

Bar Code	Number	Position	Time	Cname	Sname	Club	Age	Gender	Male	Female Rank	Female
39	39	1	14:41	Jonathan	Hopkins	Swansea Harriers	30	M	1-SENM		
35	35	2	14:52	Daniel	Hamilton	Pontypridd Roadents Ac	31	M	2-SENM		
207	207	3	15:04	Felix	Mcgrath	Bristol And West	27	M	3-SENM		
81	81	4	15:22	Jacob	Tasker	Ogmore Phoenix Runners	26	M	4-SENM		
187	187	5	15:24	Samuel	Richards	Pontypridd Roadents	31	M	5-SENM		
96	96	6	15:28	Ben	Hughes	Cardiff Aac	18	M	1-U20M		
86	86	7	15:28	Jack	Turner	Swansea Harriers	25	M	6-SENM		
97	97	8	15:38	Matthew	Verran	Swansea Harriers	23	M	7-SENM		
181	181	9	15:41	Daniel	Badman	Parc Bryn Bac	32	M	8-SENM		
117	117	10	15:49	Sam	Jones	Parc Bryn Bach	37	M	1-MM35-39		
107	107	11	15:50	Joshua	Davies	Cornwall Ac	22	M	9-SENM		
3	3	12	15:50	Alan	Baker	North Somerset Athletics Club	43	M	1-MM40-44		
189	189	13	15:51	Justin	Crocker	Parc Bryn Bac	41	M	2-MM40-44		
4	4	14	15:51	Nicky	Bennett	Ogmore Phoenix Runners	30	M	10-SENM		
12	12	15	15:52	Will	Cheek	North Somerset Ac	21	M	11-SENM		
19	19	16	15:52	Rob	Davies	Amman Valley Harriers	37	M	2-MM35-39		
161	161	17	15:55	Carl	Eldred	Les Croupiers	23	M	12-SENM		
85	85	18	15:56	Adam	Townsend	Cardiff University Athletics	23	M	13-SENM		
142	142	19	15:57	Grant	Medcraft	Pontypridd Roadents	37	M	3-MM35-39		
28	28	20	15:57	Edward	Foster	San Domenico Rc	26	M	14-SENM		
63	63	21	15:59	Jamie	Parry	Parc Bryn Bach Running Club	36	M	4-MM35-39		
49	49	22	16:01	Tadhgh	Keating	Les Croupiers Running Club	30	M	15-SENM		
141	141	23	16:06	Darren	Bishop	Pontypridd Roadents	41	M	3-MM40-44		
106	106	24	16:07	Andy	Gardiner	San Domenico	36	M	5-MM35-39		
61	61	25	16:10	Martin	Norton	Lliswerry Runners	30	M	16-SENM		
27	27	26	16:10	Tom	Flitcroft	Les Croupiers Running Club	31	M	17-SENM		
67	67	27	16:12	James	Peters	Pontypridd Roadents Ac	38	M	6-MM35-39		
24	24	28	16:13	Huw	Evans	Parc Bryn Bach Running Club	51	M	1-MM50-54		
198	198	29	16:15	Themis	Bower	Pontypridd Roadents	22	M	18-SENM		
202	202	30	16:16	Tomos	Hughes	Shrewsbury	23	M	19-SENM		
50	50	31	16:18	Ben	Kennedy	Les Croupiers Running Club	31	M	20-SENM		
110	110	32	16:24	Jack	Reddaway	Les Croupiers	27	M	21-SENM		
75	75	33	16:25	Neil	Reynolds	San Domenico Rc	42	M	4-MM40-44		
227	227	34	16:27	Michaes	Morgan	Pontypridd Roadents	38	M	7-MM35-39		
174	174	35	16:28	Richard	Jones	Lliswerry	50	M	2-MM50-54		
164	164	36	16:34	James	Bennett	Cardiff Uni`	21	M	22-SENM		
165	165	37	16:36	Matthew	Jacklin	Aberdare Runners	47	M	1-MM45-49		
127	127	38	16:38	Oliver	Price	Cardiff Ac	19	M	2-U20M		
78	78	39	16:41	Anthony	Smets	Cardiff Athletics	24	M	23-SENM		
215	215	40	16:42	Louis	Shingles	Cardiff Uni`	21	M	24-SENM		
109	109	41	16:43	Andrew	Cleverley	Swansea Harriers	36	M	8-MM35-39		
76	76	42	16:44	Lucas	Salvage	Newport Harriers Ac	14	M	3-U20M		
102	102	43	16:45	Mark	Horsman	Pontypridd Runners	45	M	2-MM45-49		
17	17	44	16:47	Toby	Culling	San Domenico	22	M	25-SENM		
23	23	45	16:48	Mark	Emery	Bridgend Ac	42	M	5-MM40-44		
6	6	46	16:54	Jonathan	Bonville-Ginn	Cdf Runners	29	M	26-SENM		
193	193	47	16:56	Eddie	Campbell-Ada	Lliswerry	47	M	3-MM45-49		
204	204	48	16:57	Nathan	Christoforato	Les Croupiers	39	M	9-MM35-39		
112	112	49	16:58	Daniel	May	Cardiff Athletic	15	M	4-U20M		
88	88	50	16:58	Jamie	Vanstone	Pontypridd Roadents Ac	43	M	6-MM40-44		
179	179	51	16:59	Darragh	Hanley-Crofts	Les Croupiers	23	M	27-SENM		
129	129	52	17:00	Arwel	Evans	Les Croupiers	34	M	28-SENM		
79	79	53	17:00	Tim	Spencer	Aberdare Valley Aac	32	M	29-SENM		
168	168	54	17:03	Steven	Davies	Parc Bryn Bac	62	M	1-MM60-64		
167	167	55	17:06	Tomos	Roberts	Cardiff Ac	26	M	30-SENM		
18	18	56	17:06	Trystan	Daniels	Les Croupiers Running Club	30	M	31-SENM		
201	201	57	17:07	Sean	Petty	Bridgend Ac	17	M	5-U20M		
87	87	58	17:07	Matthew	Turner	San Domenico Rc	46	M	4-MM45-49		
32	32	59	17:07	Millie	Gold	Cardiff Athletics	15	F		1	1-U20W
160	160	60	17:08	Kate	Roberts	Swansea Harriers	34	F		2	1-SENW
118	118	61	17:08	Andrew	Reddy	Llwyd Coed	42	M	7-MM40-44		
105	105	62	17:10	Hana	Blake	Cff Runners	23	F		3	2-SENW
151	151	63	17:11	Gary	Brown	Penarth And Dinas	43	M	8-MM40-44		

91	91	64	17:13	Dane	Williams	Parc Bryn Bach Running Club	26	M	32-SENM		
29	29	65	17:19	Paul	Francis	Les Croupiers Running Club	49	M	5-MM45-49		
120	120	66	17:20	Jonathan	Parry	Bridgend	37	M	10-MM35-39		
212	212	67	17:23	Paul	Joshua	San Domenico	34	M	33-SENM		
145	145	68	17:24	Georgia	Palmer	Cardiff University Ac	20	F		4	2-U20W
148	148	69	17:27	Matthew	Walker		25	M	34-SENM		
82	82	70	17:28	Steven	Taylor	Swansea Harriers	42	M	9-MM40-44		
147	147	71	17:34	Sean	Taylor	Griffithstown Harriers	47	M	6-MM45-49		
219	219	72	17:41	Joe	Thomas	Pontypridd Roadents	43	M	10-MM40-44		
169	169	73	17:44	Andrew	Blair	Les Croupiers	58	M	1-MM55-59		
146	146	74	17:45	Michael	Marsh	Griffithstown Harriers	33	M	35-SENM		
25	25	75	17:47	John	Evans	Parc Bryn Bach Running Club	47	M	7-MM45-49		
22	22	76	17:49	Maddie	Elliott	Blackburn Harriers	22	F		5	3-SENW
34	34	77	17:49	Adrien	Grubb	Les Croupiers Running Club	28	M	36-SENM		
217	217	78	17:52	Freya	Spruit	Team Bath	20	F		6	3-U20W
41	41	79	17:58	Aled	Hughes	Ogmore Phoenix Runners	47	M	8-MM45-49		
72	72	80	17:59	Robert	Pritchard	Chepstow Harriers	42	M	11-MM40-44		
156	156	81	18:00	Michael	Darke	Cdf Runners	40	M	11-MM35-39		
150	150	82	18:00	Thomas	Henry	Llyswerry Runners	39	M	12-MM35-39		
138	138	83	18:04	Toby	Kearns	Ogmore Phoenix	22	M	37-SENM		
69	69	84	18:06	Dominik	Plesiewicz	Rhymney Valley Athletic Club	15	M	6-U20M		
44	44	85	18:08	Vaughn	Hughes	Newport Harriers Ac	15	M	7-U20M		
143	143	86	18:08	Matthew	Jeffrey	Bridgent Ac	38	M	13-MM35-39		
5	5	87	18:10	Charlie	Bleasdale	Pontypridd Roadents Ac	26	M	38-SENM		
203	203	88	18:14	Laurence	Pole	Pontypridd Roadents	48	M	9-MM45-49		
31	31	89	18:14	Tom	Gilbert	Newport Harriers Ac	14	M	8-U20M		
46	46	90	18:15	Andrew	Jones		37	M	14-MM35-39		
83	83	91	18:15	Mark	Teesdale	Ogmore Phoenix Runners	26	M	39-SENM		
180	180	92	18:16	Alex	Price	Les Croupiers	24	M	40-SENM		
13	13	93	18:17	Ewelina	Ciesielska	Park Bryn Bach Running Club	37	F		7	1-MW35-39
199	199	94	18:20	David	James	Les Croupiers	65	M	1-MM65-69		
66	66	95	18:22	Steve	Payne	Pontypridd Roadents Ac	47	M	10-MM45-49		
38	38	96	18:24	Matt	Hopkins	Les Croupiers Running Club	42	M	12-MM40-44		
36	36	97	18:25	Ryan	Hartley	Pontypridd Roadents Ac	47	M	11-MM45-49		
220	220	98	18:25	Phillip	Evans	Pontypridd Roadents	36	M	15-MM35-39		
194	194	99	18:28	Ryan	Cook	Aberdare Valley Ac	41	M	13-MM40-44		
216	216	100	18:33	Ben	Hooper	Les Croupiers	23	M	41-SENM		
182	182	101	18:37	George	Watkins	Cdf Runners	26	M	42-SENM		
114	114	102	18:37	Dylan	Panting	Ogmore Phoenix	25	M	43-SENM		
115	115	103	18:38	Connor	Panting	Ogmore Phoenix	28	M	44-SENM		
134	134	104	18:39	Ross	Flanagan	Penarth	55	M	3-MM50-54		
136	136	105	18:50	Ethan	Sayce	Parc Bryn Bach	22	M	45-SENM		
26	26	106	18:53	Emily	Fell		25	F		8	4-SENW
213	213	107	18:53	Alex	Ashally-Kelly	0	37	M	16-MM35-39		
68	68	108	18:55	Kevin	Plank	San Domenico	52	M	4-MM50-54		
176	176	109	18:56	Rory	Griffiths	Bridgend Athletic	14	M	9-U20M		
209	209	110	19:00	Anna	Matthew	Cardiff Uni`	19	F		9	4-U20W
80	80	111	19:09	Ewan	Stenhouse	Cdf Runners	31	M	46-SENM		
58	58	112	19:09	Carl	Nealon		33	M	47-SENM		
128	128	113	19:11	Laura	Jones		43	M	14-MM40-44		
135	135	114	19:14	Ben	Ray	0	19	M	10-U20M		
205	205	115	19:15	Kevin	Chalk	Les Croupiers	60	M	2-MM60-64		
14	14	116	19:17	David	Clegg	Chepstow Harriers	64	M	3-MM60-64		
122	122	117	19:17	Katy	O'Hare	Pontypridd Roadents	24	F		10	5-SENW
230	230	118	19:19	Gareth	Lynch	Les Croupiers	66	M	2-MM65-69		
93	93	119	19:26	Jacob	Wise	Raf St Athan	22	M	48-SENM		
186	186	120	19:28	Mia	Goddard		18	F		11	5-U20W
231	231	121	19:29	Rich	Baker	0	62	M	4-MM60-64		
171	171	122	19:32	Helen	Sharpe	Penarth And Dinas	42	F		12	1-MW40-44
200	200	123	19:34	Alexander	James	Cdf Runners	25	M	49-SENM		
172	172	124	19:35	Nicola	Jukes		52	F		13	1-MW50-54
139	139	125	19:42	Keziah	Hoskin	0	24	F		14	6-SENW
111	111	126	19:45	Gareth	Richards	Ogmore Phoenix	50	M	5-MM50-54		
57	57	127	19:53	Tom	Morgan	Cdf Runners	34	M	50-SENM		
159	159	128	20:00	Niamh	James	Cardiff Uni`	21	F		15	1-SENWU20W

103	103	129	20:00	Hywel	Edwards	San Domenico	52	M	6-MM50-54		
131	131	130	20:02	Katy	Griffiths	Bridgend Ac	14	F		16	6-U20W
73	73	131	20:04	Niki	Puleio	Ogmore Phoenix Runners	45	M	12-MM45-49		
89	89	132	20:05	Matthew	Watkins	Les Croupiers Running Club	37	M	17-MM35-39		
185	185	133	20:06	Susannah	Bulpin	San Domenico	48	F		17	1-MW45-49
175	175	134	20:13	Findlay	Griffiths	Bridgend Athletic	11	M	11-U20M		
77	77	135	20:14	James	Sibley		28	M	51-SENM		
7	7	136	20:19	Phil	Bristow	San Domenico	62	M	5-MM60-64		
74	74	137	20:26	Matt	Regan	Pontypridd Roadents Ac	39	M	18-MM35-39		
149	149	138	20:27	Michael	Cleaver	Llyswerry Runners	47	M	13-MM45-49		
197	197	139	20:32	David	Barker	Penarth And Dinas	11	M	12-U20M		
113	113	140	20:33	Leah	Stephens	Les Croupiers	40	F		18	2-MW35-39
196	196	141	20:35	Catherine	Barker	Penarth And Dinas	48	F		19	2-MW45-49
154	154	142	20:42	Jeremy	Thomas	Les Croupiers	71	M	1-MM70-74		
130	130	143	20:43	Megan	Poulson	San Domenico	31	F		20	7-SENW
52	52	144	20:48	Thomas	Maltby	Raf St Athan	21	M	52-SENM		
191	191	145	20:48	Jonathan	Monk	Pontypridd Roadents	40	M	15-MM40-44		
40	40	146	20:49	Paige	Horsnell	Tri Potential	29	F		21	8-SENW
92	92	147	20:55	Delyth	Williams	San Domenico Rc	35	F		22	3-MW35-39
221	221	148	20:55	Graham	Wright	Pegasus	60	M	6-MM60-64		
15	15	149	20:56	Andy	Creber	Chepstow Harriers	65	M	3-MM65-69		
234	234	150	20:57	Colette	Abel	Cdf Runners	30	F		23	9-SENW
228	228	151	21:00	Mike	Harrison	Penarth And Dinas	39	M	19-MM35-39		
132	132	152	21:07	Michael	Foster	Pontypridd Roadents	70	M	2-MM70-74		
121	121	153	21:24	Morwenna	Charman	San Domenico	28	F		24	10-SENW
140	140	154	21:25	Paul	May	Cornelly Striders	65	M	4-MM65-69		
56	56	155	21:34	Nick	Morgan	Penarth And Dinas Runners	43	M	16-MM40-44		
190	190	156	21:35	Bethan	Butler-Madder	Pontypridd Roadents	35	F		25	11-SENW
133	133	157	21:43	Nick	Hayward	San Domenico	45	M	14-MM45-49		
1	1	158	21:47	Emily	Adams	Pontypridd Roadents Ac	25	F		26	12-SENW
211	211	159	21:52	Peter	Gillibrand	Les Croupiers	25	M	53-SENM		
214	214	160	22:10	Jill	Harrison	Bristol And West	64	F		27	1-MW60-64
137	137	161	22:12	Willow	Hughes	Ogmore Phoenix	19	F		28	7-U20W
124	124	162	22:14	Sarah	Woodley-Willi	San Domenico	37	F		29	4-MW35-39
54	54	163	22:20	Kyle	Miller	Raf St Athan	28	M	54-SENM		
126	126	164	22:21	Allie	Adams		13	F		30	8-U20W
162	162	165	22:22	Stephan	Noyvirt	0	21	M	55-SENM		
178	178	166	22:25	Simon	Williamson	Penarth And Dinas	65	M	5-MM65-69		
183	183	167	22:27	Carole	Goddard	Les Croupiers	48	F		31	3-MW45-49
37	37	168	22:31	Aaron	Holmes	Raf St Athan	28	M	56-SENM		
104	104	169	22:36	Chantelle	Noble	Cff Runners	25	F		32	13-SENW
210	210	170	22:37	David	E. Williams	Les Croupiers	60	M	7-MM60-64		
188	188	171	22:50	Timothy	Cummings	Penarth And Dinas	50	M	7-MM50-54		
125	125	172	22:54	Dexter	Clement	Rhondda Ac	13	M	13-U20M		
45	45	173	23:02	Ann	Johnston	Penarth And Dinas Runners	45	F		33	4-MW45-49
2	2	174	23:03	Frank	Atherton	Penarth And Dinas Runners	64	M	8-MM60-64		
20	20	175	23:04	Jared	Delbridge	Cdf Runners	26	M	57-SENM		
51	51	176	23:07	Rhydian	Lloyd-Francis	Cardiff Aac	13	M	14-U20M		
70	70	177	23:08	Katie	Plimmer	Ogmore Phoenix Runners	24	F		34	14-SENW
158	158	178	23:13	Jacqueline	Brace	Bridgend Athletic	64	F		35	2-MW60-64
195	195	179	23:15	David	Kembery	Ogmore Phoenix	52	M	8-MM50-54		
157	157	180	23:16	Sarah	Pryor	Les Croupiers	48	F		36	5-MW45-49
48	48	181	23:45	Paul	Jones	Aberdare Valley Aac	43	M	17-MM40-44		
33	33	182	23:49	Christopher	Grant	Caerphilly Rc	65	M	6-MM65-69		
108	108	183	24:05	Dexter	Cheong	Cardiff University Ac	20	M	15-U20M		
98	98	184	24:13	Dade	Wilson	Raf St Athan	21	M	58-SENM		
232	232	185	24:37	Christopher	Wellins	Penarth And Dinas	69	M	7-MM65-69		
100	100	186	24:51	Andrea	Webster	Les Croupiers	66	F		37	1-MW65-69
99	99	187	24:51	Graham	Webster	Les Croupiers	67	M	8-MM65-69		
101	101	188	24:53	Kay	Chapman	Les Croupiers	56	F		38	1-MW55-59
222	222	189	24:58	Sally	Groves	Pegasus	60	F		39	3-MW60-64
153	153	190	24:59	Bronwen	Calnan	Penarth And Dinas	28	F		40	15-SENW
173	173	191	25:03	Huw	Roberts	Bridgend Athletic	65	M	9-MM65-69		
62	62	192	25:06	Tim	O'Sullivan	Les Croupiers Running Club	64	M	9-MM60-64		
60	60	193	25:07	Kat	Nguyen	Cdf Runners	28	F		41	16-SENW

218	218	194	25:28	Anhquan	Tran	Cdf Runners	33	M	59-SENM		
223	223	195	25:34	Abby	Groves	Pegasus	32	F		42	17-SENW
229	229	196	25:38	Julie	Scholey	Les Croupiers	63	F		43	4-MW60-64
225	225	197	25:47	Nick	Harrison	Ogmore Phoenix	37	M	20-MM35-39		
42	42	198	25:54	Niall	Hughes	San Domenico	47	M	15-MM45-49		
152	152	199	26:06	Kath	Petersen	Penarth And Dinas	61	F		44	5-MW60-64
94	94	200	26:09	Hannah	Withers	San Domenico Rc	49	F		45	6-MW45-49
184	184	201	26:09	Eve	Gallop-Evans	Les Croupiers	57	F		46	2-MW55-59
119	119	202	26:20	Firouz	Mal	Les Croupiers	66	M	10-MM65-69		
123	123	203	26:55	Natalie	Cartlidge	San Domenico	52	F		47	2-MW50-54
8	8	204	26:57	Paul	Buckle		53	M	9-MM50-54		
11	11	205	27:05	Meurig	Chapple	Penarth And Dinas Runners	61	M	10-MM60-64		
177	177	206	27:08	Debbie	Rees	Penarth And Dinas	58	F		48	3-MW55-59
166	166	207	27:11	Beverley	Warburton	Penarth And Dinas	71	F		49	1-MW70-74
16	16	208	27:15	Colin	Crooks	Pegasus Rc	67	M	11-MM65-69		
224	224	209	27:45	Nigel	Hammersley	Pegasus	39	M	21-MM35-39		
163	163	210	28:16	Hannah	Wyatt	Caerphilly	26	F		50	18-SENW
55	55	211	29:09	Bec	Morgan		53	F		51	3-MW50-54
192	192	212	30:20	Ian	Barrett	Les Croupiers	37	M	22-MM35-39		
9	9	213	30:39	Tracy	Buckle		51	F		52	4-MW50-54
59	59	214	32:59	Tracey	Newman	Club Run Wales	53	F		53	5-MW50-54
226	226	215	40:07	Linda	Harris	Ogmore Phoenix	57	F		54	4-MW55-59