

Number	Position	Time	Cname	Sname	Club	Age	Gender	Male Rank	TOTAL
58	1	14:49	Daniel	Hamilton	Pontypridd Roadents	31	M	1	SM
139	2	14:51	Dominic	Smith	Swansea Harriers	23	M	2	SM
132	3	14:57	Larry	Ryan	Cardiff Aac	21	M	3	SM
111	4	15:04	Aaron	Phelps	Stroud	29	M	4	SM
145	5	15:10	Jacob	Tasker	Ogmore Phoenix Runners	26	M	5	SM
252	6	15:18	Samuel	Richards	Pontypridd	31	M	6	SM
212	7	15:28	Ben	Hughes	Cardiff AAC	18	M	7	U20M
156	8	15:35	Matthew	Verran	Swansea Harriers	24	M	8	SM
209	9	15:41	Marc	Hobbs	Swansea Harriers	40	M	9	M40
207	10	15:43	Matthew	Harvey	Swansea Harriers	42	M	10	M40
265	11	15:44	Sam	Boreham	Pontypridd Roadents	33	M	11	SM
158	12	15:44	Harry	Waring	San Domenico	27	M	12	SM
226	13	15:47	Morgan	James	Swansea Harriers	22	M	13	SM
214	14	15:52	Justin	Crocker	Parc Bryn Bach	42	M	14	M40
3	15	15:54	Alan	Baker	North Somerset Athletics Club	43	M	15	M40
80	16	16:00	Matthew	Jones	Brecon	42	M	16	M40
84	17	16:01	Ben	Kennedy	Les Croupiers	31	M	17	SM
12	18	16:01	Ben	Butler-Madden	Pontypridd Roadents Ac	42	M	18	M40
81	19	16:03	Sam	Jones	Parc Bryn Bach Running Club	37	M	19	M35
45	20	16:11	Tom	Flitcroft	Les Croupiers Rc	31	M	20	SM
142	21	16:12	Louis	Starr	Rugby And Northampton	17	M	21	U20M
251	22	16:13	Symon	Murphy	Pontypridd	41	M	22	M40
166	23	16:19	Geraint	Williams	Swansea Harriers	38	M	23	M35
85	24	16:20	Daniel	Kennedy	Blackheath And Bromley	31	M	24	SM
47	25	16:24	Andy	Gardiner	San Domenico Rc	36	M	25	M35
233	26	16:29	Oliver	Price	Curd 88 Aac	18	M	26	U20M
128	27	16:30	Neil	Reynolds	San Domenico	42	M	27	M40
203	28	16:31	Craig	Hudson	Newport Harriers	33	M	28	SM
140	29	16:32	Jac	Smith	Cardiff Aac	24	M	29	SM
72	30	16:34	Matthew	Jacklin	Aberdare Valley Aac	47	M	30	M45
69	31	16:39	Paul	Hughes	Abingdon Ac	39	M	31	M35
228	32	16:39	Andrew	Cleverly	Swansea Harriers	36	M	32	M35
89	33	16:39	Blair	Mcwhirter	Swansea	40	M	33	M40
240	34	16:40	Joe	Thomas	Pontypridd R A C	44	M	34	M40
133	35	16:44	Nicolas	Saillard	North Somerset	48	M	35	M45
266	36	16:45	Lance	Cooksey	Rhwstic Unaffiliated	32	M	36	SM
122	37	16:46	Leighton	Rawlinson	Micky Morris Racing Team	40	M	37	M40
149	38	16:48	Garyn	Tough	Aberdare Valley Aac	14	M	38	U20M
7	39	16:50	Jonathan	Bonville-Ginn	Cdf Runners	29	M	39	SM
231	40	16:53	Darren	Bishop		41	M	40	M40
54	41	16:55	Leroy	Griffiths	Rhondda Ac	17	M	41	U20M
26	42	16:56	Ryan	Cullen	Pontypridd Roadents	36	M	42	M35
208	43	16:58	Anthony	Snets	Cardiff Athletics	24	M	43	SM
164	44	17:00	Dane	Williams	Parc Bryn Bach	26	M	44	SM
113	45	17:02	Tomos	Phillips	Cdf Runners	37	M	45	M35
141	46	17:03	Ian	Southwell	Les Croupiers Running Club	42	M	46	M40
153	47	17:06	Matthew	Turner	San Domenico Rc	46	M	47	M45
50	48	17:08	Millie	Gold	Cardiff Athletics	15	F		U20W
151	49	17:08	Harry	Trend	San Domenico	25	M	48	SM
210	50	17:08	Olivia	Tsim	Pontypridd	28	F		SW
219	51	17:09	Kate	Roberts	Swansea Harriers	35	F		W35
261	52	17:09	Jeff	Wherlock	Lliswerry Runners	55	M	49	M55
36	53	17:10	Ross	Durston	Winchester Fit Club Rc	41	M	50	M40
130	54	17:12	Tomos	Roberts	Cardiff Ac	27	M	51	SM
255	55	17:15	Lucas	Salvage	Newport Harriers	14	M	52	U20M
77	56	17:17	Daniel	Jones	Sarn Helen	20	M	53	U20M
73	57	17:17	Jude	Jenkins	Neath Harriers	12	M	54	U20M
98	58	17:20	Phil	Morris	Builth And District	44	M	55	M40
230	59	17:21	Gary	Brown	Les Croupiers	43	M	56	M40
82	60	17:24	Paul	Josua	San Domenico Rc	34	M	57	SM
120	61	17:25	Robert	Pritchard	Lliswerry Runners	41	M	58	M40
101	62	17:26	Donna	Morris	Builth And District	39	F		W35
46	63	17:31	Paul	Francis	Les Croupiers Running Club	49	M	59	M45
249	64	17:33	Nathan	Christoforato	Les Croupiers	39	M	60	M35
99	65	17:33	Stephen	Morris	Cardiff Aac	34	M	61	SM
63	66	17:36	Thomas	Henry	Lliswerry Runners	39	M	62	M35
110	67	17:36	Gavin	Patterson	Parc Bryn Bach Running Club	40	M	63	M40
239	68	17:37	Ben	Demellweek	Caerphilly Runners	19	M	64	U20M
162	69	17:39	Ben	White		35	M	65	M35
173	70	17:40	Ryan	Worlock-Morgan	Parc Bryn Bach Running Club	30	M	66	SM
259	71	17:41	Michael	Riley	Les Croupiers	45	M	67	M45
256	72	17:42	David	Robinson	Unattached	22	M	68	SM
236	73	17:42	Matthew	Jeffery	Bridgend A C	38	M	69	M35
138	74	17:42	Ben	Smith		21	M	70	SM
39	75	17:45	John	Evans	Parc Bryn Bach Running Club	47	M	71	M45

229	76	17:46	Daniel	Gumri	Unattached	39	M	72	M35
245	77	17:47	Sean	Petty	Bridgend	18	M	73	U20M
220	78	17:49	Craig	Chnty	Griffithstown Harriers	37	M	74	M35
262	79	17:54	Ben	Orton	Cardiff University Athletics Club	24	M	75	SM
243	80	17:55	Daniel	May	Cardiff Athletics	15	M	76	U20M
60	81	17:57	Ryan	Hartley	Pontypridd Roadents Ac	47	M	77	M45
21	82	17:57	Ewelina	Ciesielska	Park Bryn Bach Running Club	37	F		W35
49	83	17:58	Tom	Gilbert	Newport Harriers Ac	14	M	78	U20M
248	84	17:59	David	James	Les Croupiers	66	M	79	M65
42	85	18:08	Luigi	Federici	Penarth And Dinas Runners	29	M	80	SM
257	86	18:09	Haaziq	Reza	Cdf Runners	27	M	81	SM
118	87	18:11	Dominik	Plesiewicz	Aberdare Valley Aac	15	M	82	U20M
2	88	18:12	Jonathan	Anstee	Cdf Runners	22	M	83	SM
260	89	18:14	Jed	Wherlock	Newport Harriers	15	M	84	U20M
30	90	18:19	Owen	Davies	Les Croupiers	38	M	85	M35
227	91	18:20	Ellie	Robinson	Newport Harriers	21	F		SW
102	92	18:20	Paul	Morton	Les Croupiers Running Club	41	M	86	M40
6	93	18:21	Andrew	Blair	Les Croupiers Running Club	58	M	87	M55
137	94	18:21	Neil	Sigllechner	Penarth And Dinas Runners	33	M	88	SM
65	95	18:22	Sam	Howell-Jones	Pontypridd	33	M	89	SM
74	96	18:23	Jude	Jenkins	Neath Harriers	12	M	90	U20M
155	97	18:26	Jamie	Verran		27	M	91	SM
159	98	18:31	George	Watkins	Cdf Runners	27	M	92	SM
75	99	18:32	Matthew	Jenkins	Cdf Runners	25	M	93	SM
43	100	18:34	Emily	Fell	Cdf Runners	25	F		SW
263	101	18:37	Dale	John	Rhwstic Unaffiliated	32	M	94	SM
152	102	18:39	Phil	Tugwell	American Flyers	40	M	95	M40
103	103	18:41	Carl	Nealon		33	M	96	SM
232	104	18:45	Stephen	Martin	Unattached	41	M	97	M40
211	105	18:46	Jai	Tsim	Pontypridd	34	M	98	SM
35	106	18:47	James	Dodd	N/A	22	M	99	SM
170	107	18:50	Jack	Woodhouse	Neath Harriers	10	M	100	U20M
44	108	18:52	Ross	Flanigan	Penarth & Dinas Runners	55	M	101	M55
108	109	18:53	Emma	Palfrey	Cardiff Aac	39	F		W35
147	110	18:54	Matt	Tooby	Caerleon	39	M	102	M35
246	111	18:55	Alexander	James	Cardiff R	26	M	103	SM
4	112	18:55	Anthony	Bannon	Penarth And Dinas Runners	37	M	104	M35
109	113	18:56	Clare	Patterson	Parc Bryn Bach	44	F		W40
76	114	18:59	Caitlin	Jones	Aberdare Valley Aac	17	F		U20W
160	115	19:01	Leo	Watkins	Bridgend Ac	15	M	105	U20M
117	116	19:02	Kevin	Plank	San Domenico	52	M	106	M50
79	117	19:02	Kieran	Jones		24	M	107	SM
171	118	19:08	Luke	Woodhouse	Neath Harriers	12	M	108	U20M
157	119	19:10	Lucy	Wallace	Bitton	38	F		W35
67	120	19:13	Aled	Hughes	Ogmore Phoenix Runners	47	M	109	M45
169	121	19:15	Jamie	Wood	Heath Massive Run Club	31	M	110	SM
86	122	19:20	Kit	Lambert	Penarth And Dinas Runners	43	M	111	M40
62	123	19:27	Wayne	Hayhurst	Ogmore Phoenix Runners	45	M	112	M45
66	124	19:31	Craig	Howells	Llantwit Major Milers	52	M	113	M50
24	125	19:31	Thomas	Cox	Cdf Runners	24	M	114	SM
201	126	19:32	Tammi Laura	Preece	Parc Bryn Bach	41	F		W40
16	127	19:33	Julie	Chamberlain	Cardiff Aac	40	F		W40
56	128	19:34	Adrien	Grubb	Les Croupiers Running Club	28	M	115	SM
126	129	19:34	Matt	Regan	Pontypridd Roadents Ac	39	M	116	M35
14	130	19:36	Mark	Carter	Penarth And Dinas Runners	51	M	117	M50
146	131	19:36	Jeremy	Thomas	Les Croupiers	61	M	118	M60
9	132	19:39	Nicko	Brooke	Bristol And West Ac	41	M	119	M40
83	133	19:40	Nicola	Jukes	Parc Bryn Bach Rc	53	F		W50
205	134	19:42	Leigh	James	Bridgend A C	40	F		W40
144	135	19:46	Ewan	Stenhouse	Cdf Runners	31	M	120	SM
32	136	19:47	Paul	Deaton	Penarth & Dinas Running	55	M	121	M55
161	137	19:54	Matthew	Watkins	Les Croupiers Running Club	37	M	122	M35
57	138	19:59	Matthew	Gwenter	Penarth And Dinas Runners	42	M	123	M40
238	139	20:04	David	Barker	Cardiff	14	M	124	U20M
8	140	20:10	Phil	Bristow	San Domenico	62	M	125	M60
123	141	20:15	Jack	Reddy	Aberdare Valley Aac	19	M	126	U20M
165	142	20:17	Delyth	Williams	San Domenico Rc	35	F		W35
150	143	20:19	Anh Quan	Tran	Cdf Runners	33	M	127	SM
41	144	20:24	Richard	Everett	Aberdare Valley Aac	39	M	128	M35
94	145	20:28	Jonathan	Monk	Pontypridd Roadents	41	M	129	M40
13	146	20:29	Bethan	Butler-Madden	Pontypridd Roadents Ac	35	F		W35
34	147	20:31	Rhiannon	Derrick		13	F		U20W
224	148	20:34	Catherine	Powell	Pontypridd R A C	44	F		W40
244	149	20:40	Peter	Gillibrand	Les Croupiers	26	M	130	SM
237	150	20:42	Catherine	Barker	Penarth & Dinas	47	F		W45
1	151	20:45	Emily	Adams	Pontypridd Roadents Ac	25	F		SW
215	152	20:50	Leah	Stephens	Les Croupiers	38	F		W35

234	153	20:51	Tim	Fry	Lliswerry Runners	45	M	131	M45
33	154	20:55	Ian	Derrick	Cardiff Aac	54	M	132	M50
115	155	20:56	Chloe	Piggott	Aberdare Valley Aac	19	F		U20W
124	156	20:56	Nia	Reddy	Aberdare Valley Aac	123	F		W75
61	157	20:57	Haydn	Hartnell	Parc Bryn Bach Rc	60	M	133	M60
112	158	21:00	Danielle	Phillips	Les Croupiers Running Club	38	F		W35
241	159	21:04	Paul	May	Cornelly Striders	55	M	134	M55
136	160	21:11	Matthew	Siggins	Cdf Runners	30	M	135	SM
143	161	21:12	Michael	Starr	Rugby And Northampton	56	M	136	M55
253	162	21:15	Rachel	Walsh	Les Croupiers	44	F		W40
23	163	21:16	Chris	Collin	Ogmore Phonix Runners	43	M	137	M40
53	164	21:16	Grace	Griffiths	Rhondda Ac	15	F		U20W
40	165	21:22	Robert	Evans	Les Croupiers Running Club	70	M	138	M70
264	166	21:24	Morwenna	Charman	San Domenico Rc	28	F		SW
97	167	21:24	Nicholas	Morgan	Penarth And Dinas Runners	43	M	139	M40
222	168	21:25	Stephen	Noyvirt	Unattached	23	M	140	SM
5	169	21:27	Tim	Beckett	Market Drayton Rc	56	M	141	M55
48	170	21:28	James	George	Penarth And Dinas Runners	51	M	142	M50
154	171	21:31	Andrew	Underhill	San Domenico	39	M	143	M35
59	172	21:39	Seren	Hardman	Bridgend Ac	12	F		U20W
71	173	21:42	Isabelle	Jacklin		15	F		U20W
225	174	21:44	Charlotte	O Connor	Unattached	23	F		SW
235	175	21:48	Gina	Hardman	Unknown	52	F		W50
19	176	21:51	Paul	Chapman	Les Croupiers Running Club	54	M	144	M50
92	177	21:54	Andrew	Millin		38	M	145	M35
91	178	21:58	Massimo	Mentasti	Penarth And Dinas Running Club	45	M	146	M45
51	179	22:00	Malc	Gonnella	Builth & District Running Club	68	M	147	M65
100	180	22:01	Tom	Morris		41	M	148	M40
116	181	22:01	Scott	Place	Cdf Runners	27	M	149	SM
172	182	22:17	Nick	Woodhouse	Neath Harriers	49	M	150	M45
247	183	22:21	Steven	Barusl	Penarth & Dinas	50	M	151	M50
38	184	22:23	Lucy	Entwistle	Penarth And Dinas Runners	35	F		W35
18	185	22:26	Kay	Chapman	Les Croupiers Running Club	56	F		W55
202	186	22:36	Sarah Louise	Coote	Parc Bryn Bach	42	F		W40
78	187	22:39	Gareth	Jones	Penarth And Dinas Runners	50	M	152	M50
269	188	22:41	Gareth	Davies	Penarth And Dinas Runners	45	M	153	M45
52	189	22:48	Lucy	Green	San Domenico	28	F		SW
28	190	22:49	John	Davies	Penarth And Dinas Runners	69	M	154	M65
213	191	22:56	Ronald	Morris		73	M	155	M70
70	192	22:58	Jon	Hussey	Rhoose Runners	43	M	156	M40
167	193	22:59	Simon	Williamson	Penarth And Dinas Runners	65	M	157	M65
93	194	23:22	Ryan	Minard	Aberdare Valley Amateur Athletics Cl	40	M	158	M40
10	195	23:30	James	Buckingham	Penarth And Dinas	59	M	159	M55
218	196	23:45	Chris	Pollock	Unattached	58	M	160	M55
250	197	23:50	Fiona	Davies	Pontypridd	67	F		W65
254	198	23:52	Malcolm	Bradley	P & D	72	M	161	M70
104	199	23:53	Kat	Nguyen	Cdf Runners	28	F		SW
148	200	23:54	Chris	Tough		52	M	162	M50
168	201	23:58	Hannah	Withers	San Domenico Rc	49	F		W45
87	202	24:07	Stuart	Laurie	Saints And Sinners Crawley	37	M	163	M35
129	203	24:14	Arren	Roach	Cdf Runners	25	M	164	SM
119	204	24:15	Katie	Plimmer	Ogmore Phoenix Runners	24	F		SW
114	205	24:29	Nathan	Piddock	Penarth And Dinas Runners	33	M	165	SM
55	206	24:50	Lucy	Griffiths	Rhondda Ac	11	F		U20W
90	207	24:55	Anne	Menard	Cdf Runners	34	F		SW
29	208	25:07	Michael H	Davies	Les Croupiers Rc	73	M	166	M70
270	209	25:25	Stephen	Quin	Les Croupiers Rc	51	M	167	M50
127	210	25:28	Juliana	Reimberg	Cdf Runners	25	F		SW
37	211	25:35	Ian	England		48	M	168	M45
223	212	25:49	James	Ackerman	Unattached	20	M	169	U20M
20	213	25:59	Meurig	Chapple	Penarth And Dinas Runners	61	M	170	M60
216	214	26:05	Kathryn	Petersen	Penarth & Dinas	54	F		W50
267	215	26:15	Peter	Trott	Penarth And Dinas Runners	55	M	171	M55
17	216	26:32	John	Chandler	San Domenico Rc	61	M	172	M60
221	217	26:47	Beverley	Warburton	Penarth & Dinas	61	F		W60
125	218	26:53	Debbie	Rees	Penarth And Dinas	58	F		W55
15	219	27:06	Natalie	Cartlidge	San Domenico Rc	52	F		W50
258	220	27:16	Nick	Harris	Ogmore Phoenix Runners	37	M	173	M35
268	221	27:59	Steve	Goodfellow	Penarth And Dinas Runners	61	M	174	M60
25	222	28:08	Colin	Crooks	Pegasus Rc	67	M	175	M65
242	223	28:15	Hannah	May	Cornelly Striders	25	F		SW
96	224	28:25	Bec	Morgan		53	F		W50
217	225	29:33	Emma	Healy	Penarth & Dinas	52	F		W50
95	226	39:48	Tracey	Moreton		61	F		W60
131	227	39:48	Kay	Rogers	Brf Running Club	56	F		W55