

1	212	Remi Adebiyi	Newport Harriers	SM	14:32
2	149	Adam Bowden	Bridgend AC	M35	14:42
3	144	Larry Ryan	Cardiff AAC	SM	14:54
4	215	Dominic Smith	Swansea Harriers	SM	14:57
5	197	Morgan James	CA.Cardiff Athletics	SM	14:58
6	205	Marc Hobbs	Swansea Harriers	M35	15:23
7	223	Dylan Nazareth	Les Croupiers	SM	15:25
8	115	Jon Like	Mynydd Du Parc Bryn Bach RC	M35	15:26
9	199	Samuel Richards	Pontypridd Roadents	SM	15:29
10	214	Owain Morris	Les Croupiers RC	SM	15:30
11	219	Daniel Bodman	Parc Bryn Bach RC	SM	15:36
12	216	Simon Lewis	Pontypridd Roadents	M45	15:39
13	114	Ben Hughes	Cardiff Athletics	MU20	15:44
14	194	Sam Jones	Parc Bryn Bach Running Club	M35	15:47
15	134	Lee Drew	Lliswerry Runners	SM	15:48
16	158	Ross Matthews	Parc Bryn Bach Running Club	M35	15:58
17	195	Darren Bishop	Pontypridd Roadents	M35	15:58
18	204	Matthew Harvey	Swansea Harriers	M35	15:59
19	189	Charles Davis	Les Croupiers	SM	16:02
20	201	Oliver Price	CA.Cardiff Athletics	MU20	16:04
21	196	Matthew Verran	Swansea Harriers	SM	16:06
22	142	Ben Butler-Madden	Pontypridd Roadents AC	M35	16:09
23	63	Oliver Williams	Pontypridd Roadents Running Club	M35	16:11
24	151	Huw Evans	Parc Bryn Bach Running Club	M45	16:11
25	162	Leighton Rawlinson	Micky Morris Racing Team	M35	16:12
26	156	Martin Norton	Lliswerry Runners	SM	16:16
27	103	Adam Whittaker	CDF Runners	SM	16:18
28	180	Owain Zerilli	Les Croupiers	SM	16:18
29	181	Reuben Keating	Les Croupiers	SM	16:19
30	191	Richard Jones	Lliswerry Runners	M45	16:20
31	163	Olivia Tsim	Pontypridd Roadents AC	SW	16:20
32	170	Vaughan Edwards	Les Croupiers	M35	16:28
33	124	George Collinson	Les Croupiers	SM	16:32
34	15	Andrew Cleverly	Swansea Harriers	M35	16:41
35	200	Kate Roberts	Swansea Harriers	SW	16:41
36	113	Lloyd Jones	Run4All Neath	SM	16:44
37	121	Alaw Beynon-Thomas	Les Croupiers	SW	16:45
38	211	Michael Morgan	Penarth & Dinas RC	M35	16:50
39	117	Anthony Smets	Cardiff Athletics	SM	16:53
40	116	Lee Aherne	Parc Bryn Bach Running Club	M55	16:54
41	119	Phil Morris	Builth & District	M35	16:57
42	120	Arwel Evans	Les Croupiers	SM	16:58
43	161	Lucas Salvage	Lliswerry Runners Newport Harriers	MU20	16:59
44	132	Lauren Cooper	Parc Bryn Bach Running Club	SW	17:01
45	22	Matt Hall	Les Croupiers RC	SM	17:02
46	182	Jasmine Cooper	Derby Athletic Club	SW	17:03
47	118	Donna Morris	Builth & District	W35	17:03
48	126	Rhys McNabb	Cardiff Athletics	MU20	17:09
49	175	Chloe Dooley	Pontypridd Roadents AC	SW	17:11
50	3	Neil Reynolds	San Domenico	M35	17:17

51	171	Paul Morton	Les Croupiers	M35	17:21
52	101	Jonathan Bonville-Ginn	CDF Runners	SM	17:21
53	94	Huw Riley	Cardiff Athletics	MU20	17:24
54	145	Rhys Pladdy	Cardiff Athletics	MU20	17:27
55	167	Moli Lyons	Cardiff Athletics	WU20	17:27
56	183	Andrew Blair	Les Croupiers	M55	17:28
57	26	Duncan Sheldon	Penarth & Dinas Runners	M45	17:29
58	184	Nathan Christoforato	Penarth & Dinas Runners	M35	17:32
59	54	Vaughn Hughes	Newport Harriers AC	MU20	17:34
60	83	Lewis Munro	Islwyn RC	SM	17:36
61	14	Niki Puleio	Ogmore Phoenix Runners	M35	17:38
62	13	Rob Borley	San Dominico RC	M35	17:39
63	168	Mark Hobbs	Micky Morris Racing Team	SM	17:42
64	179	Keith James	Pontypridd Roadents AC	M45	17:43
65	60	Richard Wilder	San Domenico	M45	17:45
66	69	Robert Pritchard	Chepstow Harriers	M35	17:54
67	73	James Craddock	Cardiff Athletics	SM	17:57
68	75	Iwan Frole	Cardiff Athletics	MU20	18:02
69	137	Sam Howell-Jones	Pontypridd Roadents AC	SM	18:02
70	24	Jai Tsim	Pontypridd Roadents AC	SM	18:07
71	33	Gareth Richards	Ogmore Phoenix runners	M45	18:10
72	152	Paul Carter	UA	M35	18:12
73	96	Emily Lowery	Vale Royal AC Welsh Anglo Athletes	SW	18:24
74	208	Lee Gwyn	UA	M35	18:24
75	185	Michael Darke	CDF Runners	M35	18:26
76	95	Helen Oliver	Les Croupiers	SW	18:29
77	206	Laurence Pole	Pontypridd Roadents AC	M45	18:31
78	112	Alexander James	CDF Runners	SM	18:32
79	67	Amy Griffiths	Les Croupiers	SW	18:34
80	58	James Manson	Cardiff Triathlon Club	M45	18:36
81	157	Gemma Tutton	Swansea Harriers	SW	18:44
82	143	Andy Pearce	Penarth & Dinas Runners	M55	18:44
83	16	Harry Osborne	Cardiff Athletics	MU20	18:46
84	32	Rhydian Lloyd-Francis	Bridgend AC	MU20	18:50
85	210	Mike Harrison	Penarth & Dinas RC	M35	18:53
86	202	James Marston	MoD St Athan	MU20	18:56
87	36	Jeffrey Cox	Les Croupiers RC	M55	18:59
88	86	Tom Gilbert	Newport Harriers	MU20	19:02
89	135	Matt Hopkins	Les Croupiers	M35	19:05
90	173	Oliver Edwards	Oliver Edwards	SM	19:07
91	131	Ross Flanigan	Penarth & Dinas Runners	M45	19:11
92	100	Gwenno Goode	Cardiff Athletics	WU20	19:12
93	188	Jonathan Anstee	CDF Runners	SM	19:16
94	17	Alfie Osborne	Cardiff Athletics	MU20	19:20
95	139	Kit Lambert	Penarth & Dinas Runners	M35	19:22
96	177	Leo Watkins	Bridgend AC	MU20	19:24
97	146	Haydn Hartnell	Parc Bryn Bach Running Club	M55	19:26
98	56	Philip Hodge	Les Croupiers RC	M55	19:28
99	123	Steven Hooper	Pontypridd Roadents AC	M55	19:30
100	4	Jeremy Thomas	Les croupiers	M55	19:37

101	147	Nicola Jukes	Parc Bryn Bach Running Club	W45	19:38
102	122	Joshua Morgan	Swansea Harriers	MU20	19:40
103	165	Mark Carter	Penarth & Dinas Runners	M45	19:46
104	136	Julie Chamberlain	Cardiff Athletics	W35	19:47
105	19	Leigh James	Bridgend AC	W35	19:48
106	127	Scott Gray	Ogmore Phoenix Runners	SM	19:50
107	97	Paul Edwards	UA	M35	19:52
108	232	George Watkins	Les Croupiers RC	SM	19:59
109	61	Catherine Barker	Penarth and Dinas Runners	W45	20:02
110	31	Brian Dias	Cardiff athletics	M35	20:05
111	176	Matthew Watkins	Clwb Run Wales	M35	20:10
112	107	Ellie Clemence	Les Croupiers	SW	20:12
113	155	Katy Griffiths	Bridgend AC	WU20	20:15
114	18	Aled Hughes	Ogmore phoenix runners	M45	20:16
115	140	Bethan Butler-Madden	Pontypridd Roadents AC	SW	20:17
116	125	Jonathan Pollinger	UA	M55	20:20
117	178	Daniel Thomas	Llanelli AC	SM	20:22
118	148	Terry O'Brien	UA	M55	20:22
119	64	Joseph Turner	Penarth & Dinas Runners	SM	20:30
120	130	Timothy Earlam	Penarth & Dinas Runners	M35	20:37
121	108	David Shewring	Pontyclun Road Runners	M35	20:47
122	128	Steffan Mason-Smith	Cardiff Athletics	MU20	20:50
123	47	David.E Williams	Les Croupiers Running Club	M55	21:00
124	222	Steve Chadwell	Les Croupiers RC	M45	21:04
125	218	Robert Young	CDF Running Club	SM	21:07
126	49	Kay Chapman	Les Croupiers Running Club	W55	21:08
127	213	Carole Goddard	Les Croupiers	W45	21:14
128	169	Nicholas Morgan	Penarth & Dinas Runners	M35	21:15
129	87	Louise Muteham	Lliswerry Runners	W35	21:18
130	104	Freya Hughes-Rolls	Cardiff Athletics	WU20	21:31
131	59	Ruth Sutton	Pontypridd Roadents AC	W45	21:34
132	25	Jane Sheldon	Penarth & Dinas Runners	W45	21:37
133	174	Peter Gillibrand	Les Croupiers	SM	21:42
134	65	Steven Barker	Penarth and Dinas Runners	M45	22:03
135	85	Nick Hayward	San Domenico RC	M35	22:15
136	203	Andy Davies	Pontypridd Roadents	M55	22:21
137	91	Terry Caveney	Les Croupiers	M55	22:27
138	48	Ruth Cann	Penarth and Dinas Runners	W35	22:32
139	50	Paul Chapman	Les Croupiers RC	M45	22:33
140	102	Clive Osmond	Les Croupiers	M55	22:41
141	78	Gideon Calder	Penarth & Dinas Runners	M45	22:46
142	154	Phill Iveson	Ogmore Phoenix Runners	M45	22:52
143	77	Malcolm Bradley	Penarth & Dinas Runners	M55	22:57
144	141	Timothy Evans	Penarth & Dinas Runners	M55	23:00
145	29	Allie Adams	Rhondda Athletics Club	WU20	23:09
146	28	Marc Adams	UA	M35	23:10
147	99	Isabelle Jacklin	Aberdare Valley AAC	WU20	23:16
148	98	Matthew Jacklin	Aberdare Valley AAC	M45	23:16
149	68	Richard Sewell	UA	M55	23:29
150	138	Mark Herbert	Les Croupiers	M35	23:30

151	42	Sally Groves	Pegasus	W55	23:58
152	66	Lisa Cleary	Penarth and Dinas Runners	W55	24:02
153	231	Gareth Davies	Penarth & Dinas RC	M35	24:04
154	41	Sarah Lyle	Pegasus Running Club	W45	24:05
155	209	Jon Lewis	Penarth & Dinas RC	M45	24:09
156	186	Tracey Creedon	Les Croupiers	W35	24:15
157	80	Claire Jarrom	Les Croupiers	W35	24:25
158	166	Ray Davies	Aberdare Valley AAC	M55	24:30
159	150	Bretti Paxton	Pontypridd Roadents AC	SW	24:34
160	23	John Chandler	San Domenico RC	M55	24:34
161	220	Julie Scholey	Les Croupiers	W55	24:36
162	193	Rhydian Sandbrook	Pegasus Running Club	M35	24:37
163	21	James Buckingham	Penarth & Dinas Runners	M55	24:37
164	109	Darpan Singh	Pontyclun Road Runners	M45	24:45
165	229	Christopher Nellins	Penarth & Dinas Runners	M55	24:49
166	226	Jenny Martin	Les Croupiers RC	W35	24:52
167	51	Meurig Chapple	Penarth and Dinas Runners	M55	25:09
168	207	Peter Trott	Penarth & Dinas RC	M45	25:20
169	217	Huw Roberts	Bridgend	M55	25:28
170	228	Kath Peterson	Penarth & Dinas RC	W45	25:29
171	153	Steph Iveson	Ogmore Phoenix Runners	W35	25:32
172	2	Arren Roach	CDF Runners	SM	25:34
173	79	Arabella Calder	Penarth & Dinas Runners	W45	25:41
174	76	Debbie Rees	Penarth & Dinas Runners	W55	25:45
175	111	Simon Williamson	Penarth & Dinas Runners	M55	25:46
176	133	Eve Gallop Evans	Les Croupiers	W55	25:51
177	190	Gerry Crispie	Les Croupiers	M55	25:58
178	224	Nick Harris	Ogmore Phoenix	M35	25:59
179	227	Nigel Adams	Penarth & Dinas RC	M55	26:07
180	225	Claire Manson	Cardiff Triathlon Club	W35	26:13
181	110	Niall Hughes	San Domenico RC	M45	26:25
182	198	Firouz Mal	Les Croupiers RC	M55	26:37
183	164	Stephen Farmer	Penarth & Dinas Runners	M55	26:46
184	192	Nigel Hammersley	Pegasus Running Club	M35	26:51
185	38	Colin Crooks	Pegasus RC	M55	27:22
186	43	Phil Groves	Pegasus Running Club	M55	27:39
187	52	Dawn Hopkins	Ogmore Phoenix Runners	W35	27:55
188	187	David Phillips	Les Croupiers	M35	28:11
189	221	Karen Chadwell	Les Croupiers RC	W45	30:32
190	160	Clare Allen	Pegasus Running Club	W45	31:43
191	159	Philip Allen	Pegasus Running Club	M55	31:43
192	129	Adam Pohl	Ogmore Phoenix Runners	SM	32:14
193	39	Laura Worrall	Ogmore Phoenix Runners	SW	44:02
194	40	Mark Worrall	Ogmore Phoenix Runners	M55	44:04