

1	93	Remi Adebiyi	Newport Harriers	SM	14:29
2	109	Matthew Edwards	Cardiff Athletics	SM	14:40
3	13	Jonathan Butler	Swansea Harriers	SM	14:40
4	117	Adam Bowden	Bridgend AC	M35	14:49
5	172	Lloyd Sheppard	Cardiff Athletics	MU20	14:54
6	130	Jacob Tasker	Ogmore Phoenix Runners	SM	15:27
7	189	Matthew Edmonds	Newport Harriers	M35	15:32
8	157	Thomas Gostelow	Charnwood A C	SM	15:35
9	178	Symon Murphy	Pontypridd Roadents AC	M35	15:46
10	204	Connor McCann	Cardiff Athletics	SM	15:50
11	205	Matthew Verran	Swansea Harriers	SM	16:04
12	218	Ben Butler-Madden	Pontypridd Roadents	M35	16:19
13	140	Leighton Rawlinson	Micky Morris Racing Team	M35	16:20
14	152	Andy Gardiner	San Domenico RC	M35	16:21
15	180	Criag Hudson	Newport Harriers	SM	16:24
16	107	Matthew Jacklin	Aberdare Valley AAC	M45	16:26
17	184	Darren Bishop	Pontypridd Roadents	M35	16:27
18	212	Olivia Tsim	Pontypridd Roadents	SW	16:27
19	24	Chris Oxley	San domenico	M35	16:28
20	182	Oliver Price	Cardiff Athletics	MU20	16:28
21	141	Tim Spencer	Pontypridd Roadents AC	SM	16:34
22	133	Chris Williams	Aberdare Valley AAC	M35	16:37
23	214	Adam Payne	Pontypridd Roadents	M35	16:37
24	102	Iwan Froley	Cardiff Athletics	MU20	16:50
25	91	Steven Taylor	Swansea harriers	M35	16:54
26	85	David Craig	Les Croupiers	M45	16:59
27	148	Edward Donovan	Les Croupiers	M35	16:59
28	116	Tom Hughes	Shrewsbury AC	SM	17:00
29	77	Cory Sherwin	Forest of Dean AC	SM	17:03
30	142	Vaughan Edwards	Les Croupiers	M35	17:06
31	80	Ross Jones	Aberdare Valley AAC	SM	17:08
32	165	Garyn Tough	Aberdare Valley AAC	MU20	17:17
33	190	Kate Roberts	Swansea Harriers	SW	17:18
34	115	Millie Gold	Cardiff Athletics	WU20	17:21
35	92	Anthony Smets	Cardiff Athletics	SM	17:22
36	160	Mark Hobbs	Micky Morris Racing Team	SM	17:23
37	16	Niki Puleio	Ogmore Phoenix Runners	M35	17:24
38	179	Chloe Dooley	Pontypridd Roadents AC	SW	17:35
39	144	Nathan Christoforato	Penarth & Dinas Runners	M35	17:43
40	97	Geoff Brimble	Newport Harriers	M55	17:44
41	211	Rachel Davies	Swansea Harriers	SW	17:44
42	188	Jonathan Parry	Bridgend	M35	17:45
43	155	Matthew Turner	San Domenico RC	M45	17:48
44	176	Andrew Blair	Les Croupiers	M55	17:50
45	90	James Craddock	Cardiff Athletics	SM	17:54
46	3	Samuel Boyce	Cardiff Athletics (Not Affiliated)	MU20	17:56
47	66	Richard Wilder	San Domenico	M45	18:01
48	101	Paul Morton	Les Croupiers	M35	18:06
49	15	Rob Borley	San Dominico RC	M35	18:08
50	4	Neil Reynolds	San Domenico	M35	18:09

51	59	Vaughn Hughes	Newport Harriers AC	MU20	18:11
52	168	Lucas Salvage	Liswerry Runners Newport Harriers	MU20	18:17
53	105	Luke Woodhouse	Neath Harriers	MU20	18:19
54	21	Aled Hughes	Ogmore phoenix runners	M45	18:22
55	75	Robert Pritchard	Chepstow Harriers	M35	18:25
56	19	Alfie Osborne	Cardiff Athletics	MU20	18:30
57	28	Jai Tsim	Pontypridd Roadents AC	SM	18:32
58	37	Gareth Richards	Ogmore Phoenix runners	M45	18:32
59	183	Keith James	Pontypridd Roadents	M45	18:38
60	74	Amy Griffiths	Les Croupiers	SW	18:41
61	156	Harry Turner	Cardiff Athletics	MU20	18:44
62	125	Gemma Tutton	Swansea Harriers	SW	18:45
63	62	Philip Hodge	Les Croupiers RC	M55	18:55
64	139	Stephen Campbell	Les Croupiers	SM	18:58
65	36	Rhydian Lloyd-Francis	Ogmore Phoenix runners	MU20	18:59
66	113	Alexander James	Harpenden Arrows	SM	19:01
67	207	Joe James	Cardiff Athletics	MU20	19:05
68	78	Andrew Watts	Chepstow harriers	M45	19:10
69	131	Neil Price	Ogmore Phoenix Runners	M35	19:12
70	40	Jeffrey Cox	Les Croupiers Running Club	M55	19:14
71	132	Sam Howell-Jones	Pontypridd Roadents AC	SM	19:19
72	128	Phil Hambleton	Les Croupiers	M35	19:20
73	210	Llinos Jones	Swansea Harriers	W35	19:21
74	54	Rebeca Harries	Cardiff Athletics	WU20	19:26
75	163	Nathaniel Palmer	Les Croupiers	M45	19:28
76	150	Gareth Logan	Les Croupiers	M35	19:33
77	171	Haydn Hartnell	Parc Bryn Bach Running Club	M55	19:35
78	136	Katie Beecher	Les Croupiers	W35	19:40
79	222	Dean Cox	UA	M35	19:42
80	174	Nick Stocker	Bridgend AC	M45	19:45
81	154	Peter Coles	Pontypridd Roadents AC	M55	19:47
82	23	Leigh James	Bridgend AC	W35	19:50
83	200	James Marston	MoD St Athan	MU20	19:54
84	191	Nicola Jukes	Parc Bryn Bach RC	W45	19:55
85	161	Nea Sneddon-Jenkins	Cirencester AC	SW	19:57
86	127	Tom Gilbert	Newport Harriers	MU20	20:00
87	86	Julie Chamberlain	Cardiff Athletics	W35	20:03
88	177	Georgina Dando	Bridgend AC	W35	20:09
89	217	Megan Turner	San Domenico	SW	20:11
90	158	Jamie Fenaroli	Aberdare Valley AAC	SM	20:13
91	8	Gareth Hardman	Bridgend Athletics Club	M55	20:16
92	162	Susannah Bulpin	San Domenico RC	W45	20:16
93	169	Lowri Morgan-Macdonald	San Domenico RC	SW	20:20
94	149	Andy Wilton	San Domenico RC	M45	20:21
95	147	Terry O'Brien	0	M55	20:23
96	167	Rachel Connery	Not affiliated yet	SW	20:23
97	5	Jeremy Thomas	Les croupiers	M55	20:26
98	196	Jordan Lane	Port Talbot Harriers	SM	20:30
99	137	Paul Edwards	0	M35	20:32
100	199	Tom Slater	MoD St Athan	SM	20:40

101	81	Brian Lovett	San Domenico RC	M45	20:43
102	67	Catherine Barker	Penarth and Dinas Runners	W45	20:44
103	124	Erin Andrews	Cardiff Athletics	WU20	20:45
104	35	Brian Dias	Cardiff athletics	M35	20:46
105	173	Cian Tough	Aberdare Valley AAC	MU20	20:49
106	99	Katy Griffiths	Bridgend AC	WU20	21:08
107	208	Carole Goddard	Les Croupiers RC	W45	21:10
108	103	Neve Jones	Cardiff Athletics	WU20	21:31
109	119	Bethan Butler-Madden	Pontypridd Roadents AC	SW	21:34
110	72	Steven Barker	Penarth and Dinas Runners	M45	21:36
111	53	Kay Chapman	Les Croupiers Running Club	W55	21:40
112	194	Nina Brocklebank	Swansea Harriers	W45	21:50
113	220	Tom Morris	UA	M35	21:56
114	215	Delyth Williams	San Domenico	SW	21:57
115	51	David.E Williams	Les Croupiers Running Club	M55	22:00
116	65	Ruth Sutton	Pontypridd Roadents AC	W45	22:04
117	55	Paul Chapman	Les Croupiers RC	M45	22:09
118	87	Terry Caveney	Les Croupiers	M55	22:12
119	185	Mick McGeoch	Les Croupiers RC	M55	22:21
120	209	Peter Gillibrand	Les Croupiers RC	SM	22:22
121	203	Evatt Cummings	Bridgend AC	M45	22:27
122	170	Gareth Redding	0	M55	22:30
123	43	Clive Osmond	Les Croupiers	M55	22:34
124	166	Morwenna Charman	San Domenico RC	SW	22:34
125	71	Joseph Turner	Penarth & Dinas Runners	SM	22:38
126	181	Wayne Randall	Ogmore Phoenix	M45	22:44
127	31	Michelle Taylor	Islwyn RC	SW	22:48
128	201	David Barker	Cardiff Athletics	MU20	22:51
129	33	Allie Adams	Rhondda Athletics Club	WU20	22:52
130	134	Eugene O'Sullivan	Pegasus Running Club	M35	22:57
131	100	Phill Iveson	Ogmore Phoenix Runners	M45	22:59
132	32	Marc Adams	UA	M35	23:04
133	126	Sioned John	Cardiff Athletics	WU20	23:11
134	198	Ryan Grimes	MoD St Athan	SM	23:14
135	104	Nick Woodhouse	UA	M45	23:24
136	114	Malcolm Bradley	Penarth & Dinas Runners	M55	23:26
137	63	Jonathan Churchill	Pegasus RC	M55	23:27
138	202	Rachel Hooper	Les Croupiers RC	W45	23:47
139	45	Sarah Lyle	Pegasus Running Club	W45	24:11
140	221	Gareth Davies	Penarth & Dinas RC	M35	24:12
141	186	Ann Johnston	Penarth & Dinas RC	W35	24:19
142	187	Frank Atherton	Penarth & Dinas RC	M55	24:19
143	159	Sarah Davies	Ogmore Phoenix Runners	W45	24:25
144	192	Jack Horsnell	Rhondda Athletic	MU20	24:26
145	193	Gareth Horsnell	Rhondda Athletic	M35	24:32
146	39	Michael H Davies	Les Croupiers RC	M55	24:47
147	46	Sally Groves	Pegasus	W55	24:52
148	164	Aislin Fields	San Domenico RC	SW	24:56
149	108	Kelly Gipson	Swansea Harriers	W45	24:57
150	138	Claire Jarrom	Les Croupiers	W35	24:57

151	213	Chris Pratt	Ogmore Phoenix	M45	25:01
152	145	Keri Jones	Parc Bryn Bach Running Club	W45	25:03
153	50	Lauren Old	UA	W35	25:20
154	219	Jenny Martin	Les Croupiers RC	W35	25:24
155	146	Steve B Lewis	Les Croupiers	M55	25:32
156	197	Jack Richardson	MoD St Athan	SM	25:38
157	175	Chris Tough	0	M45	25:46
158	195	Nick Harris	Ogmore Phoenix	M35	26:23
159	69	Eve Gallop Evans	Les Croupiers	W55	26:30
160	2	Arren Roach	CDF Runners	SM	26:32
161	112	Debbie Rees	Penarth & Dinas Runners	W55	26:42
162	41	Colin Crooks	Pegasus RC	M55	27:07
163	216	Philip Brett	Heath Massive	M35	27:55
164	83	John Weatherbed	Lliswerry Runners	M55	29:25
165	121	Paul Buckle	UA	M45	31:15
166	57	Dawn Hopkins	Ogmore Phoenix Runners	W35	31:51
167	49	Carolyn Lewis	Pegasus Running Club Cardiff	W35	32:04
168	206	Clare Johnson	Les Croupiers RC	W55	32:30
169	151	Nigel Hammersley	Pegasus Running Club	M35	32:46
170	111	Tracey Newman	Les Croupiers	W45	33:48
171	89	Cheryl Jones	Lliswerry Runners	W35	36:49
172	88	Clare Hoare	Lliswerry Runners	W35	38:00
173	120	Sally Bloomfield	SMR Barry	W55	39:01
174	95	D Knight-Davis	Lliswerry Runners	W55	39:17
175	44	Mark Worrall	Ogmore Phoenix Runners	M55	44:55
176	42	Laura Worrall	Ogmore Phoenix Runners	SW	44:57
177	82	Tina Weatherbed	Lliswerry Runners	W45	50:34