

Number	Position	Time	Cname	Sname	Club	Age	Gender	Male Rank	Male	FemaleRank	Female
5	1	14:43	Jack	Bancroft	Western Tempo	35	M	1	1-MM35-39		
75	2	14:45	Charlie	Jones	Western Tempo	36	M	2	2-MM35-39		
198	3	14:49	Guy	Smith	Swansea Harriers	32	M	3	1-SENM		
62	4	14:50	Daniel	Hamilton	Pontypridd Roadents	31	M	4	2-SENM		
54	5	14:58	Paul	Graham	Pontypridd Roadents Ac	31	M	5	3-SENM		
195	6	15:07	Ben	Hughes	Cardiff Aac	18	M	6	1-U20M		
91	7	15:17	David	Long	Pontypridd Roadents Ac	28	M	7	4-SENM		
150	8	15:22	Jacob	Tasker	Ogmore Phoenix Runners	26	M	8	5-SENM		
225	9	15:23	Samuel	Richards	Pontypridd Roadents Ac	31	M	9	6-SENM		
199	10	15:32	Matthew	Harvey	Swansea Harriers	42	M	10	1-MM40-44		
118	11	15:35	Jamie	Parry	Park Bryn Bach	36	M	11	3-MM35-39		
166	12	15:37	Matthew	Verran	Swansea Harriers	24	M	12	7-SENM		
7	13	15:39	Daniel	Bodman	Parc Brynbach	32	M	13	8-SENM		
88	14	15:39	Jon	Like	Parc Bryn Bach Running Club	37	M	14	4-MM35-39		
162	15	15:40	Jack	Turner		25	M	15	9-SENM		
28	16	15:41	Justin	Crocker	Parc Bryn Bach Running Club	42	M	16	2-MM40-44		
208	17	15:45	James	Rodgers	North Somerset Ac	34	M	17	10-SENM		
9	18	15:46	Sam	Boreham	Pontypridd Roadents	33	M	18	11-SENM		
217	19	15:50	Cory	Sherwin	Forest Of Dean Ac	23	M	19	12-SENM		
50	20	15:57	Edward	Foster	San Domenico	26	M	20	13-SENM		
168	21	15:57	Harry	Waring	San Domenico	27	M	21	14-SENM		
185	22	15:58	Matthew	Edmonds	Newport Harriers	38	M	22	5-MM35-39		
80	23	15:59	Sam	Jones	Parc Bryn Bach Running Club	37	M	23	6-MM35-39		
49	24	16:01	Tom	Flitcroft	Les Croupiers Rc	31	M	24	15-SENM		
83	25	16:02	Tadhgh	Keating	Les Croupiers Running Club	30	M	25	16-SENM		
222	26	16:04	Grant	Medcraft	Pontypridd Roadents	37	M	26	7-MM35-39		
84	27	16:05	Ben	Kennedy	Les Croupiers	31	M	27	17-SENM		
96	28	16:07	Ross	Matthews	Parc Bryn Bach Rc	40	M	28	3-MM40-44		
43	29	16:11	Huw	Evans	Parc Bryn Bach Running Club	51	M	29	1-MM50-54		
79	30	16:17	Matthew	Jones	Brecon	42	M	30	4-MM40-44		
136	31	16:18	Neil	Reynolds	San Domenico	42	M	31	5-MM40-44		
156	32	16:19	Owen	Thomas	Aberdare Valley Aac	37	M	32	8-MM35-39		
52	33	16:22	Andy	Gardiner	San Domenico Rc	36	M	33	9-MM35-39		
188	34	16:24	Andrew	Cleverly	Swansea Harriers	36	M	34	10-MM35-39		
110	35	16:26	Jenny	Nesbitt	Worcester Ac	28	F			1	1-SENW
157	36	16:33	Garyn	Tough	Aberdare Valley Aac	14	M	35	2-U20M		
145	37	16:34	Anthony	Smets	Cardiff Athletics	24	M	36	18-SENM		
17	38	16:37	William	Carter	Chepstow Harriers	33	M	37	19-SENM		
209	39	16:38	Louis	Shingles	Pontypridd Roadents	27	M	38	20-SENM		
85	40	16:38	Ryan	Knight	Hereford Couriers	29	M	39	21-SENM		
2	41	16:39	Jonathon	Astley	Parc Bryn Bach Rc	36	M	40	11-MM35-39		
69	42	16:40	Matthew	Jacklin	Aberdare Valley Aac	47	M	41	1-MM45-49		
117	43	16:40	Rob	Parker	Cdf Runners	28	M	42	22-SENM		
76	44	16:42	Daniel	Jones	Sarn Helen	20	M	43	3-U20M		
8	45	16:43	Jonathan	Bonville-Ginn	Cdf Runners	29	M	44	23-SENM		
41	46	16:44	Arwel	Evans	Les Croupiers Running Club	34	M	45	24-SENM		
164	47	16:44	Jamie	Vanstone	Pontypridd Roadents Ac	43	M	46	6-MM40-44		
133	48	16:49	Leighton	Rawlinson	Micky Morris Racing Team	40	M	47	7-MM40-44		
71	49	16:50	Patrick	Jarvis	Parc Bryn Bach	29	M	48	25-SENM		
67	50	16:56	Lucas	Howard Machado	Cardiff Archers	12	M	49	4-U20M		
180	51	17:00	Themis	Bower	Pontypridd Roadents	23	M	50	26-SENM		
229	52	17:00	Joe	Thomas	Pontypridd Ac	44	M	51	8-MM40-44		
171	53	17:03	Dane	Williams	Parc Bryn Bach	26	M	52	27-SENM		
116	54	17:05	Chris	Oxley	San Domenico	41	M	53	9-MM40-44		
201	55	17:06	Phil	Morris	Builth And District Running Club	44	M	54	10-MM40-44		
163	56	17:07	Matthew	Turner	San Domenico Rc	46	M	55	2-MM45-49		
181	57	17:07	Mark	Horsman	Pontypridd Roadents	45	M	56	3-MM45-49		
22	58	17:08	Nathan	Christoforato	Les Croupiers Running Club	39	M	57	12-MM35-39		
113	59	17:09	Martin	Norton	Llswerry Runners	30	M	58	28-SENM		
235	60	17:11	Mark	Palser	Les Croupiers	38	M	59	13-MM35-39		
152	61	17:11	Steven	Taylor	Swansea Harriers	41	M	60	11-MM40-44		
106	62	17:12	Donna	Morris	Builth And District	39	F			2	1-MW35-39
141	63	17:12	George	Rose	San Domenico Rc	46	M	61	4-MM45-49		
13	64	17:13	James	Bull	Cdf Runners	26	M	62	29-SENM		
140	65	17:13	Tomos	Roberts	Cardiff Ac	27	M	63	30-SENM		
51	66	17:20	Paul	Francis	Les Croupiers Running Club	49	M	64	5-MM45-49		
138	67	17:24	Huw	Riley	Cardiff Athletics	19	M	65	5-U20M		
108	68	17:26	Aaron	Nathan	Cardiff Archers	13	M	66	6-U20M		
93	69	17:28	Michael	Marsh		33	M	67	31-SENM		
151	70	17:31	Eliot	Taylor	Western Tempo	31	M	68	32-SENM		
132	71	17:31	Ryan	Pugsley	Les Croupiers Running Club	29	M	69	33-SENM		
81	72	17:32	Paul	Josua	San Domenico Rc	34	M	70	34-SENM		
130	73	17:34	Robert	Pritchard	Chepstow Harriers	41	M	71	12-MM40-44		
230	74	17:36	Rob	Austin	Bridgend Ac	43	M	72	13-MM40-44		
226	75	17:38	Ben	Orton	Cvac	24	M	73	35-SENM		
120	76	17:42	Gavin	Patterson	Parc Bryn Bach Running Club	40	M	74	14-MM40-44		
89	77	17:45	Rhydian	Lloyd-Francis	Cardiff Aac	13	M	75	7-U20M		
219	78	17:46	Philip	Williams	Pontypridd Roadents Ac	46	M	76	6-MM45-49		
44	79	17:46	John	Evans	Parc Bryn Bach Running Club	47	M	77	7-MM45-49		
65	80	17:49	Thomas	Henry	Llswerry Runners	39	M	78	14-MM35-39		
186	81	17:50	Craig	Cheedy	Griffithstown Harriers	37	M	79	15-MM35-39		
121	82	17:53	Steve	Payne	Pontypridd Roadents Ac	47	M	80	8-MM45-49		
170	83	17:54	Richard	Watkins	Western Tempo	32	M	81	36-SENM		
23	84	17:56	Ewelina	Ciesielska	Park Bryn Bach Running Club	37	F			3	2-MW35-39
6	85	17:59	Charlie	Bleasdale	Pontypridd Roadents Ac	26	M	82	37-SENM		
16	86	18:05	Paul	Carter		37	M	83	16-MM35-39		
125	87	18:06	Dominik	Plesiewicz	Aberdare Valley Aac	1	M	84	8-U20M		
202	88	18:07	Maddie	Elliott	Blackburn Harriers	23	F			4	2-SENW
64	89	18:09	Ryan	Hartley	Pontypridd Roadents Ac	47	M	85	9-MM45-49		

228	90	18:11	Haaziq	Reza	Cdf	27	M	86	38-SENM		
30	91	18:12	Evan	Davies	Aberdare Valley Aac	14	M	87	9-U20M		
40	92	18:15	Osian	Emmerson	Cardiff Archers	13	M	88	10-U20M		
216	93	18:23	David	James	Les Croupiers Rc	66	M	89	1-MM65-69		
161	94	18:24	Phil	Tugwell	American Flyers	40	M	90	15-MM40-44		
107	95	18:27	Paul	Morton	Les Croupiers Running Club	41	M	91	16-MM40-44		
46	96	18:29	Robert	Evans	Les Croupiers Running Club	70	M	92	1-MM70-74		
206	97	18:31	Daniel	May	Cardiff Athletics	15	M	93	11-U20M		
127	98	18:32	Laurence	Pole	Pontypridd Roadents Ac	48	M	94	10-MM45-49		
48	99	18:38	Ross	Flanigan	Penarth & Dinas Runners	55	M	95	1-MM55-59		
203	100	18:44	Rob	John	Unattached	47	M	96	11-MM45-49		
92	101	18:48	James	Manson	Cardiff Triathlon Club	46	M	97	12-MM45-49		
109	102	18:50	Carl	Nealon		33	M	98	39-SENM		
124	103	18:51	Kevin	Plank	San Domenico	52	M	99	2-MM50-54		
183	104	18:54	Gareth	Richards	Ogmore Phoenix Runners	50	M	100	3-MM50-54		
87	105	18:55	John	Light	San Domenico Rc	44	M	101	17-MM40-44		
165	106	18:55	Jamie	Verran	Ogmore Phoenix Runners	27	M	102	40-SENM		
232	107	18:56	Gareth	Lynch	Les Croupiers	48	M	103	13-MM45-49		
25	108	18:58	David	Clegg	Chepstow Harriers	64	M	104	1-MM60-64		
224	109	19:00	Helen	Oliver	Les Croupiers Running Club	32	F			5	3-SENW
167	110	19:01	Lucy	Wallace	Bitton	38	F			6	3-MW35-39
192	111	19:01	Jacob	Wise	Mod St Athan	22	M	105	41-SENM		
45	112	19:03	Phillip	Evans	Pontypridd Roadents	36	M	106	17-MM35-39		
234	113	19:03	Rich	Baker	Unattached	52	M	107	4-MM50-54		
207	114	19:06	Alexander	James	Cdf Runners	26	M	108	42-SENM		
59	115	19:17	Rory	Griffiths	Bridgend Ac	15	M	109	12-U20M		
221	116	19:19	Matthew	Jenkins	Cdf Runners	25	M	110	43-SENM		
66	117	19:22	Kani	Hinshelwood	Parc Bryn Bach	27	F			7	4-SENW
82	118	19:24	Nicola	Jukes	Parc Bryn Bach Rc	53	F			8	1-MW50-54
99	119	19:24	Ollie	Michell		23	M	111	44-SENM		
14	120	19:25	Susannah	Bulpin	San Domenico	49	F			9	1-MW45-49
169	121	19:27	George	Watkins	Cdf Runners	27	M	112	45-SENM		
135	122	19:28	Matt	Regan		39	M	113	18-MM35-39		
182	123	19:30	Neil	Calucag	Cdf Runners	44	M	114	18-MM40-44		
236	124	19:38	Hywez	Edwards	San Domenico	52	M	115	5-MM50-54		
60	125	19:46	Adrien	Grubb	Les Croupiers Running Club	28	M	116	46-SENM		
26	126	19:47	Cassia	Copeland	Les Croupiers Running Club	24	F			10	5-SENW
155	127	19:54	Jeremy	Thomas		61	M	117	2-MM60-64		
97	128	19:57	Liz	May	Pontypridd Roadents Ac	45	F			11	2-MW45-49
105	129	19:57	Niki	Morgan	Chepstow Harriers	56	F			12	1-MW55-59
218	130	19:58	Joseph	Turner	Unattached	30	M	118	47-SENM		
10	131	20:11	Phil	Bristow	San Domenico	62	M	119	3-MM60-64		
149	132	20:19	Nick	Stocker	Bridgend Ac	53	M	120	6-MM50-54		
213	133	20:19	Ben	Ray		19	M	121	13-U20M		
77	134	20:21	Emily	Jones	Les Croupiers Running Club	26	F			13	6-SENW
34	135	20:22	Paul	Davies	Aberdare Valley Aac	46	M	122	14-MM45-49		
214	136	20:23	David	Barker	Cardiff Aac	14	M	123	14-U20M		
38	137	20:24	Nick	Denny	Pontypridd Roadents Ac	45	M	124	15-MM45-49		
193	138	20:26	Andrew	Home	Mod St Athan	25	M	125	48-SENM		
172	139	20:27	Delyth	Williams	San Domenico Rc	35	F			14	4-MW35-39
210	140	20:27	Catherine	Barker	Penarth And Dinas Runners	47	F			15	3-MW45-49
189	141	20:30	Graham	Wright	Mod St Athan	60	M	126	4-MM60-64		
128	142	20:36	Jonathan	Pollinger		59	M	127	2-MM55-59		
158	143	20:40	Anh Quan	Tran	Cdf Runners	33	M	128	49-SENM		
100	144	20:41	Jonathan	Monk	Pontypridd Roadents	41	M	129	19-MM40-44		
72	145	20:41	Adam	Johnson	Cdf Runners	38	M	130	19-MM35-39		
191	146	20:42	Kyle	Miller	Mod St Athan	27	M	131	50-SENM		
63	147	20:45	Stewart	Harding	Cdf Runners	38	M	132	20-MM35-39		
184	148	20:47	Leah	Stephens	Les Croupiers	40	F			16	1-MW40-44
27	149	21:06	Andy	Creber	Chepstow Harriers	65	M	133	2-MM65-69		
57	150	21:10	Katy	Griffiths	Bridgend Ac	14	F			17	1-U20W
53	151	21:11	James	George	Penarth And Dinas Runners	51	M	134	7-MM50-54		
15	152	21:11	Bethan	Butler-Madden	Pontypridd Roadents Ac	35	F			18	5-MW35-39
204	153	21:13	Paul	May	Cornelly Striders	55	M	135	3-MM55-59		
173	154	21:17	Mark	Williams		40	M	136	20-MM40-44		
123	155	21:20	Chloe	Piggott	Aberdare Valley Aac	20	F			19	2-U20W
190	156	21:21	Aaron	Holmes	Mod St Athan	27	M	137	51-SENM		
32	157	21:22	Mari	Davies		25	F			20	7-SENW
1	158	21:23	Emily	Adams	Pontypridd Roadents Ac	25	F			21	8-SENW
223	159	21:41	Robert	Evans	Les Croupiers Running Club	70	M	138	2-MM70-74		
56	160	21:44	Grace	Griffiths	Rhondda Ac	15	F			22	3-U20W
24	161	21:55	Sean	Clarke	Torfaen Triathlon	33	M	139	52-SENM		
90	162	21:57	Mari	Llywelyn	Cdf	25	F			23	9-SENW
220	163	21:58	Stephan	Noyvirt	Unattached	23	M	140	53-SENM		
104	164	21:59	Nicholas	Morgan	Penarth And Dinas Runners	43	M	141	21-MM40-44		
20	165	22:05	Paul	Chapman	Les Croupiers Rc	54	M	142	8-MM50-54		
131	166	22:22	Mark	Prosser	Fairwater Runners	50	M	143	9-MM50-54		
19	167	22:25	Kay	Chapman	Les Croupiers Running Club	56	F			24	2-MW55-59
177	168	22:27	Sarah	Woodley-Williams		27	F			25	6-MW35-39
126	169	22:31	Katie	Plimmer	Ogmore Phoenix Runners	24	F			26	10-SENW
114	170	22:35	Clive	Osmond	Les Croupiers R C	63	M	144	5-MM60-64		
42	171	22:43	Cheryl	Evans	Les Croupiers Running Club	35	F			27	7-MW35-39
215	172	22:44	Steven	Barker	Penarth And Dinas Runners	50	M	145	10-MM50-54		
174	173	22:45	Simon	Williamson	Penarth And Dinas Runners	65	M	146	3-MM65-69		
187	174	22:52	Ronald	Morris	San Domenico	73	M	147	3-MM70-74		
78	175	22:57	Gareth	Jones	Penarth And Dinas Runners	50	M	148	11-MM50-54		
227	176	22:59	Gareth	Davies	Penarth And Dinas Runners	45	M	149	16-MM45-49		
129	177	23:03	James	Powell		25	M	150	54-SENM		
196	178	23:19	Jacqueline	Brace	Bridgend Ac	64	F			28	1-MW60-64
137	179	23:37	Kennedy	Ribeiro		26	M	151	55-SENM		

148	180	23:52	Dylan	Stocker		24	M	152	56-SENM		
112	181	23:53	Kat	Nguyen	Cdf Runners	28	F			29	11-SENW
211	182	24:14	Timothy	Cummings	Penarth And Dinas Runners	50	M	153	12-MM50-54		
159	183	24:18	Richard	Treadgold		67	M	154	4-MM65-69		
94	184	24:20	Alan	Mason	Les Croupiers	63	M	155	6-MM60-64		
33	185	24:26	Mark	Davies	Les Croupiers Rc	55	M	156	4-MM55-59		
179	186	24:59	Andrea	Webster	Les Croupiers Rc	66	F			30	1-MW65-69
231	187	25:06	Nick	Harris		37	M	157	21-MM35-39		
37	188	25:23	Kathryn	Denny		34	F			31	12-SENW
176	189	25:27	Hannah	Withers	San Domenico Rc	49	F			32	4-MW45-49
122	190	25:28	Nathan	Piddock	Penarth And Dinas Runners	33	M	158	57-SENM		
146	191	25:31	David	Steel	Mile Shy Club	47	M	159	17-MM45-49		
212	192	25:45	Roy	Silver		66	M	160	5-MM65-69		
194	193	25:47	Vanessa	Turjbull	Caerphilly Running Club	58	F			33	3-MW55-59
103	194	25:48	Kelly	Morgan		43	F			34	2-MW40-44
200	195	25:50	Kathryn	Petersen	Penarth And Dinas Runners	53	F			35	2-MW50-54
11	196	26:17	Paul	Buckle		53	M	161	13-MM50-54		
21	197	26:25	Meurig	Chapple	Penarth And Dinas Runners	61	M	162	7-MM60-64		
134	198	26:35	Debbie	Rees	Penarth And Dinas	58	F			36	4-MW55-59
197	199	26:48	Beverley	Warburton	Penarth And Dinas Runners	61	F			37	2-MW60-64
18	200	26:49	Natalie	Cartlidge	San Domenico Rc	52	F			38	3-MW50-54
233	201	26:54	Claire	Manson	Cardiff Triathletes	41	F			39	3-MW40-44
95	202	27:17	David	Mather		59	M	163	5-MM55-59		
29	203	27:20	Colin	Crooks	Pegasus Rc	67	M	164	6-MM65-69		
55	204	27:22	Tony	Grandon	U/A	73	M	165	4-MM70-74		
101	205	27:26	Bec	Morgan		53	F			40	4-MW50-54
178	206	28:10	Chris	Yeung		45	M	166	18-MM45-49		
205	207	28:28	Hannah	May	Cornelly Striders	25	F			41	13-SENW
119	208	30:15	Angharad	Parryjones	Les Croupiers Running Club	47	F			42	5-MW45-49
237	209	31:37	John	Cunnane	Unattached	75	M	167	1-MM75+		
160	210	32:31	Claire	Tucker		40	F			43	4-MW40-44
3	211	35:59	Jeffrey	Aston	Les Croupiers Running Club	76	M	168	2-MM75+		