

1	148	Ellis Garamszegi	CU.Cardiff Uni	SM	15:04
2	156	Dylan Nazareth	Les Croupiers	SM	15:48
3	137	Adam Ede	Abingdon AC	SM	15:48
4	144	Matthew Verran	Swansea Harriers	SM	15:50
5	16	Rhys Hardman	Cardiff AAC	MU20	15:57
6	129	Jon Like	Parc Bryn Bach RC	M35	15:59
7	53	Jerome Edwards	Les Croupiers	M45	15:59
8	89	Tomos Whitmarsh-Knight	Les Croupiers	SM	16:00
9	61	Tadhgh Keating	Cardiff Athletics	SM	16:01
10	132	Sam Jones	Parc Bryn Bach RC	M35	16:01
11	107	Ben Butler-Madden	Pontypridd Roadents AC	M35	16:02
12	15	Geraint Williams	Swansea Harriers	M35	16:05
13	23	Andrew Cleverly	Swansea Harriers	M35	16:05
14	126	Oliver Williams	Pontypridd Roadents	M35	16:20
15	60	Reuben Keating	Les Croupiers	SM	16:29
16	31	Chris Oxley	San domenico	M35	16:33
17	163	Alex Price	Les Croupiers	SM	16:33
18	90	Ben Kennedy	Les Croupiers	SM	16:34
19	169	Olivia Tsim	Pontypridd Roadents	SW	16:38
20	24	David Craig	Les Croupiers	M45	16:41
21	95	Steven Taylor	Swansea Harriers	M35	16:47
22	5	Neil Reynolds	San Domenico	M35	16:53
23	140	Euan Coney	Deeside AAC	SM	16:54
24	152	Kate Roberts	Swansea Harriers	SW	17:03
25	37	Ross Jones	Aberdare Valley AAC	SM	17:05
26	79	Edward Donovan	Les Croupiers	M35	17:07
27	51	Jon Belcher	Llswerry Runners	M45	17:11
28	167	Martin Johns	Llswerry Runners	SM	17:18
29	21	Niki Puleio	Ogmore Phoenix Runners	M35	17:34
30	68	Paul Francis	Les Croupiers	M45	17:36
31	131	Andrew Blair	Les Croupiers	M55	17:38
32	151	Salman Megag	CA.Cardiff Athletics	MU20	17:48
33	112	Richard Wilder	San Domenico	M45	17:50
34	25	Will Phillips	Swansea Harriers	SM	17:58
35	110	Laurence Pole	Pontypridd Roadents AC	M45	18:01
36	7	Charlie Bleasdale	Pontypridd Roadents	SM	18:07
37	93	Stuart Crees	Les Croupiers	M35	18:08
38	50	Gareth Richards	Ogmore Phoenix runners	M45	18:10
39	162	Ben Hooper	UA	SM	18:10
40	34	Jai Tsim	Pontypridd Roadents AC	SM	18:11
41	123	Lucas Salvage	Llswerry Runners	MU20	18:14
42	27	Alfie Osborne	Cardiff Athletics	MU20	18:21
43	10	Phillip Evans	Pontypridd Roadents AC	M35	18:22
44	87	Vaughn Hughes	Newport Harriers AC	MU20	18:22
45	19	Abbie White	Yeovil Olympiads AC	WU20	18:24
46	26	Harry Osborne	Cardiff Athletics	MU20	18:35
47	135	Amy Griffiths	Les Croupiers	SW	18:41
48	20	Rob Borley	San Dominico RC	M35	18:49
49	102	James Manson	Cardiff Triathlon Club	M45	18:53
50	28	Aled Hughes	Ogmore Phoenix	M45	19:03

51	94	Philip Hodge	Les Croupiers RC	M55	19:11
52	49	Rhydian Lloyd-Francis	Bridgend AC	MU20	19:24
53	82	Sian George	Swansea Harriers	W35	19:27
54	128	Kit Lambert	Penarth & Dinas Runners	M35	19:28
55	154	Anna Matthew	CU.Cardiff Uni	WU20	19:34
56	117	Kevin Plank	San Domenico RC	M45	19:41
57	2	Matt Regan	Pontypridd Roadents AC	M35	19:45
58	35	Julie Chamberlain	Cardiff Athletics	W35	19:50
59	55	Jeffrey Cox	Les Croupiers Running Club	M55	19:52
60	155	Nicola Jukes	Parc Bryn Bach RC	W45	19:56
61	44	Brian Dias	Cardiff athletics	M35	19:58
62	86	Tammy Pritchard	Les Croupiers RC	W45	19:58
63	30	Leigh James	Bridgend AC	W35	20:02
64	56	Brian Lovett	San Domenico RC	M45	20:07
65	145	Donovan Williams-Hale	UA	SM	20:30
66	116	Catherine Barker	Penarth and Dinas Runners	W45	20:31
67	78	David Coombs	UA	M45	20:33
68	127	Joseph Turner	Penarth & Dinas Runners	SM	20:43
69	18	Nick Hayward	San Domenico RC (Not Affiliated)	M35	20:59
70	76	Tim Fry	Lliswerry Runners	M35	20:59
71	153	Meghan Watson	CU.Cardiff Uni	WU20	21:15
72	57	Wayne Randall	Ogmore Phoenix Runners	M45	21:18
73	77	Kay Chapman	Les Croupiers	W55	21:18
74	109	Tom Morris	UA	M35	21:20
75	133	Steven Barker	Penarth and Dinas Runners	M45	21:25
76	80	Michael Barnes	Fairwater Runners Cwmbran	M35	21:28
77	119	Rebecca Cox	Les Croupiers	SW	21:32
78	14	Gina Hardman	Bridgend Athletics Club	W45	21:34
79	92	Sarah Woodley-Williams	San Domenico RC	W35	21:35
80	168	Frank Atherton	Penarth & Dinas RC	M55	21:36
81	75	Ruth Cann	Penarth & Dinas RC	W35	21:40
82	98	Olivia Farrington	Spirit of Monmouth	SW	21:41
83	159	Andy Davies	Pontypridd Roadents	M55	21:42
84	108	Niamh James	Cardiff university	SW	21:44
85	36	Stephan Noyvirt	Uni West of England ACCC	SM	21:44
86	81	Paul Chapman	Les Croupiers RC	M45	21:49
87	165	David Barker	CA.Cardiff Athletics	MU20	21:49
88	105	Ruth Sutton	Pontypridd Roadents AC	W45	21:51
89	164	Carole Goddard	Les Croupiers	W45	21:52
90	146	Samuel Williams-Hale	UA	MU20	21:58
91	99	Mick Tabor	Les Croupiers	M55	21:59
92	74	David.E Williams	Les Croupiers Running Club	M55	22:05
93	161	Jonathan Hooper	Les Croupiers	M55	22:13
94	106	Aled Williams	Pegasus Running Club	M35	22:18
95	22	Emily Adams	Pontypridd Roadents AC	SW	22:24
96	143	Damion Huggins	UA	M35	22:29
97	38	Rebecca Read	Agile Run	W35	22:38
98	46	Katy Griffiths	Bridgend AC	WU20	22:44
99	157	Evatt Cummings	Bridgend	M45	22:51
100	134	Lisa Cleary	Penarth and Dinas Runners	W55	23:05

101	42	Allie Adams	Rhondda Athletics Club	WU20	23:06
102	41	Marc Adams	UA	M35	23:14
103	69	Libby Crees	Les Croupiers	W45	23:22
104	170	Gareth Davies	Penarth & Dinas RC	M35	23:28
105	48	Phill Iveson	Ogmore Phoenix Runners	M45	23:31
106	136	Sarah Davies	Ogmore Phoenix Runners	W45	23:31
107	43	Dexter Clements	Rhondda Athletics Club	MU20	23:37
108	138	Richard Sewell	UA	M55	23:37
109	32	James Buckingham	Penarth & Dinas RC	M55	23:38
110	158	Huw Roberts	Bridgend	M55	23:42
111	39	Christopher Nellins	Penarth & Dinas Runners	M55	23:47
112	54	Michael H Davies	Les Croupiers RC	M55	23:59
113	150	Tom Slater	MOD St Athan	SM	24:04
114	149	Ryan Grimes	MOD St Athan	SM	24:05
115	64	Sarah Lyle	Pegasus Running Club	W45	24:10
116	96	Jonathan Churchill	Pegasus RC	M55	24:26
117	85	Katie Gibbs	Caerleon RC	SW	24:30
118	160	Julie Scholey	Les Croupiers	W55	24:37
119	73	Lauren Old	UA	W35	24:42
120	122	Andrea Webster	Les Croupiers	W55	24:43
121	130	Melanie Thomas	Ogmore Phoenix Runners	W35	24:43
122	45	John Chandler	San Domenico RC	M55	24:55
123	58	Niall Hughes	San Domenico RC	M45	25:36
124	166	Graeme Donnan	Les Croupiers	M55	25:41
125	124	Claire Jacobs	Les Croupiers Running Club	W45	25:48
126	121	Debbie Rees	Penarth & Dinas Runners	W55	25:53
127	83	Meurig Chapple	Penarth and Dinas Runners	M55	25:55
128	72	Nigel Hammersley	Pegasus Running Club	M35	25:56
129	47	Steph Iveson	Ogmore Phoenix Runners	W35	25:59
130	125	Eve Gallopevans	Les Croupiers	W55	26:20
131	91	Gary Brewster	Llswerry Runners	M35	26:27
132	103	Claire Manson	Cardiff Triathlon Club	W35	26:32
133	120	Kelly Crofts	Les Croupiers	W35	26:43
134	3	Arren Roach	CDF Runners	SM	26:44
135	59	Colin Crooks	Pegasus RC	M55	26:50
136	147	Mal Firouz	Les Croupiers	M55	27:24
137	104	Philip Allen	Pegasus Running Club	M55	27:30
138	66	Phil Groves	Pegasus Running Club	M55	27:44
139	142	Emma Huggins	UA	W35	28:14
140	141	Lianne Booth	Pegasus Running Club	W45	28:28
141	84	Dawn Hopkins	Ogmore Phoenix Runners	W35	28:40
142	113	Dan Groves	Pegasus Running Club	M45	29:29
143	111	Angharad Parryjones	Les Croupiers	W45	29:41
144	70	Andrew Hollins	Pegasus Running Club	M45	31:27
145	40	Tracey Newman	Les Croupiers	W45	32:06
146	71	Carolyn Lewis	Pegasus RC	W35	32:35
147	62	Laura Worrall	Ogmore Phoenix Runners	SW	42:36
148	63	Mark Worrall	Ogmore Phoenix Runners	M55	42:36