Maria Richards	Torfaen Runners	W45	22:21
131	171	Isabelle Jones	Cardiff AC	WU20	22:24
132	193	Christopher Nellins	Penarth & Dinas Runners	M60+	22:29
133	14	Simon Partridge	Neath Harriers AC	M60+	22:32
134	65	Jeremy Dickson	Llswerry Runners	M55	22:35
135	21	Gwynfor Palfrey	BGAC	M55	22:40
136	111	Fleur Jones	Cornelly Striders	W40	22:42
137	20	Malcolm Bradley	Penarth & Dinas Runners	M60+	22:45
138	23	Dominic Shields	San Domenico RC	M50	22:48
139	178	Mark Taylor	Penarth & Dinas Runners	M50	22:50
140	83	Martin Croshaw	UA	M45	22:51
141	159	Kay Chapman	Cardiff AC	W50	22:59
142	58	Derek Spear	RUN4ALL Running Club	M55	22:59
143	205	Helen Perry	San Domenico RC	SW	23:02
144	167	Evatt Cummings	Bridgend	M50	23:04
145	117	Carl Miller	Les Croupiers RC	M55	23:06
146	210	Vanessa Turnbull	Caerphilly Runners	W50	23:09
147	141	Melissa Smith	Penarth & Dinas Runners	W40	23:10
148	71	David Bateman	UA	SM	23:14
149	132	Steve Goodfellow	Penarth & Dinas Runners	M55	23:17
150	107	Andy Davies	Pontypridd Roadents AC	M55	23:25

151	101	Graham Webster	Les Croupiers RC	M60+	23:37
152	61	Steve Crowther	Lliswerry Runners	M55	23:41
153	115	Sally Groves	Pegasus RC	W55+	23:49
154	2	Angharad Roberts	UA	W40	23:52
155	10	Richard Sewell	Les Croupiers RC	M60+	23:56
156	206	Katie Clark	Penarth & Dinas Runners	SW	24:15
157	53	Paul Mitchell	Penarth & Dinas Runners	M40	24:15
158	168	Michael Lucas	UA	MU20	24:30
159	203	Eve Gallop-Evans	Les Croupiers RC	W55+	24:32
160	213	Luke Heslop	Pegasus RC	M40	24:43
161	102	Andrea Webster	Les Croupiers RC	W55+	24:49
162	209	Russ Pearce	Hengoed Harriers	M50	24:54
163	179	Lisa Cleary	Penarth & Dinas Runners	W55+	25:16
164	41	Caroline Thomas	Blaenau Gwent Athletics Club	W35	25:22
165	38	Ethan Meyrick	Cardiff AC	MU20	25:28
166	133	Laura McLoughlin	Lliswerry Runners	W45	25:29
167	166	Rachel Higginson	Les Croupiers RC	W35	25:29
168	12	Beverley Warburton	Penarth & Dinas Runners	W55+	25:34
169	112	Mark Evans	Brackla Harriers	M55	26:02
170	139	Carole Goddard	UA	W45	26:02
171	87	Nigel Adams	Penarth & Dinas Runners	M55	26:23
172	130	Caitlin Barker	UA	WU20	26:46
173	6	Kelly Crofts	Les Croupiers RC	W35	27:04
174	214	Phil Allen	Pegasus RC	M55	27:33
175	106	Glenn Powell	Penarth & Dinas Runners	M40	27:57
176	116	Phil Groves	Pegasus RC	M55	28:02
177	125	Catherine Llewellyn	Merthyr Running Club	W55+	28:13
178	148	Aled Jones	UA	SM	28:28
179	170	Huw Phillips	CDF Runners	M45	28:29
180	114	Crystal Jacobs	Rhondda AC	WU20	28:56
181	207	Angharad Bowen	Lonely Goat	W35	29:04
182	172	Debbie Rees	Penarth & Dinas Runners	W50	29:43
183	151	Libby Webb	Pegasus RC	SW	29:44
184	169	Jon Martin	Les Croupiers RC	M40	31:14
185	181	Colin Crooks	Pegasus RC	M60+	32:34
186	62	Gina Goddard	Lliswerry Runners	W55+	36:39