

Pos	Bib No	Share	Print	Name	Time	Chip Time	Category	Cat Pos	Gender	Gen Pos	Club	10k	10 mile
<b>SWANSEA HALF 26/6/2106</b>													
1	5559			Richie POWELL	01:01:29.7	01:01:27.8	WChair	1	Wheelchair	1		00:28:39.7	00:46:11.6
2	1			Dewi GRIFFITHS	01:05:38.2	01:05:38.2	SenM	1	Male	1	SWANSEA HARRIERS	00:30:53.1	00:49:47.7
3	50			Danal DESTA	01:07:01.0	01:07:01.0	SenM	2	Male	2	SWANSEA HARRIERS	00:31:18.5	00:50:52.8
4	3			Josh GRIFFITHS	01:08:43.5	01:08:43.5	SenM	3	Male	3	SWANSEA HARRIERS	00:32:14.5	00:52:04.7
5	7			Dan NASH	01:09:42.9	01:09:42.9	SenM	4	Male	4	EAST CORNWALL HARRIERS	00:32:42.3	00:53:19.5
6	6			Ben COLE	01:09:57.1	01:09:57.1	SenM	5	Male	5	TONBRIDGE AC	00:32:23.1	00:52:56.0
7	11			Matthew EDMONDS	01:10:56.5	01:10:56.5	SenM	6	Male	6	NEWPORT HARRIERS AC	00:33:30.2	00:54:08.7
8	16			Angus MACLEAN	01:11:28.9	01:11:28.9	SenM	7	Male	7	SWANSEA HARRIERS	00:33:29.9	00:54:13.4
9	14			Marc HOBBS	01:12:00.8	01:12:00.8	SenM	8	Male	8	SWANSEA HARRIERS	00:33:47.0	00:54:39.1
10	27			Simon GOLDSWORTHY	01:12:59.9	01:12:59.9	SenM	9	Male	9		00:34:19.4	00:55:25.8
11	20			Mark WORRINGHAM	01:13:27.8	01:13:27.8	SenM	10	Male	10	READING ROADRUNNERS	00:34:32.5	00:55:46.8
12	28			Paul GRAHAM	01:14:26.6	01:14:25.5	SenM	11	Male	11	PONTYPRIDD ROADENTS	00:35:24.4	00:56:53.9
13	1757			William WOODCOCK	01:14:29.3	01:14:27.0	SenM	12	Male	12	WIRRAL AC	00:35:21.8	00:56:53.5
14	41			Hannah WALKER	01:14:31.5	01:14:31.5	SenF	1	Female	1	RUN FAST	00:35:25.1	00:56:51.0
15	1704			Laurence HUMPHREYS	01:14:50.4	01:14:48.7	SenM	13	Male	13	FAIRWATER CWMBRAN RUNNERS	00:35:47.0	00:57:22.3
16	23			Marcus ENGLAND	01:14:53.5	01:14:53.5	SenM	14	Male	14	CHELTENHAM & COUNTY HARRIERS	00:35:01.9	00:56:54.1
17	5557			Scott NEWTON	01:15:02.8	01:15:02.8	SenM	15	Male	15	RUN FAST	00:35:24.0	00:56:59.2
18	21			Tracy BARLOW	01:15:03.6	01:15:02.4	SenF	2	Female	2	THAMES VALLEY HARRIERS	00:35:24.6	00:56:58.2
19	26			Rachel FELTON	01:16:33.1	01:16:33.1	FV35	1	Female	3	RUN FAST	00:35:29.0	00:58:01.4
20	10			Matt JACKLIN	01:17:04.5	01:17:04.5	MV40	1	Male	16	ABERDARE VALLEY AAC	00:35:28.8	00:58:18.8
21	1786			Stephen SHANKS	01:17:09.1	01:17:06.8	SenM	16	Male	17	VICTORIA PARK HARRIERS & TOWER HAMLETS AC	00:36:32.6	00:58:51.9
22	5563			Paul MORGAN	01:17:30.2	01:17:28.5	SenM	17	Male	18	SWANSEA HARRIERS	00:36:34.1	00:58:59.1
23	1505			Richard JAC	01:17:30.4	01:17:28.6	SenM	18	Male	19	PENARTH & DINAS RUNNERS	00:36:09.1	00:58:59.0
24	6435			Ifan LLOYD	01:17:39.6	01:17:37.9	MV50	1	Male	20	SWANSEA HARRIERS	00:36:33.9	00:58:59.4
25	25			Ben BUTLER-MADDEN	01:17:44.7	01:17:43.1	SenM	19	Male	21	PENARTH & DINAS RUNNERS	00:35:41.8	00:58:44.1
26	48			Bryony PROCTOR	01:17:48.6	01:17:48.6	SenF	3	Female	4		00:36:07.3	00:59:02.1
27	1616			Mar NORTON	01:17:58.2	01:17:56.3	SenM	20	Male	22	LLISWERRY RUNNERS	00:36:34.6	00:59:18.9
28	2236			Mike CLARK	01:18:18.9	01:18:10.8	MV40	2	Male	23	SOUTH MOLTON STRUGGLERS	00:36:50.5	00:59:32.0
29	647			Rhys HARRIES	01:18:32.3	01:18:29.6	SenM	21	Male	24		00:36:34.3	00:59:24.7
30	37			Rachel DOHERTY	01:18:51.0	01:18:49.8	SenF	4	Female	5	HIGHAM HARRIERS A.C	00:36:37.7	00:59:58.7
31	1974			Rick COLES	01:18:53.8	01:18:50.9	MV40	3	Male	25	REIGATE PRIORY AC	00:35:24.7	00:57:59.0
32	1564			Neil JONES	01:18:54.2	01:18:51.2	SenM	22	Male	26	CWM OGWR RUNNING CLUB	00:36:40.3	01:00:03.0
33	5569			Joaquim MOREIRA	01:18:58.1	01:18:55.7	SenM	23	Male	27		00:36:34.5	00:59:29.1
34	5565			Ioan WILLIAMS	01:19:07.3	01:19:02.1	SenM	24	Male	28	VEGAN RUNNERS UK	00:36:32.0	01:00:13.1
35	1797			Dan DOHERTY	01:19:12.8	01:19:10.5	MV40	4	Male	29	HIGHAM HARRIERS A.C	00:36:41.0	00:59:55.0
36	38			Clara EVANS	01:19:16.7	01:19:14.9	SenF	5	Female	6	PONTYPRIDD ROADENTS	00:36:58.1	00:59:55.5
37	640			John COLLIER	01:20:26.3	01:20:23.9	SenM	25	Male	30		00:36:51.3	01:00:31.8
38	130			Nathan FLEAR	01:20:36.5	01:20:26.7	SenM	26	Male	31	3M GORSEINON ROAD RUNNERS	00:37:52.8	01:01:20.5
39	1896			Sarah STRADLING	01:20:38.9	01:20:36.7	FV35	2	Female	7	COLCHESTER HARRIERS	00:36:43.4	01:00:12.9

40	34		Sophie CARTER	01:20:55.7	01:20:54.4	FV35	3	Female	8	BELGRAVE HARRIERS	00:38:03.1	01:01:36.1
41	470		John Bamford MORGAN	01:21:00.7	01:20:53.4	SenM	27	Male	32		00:37:27.7	01:01:05.5
42	357		Marc EVANS	01:21:08.8	01:21:06.0	SenM	28	Male	33	AMMAN VALLEY HARRIERS	00:36:46.6	01:00:49.8
43	5567		Andrew GEORGE	01:21:17.2	01:21:14.0	SenM	29	Male	34		00:37:50.6	01:01:29.6
44	33		Helen BULLER	01:21:28.6	01:21:26.4	FV35	4	Female	9	WORTHING AND DISTRICT HARRIERS	00:38:02.5	01:01:45.0
45	1873		Vincent RIVIERE	01:21:39.2	01:21:35.7	SenM	30	Male	35		00:38:11.3	01:02:03.5
46	395		Attila GARAI	01:21:41.4	01:21:37.9	MV40	5	Male	36		00:38:00.9	01:01:52.2
47	5572		Jonathan CARRICK	01:21:47.2	01:21:43.7	SenM	31	Male	37	CELTIC TRI	00:37:31.6	01:01:42.7
48	265		Alex SCOTT	01:21:53.4	01:21:46.9	SenM	32	Male	38	SWANSEA HARRIERS	00:38:24.0	01:02:14.2
49	3752		Scott EVANS	01:21:54.0	01:21:45.0	SenM	33	Male	39		00:38:37.5	01:02:34.2
50	883		Andrew CHARLES	01:21:56.3	01:21:54.3	SenM	34	Male	40	PORT TALBOT HARRIERS	00:38:24.4	01:02:18.9
51	1871		Alexander HOSKING	01:22:00.8	01:21:57.9	SenM	35	Male	41		00:37:32.4	01:01:42.0
52	305		Darryl THOMAS	01:22:11.2	01:22:07.9	MV40	6	Male	42		00:38:14.0	01:02:15.3
53	5574		Wayne BOWEN	01:22:11.4	01:22:05.0	MV40	7	Male	43	SWANSEA HARRIERS	00:38:22.6	01:02:13.8
54	2087		Richard FOSTER	01:22:19.3	01:22:15.7	SenM	36	Male	44		00:38:53.4	01:02:44.0
55	605		Andrew BRAIN	01:22:31.8	01:22:28.4	MV40	8	Male	45	RUN4ALL NEATH	00:38:34.2	01:02:45.4
56	533		Jon CRECRAFT	01:22:56.8	01:22:37.0	SenM	37	Male	46		00:37:41.5	01:02:05.1
57	172		Rhodri EVANS	01:23:05.5	01:23:03.2	SenM	38	Male	47		00:38:31.2	01:03:04.4
58	1812		David MOLE	01:23:07.8	01:22:57.5	MV40	9	Male	48		00:38:43.8	01:02:36.5
59	512		Chris FULCHER	01:23:12.8	01:23:09.2	MV40	10	Male	49	NEATH HARRIERS	00:39:14.1	01:03:28.6
60	1811		Simon NEWMAN	01:23:15.7	01:23:13.1	MV40	11	Male	50	BOURNVILLE HARRIERS	00:39:28.8	01:03:34.2
61	2015		Paul FLYNN	01:23:20.2	01:23:13.6	MV40	12	Male	51	SWANSEA HARRIERS	00:39:22.6	01:03:30.1
62	149		Chris LEWIS	01:23:24.0	01:23:13.0	SenM	39	Male	52		00:39:15.6	01:03:25.9
63	1977		Shane DOWLE	01:23:27.0	01:23:19.7	SenM	40	Male	53	REIGATE PRIORY AC	00:39:16.7	01:03:03.4
64	1170		Laurence POLE	01:23:27.4	01:23:24.3	MV40	13	Male	54		00:38:43.5	01:03:19.9
65	199		Stephen EVANS	01:23:29.8	01:23:23.2	SenM	41	Male	55		00:38:53.1	01:03:17.0
66	696		Emil CHWISTEK	01:23:31.4	01:23:21.4	SenM	42	Male	56		00:38:49.0	01:03:01.2
67	1878		Jim KING	01:23:33.8	01:23:28.0	MV40	14	Male	57	ST. ALBANS STRIDERS	00:39:26.4	01:03:33.5
68	165		Edward JOHN	01:23:34.2	01:23:24.8	SenM	43	Male	58		00:39:01.1	01:03:16.9
69	860		Paul ABRAHAM	01:23:35.6	01:23:31.7	MV50	2	Male	59		00:39:31.9	01:03:49.8
70	137		Matt YELLAND	01:23:36.6	01:23:32.0	SenM	44	Male	60		00:39:01.0	01:03:37.5
71	724		Raul REISMANN	01:23:43.8	01:23:37.1	MV40	15	Male	61	SWANSEA HARRIERS	00:39:21.3	01:03:48.5
72	1696		Gary HERRING	01:23:54.2	01:23:51.5	SenM	45	Male	62		00:39:25.3	01:04:13.4
73	1199		Jon BELCHER	01:23:57.4	01:23:53.1	SenM	46	Male	63	LLISWERRY RUNNERS	00:38:37.8	01:03:24.8
74	550		Craig FOLEY	01:24:13.0	01:24:08.5	SenM	47	Male	64		00:40:36.3	01:04:48.5
75	1161		Jonathan BUTLER	01:24:18.6	01:24:07.2	SenM	48	Male	65		00:40:22.7	01:05:05.2
76	1243		Ceri DAVIES	01:24:20.9	01:24:15.5	MV40	16	Male	66	SAN DOMENICO RC	00:39:38.3	01:04:07.0
77	1733		Andy SPARKS	01:24:31.8	01:24:24.5	SenM	49	Male	67		00:38:50.4	01:03:35.4
78	1835		Phil BOARDMAN	01:24:34.3	01:24:31.5	SenM	50	Male	68		00:40:32.3	01:04:52.2
79	5570		Adam CHAPMAN	01:24:35.8	01:24:27.4	SenM	51	Male	69		00:39:45.7	01:04:24.1
80	1393		Gethin POWELL	01:24:41.5	01:24:38.7	SenM	52	Male	70	WHITE ROCK RUNNERS	00:39:51.4	01:04:30.9
81	969		Jon PLAYSTED	01:24:59.2	01:24:51.8	MV40	17	Male	71		00:40:26.4	01:05:10.4
82	698		Dan MUMFORD	01:25:03.5	01:24:54.4	SenM	53	Male	72		00:38:46.5	01:03:16.8
83	1658		David ROWLAND	01:25:11.0	01:25:04.9	SenM	54	Male	73	EBBW VALE RC	00:39:45.8	01:04:43.0

84	1872		Glynn THOMAS	01:25:11.7	01:25:07.1	MV50	3	Male	74	IPSWICH JAFFA RUNNING CLUB	00:39:00.5	01:04:05.1
85	5619		Sam MITCHELL	01:25:16.6	01:25:00.3	SenM	55	Male	75		00:40:16.0	01:04:51.1
86	1050		Jeffrey COX	01:25:20.5	01:25:15.3	MV50	4	Male	76		00:39:24.8	01:04:15.4
87	1204		Luis PEREIRA	01:25:25.9	01:24:45.1	SenM	56	Male	77		00:40:44.3	01:04:40.4
88	1959		Martyn MILLARD	01:25:32.2	01:25:29.3	SenM	57	Male	78		00:39:53.5	01:05:07.9
89	1192		Paul O'CALLAGHAN	01:25:32.8	01:25:20.6	SenM	58	Male	79		00:40:22.7	01:05:04.3
90	1250		Alex LEA	01:25:36.3	01:25:22.9	SenM	59	Male	80		00:38:57.0	01:04:49.6
91	1321		Ryan CULLEN	01:25:50.1	01:25:39.4	SenM	60	Male	81		00:40:17.7	01:05:06.0
92	1684		Jamie DAVIES	01:25:52.0	01:25:47.0	SenM	61	Male	82	LLISWERRY RUNNERS	00:39:10.7	01:04:01.6
93	2239		Alison THORN	01:25:53.8	01:25:47.8	FV35	5	Female	10	ERME VALLEY HARRIERS	00:40:04.0	01:04:48.2
94	1880		John JOHNSON	01:25:59.7	01:25:52.1	MV40	18	Male	83	ON THE RUN AYLESBURY	00:39:41.7	01:04:46.6
95	5573		Lauren COOPER	01:26:04.9	01:26:00.8	SenF	6	Female	11	PARC BRYN BACH RC	00:40:06.3	01:05:08.7
96	1211		Aaron JONES	01:26:05.0	01:25:41.1	MV40	19	Male	84		00:41:43.1	01:06:15.4
97	335		John BRESLIN	01:26:06.3	01:25:59.2	SenM	62	Male	85		00:40:23.9	01:05:10.1
98	503		Matthew DAVIES	01:26:06.6	01:26:01.2	SenM	63	Male	86	RUN4ALL NEATH	00:40:28.7	01:05:23.9
99	1922		Toby HERBERT	01:26:09.0	01:25:53.6	SenM	64	Male	87	DATCHET DASHERS	00:42:05.9	01:06:38.7
100	909		Eamonn KIRK	01:26:09.5	01:26:02.3	MV40	20	Male	88	SWANSEA HARRIERS	00:40:23.2	01:05:09.0
101	382		Sam JOSEPH	01:26:25.7	01:26:20.2	SenM	65	Male	89	SWANSEA HARRIERS	00:39:10.8	01:04:41.5
102	744		Tyler JONES	01:26:44.0	01:26:31.5	SenM	66	Male	90		00:41:09.4	01:06:12.8
103	1511		David WOODFORD	01:26:44.0	01:26:31.4	MV50	5	Male	91		00:40:10.5	01:05:42.0
104	1841		Dale WILLIAMS	01:26:50.1	01:26:44.0	MV40	21	Male	92	BRECON AC	00:40:57.4	01:06:11.9
105	1744		Andy WHALEY	01:26:50.5	01:26:40.2	MV40	22	Male	93		00:41:06.2	01:06:07.0
106	1264		Tommy WALSH	01:26:57.6	01:26:49.2	SenM	67	Male	94		00:41:45.0	01:06:52.3
107	2941		Sam SHINGLER	01:27:01.1	01:26:34.7	FV35	6	Female	12		00:40:12.3	01:05:19.0
108	851		Cayo ARRAN	01:27:06.2	01:26:54.6	SenM	68	Male	95		00:41:07.4	01:06:18.4
109	1019		Daren DAVIES	01:27:06.8	01:26:27.4	SenM	69	Male	96		00:41:49.7	01:06:44.7
110	1237		Ben PHILLIPS	01:27:08.6	01:26:47.1	SenM	70	Male	97		00:40:52.4	01:06:11.2
111	1296		Kevin PLANK	01:27:11.1	01:27:05.2	MV40	23	Male	98	SAN DOMENICO RC	00:41:09.7	01:06:28.8
112	1909		James SPOONER	01:27:11.5	01:27:06.4	SenM	71	Male	99		00:40:35.6	01:05:55.1
113	2103		Cleo PERRY	01:27:13.0	01:27:06.9	FV35	7	Female	13	ERME VALLEY HARRIERS	00:39:59.7	01:05:49.0
114	43		Leigh JAMES	01:27:18.1	01:27:16.4	SenF	7	Female	14	LONDON HEATHSIDE	00:40:28.1	01:06:05.2
115	5577		Robert LOVEGROVE	01:27:18.7	01:27:03.7	SenM	72	Male	100		00:42:14.8	01:07:02.4
116	5571		Hayden COATE	01:27:22.4	01:27:18.6	MV40	24	Male	101	AVON VALLEY RUNNERS	00:39:47.9	01:05:47.4
117	1678		Thomas HENRY	01:27:23.4	01:27:21.3	SenM	73	Male	102	LLISWERRY RUNNERS	00:40:07.7	01:05:06.3
118	2048		Louise FLYNN	01:27:30.0	01:27:21.5	SenF	8	Female	15		00:41:00.3	01:06:16.0
119	1345		Adam ROBAK	01:27:39.3	01:27:34.6	SenM	74	Male	103		00:40:38.6	01:06:03.3
120	272		Mark GOSNEY	01:27:42.6	01:27:31.5	SenM	75	Male	104	3M GORSEINON ROAD RUNNERS	00:40:56.6	01:06:20.1
121	707		Renatas PLYTNIKAS	01:27:44.2	01:27:37.2	MV40	25	Male	105		00:38:44.2	01:05:43.6
122	461		Hugo THOMPSON	01:27:49.4	01:27:34.4	MV50	6	Male	106		00:41:02.2	01:06:25.9
123	1969		Jamie NOBBS	01:27:50.7	01:27:21.2	SenM	76	Male	107		00:43:03.1	01:07:43.7
124	49		Elizabeth SMITH	01:27:55.3	01:27:53.6	SenF	9	Female	16		00:40:23.5	01:06:10.7
125	6418		Kneath PHILIPPART	01:27:57.0	01:27:43.2	MV50	7	Male	108	SWANSEA HARRIERS	00:41:32.6	01:06:55.8
126	1496		Mark RICHMOND	01:28:02.9	01:27:57.6	MV40	26	Male	109	SAN DOMENICO RC	00:40:03.5	01:06:09.8
127	402		Robert HUGHES	01:28:05.5	01:27:58.6	SenM	77	Male	110		00:41:33.1	01:07:09.0

128	1086		Ian OGILVIE	01:28:05.8	01:27:56.8	MV40	27	Male	111	BRACKLA HARRIERS	00:40:54.8	01:06:51.3
129	1501		Daniel MADGE	01:28:05.9	01:28:00.3	SenM	78	Male	112		00:40:32.7	01:06:12.3
130	1830		Lucy CAMBRIDGE	01:28:10.4	01:28:04.6	FV35	8	Female	17	WOLVERHAMPTON & BILSTON AC	00:41:31.2	01:07:09.6
131	1135		Luke BARHAM	01:28:12.0	01:27:55.4	SenM	79	Male	113		00:41:40.5	01:07:27.8
132	1662		Ray GREENHOUSE	01:28:19.9	01:28:13.4	MV50	8	Male	114	EBBW VALE RC	00:41:48.5	01:07:08.0
133	5587		Hywel LONGMAN	01:28:24.7	01:28:07.9	SenM	80	Male	115		00:41:41.5	01:07:27.9
134	1139		Mark PEDLER	01:28:32.5	01:28:16.9	SenM	81	Male	116	CORNELLY STRIDERS AC	00:40:22.9	01:05:54.2
135	5578		Steven WILLIAMS	01:28:41.7	01:28:14.7	MV40	28	Male	117		00:40:25.3	01:06:18.8
136	2113		Ben ANDREWS	01:28:44.0	01:28:36.8	SenM	82	Male	118	BRISTOL & WEST AC	00:39:43.2	01:06:42.2
137	3613		Ann ARMSTRONG	01:28:46.8	01:28:46.8	FV45	1	Male	119		00:40:51.6	01:06:53.6
138	868		Scott RUSE	01:28:51.0	01:28:46.6	SenM	83	Male	120		00:42:08.2	01:07:58.8
139	1226		Kevin Anthony JONES	01:28:58.0	01:28:49.8	MV50	9	Male	121	LES CROUPIERS RC	00:42:16.7	01:08:02.4
140	997		Alex WILKS	01:29:01.2	01:28:44.2	SenM	84	Male	122		00:41:51.9	01:07:34.3
141	1344		David HARNESS	01:29:01.6	01:28:53.7	MV40	29	Male	123	SAN DOMENICO RC	00:42:33.1	01:08:04.1
142	1975		Ben ANNEAR	01:29:02.6	01:28:50.9	SenM	85	Male	124		00:42:02.7	01:07:57.0
143	600		Antonio CIRILLO	01:29:03.1	01:28:49.4	SenM	86	Male	125		00:42:18.7	01:08:04.8
144	1971		Colin BENNETT	01:29:03.3	01:28:50.7	MV50	10	Male	126	LEWES AC	00:42:20.4	01:08:04.6
145	401		Geoffrey ROBINSON	01:29:06.0	01:28:57.9	MV50	11	Male	127		00:42:04.2	01:07:59.3
146	501		Mark LEWIS	01:29:06.5	01:28:43.3	MV50	12	Male	128		00:42:44.5	01:08:17.1
147	1048		Austin THOMAS	01:29:07.6	01:28:54.6	SenM	87	Male	129		00:41:01.4	01:06:38.2
148	2041		Jonathan SALISBURY	01:29:07.6	01:28:55.3	MV40	30	Male	130	PENARTH & DINAS RUNNERS	00:41:32.1	01:07:33.0
149	2018		Adam COOKE	01:29:08.2	01:28:58.8	MV40	31	Male	131		00:42:05.2	01:08:00.4
150	2670		Jessica DAVIES	01:29:09.1	01:28:21.1	SenF	10	Female	18		00:41:12.7	01:07:08.6
151	1776		Joe BUTLER	01:29:09.5	01:29:07.5	SenM	88	Male	132	ST THERESA'S AC	00:41:47.0	01:08:13.4
152	420		Chris WEBB	01:29:14.4	01:29:00.3	FV35	9	Female	19		00:41:34.0	01:07:24.8
153	6039		Marcus TAYLOR	01:29:14.5	01:29:04.1	MV40	32	Male	133		00:41:40.5	01:07:24.0
154	1118		John HILL	01:29:16.6	01:29:12.7	SenM	89	Male	134	BRIDGEND AC	00:41:31.7	01:07:10.7
155	598		Chris WILLIAMS	01:29:17.0	01:29:05.3	SenM	90	Male	135		00:42:21.7	01:08:06.8
156	1649		Robert EVANS	01:29:19.9	01:29:13.7	MV50	13	Male	136	EBBW VALE RC	00:41:50.8	01:07:37.9
157	5576		Daniel THRIFT	01:29:22.9	01:29:00.4	SenM	91	Male	137	CAERPHILLY RUNNERS	00:42:07.0	01:08:07.9
158	1015		Tom AVINGTON	01:29:24.6	01:29:12.0	SenM	92	Male	138		00:42:07.4	01:08:12.9
159	5566		Huw JONES	01:29:26.2	01:29:17.6	MV40	33	Male	139		00:42:30.0	01:08:17.9
160	1628		David STANDING	01:29:28.5	01:29:26.8	SenM	93	Male	140	FAIRWATER CWMBRAN RUNNERS	00:41:28.7	01:07:39.8
161	2168		Ben LINES	01:29:29.6	01:29:14.8	SenM	94	Male	141		00:41:28.5	01:07:51.8
162	5631		Michael WARD	01:29:31.5	01:29:17.3	SenM	95	Male	142		00:40:49.9	01:07:33.7
163	2238		Owen DAVIES	01:29:33.0	01:29:16.0	SenM	96	Male	143		00:42:13.8	01:08:11.3
164	2179		Caine DABSON	01:29:33.9	01:29:11.7	MV40	34	Male	144	SWINDON HARRIERS	00:42:15.7	01:08:07.3
165	1915		Anthony WALKER	01:29:34.4	01:29:30.0	MV40	35	Male	145		00:41:23.6	01:07:53.2
166	113		Daniel JAMES	01:29:36.6	01:29:21.1	SenM	97	Male	146		00:41:16.3	01:07:28.8
167	6443		Brian DIAS	01:29:37.9	01:29:36.4	SenM	98	Male	147	Les Croupiers	00:38:32.9	01:05:46.8
168	872		Daniel BOLTON	01:29:38.0	01:29:30.7	SenM	99	Male	148		00:41:52.5	01:08:01.5
169	5586		Lee KIELY	01:29:38.6	01:29:17.4	SenM	100	Male	149		00:41:00.0	01:06:13.5
170	138		Geraint JONES	01:29:39.1	01:29:29.7	SenM	101	Male	150	AMMAN VALLEY HARRIERS	00:41:25.3	01:08:19.5
171	2153		Paul NEWMAN	01:29:41.9	01:29:32.8	MV50	14	Male	151	SOMER AC	00:41:02.6	01:07:30.7

172	1924		Alan MOSS	01:29:45.0	01:29:31.6	MV40	36	Male	152		00:42:22.9	01:08:21.6
173	200		Gareth MORGAN	01:29:46.2	01:29:34.9	SenM	102	Male	153	3M GORSEINON ROAD RUNNERS	00:42:28.3	01:08:19.3
174	1335		Glyn SANSOM	01:29:49.3	01:29:46.0	MV50	15	Male	154	SAN DOMENICO RC	00:41:52.2	01:08:06.3
175	6417		Cj DE MOOI	01:29:50.6	01:29:46.6	MV40	37	Male	155		00:42:33.4	01:08:27.2
176	1884		Owen HAWKRIDGE	01:29:52.0	01:29:41.4	SenM	103	Male	156		00:42:36.5	01:08:36.7
177	1883		Ian ROOKE	01:29:52.1	01:29:41.4	SenM	104	Male	157		00:42:34.8	01:08:36.8
178	1466		James THOMAS	01:29:53.0	01:27:33.4	SenM	105	Male	158	PARC BRYN BACH RC	00:40:38.2	01:06:16.4
179	431		William FERGUSON	01:29:53.2	01:29:45.2	MV50	16	Male	159		00:41:47.9	01:07:56.8
180	1631		Colin WILMOTT	01:29:53.5	01:29:39.1	MV50	17	Male	160	GRIFFITHSTOWN HARRIERS	00:42:30.2	01:08:50.2
181	5568		Richard REES	01:29:56.1	01:29:54.5	SenM	106	Male	161		00:42:51.4	01:08:54.4
182	1981		Huw WILLIAMS	01:29:57.8	01:29:43.6	SenM	107	Male	162		00:42:22.6	01:08:26.4
183	957		Rob FALCONER	01:30:01.0	01:29:51.3	MV50	18	Male	163		00:41:55.9	01:08:17.6
184	1933		Sam EVANS	01:30:02.8	01:29:37.4	SenM	108	Male	164		00:42:32.1	01:08:25.2
185	1502		Martin HAYES	01:30:04.5	01:29:34.1	SenM	109	Male	165		00:42:51.6	01:08:19.6
186	1527		Ryan EVANS	01:30:07.0	01:29:58.1	SenM	110	Male	166		00:41:23.1	01:07:18.4
187	16510		Sam KNIGHT	01:30:09.6	01:29:54.4	Pacer	1	Male	167		00:42:19.0	01:08:13.0
188	1539		Robert COLES	01:30:13.2	01:29:50.3	SenM	111	Male	168	CAERPHILLY RUNNERS	00:42:07.3	01:08:21.9
189	1814		Glyn BROADHURST	01:30:15.2	01:29:59.9	MV40	38	Male	169	BADDESLEY BADGERS	00:42:19.1	01:08:12.9
190	1919		Trevor HEDGES	01:30:15.9	01:29:42.9	SenM	112	Male	170		00:43:09.9	01:08:52.9
191	286		John HIDDLESTONE	01:30:20.9	01:30:02.7	MV40	39	Male	171		00:41:58.0	01:07:19.9
192	657		Steve JONES	01:30:22.4	01:29:24.3	SenM	113	Male	172		00:41:13.4	01:07:45.3
193	582		Mark HIDDLESTONE	01:30:28.3	01:30:21.6	MV40	40	Male	173	PORT TALBOT HARRIERS	00:40:58.5	01:07:26.7
194	590		Mark WILLIAMS	01:30:30.4	01:30:22.5	MV50	19	Male	174		00:41:18.8	01:07:47.8
195	1165		Michael RICHARDS	01:30:31.9	01:30:09.2	SenM	114	Male	175	CAERPHILLY RUNNERS	00:42:07.3	01:08:21.9
196	394		Paul JONES	01:30:32.8	01:30:22.9	SenM	115	Male	176		00:41:36.4	01:08:01.3
197	1183		Peter HUNT	01:30:32.9	01:30:10.4	MV40	41	Male	177		00:42:06.7	01:08:21.8
198	1522		Tim PHILLIPS	01:30:35.1	01:30:31.0	SenM	116	Male	178		00:42:39.9	01:09:02.3
199	913		Sion ROBERTS	01:30:38.3	01:29:16.9	SenM	117	Male	179		00:42:00.0	01:07:58.9
200	571		Craig HARPER	01:30:41.1	01:30:29.5	SenM	118	Male	180		00:43:25.2	01:09:35.5
201	6050		Martin DAVIES	01:30:43.1	01:30:09.3	MV40	42	Male	181		00:41:58.7	01:08:06.9
202	1805		Michael PUGH	01:30:45.4	01:30:33.8	SenM	119	Male	182	SPA STRIDERS	00:42:15.8	01:08:44.3
203	362		Huw TILLMAN	01:30:47.6	01:30:38.3	SenM	120	Male	183		00:42:25.9	01:08:33.6
204	890		Robin EDWARDS	01:30:48.1	01:30:36.0	MV40	43	Male	184		00:42:29.1	01:08:57.1
205	215		Mark WILLIAMS	01:30:52.5	01:30:20.9	SenM	121	Male	185		00:42:23.7	01:08:43.7
206	348		Ben HUBBARD	01:30:53.5	01:30:20.1	SenM	122	Male	186		00:42:05.5	01:08:28.7
207	1855		Stuart BOOKER	01:30:58.3	01:30:46.3	SenM	123	Male	187		00:42:27.4	01:09:05.2
208	1876		Karl CLARK	01:31:00.6	01:30:41.7	MV40	44	Male	188	FAIRLANDS VALLEY SPARTANS	00:42:38.0	01:09:07.8
209	848		Jonathan DUFFY	01:31:01.1	01:29:07.0	SenM	124	Male	189		00:41:42.2	01:07:36.0
210	155		Allan DAVIES	01:31:01.4	01:30:38.9	MV40	45	Male	190		00:42:14.3	01:08:20.8
211	1110		Aled HUGHES	01:31:01.9	01:30:39.8	MV40	46	Male	191	CWM OGWR RUNNING CLUB	00:42:27.1	01:08:47.0
212	2056		Keith THOMPSON	01:31:02.4	01:30:56.5	MV50	20	Male	192	RHONDDA VALLEY RUNNERS	00:41:43.0	01:08:16.0
213	1591		Matt DAVIES	01:31:05.0	01:30:33.8	SenM	125	Male	193		00:42:02.3	01:08:03.7
214	2116		Terry ROGERS	01:31:05.8	01:30:57.2	SenM	126	Male	194		00:41:25.5	01:08:32.8
215	284		Ian BATER	01:31:06.0	01:30:51.0	MV40	47	Male	195		00:42:19.7	01:08:27.2

216	1030		David GIBBON	01:31:09.6	01:30:53.1	SenM	127	Male	196	ABERDARE VALLEY AMATEUR ATHLETIC CLUB	00:42:20.6	01:08:17.2
217	189		Andrew CLEMENT	01:31:09.7	01:31:00.7	MV50	21	Male	197	TROTS RC	00:41:52.3	01:08:08.8
218	5580		Susan WATSON	01:31:10.7	01:30:59.4	FV45	1	Female	20	LES CROUPIERS RC	00:42:59.3	01:09:20.9
219	289		James KIRKPATRICK	01:31:17.1	01:30:55.8	MV50	22	Male	198		00:42:35.2	01:09:05.6
220	2214		Gareth FOULKES	01:31:22.2	01:31:04.9	SenM	128	Male	199		00:42:18.7	01:08:52.5
221	6042		Claire BROAD	01:31:32.5	01:30:56.9	SenF	11	Female	21		00:43:02.2	01:09:28.8
222	6447		Ding DING	01:31:33.1	01:31:29.6	SenM	129	Male	200		00:41:27.5	01:08:38.9
223	764		Daniel THOMPSON	01:31:35.8	01:31:27.0	SenM	130	Male	201		00:42:21.7	01:08:27.1
224	2152		Carl TUCKER	01:31:36.1	01:31:19.5	MV40	48	Male	202		00:42:20.0	01:09:03.2
225	1225		Richard CARR	01:31:37.2	01:30:14.5	SenM	131	Male	203		00:42:27.6	01:08:26.5
226	1530		Liam OSBORNE	01:31:37.6	01:31:29.0	SenM	132	Male	204	PONTYPRIDD ROADENTS	00:42:40.9	01:09:50.6
227	1561		Ffion DAVIES	01:31:41.6	01:31:11.2	SenF	12	Female	22	PONTYPRIDD ROADENTS	00:44:04.8	01:10:20.4
228	1282		Greg ROBERTS	01:31:43.6	01:31:36.6	SenM	133	Male	205	LES CROUPIERS RC	00:42:15.9	01:08:37.7
229	5594		Mike FURNESS	01:31:45.6	01:31:29.9	MV40	49	Male	206	PORTHCRAWL RUNNERS	00:42:18.9	01:08:52.0
230	5583		Kris BUTTON	01:31:45.9	01:31:13.7	SenM	134	Male	207		00:43:10.7	01:09:49.4
231	906		Tom GRIFFITHS	01:31:49.4	01:31:37.7	SenM	135	Male	208		00:42:23.2	01:08:55.0
232	413		Sally MUNRO	01:31:56.7	01:31:44.2	FV35	10	Female	23		00:42:45.9	01:09:38.4
233	1923		James WILTSHIRE	01:32:02.0	01:31:38.5	SenM	136	Male	209		00:42:43.9	01:09:40.9
234	1304		David CAREY	01:32:06.7	01:31:38.7	SenM	137	Male	210		00:42:57.0	01:09:33.4
235	488		Chris LLOYD	01:32:12.4	01:32:06.7	SenM	138	Male	211	RUN4ALL NEATH	00:42:29.0	01:09:10.1
236	588		Scott WILLIAMS	01:32:16.3	01:31:46.1	SenM	139	Male	212		00:42:52.8	01:09:37.8
237	1301		Simon WILKINS	01:32:22.0	01:32:14.2	SenM	140	Male	213		00:42:41.6	01:09:52.5
238	1153		David PRICE	01:32:30.8	01:32:10.2	SenM	141	Male	214		00:43:08.8	01:09:59.0
239	354		Berwyn DAVIES	01:32:31.7	01:32:17.1	SenM	142	Male	215		00:43:04.1	01:10:20.8
240	494		Colin FISH	01:32:35.0	01:31:57.0	MV40	50	Male	216		00:42:26.6	01:09:13.1
241	1783		Isabelle VAN HEESWIJK	01:32:37.5	01:32:10.5	SenF	13	Female	24		00:43:05.0	01:09:57.9
242	224		Dave JONES	01:32:41.2	01:32:30.4	SenM	143	Male	217	SWANSEA HARRIERS	00:41:09.2	01:07:52.3
243	1823		Mark MCCARTHY	01:32:43.8	01:32:34.5	MV40	51	Male	218		00:43:15.5	01:10:17.8
244	510		Hayley GRIFFITHS	01:32:44.5	01:32:27.3	FV35	11	Female	25	RUN4ALL NEATH	00:43:44.8	01:10:26.1
245	867		Lloyd DAVIES	01:32:46.4	01:32:27.7	SenM	144	Male	219		00:43:04.6	01:10:09.4
246	1956		William BEX RUSSELL	01:32:48.9	01:32:28.3	SenM	145	Male	220		00:42:48.0	01:09:46.5
247	4129		Alun JONES	01:32:51.6	01:32:14.5	SenM	146	Male	221		00:43:14.7	01:09:55.9
248	1445		Sam JONES	01:32:53.1	01:32:02.9	SenM	147	Male	222		00:42:44.3	01:09:18.6
249	429		Ned GILL	01:32:54.3	01:32:15.4	SenM	148	Male	223		00:44:23.5	01:10:22.1
250	1495		Frankie LAW	01:33:03.2	01:32:44.3	SenM	149	Male	224		00:42:20.4	01:09:19.8
251	5590		David GARCIA RUIZ	01:33:03.3	01:32:28.8	SenM	150	Male	225		00:43:35.9	01:10:26.0
252	1868		Alec WRIGHT	01:33:04.8	01:32:41.2	SenM	151	Male	226	IPSWICH JAFFA RUNNING CLUB	00:43:35.9	01:10:25.8
253	1683		Ben MCCREADIE	01:33:06.4	01:32:44.6	SenM	152	Male	227	NEWT	00:43:26.8	01:10:29.9
254	5965		Tim TUCKER	01:33:11.3	01:32:35.1	SenM	153	Male	228		00:41:55.0	01:08:51.1
255	2021		Jamie FENAROLI	01:33:13.0	01:33:01.8	SenM	154	Male	229	SWANSEA HARRIERS	00:44:29.2	01:11:25.7
256	1720		Lubica MECIAROVA	01:33:14.1	01:33:09.3	SenF	14	Female	26	PONTYPOOL & DISTRICT RUNNERS	00:42:41.2	01:10:37.7
257	6436		Paul GUEST	01:33:15.6	01:32:37.0	MV40	52	Male	230		00:43:24.2	01:10:07.0
258	1698		Paul HERMON	01:33:17.1	01:32:32.8	SenM	155	Male	231		00:43:29.9	01:10:25.1
259	1494		Brian LAW	01:33:18.6	01:32:59.8	MV50	23	Male	232		00:42:39.2	01:09:47.9

260	665		Simon BATTY	01:33:19.6	01:33:02.3	MV40	53	Male	233		00:42:52.0	01:10:13.7
261	1832		Neil DOWLER	01:33:21.0	01:32:48.9	MV60+	1	Male	234		00:43:25.0	01:10:28.3
262	700		James RICHMOND	01:33:22.9	01:32:50.6	SenM	156	Male	235		00:43:52.5	01:10:41.4
263	862		Rhys WIGLEY	01:33:23.7	01:33:10.9	SenM	157	Male	236		00:41:45.9	01:09:40.9
264	1406		Jack COUCH	01:33:25.9	01:33:08.8	SenM	158	Male	237	CORNELLY STRIDERS AC	00:42:44.9	01:10:23.4
265	385		Simon BICKEL	01:33:27.0	01:33:09.8	MV40	54	Male	238		00:44:14.1	01:10:55.1
266	502		Kyle FULCHER	01:33:28.2	01:33:24.2	SenM	159	Male	239		00:44:32.7	01:11:47.7
267	1753		Richard JELLYMAN	01:33:28.4	01:33:03.2	SenM	160	Male	240		00:44:19.8	01:10:59.0
268	432		Jim CHAPMAN	01:33:28.7	01:33:00.5	SenM	161	Male	241		00:45:13.0	01:11:36.1
269	425		Thomas LLOYD	01:33:29.5	01:33:04.7	SenM	162	Male	242		00:45:55.4	01:12:47.2
270	1464		Kevin SCANNELL	01:33:32.1	01:32:08.0	MV40	55	Male	243		00:43:15.8	01:10:05.7
271	1804		James ABRAMS	01:33:33.4	01:33:01.6	MV50	24	Male	244		00:43:25.2	01:10:30.1
272	1717		Philip HUGHES	01:33:34.1	01:33:27.9	SenM	163	Male	245	SAN DOMENICO RC	00:44:31.7	01:11:23.9
273	1836		Alan GRIFFIN	01:33:36.8	01:33:17.3	MV40	56	Male	246	STAFFORD HARRIERS	00:43:16.9	01:10:27.3
274	2003		Matt HITCHINGS	01:33:38.6	01:33:17.1	SenM	164	Male	247	CSSC	00:44:19.6	01:11:34.9
275	317		Dafydd THOMAS	01:33:39.1	01:32:53.7	SenM	165	Male	248		00:45:11.0	01:11:42.6
276	115		Peter CROWTHER	01:33:41.1	01:33:30.8	MV60+	2	Male	249	ABERYSTWYTH AC	00:42:29.7	01:09:47.1
277	1822		Kirk DENTON	01:33:41.3	01:33:20.7	SenM	166	Male	250		00:42:44.9	01:10:09.2
278	1741		Emma BAXTER	01:33:42.2	01:33:36.2	SenF	15	Female	27	GREENOCK GLENPARK HARRIERS	00:42:35.8	01:10:32.4
279	725		Gary ALLEN	01:33:44.4	01:33:10.4	MV50	25	Male	251	CELTIC TRI	00:43:26.3	01:10:11.0
280	363		Simon REES	01:33:50.9	01:33:42.1	SenM	167	Male	252	LLANELLI AC	00:41:41.4	01:09:09.8
281	5585		Ian HUMPHREYS	01:33:53.1	01:33:37.7	SenM	168	Male	253		00:42:17.7	01:09:04.7
282	2051		Matthew WILLIAMS	01:33:58.7	01:31:19.3	SenM	169	Male	254		00:43:20.9	01:09:47.5
283	2190		Sarah ALVIS	01:34:00.3	01:33:40.2	FV35	12	Female	28	CHIPPENHAM HARRIERS	00:44:35.5	01:11:40.8
284	129		Wayne LEWIS	01:34:01.2	01:33:51.5	MV40	57	Male	255	AMMAN VALLEY HARRIERS	00:40:40.9	01:09:08.6
285	1055		Pat KEARSE	01:34:02.2	01:33:07.2	SenM	170	Male	256		00:43:47.3	01:10:55.5
286	3733		Samantha HOPKINSON	01:34:03.6	01:33:59.0	SenF	16	Female	29		00:43:01.3	01:10:19.6
287	380		Jason JAMES	01:34:04.7	01:33:41.3	MV40	58	Male	257		00:43:51.5	01:11:07.3
288	874		Jonathan FOLIGNO	01:34:05.2	01:33:05.5	SenM	171	Male	258		00:43:08.1	01:10:28.1
289	1144		Edward REES	01:34:07.7	01:33:45.9	SenM	172	Male	259		00:43:37.7	01:11:00.6
290	5558		Benjamin DUXBURY	01:34:17.5	01:31:35.6	MV40	59	Male	260		00:41:54.8	01:08:21.0
291	2000		Glen MEEK	01:34:20.7	01:34:03.6	MV40	60	Male	261	CHEPSTOW HARRIERS	00:43:06.7	01:10:43.5
292	5562		Lee MORRIS	01:34:21.0	01:34:09.4	SenM	173	Male	262	3M GORSEINON ROAD RUNNERS	00:42:55.8	01:10:44.1
293	1572		Jamie BUSSELL	01:34:25.5	01:33:24.0	SenM	174	Male	263		00:43:12.1	01:10:27.0
294	1946		Andrew MILES	01:34:27.6	01:33:54.5	SenM	175	Male	264		00:44:13.7	01:11:25.1
295	2067		Richard DREWETT	01:34:31.7	01:34:08.9	MV50	26	Male	265		00:43:00.7	01:10:47.8
296	65		Brian COTTON	01:34:32.6	01:34:10.2	SenM	176	Male	266	CWM OGWR RUNNING CLUB	00:43:35.8	01:11:37.0
297	5592		Pille PEDMANSON	01:34:34.0	01:34:14.2	SenF	17	Female	30		00:44:19.4	01:11:28.6
298	1808		Dan JONES	01:34:37.0	01:33:45.0	SenM	177	Male	267		00:44:10.6	01:11:33.2
299	6430		John ROSS	01:34:37.3	01:34:31.5	MV40	61	Male	268		00:44:14.6	01:11:48.2
300	1238		Angela CHAMPION	01:34:37.6	01:34:26.8	FV35	13	Female	31	LES CROUPIERS RC	00:44:09.5	01:11:43.2
301	381		Jez HILL	01:34:38.0	01:34:26.5	MV40	62	Male	269		00:42:56.7	01:10:48.0
302	174		Jon HANCOCK	01:34:41.7	01:34:17.2	MV40	63	Male	270	TAF RUNNING AND ORIENTEERING TEAM	00:43:58.1	01:11:21.3
303	63		Leigh FENNELL	01:34:42.1	01:34:15.8	MV40	64	Male	271	SWANSEA HARRIERS	00:43:57.4	01:11:05.5

304	1994		Versistiano TRAVERSI	01:34:42.8	01:33:39.5	MV40	65	Male	272		00:43:33.9	01:11:00.3
305	1349		Gethin PARKER	01:34:43.5	01:34:07.3	SenM	178	Male	273	LES CROUPIERS RC	00:44:46.2	01:12:05.8
306	388		Chris THOMAS	01:34:43.9	01:34:11.8	MV40	66	Male	274		00:44:50.9	01:12:04.9
307	154		Rachel ALLCOCK	01:34:45.3	01:34:31.3	FV35	14	Female	32	AMMAN VALLEY HARRIERS	00:44:37.0	01:12:05.1
308	1470		Ashley BURGE	01:34:45.4	01:34:22.0	SenM	179	Male	275		00:43:10.4	01:10:42.3
309	520		Sam TUCKER	01:34:45.9	01:34:34.6	SenM	180	Male	276	NEATH RUN4ALL	00:42:24.3	01:10:04.8
310	575		Ieuan CLARK	01:34:47.6	01:34:34.5	SenM	181	Male	277		00:44:27.2	01:11:43.1
311	981		Ian JONES	01:34:55.3	01:34:06.7	SenM	182	Male	278		00:43:51.6	01:11:22.8
312	212		Tim FORD	01:34:55.6	01:33:45.0	MV40	67	Male	279		00:44:03.7	01:11:11.8
313	5638		Shaune RUSSELL	01:34:55.8	01:34:48.8	MV50	27	Male	280		00:44:38.5	01:12:11.4
314	349		Robert JONES	01:34:55.9	01:34:21.9	MV40	68	Male	281		00:44:28.7	01:11:41.5
315	579		Mike JAMES	01:34:58.1	01:34:02.1	MV40	69	Male	282		00:44:57.3	01:12:02.5
316	3203		Tony SIMONCINI	01:34:58.2	01:34:51.3	SenM	183	Male	283		00:42:58.7	01:10:18.6
317	806		James DAVIES	01:34:58.7	01:34:25.6	SenM	184	Male	284		00:42:33.6	01:10:38.5
318	1851		Matthew MORGAN	01:34:58.9	01:34:30.8	MV40	70	Male	285	SHROPSHIRE SHUFFLERS	00:44:11.3	01:11:46.5
319	5611		Aron JONES	01:34:59.9	01:34:15.4	SenM	185	Male	286	3M GORSEINON ROAD RUNNERS	00:44:42.6	01:11:54.5
320	2203		Jeremy MOORE	01:35:03.3	01:34:37.4	MV50	28	Male	287	ABBAY FLYERS	00:44:46.2	01:12:18.6
321	1633		Ian DAVIES	01:35:04.0	01:33:50.4	MV40	71	Male	288	CAERLEON RC	00:44:03.7	01:11:27.9
322	5474		Jayne HUTTON	01:35:06.8	01:35:01.1	FV45	2	Female	33		00:44:20.7	01:11:34.6
323	2037		Jessica HEGARTY	01:35:07.5	01:34:50.8	SenF	18	Female	34	CORNELLY STRIDERS AC	00:43:02.9	01:11:21.0
324	636		Rhian EVANS	01:35:09.5	01:34:51.3	SenF	19	Female	35		00:44:01.6	01:11:37.4
325	1012		Martin JONES	01:35:11.8	01:34:44.4	MV50	29	Male	289		00:44:23.6	01:11:51.1
326	6431		Gareth JONES	01:35:13.2	01:34:52.3	MV40	72	Male	290		00:42:51.3	01:11:12.8
327	1993		Bonavita VINCENZO	01:35:13.3	01:34:53.5	MV40	73	Male	291		00:43:47.5	01:11:22.9
328	5593		Lenny SAYERS	01:35:13.5	01:34:41.5	SenM	186	Male	292		00:44:35.6	01:11:58.8
329	62		Adam JAMES	01:35:20.2	01:34:44.5	SenM	187	Male	293		00:44:49.3	01:12:05.8
330	1639		Andrew SPENCER	01:35:22.6	01:35:20.9	MV50	30	Male	294	GRIFFITHSTOWN HARRIERS	00:43:28.1	01:11:41.7
331	838		Matthew THOMAS	01:35:22.8	01:34:54.5	SenM	188	Male	295		00:44:23.7	01:11:51.4
332	1756		John MERRIGAN	01:35:23.2	01:34:55.1	SenM	189	Male	296		00:44:51.0	01:12:20.7
333	1017		Helen-Marie DAVIES	01:35:26.2	01:34:59.1	FV35	15	Female	36		00:44:36.0	01:12:16.6
334	856		Ryan MORGAN	01:35:26.9	01:34:05.1	SenM	190	Male	297		00:46:09.6	01:12:59.0
335	891		Tim DAVIES	01:35:27.2	01:34:54.6	SenM	191	Male	298		00:45:45.4	01:13:20.5
336	2096		Andrew GEMMELL	01:35:28.9	01:35:06.6	SenM	192	Male	299	PLYMOUTH MUSKETEERS	00:43:56.1	01:11:25.3
337	392		Andy HUNTER	01:35:30.4	01:35:02.0	MV40	74	Male	300		00:45:22.0	01:12:42.9
338	1116		Chris WILLIAMS	01:35:32.0	01:34:45.2	MV40	75	Male	301	CWM OGWR RUNNING CLUB	00:45:11.5	01:12:31.4
339	156		Vince BAILEY	01:35:35.8	01:34:25.8	MV40	76	Male	302		00:44:04.1	01:11:52.3
340	3806		James FARRELL	01:35:37.3	01:32:05.1	SenM	193	Male	303		00:43:11.5	01:10:03.8
341	424		Josh DAVIES	01:35:38.2	01:35:07.5	SenM	194	Male	304		00:44:05.4	01:12:07.8
342	1291		Gareth PARTRIDGE	01:35:41.9	01:34:50.1	SenM	195	Male	305		00:45:27.5	01:12:42.4
343	142		Julian JONES	01:35:44.2	01:35:18.7	SenM	196	Male	306		00:45:30.2	01:12:34.0
344	1670		Richard BASHAM	01:35:45.4	01:34:58.9	MV40	77	Male	307	LLISWERRY RUNNERS	00:44:05.2	01:11:56.9
345	6047		Craig RICHARDSON	01:35:45.9	01:34:44.3	SenM	197	Male	308		00:43:43.4	01:10:36.9
346	2104		Wayne HEWITT	01:35:46.6	01:34:53.3	MV40	78	Male	309	TRURO RUNNING CLUB	00:44:25.1	01:11:43.1
347	6434		Daniel RICHARDS	01:35:48.8	01:35:00.9	SenM	198	Male	310		00:46:48.5	01:13:34.9



348	217		Daniel HENWOOD	01:35:50.1	01:35:09.9	SenM	199	Male	311		00:47:00.0	01:13:38.6
349	1595		Stephen CARTER	01:35:54.0	01:35:04.6	MV40	79	Male	312	PARC BRYN BACH RC	00:44:41.7	01:12:17.7
350	1067		Chris PRATT	01:35:55.7	01:35:17.9	MV40	80	Male	313		00:45:27.4	01:13:31.3
351	110		Arran GAMES	01:35:55.8	01:33:55.6	SenM	200	Male	314		00:44:59.9	01:11:38.8
352	5602		Marcus KNEE	01:35:56.7	01:35:30.7	MV40	81	Male	315	REDWAY RUNNERS	00:45:38.4	01:13:32.0
353	415		Ian SPARKS	01:35:57.1	01:35:37.9	MV40	82	Male	316		00:44:34.8	01:11:56.2
354	1648		Michael VAUGHAN	01:35:57.4	01:34:57.3	SenM	201	Male	317		00:43:10.0	01:10:42.5
355	1913		Thomas MUTTON	01:35:57.6	01:35:39.3	SenM	202	Male	318	BARNES RUNNERS	00:42:13.7	01:10:31.2
356	1254		Nick ARMSTEAD	01:36:01.1	01:34:22.1	SenM	203	Male	319		00:47:02.2	01:12:38.4
357	1115		Will CAMPION	01:36:02.5	01:35:36.7	MV40	83	Male	320		00:44:36.1	01:12:21.9
358	732		Richard PELRA	01:36:03.6	01:35:30.2	SenM	204	Male	321		00:43:01.1	01:11:47.1
359	3252		Liam OWEN	01:36:05.3	01:35:14.6	SenM	205	Male	322		00:44:41.4	01:12:25.5
360	5627		Carwyn JENKINS	01:36:05.6	01:35:20.8	MV40	84	Male	323	3M GORSEINON ROAD RUNNERS	00:44:41.1	01:11:54.4
361	4681		Ceri BARTLEY	01:36:06.9	01:35:35.1	FV35	16	Female	37	ISLWYN RC	00:44:38.5	01:12:30.2
362	1477		Michael HAINES	01:36:09.3	01:35:55.6	MV40	85	Male	324		00:42:31.3	01:11:01.4
363	1367		Robert COLES	01:36:12.1	01:35:53.5	MV50	31	Male	325		00:44:50.8	01:12:48.1
364	1385		Gavin CHAPPELLE	01:36:16.9	01:35:59.9	SenM	206	Male	326		00:43:28.0	01:11:59.8
365	246		Richard WEBSTER	01:36:17.9	01:35:57.9	MV60+	3	Male	327	3M GORSEINON ROAD RUNNERS	00:44:37.6	01:12:46.7
366	190		Michael DAVIES	01:36:18.9	01:35:46.4	MV40	86	Male	328		00:44:11.1	01:12:04.1
367	2826		Ryan BARTLETT	01:36:18.9	01:34:14.3	SenM	207	Male	329		00:46:40.6	01:12:58.2
368	1249		Davide MORELLI	01:36:19.6	01:36:03.3	SenM	208	Male	330	SAN DOMENICO RC	00:45:03.9	01:13:08.9
369	1614		David JONES	01:36:19.8	01:36:03.9	MV40	87	Male	331	CALDICOT RUNNING CLUB	00:43:11.5	01:11:12.4
370	1070		Huw GRIFFITHS	01:36:20.2	01:35:57.5	SenM	209	Male	332	BRIDGEND AC	00:44:08.4	01:12:13.1
371	293		John GARDENER	01:36:21.4	01:35:55.3	MV60+	4	Male	333	PEMBROKESHIRE HARRIERS	00:45:05.8	01:13:18.6
372	1761		David ROPER	01:36:24.7	01:35:28.1	MV50	32	Male	334		00:44:14.2	01:12:12.4
373	531		Jamie LEWIS	01:36:26.9	01:35:56.0	SenM	210	Male	335	PORT TALBOT HARRIERS	00:45:38.6	01:13:14.4
374	822		Daniel GREENWELL	01:36:28.0	01:35:52.9	SenM	211	Male	336	RUN4ALL NEATH	00:46:11.8	01:13:41.7
375	5598		Stephen PHILLIPS	01:36:28.3	01:35:42.0	SenM	212	Male	337	CLWB RHEDEG PONTARDAWE RUNNING CLUB	00:44:51.9	01:12:18.3
376	572		Lee ADAMS	01:36:28.6	01:35:44.3	MV40	88	Male	338	RUN4ALL NEATH	00:44:42.1	01:12:25.7
377	631		Wendy PRICE	01:36:29.6	01:36:15.1	FV35	17	Female	38		00:43:30.5	01:12:25.3
378	4085		Laura BAILEY	01:36:31.2	01:35:52.8	SenF	20	Female	39		00:44:41.9	01:12:32.9
379	1557		Jamie BISHOP	01:36:36.0	01:35:58.4	SenM	213	Male	339	PONTYPRIDD ROADENTS	00:44:25.8	01:12:48.7
380	1026		Ryan MINARD	01:36:37.5	01:36:21.3	SenM	214	Male	340	DRAGONS RUNNING CLUB	00:44:10.2	01:12:42.4
381	1458		Neil IRVINE	01:36:37.8	01:34:23.9	MV40	89	Male	341		00:44:02.4	01:11:47.1
382	1010		Claire MULLIN	01:36:40.0	01:36:04.1	FV35	18	Female	40	3M GORSEINON ROAD RUNNERS	00:45:20.8	01:13:04.0
383	619		Martin WOOTTON	01:36:40.1	01:35:59.9	MV40	90	Male	342		00:44:35.0	01:12:46.5
384	898		Geoff LEWIS	01:36:40.9	01:36:10.8	SenM	215	Male	343	SWANSEA HARRIERS	00:46:12.3	01:14:12.2
385	141		Gareth REES	01:36:42.2	01:35:33.8	MV40	91	Male	344		00:45:49.5	01:13:18.1
386	6444		Matt TOOZE	01:36:49.4	01:36:35.2	MV40	92	Male	345		00:44:03.1	01:12:32.4
387	2111		Stuart ANDERSON	01:36:50.3	01:36:40.5	MV50	33	Male	346	BURNHAM-ON-SEA HARRIERS	00:46:05.0	01:14:13.3
388	2052		Mark ROOKE	01:36:50.8	01:36:26.2	MV40	93	Male	347		00:45:36.7	01:13:27.4
389	5651		Hefin ROWLANDS	01:36:54.6	01:35:02.5	SenM	216	Male	348		00:46:18.0	01:13:50.2
390	296		Simon DAVIES	01:36:58.5	01:35:56.1	SenM	217	Male	349		00:44:56.2	01:12:25.1
391	2175		Gianni VESUVIANO	01:36:58.6	01:36:22.0	SenM	218	Male	350		00:44:09.1	01:12:24.1

392	574		Andrew COURTS	01:37:01.1	01:36:34.5	MV50	34	Male	351		00:44:11.5	01:12:27.3
393	1523		Ben ROWLANDS	01:37:02.2	01:36:36.7	SenM	219	Male	352		00:43:41.9	01:12:29.6
394	1293		Rhodri MARTIN	01:37:03.8	01:36:51.3	SenM	220	Male	353		00:43:48.7	01:12:44.1
395	823		Carl ALFEI	01:37:07.2	01:36:29.8	SenM	221	Male	354		00:44:38.5	01:12:59.9
396	2143		Tibor MIHALKO	01:37:09.9	01:36:51.1	SenM	222	Male	355		00:44:51.9	01:13:13.8
397	445		Peter HARTLEY-GREEN	01:37:11.2	01:36:56.7	MV40	94	Male	356		00:43:26.2	01:12:25.9
398	950		Rebecca BENNETT	01:37:12.5	01:36:44.9	SenF	21	Female	41	SWANSEA HARRIERS	00:46:14.3	01:14:14.3
399	1342		Mike LEWIS	01:37:13.7	01:36:21.0	SenM	223	Male	357		00:43:37.8	01:12:13.5
400	1637		Andrew DICKENS	01:37:13.7	01:37:05.4	MV40	95	Male	358	PONTYPOOL & DISTRICT RUNNERS	00:43:12.8	01:12:27.3
401	1389		Paul MORSE	01:37:14.0	01:36:44.5	SenM	224	Male	359		00:43:15.6	01:12:14.5
402	1820		Jon SARRIEGUI	01:37:14.0	01:36:52.9	SenM	225	Male	360	WORCESTER TRIATHLON CLUB	00:43:56.8	01:12:47.2
403	4103		Mark SKIPPEN	01:37:16.1	01:36:47.2	SenM	226	Male	361		00:46:13.6	01:14:13.1
404	948		Luke DANIEL	01:37:16.5	01:36:14.3	SenM	227	Male	362		00:43:42.2	01:11:55.1
405	5596		Darren HUGHES	01:37:17.5	01:36:54.6	MV40	96	Male	363		00:46:06.8	01:13:51.1
406	407		Andrew HUGHES	01:37:17.6	01:36:54.3	MV40	97	Male	364		00:46:06.2	01:13:51.0
407	1724		Lisa ERICKSON	01:37:20.0	01:36:47.0	FV35	19	Female	42	PONTYPOOL & DISTRICT RUNNERS	00:46:09.3	01:14:01.6
408	377		Rabab RABAB	01:37:22.5	01:36:42.1	MV40	98	Male	365	CELTIC TRI	00:46:03.7	01:14:02.4
409	5629		Patrick TUDOR	01:37:22.7	01:36:59.2	SenM	228	Male	366		00:45:48.5	01:13:43.1
410	658		Geraint HARRIES	01:37:23.8	01:36:26.4	SenM	229	Male	367		00:43:57.0	01:12:26.6
411	109		Craig MUSSELL	01:37:25.2	01:36:58.6	SenM	230	Male	368	WYE VALLEY RUNNING CLUB	00:44:35.6	01:13:05.3
412	235		Paul MCNEILL	01:37:30.5	01:37:11.0	MV40	99	Male	369		00:44:37.6	01:12:48.1
413	1608		Gareth BOULTON	01:37:32.3	01:36:35.4	SenM	231	Male	370		00:45:57.7	01:14:08.9
414	440		Dan MORGAN	01:37:33.4	01:37:23.4	SenM	232	Male	371	SWANSEA HARRIERS	00:43:08.2	01:11:37.3
415	1306		Ian NICHOLLS	01:37:33.5	01:37:10.8	SenM	233	Male	372		00:44:32.3	01:13:12.9
416	978		Heath BRETT	01:37:33.8	01:37:04.8	MV40	100	Male	373		00:45:26.5	01:13:28.1
417	2163		Alice SALTMARSH	01:37:37.0	01:37:11.6	SenF	22	Female	43		00:45:00.2	01:12:56.5
418	1305		Carol REES	01:37:37.9	01:36:45.9	FV45	3	Female	44	LES CROUPIERS RC	00:45:17.4	01:13:30.2
419	309		Delmie DAVIES	01:37:38.6	01:36:43.6	MV40	101	Male	374		00:46:17.0	01:13:59.8
420	5595		Michael SKYRME	01:37:40.9	01:36:45.9	MV40	102	Male	375	FAIRWATER CWMBRAN RUNNERS	00:44:59.3	01:12:44.5
421	1738		Gareth DAVIES	01:37:41.0	01:37:07.1	MV40	103	Male	376		00:45:30.1	01:13:51.6
422	1318		Ceri PLANCHANT	01:37:44.5	01:37:15.8	MV40	104	Male	377		00:44:51.7	01:13:20.9
423	775		Jason TURNER	01:37:45.2	01:37:16.2	MV40	105	Male	378	SWANSEA HARRIERS	00:44:08.0	01:12:42.9
424	1303		Jake ROBERTS	01:37:50.5	01:37:27.6	SenM	234	Male	379		00:45:17.3	01:13:48.7
425	1706		Tom BLAND	01:37:50.9	01:37:03.1	SenM	235	Male	380	LLISWERRY RUNNERS	00:45:26.1	01:13:27.1
426	2065		Donna PERRY	01:37:50.9	01:37:38.4	FV35	20	Female	45		00:46:42.9	01:14:52.1
427	6419		Huw DAVIES	01:37:53.4	01:37:33.6	MV40	106	Male	381		00:43:14.0	01:12:34.1
428	5609		Michael WILLIAMS	01:37:54.7	01:37:27.5	MV40	107	Male	382	SWANSEA HARRIERS	00:44:33.4	01:13:20.8
429	1570		Andrew GADD	01:37:55.4	01:37:16.8	MV50	35	Male	383		00:45:25.5	01:13:46.9
430	951		Lois WOODWARD	01:37:56.2	01:37:27.6	FV35	21	Female	46		00:46:14.2	01:14:14.6
431	1848		Barry GRIFFITHS	01:37:57.1	01:37:27.5	MV50	36	Male	384	BRECON AC	00:45:42.1	01:14:14.4
432	2226		Alice KELLY	01:37:59.2	01:37:23.5	SenF	23	Female	47	EXMOUTH HARRIERS	00:45:41.4	01:13:51.3
433	3222		Alan CURTIS	01:38:01.2	01:35:43.6	MV60+	5	Male	385		00:45:26.6	01:13:04.5
434	1185		Maru RUBIANO	01:38:03.1	01:36:26.6	FV35	22	Female	48		00:45:44.0	01:13:37.8
435	742		Stephen BENDLE	01:38:03.4	01:37:35.3	MV50	37	Male	386	SWANSEA HARRIERS	00:45:42.9	01:14:02.6

436	233		Claire DAVIES	01:38:05.5	01:37:46.3	FV35	23	Female	49		00:45:00.8	01:13:37.5
437	4682		Paul SMITH	01:38:07.6	01:38:01.0	SenM	236	Male	387		00:45:31.7	01:14:32.0
438	1272		Daniel TONGE	01:38:08.8	01:37:41.8	SenM	237	Male	388		00:44:20.0	01:11:51.1
439	1838		Gareth HARDWICK	01:38:09.2	01:37:44.1	SenM	238	Male	389		00:45:29.5	01:13:53.3
440	607		Peter LAKE	01:38:10.9	01:37:38.2	MV40	108	Male	390		00:45:41.1	01:14:00.5
441	4202		Karl WILLIAMS	01:38:11.6	01:37:40.2	SenM	239	Male	391		00:45:32.8	01:14:27.5
442	1610		Jason DIXON	01:38:12.2	01:37:39.3	MV40	109	Male	392	ISLWYN RC	00:44:43.9	01:13:27.3
443	2156		Joanne MUMFORD	01:38:15.7	01:37:58.2	FV45	4	Female	50	AVON VALLEY RUNNERS	00:44:24.5	01:13:16.8
444	525		Marcus FITCHETT	01:38:17.9	01:37:36.0	SenM	240	Male	393		00:45:47.1	01:13:56.8
445	1280		Christopher CHAMBERLAIN	01:38:18.5	01:37:48.3	SenM	241	Male	394		00:45:23.2	01:14:03.8
446	318		Daniel TOTTERDALE	01:38:19.6	01:37:37.7	SenM	242	Male	395	LLANELLI TRI CLUB	00:46:57.2	01:15:08.7
447	2149		Patrick ROGERS	01:38:19.8	01:38:04.6	MV60+	6	Male	396	TEAM BATH AC	00:44:37.8	01:13:24.5
448	2060		Lanie BALL	01:38:21.8	01:38:02.8	SenF	24	Female	51		00:45:55.5	01:14:35.8
449	1381		Tim DAWE	01:38:23.8	01:37:50.4	MV40	110	Male	397		00:46:12.5	01:14:29.8
450	1100		Gavin BURROUGH	01:38:24.9	01:37:44.1	SenM	243	Male	398		00:45:19.8	01:13:35.8
451	455		Fern DAVIES	01:38:26.0	01:38:06.5	SenF	25	Female	52		00:44:33.7	01:13:15.8
452	5579		Alex CORNETT	01:38:30.3	01:38:00.6	SenM	244	Male	399		00:42:51.1	01:12:04.2
453	656		Sophie NOOTT	01:38:31.8	01:37:10.3	FV35	24	Female	53		00:46:02.5	01:14:19.7
454	733		Carl WATKINS	01:38:33.7	01:37:53.2	SenM	245	Male	400		00:46:05.7	01:14:27.2
455	208		Kirk RIORDAN	01:38:36.9	01:37:14.7	MV40	111	Male	401		00:46:00.9	01:14:23.4
456	68		Paul WILSON	01:38:39.5	01:37:37.1	SenM	246	Male	402		00:44:45.0	01:13:02.0
457	1028		Keith WILLIAMS	01:38:40.5	01:37:19.8	MV40	112	Male	403		00:45:29.0	01:14:02.0
458	903		Andrew SMITH	01:38:42.7	01:38:24.9	SenM	247	Male	404		00:45:50.6	01:14:30.9
459	5601		Simon WARNER	01:38:46.5	01:38:07.3	SenM	248	Male	405	ST ALBANS STRIDERS	00:45:45.4	01:14:28.4
460	410		Joe BEAK	01:38:47.5	01:38:35.5	SenM	249	Male	406		00:43:39.1	01:14:12.9
461	1714		Keith VERHEYDEN	01:38:50.1	01:38:12.8	MV50	38	Male	407	FETCH EVERYONE RUNNING CLUB	00:46:05.1	01:14:44.7
462	1802		Martin BELCHER	01:38:51.2	01:38:02.0	MV60+	7	Male	408	KENILWORTH RUNNERS	00:45:32.5	01:14:23.8
463	746		Stephen GRIFFITHS	01:38:55.1	01:38:17.4	SenM	250	Male	409		00:46:17.5	01:14:54.6
464	396		Jeff CREW	01:38:56.0	01:38:28.1	MV40	113	Male	410		00:44:58.0	01:13:45.9
465	346		Anthony HEALD	01:38:57.2	01:37:35.2	MV40	114	Male	411		00:46:44.5	01:14:45.5
466	2223		Finnigan QUINN	01:38:57.5	01:38:13.0	SenM	251	Male	412		00:48:05.5	01:15:51.2
467	435		Carl MCCLARNAN	01:38:57.8	01:38:17.8	MV40	115	Male	413		00:45:14.2	01:14:03.3
468	314		Lee WRIGHTSON	01:38:58.6	01:37:54.0	SenM	252	Male	414		00:45:34.0	01:13:46.9
469	2255		Jean Christophe BUCALO	01:39:01.7	01:37:49.2	SenM	253	Male	415		00:47:26.4	01:15:16.9
470	685		Nick VENABLES	01:39:02.6	01:36:30.9	SenM	254	Male	416		00:45:22.3	01:13:30.9
471	1515		Jeff DAVIES	01:39:03.0	01:38:19.3	MV50	39	Male	417		00:46:47.9	01:15:18.2
472	5612		Vaughan O'NEILL	01:39:03.4	01:38:50.5	SenM	255	Male	418		00:46:25.6	01:15:06.9
473	1952		Matt CAME	01:39:03.9	01:38:25.7	MV40	116	Male	419		00:46:08.9	01:14:49.8
474	184		Rick WILSON	01:39:04.3	01:38:44.0	MV50	40	Male	420		00:45:00.7	01:14:00.2
475	610		Leighton MORGAN	01:39:04.4	01:37:55.9	SenM	256	Male	421		00:45:49.7	01:13:59.7
476	945		Peter ELLISON	01:39:04.7	01:38:15.0	MV40	117	Male	422		00:46:41.0	01:14:57.7
477	551		Gareth RICHARDS	01:39:06.0	01:38:16.9	SenM	257	Male	423		00:45:00.3	01:13:39.4
478	1978		Arthur LAW	01:39:07.1	01:37:42.9	SenM	258	Male	424	DORKING AND MOLE VALLEY ATHLETICS CLUB	00:48:24.8	01:15:28.1
479	516		Kristian DAVIES	01:39:07.4	01:38:25.5	SenM	259	Male	425		00:46:44.6	01:15:08.1

480	1652		Matthew BROWN	01:39:07.7	01:38:07.6	SenM	260	Male	426		00:43:12.9	01:11:45.2
481	1787		Darren LOVATT	01:39:08.4	01:38:40.3	MV40	118	Male	427		00:45:54.6	01:14:59.3
482	1907		Craig HUDSON	01:39:09.0	01:38:37.1	MV40	119	Male	428		00:46:05.2	01:14:48.9
483	1968		Clive SCAMMELL	01:39:09.6	01:38:30.5	MV50	41	Male	429	WIMBLEDON WINDMILERS	00:45:19.4	01:13:41.8
484	5588		Matthew BELLIS	01:39:10.4	01:38:34.0	SenM	261	Male	430		00:46:57.1	01:15:51.9
485	2189		Graham HOWELL	01:39:11.0	01:38:33.6	SenM	262	Male	431	CALNE SMARTT	00:46:52.1	01:15:37.8
486	1263		Owen FRANCIS	01:39:11.4	01:38:46.0	SenM	263	Male	432		00:46:34.0	01:15:25.7
487	2230		Steve MATTHEWS	01:39:14.7	01:38:50.8	MV50	42	Male	433		00:45:38.4	01:14:50.1
488	2963		Rhys HOWELLS	01:39:15.5	01:37:40.3	SenM	264	Male	434		00:45:46.2	01:14:14.7
489	858		Michael BYNG	01:39:15.6	01:38:46.8	SenM	265	Male	435		00:45:52.9	01:14:46.4
490	3889		Richard CORBETT	01:39:20.0	01:38:57.5	SenM	266	Male	436		00:48:08.5	01:15:55.1
491	1224		Talfan HOPKINS	01:39:21.0	01:39:04.9	MV40	120	Male	437		00:43:55.4	01:13:11.5
492	515		Lee LLEWELLYN	01:39:21.7	01:37:29.5	SenM	267	Male	438	RUN4ALL NEATH	00:45:18.0	01:13:41.5
493	715		Matthew FOLIGNO	01:39:21.8	01:38:39.2	SenM	268	Male	439		00:44:54.6	01:14:05.3
494	1446		Kelvin JONES	01:39:24.6	01:38:34.8	MV50	43	Male	440		00:44:45.8	01:13:28.2
495	1958		John WITTON	01:39:25.8	01:39:05.6	MV60+	8	Male	441		00:44:23.0	01:13:40.4
496	106		Becki ANSFIELD	01:39:28.0	01:38:46.0	FV35	25	Female	54	WYE VALLEY RUNNING CLUB	00:46:45.2	01:15:32.7
497	1621		Mathew PEACOCK	01:39:28.4	01:39:02.9	SenM	269	Male	442		00:47:10.6	01:16:10.5
498	1123		Kevin RAYMOND	01:39:28.7	01:39:07.6	MV50	44	Male	443	CWM OGWR RUNNING CLUB	00:45:25.8	01:15:10.5
499	1069		Nick HARRIS	01:39:29.0	01:39:22.9	SenM	270	Male	444		00:43:31.2	01:15:19.4
500	1471		Warren DAVIES	01:39:31.4	01:38:47.9	MV50	45	Male	445		00:46:49.7	01:15:19.6
501	458		Henry EMERY	01:39:31.5	01:38:25.6	SenM	271	Male	446		00:44:18.4	01:13:23.1
502	788		Steven TAYLOR	01:39:33.3	01:39:20.0	SenM	272	Male	447		00:45:19.7	01:14:41.4
503	2010		Sarah HURFORD	01:39:36.1	01:39:03.3	SenF	26	Female	55	NEWBURY ATHLETICS	00:46:45.3	01:15:19.2
504	5966		Paul WATTS	01:39:38.2	01:38:49.8	MV40	121	Male	448		00:47:16.0	01:15:55.1
505	1853		Paul DEWS	01:39:39.4	01:38:27.9	SenM	273	Male	449	LUDLOW RUNNERS	00:46:40.2	01:15:20.5
506	681		Thomas GRAVELL	01:39:39.6	01:39:05.9	SenM	274	Male	450		00:46:56.5	01:15:42.5
507	2125		Darren WAY	01:39:40.5	01:39:20.9	MV40	122	Male	451	BITTON ROAD RUNNERS	00:46:01.1	01:14:56.1
508	236		Anthony DOUGLAS	01:39:42.6	01:39:10.2	SenM	275	Male	452		00:45:12.7	01:14:20.6
509	1404		David CASCARINA	01:39:44.6	01:39:13.5	MV50	46	Male	453		00:46:27.5	01:15:12.6
510	770		Gavin THOMAS	01:39:45.0	01:39:17.2	SenM	276	Male	454		00:45:50.6	01:15:16.9
511	561		Chris JOHN	01:39:45.9	01:39:15.1	SenM	277	Male	455	PORT TALBOT HARRIERS	00:46:56.6	01:15:54.8
512	1715		Sophie HENSHALL	01:39:46.6	01:39:09.9	SenF	27	Female	56	LES CROUPIERS RC	00:46:12.3	01:15:11.7
513	738		Jamie BAKER	01:39:48.0	01:39:32.6	SenM	278	Male	456		00:44:19.0	01:14:59.8
514	1120		Matt BOURNE	01:39:48.2	01:39:21.7	MV40	123	Male	457		00:47:19.0	01:15:45.7
515	970		Daniel LAYCOCK	01:39:48.5	01:38:52.2	SenM	279	Male	458		00:46:45.6	01:15:47.3
516	889		Ryan STEPHENS	01:39:51.0	01:38:53.4	SenM	280	Male	459		00:43:45.0	01:14:29.3
517	2009		Tim YOUNG	01:39:53.7	01:39:31.0	MV40	124	Male	460		00:45:28.9	01:15:13.6
518	2101		Jason SHIPTON	01:39:57.1	01:39:26.1	MV40	125	Male	461	TAVISTOCK AC	00:46:52.4	01:15:39.6
519	1702		Matthew MULCAHY	01:39:58.3	01:39:31.4	MV40	126	Male	462		00:46:21.2	01:16:06.2
520	2177		Martin ALLEN	01:39:59.5	01:39:01.2	MV50	47	Male	463	DIDCOT RUNNERS	00:46:45.1	01:15:14.6
521	1049		Rhodri THOMAS	01:40:00.5	01:38:50.5	SenM	281	Male	464	PEGASUS RC	00:46:32.3	01:15:05.6
522	3162		Marcus BOSKEY	01:40:00.8	01:39:47.2	MV40	127	Male	465		00:48:30.4	01:17:04.4
523	2822		Luke EVANS	01:40:02.0	01:39:05.5	SenM	282	Male	466		00:46:42.4	01:15:50.9

524	5608		Robert MCCARTHY	01:40:03.4	01:39:47.3	MV50	48	Male	467		00:43:15.4	01:12:00.2
525	1450		David JONES	01:40:05.5	01:38:44.4	MV50	49	Male	468	MERTHYR RUNNING CLUB	00:44:21.3	01:13:39.7
526	1184		Steve PAYNE	01:40:05.9	01:39:30.7	MV40	128	Male	469	CAERPHILLY RUNNERS	00:46:15.8	01:15:57.2
527	247		Dean WEBSTER	01:40:07.2	01:39:45.3	SenM	283	Male	470		00:45:57.4	01:15:00.6
528	1937		Emrys HAUGEN	01:40:10.4	01:39:27.6	SenM	284	Male	471		00:46:08.7	01:15:04.0
529	934		Jodie JENKINS	01:40:10.5	01:39:21.5	SenM	285	Male	472		00:46:43.5	01:15:30.3
530	1983		Duane KELLY	01:40:10.6	01:39:45.0	MV40	129	Male	473		00:44:36.3	01:14:38.7
531	2198		Alex JOHNSON	01:40:11.6	01:38:40.0	SenM	286	Male	474	ABBEY FLYERS	00:47:06.9	01:15:42.5
532	444		Byron NICHOLAS	01:40:12.7	01:39:09.0	MV40	130	Male	475		00:46:35.3	01:15:54.2
533	1156		Marianne PATERSON	01:40:15.4	01:39:59.1	FV35	26	Female	57		00:47:05.7	01:16:04.6
534	616		Christopher ALLEN S	01:40:15.6	01:39:57.6	MV40	131	Male	476		00:47:17.0	01:16:31.0
535	1730		Philip SMITH	01:40:16.1	01:39:28.7	SenM	287	Male	477		00:47:12.6	01:16:29.5
536	230		Mark BAMFORD	01:40:16.2	01:39:24.6	MV40	132	Male	478	3M GORSEINON ROAD RUNNERS	00:47:37.7	01:16:32.8
537	6046		Joe LEWIS	01:40:17.2	01:39:30.8	SenM	288	Male	479		00:46:45.5	01:15:00.5
538	5632		James CRESSWELL	01:40:18.3	01:39:42.1	SenM	289	Male	480		00:46:28.7	01:15:41.8
539	583		Richard THOMAS	01:40:18.7	01:39:48.4	SenM	290	Male	481		00:46:57.7	01:15:53.4
540	555		James HERMAN	01:40:19.0	01:39:43.6	SenM	291	Male	482		00:46:15.7	01:15:56.8
541	3572		Ceri SLYMAN	01:40:19.9	01:39:46.2	SenM	292	Male	483		00:47:01.4	01:16:08.3
542	5584		Sean BARRY	01:40:19.9	01:39:35.1	MV40	133	Male	484		00:45:44.4	01:15:24.5
543	1490		Luigi FEDERICI	01:40:20.2	01:38:47.5	SenM	293	Male	485		00:46:07.9	01:15:14.1
544	667		Luke SMITH	01:40:21.0	01:38:30.5	MV40	134	Male	486		00:47:06.3	01:15:37.7
545	1309		Marc JEFFERIES	01:40:21.1	01:39:20.2	SenM	294	Male	487		00:46:56.1	01:15:42.9
546	16509		Nick DAVIES	01:40:21.4	01:39:44.3	Pacer	2	Male	488		00:46:56.7	01:16:10.8
547	3759		Terry O'BRIEN	01:40:21.8	01:39:14.4	MV50	50	Male	489		00:47:18.6	01:15:51.0
548	16501		Scott REYNOLDS	01:40:22.5	01:39:45.5	Pacer	3	Male	490		00:47:02.8	01:16:17.7
549	1521		Jason DAVIES	01:40:26.0	01:39:58.6	MV40	135	Male	491		00:46:50.9	01:15:45.2
550	416		Tim WILLIAMS	01:40:29.9	01:40:01.7	MV40	136	Male	492		00:47:02.5	01:16:10.0
551	1705		Simon PROSSER	01:40:30.0	01:39:24.4	MV40	137	Male	493		00:46:13.7	01:15:07.4
552	2174		Mark NALDER	01:40:30.5	01:39:34.5	MV40	138	Male	494		00:47:07.4	01:16:02.1
553	639		Bryanie ALLSWORTH	01:40:31.1	01:39:10.5	SenF	28	Female	58		00:46:29.0	01:15:32.6
554	483		Jake COLE	01:40:31.3	01:39:50.2	SenM	295	Male	495		00:47:06.8	01:16:14.2
555	617		Paul WILLIAMS	01:40:32.0	01:38:28.6	SenM	296	Male	496		00:45:52.7	01:14:12.9
556	4301		Andrew MERRICK	01:40:33.3	01:38:54.6	SenM	297	Male	497		00:47:37.8	01:16:07.5
557	1686		Steve CHADWICK	01:40:33.6	01:39:39.0	MV40	139	Male	498		00:45:40.7	01:14:34.9
558	1689		Eddie HISCOCKS	01:40:33.7	01:39:39.3	SenM	298	Male	499	LLISWERRY RUNNERS	00:45:40.6	01:14:34.5
559	5605		Laura DAVIES	01:40:33.7	01:40:12.9	SenF	29	Female	59	LLISWERRY RUNNERS	00:45:43.5	01:15:22.7
560	5600		Alistair MACDONALD	01:40:37.0	01:39:27.4	SenM	299	Male	500		00:46:25.0	01:15:04.0
561	1340		Keely ELLIOTT	01:40:37.2	01:39:35.2	FV35	27	Female	60		00:46:19.8	01:15:32.5
562	1755		John COURTNEY	01:40:38.2	01:39:36.1	MV40	140	Male	501		00:46:21.3	01:15:32.3
563	1654		Gary CLEAVES	01:40:39.0	01:40:17.3	MV50	51	Male	502	EBBW VALE RC	00:47:27.9	01:16:44.5
564	168		Sharon HARRIS	01:40:39.7	01:39:52.8	FV35	28	Female	61		00:45:28.7	01:14:50.5
565	3349		Sheila HARRIS	01:40:40.2	01:40:05.6	FV35	29	Female	62		00:47:02.9	01:16:18.0
566	597		Lynne BAIN	01:40:40.9	01:40:02.8	FV45	5	Female	63	RUN4ALL NEATH	00:46:55.8	01:16:10.4
567	904		Emily MARCHANT	01:40:41.1	01:40:00.3	SenF	30	Female	64		00:47:00.0	01:16:14.0

568	406		Mark THOMAS	01:40:41.6	01:39:55.7	MV40	141	Male	503		00:48:09.0	01:16:45.8
569	1663		Joe BAILEY	01:40:43.7	01:39:17.8	MV40	142	Male	504		00:45:39.2	01:14:48.2
570	182		Darren MARROW	01:40:44.7	01:39:37.6	MV40	143	Male	505		00:45:40.4	01:15:35.9
571	1605		Ieuan KINGSTON	01:40:45.2	01:39:50.8	SenM	300	Male	506	PONTYPOOL & DISTRICT RUNNERS	00:46:41.4	01:16:06.0
572	932		Gavin DAVIES	01:40:47.1	01:39:56.4	SenM	301	Male	507		00:46:53.3	01:16:17.6
573	5610		Lauren TIPLADY	01:40:47.5	01:39:57.9	FV35	30	Female	65		00:47:38.7	01:16:45.4
574	1390		Andrew PEARSON	01:40:48.0	01:40:02.1	MV40	144	Male	508		00:47:01.7	01:16:04.7
575	560		John YOUNG	01:40:49.5	01:40:20.0	MV40	145	Male	509	PORT TALBOT HARRIERS	00:46:58.3	01:15:56.9
576	569		Mandy MORRIS	01:40:49.9	01:40:20.5	FV35	31	Female	66	PORT TALBOT HARRIERS	00:46:58.3	01:15:55.5
577	5607		Sheryl EVANS	01:40:50.3	01:40:32.3	FV45	6	Female	67	HEREFORD COURIERS	00:46:36.6	01:15:50.5
578	3490		David BRAGGER	01:40:52.5	01:39:35.6	MV60+	9	Male	510		00:46:45.0	01:15:32.6
579	1545		Paul GALEA	01:40:55.1	01:40:01.9	MV40	146	Male	511		00:47:31.9	01:16:45.5
580	767		Dwayne MCDAID	01:40:58.8	01:38:53.8	SenM	302	Male	512		00:45:50.0	01:14:43.8
581	3647		Rachel DAVIES	01:40:59.0	01:40:15.7	SenF	31	Female	68		00:46:02.1	01:15:12.2
582	699		Martin SLUCUTT	01:40:59.5	01:40:30.3	SenM	303	Male	513	SWANSEA HARRIERS	00:46:11.0	01:15:12.8
583	1943		Phillip DAVIES	01:41:00.9	01:39:53.8	SenM	304	Male	514		00:46:25.0	01:15:44.6
584	257		Hannah JAMES	01:41:01.3	01:40:49.4	SenF	32	Female	69		00:46:09.4	01:15:52.4
585	408		Johanna MCLERNON	01:41:06.4	01:40:29.3	SenF	33	Female	70		00:47:04.1	01:16:21.7
586	2690		Adelle MAINES	01:41:07.0	01:37:15.5	SenF	34	Female	71		00:46:16.5	01:14:35.1
587	577		Andrew EVANS	01:41:15.2	01:40:35.2	MV50	52	Male	515		00:46:57.1	01:16:11.8
588	1626		Russell MONK	01:41:16.1	01:40:34.0	MV40	147	Male	516		00:47:42.1	01:16:57.4
589	1217		Jenny THOMAS	01:41:16.9	01:40:56.3	SenF	35	Female	72		00:47:30.3	01:16:51.0
590	479		Kieren WILLIAMS	01:41:18.4	01:40:37.5	SenM	305	Male	517		00:47:05.4	01:16:16.4
591	1982		Dean GOODEY	01:41:20.2	01:40:14.2	SenM	306	Male	518		00:46:38.6	01:15:34.5
592	1951		Peter JONES	01:41:21.3	01:40:35.0	MV50	53	Male	519		00:48:01.6	01:17:03.2
593	1147		Keiron BURROWS	01:41:23.0	01:40:45.4	MV40	148	Male	520		00:47:30.5	01:16:28.4
594	2063		Simon PETERSON	01:41:28.7	01:41:07.6	MV40	149	Male	521	ISLWYN RC	00:46:15.0	01:15:51.3
595	183		Mathew THOMAS	01:41:30.2	01:40:48.5	SenM	307	Male	522		00:46:17.7	01:15:30.4
596	1154		Sian PRICE	01:41:34.0	01:41:12.6	FV35	32	Female	73		00:48:09.1	01:17:40.4
597	585		Neil WILLIAMS	01:41:34.6	01:40:29.3	SenM	308	Male	523		00:49:01.2	01:17:42.0
598	5630		Sera CAIRNS	01:41:35.2	01:40:40.9	FV35	33	Female	74		00:47:30.4	01:16:46.0
599	6427		Steve BATER	01:41:36.5	01:39:52.8	SenM	309	Male	524		00:46:18.3	01:15:44.7
600	1068		Richard STEELE	01:41:37.0	01:40:50.6	SenM	310	Male	525	BRACKLA HARRIERS	00:45:26.4	01:14:51.7
601	1999		Melinda RUCK	01:41:37.3	01:40:29.0	FV45	7	Female	75	FOREST OF DEAN ATHLETICS CLUB	00:46:52.8	01:16:34.0
602	2006		Daren SMITH	01:41:38.1	01:40:30.1	MV40	150	Male	526	FOREST OF DEAN ATHLETICS CLUB	00:46:52.2	01:16:32.6
603	589		Andrew JONES	01:41:39.8	01:40:36.0	MV40	151	Male	527		00:47:48.3	01:16:45.6
604	3747		Tristan BROWN	01:41:42.2	01:38:50.1	SenM	311	Male	528		00:48:13.0	01:15:49.5
605	2752		John GOULD	01:41:42.5	01:40:19.5	SenM	312	Male	529		00:48:22.1	01:17:03.7
606	1669		Liz RICHARDS	01:41:43.3	01:40:08.6	FV45	8	Female	76	CAERLEON RC	00:46:27.1	01:15:43.0
607	5597		Felicity ELLIOTT	01:41:43.3	01:41:04.3	SenF	36	Female	77	SWANSEA HARRIERS	00:46:57.1	01:16:31.6
608	643		Shan JAMES	01:41:47.8	01:40:55.6	FV35	34	Female	78		00:47:52.9	01:16:45.6
609	644		Damian CAPPS	01:41:47.9	01:40:55.3	MV40	152	Male	530		00:47:52.7	01:16:45.5
610	1563		Kristian WALTERS	01:41:51.2	01:40:46.5	SenM	313	Male	531		00:47:04.4	01:16:05.8
611	1288		Gareth MORGAN	01:41:54.0	01:41:14.2	MV40	153	Male	532		00:47:02.4	01:16:25.8

612	5606		Thomas LONG	01:41:54.3	01:41:06.5	SenM	314	Male	533	WHITE ROCK RUNNERS	00:45:09.8	01:13:19.3
613	816		Steffan JONES	01:41:56.0	01:41:18.8	SenM	315	Male	534		00:46:51.3	01:16:19.3
614	5923		Craig LLOYD	01:41:56.1	01:41:20.8	SenM	316	Male	535		00:46:53.5	01:16:12.7
615	1308		Aaron CHAI	01:41:56.2	01:41:03.6	SenM	317	Male	536		00:45:51.7	01:15:18.7
616	1361		Kim PROVIS	01:41:56.3	01:41:38.1	MV50	54	Male	537		00:47:01.4	01:16:38.1
617	1078		Mark FRANCIS	01:41:57.3	01:41:31.2	MV50	55	Male	538	BRACKLA HARRIERS	00:47:02.8	01:16:42.6
618	266		Gerwyn HUGHES	01:41:57.4	01:41:31.0	SenM	318	Male	539		00:44:59.0	01:15:09.7
619	1571		Martin BUSSELL	01:41:57.6	01:40:56.9	MV40	154	Male	540		00:44:54.0	01:15:22.8
620	2074		Andrew WALL	01:41:57.7	01:39:18.2	SenM	319	Male	541		00:47:14.1	01:15:35.6
621	5084		Stephen OSBORNE	01:41:58.7	01:41:55.9	MV40	155	Male	542		00:48:49.3	01:18:05.8
622	1560		Tim PRICE	01:42:00.1	01:41:07.0	MV40	156	Male	543		00:48:42.6	01:18:10.3
623	1580		Steven LANE	01:42:01.2	01:41:11.2	MV40	157	Male	544	ISLWYN RC	00:46:32.6	01:16:00.5
624	1174		Michelle JOHNSON	01:42:01.4	01:41:29.8	SenF	37	Female	79	ISLWYN RC	00:46:51.0	01:16:19.3
625	1547		Mark JONES	01:42:02.3	01:41:09.3	MV50	56	Male	545		00:47:31.1	01:16:45.3
626	1181		John SEAWARD	01:42:03.8	01:41:45.4	SenM	320	Male	546	SAN DOMENICO RC	00:48:49.9	01:18:21.6
627	298		Paul OUGHTON	01:42:04.9	01:41:45.3	MV50	57	Male	547		00:43:10.1	01:13:01.2
628	117		Andrew GRIFFITHS	01:42:06.1	01:41:06.1	SenM	321	Male	548		00:46:59.3	01:16:03.2
629	1255		Paul MORTON	01:42:06.6	01:41:32.0	SenM	322	Male	549		00:47:05.1	01:16:36.6
630	1954		Geraint ENGLISH	01:42:07.4	01:41:38.3	SenM	323	Male	550		00:47:01.8	01:16:46.5
631	545		Will WILLIAMS	01:42:08.5	01:41:32.9	MV50	58	Male	551		00:45:49.8	01:15:33.9
632	808		Tim KILEY	01:42:09.0	01:40:47.1	MV40	158	Male	552		00:46:49.3	01:16:13.1
633	2117		Teresa HOLLY	01:42:09.3	01:41:15.1	SenF	38	Female	80		00:47:57.4	01:16:47.0
634	203		Gareth MORGAN	01:42:09.5	01:39:25.2	MV40	159	Male	553		00:48:46.8	01:16:46.1
635	819		James HOPKINS	01:42:10.8	01:41:21.0	SenM	324	Male	554		00:47:16.7	01:16:22.0
636	1917		Sarah HALFORD	01:42:11.0	01:41:25.6	FV35	35	Female	81	EALING EAGLES	00:48:06.0	01:17:32.9
637	5097		Sarah PHILLIPS	01:42:12.4	01:40:58.5	SenF	39	Female	82		00:47:26.8	01:16:38.5
638	5599		Sian POWELL	01:42:12.8	01:41:37.6	SenF	40	Female	83		00:45:34.4	01:15:36.9
639	2242		Marcel MEERTEN	01:42:13.9	01:41:30.7	MV40	160	Male	555		00:48:26.4	01:17:47.6
640	1647		David WILLIAMS	01:42:15.2	01:39:36.3	SenM	325	Male	556		00:47:14.7	01:15:36.4
641	729		Eduardo GARCIA THOMAS	01:42:23.1	01:41:59.7	SenM	326	Male	557		00:46:10.0	01:16:44.2
642	1562		Nathan ROBISON-THOMAS	01:42:24.5	01:41:22.0	SenM	327	Male	558		00:47:06.4	01:16:28.1
643	508		Mark EDWARDS	01:42:24.8	01:41:47.1	SenM	328	Male	559	CELTIC TRI	00:47:00.5	01:16:15.6
644	727		Tom LAWSON	01:42:25.1	01:42:04.8	SenM	329	Male	560	DARTH COASTAL RUNNERS	00:44:42.7	01:14:44.8
645	6049		Richard DOHERTY	01:42:26.1	01:41:41.2	SenM	330	Male	561		00:48:26.1	01:18:07.4
646	5626		Mark EVANS	01:42:28.2	01:41:35.6	MV50	59	Male	562		00:46:42.0	01:16:03.5
647	1200		Rachel BOWEN	01:42:30.4	01:41:40.8	FV35	36	Female	84	LLISWERRY RUNNERS	00:48:17.5	01:17:22.1
648	177		Jonathan THOMAS	01:42:36.0	01:41:17.5	MV40	161	Male	563		00:46:22.5	01:15:43.7
649	3780		Tom CUTLIFFE	01:42:36.0	01:42:22.8	SenM	331	Male	564		00:48:19.9	01:18:05.9
650	1548		Chris PANES	01:42:36.9	01:41:44.5	MV50	60	Male	565		00:48:15.1	01:17:40.3
651	5841		Antony LEWIS	01:42:37.9	01:40:59.0	MV40	162	Male	566	CWM OGWR RUNNING CLUB	00:48:38.6	01:17:52.1
652	5924		Sam JAMES	01:42:38.8	01:40:53.9	SenM	332	Male	567		00:47:10.3	01:16:17.5
653	1850		Humphrey DUNN	01:42:40.9	01:41:41.6	MV40	163	Male	568		00:47:29.0	01:16:53.8
654	253		Lisa WILLIAMS	01:42:41.5	01:41:39.7	FV35	37	Female	85	3M GORSEINON ROAD RUNNERS	00:47:29.4	01:16:52.2
655	5623		Nathan HUGHES	01:42:42.2	01:41:58.2	SenM	333	Male	569		00:49:16.5	01:17:56.9

656	2138		Steve REYNOLDS	01:42:43.0	01:40:54.3	MV40	164	Male	570		00:48:09.1	01:17:22.4
657	5620		James CARPENTER	01:42:46.5	01:41:41.3	SenM	334	Male	571		00:47:43.0	01:17:07.8
658	1041		David BROCKWELL	01:42:47.6	01:42:29.5	SenM	335	Male	572		00:45:09.5	01:15:59.4
659	734		Matthew FRANCIS	01:42:49.4	01:42:23.5	MV40	165	Male	573	SWANSEA HARRIERS	00:44:04.5	01:12:36.9
660	221		Dewi WEST	01:42:51.1	01:41:59.3	MV50	61	Male	574	3M GORSEINON ROAD RUNNERS	00:47:38.2	01:17:14.6
661	613		Darren EVANS	01:42:52.5	01:41:44.0	SenM	336	Male	575		00:46:23.5	01:16:31.6
662	1803		Keir HARDY	01:42:53.6	01:42:17.3	SenM	337	Male	576	BADDESLEY BADGERS	00:47:01.4	01:17:01.1
663	5615		Kate PARRY	01:42:54.1	01:42:03.4	SenF	41	Female	86		00:47:35.5	01:16:59.4
664	1058		Steven SARGENT	01:42:54.6	01:42:24.6	SenM	338	Male	577		00:45:08.9	01:16:04.2
665	1066		Graham MACKLEWORTH	01:42:55.3	01:40:21.1	MV40	166	Male	578		00:48:15.1	01:16:39.5
666	1193		Charlotte RALPH	01:42:55.9	01:42:09.8	SenF	42	Female	87	LLISWERRY RUNNERS	00:47:26.8	01:17:28.7
667	1279		Steve CHADWELL	01:42:57.0	01:42:06.7	MV40	167	Male	579		00:47:43.7	01:17:12.0
668	1392		Stuart BUSWELL	01:42:57.9	01:41:37.2	MV50	62	Male	580		00:47:17.7	01:16:50.5
669	148		Darren WILLIAMS	01:42:58.4	01:41:37.4	SenM	339	Male	581		00:48:59.9	01:18:16.2
670	371		George PETERS	01:43:00.3	01:40:48.2	SenM	340	Male	582		00:50:17.9	01:19:30.5
671	2196		Anthony VINES	01:43:01.6	01:42:37.7	MV60+	10	Male	583		00:47:12.7	01:17:08.4
672	842		Andrew SALMONS	01:43:08.4	01:42:17.5	MV40	168	Male	584		00:49:39.5	01:18:35.6
673	766		Richard GRIFFITHS	01:43:08.5	01:42:25.6	SenM	341	Male	585		00:46:00.3	01:16:04.1
674	2023		Leighton PAYNE	01:43:11.0	01:42:04.2	MV40	169	Male	586		00:47:54.0	01:17:51.7
675	637		Gareth SCOURFIELD	01:43:11.1	01:42:52.1	SenM	342	Male	587		00:46:18.6	01:15:52.2
676	3924		Matthew FLINT	01:43:11.2	01:38:55.0	SenM	343	Male	588		00:45:11.4	01:14:11.5
677	1985		Helen BOSWELL	01:43:11.8	01:42:46.7	SenF	43	Female	88		00:46:36.2	01:17:00.2
678	6445		Richard GEORGE	01:43:13.1	01:41:45.2	SenM	344	Male	589		00:48:11.5	01:17:31.9
679	1793		Celine GUERY	01:43:13.8	01:42:33.3	SenF	44	Female	89	HINCKLEY RUNNING CLUB	00:46:46.8	01:17:29.6
680	655		Daniel WILLIAMS	01:43:15.2	01:42:23.1	SenM	345	Male	590		00:47:58.1	01:17:35.4
681	1480		Karl PIKE	01:43:15.3	01:42:31.0	SenM	346	Male	591	RHONDDA VALLEY RUNNERS	00:47:12.4	01:16:45.9
682	869		James HOLLOWAY	01:43:15.6	01:40:48.9	SenM	347	Male	592		00:48:07.6	01:17:01.0
683	276		Michael DAVIES	01:43:23.1	01:42:13.1	MV50	63	Male	593		00:48:37.3	01:18:18.6
684	3820		Ryan RODGERS	01:43:25.2	01:41:37.0	SenM	348	Male	594		00:46:59.7	01:16:59.0
685	1891		Michelle PRICE	01:43:26.4	01:42:24.0	SenF	45	Female	90		00:48:36.4	01:17:57.4
686	2154		Steve ALLEN	01:43:27.0	01:41:42.3	SenM	349	Male	595		00:48:50.1	01:17:45.2
687	403		Wyn JAMES	01:43:28.5	01:42:45.8	MV40	170	Male	596		00:48:03.3	01:18:05.9
688	826		Andrew MUIRHEAD	01:43:28.5	01:42:29.3	MV50	64	Male	597		00:46:16.4	01:16:07.7
689	1990		Ian POOLE	01:43:29.3	01:42:20.5	MV40	171	Male	598		00:48:31.3	01:18:21.5
690	3068		Adam JENKINS	01:43:29.7	01:39:35.2	SenM	350	Male	599		00:48:49.3	01:16:57.2
691	1005		Chris MACKAY	01:43:30.4	01:43:20.6	SenM	351	Male	600		00:45:23.3	01:16:21.1
692	1763		Andrew ROBERTS	01:43:31.6	01:42:59.2	SenM	352	Male	601		00:48:10.1	01:18:28.2
693	1762		Kristofer JONES	01:43:31.8	01:43:00.4	SenM	353	Male	602		00:48:10.7	01:18:27.3
694	5633		Kenny MEISSNER	01:43:34.0	01:43:00.0	SenM	354	Male	603		00:47:31.0	01:18:14.9
695	1962		Marie FALL	01:43:34.9	01:41:46.6	SenF	46	Female	91	CLAPHAM CHASERS	00:47:48.8	01:17:18.4
696	882		Jon REED	01:43:36.9	01:42:37.3	SenM	355	Male	604		00:46:23.1	01:16:26.7
697	642		Chris EVANS	01:43:37.7	01:42:32.9	MV50	65	Male	605		00:48:52.3	01:18:17.9
698	446		Julie HARTLEY-GREEN	01:43:38.0	01:43:24.6	FV35	38	Female	92		00:47:25.5	01:17:44.4
699	5183		Ed BEVAN	01:43:41.8	01:42:16.8	SenM	356	Male	606		00:50:40.8	01:19:09.4



700	721		Jessica THOMAS	01:43:42.1	01:42:39.8	FV35	39	Female	93		00:48:30.5	01:17:54.5
701	720		Darren THOMAS	01:43:42.2	01:42:39.5	SenM	357	Male	607		00:48:30.4	01:17:53.7
702	994		Simon SHORT	01:43:42.7	01:43:11.5	MV50	66	Male	608		00:47:16.3	01:17:16.0
703	341		Nigel WILLIAMS	01:43:47.4	01:42:38.3	MV50	67	Male	609		00:49:16.5	01:18:34.6
704	287		Jean-Luc MARMORAT	01:43:47.9	01:43:20.5	MV50	68	Male	610		00:46:34.6	01:16:43.9
705	119		Phillip LOWTHER	01:43:48.5	01:42:58.5	MV50	69	Male	611	ABERYSTWYTH AC	00:48:09.8	01:19:43.7
706	1061		Christopher WILLIAMS	01:43:50.6	01:42:53.3	MV40	172	Male	612		00:47:57.6	01:18:04.7
707	491		Andrew JENKINS	01:43:51.0	01:41:57.2	MV40	173	Male	613		00:49:33.6	01:18:59.3
708	1436		Nic PHILLIPS	01:43:51.6	01:42:02.2	MV40	174	Male	614		00:49:07.1	01:19:09.6
709	2032		Jonathan ROBERTS	01:43:52.8	01:38:44.6	SenM	358	Male	615		00:47:19.1	01:16:01.6
710	1801		Mike ROBERTS	01:43:53.2	01:43:13.1	MV40	175	Male	616		00:47:21.8	01:16:41.3
711	3857		Bleddyn PENNY	01:43:53.6	01:42:16.1	SenM	359	Male	617		00:50:29.4	01:18:58.7
712	5645		Gareth CHISLETT	01:43:54.8	01:42:48.8	MV40	176	Male	618		00:46:57.6	01:16:21.4
713	2216		Luke BATCHELOR	01:43:55.2	01:43:17.6	SenM	360	Male	619		00:46:47.1	01:16:39.2
714	1583		William SIMS	01:43:55.8	01:42:42.7	SenM	361	Male	620		00:47:39.5	01:17:22.2
715	690		Steffan REES-JONES	01:43:57.8	01:42:50.7	SenM	362	Male	621		00:49:49.8	01:19:32.0
716	1668		Alice RICHARDS	01:43:59.4	01:42:24.9	SenF	47	Female	94	CAERLEON RC	00:48:09.9	01:17:57.7
717	2209		Gavin HAYDEN	01:44:00.1	01:43:36.3	SenM	363	Male	622		00:47:38.8	01:17:38.1
718	259		Kelvin PHILLIPS	01:44:00.6	01:41:34.7	SenM	364	Male	623		00:48:36.5	01:18:08.8
719	6343		Ben STEVENS	01:44:01.6	01:43:31.8	SenM	365	Male	624		00:48:00.6	01:18:09.3
720	529		Brian SAXBY	01:44:02.1	01:43:27.5	MV50	70	Male	625		00:47:02.7	01:17:21.0
721	5658		Stephen FITZGERALD	01:44:02.9	01:43:09.3	MV40	177	Male	626		00:48:45.0	01:18:35.8
722	1938		Paddy GLENNON	01:44:03.0	01:41:46.6	SenM	366	Male	627		00:49:12.5	01:18:35.2
723	654		Adam JOHN	01:44:03.1	01:43:10.7	SenM	367	Male	628		00:48:54.7	01:17:09.3
724	1559		Will WATKINS	01:44:04.2	01:43:43.0	SenM	368	Male	629		00:47:16.6	01:17:04.6
725	6084		Richard GRIFFITHS	01:44:05.0	01:42:48.9	SenM	369	Male	630		00:50:50.4	01:20:22.5
726	167		Dafydd BOWEN	01:44:06.2	01:43:04.5	MV40	178	Male	631	CARMARTHEN HARRIERS	00:49:05.3	01:18:44.0
727	1411		Deb GOULE	01:44:06.4	01:42:41.6	FV35	40	Female	95		00:47:32.5	01:17:55.2
728	225		Nia DAINTON	01:44:07.7	01:42:26.2	SenF	48	Female	96		00:48:48.2	01:18:27.2
729	2133		Fergal CUMMINS	01:44:09.1	01:43:29.3	MV40	179	Male	632		00:48:07.8	01:18:17.2
730	4910		Christian BISHOP	01:44:09.2	01:44:00.1	SenM	370	Male	633		00:48:53.2	01:18:35.7
731	1386		Elaine WHARMBY	01:44:09.5	01:43:30.8	FV45	9	Female	97	PEGASUS RC	00:47:27.2	01:17:57.8
732	5604		Hefin GRUFFYDD	01:44:10.9	01:43:18.8	MV50	71	Male	634	PONTYPRIDD ROADENTS	00:48:05.7	01:17:46.4
733	1712		Gareth BARRINGTON	01:44:15.3	01:43:28.5	MV40	180	Male	635		00:46:52.5	01:17:21.2
734	5677		Jonathan O'SULLIVAN	01:44:15.7	01:43:32.3	SenM	371	Male	636		00:46:08.9	01:16:31.2
735	5684		Jessica CARTWRIGHT	01:44:16.9	01:42:54.1	SenF	49	Female	98		00:49:19.1	01:19:11.1
736	2123		Chris DAVIES	01:44:18.2	01:43:23.4	MV60+	11	Male	637		00:48:14.2	01:18:27.1
737	959		Richard YOULE	01:44:18.5	01:41:53.1	MV40	181	Male	638		00:48:20.4	01:17:40.9
738	4406		Dan BEVAN	01:44:18.6	01:43:07.6	SenM	372	Male	639		00:47:37.5	01:16:42.1
739	1716		Adrian HAYWARD	01:44:20.6	01:43:15.6	MV40	182	Male	640	LLISWERRY RUNNERS	00:48:04.1	01:18:04.2
740	2195		David HANSON	01:44:21.0	01:43:17.8	MV40	183	Male	641		00:48:25.5	01:18:04.8
741	2050		Kevin WESLEY	01:44:22.0	01:42:39.8	MV50	72	Male	642		00:47:33.4	01:17:35.5
742	650		Stephen WILLIAMS	01:44:22.4	01:42:40.0	SenM	373	Male	643		00:47:20.0	01:17:36.7
743	1555		John CARROLL	01:44:23.2	01:43:30.4	MV50	73	Male	644		00:47:32.5	01:16:53.0

744	1963		Benjamin MILLER	01:44:23.2	01:43:08.1	SenM	374	Male	645		00:46:09.9	01:16:31.8
745	1509		Neil SHEWAN	01:44:24.8	01:43:40.5	SenM	375	Male	646		00:46:49.8	01:16:17.2
746	811		Owain WILLIAMS	01:44:25.0	01:43:49.7	SenM	376	Male	647		00:45:23.0	01:16:01.9
747	1488		Steven MCCUAIG	01:44:25.0	01:43:09.7	SenM	377	Male	648		00:47:54.7	01:17:29.1
748	815		Paul SEPPMAN	01:44:26.5	01:41:59.2	MV40	184	Male	649		00:47:52.8	01:17:54.0
749	625		Alwyn WILLIAMS	01:44:29.1	01:41:49.1	MV40	185	Male	650		00:48:05.7	01:17:43.2
750	1556		James LYNCH	01:44:31.1	01:43:18.3	SenM	378	Male	651		00:49:07.2	01:19:11.6
751	1132		Joanne EDWARDS	01:44:33.3	01:44:17.8	FV45	10	Female	99	CORNELLY STRIDERS AC	00:47:35.5	01:18:24.1
752	6207		Craig DAVIES	01:44:33.4	01:43:22.2	SenM	379	Male	652		00:47:26.6	01:17:29.4
753	974		Gareth JONES	01:44:34.8	01:43:15.1	MV40	186	Male	653		00:49:23.7	01:19:17.6
754	1449		Clare GRIFFITHS	01:44:36.8	01:43:26.3	FV35	41	Female	100	MERTHYR RUNNING CLUB	00:48:44.2	01:18:48.4
755	5445		Rebecca LOOKER	01:44:37.7	01:44:35.6	SenF	50	Female	101		00:48:35.9	01:18:54.2
756	606		Debbie DAVIES	01:44:37.8	01:42:40.4	FV45	11	Female	102	CLWB RHEDEG PONTARDAWE RUNNING CLUB	00:48:08.9	01:18:08.2
757	5603		Mark BYWATER	01:44:38.7	01:44:03.6	SenM	380	Male	654		00:48:35.0	01:18:46.6
758	1128		Helen ANDREWS	01:44:39.5	01:43:00.5	FV35	42	Female	103	BRIDGEND AC	00:46:44.2	01:16:58.9
759	1289		David.E WILLIAMS	01:44:41.8	01:43:47.0	MV50	74	Male	655	LES CROUPIERS RC	00:49:56.5	01:19:55.3
760	1297		Lucy MORGAN	01:44:42.0	01:44:17.4	FV35	43	Female	104		00:47:53.7	01:18:53.3
761	3795		Ben CROCKER	01:44:42.2	01:43:51.3	SenM	381	Male	656		00:50:47.0	01:19:50.7
762	352		Lauren OWEN	01:44:44.0	01:44:10.5	SenF	51	Female	105		00:49:00.6	01:19:22.3
763	1901		Jo OULTON	01:44:44.6	01:42:56.9	FV45	12	Female	106		00:48:52.7	01:18:33.1
764	2861		Nicola HOWELLS	01:44:45.2	01:44:01.2	FV45	13	Female	107		00:48:31.5	01:18:46.7
765	5625		Stephen WRIGHT	01:44:46.1	01:44:11.8	SenM	382	Male	657		00:50:01.4	01:20:16.6
766	791		James DAVIES	01:44:46.2	01:43:19.6	MV40	187	Male	658	3M GORSEINON ROAD RUNNERS	00:48:55.9	01:18:52.5
767	881		Stuart TYRRELL	01:44:48.0	01:43:38.8	MV40	188	Male	659		00:48:27.3	01:18:44.9
768	169		Rhydian JONES	01:44:48.5	01:43:50.2	SenM	383	Male	660		00:49:15.7	01:19:22.9
769	820		Julian GRIFFITHS	01:44:48.8	01:44:33.6	MV40	189	Male	661		00:49:58.1	01:19:50.5
770	1233		Robert BEVAN	01:44:49.5	01:43:51.8	SenM	384	Male	662		00:46:43.6	01:16:48.8
771	4164		Thierry MAFFEIS	01:44:53.6	01:44:26.4	MV40	190	Male	663		00:48:49.9	01:19:18.2
772	1645		Charlotte MORAN	01:44:55.8	01:43:41.5	FV35	44	Female	108	CAERLEON RC	00:49:37.8	01:19:28.8
773	1673		Ryan CORK	01:44:56.3	01:42:54.0	SenM	385	Male	664		00:47:13.7	01:17:27.1
774	2022		Debra CLARKE	01:44:56.6	01:43:43.2	FV45	14	Female	109	RUN4ALL NEATH	00:49:06.0	01:18:50.5
775	1266		Elizabeth NEVILLE	01:44:57.3	01:43:33.6	FV35	45	Female	110		00:47:49.5	01:17:43.5
776	1842		Bob SMITH	01:44:57.8	01:44:24.7	MV60+	12	Male	665	BUILTH AND DISTRICT RUNNING CLUB	00:47:03.6	01:17:04.6
777	1701		David PHILLIPS	01:44:59.0	01:44:08.1	MV40	191	Male	666		00:47:01.2	01:18:05.6
778	441		Jamie SAMPSON	01:45:00.5	01:44:32.0	MV40	192	Male	667		00:47:02.4	01:16:58.3
779	1071		Kris DENHOLM	01:45:00.7	01:44:39.1	MV50	75	Male	668	CWM OGWR RUNNING CLUB	00:47:57.6	01:19:16.6
780	1640		Ben BOND	01:45:01.2	01:43:57.9	SenM	386	Male	669		00:49:32.0	01:20:22.0
781	448		Mike PRASAD	01:45:01.5	01:44:09.3	MV40	193	Male	670	3M GORSEINON ROAD RUNNERS	00:48:36.3	01:18:47.0
782	916		Mark BOND	01:45:01.6	01:44:22.4	SenM	387	Male	671		00:48:12.1	01:17:22.9
783	3082		John GAMMON	01:45:02.6	01:43:19.7	MV50	76	Male	672		00:49:13.1	01:18:56.1
784	1085		Chris ROBERTS	01:45:03.0	01:43:48.7	MV40	194	Male	673	CWM OGWR RUNNING CLUB	00:49:30.6	01:19:16.1
785	6438		Ben EVANS	01:45:03.8	01:43:49.2	SenM	388	Male	674		00:49:00.1	01:18:41.4
786	1405		Alun WILLIAMS	01:45:04.2	01:43:47.3	SenM	389	Male	675		00:48:24.0	01:18:44.2
787	104		Robert JENNER	01:45:06.2	01:44:25.1	MV40	195	Male	676		99:99:99	01:18:07.2

788	5621		Ben DAVIES	01:45:06.2	01:44:45.1	SenM	390	Male	677	LLISWERRY RUNNERS	00:48:22.3	01:19:01.5
789	1566		Wayne EDWARDS	01:45:07.6	01:44:11.6	MV40	196	Male	678		00:48:19.9	01:18:39.5
790	2072		Samuel MARSH	01:45:07.6	01:44:27.2	SenM	391	Male	679		00:46:52.4	01:16:52.8
791	941		Amanda JOHN	01:45:10.6	01:44:55.1	FV45	15	Female	111	AMMAN VALLEY HARRIERS	00:48:55.3	01:19:42.8
792	2106		Ryan DICKS	01:45:12.2	01:44:43.1	SenM	392	Male	680		00:47:19.9	01:18:56.9
793	152		Arwyn THOMAS	01:45:12.3	01:43:19.7	MV40	197	Male	681		00:49:03.6	01:19:13.5
794	5683		Dean CARTWRIGHT	01:45:12.8	01:43:49.8	MV40	198	Male	682		00:49:18.7	01:19:14.2
795	805		Steve LANGFORD	01:45:13.5	01:44:08.6	SenM	393	Male	683		00:47:41.1	01:18:22.9
796	1397		Scott GRAY	01:45:14.9	01:44:28.8	SenM	394	Male	684		00:47:20.0	01:17:32.1
797	1241		Rhydian DAVIES	01:45:16.5	01:44:31.9	SenM	395	Male	685		00:48:27.5	01:18:43.7
798	1448		James WILLIAMS	01:45:21.4	01:43:05.1	SenM	396	Male	686	PARC BRYN BACH RC	00:49:25.7	01:18:43.0
799	2789		Rodney JOHNSON	01:45:21.9	01:43:55.4	MV50	77	Male	687		00:50:22.0	01:19:42.9
800	465		Josh PELUSI	01:45:23.7	01:43:32.6	SenM	397	Male	688		00:48:47.6	01:19:11.8
801	2057		Garry GRIFFITHS	01:45:24.4	01:45:00.6	MV40	199	Male	689	RHONDDA VALLEY RUNNERS	00:48:30.2	01:19:20.9
802	1948		Denise ROSE	01:45:25.1	01:44:40.7	FV45	16	Female	112		00:48:08.3	01:18:44.1
803	4243		Michael EVANS	01:45:25.5	01:45:24.7	MV50	78	Male	690		00:47:52.8	01:18:34.6
804	1219		Ryan TODD	01:45:26.7	01:42:47.9	SenM	398	Male	691		00:49:06.0	01:19:08.9
805	604		Darren HARRIS	01:45:28.0	01:43:13.9	SenM	399	Male	692		00:49:11.3	01:19:11.9
806	2011		Stephen RISELEY	01:45:28.1	01:44:09.2	MV50	79	Male	693		00:49:09.9	01:19:13.8
807	437		Toby WELLS	01:45:29.1	01:44:24.5	SenM	400	Male	694		00:48:57.5	01:19:19.6
808	1828		Kelly BOWEN	01:45:29.3	01:42:48.3	SenF	52	Female	113	CROFT AMBREY	00:49:07.0	01:19:06.3
809	1870		Steven HIRST	01:45:29.4	01:44:18.0	SenM	401	Male	695	SAINT EDMUND PACERS	00:49:56.4	01:19:52.7
810	976		Llewelyn JAMES	01:45:29.6	01:44:22.8	SenM	402	Male	696		00:49:57.4	01:20:19.0
811	332		Paul REES	01:45:30.1	01:45:01.4	SenM	403	Male	697		00:49:52.1	01:19:56.2
812	956		Jayne ARNOLD	01:45:30.5	01:43:03.2	FV45	17	Female	114		00:47:53.3	01:17:52.9
813	771		Robert JENKINS	01:45:30.9	01:43:58.7	SenM	404	Male	698		00:48:25.3	01:18:48.1
814	3272		James DAINTON	01:45:32.0	01:45:11.1	SenM	405	Male	699		00:49:29.0	01:19:20.0
815	1897		Jordan LACEY	01:45:32.4	01:45:18.7	SenF	53	Female	115	SOUTHEND AC	00:47:06.8	01:19:11.9
816	1726		Alistair CUMMINGS	01:45:32.6	01:44:29.1	SenM	406	Male	700	PONTYPOOL & DISTRICT RUNNERS	00:49:32.3	01:19:45.6
817	4959		Jade CAHILL	01:45:33.2	01:45:13.0	SenF	54	Female	116		00:48:15.6	01:19:14.7
818	1166		Andrew RAMSEY	01:45:33.7	01:44:42.2	SenM	407	Male	701		00:49:47.1	01:20:18.3
819	603		Darren HARRIS	01:45:37.8	01:43:23.3	MV40	200	Male	702		00:49:09.1	01:19:11.4
820	2779		Andrew HOWELLS	01:45:38.3	01:45:31.3	SenM	408	Male	703		00:48:08.1	01:19:45.4
821	360		Louise REES JAMES	01:45:38.8	01:44:21.1	FV35	46	Female	117		00:47:11.6	01:18:29.1
822	347		Noel THOMPSON	01:45:39.8	01:44:28.7	MV60+	13	Male	704		00:50:03.6	01:20:18.3
823	262		Christopher JONES	01:45:41.5	01:44:25.7	MV40	201	Male	705		00:48:32.4	01:19:25.9
824	1447		Paul MANN	01:45:42.2	01:43:17.9	MV50	80	Male	706		00:48:05.9	01:17:56.6
825	831		Edward SWEBY	01:45:42.9	01:43:54.1	SenM	409	Male	707		00:48:49.3	01:18:51.5
826	292		Steven TURGYAN	01:45:43.1	01:44:26.7	SenM	410	Male	708		00:48:48.6	01:18:46.4
827	484		Alex TOVEY	01:45:43.1	01:44:53.4	MV40	202	Male	709	RUN4ALL NEATH	00:50:31.5	01:20:35.2
828	522		Nick JENKINS	01:45:43.2	01:44:11.8	MV50	81	Male	710	RUN4ALL NEATH	00:51:03.6	01:20:22.7
829	5666		Stuart MILLSON	01:45:43.8	01:44:37.0	SenM	411	Male	711	CELTIC TRI	00:49:03.4	01:19:43.8
830	1679		Jason PRITCHARD	01:45:47.7	01:44:34.3	MV40	203	Male	712	CAERLEON RC	00:47:07.3	01:17:59.4
831	1900		Nathan SWAN	01:45:47.9	01:44:52.3	SenM	412	Male	713		00:49:24.4	01:20:01.2

832	536		Nigel CRAWFORD	01:45:52.1	01:45:36.8	MV50	82	Male	714		00:46:32.9	01:17:21.2
833	2086		Neil WILLIAMS	01:45:54.9	01:45:16.3	MV50	83	Male	715	USK RUNNERS	00:48:20.2	01:19:08.5
834	1209		Adam YOUNG	01:45:56.1	01:44:13.3	SenM	413	Male	716		00:49:45.5	01:19:53.7
835	1747		Elinor NICHOLSON	01:45:57.0	01:44:42.9	SenF	55	Female	717		00:47:47.8	01:18:50.3
836	2229		Christian MERTES	01:45:57.1	01:45:06.3	SenM	414	Male	718		00:50:58.0	01:21:00.8
837	3144		Paul LEWIS	01:45:57.1	01:44:31.5	SenM	415	Male	718		00:48:51.7	01:18:45.6
838	2167		Nathan SHEPPARD	01:45:57.6	01:45:01.3	MV40	204	Male	719		00:49:40.6	01:20:11.4
839	2005		Anna JONES	01:45:57.8	01:44:56.8	FV35	47	Female	119	RUNNING SOMEWHERE ELSE	00:49:26.9	01:20:05.3
840	1131		Lars BEEMER	01:45:58.0	01:44:59.5	MV40	205	Male	720	REFAIL RUNNERS	00:50:00.4	01:20:30.9
841	327		Jonathan LEWIS	01:45:58.4	01:43:52.8	MV40	206	Male	721		00:49:07.3	01:19:30.9
842	4105		Catherine THOMAS	01:45:58.6	01:44:00.2	FV35	48	Female	120		00:49:42.9	01:19:50.3
843	835		Leanne SHEEHAN	01:45:58.7	01:45:13.1	FV35	49	Female	121		00:48:21.4	01:19:03.7
844	1781		Hazel FERRIS	01:46:00.2	01:44:44.9	FV35	50	Female	122		00:49:41.3	01:20:03.7
845	5575		John MARSON	01:46:00.3	01:45:47.2	MV40	207	Male	722	LLANELLI AC	00:46:51.5	01:17:38.9
846	1084		Bryn POWIS	01:46:00.7	01:43:38.6	SenM	416	Male	723		00:48:49.8	01:18:20.5
847	5694		Martin BICK	01:46:03.2	01:44:33.1	MV50	84	Male	724	CLC STRIDERS	00:48:37.0	01:19:46.5
848	1644		Paul ADAMS	01:46:03.9	01:44:49.5	MV40	208	Male	725	CAERLEON RC	00:48:28.0	01:18:36.8
849	1253		Nadeem KHAN	01:46:04.7	01:44:52.7	SenM	417	Male	726		00:49:45.1	01:20:13.2
850	1327		Heidi Louise THOMAS	01:46:04.9	01:45:17.3	SenF	56	Female	123		00:48:10.3	01:19:45.0
851	2150		Stuart MCMAHON	01:46:05.1	01:44:46.9	SenM	418	Male	727		00:48:23.8	01:18:32.1
852	4418		Simon HARRISON	01:46:06.9	01:44:11.5	MV40	209	Male	728		00:49:48.1	01:20:04.1
853	1080		Iwan DOWIE	01:46:07.2	01:45:51.1	MV40	210	Male	729	CORNELLY STRIDERS AC	00:47:16.4	01:19:11.0
854	1687		Jamiee GITTINS	01:46:07.2	01:44:52.8	SenF	57	Female	124	CAERLEON RC	00:49:42.3	01:20:05.3
855	845		Leigh RISELEY	01:46:08.1	01:44:49.2	SenM	419	Male	730		00:49:11.7	01:19:16.7
856	2054		Mark HARRIS	01:46:11.2	01:45:47.0	SenM	420	Male	731	RHONDDA VALLEY RUNNERS	00:48:19.8	01:19:19.2
857	482		Zeke DAVIES	01:46:12.4	01:45:19.7	SenM	421	Male	732		00:49:38.9	01:19:42.2
858	1737		Rachael PENMAN	01:46:12.4	01:45:41.1	SenF	58	Female	125		00:49:51.7	01:20:21.2
859	5637		Tim INGHAM	01:46:12.4	01:44:24.0	MV40	211	Male	733	CIRENCESTER AC	00:48:02.3	01:17:59.4
860	847		Cameron HOPKINS	01:46:13.9	01:45:23.8	SenM	422	Male	734		00:48:24.2	01:19:04.8
861	2176		Wojciech BUSZ	01:46:14.8	01:44:47.2	SenM	423	Male	735		00:50:37.3	01:21:02.4
862	5674		Michelle RATTI	01:46:15.5	01:44:18.8	FV35	51	Female	126		00:50:15.0	01:20:40.1
863	1970		Paul DA VALL	01:46:15.7	01:44:02.3	MV40	212	Male	736		00:49:20.7	01:19:19.7
864	294		Freya BEVAN	01:46:16.8	01:44:52.1	SenF	59	Female	127		00:48:10.6	01:18:51.4
865	3526		Martyn NICHOLS	01:46:17.1	01:44:18.1	SenM	424	Male	737		00:48:23.8	01:18:39.1
866	1162		Leigh TOMLINS	01:46:17.3	01:44:02.8	MV40	213	Male	738		00:50:11.2	01:20:07.3
867	6044		Rebecca PLAYLE	01:46:18.1	01:45:17.0	MV40	214	Male	739		00:49:33.9	01:19:57.4
868	3165		Kate JONES	01:46:18.3	01:44:37.2	SenF	60	Female	128		00:49:34.3	01:19:46.0
869	299		Rebecca REVELL	01:46:19.2	01:44:51.0	FV45	18	Female	129	EMLYN RUNNERS	00:49:02.5	01:19:43.6
870	750		Gareth SULLIVAN	01:46:20.2	01:44:45.4	SenM	425	Male	740	MUMBLES MILERS	00:47:40.8	01:19:00.1
871	16507		Martyn LEWIS	01:46:20.7	01:45:09.5	Pacer	4	Male	741		00:49:46.1	01:20:13.4
872	2064		Liz MERRIFIELD	01:46:21.2	01:45:21.2	SenF	61	Female	130		00:48:53.0	01:19:20.9
873	601		Paul GRIFFITHS	01:46:21.4	01:45:26.6	MV40	215	Male	742		00:49:02.1	01:19:13.4
874	3505		Thomas MARSH	01:46:21.4	01:45:06.6	SenM	426	Male	743		00:48:04.8	01:19:00.2
875	1655		Ben WITCOMB	01:46:22.3	01:45:28.6	SenM	427	Male	744		00:47:36.0	01:18:54.2

876	366		Heath JONES	01:46:23.2	01:44:44.8	MV40	216	Male	745		00:49:18.8	01:19:46.2
877	430		Ashley PUNTER	01:46:24.4	01:44:59.9	SenM	428	Male	746		00:49:45.4	01:20:12.3
878	776		Nathan EVANS	01:46:24.6	01:45:00.7	SenM	429	Male	747		00:49:45.4	01:20:11.8
879	1675		Richard POWELL	01:46:25.4	01:45:20.7	MV40	217	Male	748	LLISWERRY RUNNERS	00:48:40.7	01:19:39.2
880	1148		Phillip SWEENEY	01:46:28.2	01:44:19.3	MV50	85	Male	749		00:49:28.4	01:19:50.9
881	2182		Tom DENHAM	01:46:29.2	01:44:50.6	SenM	430	Male	750		00:48:03.0	01:18:38.1
882	1062		Mark BLOOMFIELD	01:46:31.1	01:45:59.8	MV40	218	Male	751		00:47:05.4	01:18:35.5
883	5166		Mark HOULT	01:46:31.9	01:46:19.9	MV40	219	Male	752		00:50:25.1	01:21:14.5
884	5643		Neil THOMAS	01:46:31.9	01:45:49.6	MV40	220	Male	753		00:51:35.4	01:22:16.0
885	930		Rob DAVIES	01:46:32.9	01:44:06.3	MV40	221	Male	754		00:49:14.4	01:19:15.5
886	1191		Scott DUNCAN	01:46:33.0	01:44:57.9	SenM	431	Male	755		00:49:34.2	01:20:01.2
887	557		Darren RICHARDS	01:46:38.0	01:46:29.0	SenM	432	Male	756		00:48:09.6	01:19:32.7
888	3321		Thomas FAHEY	01:46:38.8	01:46:33.9	SenM	433	Male	757		00:51:08.9	01:23:29.4
889	2809		James LAWRENCE	01:46:39.5	01:46:32.9	SenM	434	Male	758		00:49:41.2	01:21:06.1
890	1035		Stuart DAVIES	01:46:40.5	01:45:22.6	MV40	222	Male	759		00:49:55.2	01:20:31.6
891	5669		Dave CANNON	01:46:40.5	01:45:13.8	SenM	435	Male	760		00:49:16.1	01:19:56.1
892	1630		Jason SHEK	01:46:42.6	01:45:38.3	SenM	436	Male	761		00:49:31.1	01:20:21.1
893	5275		Michael BELL	01:46:42.7	01:45:46.9	SenM	437	Male	762		00:49:24.3	01:20:01.4
894	4413		Wayne HAYHURST	01:46:43.7	01:44:10.2	SenM	438	Male	763		00:48:19.6	01:18:44.1
895	659		Rachel BUCKLEY	01:46:45.8	01:44:31.1	FV35	52	Female	131		00:49:10.3	01:19:45.2
896	1179		Mark DAY	01:46:47.2	01:45:26.8	MV40	223	Male	764		00:49:40.0	01:20:07.1
897	1627		Dai EVANS	01:46:49.5	01:46:10.3	MV50	86	Male	765		00:48:53.8	01:20:12.3
898	1212		Nicholas ALFORD	01:46:50.8	01:45:51.8	SenM	439	Male	766		00:49:41.9	01:20:14.7
899	1709		Rachel DOLMAN	01:46:51.4	01:46:46.0	FV35	53	Female	132		00:50:28.0	01:21:09.2
900	4518		Gavin SHIVERS	01:46:51.4	01:46:46.3	SenM	440	Male	767		00:50:28.3	01:21:09.2
901	878		Darren POWIS	01:46:53.4	01:45:04.7	MV40	224	Male	768		00:49:52.4	01:20:02.8
902	1221		Shaun FARBON	01:46:54.4	01:45:27.4	SenM	441	Male	769	LES CROUPIERS RC	00:51:01.6	01:21:44.2
903	4089		Sam RICHARDS	01:46:56.1	01:45:33.5	SenM	442	Male	770		00:49:29.6	01:20:20.5
904	1912		Jesse MARTIN	01:46:57.6	01:46:09.3	SenM	443	Male	771		00:49:03.3	01:19:38.6
905	1685		Dave LEWIS	01:46:58.7	01:45:38.7	MV40	225	Male	772		00:48:34.9	01:19:03.7
906	5524		Paul O'BOYLE	01:46:59.6	01:44:41.8	MV50	87	Male	773		00:48:19.7	01:18:51.5
907	1438		Michael LIEBERMAN	01:47:00.7	01:45:59.8	MV40	226	Male	774		00:49:13.3	01:20:22.0
908	1707		Ross EVANS	01:47:01.3	01:46:36.0	SenM	444	Male	775		00:46:17.5	01:17:43.3
909	975		Nathan WILLIAMS	01:47:01.7	01:45:53.8	SenM	445	Male	776		00:50:06.0	01:21:13.8
910	2049		Craig HINKS	01:47:02.0	01:45:47.9	MV40	227	Male	777		00:50:39.4	01:21:01.3
911	1223		James BONDER	01:47:02.9	01:46:19.7	SenM	446	Male	778		00:49:34.9	01:19:47.9
912	6425		Richard OWEN	01:47:03.1	01:46:15.4	SenM	447	Male	779		00:52:10.3	01:21:58.1
913	1435		Carolynne MOORE	01:47:04.3	01:46:28.8	FV45	19	Female	133		00:48:36.6	01:20:01.1
914	1565		Lee MORGAN	01:47:04.4	01:45:33.2	MV40	228	Male	780		00:49:37.2	01:20:26.5
915	1650		Louise EVANS	01:47:05.6	01:46:04.6	FV45	20	Female	134	EBBW VALE RC	00:50:20.5	01:21:03.4
916	2134		Jeremy FURBER	01:47:06.9	01:45:04.9	MV50	88	Male	781	SOUTHVILLE RC	00:51:58.0	01:22:41.4
917	1027		Michelle PANNIERS	01:47:07.2	01:44:40.4	FV45	21	Female	135		00:49:13.6	01:19:45.5
918	268		Paul HARRIS	01:47:07.3	01:46:32.2	MV40	229	Male	782		00:47:58.2	01:18:28.8
919	1957		Elizabeth GEORGE	01:47:07.6	01:45:39.8	SenF	62	Female	136		00:50:21.0	01:20:48.3

920	6426		Mark LLOYD	01:47:09.4	01:46:22.0	MV40	230	Male	783		00:52:10.3	01:21:57.2
921	4961		Ryan MORGAN	01:47:11.1	01:42:53.6	SenM	448	Male	784		00:51:45.1	01:20:10.6
922	716		Danial AHERN	01:47:12.1	01:45:14.3	SenM	449	Male	785		00:48:35.6	01:18:56.4
923	1534		Darren GRIFFITHS-WARNER	01:47:14.2	01:47:09.0	MV50	89	Male	786	PONTYPRIDD ROADENTS	00:47:54.9	01:19:38.4
924	2956		Rachael BIRCH	01:47:18.1	01:44:46.8	FV35	54	Female	137		00:49:56.5	01:20:25.1
925	1784		Dave KITCHEN	01:47:19.6	01:45:52.0	SenM	450	Male	787		00:48:59.2	01:19:39.3
926	369		Gary SAWDON	01:47:23.1	01:46:15.4	MV50	90	Male	788	MUMBLES MILERS	00:49:50.7	01:20:18.9
927	6432		Qiaofeng HUANG	01:47:24.3	01:46:16.0	SenM	451	Male	789		00:49:41.9	01:20:26.2
928	846		Mick GRANT	01:47:25.3	01:46:09.1	MV50	91	Male	790	ROAD RUNNERS CLUB	00:49:29.3	01:20:54.8
929	3551		Erin WELCH	01:47:25.6	01:46:06.1	SenF	63	Female	138		00:50:01.6	01:20:46.1
930	1775		Colin JOHNSTONE	01:47:26.7	01:46:13.9	MV40	231	Male	791		00:50:13.4	01:21:22.0
931	88		Nick HODGES	01:47:28.0	01:45:15.4	SenM	452	Male	792		00:49:16.2	01:20:00.4
932	3148		Ryan JONES	01:47:28.2	01:45:28.8	SenM	453	Male	793		00:50:38.1	01:20:52.8
933	1422		Mark JONES	01:47:30.3	01:46:03.5	MV50	92	Male	794		00:50:03.4	01:20:30.5
934	214		Rhiannon WALLACE	01:47:32.6	01:46:53.9	SenF	64	Female	139		00:48:06.6	01:20:16.5
935	1604		Carl JOHNSON	01:47:35.8	01:46:32.0	MV40	232	Male	795	ISLWYN RC	00:49:10.1	01:20:20.2
936	4558		Hayley FORD	01:47:36.2	01:47:16.9	SenF	65	Female	140	SAN DOMENICO RC	00:51:14.3	01:22:40.8
937	5918		John WILTSHIRE	01:47:36.5	01:44:02.6	SenM	454	Male	796		00:48:00.0	01:18:14.9
938	618		Berwyn LEWIS	01:47:38.9	01:47:07.3	MV40	233	Male	797		00:47:46.0	01:18:59.0
939	726		Dean HUGHES	01:47:39.1	01:46:20.5	MV40	234	Male	798		00:51:04.1	01:21:57.8
940	946		Nik ROBINSON	01:47:40.6	01:47:00.6	SenM	455	Male	799		00:48:15.7	01:20:05.5
941	1160		Nicola SYMMONDS	01:47:40.6	01:45:44.8	SenF	66	Female	141		00:49:48.1	01:20:03.8
942	4429		Mike GWYNNE	01:47:41.1	01:46:36.2	MV40	235	Male	800	PONTYPRIDD ROADENTS	00:49:58.4	01:20:40.9
943	1031		Wyn EVANS	01:47:41.2	01:46:17.0	MV60+	14	Male	801	DRAGONS RUNNING CLUB	00:49:04.2	01:19:53.3
944	836		Craig JAYNES	01:47:41.5	01:46:19.1	MV40	236	Male	802		00:49:03.5	01:19:32.3
945	803		Anthony HOBBS	01:47:41.8	01:47:11.6	MV40	237	Male	803	RUN4ALL NEATH	00:47:49.4	01:20:18.1
946	542		Dean EVANS	01:47:42.7	01:47:28.1	SenM	456	Male	804		00:48:42.7	01:19:56.2
947	800		Andrew TIDY	01:47:43.3	01:45:49.4	SenM	457	Male	805	RUN4ALL NEATH	00:50:57.1	01:21:16.2
948	5693		Ciaran LISBOA	01:47:43.7	01:45:50.8	SenM	458	Male	806		00:51:50.2	01:22:03.8
949	4537		Katie WAINWRIGHT	01:47:47.1	01:47:06.3	SenF	67	Female	142		00:49:59.6	01:21:10.9
950	1240		Jenny MARTIN	01:47:47.6	01:46:53.9	FV35	55	Female	143	LES CROUPIERS RC	00:49:34.0	01:20:58.8
951	917		Andrew BOND	01:47:48.1	01:47:08.3	SenM	459	Male	807		00:48:11.3	01:18:40.2
952	449		Alan HARRIS	01:47:48.6	01:45:55.7	MV40	238	Male	808		00:49:40.6	01:20:19.3
953	1774		Keith JOHNSTONE	01:47:50.5	01:46:37.8	MV40	239	Male	809		00:50:15.4	01:21:22.2
954	1206		Jodie BRYANT	01:47:51.8	01:47:10.6	SenF	68	Female	144		00:49:48.1	01:20:58.7
955	632		Santiago FRANCO TAMARA	01:47:52.7	01:46:18.6	SenM	460	Male	810		00:52:48.9	01:23:23.0
956	1364		Rebecca MILSOM	01:47:52.9	01:47:05.5	FV35	56	Female	145		00:50:08.0	01:20:48.6
957	1287		Kieran MULROONEY	01:47:53.0	01:47:19.3	MV40	240	Male	811		00:46:23.6	01:20:12.2
958	303		Sian SPENCER	01:47:53.1	01:46:33.9	SenF	69	Female	146		00:53:14.6	01:23:48.2
959	2014		Andrew THOMAS	01:47:53.1	01:46:16.5	MV40	241	Male	812		00:49:14.4	01:19:54.3
960	5614		Marcin KOROLCZUK	01:47:53.4	01:47:34.2	SenM	461	Male	813		00:47:50.5	01:19:59.8
961	462		Mark FAULKNER	01:47:56.9	01:45:26.0	MV50	93	Male	814	LLISWERRY RUNNERS	00:49:23.0	01:20:27.1
962	186		Alex WRIGHT	01:47:57.2	01:45:47.9	MV40	242	Male	815		00:47:08.4	01:17:50.8
963	3839		Andrew HARRIS	01:47:58.4	01:47:51.6	MV40	243	Male	816		00:49:20.0	01:20:32.6

964	2627		Menna LLEWELLYN	01:47:58.6	01:44:23.5	SenF	70	Female	147		00:52:46.1	01:21:22.4
965	5700		Penny KENNEDY	01:48:00.7	01:46:27.7	FV45	22	Female	148	SWANSEA HARRIERS	00:50:24.0	01:21:01.3
966	5691		Anthony FLETCHER	01:48:03.4	01:46:15.6	SenM	462	Male	817		00:49:49.9	01:20:48.6
967	824		Michael POWELL	01:48:05.9	01:46:44.1	SenM	463	Male	818		00:49:03.9	01:19:48.3
968	728		Lee MORTIMER	01:48:09.0	01:47:08.9	SenM	464	Male	819	SWINDON STRIDERS	00:47:49.8	01:18:33.3
969	3810		Christopher SIMONS	01:48:09.2	01:44:40.2	SenM	465	Male	820		00:49:13.8	01:19:34.2
970	540		Mark TAYLOR	01:48:09.9	01:47:15.4	SenM	466	Male	821	PORT TALBOT HARRIERS	00:49:51.0	01:21:30.9
971	1513		Keiron WOOD	01:48:10.6	01:46:38.3	SenM	467	Male	822		00:48:46.5	01:18:34.1
972	1059		Ian THORNE	01:48:11.5	01:47:01.4	MV40	244	Male	823	PEGASUS RC	00:48:43.7	01:20:05.9
973	1672		Matthew FLETCHER	01:48:11.9	01:45:44.7	SenM	468	Male	824		00:46:19.2	01:18:01.1
974	1837		Mark ROWLEY	01:48:13.0	01:46:39.0	MV40	245	Male	825		00:49:03.6	01:19:43.2
975	3356		Richard BROWN	01:48:16.9	01:46:52.1	SenM	469	Male	826		00:48:32.2	01:19:51.5
976	527		Richard ACE	01:48:17.1	01:46:18.9	SenM	470	Male	827		00:50:19.9	01:21:01.8
977	1400		Ian HORTON	01:48:17.1	01:46:59.5	SenM	471	Male	828		00:49:35.8	01:20:29.5
978	386		Steve RUDDY	01:48:18.5	01:46:54.6	MV40	246	Male	829		00:50:45.5	01:21:49.3
979	5670		Michael WALTON	01:48:18.5	01:46:56.1	MV60+	15	Male	830		00:49:20.2	01:20:26.6
980	6441		Kieran MCGLYNN	01:48:19.2	01:46:17.7	SenM	472	Male	831		00:49:36.8	01:20:47.6
981	1764		Jon EVANS	01:48:20.3	01:47:03.3	MV50	94	Male	832	NWRRC	00:49:39.6	01:20:46.0
982	755		Jose REYES	01:48:20.5	01:46:21.1	SenM	473	Male	833		00:47:06.3	01:19:04.2
983	2108		Adrian MALE	01:48:20.7	01:46:36.7	SenM	474	Male	834	CHARD ROAD RUNNERS	00:49:32.9	01:20:20.2
984	4313		Jo CLARKE	01:48:21.1	01:47:24.6	FV35	57	Female	149		00:50:36.2	01:22:09.5
985	5812		Helen RAYNER	01:48:22.8	01:47:25.7	SenF	71	Female	150		00:51:07.8	01:22:09.1
986	326		Laura THOMAS	01:48:23.9	01:47:08.2	SenF	72	Female	151		00:49:11.9	01:20:11.3
987	5716		Maria Patricia GUERRA-ESCOBAR	01:48:24.2	01:46:13.7	FV35	58	Female	152		00:49:04.6	01:20:04.0
988	2240		Ian WESLEY	01:48:24.9	01:46:37.5	MV50	95	Male	835		00:50:31.3	01:21:20.7
989	481		Grant PEARCE	01:48:29.1	01:47:10.6	SenM	475	Male	836		00:48:20.2	01:19:26.6
990	2131		Mike HOPKINS	01:48:30.0	01:48:08.6	MV50	96	Male	837	WESTBURY HARRIERS	00:46:36.5	01:19:41.6
991	101		Robert BENJAMIN	01:48:32.1	01:46:38.6	MV60+	16	Male	838		00:49:43.5	01:20:48.1
992	1379		William WYE	01:48:32.3	01:46:57.3	SenM	476	Male	839		00:49:28.5	01:20:01.9
993	1601		Gareth THOMAS	01:48:33.4	01:47:15.4	MV40	247	Male	840		00:50:37.1	01:21:51.8
994	1921		Baden RIELLY	01:48:36.4	01:46:49.4	SenM	477	Male	841		00:49:45.2	01:20:30.6
995	1790		Thomas HUGHES	01:48:36.5	01:46:42.4	SenM	478	Male	842		00:52:30.6	01:22:15.0
996	4875		Samuel BERRY	01:48:38.9	01:47:55.1	SenM	479	Male	843		00:52:44.1	01:24:01.4
997	849		Dean MORGAN	01:48:39.4	01:47:38.8	SenM	480	Male	844		00:49:05.2	01:20:30.8
998	1171		Adam RAYMOND	01:48:41.8	01:47:43.8	SenM	481	Male	845		00:49:01.3	01:19:40.1
999	269		Ian GOUGH	01:48:42.7	01:46:42.9	SenM	482	Male	846		00:50:36.5	01:21:19.0
1000	751		Alun DAVIES	01:48:43.2	01:47:16.0	MV40	248	Male	847		00:50:12.5	01:21:41.9
1001	1076		Andrew GARDNER	01:48:44.8	01:48:18.7	MV40	249	Male	848		00:49:44.3	01:21:29.0
1002	342		Simon PHILLIPS	01:48:45.1	01:48:16.3	SenM	483	Male	849		00:46:38.9	01:19:20.1
1003	1636		Darren ARNOLD	01:48:46.5	01:47:47.1	MV40	250	Male	850	FAIRWATER CWMBRAN RUNNERS	00:50:00.6	01:21:42.8
1004	5591		Gareth LILLY	01:48:46.5	01:48:32.9	SenM	484	Male	851		00:51:50.7	01:24:02.5
1005	397		Keith HAWKINS	01:48:47.1	01:47:11.9	SenM	485	Male	852		00:50:10.0	01:21:10.3
1006	4053		Leigh AYERS	01:48:47.1	01:48:44.6	MV40	251	Male	853		00:51:37.3	01:23:23.2
1007	1739		Paul MCFADDEN	01:48:50.5	01:48:32.6	SenM	486	Male	854		00:48:08.9	01:19:47.0

1008	6040		Liam REES	01:48:53.0	01:47:02.9	SenM	487	Male	855		00:49:43.4	01:21:04.5
1009	3450		Sarah HOWARD	01:48:54.1	01:48:23.5	SenF	73	Female	153		00:48:51.1	01:20:53.7
1010	1551		Chris HOLLOWAY	01:48:54.6	01:48:29.7	SenM	488	Male	856		00:49:14.5	01:21:13.0
1011	5646		Gavin MCCORMICK	01:48:55.0	01:47:02.8	SenM	489	Male	857		00:50:02.7	01:20:28.0
1012	1875		Robert EVANS	01:48:55.1	01:48:20.7	MV40	252	Male	858		00:48:31.9	01:21:15.1
1013	3353		Neil MARVIN	01:48:55.6	01:48:34.4	MV50	97	Male	859		00:51:15.1	01:23:02.6
1014	570		Richard BLEANEY	01:48:55.7	01:47:04.1	SenM	490	Male	860		00:49:43.6	01:21:49.4
1015	1653		Terry VAUGHAN	01:48:56.4	01:46:12.6	MV40	253	Male	861	PARC BRYN BACH RC	00:53:08.9	01:21:52.5
1016	521		Paul GOWLING	01:48:57.1	01:48:25.9	MV40	254	Male	862		00:48:55.7	01:21:07.4
1017	2714		Stephen EDWARDS	01:48:57.9	01:47:49.4	SenM	491	Male	863		00:53:12.9	01:24:20.1
1018	743		Rhys LEWIS	01:48:59.6	01:48:26.3	SenM	492	Male	864		00:49:47.4	01:21:28.9
1019	136		Sion JONES	01:49:03.9	01:47:50.1	SenM	493	Male	865		00:48:55.2	01:20:10.0
1020	2055		Gareth LLEWELYN	01:49:04.5	01:46:59.1	SenM	494	Male	866		00:50:13.3	01:21:00.0
1021	2058		Rhys THOMAS	01:49:04.5	01:46:59.6	SenM	495	Male	867		00:50:13.5	01:21:00.4
1022	1198		Craig DELONNETTE	01:49:05.3	01:47:46.0	SenM	496	Male	868		00:49:41.9	01:20:58.8
1023	1133		Sarah KAVANAGH	01:49:06.7	01:47:51.9	SenF	74	Female	154		00:48:54.7	01:20:07.7
1024	193		Leanne BURRIDGE	01:49:07.2	01:48:00.9	FV35	59	Female	155		00:50:12.5	01:21:50.1
1025	3265		Christopher DAVIE	01:49:08.5	01:48:39.8	MV40	255	Male	869		00:51:00.9	01:22:24.6
1026	1394		Colin BLACKWELL	01:49:08.7	01:47:31.2	MV50	98	Male	870		00:50:13.5	01:21:16.6
1027	1746		Carl DALE	01:49:09.5	01:46:13.7	SenM	497	Male	871	CLAYTON-LE-MOORS HARRIERS	00:49:18.1	01:19:43.9
1028	919		Ian MORT	01:49:09.7	01:48:53.7	MV40	256	Male	872		00:53:01.1	01:24:12.4
1029	1581		Martin WHATLEY	01:49:11.7	01:47:19.5	MV50	99	Male	873		00:49:05.5	01:20:35.1
1030	678		Ashley JONES	01:49:13.8	01:48:40.4	SenM	498	Male	874		00:46:57.2	01:18:14.4
1031	2161		Dean RITCHIE	01:49:14.3	01:48:36.1	SenM	499	Male	875		00:49:56.2	01:21:28.3
1032	708		Kip CHEMWOR	01:49:14.9	01:48:35.6	SenM	500	Male	876		00:48:37.8	01:20:50.6
1033	5434		Ben PENGELLY	01:49:15.6	01:48:38.1	SenM	501	Male	877		00:52:07.1	01:23:18.0
1034	1366		Sarah PRYOR	01:49:16.2	01:48:37.2	FV35	60	Female	156	PEGASUS RC	00:50:51.7	01:22:35.2
1035	5671		Paul SLOCOMBE	01:49:17.1	01:46:40.5	SenM	502	Male	878	DRAGONS RUNNING CLUB	00:50:50.7	01:21:52.1
1036	1036		Trevor HAY	01:49:17.7	01:48:33.8	MV50	100	Male	879		00:49:30.3	01:21:26.9
1037	843		Christopher ROSE	01:49:17.9	01:47:21.1	SenM	503	Male	880		00:50:09.6	01:21:19.0
1038	870		Chris CLARKE	01:49:17.9	01:48:04.5	SenM	504	Male	881		00:50:17.4	01:21:43.0
1039	828		James CHAMBERS	01:49:18.7	01:48:54.1	MV40	257	Male	882		00:51:07.8	01:22:51.7
1040	1087		Jane OGILVIE	01:49:19.2	01:48:52.6	FV45	23	Female	157	BRACKLA HARRIERS	00:49:09.6	01:21:53.2
1041	6424		Andrew DOWNIE	01:49:20.0	01:48:55.0	SenM	505	Male	883		00:51:07.1	01:22:51.4
1042	4156		Charlie HOKSBERGEN	01:49:20.2	01:48:07.9	SenM	506	Male	884		00:52:35.5	01:23:26.8
1043	2602		Emma HARRISON	01:49:21.5	01:49:21.4	FV35	61	Female	158		00:50:17.3	01:22:31.6
1044	3183		Colette ROBERTS	01:49:22.1	01:49:15.8	FV45	24	Female	159	DARTH COASTAL RUNNERS	00:51:37.8	01:23:11.4
1045	1844		Mark BLATT	01:49:22.5	01:47:36.3	SenM	507	Male	885		00:51:05.1	01:22:12.2
1046	752		Leigh DEVULGT	01:49:23.9	01:47:44.4	SenM	508	Male	886		00:50:46.1	01:21:41.4
1047	409		Paul BURGESS	01:49:25.5	01:48:36.0	SenM	509	Male	887		00:50:11.9	01:21:08.0
1048	1589		Ian HOUGHTON	01:49:25.6	01:48:24.2	MV50	101	Male	888		00:49:02.7	01:21:30.3
1049	5135		Graham TURNER	01:49:26.3	01:49:17.3	SenM	510	Male	889	AIRECENTRE PACERS	00:50:06.1	01:22:00.5
1050	1473		Sharon EVANS	01:49:27.0	01:48:01.9	FV35	62	Female	160		00:51:03.2	01:22:44.3
1051	1995		Helen BEESLEY	01:49:27.2	01:47:44.4	SenF	75	Female	161		00:49:13.8	01:20:24.3



1052	4353		Claire DUNBAR-BOWEN	01:49:28.6	01:48:31.6	FV35	63	Female	162	CWM OGWR RUNNING CLUB	00:50:06.9	01:22:07.1
1053	2613		Andrew BRADSHAW	01:49:28.9	01:49:14.1	MV40	258	Male	890		00:52:01.4	01:24:27.7
1054	5681		Dominic FINN	01:49:30.2	01:48:42.2	SenM	511	Male	891		00:50:11.9	01:21:57.2
1055	5618		Kevin CHAPMAN	01:49:30.3	01:49:08.1	MV40	259	Male	892		00:49:40.4	01:21:42.0
1056	1214		Amber JORDAN	01:49:30.5	01:47:06.3	SenF	76	Female	163		00:48:40.1	01:20:58.0
1057	499		Chrs CLANFIELD	01:49:31.0	01:47:46.2	MV40	260	Male	893	CELTIC TRI	00:50:40.3	01:21:56.2
1058	813		Clarke GOULDING	01:49:31.4	01:47:42.8	SenM	512	Male	894		00:50:44.2	01:22:05.4
1059	5647		James GREEN	01:49:32.7	01:48:18.0	SenM	513	Male	895		00:49:34.7	01:20:09.7
1060	3993		Ryan PRIDMORE	01:49:34.0	01:48:32.3	SenM	514	Male	896		00:48:59.7	01:19:58.4
1061	723		Jonathan BEYNON	01:49:35.0	01:48:36.6	MV40	261	Male	897		00:49:46.7	01:21:42.3
1062	3180		Chris WHITE	01:49:35.3	01:49:30.2	MV40	262	Male	898		00:50:58.7	01:22:33.1
1063	753		Simon HURFORD	01:49:35.5	01:48:17.2	SenM	515	Male	899		00:49:47.5	01:21:39.5
1064	2033		Phil DRUMMOND	01:49:36.8	01:48:34.2	MV40	263	Male	900		00:50:06.0	01:22:37.7
1065	249		Robert LANCASTER	01:49:37.1	01:48:17.6	SenM	516	Male	901		00:47:24.3	01:18:41.6
1066	4355		Darren RALPH	01:49:37.5	01:48:11.1	SenM	517	Male	902		00:52:27.4	01:23:10.7
1067	1927		Ian BRICE	01:49:37.6	01:47:52.3	MV50	102	Male	903		00:50:28.1	01:22:06.5
1068	3973		Andrew GRINT	01:49:39.2	01:49:02.1	MV40	264	Male	904		00:49:47.5	01:21:43.8
1069	220		Richard CLARK	01:49:39.5	01:47:16.4	SenM	518	Male	905		00:51:09.3	01:22:17.6
1070	1472		Rob VALE	01:49:39.5	01:48:38.9	MV40	265	Male	906		00:49:20.9	01:21:42.1
1071	1325		Gareth IVENS	01:49:40.1	01:48:12.5	MV50	103	Male	907		00:50:54.7	01:22:07.4
1072	1377		Laura SCALE	01:49:42.3	01:49:21.5	FV35	64	Female	164		00:49:29.2	01:21:42.7
1073	1461		Lauren MACKIE	01:49:43.1	01:48:16.8	FV35	65	Female	165		00:51:01.2	01:22:23.9
1074	5695		Charlotte BIGNELL	01:49:47.3	01:49:21.9	SenF	77	Female	166		00:50:17.5	01:22:18.2
1075	864		Kevin MILLER	01:49:48.1	01:48:26.9	SenM	519	Male	908		00:50:20.9	01:21:34.3
1076	383		John WHITE	01:49:48.7	01:48:10.9	MV60+	17	Male	909		00:51:10.6	01:22:41.3
1077	5662		Dennis MARSH	01:49:48.7	01:48:35.4	MV40	266	Male	910		00:51:57.5	01:23:06.7
1078	3532		Kim LIVINGSTONE	01:49:50.1	01:49:32.5	SenF	78	Female	167		00:52:07.9	01:23:51.8
1079	5663		Austyn TOOZE	01:49:50.9	01:48:37.6	SenM	520	Male	911		00:51:57.6	01:23:06.5
1080	147		Joel SPURWAY	01:49:51.0	01:48:26.3	SenM	521	Male	912		00:51:45.2	01:23:44.7
1081	896		Rhys DAVIES	01:49:51.3	01:48:26.7	SenM	522	Male	913		00:51:45.3	01:23:44.4
1082	1329		Sue JONES	01:49:51.3	01:47:44.3	FV45	25	Female	168		00:49:33.5	01:20:25.5
1083	1892		Johan RYDERHEIM	01:49:52.3	01:48:26.8	SenM	523	Male	914		00:51:11.3	01:22:47.7
1084	467		Jonathan DAVIES	01:49:53.2	01:47:58.7	SenM	524	Male	915		00:52:02.2	01:23:10.2
1085	116		Kevin AUSTIN	01:49:53.6	01:48:41.3	MV40	267	Male	916		00:49:43.9	01:21:29.8
1086	1483		Neil COOK	01:49:54.0	01:49:11.1	MV40	268	Male	917		00:49:23.1	01:20:45.2
1087	1809		Nicola MORRIS	01:49:54.0	01:48:42.5	FV35	66	Female	169	BOURNVILLE HARRIERS	00:49:51.4	01:22:02.0
1088	1258		Kate COURTMAN	01:49:55.7	01:49:10.7	FV35	67	Female	170		00:52:03.4	01:23:42.8
1089	1451		Damion DAVIES	01:49:55.7	01:48:42.6	MV40	269	Male	918		00:51:16.4	01:23:04.2
1090	6165		Anand SHAH	01:49:56.3	01:49:28.5	SenM	525	Male	919		00:51:45.6	01:23:11.5
1091	1294		Charlie COWTAN	01:49:56.8	01:48:40.8	SenM	526	Male	920		00:47:43.8	01:20:33.1
1092	1568		Gwen RICHARDS	01:49:57.0	01:48:17.2	SenF	79	Female	171	PONTYPRIDD ROADENTS	00:52:10.4	01:23:20.1
1093	1553		Maad KHALIL	01:49:57.2	01:47:58.6	MV50	104	Male	921	PONTYPRIDD ROADENTS	00:52:06.6	01:22:32.0
1094	1195		David JONES	01:49:58.7	01:49:04.3	SenM	527	Male	922	LES CROUPIERS RC	00:49:55.9	01:22:01.9
1095	1283		Nicholas CLARK	01:49:59.6	01:48:51.4	SenM	528	Male	923		00:50:57.7	01:22:45.0

1096	1352		Ian TARR	01:50:00.4	01:49:42.1	MV50	105	Male	924		00:48:32.5	01:20:57.5
1097	5926		Josh STRATTON	01:50:00.4	01:48:13.8	SenM	529	Male	925		00:52:21.9	01:23:38.3
1098	979		Paul DAVIES	01:50:01.7	01:48:02.6	MV40	270	Male	926		00:50:35.2	01:22:10.0
1099	143		Leah TREHARNE	01:50:02.1	01:48:33.2	SenF	80	Female	172		00:51:34.1	01:23:05.0
1100	1290		Magenta MERRONY	01:50:02.3	01:49:34.5	SenF	81	Female	173		00:51:47.5	01:23:13.2
1101	5656		Mathew LLEWELLYN	01:50:02.4	01:48:26.2	MV40	271	Male	927		00:51:03.2	01:22:56.0
1102	5655		Gayle BUDDEN	01:50:02.6	01:48:27.3	FV35	68	Female	174		00:51:02.1	01:22:57.8
1103	1046		Lauren BLAKE	01:50:03.1	01:47:59.0	SenF	82	Female	175		00:49:04.4	01:20:49.5
1104	3765		Lee JOHNSON	01:50:04.2	01:47:43.9	SenM	530	Male	928		00:49:24.8	01:20:22.6
1105	1328		Caroline BASSETT	01:50:04.6	01:48:34.7	SenF	83	Female	176	PEGASUS RC	00:51:37.0	01:23:07.7
1106	4853		Dan JENKINS	01:50:05.1	01:49:11.7	SenM	531	Male	929		00:45:19.3	01:15:45.7
1107	241		Jack JENKINS	01:50:05.7	01:49:12.6	SenM	532	Male	930		00:49:56.8	01:22:06.7
1108	2016		Paul DAVIES	01:50:05.7	01:49:08.8	SenM	533	Male	931		00:49:58.1	01:21:43.1
1109	1319		Ian EVANS	01:50:07.3	01:49:12.1	MV40	272	Male	932		00:50:00.0	01:22:14.8
1110	1932		Sarah THOMSON	01:50:13.6	01:48:45.2	SenF	84	Female	177		00:50:21.9	01:21:51.2
1111	4930		Simon MOORE	01:50:13.8	01:50:05.3	MV40	273	Male	933		00:50:46.2	01:23:31.2
1112	166		Cressy MORGAN	01:50:15.9	01:48:45.8	FV45	26	Female	178		00:50:38.5	01:22:03.9
1113	1401		Dan GRAHAM	01:50:16.5	01:48:20.1	SenM	534	Male	934		00:50:33.8	01:22:15.6
1114	5102		Eleanor RICHES	01:50:16.5	01:50:08.9	FV45	27	Female	179		00:51:56.9	01:23:59.7
1115	966		Daniel EVANS	01:50:16.9	01:48:19.3	SenM	535	Male	935		00:50:32.1	01:22:13.9
1116	1101		Gavin POUND	01:50:17.1	01:48:39.9	SenM	536	Male	936		00:50:33.9	01:21:34.9
1117	423		Steve MCLELLAND	01:50:17.9	01:49:34.4	MV60+	18	Male	937	3M GORSEINON ROAD RUNNERS	00:50:39.2	01:22:54.7
1118	414		Martin HARRIS	01:50:19.1	01:49:36.6	MV40	274	Male	938		00:49:08.6	01:22:12.6
1119	1953		Allison CROSSMAN	01:50:19.8	01:48:21.6	FV45	28	Female	180		00:50:57.9	01:22:09.9
1120	942		Ian EVANS	01:50:20.0	01:49:29.1	SenM	537	Male	939		00:48:44.8	01:21:59.5
1121	507		Ryan EVANS	01:50:20.1	01:48:25.6	SenM	538	Male	940		00:51:01.6	01:22:29.7
1122	2053		Cath ROOKE	01:50:20.1	01:49:38.8	FV45	29	Female	181		00:50:12.7	01:22:09.8
1123	2165		Chris JACQUES	01:50:21.2	01:48:53.5	SenM	539	Male	941		00:51:26.5	01:22:57.8
1124	638		Pamela GWYNNE-DAVIES	01:50:21.3	01:48:10.6	FV45	30	Female	182		00:50:24.4	01:22:01.6
1125	336		Helen BEYNON	01:50:22.3	01:49:06.0	SenF	85	Female	183		00:49:44.1	01:22:11.2
1126	439		Tom CORNELIUS	01:50:22.3	01:49:02.6	SenM	540	Male	942		00:51:18.3	01:22:55.5
1127	1222		Melanie SADIE	01:50:23.1	01:48:53.9	SenF	86	Female	184		00:51:18.1	01:22:49.9
1128	1795		Mathew SMITH	01:50:23.5	01:49:10.4	MV40	275	Male	943		00:50:09.7	01:23:01.8
1129	1996		Alice MAYO	01:50:25.7	01:49:37.9	SenF	87	Female	185		00:49:15.9	01:23:26.1
1130	3311		Gemma WOOLFE	01:50:27.0	01:49:11.3	SenF	88	Female	186		00:50:20.3	01:22:26.1
1131	1357		Richard COWLEY	01:50:27.5	01:49:47.9	SenM	541	Male	944		00:49:28.8	01:21:02.3
1132	1925		Ryan O'DONNELL	01:50:27.5	01:48:55.9	SenM	542	Male	945		00:48:49.0	01:20:46.8
1133	1856		Keith THOMAS	01:50:27.8	01:49:36.1	MV50	106	Male	946		00:49:26.0	01:21:04.7
1134	1736		Craig WHITTAKER	01:50:28.0	01:49:32.9	MV60+	19	Male	947		00:48:46.5	01:20:38.0
1135	880		Wayne WROE	01:50:28.1	01:48:13.1	MV50	107	Male	948		00:50:18.6	01:22:04.3
1136	6553		Tom BEYNON	01:50:29.9	01:49:29.3	SenM	543	Male	949		00:51:33.7	01:22:41.3
1137	4984		Rosie HUNT	01:50:30.1	01:49:53.1	SenF	89	Female	187		00:51:28.7	01:22:48.3
1138	952		Alan WOODWARD	01:50:30.5	01:48:08.2	MV60+	20	Male	950		00:51:59.2	01:22:37.2
1139	5720		Samantha ROYLANCE	01:50:30.6	01:49:22.6	FV45	31	Female	188	SWINDON STRIDERS	00:51:05.2	01:23:08.2

1140	2039		Paul GILBERTSON	01:50:32.1	01:47:48.7	MV40	276	Male	951		00:49:54.0	01:20:40.8
1141	1543		Philip JONES	01:50:33.3	01:49:09.7	MV40	277	Male	952		00:51:13.1	01:22:44.8
1142	1567		James MCDINES	01:50:33.4	01:49:06.4	SenM	544	Male	953		00:51:08.8	01:22:47.8
1143	1740		Joanne MCCLUSKEY	01:50:33.5	01:48:14.9	FV35	69	Female	189		00:49:35.8	01:21:38.0
1144	5775		Phil THOMAS	01:50:33.6	01:48:25.3	MV50	108	Male	954		00:52:11.9	01:21:58.9
1145	990		Alice SPURR	01:50:34.4	01:49:35.8	SenF	90	Female	190		00:50:19.8	01:22:50.5
1146	2112		Teresa OAKES	01:50:37.4	01:48:35.9	FV45	32	Female	191	SOUTHVILLE RC	00:51:56.8	01:23:11.5
1147	922		Oliver JAMES	01:50:38.0	01:49:03.8	SenM	545	Male	955		00:51:13.9	01:22:46.4
1148	428		Emma REES	01:50:38.9	01:49:13.9	FV35	70	Female	192		00:51:28.0	01:23:01.2
1149	1126		Marcus GOLDSWORTHY	01:50:40.3	01:48:31.3	MV40	278	Male	956		00:51:24.3	01:22:52.0
1150	277		Craig ARCHARD	01:50:42.0	01:50:02.7	SenM	546	Male	957		00:46:59.0	01:18:59.1
1151	3105		Angharad LLOYD BEYNON	01:50:43.0	01:50:38.9	FV35	71	Female	193		00:50:31.2	01:23:22.9
1152	1004		Kristian CORBISIERO	01:50:43.2	01:48:27.9	SenM	547	Male	958		00:50:37.2	01:22:33.6
1153	1246		Simon MCRAE	01:50:43.8	01:48:20.7	SenM	548	Male	959		00:50:37.9	01:22:23.3
1154	3358		Mark THOMAS	01:50:45.8	01:48:51.7	SenM	549	Male	960	RUN4ALL NEATH	00:52:01.2	01:23:16.7
1155	16506		Chris BAKER	01:50:46.3	01:49:16.5	Pacer	5	Male	961		00:51:18.0	01:22:48.8
1156	5893		Thomas PERRY	01:50:47.8	01:46:25.3	SenM	550	Male	962		00:52:30.0	01:22:33.1
1157	2151		Robert EDWARDS	01:50:51.4	01:48:57.5	MV40	279	Male	963		00:50:57.1	01:23:13.6
1158	1759		Jeremy BRIGHT	01:50:56.0	01:50:10.7	MV40	280	Male	964	MYSTERUNS	00:50:55.6	01:22:53.4
1159	1986		Benita HULBERT	01:50:56.3	01:49:54.5	FV35	72	Female	194		00:50:00.5	01:22:32.1
1160	547		Carl DAVIES	01:50:56.5	01:48:54.2	SenM	551	Male	965		00:52:07.0	01:23:07.2
1161	664		Dorian THOMAS	01:50:57.0	01:48:47.4	SenM	552	Male	966		00:50:13.5	01:22:00.7
1162	258		Lauren THOMAS	01:50:57.2	01:49:51.1	SenF	91	Female	195		00:50:39.7	01:22:38.7
1163	602		Royston WHITNEY	01:50:57.6	01:48:18.9	SenM	553	Male	967		00:51:29.4	01:22:38.7
1164	1624		Sam GRIFFITHS	01:50:58.0	01:50:52.8	SenM	554	Male	968		00:53:12.9	01:26:52.2
1165	1575		Andrew BARRY	01:51:02.3	01:49:42.4	MV50	109	Male	969	LLISWERRY RUNNERS	00:49:29.2	01:21:28.1
1166	2669		James LAWLOR	01:51:02.6	01:48:52.6	SenM	555	Male	970		00:52:48.1	01:23:44.1
1167	313		Celyn Bridgetta KENNY	01:51:03.0	01:49:36.2	SenF	92	Female	196		00:52:45.1	01:24:19.2
1168	3874		Richard MAINWARING	01:51:04.7	01:50:28.5	SenM	556	Male	971		00:52:57.4	01:25:04.2
1169	2211		Lee RISING	01:51:05.4	01:49:34.4	MV50	110	Male	972		00:51:14.6	01:23:04.7
1170	302		Gethin DAVIES	01:51:05.8	01:50:57.9	SenM	557	Male	973		00:50:11.1	01:23:46.8
1171	3664		Iolo MORGAN	01:51:05.9	01:50:41.9	SenM	558	Male	974		00:50:02.6	01:23:36.8
1172	3394		Mark HUTCHINGS	01:51:06.9	01:50:56.0	MV40	281	Male	975		00:51:20.4	01:23:12.0
1173	1478		Bryn OWEN	01:51:08.7	01:49:50.3	SenM	559	Male	976		00:53:43.0	01:24:15.6
1174	6422		David DARLINGTON	01:51:09.0	01:50:27.2	MV40	282	Male	977		00:51:36.1	01:23:46.5
1175	2173		Louis DE MARCO	01:51:10.3	01:48:56.9	SenM	560	Male	978		00:51:06.2	01:23:29.4
1176	4075		Jonathan WILLIAMS	01:51:10.4	01:48:39.8	SenM	561	Male	979		00:50:04.7	01:21:38.7
1177	6357		Conrad JOHN	01:51:12.7	01:50:02.1	MV40	283	Male	980		00:52:50.7	01:24:28.0
1178	3527		Gareth WALTERS	01:51:13.3	01:47:28.9	MV40	284	Male	981		00:54:39.8	01:23:20.2
1179	1941		Richard HUNSLEY	01:51:13.4	01:49:41.8	SenM	562	Male	982		00:51:15.3	01:22:48.8
1180	1942		Jenifer HUNSLEY	01:51:13.4	01:49:42.5	SenF	93	Female	197		00:51:15.8	01:22:47.6
1181	923		Sean O'LEARY	01:51:13.7	01:49:15.4	MV40	285	Male	983		00:51:06.8	01:22:55.2
1182	4388		Malcolm HILL	01:51:13.8	01:50:34.1	MV50	111	Male	984		00:53:17.9	01:25:00.4
1183	1011		Sarah CRAWLEY	01:51:13.9	01:49:15.6	FV35	73	Female	198		00:51:07.0	01:22:55.6

1184	316		Rhys MORGAN	01:51:14.7	01:50:05.3	MV40	286	Male	985		00:50:43.7	01:22:38.7
1185	697		Wendy CHWISTEK	01:51:14.8	01:49:05.8	FV35	74	Female	199		00:49:54.8	01:21:43.2
1186	886		Emma PONESKIS	01:51:18.5	01:50:09.4	SenF	94	Female	200		00:48:42.0	01:21:29.3
1187	1097		Alun JOB	01:51:19.0	01:49:40.5	MV40	287	Male	986		00:52:20.6	01:24:23.1
1188	3188		Paul HARRIS	01:51:19.1	01:50:50.1	MV40	288	Male	987		00:53:20.8	01:24:39.5
1189	5776		James THOMAS	01:51:19.5	01:48:05.4	SenM	563	Male	988		00:49:31.5	01:20:30.5
1190	1371		Rachel DAVIES	01:51:19.6	01:50:41.7	SenF	95	Female	201	OUCCC	00:51:29.9	01:23:45.0
1191	1370		Joanne DAVIES	01:51:19.9	01:50:41.4	SenF	96	Female	202		00:51:29.3	01:23:45.0
1192	1758		Brian Arthur GRIFFITHS	01:51:20.4	01:49:41.6	MV60+	21	Male	989	ELLESMERE PORT RUNNING CLUB	00:49:50.5	01:21:57.6
1193	356		Sue TREVELYAN	01:51:21.7	01:50:21.0	FV35	75	Female	203		00:48:51.1	01:21:53.8
1194	5715		Mario RABAIOTTI	01:51:23.2	01:48:43.3	MV40	289	Male	990	PORT TALBOT HARRIERS	00:49:55.3	01:21:26.0
1195	107		Darren GIBBONS	01:51:24.0	01:49:02.7	SenM	564	Male	991		00:50:01.5	01:21:55.0
1196	5675		Joni PARRY	01:51:24.0	01:49:00.9	SenF	97	Female	204	MERTHYR RUNNING CLUB	00:50:50.5	01:22:19.7
1197	2254		Jana RAJCOVA	01:51:24.1	01:48:37.3	FV35	76	Female	205		00:52:12.2	01:23:20.0
1198	1334		Peter LEWIS	01:51:24.3	01:49:06.7	MV40	290	Male	992		00:49:39.5	01:21:32.2
1199	1508		Jade BLACKMORE	01:51:24.7	01:50:43.7	SenF	98	Female	206		00:49:48.4	01:22:26.6
1200	4813		Charlotte AZZOPARDI	01:51:26.2	01:49:29.8	SenF	99	Female	207		00:50:49.4	01:22:37.7
1201	943		Jim HOLLAND	01:51:26.8	01:50:13.3	MV40	291	Male	993		00:53:07.4	01:24:54.7
1202	351		Ffion JONES	01:51:28.5	01:50:29.0	SenF	100	Female	208		00:51:32.7	01:24:02.3
1203	768		Karl COBLEY	01:51:29.3	01:50:26.3	SenM	565	Male	994		00:50:15.2	01:24:24.9
1204	2146		Stephen JONES	01:51:31.0	01:49:51.0	MV40	292	Male	995		00:49:06.6	01:20:08.3
1205	319		Mark THOMAS	01:51:32.3	01:50:18.8	MV40	293	Male	996		00:51:08.1	01:23:12.6
1206	694		Andrew EMANUEL	01:51:34.4	01:49:09.5	MV50	112	Male	997		00:50:33.6	01:22:30.5
1207	5672		Carys MORGAN	01:51:35.6	01:48:59.8	SenF	101	Female	209	DRAGONS RUNNING CLUB	00:50:53.7	01:22:40.4
1208	5654		Chris JONES	01:51:38.4	01:49:51.5	SenM	566	Male	998		00:48:53.2	01:21:53.0
1209	4486		Dan TRODDEN	01:51:38.8	01:48:33.2	SenM	567	Male	999		00:51:41.1	01:21:58.3
1210	982		Simon WHITTAKER	01:51:40.8	01:50:15.3	MV40	294	Male	1000		00:50:48.0	01:23:02.1
1211	3325		Richard LEWIS	01:51:40.8	01:51:30.4	MV40	295	Male	1001	CELTIC TRI	00:51:19.6	01:23:24.3
1212	634		Ann PHILLIPS	01:51:41.8	01:49:37.0	FV45	33	Female	210		00:52:02.9	01:24:01.6
1213	4488		Sophie ALLEN	01:51:43.6	01:50:09.6	SenF	102	Female	211		00:52:51.5	01:23:58.4
1214	450		Michael HOLDING	01:51:46.0	01:49:59.9	MV50	113	Male	1002		00:50:44.9	01:22:36.1
1215	1176		Alexander HUTTON-LEWIS	01:51:47.5	01:50:26.1	SenM	568	Male	1003		00:49:50.0	01:21:35.2
1216	3938		Adam COLLINS	01:51:47.9	01:51:07.5	SenM	569	Male	1004		00:53:36.5	01:25:07.5
1217	787		Jenni THOMAS	01:51:48.8	01:50:30.8	SenF	103	Female	212		00:51:38.3	01:23:40.8
1218	670		Richard HILLIER	01:51:48.9	01:49:58.1	SenM	570	Male	1005		00:50:57.6	01:23:08.8
1219	1491		Dave HEBBES	01:51:50.3	01:50:06.1	MV60+	22	Male	1006		00:49:41.6	01:21:28.8
1220	5132		Reece TURNER	01:51:50.4	01:51:45.4	SenM	571	Male	1007	ST THERESA'S AC	00:50:43.0	01:23:45.5
1221	1807		Taz YOUSAF	01:51:51.0	01:50:39.2	MV40	296	Male	1008	BOURNVILLE HARRIERS	00:49:43.4	01:23:08.0
1222	4898		Susan LAWRENCE	01:51:51.2	01:50:02.1	FV55+	1	Female	213		00:52:29.6	01:24:04.5
1223	4119		Tom DAVIES	01:51:52.3	01:50:46.9	SenM	572	Male	1009		00:53:38.3	01:25:52.1
1224	1532		Mathew HILLMAN	01:51:53.8	01:50:49.5	SenM	573	Male	1010		00:49:57.5	01:22:42.7
1225	1713		Michael BOBBETT	01:51:54.4	01:50:34.2	SenM	574	Male	1011		00:50:47.6	01:23:00.8
1226	5668		Jonathan SCOTT	01:51:55.8	01:49:47.0	MV40	297	Male	1012	RUN4ALL NEATH	00:52:05.1	01:23:57.1
1227	6338		Michael HODGES	01:51:57.3	01:50:48.1	SenM	575	Male	1013		00:53:10.9	01:24:52.0

1228	5697		Alyson EGAN	01:51:57.3	01:50:53.7	FV45	34	Female	214	RUN4ALL NEATH	00:50:25.0	01:23:21.8
1229	2157		Anne HUGGETT	01:51:59.7	01:49:16.4	SenF	104	Female	215		00:50:07.5	01:22:16.2
1230	443		Kelly GIPSON	01:52:01.0	01:50:35.7	FV45	35	Female	216		00:52:08.5	01:24:35.9
1231	1177		Robert LEWIS	01:52:01.4	01:50:40.4	MV60+	23	Male	1014		00:50:48.9	01:22:40.2
1232	3227		Simon LACEY	01:52:01.4	01:52:01.3	SenM	576	Male	1015		00:51:18.9	01:24:03.6
1233	4146		Ryan GODDARD	01:52:01.6	01:50:41.0	MV40	298	Male	1016		00:50:50.2	01:23:40.2
1234	2099		Sarah STONEMAN	01:52:01.9	01:51:11.9	SenF	105	Female	217		00:51:06.3	01:24:03.7
1235	5702		Helen GRIFFITHS	01:52:02.1	01:49:28.7	FV35	77	Female	218	PENARTH & DINAS RUNNERS	00:53:10.0	01:24:17.1
1236	2159		Chris ROWSWELL	01:52:02.2	01:50:21.5	SenM	577	Male	1017		00:52:44.8	01:24:42.2
1237	267		Jeremy EVANS	01:52:03.4	01:50:42.5	MV40	299	Male	1018		00:50:28.1	01:22:50.4
1238	6446		John EVANS	01:52:04.7	01:49:26.0	SenM	578	Male	1019		00:51:31.3	01:23:03.9
1239	5664		Becky JONES	01:52:06.4	01:50:08.9	SenF	106	Female	219		00:51:39.2	01:23:57.2
1240	1103		Caerwyn LEWIS	01:52:08.0	01:50:08.9	MV50	114	Male	1020	CWM OGWR RUNNING CLUB	00:50:07.1	01:22:18.3
1241	980		Jim MILLS	01:52:09.8	01:50:11.2	MV50	115	Male	1021		00:50:56.8	01:22:38.3
1242	6054		Hywel ENNIS	01:52:10.5	01:52:10.5	SenM	579	Male	1022		99:99:99	99:99:99
1243	1320		Fiona LESLIE	01:52:10.7	01:51:13.6	SenF	107	Female	220		00:48:48.0	01:22:02.2
1244	1600		Andy DAVIES	01:52:12.2	01:49:55.8	MV50	116	Male	1023	PONTYPRIDD ROADENTS	00:50:30.5	01:22:33.6
1245	1766		Richard OWEN	01:52:12.6	01:50:08.8	MV50	117	Male	1024		00:51:29.4	01:23:35.7
1246	5423		Thomas THACKER	01:52:15.8	01:51:49.9	SenM	580	Male	1025		00:53:59.6	01:26:21.8
1247	1531		Martyn ROGERS	01:52:19.0	01:50:42.1	SenM	581	Male	1026		00:49:11.0	01:21:04.4
1248	5676		Andy REES	01:52:20.1	01:51:10.4	MV50	118	Male	1027		00:51:12.6	01:23:15.4
1249	321		Mathew JONES	01:52:20.4	01:50:41.3	SenM	582	Male	1028		00:50:55.5	01:23:10.4
1250	2772		Thomas EDDS	01:52:22.0	01:51:39.6	SenM	583	Male	1029		00:51:47.0	01:23:44.9
1251	3714		Carl WAGSTAFFE	01:52:22.2	01:50:10.4	MV40	300	Male	1030		00:53:19.2	01:24:36.4
1252	964		Steve BEVAN	01:52:23.3	01:50:30.2	MV40	301	Male	1031		00:50:56.2	01:23:16.2
1253	1032		Nathan WILLIAMS	01:52:23.3	01:50:22.6	SenM	584	Male	1032	DRAGONS RUNNING CLUB	00:51:24.0	01:23:14.1
1254	489		Matt JOHN	01:52:24.6	01:50:03.7	MV40	302	Male	1033		00:52:57.6	01:24:30.4
1255	5755		Louisa HODGES	01:52:24.6	01:50:53.2	FV35	78	Female	221		00:51:52.2	01:24:12.3
1256	5756		Richard TAYLOR	01:52:24.9	01:50:53.1	SenM	585	Male	1034		00:51:51.8	01:24:11.9
1257	1772		James SEABRIGHT	01:52:25.5	01:50:45.9	SenM	586	Male	1035		00:51:35.7	01:23:47.9
1258	1791		Rebecca PARRY	01:52:27.1	01:50:25.7	FV35	79	Female	222	WIGSTON PHOENIX	00:51:44.0	01:24:14.7
1259	1794		Rachael BUNTING	01:52:27.6	01:50:29.3	SenF	108	Female	223	BADDESLEY BADGERS	00:51:21.7	01:23:33.5
1260	4797		Rachael RIBEIRO	01:52:27.9	01:50:31.5	SenF	109	Female	224		00:53:28.2	01:25:01.7
1261	61		David LEWIS	01:52:29.1	01:51:05.1	MV50	119	Male	1036		00:51:21.1	01:23:24.3
1262	4597		Greg THOMAS	01:52:29.8	01:50:45.9	SenM	587	Male	1037		00:53:08.0	01:24:41.9
1263	1463		Jason GARRAHAN	01:52:30.9	01:51:39.3	MV40	303	Male	1038	CAERPHILLY RUNNERS	00:50:14.2	01:23:40.5
1264	1549		Vicky STROUD	01:52:31.0	01:49:56.2	FV35	80	Female	225		00:51:16.9	01:23:18.8
1265	1538		Emma BLOW	01:52:31.1	01:49:55.4	FV35	81	Female	226	CARDIFF AAC	00:51:23.4	01:23:20.0
1266	1398		Adam WILLIAMS	01:52:33.9	01:50:32.3	SenM	588	Male	1039		00:49:50.3	01:22:50.4
1267	5145		Jason MARRIOTT	01:52:34.5	01:52:20.9	SenM	589	Male	1040		00:50:22.8	01:21:24.7
1268	1213		Adrian PRICE	01:52:35.9	01:51:35.9	SenM	590	Male	1041		00:51:38.2	01:24:06.8
1269	2020		Andy WILLIAMS	01:52:36.8	01:51:46.5	MV50	120	Male	1042		00:49:55.4	01:23:39.1
1270	6001		Geraint JONES	01:52:36.9	01:51:30.3	MV40	304	Male	1043		00:49:42.4	01:22:12.5
1271	1798		Dawn BISHOP	01:52:37.7	01:50:54.6	SenF	110	Female	227		00:50:53.4	01:23:14.3

1272	1500		Jo MACPHERSON	01:52:38.4	01:50:21.1	FV45	36	Female	228		00:51:20.8	01:22:59.1
1273	5082		Jon DAVEY	01:52:39.4	01:51:07.9	SenM	591	Male	1044	ABBEY FLYERS	00:51:07.4	01:24:23.4
1274	6552		Joanne NOBLE	01:52:41.2	01:50:06.2	SenM	592	Male	1045		00:51:02.1	01:23:16.4
1275	393		Charles MUSSELWHITE	01:52:41.3	01:51:37.3	MV40	305	Male	1046		00:49:22.7	01:21:31.0
1276	5518		Glayne SIMPKINS	01:52:46.6	01:51:13.8	SenF	111	Female	229		00:52:05.4	01:24:24.9
1277	192		Chris REES	01:52:48.0	01:52:05.3	SenM	593	Male	1047		00:51:32.4	01:24:32.8
1278	250		Andrew BISTON	01:52:49.5	01:50:50.8	MV50	121	Male	1048		00:50:59.8	01:23:08.7
1279	933		Tom MULLEN	01:52:50.3	01:51:34.6	SenM	594	Male	1049		00:51:23.4	01:23:22.2
1280	5696		Julian BAKER	01:52:51.3	01:52:08.9	MV50	122	Male	1050		00:51:22.9	01:24:25.9
1281	1388		Stephanie WILLIAMS	01:52:51.6	01:52:09.4	FV45	37	Female	230		00:51:23.2	01:24:26.2
1282	181		Tom JAMES	01:52:51.7	01:51:11.1	SenM	595	Male	1051		00:51:14.5	01:23:38.3
1283	1998		Rob MIDDLETON	01:52:52.2	01:51:08.5	SenM	596	Male	1052		00:53:21.6	01:25:14.0
1284	660		Celia MORRIS	01:52:54.8	01:50:40.4	FV35	82	Female	231		00:52:21.6	01:24:24.4
1285	1373		Martin Allen WILLIAMS	01:52:55.0	01:50:37.6	MV40	306	Male	1053		00:52:45.1	01:24:22.0
1286	1469		Daniel SHORTHOUSE	01:52:58.8	01:50:12.9	SenM	597	Male	1054		00:50:24.8	01:20:28.7
1287	2644		Lindsay PURSALL	01:53:01.7	01:52:31.0	SenF	112	Female	232		00:53:08.7	01:25:51.2
1288	2172		Julie TRUDGEON	01:53:02.8	01:50:56.8	FV45	38	Female	233	CHIPPENHAM HARRIERS	00:49:23.8	01:21:01.5
1289	2233		Ken HOWICK	01:53:04.5	01:51:30.2	MV50	123	Male	1055		00:52:59.2	01:25:28.9
1290	1865		Ben EDWARDS	01:53:05.6	01:52:14.4	SenM	598	Male	1056		00:51:59.5	01:24:45.8
1291	1468		Jason WILLIAMS	01:53:06.1	01:50:22.9	MV40	307	Male	1057		00:51:26.2	01:23:06.5
1292	308		Mathew EVANS	01:53:07.6	01:50:55.1	SenM	599	Male	1058		00:53:43.1	01:25:28.5
1293	4392		Leigh WALLIS	01:53:07.6	01:52:12.7	SenM	600	Male	1059	CORNELLY STRIDERS AC	00:52:05.2	01:24:18.0
1294	1091		Phil EDWARDS	01:53:08.1	01:51:02.5	SenM	601	Male	1060		00:52:33.8	01:23:50.5
1295	1869		Jennifer WRIGHT	01:53:09.0	01:52:20.2	FV35	83	Female	234	IPSWICH JAFFA RUNNING CLUB	00:51:34.4	01:24:46.2
1296	1459		Craig TREHARNE	01:53:09.4	01:50:55.7	SenM	602	Male	1061		00:52:54.2	01:24:02.6
1297	5751		Robert COLES	01:53:09.7	01:51:53.7	SenM	603	Male	1062		00:51:26.0	01:24:31.6
1298	4181		Jamie DAVIES	01:53:11.8	01:51:57.7	MV40	308	Male	1063		00:53:09.1	01:25:25.1
1299	1276		Huw DAVIES	01:53:12.8	01:50:53.4	SenM	604	Male	1064		00:50:56.4	01:22:51.1
1300	921		Alice SULLIVAN	01:53:13.0	01:51:12.3	FV35	84	Female	235		00:52:04.7	01:24:38.8
1301	328		Martin CROSHAW	01:53:14.1	01:51:54.9	MV40	309	Male	1065		00:51:31.0	01:24:31.5
1302	4285		Paul MORGAN	01:53:14.5	01:52:08.5	MV50	124	Male	1066		00:52:23.0	01:25:26.7
1303	3412		Magdalena AP ROBERT	01:53:15.2	01:49:52.0	FV35	85	Female	236	PORT TALBOT HARRIERS	00:52:47.2	01:24:34.2
1304	2872		Daniel JONES	01:53:15.4	01:50:05.9	SenM	605	Male	1067		00:52:10.5	01:23:59.4
1305	3823		Louise UDIAWAR	01:53:15.5	01:52:56.3	FV35	86	Female	237		00:52:55.4	01:25:12.1
1306	2070		Michael DAVIES	01:53:16.7	01:51:49.9	MV50	125	Male	1068		00:50:45.9	01:23:56.5
1307	4489		Jane WOULDs	01:53:16.7	01:53:02.6	SenF	113	Female	238		00:51:40.5	01:24:11.6
1308	2164		Pier CAVALLINI	01:53:17.9	01:51:06.1	MV40	310	Male	1069		00:51:52.7	01:23:59.7
1309	517		Matthew SWEENEY	01:53:19.3	01:51:26.8	SenM	606	Male	1070	RUN4ALL NEATH	00:51:29.1	01:23:24.5
1310	4652		Leanne WILLIAMS	01:53:19.9	01:53:14.8	SenF	114	Female	239		00:51:25.6	01:24:46.8
1311	122		Holly MORGAN	01:53:21.1	01:51:46.1	SenF	115	Female	240	ABERYSTWYTH AC	00:49:34.7	01:22:56.3
1312	4684		Natalie HUGHES	01:53:23.7	01:51:30.8	SenF	116	Female	241		00:51:51.7	01:24:27.4
1313	5644		Lesley MAINWARING	01:53:25.4	01:52:10.7	FV45	39	Female	242	RUN4ALL NEATH	00:50:45.1	01:24:21.4
1314	5925		Sophie GOTT	01:53:26.7	01:52:00.4	FV35	87	Female	243		00:51:59.9	01:24:44.9
1315	6082		Joshua WOOD	01:53:27.2	01:51:38.8	SenM	607	Male	1071		00:52:15.4	01:24:14.4

1316	4104		Simon THOMAS	01:53:27.5	01:53:27.4	MV40	311	Male	1072		00:51:43.5	01:25:11.0
1317	6551		Katie FOX	01:53:27.6	01:50:57.3	SenF	117	Female	244		00:50:04.0	01:22:56.5
1318	3078		Catrin SIMON	01:53:28.0	01:53:12.8	FV35	88	Female	245		00:53:35.3	01:26:20.7
1319	3072		Brian JENKINS	01:53:30.0	01:52:54.5	MV40	312	Male	1073		00:52:10.1	01:25:26.7
1320	1518		Robert COX	01:53:30.6	01:51:51.3	MV50	126	Male	1074		00:51:56.6	01:24:32.2
1321	3348		Darren HOWELLS	01:53:31.3	01:52:22.1	SenM	608	Male	1075		00:53:10.4	01:24:52.3
1322	4431		Emma COOK	01:53:32.5	01:53:29.4	FV35	89	Female	246	CAERPHILLY RUNNERS	00:51:58.5	01:25:20.7
1323	1149		Helen PACKMAN	01:53:35.5	01:51:45.9	FV35	90	Female	247		00:51:42.7	01:24:33.1
1324	3413		Ross WILLIAMS	01:53:35.7	01:52:30.4	SenM	609	Male	1076		00:52:17.4	01:24:55.2
1325	1577		Julian HOARE	01:53:35.9	01:53:12.9	MV40	313	Male	1077		00:48:10.0	01:23:59.7
1326	853		Steve ROBERTS	01:53:36.7	01:51:47.9	MV50	127	Male	1078		00:52:24.6	01:24:40.3
1327	310		Craig HOPKINS	01:53:37.0	01:51:15.4	SenM	610	Male	1079		00:50:54.3	01:23:08.5
1328	1540		Marie COLES	01:53:37.4	01:52:25.6	FV35	91	Female	248	CAERPHILLY RUNNERS	00:51:19.6	01:23:54.2
1329	4845		Liam STOCKDEN	01:53:38.3	01:52:33.2	SenM	611	Male	1080		00:51:37.1	01:25:16.6
1330	3239		Rupert KETT-WHITE	01:53:40.5	01:53:27.7	MV40	314	Male	1081		00:49:35.4	01:22:47.1
1331	3003		Susannah EVANS	01:53:40.7	01:52:59.7	SenF	118	Female	249		00:54:14.7	01:26:48.0
1332	1710		David CORNELIUS	01:53:42.5	01:51:12.0	MV40	315	Male	1082		00:53:30.4	01:24:51.1
1333	1267		Jeremy EDWARDS	01:53:43.5	01:52:51.7	MV50	128	Male	1083		00:47:13.1	01:21:38.3
1334	243		Anthony POMPA	01:53:44.4	01:51:23.8	SenM	612	Male	1084		00:51:09.1	01:23:18.3
1335	171		Tom BLOOMFIELD	01:53:45.9	01:51:28.8	SenM	613	Male	1085		00:51:41.8	01:24:23.0
1336	1265		Brian JONES	01:53:45.9	01:52:22.4	MV40	316	Male	1086		00:50:48.4	01:23:45.9
1337	4715		Robert HAGGETT	01:53:46.0	01:52:07.7	MV40	317	Male	1087		00:52:35.9	01:24:41.8
1338	1697		Simeon LOLIN	01:53:46.7	01:51:06.9	MV40	318	Male	1088	LLISWERRY RUNNERS	00:53:09.1	01:25:48.7
1339	1573		Steven PHILLIPS	01:53:50.5	01:52:37.7	SenM	614	Male	1089	ISLWYN RC	00:51:53.0	01:24:15.1
1340	4914		Gareth BAKER	01:53:50.7	01:52:38.2	SenM	615	Male	1090		00:51:53.3	01:24:15.3
1341	1752		Andrew KELLY	01:53:50.9	01:51:38.8	SenM	616	Male	1091		00:51:27.0	01:23:52.4
1342	1585		Martin STARK	01:53:51.6	01:51:55.2	MV50	129	Male	1092		00:52:27.5	01:24:40.4
1343	2035		Jamie RADMORE	01:53:52.0	01:51:27.4	SenM	617	Male	1093		00:52:40.1	01:24:26.3
1344	1274		Keith HARPER	01:53:52.5	01:53:08.3	MV50	130	Male	1094		00:50:13.5	01:23:32.8
1345	5640		Rhys JONES	01:53:53.0	01:51:29.4	SenM	618	Male	1095		00:53:02.3	01:25:07.2
1346	454		David BOUCHER	01:53:54.5	01:51:50.6	MV60+	24	Male	1096		00:51:05.7	01:23:55.4
1347	4608		Sian DAVIES	01:53:56.8	01:52:50.6	FV35	92	Female	250		00:53:22.4	01:26:20.6
1348	1834		Abigail REYNOLDS	01:53:57.8	01:52:14.1	FV35	93	Female	251		00:52:38.6	01:25:04.6
1349	4376		David YOUNG	01:53:58.2	01:52:11.4	MV40	319	Male	1097		00:52:08.0	01:24:26.4
1350	2142		Elias LEWIS	01:53:59.4	01:51:41.6	SenM	619	Male	1098		00:52:38.0	01:24:47.7
1351	2610		Adrian ROCKE	01:54:01.6	01:51:26.0	SenM	620	Male	1099		00:53:13.5	01:25:42.2
1352	1806		Andrew THOMAS	01:54:03.0	01:53:46.2	MV40	320	Male	1100		00:53:00.1	01:25:26.6
1353	353		Rebecca PRICE	01:54:04.3	01:51:46.0	FV35	94	Female	252		00:54:01.3	01:25:57.2
1354	6085		Kevin HARLEY	01:54:04.4	01:53:07.1	MV40	321	Male	1101		00:50:48.3	01:24:30.1
1355	1552		Sian KHALIL	01:54:04.9	01:52:07.5	FV45	40	Female	253	PONTYPRIDD ROADENTS	00:51:56.8	01:25:01.7
1356	2828		Sean SNELL	01:54:05.5	01:52:29.4	SenM	621	Male	1102		00:54:02.7	01:26:10.6
1357	1430		Neil DAVIES	01:54:06.3	01:51:53.3	MV40	322	Male	1103		00:54:13.5	01:26:56.8
1358	1063		Martyn REES	01:54:07.5	01:52:49.5	MV40	323	Male	1104		00:51:08.0	01:24:06.8
1359	1976		Richard HONEYMAN	01:54:08.0	01:52:51.2	MV50	131	Male	1105	SEAFORD STRIDERS RUNNING CLUB	00:52:11.7	01:25:07.4

1360	1109		Martin JAMES	01:54:09.2	01:51:45.1	MV40	324	Male	1106		00:52:42.4	01:25:28.4
1361	2082		Dean HOOK	01:54:09.8	01:52:04.7	MV40	325	Male	1107		00:51:28.0	01:22:57.9
1362	6349		Mariam RASHID	01:54:09.8	01:51:57.0	SenF	119	Female	254		00:52:17.6	01:24:32.1
1363	2046		Ian MACKENZIE	01:54:11.4	01:51:52.7	MV50	132	Male	1108	LES CROUPIERS RC	00:50:28.7	01:22:29.6
1364	1299		Robert PARSONS	01:54:11.6	01:53:56.6	MV50	133	Male	1109		00:50:39.7	01:24:09.2
1365	1535		John MANN	01:54:11.6	01:52:56.4	MV40	326	Male	1110		00:49:42.2	01:23:03.7
1366	3680		Johny JACKSON	01:54:12.4	01:52:43.7	MV40	327	Male	1111		00:52:50.5	01:25:56.8
1367	784		Paul ANKERS	01:54:12.5	01:51:57.2	SenM	622	Male	1112		00:53:53.3	01:26:15.8
1368	762		Andy NOWAK	01:54:12.8	01:53:04.9	SenM	623	Male	1113		00:50:35.0	01:24:36.3
1369	989		Peter ROXBURGH	01:54:12.9	01:53:27.2	MV50	134	Male	1114		00:51:56.4	01:24:51.3
1370	2191		Heather CORNOCK	01:54:13.9	01:52:06.9	FV35	95	Female	255	CHIPPENHAM HARRIERS	00:52:39.5	01:25:18.1
1371	1824		Jason GREEN	01:54:14.3	01:52:27.9	MV40	328	Male	1115	BLACK PEAR JOGGERS	00:51:28.9	01:23:40.3
1372	1481		Joanne RYAN	01:54:14.4	01:53:29.5	FV35	96	Female	256		00:52:38.5	01:25:49.1
1373	5802		Lakes JOHN	01:54:15.5	01:51:30.8	SenF	120	Female	257		00:52:13.3	01:24:23.6
1374	1749		Sam MORRIS	01:54:15.9	01:52:28.7	SenM	624	Male	1116		00:49:57.6	01:22:30.8
1375	3182		David PERRIGO	01:54:15.9	01:54:05.2	SenM	625	Male	1117		00:53:47.7	01:26:41.3
1376	4536		Andrew PERRIGO	01:54:15.9	01:54:04.7	SenM	626	Male	1118		00:53:47.3	01:26:41.3
1377	2246		Clare CAMPBELL	01:54:19.2	01:52:02.6	FV45	41	Female	258		00:51:29.7	01:23:56.5
1378	264		Mark GABB	01:54:20.1	01:51:52.4	SenM	627	Male	1119	RUN4ALL NEATH	00:51:36.2	01:23:53.8
1379	539		Christopher WILLIAMS	01:54:20.7	01:53:22.4	MV40	329	Male	1120	PORT TALBOT HARRIERS	00:53:28.5	01:26:10.3
1380	5292		Stuart NISBETT	01:54:24.0	01:54:00.3	MV40	330	Male	1121		00:52:35.5	01:27:10.8
1381	64		Emily KELLY	01:54:24.5	01:53:48.5	SenF	121	Female	259	EXMOUTH HARRIERS	00:51:56.4	01:25:21.4
1382	4895		Nathan MURPHY	01:54:24.8	01:53:45.0	MV40	331	Male	1122		00:54:04.2	01:27:18.6
1383	1429		Martin HIGNELL	01:54:25.5	01:52:44.7	MV40	332	Male	1123		00:51:43.0	01:26:28.2
1384	5725		Lorraine KILLINGTON	01:54:25.8	01:52:18.5	FV45	42	Female	260	CHIPPENHAM HARRIERS	00:53:57.7	01:26:29.0
1385	3955		Tom SNELGROVE	01:54:27.6	01:52:31.7	SenM	628	Male	1124		00:51:38.7	01:24:36.9
1386	4844		Carl STOCKDEN	01:54:27.6	01:53:23.3	MV40	333	Male	1125		00:51:35.6	01:25:17.0
1387	5635		David CLARKE	01:54:28.2	01:53:10.9	SenM	629	Male	1126		00:49:56.4	01:23:35.2
1388	3040		Adrian BYTHEWAY	01:54:28.8	01:52:54.1	MV40	334	Male	1127		00:54:03.1	01:25:48.8
1389	3877		Kieran EVANS	01:54:28.9	01:52:17.3	SenM	630	Male	1128		00:51:05.3	01:23:12.8
1390	1728		Lucy PHILLIPS	01:54:29.7	01:52:34.2	SenF	122	Female	261	PONTYPOOL & DISTRICT RUNNERS	00:53:19.2	01:26:05.3
1391	587		Chris MORTON	01:54:31.2	01:51:43.8	MV50	135	Male	1129		00:52:01.5	01:24:31.3
1392	2979		Julie JONES	01:54:31.9	01:53:04.6	FV35	97	Female	262		00:53:24.6	01:26:17.0
1393	2045		Mark SPOONER	01:54:33.4	01:52:48.1	MV50	136	Male	1130		00:50:41.1	01:24:00.9
1394	564		Michael HUGHES	01:54:33.5	01:52:34.8	MV40	335	Male	1131		00:51:35.0	01:24:39.7
1395	563		Michael HUGHES	01:54:34.0	01:52:35.0	MV40	336	Male	1132		00:51:34.9	01:24:39.8
1396	2993		Mandy RICHARDS-WILLIAMS	01:54:36.8	01:54:14.8	FV45	43	Female	263		00:52:52.8	01:26:14.6
1397	160		Shona HUMPHREYS	01:54:38.1	01:53:40.1	SenF	123	Female	264		00:51:42.5	01:25:22.7
1398	2024		Dylan JONES	01:54:39.1	01:52:27.7	MV40	337	Male	1133		00:50:10.3	01:24:24.6
1399	5009		Sean HIGGINS	01:54:39.3	01:51:09.8	SenM	631	Male	1134		00:50:51.8	01:22:27.8
1400	996		Raymond TILLEY	01:54:40.2	01:53:27.8	SenM	632	Male	1135		00:50:12.1	01:23:31.8
1401	161		Dylan JONES	01:54:41.4	01:52:11.0	SenM	633	Male	1136		00:53:42.9	01:25:35.1
1402	1141		Georgina FRASER	01:54:41.5	01:52:51.3	FV45	44	Female	265	CORNELLY STRIDERS AC	00:52:27.0	01:25:25.3
1403	1676		Mark ALFORD	01:54:43.6	01:52:15.0	MV50	137	Male	1137	CAERLEON RC	00:52:27.9	01:25:07.7



1404	1778		Mathew WINSTON	01:54:44.0	01:52:05.1	SenM	634	Male	1138		00:52:43.2	01:25:44.6
1405	2084		Jan KEELAN	01:54:45.1	01:52:03.7	FV45	45	Female	266		00:53:47.0	01:25:52.0
1406	5622		Jon SEYMOUR	01:54:45.4	01:54:04.1	SenM	635	Male	1139		00:50:28.7	01:23:26.4
1407	3346		David CHARLES	01:54:47.0	01:53:56.9	MV40	338	Male	1140		00:54:28.4	01:26:55.7
1408	1431		Philip HARRIS	01:54:48.5	01:54:03.2	SenM	636	Male	1141		00:52:42.3	01:26:15.9
1409	1051		Alison RICK	01:54:48.9	01:53:00.9	FV35	98	Female	267		00:51:14.7	01:24:50.0
1410	4940		Gary COOPER	01:54:52.3	01:53:31.3	MV40	339	Male	1142		00:52:20.5	01:25:11.8
1411	2821		Simon REES	01:54:53.2	01:54:33.3	MV40	340	Male	1143	RUN4ALL NEATH	00:53:58.2	01:27:13.5
1412	2073		Gareth EDWARDS	01:54:54.1	01:53:58.9	SenM	637	Male	1144		00:51:54.6	01:25:41.1
1413	2201		Kate MAKINSON	01:54:54.2	01:53:23.7	FV35	99	Female	268		00:51:08.7	01:25:04.2
1414	5771		Sivachidambaram SADASIVAM	01:54:54.5	01:53:00.9	SenM	638	Male	1145		00:52:54.9	01:26:15.6
1415	1273		Graham CARRICK	01:54:55.1	01:52:14.7	MV50	138	Male	1146	PEGASUS RC	00:53:32.5	01:25:52.7
1416	6083		Lesley JONES	01:54:55.5	01:53:59.8	SenF	124	Female	269		00:51:54.0	01:25:41.3
1417	4887		Adrian HAWKINS	01:54:55.6	01:53:04.4	MV40	341	Male	1147		00:51:11.2	01:24:10.1
1418	4941		Mark BEYNON	01:54:56.7	01:53:45.4	MV40	342	Male	1148		00:53:30.9	01:26:19.5
1419	2798		Steven EVANS	01:54:56.9	01:54:36.0	MV50	139	Male	1149	RUN4ALL NEATH	00:54:00.6	01:27:12.7
1420	5747		Jamie REES	01:54:58.3	01:54:41.9	MV40	343	Male	1150		00:52:08.9	01:27:17.5
1421	937		Michael WILLIAMS	01:54:59.9	01:52:32.8	MV40	344	Male	1151		00:51:12.2	01:23:51.1
1422	5878		Lee DAVIES	01:54:59.9	01:53:27.1	MV40	345	Male	1152		00:52:48.8	01:26:18.2
1423	1302		Andrew HILL	01:55:01.5	01:52:16.4	MV40	346	Male	1153		00:53:23.5	01:26:20.4
1424	1908		Rik BOXER	01:55:01.8	01:53:38.6	MV60+	25	Male	1154		00:52:03.4	01:25:17.1
1425	2241		Marco MARTINI	01:55:03.1	01:54:41.0	MV40	347	Male	1155		00:51:43.4	01:25:25.8
1426	885		Paul RIDGWAY	01:55:03.6	01:53:08.5	SenM	639	Male	1156		00:52:44.1	01:24:57.3
1427	1064		Christian THOMAS	01:55:03.6	01:52:29.7	MV40	348	Male	1157	CWM OGWR RUNNING CLUB	00:50:38.8	01:24:25.9
1428	198		Gareth THOMAS	01:55:03.8	01:53:08.1	SenM	640	Male	1158		00:52:43.3	01:24:58.0
1429	1584		Tom SIMS	01:55:03.9	01:53:50.0	SenM	641	Male	1159		00:47:57.1	01:22:10.9
1430	5078		Pip BRADY	01:55:06.9	01:54:32.0	FV45	46	Female	270		00:52:45.1	01:25:36.3
1431	3705		Cristina CERNEI	01:55:08.2	01:54:10.8	SenF	125	Female	271		00:52:44.1	01:25:59.9
1432	1155		Owain PRICE	01:55:10.2	01:52:30.6	MV40	349	Male	1160		00:51:17.3	01:25:10.1
1433	1157		Louise BAYNHAM	01:55:10.2	01:53:14.8	FV35	100	Female	272		00:52:01.3	01:25:54.1
1434	1099		Lloyd WEST	01:55:11.3	01:53:29.8	MV50	140	Male	1161		00:51:12.3	01:24:08.7
1435	1831		Mark O'HARE	01:55:12.2	01:54:40.9	MV40	350	Male	1162		00:50:47.9	01:24:34.6
1436	5701		Sean HOSKING	01:55:12.3	01:53:26.6	MV40	351	Male	1163		00:53:01.3	01:26:24.0
1437	1167		Sara MORGAN	01:55:12.4	01:53:31.9	FV35	101	Female	273	VILLAGE VIPERS	00:52:23.6	01:25:56.7
1438	5705		Stephen GIBBINS	01:55:12.4	01:53:26.2	MV60+	26	Male	1164	PORTHCAWL RUNNERS	00:53:04.3	01:26:04.2
1439	4289		Kirsty Elizabeth EVANS	01:55:13.0	01:54:16.0	SenF	126	Female	274	CWM OGWR RUNNING CLUB	00:52:23.6	01:26:02.6
1440	1574		Neill PARKER	01:55:13.5	01:54:15.9	MV40	352	Male	1165	ISLWYN RC	00:50:47.8	01:24:23.6
1441	1203		Glyn THOMAS	01:55:15.6	01:53:57.9	MV40	353	Male	1166		00:48:57.9	01:20:14.7
1442	3939		Chris DAVIES	01:55:16.7	01:51:04.4	MV40	354	Male	1167		00:53:56.5	01:26:06.3
1443	2197		Thomas GRAFF	01:55:18.7	01:54:16.5	SenM	642	Male	1168		00:51:35.1	01:24:35.5
1444	1482		Barrie JOHNSON	01:55:19.1	01:53:22.0	MV40	355	Male	1169		00:53:00.8	01:26:28.3
1445	3297		Samantha WAGSTAFF	01:55:19.2	01:54:54.8	FV35	102	Female	275		00:51:14.7	01:24:30.9
1446	1479		Nicola GOWING	01:55:19.5	01:53:22.5	FV45	47	Female	276		00:53:01.1	01:26:28.4
1447	5641		Cennydd DAVIES	01:55:19.7	01:53:58.7	SenM	643	Male	1170		00:51:47.5	01:25:16.7

1448	4907		Nick MCLAIN	01:55:20.5	01:54:34.1	MV40	356	Male	1171		00:54:22.0	01:27:19.2
1449	1383		Anna HIND	01:55:21.6	01:53:36.9	FV35	103	Female	277		00:52:25.6	01:25:44.4
1450	4134		Bob HOWE	01:55:22.8	01:55:18.1	MV50	141	Male	1172		00:50:51.7	01:24:50.8
1451	280		Catrin EVANS	01:55:24.2	01:54:53.2	SenF	127	Female	278		00:50:43.5	01:24:34.0
1452	350		Eleri GEORGE	01:55:24.3	01:54:57.9	FV35	104	Female	279		00:53:33.0	01:27:09.1
1453	1433		Helen LITTLE	01:55:26.0	01:54:11.8	FV35	105	Female	280	BRACKLA HARRIERS	00:52:49.5	01:26:49.3
1454	2913		Chris THOMAS	01:55:26.3	01:55:23.3	MV40	357	Male	1173		00:51:40.2	01:26:22.2
1455	1136		Jeff HOWELL	01:55:28.2	01:53:50.7	MV40	358	Male	1174		00:53:30.4	01:26:25.3
1456	963		Lynn DAVIES	01:55:28.7	01:52:53.2	MV40	359	Male	1175		00:51:22.4	01:25:23.3
1457	988		Gary BOWEN	01:55:30.5	01:54:16.5	MV40	360	Male	1176		00:50:47.5	01:25:24.3
1458	2183		Mark DENHAM	01:55:31.8	01:53:53.3	MV50	142	Male	1177		00:50:12.0	01:24:08.3
1459	3844		Richard VELARDO	01:55:32.0	01:53:23.9	SenM	644	Male	1178		00:53:15.7	01:26:03.5
1460	961		Anthony FOX	01:55:33.4	01:53:50.4	MV50	143	Male	1179		00:51:22.8	01:24:50.3
1461	960		Jacque FAGAN	01:55:33.8	01:53:50.6	FV35	106	Female	281	SWANSEA TRI	00:51:23.1	01:24:48.0
1462	229		Damion EVANS	01:55:35.5	01:53:51.2	SenM	645	Male	1180		00:50:26.8	01:23:36.9
1463	5648		Steven RODRIGUEZ	01:55:36.0	01:53:45.7	MV40	361	Male	1181		00:55:15.8	01:27:44.3
1464	4196		Elizabeth GRIFFITHS	01:55:36.9	01:55:23.7	FV35	107	Female	282		00:53:39.9	01:27:23.7
1465	1603		Joanna COOK	01:55:37.1	01:52:58.8	SenF	128	Female	283		00:51:14.7	01:24:22.8
1466	3194		Jonathan CLEWETT	01:55:37.8	01:55:32.6	MV40	362	Male	1182		00:55:16.9	01:28:31.1
1467	3370		Holly JARVIS	01:55:38.6	01:54:49.5	SenF	129	Female	284		00:54:03.7	01:27:43.2
1468	717		Ashley MAINWARING	01:55:40.0	01:53:42.8	SenM	646	Male	1183		00:52:25.3	01:25:33.2
1469	641		Bethan PHILLIPS	01:55:40.1	01:53:54.9	SenF	130	Female	285		00:52:52.5	01:26:29.5
1470	879		Stuart WAREING	01:55:40.7	01:53:53.2	SenM	647	Male	1184		00:52:30.0	01:25:38.6
1471	2100		Melanie LOVE	01:55:40.9	01:53:58.9	FV45	48	Female	286		00:52:13.3	01:25:16.4
1472	2098		Kristian GODDARD	01:55:41.6	01:53:59.1	MV40	363	Male	1185		00:52:12.6	01:25:15.9
1473	2748		Rhian PRIESTLAND	01:55:42.0	01:53:12.2	SenF	131	Female	287		00:53:54.1	01:26:26.7
1474	1113		Christie COLEMAN	01:55:42.8	01:53:13.1	MV40	364	Male	1186		00:51:12.2	01:24:46.7
1475	4097		Michelle DAVIES	01:55:42.8	01:53:47.8	FV35	108	Female	288		00:54:59.5	01:27:24.3
1476	251		Jonathan COPP	01:55:43.2	01:54:32.0	SenM	648	Male	1187		00:49:20.1	01:23:52.4
1477	2185		Derek WHITING	01:55:43.2	01:53:36.5	MV50	144	Male	1188	CHIPPENHAM HARRIERS	00:50:38.0	01:24:10.9
1478	741		Christopher BUTT	01:55:43.9	01:53:29.8	SenM	649	Male	1189		00:50:32.1	01:24:18.1
1479	5665		Matthew LANDERS	01:55:44.7	01:54:25.5	SenM	650	Male	1190		00:49:44.0	01:23:14.1
1480	4201		Aimee PINK	01:55:45.3	01:54:52.9	SenF	132	Female	289		00:55:06.7	01:28:10.4
1481	584		Craig WILLIAMS	01:55:46.7	01:54:17.3	MV40	365	Male	1191		00:51:29.9	01:25:17.9
1482	1514		Emma CHIVERS	01:55:46.8	01:55:03.8	FV45	49	Female	290		00:51:43.6	01:28:02.1
1483	1586		Rebecca SAGAN	01:55:47.0	01:53:52.5	FV35	109	Female	291		00:54:44.3	01:27:29.8
1484	1205		Nicky JAMES	01:55:48.2	01:54:24.4	SenM	651	Male	1192		00:51:55.2	01:25:44.3
1485	3089		Craig BENNETT	01:55:48.7	01:51:42.3	SenM	652	Male	1193		00:50:18.9	01:22:27.4
1486	1533		Collette JOHNSON	01:55:49.4	01:53:19.5	SenF	133	Female	292	CAERPHILLY RUNNERS	00:52:21.0	01:25:48.8
1487	4286		Darren CROSSMAN	01:55:49.9	01:55:46.7	MV40	366	Male	1194		00:52:19.6	01:26:27.0
1488	6041		Nicola TANCOCK-BROAD	01:55:50.8	01:55:14.6	FV35	110	Female	293		00:52:50.0	01:27:09.2
1489	4049		Marc BATCUP	01:55:50.9	01:54:47.5	SenM	653	Male	1195		00:54:25.0	01:28:08.6
1490	5337		Andrew FECULAK	01:55:51.2	01:54:48.3	MV40	367	Male	1196		00:54:05.4	01:28:02.2
1491	3782		Mark EVASON	01:55:52.7	01:55:19.8	SenM	654	Male	1197		00:56:42.3	01:28:50.9

1492	5807		Mark PREECE	01:55:52.8	01:55:43.1	MV40	368	Male	1198		00:52:11.4	01:26:18.3
1493	5018		Roni MARGERISON	01:55:53.8	01:55:14.9	FV35	111	Female	294	LLISWERRY RUNNERS	00:53:09.3	01:27:59.9
1494	3986		Harrison REES	01:55:55.1	01:55:03.6	SenM	655	Male	1199		00:53:45.5	01:26:13.7
1495	511		Philip WELLS	01:55:55.2	01:53:37.9	SenM	656	Male	1200	RUN4ALL NEATH	00:54:51.3	01:28:11.3
1496	2846		Julia COFFEY	01:55:55.9	01:55:25.7	FV35	112	Female	295		00:53:21.0	01:27:20.2
1497	4978		Barry CAWTE	01:55:55.9	01:55:46.6	SenM	657	Male	1201		00:55:20.5	01:28:36.7
1498	661		Matthew DASH	01:55:56.0	01:53:15.5	SenM	658	Male	1202		00:54:56.4	01:26:37.7
1499	1112		Rob PRITCHARD	01:55:56.1	01:53:26.6	MV40	369	Male	1203	CWM OGWR RUNNING CLUB	00:51:42.0	01:25:38.6
1500	3205		Sarah EVANS	01:55:59.3	01:55:52.5	FV35	113	Female	296		00:52:54.3	01:27:11.2
1501	2854		David JARMAN	01:56:00.3	01:55:37.8	SenM	659	Male	1204		00:55:05.4	01:28:41.3
1502	131		Carl POCOCK	01:56:00.6	01:54:59.5	SenM	660	Male	1205		00:48:51.6	01:23:03.1
1503	3549		Ffion EVANS	01:56:01.6	01:55:32.6	SenF	134	Female	297		00:53:04.6	01:26:50.8
1504	827		Surinder WILLIAMS	01:56:01.7	01:53:39.6	FV35	114	Female	298	CLWB RHEDEG PONTARDAWE RUNNING CLUB	00:52:02.8	01:25:25.8
1505	995		Sam FIGGURES	01:56:02.1	01:54:15.3	SenM	661	Male	1206		00:52:21.8	01:23:38.0
1506	3141		Lucy FLIGELSTONE	01:56:02.3	01:53:25.7	SenF	135	Female	299		00:51:10.9	01:23:29.2
1507	1666		Graham SUMSION	01:56:02.4	01:54:10.3	SenM	662	Male	1207		00:54:04.1	01:27:25.8
1508	3142		Sarah FLIGELSTONE	01:56:02.4	01:53:26.1	SenF	136	Female	300		00:51:11.0	01:23:29.3
1509	1641		Daniela GORMELY	01:56:03.3	01:53:59.3	FV45	50	Female	301	GRIFFITHSTOWN HARRIERS	00:53:31.3	01:26:47.9
1510	5252		Ian REES	01:56:03.4	01:55:25.8	SenM	663	Male	1208		00:52:54.9	01:26:43.6
1511	5706		Owen PHILLIPS	01:56:04.9	01:54:05.2	SenM	664	Male	1209		00:53:12.6	01:26:35.2
1512	5891		Jordan MARINACCIO	01:56:05.7	01:53:41.2	SenM	665	Male	1210		00:53:58.1	01:26:50.9
1513	3431		Claire HOUGHTON	01:56:08.1	01:54:15.6	FV35	115	Female	302		00:51:52.0	01:24:31.1
1514	778		Hywel TOMOS	01:56:08.2	01:54:22.5	MV40	370	Male	1211		00:52:23.6	01:25:57.3
1515	821		Sarah JONES	01:56:09.7	01:54:53.0	FV45	51	Female	303		00:51:11.9	01:25:53.6
1516	4050		Gemma SAVAGE	01:56:09.7	01:52:19.2	SenF	137	Female	304		00:53:47.6	01:26:09.6
1517	2042		Peter BALMONT	01:56:10.0	01:54:26.6	MV50	145	Male	1212	PENARTH & DINAS RUNNERS	00:52:01.4	01:25:53.2
1518	549		Liam MCGINLEY	01:56:10.1	01:54:02.6	SenM	666	Male	1213		00:54:44.0	01:27:09.4
1519	3375		Jonathan COX	01:56:10.8	01:53:37.3	SenM	667	Male	1214		00:54:48.3	01:27:28.3
1520	790		Chris JOHN	01:56:11.3	01:54:01.8	MV50	146	Male	1215		00:53:55.2	01:27:04.9
1521	3458		Del JONES	01:56:11.4	01:54:18.0	FV35	116	Female	305		00:54:18.0	01:27:05.3
1522	1045		Martin RIVERS	01:56:11.5	01:54:18.8	MV40	371	Male	1216	RUN4ALL NEATH	00:54:13.7	01:27:05.3
1523	538		Daniel COLLINS	01:56:12.3	01:54:05.2	SenM	668	Male	1217		00:54:44.6	01:27:09.8
1524	1742		Colin LESLIE	01:56:13.2	01:54:53.2	MV40	372	Male	1218		00:50:13.0	01:24:51.7
1525	102		Steve COTTERELL	01:56:14.3	01:53:38.5	SenM	669	Male	1219		00:53:12.8	01:25:42.0
1526	612		Darren EVANS	01:56:18.8	01:55:09.6	SenM	670	Male	1220		00:51:28.1	01:25:41.8
1527	1524		Laura WATKINS	01:56:20.3	01:54:29.3	SenF	138	Female	306		00:52:27.8	01:26:17.9
1528	1625		Paul GRIFFITHS	01:56:20.6	01:54:48.3	MV40	373	Male	1221		00:51:45.9	01:25:25.5
1529	1338		Emma TUMELTY	01:56:21.3	01:53:50.3	FV35	117	Female	307		00:53:12.3	01:26:42.9
1530	5560		Dominic VAUGHAN	01:56:21.5	01:55:57.6	SenM	671	Male	1222		00:51:45.4	01:26:38.1
1531	2184		Lesley COLMAN	01:56:21.8	01:54:16.1	FV45	52	Female	308	CHIPPENHAM HARRIERS	00:53:37.8	01:26:25.4
1532	623		Iestyn JONES	01:56:22.1	01:53:55.6	SenM	672	Male	1223		00:55:09.5	01:27:00.2
1533	1719		Vicky FEAR	01:56:23.0	01:55:36.4	SenF	139	Female	309	LLISWERRY RUNNERS	00:52:07.7	01:26:39.3
1534	498		Peter DALE	01:56:23.3	01:55:19.8	MV60+	27	Male	1224	RUN4ALL NEATH	00:53:30.6	01:27:26.8
1535	2127		Rachel PHILLIPS	01:56:23.9	01:54:06.6	FV45	53	Female	310	EMERSONS GREEN RUNNING CLUB	00:54:28.8	01:27:21.5

1536	210		Gwen SMITH	01:56:24.1	01:54:23.8	FV45	54	Female	311	3M GORSEINON ROAD RUNNERS	00:53:35.8	01:26:42.5
1537	984		Claire LUDLOW	01:56:24.6	01:54:03.2	FV35	118	Female	312		00:52:38.9	01:26:14.3
1538	4703		Alan LEEN	01:56:24.6	01:55:17.9	SenM	673	Male	1225		00:54:45.6	01:28:07.1
1539	1826		Richard LEAH	01:56:24.7	01:54:16.9	SenM	674	Male	1226		00:52:16.7	01:26:03.6
1540	5066		Neil SMITH	01:56:25.4	01:54:48.2	MV50	147	Male	1227	CHIPPENHAM HARRIERS	00:53:04.0	01:26:38.4
1541	306		Alexander MATTHEWS	01:56:25.6	01:54:13.1	SenM	675	Male	1228		00:53:42.9	01:25:28.8
1542	5556		Valentina VETRI	01:56:25.7	01:54:02.1	FV35	119	Female	313		00:53:45.7	01:26:59.0
1543	2252		Irina BATKOVSKA BOROZANOVA	01:56:25.9	01:55:21.7	FV35	120	Female	314		00:53:49.5	01:27:15.8
1544	127		Thomas WHEELER	01:56:26.3	01:54:06.5	SenM	676	Male	1229		00:55:30.2	01:29:09.7
1545	3867		Daniel SMALE	01:56:26.4	01:53:34.3	SenM	677	Male	1230		00:54:19.4	01:27:06.7
1546	3487		Liane EVANS	01:56:27.0	01:56:14.2	FV35	121	Female	315		00:55:24.2	01:29:14.1
1547	5250		July KEAN	01:56:27.2	01:56:21.8	FV45	55	Female	316		00:54:39.9	01:28:26.8
1548	548		John EASTERBROOK	01:56:27.7	01:54:55.0	MV50	148	Male	1231		00:51:47.0	01:25:57.1
1549	1018		Marcus HULL	01:56:28.0	01:54:04.1	SenM	678	Male	1232		00:51:46.3	01:25:11.5
1550	2012		Simon WHITTAKER	01:56:29.5	01:55:59.5	MV40	374	Male	1233		00:52:15.3	01:27:02.4
1551	123		Ceris WILLIAMS	01:56:30.2	01:54:55.1	FV45	56	Female	317	ABERYSTWYTH AC	00:52:41.3	01:27:11.0
1552	2786		Michael GLOVER	01:56:32.4	01:56:25.6	MV40	375	Male	1234		00:53:27.1	01:27:00.6
1553	2160		Steven GUMM	01:56:32.6	01:55:09.5	MV40	376	Male	1235	FROME	00:54:16.4	01:27:41.4
1554	6045		Tim PADFIELD	01:56:33.4	01:54:32.1	MV40	377	Male	1236		00:54:45.6	01:28:08.0
1555	5710		Bec BROWN	01:56:33.5	01:54:32.7	FV35	122	Female	318		00:54:46.6	01:28:08.5
1556	939		Will MORGAN	01:56:33.7	01:53:58.3	SenM	679	Male	1237		00:52:57.0	01:26:36.4
1557	940		Kelly MORGAN	01:56:33.8	01:53:58.6	FV35	123	Female	319		00:52:57.2	01:26:36.2
1558	312		Steve JAMES	01:56:35.6	01:54:37.6	MV40	378	Male	1238		00:52:03.5	01:25:59.2
1559	1292		Aoife OWENS	01:56:35.9	01:55:23.9	SenF	140	Female	320		00:51:59.6	01:26:26.0
1560	810		Christopher LLOYD	01:56:36.8	01:54:17.4	SenM	680	Male	1239		00:53:12.1	01:26:53.2
1561	2232		Terry FIELD	01:56:36.8	01:55:02.4	MV60+	28	Male	1240		00:52:33.3	01:25:59.2
1562	807		Steve GRANT	01:56:37.8	01:54:46.0	MV40	379	Male	1241		00:51:06.3	01:25:41.1
1563	509		Paul WILLIAMS	01:56:38.3	01:54:39.1	MV50	149	Male	1242		00:52:15.4	01:25:46.8
1564	2093		Kate CALLAGHAN	01:56:38.9	01:54:22.5	FV45	57	Female	321		00:53:03.0	01:26:22.2
1565	1284		Jeremy DICKSON	01:56:39.6	01:56:01.5	MV50	150	Male	1243	LLISWERRY RUNNERS	00:53:03.2	01:28:00.4
1566	3836		Julian WAKE	01:56:42.4	01:56:32.7	MV40	380	Male	1244		00:52:31.0	01:26:55.3
1567	322		Clive MCCALL	01:56:42.5	01:54:04.8	MV50	151	Male	1245		00:54:46.2	01:27:47.4
1568	66		Ian MCINTOSH	01:56:44.3	01:56:01.6	SenM	681	Male	1246		00:49:29.2	01:24:26.6
1569	5239		Vivek KUMAR	01:56:44.3	01:56:19.7	MV40	381	Male	1247		00:55:52.1	01:29:07.4
1570	1202		Thomas GARSIDE	01:56:44.7	01:55:27.3	MV40	382	Male	1248		00:49:55.0	01:23:12.0
1571	4897		Geriant MORRIS	01:56:46.1	01:54:48.4	SenM	682	Male	1249		00:54:44.2	01:27:59.9
1572	3425		Gareth TAYLOR	01:56:47.2	01:56:23.4	SenM	683	Male	1250		00:55:32.2	01:29:39.4
1573	2733		Gill EDWARDS	01:56:47.4	01:54:49.6	FV45	58	Female	322	CARMARTHEN HARRIERS	00:53:06.0	01:27:11.8
1574	5289		Sharon BYRNE	01:56:47.4	01:54:45.0	FV45	59	Female	323	PURPLE PATCH RUNNERS	00:54:19.4	01:27:17.6
1575	5533		Jonathan NEWMAN	01:56:48.9	01:56:08.9	SenM	684	Male	1251		00:53:38.4	01:26:22.0
1576	5699		Jamie BAIRD	01:56:51.1	01:54:57.7	MV40	383	Male	1252		00:54:41.7	01:27:39.3
1577	1355		Sian THOMAS	01:56:51.2	01:56:30.4	FV45	60	Female	324		00:53:55.1	01:27:43.6
1578	4876		Jack LAWTHOM	01:56:53.8	01:56:07.9	SenM	685	Male	1253		00:56:28.2	01:29:08.9
1579	669		Faye BENSON	01:56:58.7	01:55:28.2	SenF	141	Female	325		00:51:49.1	01:25:47.1

1580	1889		Mark JONES	01:56:59.4	01:55:33.6	MV40	384	Male	1254		00:52:22.9	01:26:59.9
1581	1350		Marc KING	01:56:59.8	01:54:14.6	MV40	385	Male	1255		00:53:23.2	01:26:42.1
1582	5652		Samuel WHITE	01:57:00.9	01:55:55.1	SenM	686	Male	1256		00:54:59.8	01:30:09.0
1583	434		Dan SMART	01:57:01.7	01:54:51.3	SenM	687	Male	1257		00:54:38.0	01:28:02.5
1584	4161		David PHILLIPS	01:57:06.2	01:56:39.6	MV40	386	Male	1258		00:55:26.7	01:29:27.6
1585	5742		Leighton MORGANS	01:57:06.4	01:56:40.6	MV40	387	Male	1259		00:55:25.8	01:29:28.2
1586	469		Natalie HOLBOROW	01:57:07.0	01:55:04.7	SenF	142	Female	326		00:53:56.3	01:27:31.7
1587	5714		Simon FARRINGTON	01:57:07.3	01:55:40.6	MV50	152	Male	1260		00:51:14.1	01:24:55.0
1588	1597		Dafydd JAMES	01:57:10.3	01:56:16.7	SenM	688	Male	1261		00:50:49.5	01:25:15.5
1589	4253		Hayley HORWOOD	01:57:10.9	01:55:14.7	SenF	143	Female	327		00:53:44.6	01:27:22.7
1590	4491		Stewart ATTRIDGE	01:57:11.0	01:55:45.3	SenM	689	Male	1262		00:53:14.6	01:26:46.8
1591	4728		Karen MEYRICK	01:57:11.9	01:57:06.0	FV45	61	Female	328	MERTHYR RUNNING CLUB	00:53:58.1	01:28:08.9
1592	4732		Nicole CARTER	01:57:13.6	01:56:11.5	FV35	124	Female	329		00:55:31.6	01:28:39.6
1593	4340		Gary MORGAN	01:57:16.6	01:56:24.8	MV50	153	Male	1263		00:54:54.5	01:28:16.0
1594	1090		David EDWARDS	01:57:16.7	01:55:10.7	SenM	690	Male	1264		00:52:33.4	01:24:59.4
1595	5679		Brian FOX	01:57:17.6	01:54:58.0	MV60+	29	Male	1265	SWANSEA HARRIERS	00:52:53.0	01:26:35.1
1596	977		Sian JOHNS	01:57:18.2	01:55:33.8	FV45	62	Female	330		00:53:50.5	01:27:29.3
1597	3440		Dean JENKINS	01:57:18.6	01:55:02.6	SenM	691	Male	1266		00:53:21.2	01:26:39.2
1598	663		Mark ATTWELL	01:57:19.5	01:54:35.0	MV50	154	Male	1267		00:53:08.3	01:26:21.8
1599	5157		Gareth MORGAN	01:57:19.5	01:55:47.5	MV40	388	Male	1268		00:52:27.9	01:26:39.3
1600	422		Steve CONLAN	01:57:19.9	01:55:58.8	MV40	389	Male	1269		00:51:49.5	01:26:44.6
1601	1903		Cale SINFIELD	01:57:20.1	01:55:16.8	SenM	692	Male	1270	HASTINGS RUNNERS	00:54:24.6	01:28:03.5
1602	873		Gareth HUGHES	01:57:20.7	01:54:29.6	SenM	693	Male	1271		00:53:34.7	01:26:16.5
1603	915		Tomos EVANS	01:57:21.0	01:55:01.8	SenM	694	Male	1272		00:54:09.8	01:26:41.7
1604	833		Paul DAVIES	01:57:22.6	01:54:58.1	SenM	695	Male	1273		00:51:36.2	01:25:33.3
1605	875		Chris HILL	01:57:22.6	01:55:00.7	SenM	696	Male	1274		00:52:39.4	01:25:57.2
1606	543		Stephen WILLIAMS	01:57:24.4	01:54:54.7	MV40	390	Male	1275	PORT TALBOT HARRIERS	00:53:04.6	01:26:32.0
1607	608		Kelly GRIFFITHS	01:57:24.6	01:55:15.1	FV35	125	Female	331		00:54:44.9	01:28:10.6
1608	4145		Tom GIGG	01:57:24.7	01:57:20.6	SenM	697	Male	1276		00:55:03.7	01:28:37.6
1609	1700		Darren HAINES	01:57:24.8	01:55:43.0	SenM	698	Male	1277		00:54:35.4	01:29:50.8
1610	4884		Caren PARKER	01:57:24.9	01:57:16.9	FV35	126	Female	332	ISLWYN RC	00:53:56.6	01:28:43.5
1611	1541		Alwyn THOMAS	01:57:25.1	01:57:00.5	SenM	699	Male	1278		00:49:22.4	01:23:40.3
1612	1105		Greg ALLEN	01:57:25.2	01:55:35.7	MV40	391	Male	1279		00:54:04.1	01:28:00.6
1613	213		Julie ARCHER	01:57:25.7	01:55:43.0	FV45	63	Female	333		00:51:14.9	01:26:26.1
1614	765		Sara EAST-IVEY	01:57:25.9	01:56:01.3	FV35	127	Female	334		00:52:00.9	01:27:08.9
1615	1016		Owen PRICE	01:57:26.1	01:54:52.3	SenM	700	Male	1280		00:54:38.0	01:27:37.3
1616	311		Natalie JONES	01:57:27.9	01:54:56.2	SenF	144	Female	335		00:52:36.1	01:26:23.7
1617	1257		Matthew BARRELL	01:57:29.5	01:54:44.2	MV40	392	Male	1281		00:54:16.8	01:27:43.8
1618	5414		Leslie DOCKERILL	01:57:30.0	01:55:46.2	MV40	393	Male	1282		00:54:31.2	01:27:56.5
1619	1043		Emlyn NASH	01:57:30.6	01:55:49.1	MV40	394	Male	1283		00:50:56.3	01:25:32.0
1620	3042		Debbie VECK	01:57:32.6	01:57:05.6	FV45	64	Female	336		00:52:34.2	01:28:24.9
1621	1336		Dean ROBINSON	01:57:33.2	01:55:30.3	SenM	701	Male	1284		00:53:27.2	01:27:12.8
1622	3434		Leanne HANBURY	01:57:33.4	01:56:25.6	SenF	145	Female	337	PORT TALBOT HARRIERS	00:53:45.9	01:27:36.4
1623	3822		Colin THOMAS	01:57:33.9	01:57:23.2	MV50	155	Male	1285	RUN4ALL NEATH	00:54:01.5	01:28:32.2

1624	4580		Christian MCCracken	01:57:36.1	01:56:11.7	SenM	702	Male	1286		00:57:25.3	01:30:07.8
1625	2089		Jason THORNE	01:57:36.4	01:56:25.6	MV40	395	Male	1287		00:52:02.8	01:26:32.5
1626	1057		Bertram ACKLAND	01:57:36.6	01:54:56.7	MV40	396	Male	1288		00:53:34.1	01:27:24.1
1627	1300		Sharon CHAI	01:57:38.2	01:56:43.9	SenF	146	Female	338		00:55:08.3	01:29:01.2
1628	5031		Mara ROBERTS	01:57:40.2	01:57:23.3	SenF	147	Female	339		00:53:42.9	01:28:04.4
1629	1402		Lizzie HUNT	01:57:41.6	01:55:04.6	SenF	148	Female	340		00:53:08.0	01:26:59.6
1630	1106		Alison ALLEN	01:57:41.9	01:55:52.5	FV35	128	Female	341	CORNELLY STRIDERS AC	00:51:48.8	01:26:27.4
1631	774		Paul ABRAHAM	01:57:42.8	01:56:13.1	SenM	703	Male	1289		00:51:45.1	01:26:26.8
1632	1544		Robert WEEKS	01:57:46.6	01:56:39.9	MV50	156	Male	1290		00:52:41.1	01:27:14.2
1633	5391		Ian DAVIES	01:57:47.1	01:55:23.6	MV40	397	Male	1291		00:55:06.2	01:27:57.4
1634	3639		Owain LATHAM	01:57:47.2	01:53:51.4	SenM	704	Male	1292		00:54:56.6	01:26:53.1
1635	5213		David JONES	01:57:47.9	01:56:44.3	MV40	398	Male	1293	ROAD RUNNERS CLUB	00:55:23.8	01:29:27.7
1636	580		Jay DOWDING	01:57:50.0	01:57:15.1	SenM	705	Male	1294		00:50:37.0	01:26:56.1
1637	227		Rebecca BOWERS	01:57:50.9	01:56:44.2	FV35	129	Female	342		00:53:47.6	01:27:37.7
1638	871		Rob LEONG	01:57:51.6	01:55:35.1	MV40	399	Male	1295		00:50:23.3	01:23:21.7
1639	2766		Nic FORBES	01:57:52.4	01:56:06.5	MV40	400	Male	1296		00:56:35.8	01:31:10.0
1640	4569		Stephen JENKINS	01:57:53.3	01:56:44.8	MV40	401	Male	1297		00:55:45.0	01:28:55.2
1641	5634		Jonathan JONES	01:57:53.6	01:55:58.2	MV40	402	Male	1298		00:51:34.4	01:26:36.7
1642	4577		Andrew WALSH	01:57:54.9	01:57:54.9	MV40	403	Male	1299		00:54:11.2	01:28:49.2
1643	528		Cathryn JENKINS	01:57:56.0	01:55:13.8	FV35	130	Female	343	RUN4ALL NEATH	00:56:16.6	01:29:27.8
1644	586		Tanya GUEST	01:57:56.3	01:56:30.6	FV35	131	Female	344		00:53:25.8	01:27:45.0
1645	216		Delyth MAINWARING	01:57:56.4	01:57:01.5	FV35	132	Female	345		00:53:18.4	01:28:16.3
1646	3916		Paul NEWMAN	01:57:57.9	01:57:55.9	MV40	404	Male	1300		00:55:24.6	01:29:21.4
1647	4708		Malcolm JEFF	01:57:58.2	01:57:50.8	MV40	405	Male	1301	TAFF ELY TRIATHLON	00:53:47.7	01:28:26.6
1648	2642		Dean HADFIELD	01:57:58.9	01:55:59.1	SenM	706	Male	1302		00:53:45.5	01:27:24.8
1649	4817		Stephen JAMES	01:58:00.3	01:55:31.0	SenM	707	Male	1303		00:55:59.2	01:28:08.6
1650	2077		Anthony LEWIS	01:58:00.4	01:55:16.2	MV40	406	Male	1304	PARC BRYN BACH RC	00:54:50.3	01:28:52.3
1651	367		Ben FISHER	01:58:00.9	01:56:20.0	SenM	708	Male	1305		00:56:43.3	01:29:58.7
1652	390		Tim JONES	01:58:04.0	01:56:11.0	MV40	407	Male	1306		00:51:40.2	01:25:51.6
1653	962		Rhian POULTON	01:58:04.7	01:55:49.1	SenF	149	Female	346		00:53:08.7	01:27:08.3
1654	1646		Lisa BROWN	01:58:05.8	01:55:23.9	FV35	133	Female	347		00:52:15.3	01:25:58.9
1655	735		Sion HUGHES	01:58:06.1	01:56:09.9	SenM	709	Male	1307		00:54:38.2	01:28:45.7
1656	1440		Darren BURGESS	01:58:08.2	01:56:01.0	MV40	408	Male	1308		00:53:44.5	01:27:53.9
1657	857		Dan KITTLE	01:58:09.2	01:56:22.3	MV40	409	Male	1309		00:52:36.3	01:26:49.2
1658	2132		Sharon HICKS	01:58:09.2	01:56:01.0	FV45	65	Female	348		00:55:14.2	01:29:08.3
1659	3455		Josh TOBIN	01:58:09.5	01:57:21.1	SenM	710	Male	1310		00:55:35.7	01:29:42.3
1660	567		Chelly REYNOLDS	01:58:09.7	01:56:07.8	FV35	134	Female	349		00:52:28.4	01:27:04.7
1661	1987		Kim EVANS	01:58:10.1	01:55:54.2	FV45	66	Female	350		00:53:34.4	01:27:47.5
1662	2951		Caroline DAVIES	01:58:11.8	01:55:55.6	SenF	150	Female	351		00:55:57.2	01:29:16.5
1663	2207		Andy DINGLE	01:58:12.6	01:57:09.4	MV40	410	Male	1311	READING ROADRUNNERS	00:54:41.8	01:29:05.3
1664	3400		Gary SMITH	01:58:13.5	01:56:45.0	SenM	711	Male	1312		00:56:54.1	01:29:38.2
1665	2186		Lynda BENNETT	01:58:13.8	01:56:05.9	FV35	135	Female	352		00:54:22.6	01:28:12.5
1666	3365		Andrea JENKINS	01:58:14.8	01:55:32.9	FV45	67	Female	353	RUN4ALL NEATH	00:56:17.2	01:29:28.3
1667	5728		Alan CHESTERS	01:58:14.9	01:56:01.4	MV60+	30	Male	1313	BENTHAM BEAGLES	00:54:06.1	01:28:10.7

1668	5712		Daniel AMBROZIAK	01:58:16.6	01:57:57.3	SenM	712	Male	1314		00:55:32.6	01:29:57.7
1669	5155		Adam PEALL	01:58:16.7	01:57:28.4	SenM	713	Male	1315		00:54:28.1	01:28:55.4
1670	2974		Ali REES	01:58:16.9	01:58:16.0	FV35	136	Female	354		00:54:52.8	01:29:30.7
1671	4214		Marcus DAVIES	01:58:18.9	01:57:11.7	MV40	411	Male	1316		00:51:13.6	01:26:37.0
1672	718		Lea DAVIES	01:58:19.0	01:56:36.9	SenF	151	Female	355		00:54:42.4	01:28:34.1
1673	714		Richard WILSON	01:58:19.7	01:56:04.3	MV40	412	Male	1317		00:53:35.0	01:27:41.5
1674	1375		Laura COZENS	01:58:21.6	01:57:16.1	SenF	152	Female	356		00:53:02.7	01:28:10.3
1675	2845		Christopher ROGERS	01:58:22.8	01:56:49.1	SenM	714	Male	1318		00:55:04.5	01:28:32.2
1676	2881		Holly GRIFFITHS	01:58:22.9	01:57:39.4	SenF	153	Female	357		00:53:31.8	01:28:43.1
1677	5773		Rhidian GRIFFITHS	01:58:23.2	01:56:14.8	MV40	413	Male	1319		00:55:28.6	01:29:07.6
1678	5086		Emma LEIGH-GOODALL	01:58:23.4	01:58:19.4	SenF	154	Female	358		00:55:31.5	01:30:04.7
1679	4279		Andrew HARRIS	01:58:25.0	01:55:39.7	SenM	715	Male	1320		00:53:47.6	01:28:05.7
1680	5738		Andrew HARRIS	01:58:25.0	01:55:39.6	SenM	716	Male	1321		00:53:48.0	01:28:05.8
1681	794		Emily WILLIAMS	01:58:26.4	01:56:23.7	SenF	155	Female	359		00:52:49.0	01:27:10.7
1682	3961		James EVANS	01:58:26.9	01:54:20.3	SenM	717	Male	1322		00:49:20.4	01:22:14.3
1683	781		Mark WILLIAMS	01:58:27.6	01:56:06.9	MV50	157	Male	1323		00:52:46.8	01:26:53.8
1684	274		Mike BEWS	01:58:28.0	01:56:36.4	MV40	414	Male	1324		00:52:58.5	01:27:21.7
1685	701		Phil BLACKLER	01:58:28.1	01:57:22.2	MV50	158	Male	1325		00:52:48.3	01:27:01.5
1686	758		Andy THOMAS	01:58:28.8	01:56:50.4	SenM	718	Male	1326		00:52:56.4	01:27:31.2
1687	825		John CASEY	01:58:29.2	01:56:17.3	MV40	415	Male	1327		00:54:57.1	01:28:44.0
1688	6212		Uchechi OSUCHUKWU	01:58:29.4	01:57:09.8	SenF	156	Female	360		00:54:26.4	01:28:47.8
1689	2865		Simon JONES	01:58:29.7	01:57:24.4	MV40	416	Male	1328	RUN4ALL NEATH	00:54:52.7	01:29:02.0
1690	1108		Lee PARRY	01:58:30.1	01:55:58.9	MV40	417	Male	1329		00:53:29.6	01:27:41.0
1691	2867		Kaye PROTHERO-JOHN	01:58:30.3	01:56:27.4	FV35	137	Female	361		00:52:28.9	01:26:32.9
1692	5339		Craig ALLEN	01:58:31.5	01:58:05.3	MV40	418	Male	1330		00:54:13.6	01:28:44.8
1693	535		Anthony RABAIOTTI	01:58:32.5	01:56:04.1	SenM	719	Male	1331		00:53:09.1	01:26:12.5
1694	1252		Gavin LUNDRIGAN	01:58:32.8	01:57:20.4	SenM	720	Male	1332		00:54:58.0	01:28:37.5
1695	1609		Anne RICE-JONES	01:58:33.4	01:57:02.5	FV45	68	Female	362	ISLWYN RC	00:54:54.2	01:29:08.3
1696	5276		Ben EDWARDS	01:58:33.4	01:57:19.7	MV60+	31	Male	1333		00:55:11.1	01:28:48.1
1697	1024		Lee HOPKINS	01:58:33.9	01:58:17.5	SenM	721	Male	1334		00:52:52.9	01:27:18.3
1698	1439		Lauren ELEY	01:58:34.9	01:57:49.6	SenF	157	Female	363		00:53:37.5	01:28:03.2
1699	1517		Rebecca BRUMBILL	01:58:34.9	01:56:58.0	FV35	138	Female	364		00:54:48.2	01:28:37.4
1700	5454		Christopher MILES	01:58:35.9	01:57:13.0	SenM	722	Male	1335		00:53:16.8	01:27:07.4
1701	596		Thomas MORRIS	01:58:36.0	01:56:48.7	SenM	723	Male	1336		00:52:11.2	01:27:36.6
1702	5550		Daryl THORP-JONES	01:58:36.3	01:57:12.4	MV40	419	Male	1337		00:54:52.9	01:28:59.7
1703	3206		Ashley JUDD	01:58:38.6	01:56:10.5	SenM	724	Male	1338		00:56:11.5	01:29:16.7
1704	772		Tobias WILLIAMS	01:58:39.1	01:56:11.4	SenM	725	Male	1339		00:56:11.9	01:29:15.0
1705	1839		Jeff MADDOCKS	01:58:39.4	01:57:30.1	MV40	420	Male	1340		00:51:54.9	01:26:58.0
1706	3719		Tony BAKER	01:58:40.4	01:57:02.1	MV50	159	Male	1341		00:52:19.0	01:26:55.5
1707	6359		Nicola CHIVERS	01:58:40.7	01:57:51.9	SenF	158	Female	365		00:54:27.3	01:28:55.1
1708	3220		Catherine HARRIS	01:58:41.1	01:58:06.1	FV35	139	Female	366		00:53:38.0	01:28:09.4
1709	1550		Catherine REEN	01:58:41.9	01:56:06.8	FV45	69	Female	367		00:54:50.1	01:29:02.3
1710	5746		Gareth MORGAN	01:58:42.3	01:57:28.0	SenM	726	Male	1342		00:55:04.2	01:29:05.1
1711	5703		Cai PUGHSLEY	01:58:43.7	01:58:12.8	SenM	727	Male	1343		00:53:58.3	01:31:27.7

1712	1143		David SPENCER	01:58:43.9	01:57:26.8	SenM	728	Male	1344		00:55:58.0	01:29:45.1
1713	2135		Alistair DAVIE	01:58:45.5	01:57:44.9	MV50	160	Male	1345		00:51:33.8	01:27:50.8
1714	3724		Helen SNAITH	01:58:46.5	01:57:46.3	SenF	159	Female	368		00:54:27.9	01:28:40.4
1715	4467		Anwen EVANS	01:58:46.9	01:57:19.1	SenF	160	Female	369		00:54:08.6	01:27:57.0
1716	2961		Gethin MILLS	01:58:47.2	01:58:21.0	MV40	421	Male	1346		00:55:26.4	01:29:55.2
1717	1578		Joel VALCIC	01:58:47.4	01:58:08.3	SenM	729	Male	1347		00:51:48.5	01:28:03.9
1718	1460		Christopher WEBBER	01:58:47.9	01:56:34.1	SenM	730	Male	1348		00:53:08.8	01:27:29.6
1719	6502		James EVANS	01:58:48.0	01:57:30.8	SenM	731	Male	1349		00:54:33.3	01:28:35.7
1720	609		Claire NORTHEY	01:58:48.8	01:56:27.6	SenF	161	Female	370		00:52:44.9	01:27:12.6
1721	621		Chris INNES	01:58:49.0	01:56:44.6	SenM	732	Male	1350		00:53:13.4	01:27:27.1
1722	5043		Shane ROLPH	01:58:49.2	01:58:15.3	SenM	733	Male	1351		00:53:25.3	01:28:28.7
1723	1235		Jo HADDON	01:58:49.9	01:57:08.9	FV35	140	Female	371		00:54:32.9	01:29:10.6
1724	2081		Richard PRICE	01:58:50.5	01:56:19.5	SenM	734	Male	1352		00:55:09.3	01:29:05.9
1725	4225		Helen DAVIES	01:58:50.6	01:54:31.0	FV35	141	Female	372		00:52:46.0	01:26:13.1
1726	2829		Ben BUNDOCK	01:58:50.7	01:58:01.8	SenM	735	Male	1353		00:55:45.2	01:29:59.4
1727	1129		Carol HEARD	01:58:51.2	01:56:47.0	FV45	70	Female	373		00:54:40.2	01:28:42.4
1728	3951		Danielle KINSMAN	01:58:52.0	01:57:57.5	FV35	142	Female	374		00:53:43.6	01:28:15.9
1729	3125		Nick JOHN	01:58:53.4	01:58:45.9	MV50	161	Male	1354		00:54:57.0	01:29:55.7
1730	2061		Stephen BEALE	01:58:53.9	01:57:01.6	MV40	422	Male	1355		00:54:35.5	01:28:17.3
1731	5153		Margaret LEEDHAM	01:58:53.9	01:57:26.2	FV55+	2	Female	375		00:55:07.6	01:29:02.8
1732	5735		Tracey JURKIEWICZ	01:58:54.8	01:56:40.2	FV35	143	Female	376		00:54:38.8	01:28:52.9
1733	3355		Andrew JONES	01:58:54.9	01:56:14.4	SenM	736	Male	1356		00:55:22.5	01:28:47.1
1734	887		Samuel JONES	01:58:56.1	01:58:07.4	SenM	737	Male	1357		00:51:56.6	01:27:05.6
1735	4638		Sean THOMAS	01:58:56.7	01:56:12.7	SenM	738	Male	1358		00:55:57.7	01:29:41.4
1736	1525		Steve BURRELL	01:58:57.9	01:58:36.1	MV50	162	Male	1359		00:51:39.5	01:28:50.0
1737	4639		Phillip THOMAS	01:58:59.0	01:56:14.8	MV50	163	Male	1360		00:55:57.1	01:29:41.0
1738	2040		Melanie MICKLEBURGH	01:58:59.4	01:58:15.4	FV35	144	Female	377		00:51:08.4	01:26:24.3
1739	126		Keith MARSHALL	01:58:59.5	01:57:44.9	SenM	739	Male	1361		00:52:29.8	01:27:49.6
1740	4727		Lauren POWELL	01:58:59.7	01:57:37.6	SenF	162	Female	378		00:55:20.8	01:29:14.5
1741	2029		Lee THOMPSON	01:59:00.3	01:57:13.0	MV40	423	Male	1362		00:53:35.5	01:27:50.5
1742	5287		Gareth LEE	01:59:01.1	01:58:13.7	MV40	424	Male	1363		00:55:13.1	01:29:46.6
1743	3593		Menna JONES	01:59:01.5	01:56:45.8	FV35	145	Female	379		00:55:58.2	01:28:53.8
1744	1721		Darren SAMUEL	01:59:05.3	01:56:36.8	MV40	425	Male	1364	PONTYPOOL & DISTRICT RUNNERS	00:55:14.7	01:29:31.6
1745	5197		David BRIDGEWATER	01:59:06.7	01:57:09.2	SenM	740	Male	1365		00:56:09.2	01:29:25.2
1746	5737		Antoni MAIELLO	01:59:07.0	01:58:32.4	SenM	741	Male	1366		00:54:59.4	01:30:00.2
1747	5035		Stuart ALLEN	01:59:08.4	01:57:58.4	MV40	426	Male	1367	PONTYPOOL & DISTRICT RUNNERS	00:56:05.6	01:30:16.9
1748	493		Jamie CURRY	01:59:08.8	01:56:56.6	SenM	742	Male	1368		00:56:14.9	01:29:44.6
1749	2793		Simon COX	01:59:09.8	01:58:56.1	MV50	164	Male	1369		00:55:36.5	01:30:30.6
1750	1911		Carrie WALLDER	01:59:10.8	01:58:52.1	SenF	163	Female	380		00:54:22.5	01:29:25.7
1751	2069		Abigail BIDGOOD	01:59:10.8	01:56:56.8	SenF	164	Female	381		00:57:05.0	01:30:44.6
1752	3742		Carl WILLIAMS	01:59:11.1	01:58:17.4	SenM	743	Male	1370		00:52:44.8	01:29:30.8
1753	82		Lloyd COAKLEY	01:59:12.0	01:58:16.3	SenM	744	Male	1371		00:54:29.3	01:28:56.0
1754	2823		Joshua HAMER	01:59:12.7	01:57:16.0	SenM	745	Male	1372		00:52:06.2	01:26:42.8
1755	679		Sarah GRAVELL	01:59:14.2	01:56:45.0	FV35	146	Female	382		00:53:27.9	01:27:38.4



1756	3933		Hayley PARKER	01:59:14.2	01:58:51.7	SenF	165	Female	383		00:55:41.2	01:31:05.8
1757	5519		Mark HAMMOND	01:59:14.8	01:57:41.4	MV50	165	Male	1373		00:56:29.7	01:29:54.7
1758	2985		Rhiannon LING	01:59:14.9	01:57:44.6	FV35	147	Female	384		00:53:59.0	01:27:49.2
1759	2858		Damian WILLIAMS	01:59:15.7	01:55:17.3	SenM	746	Male	1374		00:55:17.5	01:27:49.4
1760	1230		Vicky BEECH	01:59:15.9	01:57:01.9	FV35	148	Female	385		00:54:34.3	01:28:22.0
1761	4975		Lois GILL	01:59:15.9	01:57:02.4	SenF	166	Female	386		00:57:05.8	01:30:45.0
1762	3179		David BALL	01:59:16.2	01:57:05.9	MV50	166	Male	1375		00:55:55.5	01:29:26.6
1763	4522		Lily GERAGHTY	01:59:16.4	01:57:37.6	SenF	167	Female	387		00:53:53.0	01:28:02.0
1764	179		Jacqueline HINDS	01:59:17.2	01:57:26.1	FV45	71	Female	388		00:54:38.2	01:29:14.4
1765	2147		Zoey WHITE	01:59:17.2	01:57:08.9	FV35	149	Female	389		00:55:14.1	01:30:02.1
1766	3156		Nathalie THOMAS	01:59:17.9	01:59:14.3	FV35	150	Female	390		00:57:25.4	01:32:00.8
1767	1437		Kay COLLINGRIDGE	01:59:18.1	01:57:27.6	FV35	151	Female	391		00:54:32.5	01:28:56.1
1768	1602		Aidan DA	01:59:19.6	01:58:43.1	SenM	747	Male	1376	ISLWYN RC	00:50:35.2	01:27:10.0
1769	376		Huw BEVAN	01:59:20.9	01:58:24.0	MV40	427	Male	1377		00:53:19.5	01:28:01.6
1770	197		Matthew JONES	01:59:21.1	01:56:43.6	MV40	428	Male	1378		00:52:51.9	01:27:09.2
1771	5466		Charlotte OLIVER	01:59:21.4	01:56:48.6	SenF	168	Female	392		00:56:07.8	01:29:22.5
1772	4133		John EVANS	01:59:21.7	01:58:46.0	MV50	167	Male	1379		00:55:57.7	01:30:43.9
1773	3211		Kathleen GOUGH	01:59:22.5	01:57:39.9	FV55+	3	Female	393		00:56:30.7	01:30:23.4
1774	695		Georgia JOYCE	01:59:22.9	01:57:22.7	FV35	152	Female	394		00:54:53.4	01:29:08.5
1775	4160		Suzanne THOMAS	01:59:22.9	01:57:47.9	FV45	72	Female	395		00:56:53.5	01:29:58.7
1776	5589		Marc JAMES	01:59:23.4	01:58:19.0	SenM	748	Male	1380		00:55:42.8	01:29:45.5
1777	534		Samantha Jayne WILLIAMS	01:59:23.5	01:56:44.8	SenF	169	Female	396		00:54:14.9	01:28:38.1
1778	1427		Andrew BARTLEY	01:59:24.1	01:58:32.6	SenM	749	Male	1381		00:52:55.5	01:28:33.1
1779	3063		Andrew MINTY	01:59:24.4	01:59:19.2	SenM	750	Male	1382		00:55:17.1	01:30:40.6
1780	2712		Ewen MCLAUGHLIN	01:59:24.6	01:56:13.8	MV40	429	Male	1383		00:52:21.0	01:26:50.3
1781	754		Rachel WOODS	01:59:25.0	01:57:42.5	SenF	170	Female	397		00:56:35.9	01:30:29.8
1782	2761		Mary HOWELLS	01:59:25.6	01:59:16.5	FV45	73	Female	398		00:51:48.3	01:27:10.5
1783	5792		Sandra DETTMER	01:59:26.2	01:55:57.4	FV35	153	Female	399		00:53:57.9	01:27:59.6
1784	793		Matt BROOKS	01:59:26.9	01:57:04.0	SenM	751	Male	1384		00:55:59.4	01:29:20.8
1785	5314		Sarah RUSSELL	01:59:26.9	01:59:19.1	SenF	171	Female	400		00:54:40.7	01:30:28.2
1786	4659		Tyrone VICKERY	01:59:27.0	01:58:44.5	MV40	430	Male	1385		00:54:27.7	01:29:26.1
1787	4658		Julie VICKERY	01:59:27.1	01:58:44.7	FV35	154	Female	401		00:54:27.3	01:29:24.1
1788	5649		Kathryn HUGHES	01:59:27.6	01:57:23.7	SenF	172	Female	402		00:52:42.3	01:27:38.6
1789	2130		Lee ZURYBIDA	01:59:28.0	01:57:19.5	SenM	752	Male	1386		00:55:13.9	01:29:08.7
1790	5079		Richard PANES	01:59:28.4	01:58:52.8	MV40	431	Male	1387		00:55:23.7	01:30:12.4
1791	1023		Nj LOADER	01:59:28.7	01:57:06.0	MV40	432	Male	1388		00:56:51.5	01:30:30.4
1792	5141		Rhona WOODWARD	01:59:28.8	01:58:58.2	FV35	155	Female	403		00:57:21.4	01:31:02.1
1793	5378		Richard RIMMER	01:59:29.1	01:59:00.6	MV50	168	Male	1389		00:53:21.1	01:28:14.8
1794	4951		Jonathan LAMB	01:59:30.0	01:58:43.6	SenM	753	Male	1390		00:55:49.0	01:30:24.6
1795	5832		Kelly CAMERON	01:59:30.6	01:59:08.2	FV35	156	Female	404		00:55:24.4	01:30:38.2
1796	4942		Craig HOPKINS	01:59:30.9	01:57:49.6	MV40	433	Male	1391		00:54:07.6	01:28:36.5
1797	1009		Imogen POTTER	01:59:31.0	01:57:35.9	SenF	173	Female	405		00:53:09.1	01:27:16.0
1798	1817		Steve BIRD	01:59:31.9	01:57:24.8	MV40	434	Male	1392		00:54:27.7	01:28:26.5
1799	1815		Colin THOMAS	01:59:32.1	01:57:25.1	MV50	169	Male	1393		00:54:27.9	01:28:26.5

1800	3737		Daniel HIRD	01:59:34.0	01:58:44.2	MV40	435	Male	1394		00:55:37.0	01:30:15.7
1801	4725		Lee NORMANTON	01:59:34.1	01:59:00.2	SenM	754	Male	1395		00:55:48.0	01:30:58.0
1802	3766		Ryan ASPLAND-JONES	01:59:34.2	01:56:21.1	SenM	755	Male	1396		00:56:03.0	01:29:48.8
1803	1930		Peter THOMSON	01:59:34.9	01:58:05.8	MV50	170	Male	1397		00:54:36.6	01:29:08.8
1804	3140		Maggie FLIGELSTONE	01:59:36.9	01:57:00.2	FV45	74	Female	406		00:54:06.7	01:28:20.3
1805	5123		Llinos MARPLES	01:59:37.7	01:59:32.2	SenF	174	Female	407	RHEDWYR HEBOG	00:54:06.1	01:29:59.9
1806	4039		Sarah BEYNON	01:59:38.5	01:59:00.1	SenF	175	Female	408		00:55:39.4	01:30:53.2
1807	2247		Clara HEDEGAARD	01:59:39.7	01:57:14.5	SenF	176	Female	409		00:53:17.4	01:27:27.6
1808	5029		Neil BANNISTER	01:59:40.1	01:59:05.8	SenM	756	Male	1398		00:56:42.3	01:31:03.4
1809	2059		Hayley JACKSON	01:59:41.6	01:56:57.9	FV35	157	Female	410	PARC BRYN BACH RC	00:55:00.1	01:28:54.1
1810	6339		Dale SELBY	01:59:44.7	01:59:10.4	SenM	757	Male	1399		00:55:52.9	01:30:25.8
1811	523		Jamie JONES	01:59:45.4	01:57:58.9	SenM	758	Male	1400		00:50:58.7	01:26:53.7
1812	6429		Katie MORTIMER-JONES	01:59:45.5	01:58:08.3	FV35	158	Female	411		00:54:59.1	01:29:30.8
1813	16502		Stephen BELLIS	01:59:45.8	01:59:07.3	Pacer	6	Male	1401		00:55:44.6	01:30:52.4
1814	2148		Martin BERRY	01:59:47.3	01:57:37.5	SenM	759	Male	1402		00:52:30.3	01:27:25.0
1815	993		Matthew DODD	01:59:47.7	01:57:41.2	MV40	436	Male	1403		00:54:12.5	01:28:44.0
1816	4442		Lisa DAVIES	01:59:48.7	01:59:41.6	FV35	159	Female	412	ISLWYN RC	00:55:52.3	01:30:44.1
1817	1190		Sarah PATNETT	01:59:48.8	01:58:08.8	FV35	160	Female	413		00:53:19.1	01:29:00.0
1818	2078		Cyril WILLIAMS	01:59:51.1	01:57:06.6	MV60+	32	Male	1404		00:54:50.4	01:28:54.5
1819	662		Rebecca MCDONALD	01:59:51.8	01:57:57.8	FV35	161	Female	414		00:54:10.2	01:28:43.9
1820	5268		Jessica PHILLIPS	01:59:52.3	01:59:52.2	SenF	177	Female	415		00:56:07.1	01:31:30.6
1821	3858		Louise UPTON	01:59:54.5	01:58:17.2	SenF	178	Female	416		00:55:49.4	01:30:13.5
1822	918		Chris TIMMINS	01:59:55.1	01:58:44.5	MV40	437	Male	1405		00:54:59.3	01:29:24.4
1823	3851		Jenna EVANS	01:59:55.7	01:58:55.6	SenF	179	Female	417		00:55:56.1	01:30:32.7
1824	3496		Janette O'NEIL	01:59:56.4	01:58:39.1	FV55+	4	Female	418	RUN4ALL NEATH	00:53:44.5	01:29:02.3
1825	4219		Nick HADFIELD	01:59:56.6	01:58:06.1	MV50	171	Male	1406	DRAGONS RUNNING CLUB	00:53:26.7	01:28:08.0
1826	288		Megan MULLIS	01:59:56.8	01:59:28.9	FV35	162	Female	419		00:53:19.9	01:29:15.8
1827	145		Rhianydd EDWARDS	01:59:56.9	01:57:59.0	FV45	75	Female	420		00:54:28.1	01:28:24.9
1828	144		Sioned EDWARDS	01:59:57.1	01:57:59.6	SenF	180	Female	421		00:54:28.6	01:28:25.6
1829	599		Claire WILLIAMS	01:59:57.3	01:57:59.7	FV55+	5	Female	422	CLWB RHEDEG PONTARDAWE RUNNING CLUB	99:99:99	99:99:99
1830	4382		Jeffrey EVANS	01:59:59.3	01:59:35.2	MV40	438	Male	1407		00:54:52.6	01:30:09.8
1831	211		Karen HEWITT	01:59:59.7	01:58:48.0	FV35	163	Female	423		00:57:44.7	01:33:09.4
1832	1418		Danny WHITE	01:59:59.8	01:58:36.3	SenM	760	Male	1408		00:56:14.1	01:31:43.3
1833	5402		Hilary MATHESON	01:59:59.8	01:59:20.3	FV55+	6	Female	424	CALDICOT RUNNING CLUB	00:55:45.6	01:30:48.6
1834	112		Alex JAMES	02:00:00.6	01:58:19.5	SenM	761	Male	1409		00:51:13.6	01:26:30.1
1835	756		Rhian JONES	02:00:02.0	01:58:05.9	FV35	164	Female	425		00:53:14.9	01:27:25.4
1836	3167		Sian REES	02:00:02.3	01:59:25.2	FV45	76	Female	426		00:54:56.3	01:29:50.2
1837	3099		Dylan JAMES	02:00:03.7	01:58:51.1	MV40	439	Male	1410		00:55:01.7	01:30:13.3
1838	315		Gemma CAUL	02:00:05.8	02:00:00.7	SenF	181	Female	427		00:55:49.4	01:30:59.4
1839	4453		Alex MIARLI	02:00:06.0	01:59:50.7	SenM	762	Male	1411		00:54:21.1	01:30:01.5
1840	2920		Alison NORMAN	02:00:06.3	01:59:38.8	FV35	165	Female	428		00:56:10.9	01:31:08.2
1841	3657		Donna DAVIES	02:00:06.4	01:58:02.4	FV35	166	Female	429	SARN HELEN	00:54:46.3	01:29:06.1
1842	3026		Emily BUTLER	02:00:06.7	02:00:01.7	FV35	167	Female	430		00:55:50.6	01:31:00.0
1843	5660		Paul FRENCH	02:00:06.7	01:58:03.9	SenM	763	Male	1412		00:55:27.9	01:29:51.6

1844	464		Cath PELUSI	02:00:06.8	01:58:16.1	FV45	77	Female	431		00:56:22.2	01:31:01.7
1845	2921		Helen RYAN	02:00:07.0	01:59:38.9	FV45	78	Female	432		00:56:09.3	01:31:06.2
1846	556		Andrew ROBINSON	02:00:07.2	01:57:38.9	SenM	764	Male	1413	PORT TALBOT HARRIERS	00:53:09.2	01:26:12.7
1847	3258		Amy COLLINGS-DAVIS	02:00:07.2	01:57:57.9	SenF	182	Female	433		00:56:40.5	01:30:41.8
1848	3519		Matthew HALL	02:00:07.3	01:55:53.4	SenM	765	Male	1414		00:53:22.1	01:27:16.9
1849	5816		Phil KETTLEY	02:00:08.6	01:59:27.2	MV40	440	Male	1415		00:55:47.9	01:30:52.6
1850	1965		George CROWTHER	02:00:09.9	01:58:06.5	SenM	766	Male	1416		00:54:56.6	01:29:12.8
1851	1008		Lowri DAVIES	02:00:11.2	01:58:24.8	FV35	168	Female	434		00:54:29.0	01:29:11.7
1852	379		Delyth BOYCE	02:00:11.3	01:58:25.1	FV45	79	Female	435		00:54:29.1	01:29:11.7
1853	3821		Carys NORMAN	02:00:11.5	01:59:12.9	SenF	183	Female	436		00:56:30.9	01:31:04.8
1854	3231		Terry SHORE	02:00:13.0	01:58:44.2	MV60+	33	Male	1417		00:55:33.0	01:30:31.7
1855	283		Gaynor EVANS	02:00:14.1	01:57:57.0	FV45	80	Female	437		00:55:05.8	01:29:16.3
1856	5315		Sarah MOSHEL	02:00:15.6	01:57:54.2	SenF	184	Female	438		00:58:12.0	01:31:49.4
1857	902		Christopher ANAGNOSTOPOULOS	02:00:16.0	01:58:44.8	SenM	767	Male	1418		00:51:53.8	01:28:56.5
1858	1197		Catrin MORGAN	02:00:16.3	01:57:36.9	SenF	185	Female	439		00:55:06.6	01:29:05.7
1859	5754		Joshua PLUCKROSE	02:00:16.4	01:59:23.9	SenM	768	Male	1419		00:53:33.3	01:28:41.4
1860	4913		Matt LEWIS	02:00:16.5	01:59:24.4	SenM	769	Male	1420		00:53:35.1	01:28:41.5
1861	4987		Barrie DESMOND	02:00:16.9	01:58:32.5	MV50	172	Male	1421	GRIFFITHSTOWN HARRIERS	00:57:06.6	01:31:09.4
1862	839		Terri LUCAS	02:00:17.4	01:57:44.9	SenF	186	Female	440	RUN4ALL NEATH	00:52:02.9	01:27:57.8
1863	3972		Daniel GRINT	02:00:18.0	01:59:40.1	SenM	770	Male	1422		00:56:33.4	01:33:10.0
1864	4812		Leigh SMITH	02:00:19.0	01:58:22.2	MV40	441	Male	1423		00:56:35.0	01:30:01.2
1865	3262		Janice HARVEY	02:00:19.2	02:00:11.6	FV55+	7	Female	441	RUN4ALL NEATH	00:56:20.2	01:31:24.3
1866	323		Gregory WILLIAMS	02:00:20.4	02:00:03.0	SenM	771	Male	1424		00:55:27.9	01:30:40.2
1867	2083		Louise COONICK	02:00:21.3	01:57:57.4	SenF	187	Female	442		00:55:39.9	01:30:28.9
1868	3024		Donna WILLIAMS	02:00:22.0	02:00:04.7	FV35	169	Female	443		00:55:27.9	01:30:40.6
1869	783		Kevin DAVIES	02:00:24.8	01:57:45.6	MV40	442	Male	1425		00:53:14.8	01:27:54.1
1870	6337		Megan THOMAS	02:00:25.1	01:58:27.8	SenF	188	Female	444		00:57:06.7	01:31:16.4
1871	837		Katie O'DONNELL	02:00:26.6	01:59:32.0	SenF	189	Female	445		00:57:34.2	01:32:09.4
1872	6421		Neil HARRIES	02:00:26.7	01:58:20.0	MV40	443	Male	1426	MYDDFAI MILERS	00:56:05.6	01:29:32.1
1873	1906		Barry MILLER	02:00:30.2	01:58:40.3	MV40	444	Male	1427		00:56:57.7	01:31:03.0
1874	5384		Caroline MCCOY	02:00:30.6	01:59:57.5	FV55+	8	Female	446		00:55:10.5	01:30:30.7
1875	5748		Daniel DRUMMOND	02:00:31.5	02:00:11.7	SenM	772	Male	1428		00:53:27.0	01:30:12.4
1876	5709		Sarah BICKERSTAFF	02:00:32.0	01:58:58.5	SenF	190	Female	447		00:54:19.2	01:29:59.7
1877	971		Ian MORGAN	02:00:32.4	01:58:33.5	SenM	773	Male	1429		00:56:14.8	01:31:07.8
1878	1409		Christopher GRABHAM	02:00:33.1	01:59:33.2	SenM	774	Male	1430		00:51:43.1	01:28:14.7
1879	3784		Charlotte IVEY	02:00:33.1	01:59:34.5	SenF	191	Female	448		00:56:30.5	01:31:02.6
1880	427		Bethan HUGHES	02:00:33.6	01:59:08.8	FV35	170	Female	449		00:53:44.2	01:29:12.2
1881	301		Iona JONES-KENNY	02:00:34.4	01:59:02.3	FV35	171	Female	450		00:55:24.2	01:29:44.9
1882	2088		Rebecca FOSTER	02:00:34.8	01:58:20.8	FV35	172	Female	451		00:53:15.2	01:29:00.3
1883	1590		Richard CORKEN	02:00:35.0	01:57:57.9	MV40	445	Male	1431		00:56:11.4	01:31:17.7
1884	1847		Louise KINSEY	02:00:36.0	01:57:54.9	FV35	173	Female	452		00:53:46.3	01:28:25.4
1885	5224		Amy STEELE	02:00:36.0	01:59:02.6	SenF	192	Female	453	HUNTS AC	00:58:13.6	01:32:32.7
1886	222		Matthew COLLINS	02:00:37.6	01:58:42.2	SenM	775	Male	1432		00:51:44.5	01:27:41.5
1887	2253		Martin MACAJ	02:00:38.3	01:57:44.0	MV40	446	Male	1433		00:56:06.3	01:30:18.6

1888	4066		Jessica MICHAEL	02:00:39.6	01:58:10.9	SenF	193	Female	454		00:55:44.6	01:29:26.6
1889	5685		Blair DRUMMOND	02:00:40.5	02:00:19.9	MV50	173	Male	1434		00:53:26.2	01:30:11.0
1890	1748		David HARTLEY WILSON	02:00:42.3	01:58:36.2	SenM	776	Male	1435		00:55:00.8	01:29:41.6
1891	2002		Helen LIVELY	02:00:43.4	01:58:42.8	SenF	194	Female	455		00:51:28.7	01:27:09.2
1892	2144		Daryl PHILLIPS	02:00:44.9	01:58:36.0	SenM	777	Male	1436	BRISTOL & WEST AC	00:55:13.1	01:30:03.0
1893	2145		Martha WHEELER	02:00:45.0	01:58:37.0	SenF	195	Female	456	BRISTOL & WEST AC	00:55:14.0	01:30:03.8
1894	2898		David EVANS	02:00:45.1	01:58:57.7	MV50	174	Male	1437		00:56:23.2	01:30:34.4
1895	5368		Anne KIRK	02:00:45.3	01:58:57.3	FV45	81	Female	457	FOREST OF DEAN ATHLETICS CLUB	00:56:22.0	01:30:47.8
1896	3667		Jenny CAULKETT	02:00:46.3	01:58:55.9	FV35	174	Female	458	SARN HELEN	00:55:08.5	01:29:40.3
1897	355		Charlotte LOCKWOOD	02:00:48.8	01:58:17.5	SenF	196	Female	459		00:54:35.2	01:29:17.8
1898	270		William DAVIES	02:00:49.5	01:59:51.9	MV60+	34	Male	1438	HAYWARDS HEATH HARRIERS	00:57:42.6	01:32:26.8
1899	2171		David JENKS	02:00:50.3	01:59:22.3	SenM	778	Male	1439		00:55:22.4	01:30:26.9
1900	3021		Paul WALTERS	02:00:50.4	02:00:49.2	SenM	779	Male	1440		00:55:38.7	01:30:53.4
1901	2780		Rhian HOWELLS	02:00:51.5	01:59:46.1	SenF	197	Female	460		00:55:23.5	01:30:31.4
1902	3158		Paul WILLIAMS	02:00:51.5	01:58:47.7	MV50	175	Male	1441		00:54:28.0	01:28:52.5
1903	5335		Martyn THREADER	02:00:52.0	02:00:28.2	MV50	176	Male	1442		00:56:01.1	01:31:01.0
1904	4176		David MITCHELL	02:00:53.1	01:59:30.2	MV50	177	Male	1443		00:55:08.8	01:30:18.1
1905	4788		Nicola GRIFFITHS	02:00:53.7	01:57:03.9	FV45	82	Female	461		00:55:57.7	01:30:18.6
1906	5713		Joe CHAMPION	02:00:54.6	01:59:03.9	SenM	780	Male	1444		00:57:49.2	01:30:19.3
1907	5661		Alex MACIAS	02:00:55.8	01:58:22.8	SenM	781	Male	1445		00:55:27.6	01:29:34.4
1908	4617		Mathew WALSH	02:00:56.3	02:00:37.8	MV40	447	Male	1446		00:52:36.9	01:29:24.9
1909	4578		Rosie BRISTOW	02:00:56.7	01:59:51.6	FV35	175	Female	462		00:56:10.8	01:30:52.1
1910	1286		David LAWSON	02:00:58.9	01:58:50.2	MV50	178	Male	1447		00:55:21.4	01:30:17.9
1911	4789		Rhian WARREN-COX	02:00:59.9	01:57:09.7	FV35	176	Female	463		00:55:57.6	01:30:18.1
1912	2199		Stacie WILLIS	02:01:00.2	01:59:28.6	FV35	177	Female	464	ABBEY FLYERS	00:54:42.3	01:30:16.6
1913	3568		Gavin GREEN	02:01:01.4	02:00:25.9	SenM	782	Male	1448		00:53:39.5	01:29:52.4
1914	4712		Craig DAVIES	02:01:01.9	01:58:33.2	SenM	783	Male	1449		00:56:15.8	01:30:22.6
1915	1723		Rhys POWELL	02:01:02.6	01:58:36.2	SenM	784	Male	1450		00:56:19.3	01:30:47.9
1916	4820		Rhys DAVIES	02:01:02.7	01:59:27.4	SenM	785	Male	1451		00:57:22.8	01:31:52.3
1917	2248		Henrik Arthur HEDEGAARD	02:01:03.1	01:58:37.6	SenM	786	Male	1452		00:53:25.5	01:28:00.1
1918	4943		Adrienne POWELL	02:01:03.5	02:00:41.4	SenF	198	Female	465		00:55:38.1	01:30:48.1
1919	1622		Jen Danger HARDING	02:01:03.6	01:59:08.7	SenF	199	Female	466		00:55:15.4	01:30:33.9
1920	5349		Laura ONSLOW	02:01:05.0	02:00:39.7	SenF	200	Female	467		00:55:07.9	01:30:24.2
1921	5673		Faye PERRY	02:01:05.3	02:00:07.5	SenF	201	Female	468		00:53:16.1	01:29:26.7
1922	554		Darren PURCELL	02:01:05.8	01:59:00.0	All Ages	1	Male	1453		00:54:38.7	01:29:33.2
1923	4459		Megan DAVID	02:01:06.5	02:00:02.7	SenF	202	Female	469		00:56:14.7	01:31:25.1
1924	4394		Wesley EDWARDS	02:01:06.7	01:59:49.6	SenM	787	Male	1454		00:55:57.6	01:31:08.3
1925	5726		Leighton JONES	02:01:06.7	01:58:35.2	MV60+	35	Male	1455	3M GORSEINON ROAD RUNNERS	00:56:14.4	01:30:33.7
1926	4102		Zoe VEARY	02:01:07.1	01:59:47.3	SenF	203	Female	470		00:55:10.4	01:30:18.8
1927	5405		Kim RICKARD	02:01:07.5	02:00:58.9	FV45	83	Female	471		00:56:52.0	01:32:02.6
1928	5282		Ian LEWIS	02:01:08.2	01:59:30.3	SenM	788	Male	1456		00:57:35.0	01:31:36.6
1929	5353		Chris WINGATE	02:01:08.5	01:59:21.1	MV50	179	Male	1457		00:56:22.4	01:30:48.7
1930	2139		Tracy WARD	02:01:08.9	01:59:06.6	FV35	178	Female	472		00:55:30.5	01:30:58.9
1931	2140		Shelley STIFF	02:01:09.1	01:59:06.6	FV45	84	Female	473		00:55:30.4	01:30:58.6

1932	537		John SHEEHY	02:01:13.2	01:59:42.7	MV50	180	Male	1458		00:51:24.1	01:25:28.7
1933	16505		Kevin PUGH	02:01:13.2	01:58:43.9	Pacer	7	Male	1459		00:56:13.3	01:30:38.9
1934	1159		Simon MITCHESON	02:01:14.6	01:58:51.9	SenM	789	Male	1460		00:53:13.4	01:27:31.2
1935	3314		Michael BRUNGER	02:01:16.3	01:59:15.2	SenM	790	Male	1461		01:02:17.6	01:33:40.2
1936	71		Nathan GIBBONS	02:01:18.4	01:58:51.5	SenM	791	Male	1462		00:55:20.1	01:29:36.8
1937	128		Emma WHEELER	02:01:18.5	01:58:58.5	FV45	85	Female	474		00:56:38.6	01:31:25.5
1938	468		Peter KETTLETY	02:01:20.4	01:58:56.8	MV50	181	Male	1463		00:55:46.5	01:30:32.9
1939	786		Joanne POPHAM	02:01:21.5	01:58:38.8	FV45	86	Female	475		00:53:57.6	01:29:37.5
1940	2832		Steve COLE	02:01:23.1	01:59:10.4	MV40	448	Male	1464		00:57:11.4	01:32:00.6
1941	3250		Alys COOTES	02:01:23.3	01:58:01.1	SenF	204	Female	476		00:56:59.3	01:30:44.0
1942	436		Gareth THOMAS	02:01:26.1	01:59:57.1	MV40	449	Male	1465		00:55:09.4	01:29:38.2
1943	234		Robert BEVAN	02:01:27.9	01:58:57.0	MV40	450	Male	1466		00:55:22.1	01:30:37.4
1944	70		Craig GAMBELL	02:01:28.2	01:58:57.7	SenM	792	Male	1467		00:55:22.4	01:30:38.3
1945	817		Duncan LA BARRE	02:01:28.6	01:59:19.4	SenM	793	Male	1468		00:54:27.2	01:30:12.3
1946	799		Kieran POLLEY	02:01:29.8	01:59:02.3	SenM	794	Male	1469		00:56:14.4	01:29:23.2
1947	2689		Carys KNIGHT	02:01:30.3	02:01:12.1	SenF	205	Female	477		00:52:50.3	01:29:37.9
1948	1312		Andrew MORSE	02:01:31.4	01:59:56.5	SenM	795	Male	1470		00:54:52.2	01:29:59.8
1949	796		Steven PRICE	02:01:33.1	02:00:00.9	MV40	451	Male	1471		00:54:10.8	01:29:47.4
1950	5692		Kirsty MORGAN	02:01:35.5	02:00:18.9	SenF	206	Female	478		00:51:24.0	01:28:37.5
1951	1582		Dee THOMAS	02:01:35.9	01:59:54.2	FV45	87	Female	479		00:54:35.8	01:29:58.6
1952	5779		Claire ASDAMS	02:01:36.1	02:00:37.4	FV35	179	Female	480		00:55:24.3	01:30:28.9
1953	1419		Jason KEYWOOD	02:01:36.3	01:59:35.6	MV40	452	Male	1472		00:54:31.2	01:29:40.5
1954	2092		Steve DAVIS	02:01:37.9	02:00:35.9	MV50	182	Male	1473		00:54:19.5	01:30:19.7
1955	4766		Palvinder SINGH	02:01:38.1	01:59:40.6	MV40	453	Male	1474	REFAIL RUNNERS	00:56:26.5	01:30:48.8
1956	4832		Sharon SMITH	02:01:38.8	01:59:46.9	FV45	88	Female	481	PONTYPRIDD ROADENTS	00:56:36.0	01:30:54.5
1957	5833		Michelle BUCKNER	02:01:41.1	02:00:16.3	SenF	207	Female	482		00:54:29.9	01:30:30.2
1958	1343		Nicola RYLETT	02:01:42.1	01:59:23.7	FV35	180	Female	483		00:56:24.0	01:30:48.7
1959	4172		Nerys MONAGHAN	02:01:42.3	01:59:55.8	FV35	181	Female	484		00:56:07.4	01:30:39.9
1960	473		Brian BEAMISH	02:01:44.3	02:00:22.1	MV50	183	Male	1475		00:52:09.7	01:27:48.7
1961	4852		Lydia BUNDY	02:01:45.0	01:59:42.0	SenF	208	Female	485		00:56:12.9	01:30:52.9
1962	3727		Kate D'ARCY	02:01:48.2	02:00:39.1	SenF	209	Female	486		00:56:51.9	01:31:26.8
1963	405		Mark WHITTAKER	02:01:51.6	01:59:21.7	SenM	796	Male	1476		00:55:40.2	01:30:16.1
1964	5781		Kelly BENNETT	02:01:51.9	02:00:59.8	SenF	210	Female	487		00:54:32.3	01:30:03.7
1965	2830		Chris COUTTS	02:01:56.4	02:01:09.6	MV50	184	Male	1477		00:54:57.8	01:30:33.0
1966	2703		Darran D'ANGELO	02:01:59.1	01:58:41.4	SenM	797	Male	1478		00:56:19.7	01:29:45.9
1967	5309		Vanessa CRACKNELL	02:02:00.8	02:01:11.3	FV55+	9	Female	488	BLACKWATER VALLEY RUNNERS	00:54:55.0	01:30:50.4
1968	5783		Jon CHARLES	02:02:00.9	02:00:15.5	MV40	454	Male	1479		00:56:36.9	01:31:21.8
1969	3960		Dai ALLEN	02:02:02.2	01:59:36.2	SenM	798	Male	1480		00:56:46.1	01:30:50.7
1970	5487		Steve BALDWIN	02:02:02.3	02:01:00.2	MV40	455	Male	1481		00:55:03.5	01:30:05.4
1971	3734		Sam JONES	02:02:02.6	02:01:11.4	SenM	799	Male	1482		00:57:35.5	01:33:32.9
1972	3362		Rachel JONES	02:02:04.2	02:00:18.2	FV35	182	Female	489		00:57:16.3	01:32:20.6
1973	1593		Alison HOLTON	02:02:04.9	02:00:06.0	FV35	183	Female	490	PARC BRYN BACH RC	00:56:28.1	01:31:27.0
1974	1138		Joanne CLATWORTHY	02:02:06.2	02:00:16.9	FV35	184	Female	491		00:53:12.0	01:28:52.7
1975	1457		Suzanne STEPHENS	02:02:09.0	01:59:44.1	FV35	185	Female	492		00:55:12.0	01:30:39.8

1976	3918		Dayle SEPPMAN	02:02:09.9	02:00:14.9	SenM	800	Male	1483		00:57:03.8	01:31:40.2
1977	5745		Claire LAWLER	02:02:10.2	01:59:25.0	FV35	186	Female	493		00:55:56.8	01:30:40.5
1978	3248		Chris JENKINS	02:02:11.7	02:01:53.1	SenM	801	Male	1484		00:56:13.8	01:32:00.6
1979	2953		Judith NICHOLS	02:02:12.7	02:01:04.8	FV35	187	Female	494		00:55:23.0	01:30:22.9
1980	1014		Paul WHEEL	02:02:14.3	01:59:35.7	MV40	456	Male	1485		00:54:53.1	01:30:24.2
1981	4294		Ceri STEPHENS	02:02:14.3	01:57:36.8	SenM	802	Male	1486		00:53:20.1	01:28:01.1
1982	4223		Julia BURGESS	02:02:15.7	02:01:08.8	FV35	188	Female	495	DRAGONS RUNNING CLUB	00:55:02.5	01:30:24.0
1983	1001		Paul REES	02:02:17.1	01:59:40.5	MV50	185	Male	1487	3M GORSEINON ROAD RUNNERS	00:55:59.8	01:30:46.5
1984	1002		Linda REES	02:02:17.2	01:59:40.7	FV55+	10	Female	496	3M GORSEINON ROAD RUNNERS	00:55:59.9	01:30:46.5
1985	936		Mark CAMPION	02:02:18.4	01:59:33.1	MV40	457	Male	1488		00:52:17.1	01:29:56.3
1986	4115		Fiona MORRIS	02:02:18.4	02:00:58.9	SenF	211	Female	497		00:55:03.1	01:30:19.1
1987	194		Jon MORRIS	02:02:23.4	01:59:49.8	SenM	803	Male	1489		00:54:38.6	01:29:39.8
1988	4048		Peter SLEE	02:02:23.8	02:01:08.9	MV40	458	Male	1490		00:56:36.5	01:31:50.5
1989	3257		Stephanie SOCZEWKO-EVANS	02:02:25.2	02:00:38.8	SenF	212	Female	498		00:57:12.8	01:32:21.2
1990	861		Richard OTTEN	02:02:28.0	01:59:49.6	MV50	186	Male	1491		00:53:40.3	01:28:14.4
1991	6334		Jon FRANKLIN	02:02:28.0	02:00:32.3	MV40	459	Male	1492		00:56:22.9	01:31:08.0
1992	2927		William THOMAS	02:02:28.7	02:00:31.4	SenM	804	Male	1493		00:57:16.1	01:32:46.8
1993	3360		Jay MAXTED	02:02:29.5	02:02:24.9	SenM	805	Male	1494		00:55:48.8	01:31:10.7
1994	2205		Alex WHEARITY	02:02:29.6	02:02:24.9	SenM	806	Male	1495	READING JOGGERS	00:55:48.5	01:31:09.2
1995	914		Gabriela JIGA-BOY	02:02:30.0	02:00:49.2	FV35	189	Female	499		00:54:16.8	01:30:38.2
1996	6428		Lucy MCCOBB	02:02:30.7	02:00:54.2	FV35	190	Female	500		00:55:07.5	01:30:48.0
1997	1623		Stuart MARSH	02:02:32.3	02:00:40.3	MV40	460	Male	1496		00:51:00.6	01:28:47.8
1998	487		Claire JAMES	02:02:32.9	02:00:24.5	FV45	89	Female	501	RUN4ALL NEATH	00:54:10.1	01:29:34.3
1999	5879		Kevin FRANCIS	02:02:32.9	01:58:06.6	MV40	461	Male	1497		00:57:19.0	01:30:48.7
2000	2213		Jennifer DIGWEED	02:02:36.5	02:00:25.9	FV35	191	Female	502		00:56:25.7	01:31:51.9
2001	1690		Natalie WALKER	02:02:37.1	02:00:08.8	FV35	192	Female	503	CAERLEON RC	00:56:05.3	01:30:21.7
2002	3020		Hannah LEWIS	02:02:37.1	02:02:21.4	SenF	213	Female	504		00:56:13.7	01:31:56.3
2003	1691		Claire DOUGLAS	02:02:37.2	02:00:07.8	FV35	193	Female	505	CAERLEON RC	00:56:06.1	01:30:21.1
2004	4460		Rebecca GEORGE	02:02:37.2	02:00:19.4	SenF	214	Female	506		00:58:30.4	01:33:17.2
2005	5757		Matthew BAKER	02:02:38.8	02:01:07.5	SenM	807	Male	1498	CHARD ROAD RUNNERS	00:59:21.4	01:34:16.6
2006	2605		Stuart COTTERELL	02:02:39.5	02:00:03.9	MV50	187	Male	1499		00:56:50.6	01:32:32.3
2007	4401		Steven JAMES	02:02:39.6	02:01:47.6	MV40	462	Male	1500		00:55:48.6	01:31:13.0
2008	3057		Debbie GARNER	02:02:39.8	02:02:18.5	FV35	194	Female	507	SOSPAN ROAD RUNNERS	00:56:01.2	01:31:44.3
2009	2124		Kay COLE	02:02:40.4	01:59:04.7	FV45	90	Female	508	SOUTHVILLE RC	00:59:35.5	01:33:53.4
2010	412		John PARKINSON	02:02:41.1	02:00:50.9	MV60+	36	Male	1501		00:54:45.9	01:29:18.1
2011	2624		Sophie LLOYD	02:02:42.2	01:59:07.3	SenF	215	Female	509		00:55:15.2	01:30:05.1
2012	2623		Nina JONES	02:02:42.6	01:59:07.4	SenF	216	Female	510		00:55:12.9	01:30:05.5
2013	3771		Rory O'BRIEN	02:02:43.9	01:58:44.7	SenM	808	Male	1502		00:55:56.4	01:29:42.7
2014	652		Deanne JONES	02:02:44.4	02:00:53.1	FV35	195	Female	511		00:52:55.2	01:29:13.9
2015	3366		Nicola FITCHETT	02:02:45.3	02:00:59.4	FV35	196	Female	512		00:57:14.4	01:32:22.0
2016	1432		Rebecca THOMAS	02:02:45.8	02:00:55.6	SenF	217	Female	513		00:53:53.7	01:29:14.1
2017	3909		Alison BRAVIN	02:02:45.9	02:01:31.6	FV35	197	Female	514		00:57:34.6	01:32:21.9
2018	134		Alex WHITEHEAD	02:02:46.2	02:01:09.5	SenM	809	Male	1503		00:55:43.6	01:31:27.0
2019	5704		Andreas ARTEMIOU	02:02:47.4	02:01:17.0	SenM	810	Male	1504		00:54:12.1	01:29:51.7

2020	5190		Richard JAMES	02:02:48.2	02:00:49.8	MV60+	37	Male	1505	PEEL ROAD RUNNERS	00:56:34.2	01:31:19.7
2021	1579		Lewis WHITE	02:02:50.5	02:00:50.5	SenM	811	Male	1506		00:56:34.9	01:31:14.9
2022	2736		Darren JONES	02:02:51.2	02:02:39.8	MV40	463	Male	1507		00:55:31.2	01:31:36.9
2023	1324		Jodie OLSON	02:02:52.8	02:01:26.9	SenF	218	Female	515		00:56:10.9	01:32:12.7
2024	4356		Beverley SOLES	02:02:52.9	02:01:27.0	FV35	198	Female	516		00:56:19.2	01:31:27.6
2025	5881		Tanya DAVIES	02:02:53.2	02:01:27.6	FV35	199	Female	517		00:56:21.3	01:31:27.8
2026	649		Andrew TOFT	02:02:54.0	02:02:47.8	MV50	188	Male	1508	CARDIGAN RUNNING CLUB	00:53:45.1	01:29:40.5
2027	5544		Andrew SMITH	02:02:54.0	02:02:28.9	SenM	812	Male	1509		00:53:56.2	01:30:15.7
2028	5548		Richard ABBOTT	02:02:54.6	02:02:48.1	MV40	464	Male	1510		00:53:43.5	01:29:43.0
2029	5158		David SPENCER	02:02:55.0	02:02:08.5	MV40	465	Male	1511		00:55:16.4	01:31:16.2
2030	495		Sarah FISH	02:02:55.2	02:01:56.0	FV35	200	Female	518		00:56:04.1	01:31:42.3
2031	3968		Chris TUCKER	02:02:59.2	01:59:46.3	MV40	466	Male	1512		00:55:51.4	01:29:56.4
2032	5357		Nicola OSTROVSCHI-VASS	02:02:59.2	02:01:24.0	FV35	201	Female	519	HATHERLETES	00:58:24.1	01:33:14.6
2033	5055		Kimberley BOND	02:02:59.3	02:02:56.7	SenF	219	Female	520		00:56:21.0	01:31:59.8
2034	496		Samantha SINGH	02:03:02.9	02:00:42.7	FV45	91	Female	521		00:55:35.0	01:31:10.1
2035	6420		Cheryl PARKHOUSE	02:03:03.1	02:00:43.1	FV35	202	Female	522		00:55:35.4	01:31:08.3
2036	4469		Manjit BAJWA	02:03:05.5	02:02:16.9	FV45	92	Female	523		00:53:47.4	01:30:42.5
2037	2170		Samantha JENKS	02:03:05.9	02:01:37.9	FV35	203	Female	524		00:55:22.4	01:30:26.8
2038	1852		Leigh WELCH	02:03:06.0	02:01:02.7	FV45	93	Female	525		00:55:23.6	01:31:18.3
2039	4346		Mark WORRALL	02:03:07.2	02:02:11.0	MV50	189	Male	1513	CWM OGWR RUNNING CLUB	00:54:53.8	01:30:07.8
2040	1022		Allen STARK	02:03:11.6	02:01:06.0	SenM	813	Male	1514	MUMBLES MILERS	00:52:57.6	01:29:09.0
2041	207		Paul JENKINS	02:03:12.5	02:02:53.7	MV40	467	Male	1515	SOUTH WALES EVENING POST	00:56:31.1	01:31:24.0
2042	2784		Frank MATEO	02:03:12.6	02:02:52.9	MV50	190	Male	1516		00:59:56.8	01:34:16.2
2043	2819		Chris MARDON	02:03:12.9	02:02:11.8	SenM	814	Male	1517		00:56:47.3	01:32:41.9
2044	5100		Simon GRIFFITHS	02:03:13.0	02:03:07.2	SenM	815	Male	1518		00:57:02.7	01:34:04.3
2045	4997		Stephen EVANS	02:03:13.1	02:02:06.8	MV40	468	Male	1519		00:55:55.0	01:30:30.2
2046	518		Tony MATTHEWS	02:03:13.8	02:02:16.4	MV40	469	Male	1520		00:54:14.3	01:30:34.6
2047	1725		Mark HAYES	02:03:15.4	02:01:33.8	SenM	816	Male	1521		00:55:41.3	01:30:55.1
2048	3372		Nigel FRENCH	02:03:15.5	02:03:04.2	MV40	470	Male	1522		00:54:02.2	01:30:51.8
2049	4260		Ryn HARRIES	02:03:15.8	02:01:41.7	FV35	204	Female	526		00:56:02.4	01:31:36.7
2050	6440		Steve WAYGOOD	02:03:15.9	02:00:42.6	MV50	191	Male	1523	FOREST OF DEAN ATHLETICS CLUB	00:54:29.2	01:29:19.0
2051	4261		Dafydd HARRIES	02:03:16.1	02:01:41.7	SenM	817	Male	1524		00:56:01.1	01:31:36.3
2052	949		Anne EVANS	02:03:17.4	02:01:12.8	FV35	205	Female	527		00:56:07.6	01:31:48.8
2053	5582		John MORAN	02:03:17.9	02:02:25.0	SenM	818	Male	1525	SWANSEA HARRIERS	00:54:41.8	01:31:24.0
2054	3329		Suzanne LONGMAN	02:03:18.0	02:01:21.3	FV35	206	Female	528		00:56:26.8	01:31:48.1
2055	3770		Louise RHYDDERCH	02:03:18.9	02:02:39.3	SenF	220	Female	529		00:58:34.5	01:34:18.3
2056	5798		Michelle WEBB	02:03:19.1	02:01:31.5	FV35	207	Female	530	SOUTHVILLE RC	00:56:58.0	01:32:00.9
2057	4463		Bridget LAFFERTY	02:03:19.4	02:02:06.3	SenF	221	Female	531		00:54:14.5	01:29:52.1
2058	4516		Lisa HEMBURY	02:03:19.5	02:02:48.5	SenF	222	Female	532		00:57:39.6	01:33:09.3
2059	1278		Mark HEMBURY	02:03:19.9	02:02:49.2	MV50	192	Male	1526		00:57:39.9	01:33:09.6
2060	1399		Joe WALTERS	02:03:19.9	02:00:31.1	SenM	819	Male	1527		00:54:00.1	01:28:06.4
2061	5367		Mark POWELL	02:03:20.5	02:01:12.0	MV40	471	Male	1528		00:58:46.8	01:32:24.2
2062	2658		Steven RICHARDS	02:03:20.7	02:01:12.1	MV40	472	Male	1529		00:58:46.6	01:32:26.4
2063	3541		Mark JAMES	02:03:21.9	01:59:53.3	SenM	820	Male	1530		00:56:40.1	01:30:25.0

2064	1643		Paul VINCENT	02:03:22.3	02:00:53.3	SenM	821	Male	1531		00:55:03.3	01:30:43.9
2065	5765		Mark WELLS	02:03:22.3	02:03:22.3	MV40	473	Male	1532		00:55:43.6	01:32:10.1
2066	4276		Sam WILMOTT	02:03:23.1	02:00:53.3	SenM	822	Male	1533		00:55:03.6	01:30:43.5
2067	239		Dan JONES	02:03:24.6	02:02:18.0	SenM	823	Male	1534		00:52:00.6	01:28:37.9
2068	2903		Lynsey DREWETT	02:03:26.8	02:01:40.7	SenF	223	Female	533		00:56:19.3	01:32:01.6
2069	2794		Victoria FORD	02:03:28.6	02:02:17.2	FV45	94	Female	534		00:57:46.2	01:33:12.9
2070	5534		Catherine NEWMAN	02:03:29.2	02:02:48.8	FV35	208	Female	535		00:56:30.7	01:32:39.0
2071	6423		Patricia EAST	02:03:30.9	02:00:48.3	FV45	95	Female	536		00:54:20.8	01:30:23.7
2072	4826		Bethan FORD	02:03:31.0	02:01:38.9	SenF	224	Female	537	PONTYPRIDD ROADENTS	00:56:36.1	01:30:54.1
2073	279		John SANDERSON	02:03:33.2	02:02:49.1	MV50	193	Male	1535	3M GORSEINON ROAD RUNNERS	00:54:55.3	01:31:27.5
2074	3869		Emma FORTUNE	02:03:34.1	02:03:34.1	FV35	209	Female	538		00:54:04.0	01:30:59.1
2075	1642		Michelle GOOCH	02:03:37.0	02:02:21.2	FV45	96	Female	539		00:56:50.5	01:32:13.8
2076	2141		Michael STIFF	02:03:37.9	02:01:34.6	MV50	194	Male	1536		00:56:12.2	01:30:58.3
2077	4864		Matthew JONES	02:03:39.4	02:02:58.3	SenM	824	Male	1537		00:55:22.8	01:30:53.2
2078	3197		Christopher HOCKLEY	02:03:40.1	02:03:28.0	MV40	474	Male	1538		00:58:22.3	01:33:50.6
2079	1150		Anthony ISAAC	02:03:40.9	02:01:32.8	MV40	475	Male	1539		00:54:47.4	01:30:53.0
2080	1322		Kayleigh WILDING	02:03:42.1	02:01:20.5	SenF	225	Female	540		00:56:04.5	01:30:58.9
2081	4968		Thomas DAVY	02:03:43.1	02:01:51.7	SenM	825	Male	1540		00:57:12.7	01:32:26.1
2082	4923		Gwenllian FROST	02:03:43.8	02:03:14.5	FV35	210	Female	541		00:56:37.5	01:32:44.8
2083	4937		Peter OLDFIELD	02:03:44.2	02:01:49.3	MV50	195	Male	1541		00:57:03.6	01:32:12.3
2084	3028		Sarah LEWIS	02:03:44.4	02:02:34.1	FV35	211	Female	542		00:57:14.9	01:32:42.1
2085	372		Bethan HERBERT-EVANS	02:03:44.5	02:01:53.0	SenF	226	Female	543		00:57:59.2	01:33:10.0
2086	1474		Gareth JONES	02:03:44.8	02:02:27.5	SenM	826	Male	1542		00:52:16.5	01:29:27.3
2087	3653		Delyth CRIMES	02:03:45.7	02:01:55.0	FV45	97	Female	544	SARN HELEN	00:57:07.4	01:32:36.3
2088	5503		Charlotte TEMPLETON	02:03:46.1	02:02:39.5	SenF	227	Female	545		00:59:01.3	01:34:03.0
2089	1234		Catherine JONES	02:03:46.6	02:01:48.9	SenF	228	Female	546		00:54:24.5	01:30:19.2
2090	2851		Kate BURTON	02:03:47.8	02:03:38.2	FV35	212	Female	547		00:56:32.2	01:32:27.0
2091	69		Mark PICTON	02:03:48.9	02:02:22.6	MV50	196	Male	1543		00:54:10.5	01:30:03.8
2092	3421		Jane HARWOOD	02:03:50.1	02:01:57.4	SenF	229	Female	548		00:54:14.7	01:29:26.3
2093	1207		Rachel BIGGAR	02:03:50.3	02:01:39.9	SenF	230	Female	549		00:56:42.6	01:32:26.1
2094	86		Tamsin JOSTY	02:03:52.3	02:03:01.1	FV45	98	Female	550		00:57:35.4	01:33:33.0
2095	240		Lucy THOMAS	02:03:52.8	02:02:41.1	FV35	213	Female	551		00:57:45.6	01:33:10.7
2096	5540		Tracey CASSIDY	02:03:53.6	02:03:49.3	FV45	99	Female	552	WOMEN ON THE RUN	00:56:14.2	01:33:06.6
2097	3997		Christina WILLIAMS	02:03:53.9	02:03:50.6	FV45	100	Female	553		00:56:18.1	01:32:52.1
2098	2250		Juan SEGURA	02:03:55.5	02:02:21.7	SenM	827	Male	1544		00:57:10.6	01:31:46.8
2099	5193		Mark SMITH	02:03:57.2	02:03:15.0	MV50	197	Male	1545		00:56:10.0	01:32:07.6
2100	3578		William LANCHBURY	02:03:57.3	01:59:13.8	SenM	828	Male	1546		00:57:08.4	01:30:57.4
2101	1833		Timothy BEAUMONT	02:03:57.8	02:02:34.7	SenM	829	Male	1547		00:57:40.6	01:33:06.1
2102	3624		Lorraine ANDREWS	02:03:58.0	02:03:48.4	FV35	214	Female	554		00:55:49.9	01:33:05.2
2103	1520		Joanne MARSHALL	02:03:58.3	02:02:20.9	FV35	215	Female	555		00:57:36.8	01:33:09.4
2104	4796		Joanne CLEMENTS	02:03:59.5	02:02:49.9	FV45	101	Female	556		00:57:42.8	01:33:45.6
2105	6356		Chloe GASTON	02:03:59.8	02:02:45.3	SenF	231	Female	557		00:54:22.5	01:29:56.9
2106	1657		Craig LEWIS	02:04:00.1	02:01:37.9	SenM	830	Male	1548		00:54:15.3	01:28:44.8
2107	1615		Geoff MARKEY	02:04:00.4	02:01:56.5	MV40	476	Male	1549	CALDICOT RUNNING CLUB	00:56:03.6	01:32:04.4



2108	1239		Dafydd LEWIS	02:04:00.7	02:02:24.6	MV40	477	Male	1550	FETCH EVERYONE RUNNING CLUB	00:56:12.2	01:32:13.2
2109	4999		Richard TAYLOR	02:04:01.9	02:01:48.4	MV50	198	Male	1551		00:57:44.5	01:34:45.6
2110	5724		Carra CARTER	02:04:02.3	02:01:30.3	FV35	216	Female	558	RUN4ALL NEATH	00:55:47.1	01:31:25.6
2111	5285		Joanne HAMADI	02:04:06.1	02:02:44.6	SenF	232	Female	559		00:57:37.8	01:32:55.2
2112	1503		Catriona SMITH	02:04:09.0	02:02:28.8	SenF	233	Female	560		00:52:05.5	01:28:38.3
2113	384		Kim WELLS	02:04:09.1	02:04:05.3	FV35	217	Female	561		00:57:25.2	01:33:32.6
2114	364		Clive POUND	02:04:10.1	02:01:45.0	MV40	478	Male	1552		00:55:27.1	01:30:42.3
2115	1587		Kanisorn JANRUNGSRI	02:04:10.1	02:02:12.2	SenM	831	Male	1553	JOE BOO	00:55:20.5	01:31:30.1
2116	553		Russell JONES	02:04:11.4	02:02:01.5	All Ages	2	Male	1554		00:53:53.3	01:30:08.0
2117	4730		Anne EVANS	02:04:13.8	02:04:02.5	FV55+	11	Female	562		00:56:59.6	01:33:12.0
2118	3170		Tina GABB	02:04:14.2	02:04:11.2	FV35	218	Female	563		00:56:18.5	01:33:25.7
2119	5784		Trina LINEY	02:04:15.7	02:02:29.4	FV35	219	Female	564		00:55:24.1	01:29:43.8
2120	1158		Barry COX	02:04:15.8	02:01:58.7	SenM	832	Male	1555		00:57:31.6	01:33:07.8
2121	5790		Nina PATTON	02:04:17.0	02:00:48.3	SenF	234	Female	565		00:57:16.6	01:31:30.4
2122	1866		Toby ARCHER	02:04:18.5	02:02:07.1	SenM	833	Male	1556		00:53:04.5	01:28:53.8
2123	421		Jonathan PYE	02:04:18.8	02:02:07.5	SenM	834	Male	1557		00:53:04.8	01:28:53.9
2124	3750		Clare BENNETT	02:04:20.3	02:03:22.9	FV45	102	Female	566		00:57:46.3	01:33:40.9
2125	6250		Alex WILLIAMS	02:04:20.3	02:01:06.3	SenF	235	Female	567		00:59:47.3	01:35:08.7
2126	5667		David GABE	02:04:20.6	02:03:13.4	MV50	199	Male	1558		00:56:28.6	01:32:31.5
2127	5516		Jo MOTTO	02:04:21.9	02:03:48.8	FV45	103	Female	568	CORSHAM RUNNING CLUB	00:56:41.2	01:32:46.9
2128	5708		Leigh MARTIN	02:04:21.9	02:02:14.5	MV50	200	Male	1559	CHIPPENHAM HARRIERS	00:53:42.5	01:30:49.5
2129	5749		David CHURCHILL	02:04:23.7	02:02:46.7	SenM	835	Male	1560		00:57:12.3	01:32:13.9
2130	748		Leigh BESLEY	02:04:24.3	02:02:05.9	SenM	836	Male	1561		00:54:27.2	01:31:22.3
2131	5063		Angie APLIN	02:04:24.8	02:03:51.8	FV35	220	Female	569	CORSHAM RUNNING CLUB	00:56:41.1	01:32:46.8
2132	237		Phill CARLISLE	02:04:25.4	02:02:12.0	MV50	201	Male	1562		00:56:31.2	01:31:52.8
2133	6127		Artur KUREC	02:04:26.0	01:59:44.1	MV40	479	Male	1563		00:56:13.0	01:30:42.8
2134	2849		Neal LEWIS	02:04:27.5	02:04:17.4	SenM	837	Male	1564		00:54:17.9	01:31:17.2
2135	3841		Lauren Jayne HARRIS	02:04:27.8	02:01:37.8	SenF	236	Female	570		00:58:19.1	01:33:02.9
2136	5680		Christian FOX	02:04:29.8	02:02:10.6	MV40	480	Male	1565		00:56:30.4	01:32:00.9
2137	1967		Voidemar TOMUSK	02:04:30.5	02:02:57.0	MV50	202	Male	1566		00:55:58.0	01:32:30.5
2138	4099		Julie DUNN	02:04:31.3	02:02:13.1	FV35	221	Female	571		00:59:15.2	01:33:43.1
2139	1380		Brett JONES	02:04:32.4	02:02:13.4	MV40	481	Male	1567	LES CROUPIERS RC	00:56:24.4	01:31:23.5
2140	4449		Sara DAVIES	02:04:32.6	02:02:12.3	FV45	104	Female	572		00:57:30.6	01:32:46.6
2141	463		Jaynie RANCE	02:04:33.9	02:02:48.8	FV45	105	Female	573	FETCH EVERYONE RUNNING CLUB	00:55:15.9	01:31:22.6
2142	3074		Chris STENLAKE	02:04:34.6	02:04:19.3	SenM	838	Male	1568		00:55:43.3	01:30:56.0
2143	4025		See Foon SIOW	02:04:35.9	02:00:59.7	MV40	482	Male	1569		00:56:14.5	01:31:15.3
2144	2136		Neil DURBIN	02:04:37.0	02:02:11.9	SenM	839	Male	1570		00:56:15.3	01:31:00.1
2145	5156		Della PYKETT	02:04:37.1	02:03:53.0	FV45	106	Female	574		00:56:28.1	01:33:34.3
2146	5761		Rebecca HUGHES	02:04:37.4	02:03:51.8	SenF	237	Female	575		00:55:51.1	01:31:45.5
2147	4090		Amy CLINCH	02:04:38.9	02:03:16.2	SenF	238	Female	576		00:54:29.6	01:31:24.9
2148	3294		Dawn CORAM	02:04:39.7	02:02:03.3	FV35	222	Female	577		00:59:37.1	01:34:13.8
2149	4237		Louise-Anna FAIRBANK	02:04:39.8	02:04:08.5	SenF	239	Female	578		00:55:52.4	01:32:15.9
2150	3760		Megan COLBECK	02:04:40.0	02:02:44.6	SenF	240	Female	579		00:55:56.7	01:31:51.6
2151	2721		Ruth REES	02:04:41.1	02:03:21.1	FV35	223	Female	580		00:57:05.9	01:33:00.9

2152	404		David WILLIAMS	02:04:41.2	02:02:10.5	SenM	840	Male	1571		00:56:17.8	01:31:15.0
2153	153		Laura CRADDOCK	02:04:41.5	02:03:21.7	FV35	224	Female	581		00:57:05.6	01:33:00.9
2154	3047		Fiona ROGERS	02:04:41.7	02:04:00.4	SenF	241	Female	582		00:57:46.4	01:34:11.7
2155	6330		Arfon EDWARDS	02:04:42.2	02:02:25.1	SenM	841	Male	1572	RUN4ALL NEATH	00:57:33.5	01:33:15.8
2156	1519		Chris CHAMBOST	02:04:43.2	02:03:06.3	SenM	842	Male	1573		00:51:22.6	01:30:21.1
2157	5225		Anne GOULDING	02:04:44.9	02:04:42.9	FV35	225	Female	583		00:56:31.7	01:33:40.5
2158	4900		Chris JAMES	02:04:45.5	02:03:59.5	MV40	483	Male	1574		00:55:37.9	01:30:58.5
2159	686		Natalie ECKLEY	02:04:46.8	02:03:09.2	SenF	242	Female	584		00:55:16.8	01:31:34.4
2160	3027		Wayne EVANS	02:04:46.8	02:01:10.5	MV40	484	Male	1575		00:55:56.8	01:30:29.4
2161	4869		Karl JOHNSON	02:04:47.3	02:02:57.9	SenM	843	Male	1576		00:54:41.8	01:29:37.4
2162	1682		Geraint JONES	02:04:47.4	02:02:54.6	SenM	844	Male	1577		00:57:11.3	01:32:24.6
2163	6196		Daniel GRAY	02:04:47.4	02:03:44.6	SenM	845	Male	1578		00:57:02.0	01:31:45.5
2164	5345		Sandor PACZ	02:04:47.5	02:03:31.9	SenM	846	Male	1579		01:01:14.2	01:36:05.6
2165	5504		Rachel TEMPLETON	02:04:47.8	02:03:41.2	SenF	243	Female	585		00:59:01.5	01:34:01.1
2166	5502		Robert TEMPLETON	02:04:47.9	02:03:41.4	MV50	203	Male	1580		00:59:01.6	01:34:01.1
2167	3378		Darren HASTE	02:04:48.0	02:02:59.3	SenM	847	Male	1581		00:58:57.8	01:33:50.7
2168	2890		Alex BEYNON	02:04:48.8	01:59:13.5	SenM	848	Male	1582		00:52:39.1	01:29:15.8
2169	460		Iain ROBERTSON	02:04:49.8	02:02:26.3	MV40	485	Male	1583		00:56:31.2	01:32:49.5
2170	524		Sarah HAWKER	02:04:56.0	02:02:59.8	FV35	226	Female	586		00:57:57.3	01:33:31.9
2171	3907		Tracy DRUMMOND-GOVIER	02:04:56.2	02:02:59.6	FV45	107	Female	587		00:57:57.1	01:33:31.2
2172	4070		Nino WILLIAMS	02:04:56.5	02:04:39.1	MV40	486	Male	1584		00:53:51.9	01:31:54.4
2173	196		Megan SELBY	02:04:58.9	02:03:59.9	SenF	244	Female	588		00:56:14.5	01:33:59.1
2174	3870		Sara THOMPSON	02:05:01.1	02:03:13.3	FV35	227	Female	589		00:55:52.6	01:32:30.4
2175	5688		Mitchell BOSSE	02:05:01.7	02:03:30.3	SenM	849	Male	1585		00:51:58.1	01:31:11.2
2176	5261		Haidee WYATT	02:05:02.4	02:04:53.5	FV55+	12	Female	590		00:58:15.0	01:34:33.9
2177	4768		Gareth COPLEY	02:05:03.2	02:03:05.5	SenM	850	Male	1586	REFAIL RUNNERS	00:56:28.5	01:31:47.5
2178	1456		Owain WOODWARD	02:05:04.1	02:02:22.7	SenM	851	Male	1587		00:52:07.5	01:27:22.2
2179	5311		Hannah GEORGE	02:05:05.4	02:01:53.8	SenF	245	Female	591		00:56:20.3	01:30:33.1
2180	1825		Bethan ROBERTS	02:05:06.6	02:03:20.5	FV45	108	Female	592	BLACK PEAR JOGGERS	00:57:08.1	01:33:18.4
2181	5411		Blaine JONES	02:05:07.0	02:03:06.9	SenM	852	Male	1588		00:58:56.3	01:33:35.0
2182	1310		Jessica BOANAS	02:05:07.8	02:02:36.1	FV35	228	Female	593		00:55:09.7	01:31:20.0
2183	4408		Paul THOMAS	02:05:08.9	02:04:57.0	MV50	204	Male	1589		00:57:43.9	01:33:24.9
2184	2735		Amy SKINNER	02:05:09.4	02:03:50.5	SenF	246	Female	594		00:57:50.0	01:33:30.1
2185	1347		Jodie WILLIAMS	02:05:09.9	02:02:40.3	SenF	247	Female	595	LES CROUPIERS RC	00:56:12.7	01:32:01.2
2186	486		Rhodri PEARCE	02:05:12.6	02:03:40.8	SenM	853	Male	1590		00:53:14.1	01:31:39.3
2187	3975		Rory MCKENZIE	02:05:15.8	02:03:21.5	SenM	854	Male	1591		00:57:08.7	01:32:13.1
2188	4750		Nicola MEANEY	02:05:15.8	02:03:24.0	FV35	229	Female	596		00:58:10.8	01:34:00.7
2189	133		Graham ADAMS	02:05:19.3	02:00:35.9	MV40	487	Male	1592		00:57:09.6	01:30:57.4
2190	633		Jana WEIDEMANN	02:05:19.5	02:03:13.3	SenF	248	Female	597		00:56:18.7	01:31:59.5
2191	4159		Benjamin RAICHOUDHURY	02:05:19.8	02:04:00.7	MV60+	38	Male	1593		00:58:11.8	01:34:33.7
2192	5107		Owen THOMAS	02:05:20.6	02:03:12.1	SenM	855	Male	1594		00:55:17.8	01:31:27.4
2193	5727		Stuart HOWE	02:05:20.7	02:02:44.9	SenM	856	Male	1595		00:55:04.3	01:31:19.0
2194	3736		Gavin WEST	02:05:20.8	02:04:47.6	SenM	857	Male	1596		00:58:42.1	01:34:53.5
2195	5044		Shaw JONES	02:05:21.3	02:03:22.8	SenM	858	Male	1597	PONTYPOOL & DISTRICT RUNNERS	00:57:13.3	01:33:20.7

2196	290		Arthur Darren QUINN	02:05:21.8	02:04:13.9	SenM	859	Male	1598		00:55:23.0	01:30:34.4
2197	5689		John DUGGAN	02:05:22.1	02:02:54.2	MV60+	39	Male	1599		00:56:19.4	01:32:26.4
2198	5690		Emily DUGGAN	02:05:22.3	02:02:54.4	SenF	249	Female	598		00:56:17.7	01:32:26.5
2199	4828		Nathan VUKASHIN JONES	02:05:23.2	02:05:12.4	SenM	860	Male	1600	PONTYPRIDD ROADENTS	00:55:13.5	01:34:17.8
2200	1434		Richard MARKS	02:05:23.8	02:03:13.7	MV50	205	Male	1601		00:54:35.5	01:31:58.9
2201	4899		Jayne WALTERS	02:05:24.2	02:01:36.5	FV35	230	Female	599	PONTYPOOL & DISTRICT RUNNERS	00:57:34.7	01:32:50.8
2202	3958		Simon CURSIO	02:05:24.5	02:02:23.9	MV40	488	Male	1602		00:57:06.0	01:31:54.3
2203	6249		Colin THACKRAY	02:05:24.9	02:04:17.4	MV50	206	Male	1603		00:58:12.1	01:34:36.3
2204	1096		Richard JENKINS	02:05:25.2	02:04:38.7	SenM	861	Male	1604		00:56:28.2	01:32:44.7
2205	260		Mark EAKINS	02:05:26.9	02:03:24.0	MV40	489	Male	1605	3M GORSEINON ROAD RUNNERS	00:55:49.6	01:32:24.2
2206	1611		Kay DIXON	02:05:26.9	02:03:01.3	FV35	231	Female	600	ISLWYN RC	00:55:36.3	01:32:44.2
2207	261		Louise EAKINS	02:05:27.0	02:03:24.5	FV45	109	Female	601	3M GORSEINON ROAD RUNNERS	00:55:49.9	01:32:24.6
2208	4709		Bernadette FRANCIS	02:05:27.4	02:05:08.4	MV50	207	Male	1606		00:54:47.4	01:31:01.9
2209	4264		Alexandra TWIGG	02:05:29.1	02:04:40.3	SenF	250	Female	602		00:56:39.8	01:33:56.4
2210	998		Kev FITZGERALD	02:05:30.3	02:03:03.1	MV60+	40	Male	1607		00:54:44.0	01:30:57.6
2211	3451		Tamsin KING	02:05:30.7	02:03:21.2	FV35	232	Female	603		01:00:22.0	01:35:36.9
2212	3503		Sharon SMITH	02:05:30.9	02:03:21.4	FV35	233	Female	604		01:00:21.8	01:35:36.4
2213	3833		Bernard EASLING	02:05:32.0	02:03:23.0	SenM	862	Male	1608		00:58:18.4	01:35:04.2
2214	2659		Jo EDWARDS	02:05:32.6	02:03:44.4	FV45	110	Female	605		00:57:10.7	01:32:52.5
2215	1681		Julie DAVIES	02:05:32.8	02:03:36.2	FV45	111	Female	606	LLISWERRY RUNNERS	00:58:40.3	01:34:36.2
2216	5448		Tim ANDREWES	02:05:33.1	02:05:04.7	SenM	863	Male	1609		00:58:52.9	01:35:35.3
2217	4344		Paul HARRIS	02:05:34.6	02:03:55.1	MV40	490	Male	1610		00:56:51.3	01:31:56.4
2218	3463		Stephen SKUBALA	02:05:38.8	02:03:12.1	MV60+	41	Male	1611		00:59:25.4	01:34:58.3
2219	5547		Stephen MILLER-RATCLIFFE	02:05:39.3	02:05:09.5	MV40	491	Male	1612		00:56:47.3	01:33:21.8
2220	5834		Kenneth SPEIRS	02:05:40.2	02:03:43.5	SenM	864	Male	1613		00:57:02.9	01:32:51.7
2221	3393		Emma WILLIAMS	02:05:41.0	02:04:32.9	FV35	234	Female	607		00:58:09.6	01:34:51.4
2222	3454		Kirsty MEECH	02:05:41.3	02:03:46.8	SenF	251	Female	608		01:00:03.6	01:35:37.1
2223	3291		Gabrielle SEMMENS	02:05:41.4	02:03:20.1	SenF	252	Female	609		00:58:10.7	01:32:02.0
2224	2836		Tim O'KELLY	02:05:42.1	02:04:41.4	SenM	865	Male	1614		00:56:04.7	01:32:38.9
2225	3407		Katherine BRACE	02:05:42.6	02:03:43.3	FV35	235	Female	610		00:58:59.8	01:34:21.4
2226	4922		Stewart HOLE	02:05:44.4	02:05:18.0	SenM	866	Male	1615		00:56:43.1	01:33:07.8
2227	4929		Gareth ROSE	02:05:44.5	02:05:18.0	SenM	867	Male	1616		00:56:43.1	01:33:08.3
2228	1546		Anne FOLLAN	02:05:44.6	02:03:08.9	FV45	112	Female	611		00:57:49.5	01:34:09.5
2229	3147		Tracey MACKAY	02:05:44.9	02:05:43.0	FV35	236	Female	612		00:56:15.1	01:33:35.4
2230	1498		Nigel ADAMS	02:05:45.0	02:04:01.8	MV50	208	Male	1617	PENARTH & DINAS RUNNERS	00:53:56.4	01:32:00.9
2231	4994		Joanna BURRIDGE	02:05:45.1	02:03:19.0	SenF	253	Female	613		00:56:14.0	01:31:37.6
2232	5223		Ramhari POUDYAL	02:05:45.1	02:05:42.8	MV40	492	Male	1618		00:56:49.5	01:34:11.1
2233	4716		Claire O'CONNOR	02:05:45.6	02:03:53.9	FV35	237	Female	614	MERTHYR RUNNING CLUB	00:58:12.9	01:34:00.9
2234	223		Julie JONES	02:05:49.0	02:03:58.4	FV45	113	Female	615		00:56:51.3	01:33:22.0
2235	680		Megan PRESCOTT	02:05:49.3	02:04:13.9	SenF	254	Female	616		00:55:06.8	01:33:01.2
2236	1037		Thomas GORE	02:05:49.5	02:04:13.3	SenM	868	Male	1619		00:55:06.0	01:33:00.1
2237	1785		Harald FLOMMERSFELD	02:05:50.7	02:04:11.3	MV50	209	Male	1620		00:57:07.8	01:33:20.3
2238	2249		Sabine SAVELSBERG	02:05:50.8	02:04:11.4	SenM	869	Male	1621		00:57:07.5	01:33:17.5
2239	2702		Darren WILLIAMS	02:05:50.9	02:05:03.4	SenM	870	Male	1622		00:51:56.9	01:29:09.3

2240	1353		Dan WEBB	02:05:53.3	02:03:52.3	MV40	493	Male	1623		00:54:33.9	01:32:03.7
2241	1075		Gareth DAVIES	02:05:54.6	02:05:33.2	MV40	494	Male	1624	BRIDGEND AC	01:00:13.1	01:36:18.7
2242	3971		Leah GRINT	02:05:55.3	02:05:17.8	SenF	255	Female	617		00:56:33.9	01:33:24.0
2243	5039		Alun JONES	02:05:55.3	02:03:38.6	MV40	495	Male	1625		00:57:35.1	01:33:45.5
2244	1083		Richard GARRATT	02:05:56.7	02:04:16.5	MV40	496	Male	1626	CWM OGWR RUNNING CLUB	00:54:33.7	01:32:07.6
2245	1410		Carolyn WINDOS	02:05:56.7	02:04:07.0	FV55+	13	Female	618	CORNELLY STRIDERS AC	00:54:53.8	01:31:58.2
2246	4548		Adam LODY	02:05:57.1	02:05:42.3	SenM	871	Male	1627		00:57:57.5	01:35:00.3
2247	4806		Adam ROBINSON	02:05:58.1	02:03:22.7	SenM	872	Male	1628		00:58:03.8	01:32:57.0
2248	2622		David JOHN	02:05:59.6	02:05:14.3	MV50	210	Male	1629		00:58:54.7	01:35:08.3
2249	3046		Daniel THOMAS	02:06:00.6	02:01:48.2	SenM	873	Male	1630		00:54:39.6	01:29:50.0
2250	3212		Andrew JONES	02:06:01.2	02:03:39.5	MV50	211	Male	1631		00:57:59.1	01:32:55.0
2251	1592		Charles HAWORTH-BOOTH	02:06:01.7	02:03:24.3	SenM	874	Male	1632		00:56:11.0	01:31:17.6
2252	389		Kathy LEWIS	02:06:04.1	02:04:14.6	FV55+	14	Female	619		00:56:53.4	01:33:26.1
2253	4419		Darren HALPIN	02:06:05.2	02:03:37.2	MV40	497	Male	1633		00:58:39.9	01:33:57.3
2254	4420		Sharon HALPIN	02:06:05.3	02:03:37.1	FV35	238	Female	620		00:58:39.4	01:33:57.1
2255	6448		Andrew GRUNDY	02:06:05.7	02:04:49.2	SenM	875	Male	1634	ASHFORD TRI	00:50:04.8	01:28:51.1
2256	1175		Carys PARR	02:06:05.7	02:04:04.1	FV35	239	Female	621		00:56:08.4	01:31:50.1
2257	2874		Wyn JENKINS	02:06:06.3	02:05:48.1	SenM	876	Male	1635		00:56:00.7	01:32:46.7
2258	4410		Lee PHILLIPS	02:06:06.5	02:02:54.4	SenM	877	Male	1636		00:54:01.8	01:30:44.5
2259	1966		Susannah RICHMOND	02:06:10.1	02:03:57.2	FV45	114	Female	622		00:55:36.9	01:32:59.5
2260	4655		Louise MORDUE	02:06:11.5	02:04:55.2	FV35	240	Female	623		00:58:22.5	01:35:07.1
2261	4700		Gethin STILL	02:06:13.5	02:06:08.0	SenM	878	Male	1637		00:56:55.6	01:34:25.4
2262	3888		Craig JAMES	02:06:15.8	02:05:31.3	SenM	879	Male	1638		00:55:45.8	01:31:57.2
2263	1378		Delyth MURRAY LINES	02:06:16.1	02:04:11.7	FV35	241	Female	624		00:56:39.4	01:33:23.7
2264	4982		Sarah GREGORY	02:06:17.2	02:06:06.8	SenF	256	Female	625		00:58:34.8	01:35:22.4
2265	1391		Lance ROBERTSON	02:06:18.1	02:04:02.0	MV40	498	Male	1639		00:57:02.0	01:33:40.0
2266	3154		Emma MARTIN-JEWELL	02:06:19.9	02:03:44.4	FV35	242	Female	626		00:56:12.1	01:32:49.9
2267	2615		Ali MCCOWLIFF	02:06:23.9	02:04:24.0	SenF	257	Female	627		00:57:57.9	01:34:03.0
2268	5482		Helen FRANKLIN	02:06:24.0	02:06:19.4	FV45	115	Female	628		00:56:12.3	01:34:00.5
2269	2728		Karen MARSHALL	02:06:25.8	02:03:05.8	FV45	116	Female	629		00:59:53.9	01:34:54.8
2270	4815		Samuel JOHNSTON	02:06:28.4	02:04:14.9	SenM	880	Male	1640		00:57:51.9	01:33:00.2
2271	324		James REED	02:06:29.8	02:03:55.3	MV40	499	Male	1641		00:54:09.5	01:31:24.4
2272	5333		Janine HAYNES	02:06:29.9	02:06:21.3	FV45	117	Female	630	CRAWLEY SAINTS AND SINNERS	00:58:46.3	01:37:10.9
2273	5736		Helen JENKINS	02:06:30.0	02:06:03.3	SenF	258	Female	631		00:56:57.5	01:34:33.2
2274	2939		Hilary VAUGHAN	02:06:30.3	02:04:04.4	FV55+	15	Female	632		00:57:50.5	01:34:09.5
2275	2751		Liz DAVIES	02:06:31.2	02:05:06.2	FV35	243	Female	633		00:56:02.7	01:33:08.7
2276	4386		Alys LLOYD	02:06:33.1	02:06:07.8	SenF	259	Female	634		00:55:57.8	01:32:12.6
2277	1047		James BLAKE	02:06:34.5	02:04:28.8	MV50	212	Male	1642		00:56:48.4	01:32:33.8
2278	4671		Scott BURNELL	02:06:35.9	02:04:51.1	SenM	881	Male	1643		00:47:47.4	01:17:25.3
2279	4672		Natasha BURNELL	02:06:35.9	02:04:51.0	SenF	260	Female	635		00:47:47.5	01:17:24.9
2280	562		Chris JOHN	02:06:36.0	02:04:06.8	SenM	882	Male	1644		00:58:46.1	01:34:54.4
2281	1773		Sarah BARRY	02:06:37.1	02:04:32.7	FV35	244	Female	636		00:58:03.1	01:34:56.4
2282	2019		Andrew ARRAN	02:06:37.1	02:05:01.7	SenM	883	Male	1645		00:55:14.3	01:36:02.3
2283	2066		Carl HILLARD	02:06:38.6	02:05:19.9	MV40	500	Male	1646		00:54:46.1	01:32:37.1

2284	5796		Leah CAHILL	02:06:39.2	02:04:24.4	SenF	261	Female	637		00:55:19.0	01:34:10.0
2285	1902		Virginie FREZEL	02:06:41.4	02:04:22.3	FV45	118	Female	638		00:56:03.8	01:32:23.8
2286	5321		Sue BLACKWOOD	02:06:42.8	02:05:04.4	FV45	119	Female	639		00:59:31.4	01:35:17.2
2287	3808		Alex HUMPHREYS	02:06:43.0	02:04:28.5	SenM	884	Male	1647		01:00:39.2	01:36:13.1
2288	749		Oliver REES-STONER	02:06:47.0	02:05:04.2	SenM	885	Male	1648		00:55:09.9	01:31:38.5
2289	3563		Hannah ROBERTS	02:06:47.2	02:06:28.9	FV35	245	Female	640		00:56:09.0	01:33:30.9
2290	2812		Shereen LISK	02:06:47.9	02:05:18.5	FV35	246	Female	641		00:58:06.3	01:34:28.5
2291	1441		Natalie WILLIAMS	02:06:48.8	02:04:26.1	FV35	247	Female	642		00:58:04.1	01:34:01.7
2292	863		Wayne ISAAC	02:06:48.9	02:04:14.8	SenM	886	Male	1649		00:56:15.1	01:30:57.2
2293	1247		Gareth THORNE	02:06:48.9	02:04:16.2	MV50	213	Male	1650		00:56:19.4	01:33:02.6
2294	3935		Mark BANKHEAD	02:06:48.9	02:06:25.2	SenM	887	Male	1651	CORNELLY STRIDERS AC	00:57:40.0	01:34:25.2
2295	4329		Charlotte HARRIES	02:06:49.0	02:06:26.1	SenF	262	Female	643	CORNELLY STRIDERS AC	00:57:40.9	01:34:25.9
2296	693		Timothy MILLS	02:06:49.4	02:04:43.7	SenM	888	Male	1652		00:54:16.8	01:31:10.8
2297	5758		Gwyn DAVIES	02:06:49.6	02:06:40.1	MV40	501	Male	1653		00:56:06.6	01:33:43.5
2298	6052		Lwando Rueben SHENXANE	02:06:50.2	02:03:59.6	SenM	889	Male	1654		00:58:26.8	01:34:25.3
2299	242		Kerry WILLIAMS	02:06:50.7	02:05:54.0	SenM	890	Male	1655		00:50:13.9	01:29:59.3
2300	4938		Barbara GRAHAM	02:06:52.9	02:05:08.6	FV55+	16	Female	644	GRIFFITHSTOWN HARRIERS	00:57:12.2	01:33:04.4
2301	5515		Nigel CHAMBERLAIN	02:06:53.0	02:06:40.3	MV50	214	Male	1656		00:58:10.7	01:35:14.1
2302	3904		Daryl HARRIS	02:06:54.0	02:06:41.5	SenM	891	Male	1657		00:51:40.4	01:31:17.5
2303	777		Evan GOODMAN	02:06:54.1	02:04:22.2	MV50	215	Male	1658		00:55:43.3	01:32:02.6
2304	5318		Ishen PARAN	02:06:57.9	02:04:15.7	SenM	892	Male	1659		00:59:17.7	01:35:24.9
2305	5341		Ben BEYNON	02:06:59.6	02:06:17.3	SenM	893	Male	1660		00:54:14.6	01:31:25.0
2306	958		Mark EVANS	02:07:00.9	02:04:23.1	MV40	502	Male	1661		00:56:51.2	01:31:51.5
2307	304		Llyr TOBIAS	02:07:01.0	02:04:49.1	SenM	894	Male	1662		00:52:36.2	01:31:53.1
2308	5192		Michelle WALKER	02:07:03.1	02:06:44.1	FV45	120	Female	645		00:58:50.0	01:36:28.8
2309	3093		Carwyn WILLIAMS	02:07:03.6	02:03:13.6	MV40	503	Male	1663		00:56:52.4	01:32:37.4
2310	3137		Georgia SHOARE	02:07:04.7	02:07:02.3	SenF	263	Female	646		00:56:12.7	01:33:32.6
2311	4314		Cosmas NJONGORO	02:07:04.7	02:06:26.9	SenM	895	Male	1664		00:55:52.0	01:34:38.8
2312	3109		Lisa DAVIES	02:07:05.7	02:05:47.6	FV35	248	Female	647		01:01:17.8	01:37:18.2
2313	5514		Louise CHAMBERLAIN	02:07:07.9	02:06:55.4	FV55+	17	Female	648		01:00:37.3	01:37:12.2
2314	1315		Karl BISHOP	02:07:08.4	02:05:14.6	MV50	216	Male	1665	PONTYPOOL & DISTRICT RUNNERS	00:56:56.1	01:33:15.6
2315	519		Emma DUMMER	02:07:09.4	02:04:59.5	FV35	249	Female	649		00:55:43.8	01:32:41.7
2316	5721		Ellen SUGDEN	02:07:09.7	02:05:39.9	FV35	250	Female	650	PEGASUS RC	00:57:54.7	01:34:10.9
2317	4903		Jessica HARRIS	02:07:11.7	02:06:16.7	SenF	264	Female	651		00:58:01.5	01:34:34.4
2318	5815		Ian JONES	02:07:12.5	02:06:29.5	SenM	896	Male	1666		00:57:29.7	01:34:07.7
2319	3536		Liam JONES	02:07:13.2	02:03:41.6	SenM	897	Male	1667		00:58:10.6	01:33:58.6
2320	683		David MCFARLANE	02:07:13.7	02:05:00.2	MV40	504	Male	1668		00:53:35.3	01:30:38.3
2321	5051		Suzanne MCCARTHY	02:07:15.5	02:03:28.4	FV35	251	Female	652	PONTYPOOL & DISTRICT RUNNERS	00:58:05.9	01:33:56.0
2322	4252		Rhian DAVIES	02:07:16.3	02:06:56.2	SenF	265	Female	653		00:57:13.7	01:35:26.8
2323	3085		Mirain JONES	02:07:18.4	02:04:59.3	SenF	266	Female	654		01:01:00.7	01:35:48.4
2324	5801		Amanda DIXON	02:07:24.9	02:07:03.8	SenF	267	Female	655		00:54:19.5	01:31:42.4
2325	5443		Andrew JACKSON	02:07:25.0	02:05:43.1	MV60+	42	Male	1669		00:58:49.5	01:35:43.9
2326	3127		Oliver ORANGE	02:07:26.1	02:05:49.0	SenM	898	Male	1670		00:59:39.3	01:34:53.1
2327	4973		Aimee PEARCEY	02:07:26.8	02:03:52.8	SenF	268	Female	656		00:58:57.9	01:34:48.5

2328	1931		Jane THOMSON	02:07:28.8	02:05:58.8	FV45	121	Female	657		00:57:16.0	01:34:32.6
2329	3910		Elizabeth MURRAY	02:07:30.5	02:07:27.3	FV35	252	Female	658	RUN4ALL NEATH	00:57:38.3	01:35:53.8
2330	2697		Steve REES	02:07:30.7	02:04:59.6	MV40	505	Male	1671		00:58:43.7	01:35:30.1
2331	3023		Charlotte SCOTT	02:07:33.1	02:04:56.7	FV35	253	Female	659		00:58:55.6	01:35:25.8
2332	4000		Robert EVANS	02:07:36.9	02:07:01.1	SenM	899	Male	1672		00:59:09.5	01:36:40.4
2333	4515		Karen CHADWELL	02:07:37.5	02:07:37.4	FV45	122	Female	660	LES CROUPIERS RC	00:59:46.3	01:37:12.8
2334	4783		Stuart BALL	02:07:37.5	02:07:37.4	SenM	900	Male	1673	LES CROUPIERS RC	00:59:46.6	01:37:12.8
2335	530		Huw GRIFFITHS	02:07:38.1	02:06:06.4	SenM	901	Male	1674		01:01:20.4	01:37:52.9
2336	3387		Darren JONES	02:07:38.2	02:06:06.9	SenM	902	Male	1675		01:01:21.0	01:37:54.0
2337	3317		Joseph LYALL	02:07:38.4	02:06:06.8	SenM	903	Male	1676		01:01:20.9	01:37:53.7
2338	4889		Chris WATKINS	02:07:39.4	02:02:51.9	SenM	904	Male	1677	LLISWERRY RUNNERS	00:57:51.8	01:32:41.0
2339	3687		Frank Neil GRIFFITHS	02:07:40.1	02:07:11.0	MV60+	43	Male	1678		00:57:50.1	01:35:29.8
2340	3402		Jacqueline RODDICK	02:07:40.7	02:03:05.0	FV45	123	Female	661		00:58:38.5	01:33:46.5
2341	3331		Angela JAMES	02:07:41.7	02:06:08.4	FV35	254	Female	662		00:58:13.9	01:35:25.4
2342	5377		Lianne PARKINSON	02:07:41.9	02:06:41.9	FV45	124	Female	663		00:58:26.2	01:35:06.6
2343	4544		Kerry BARTROP	02:07:42.4	02:06:24.4	FV45	125	Female	664		00:57:57.7	01:34:30.0
2344	4485		Jade WILTSHIRE	02:07:43.3	02:04:12.8	SenF	269	Female	665		00:57:17.4	01:33:30.9
2345	4009		Michelle CHAPMAN	02:07:45.0	02:06:23.4	FV35	255	Female	666		00:57:22.9	01:34:27.8
2346	5804		Christopher THOMAS	02:07:45.3	02:04:16.7	MV40	506	Male	1679		00:55:37.7	01:31:38.3
2347	3478		Shaun DAVIES	02:07:45.9	02:07:43.1	MV40	507	Male	1680		00:57:19.5	01:35:44.9
2348	3559		Clare REES	02:07:46.5	02:06:19.6	FV35	256	Female	667	PONTARDAWE	00:59:45.1	01:37:09.4
2349	2740		Dave HOLLAND	02:07:46.8	02:04:12.6	MV50	217	Male	1681		00:57:18.1	01:32:52.3
2350	5732		Neale DAVIES	02:07:47.5	02:05:38.9	MV50	218	Male	1682		00:58:02.9	01:34:23.8
2351	5803		Kath HOLMES	02:07:48.8	02:06:14.3	FV45	126	Female	668		00:58:46.2	01:35:08.2
2352	1667		Elizabeth PARKER	02:07:50.6	02:05:53.7	FV35	257	Female	669	LLISWERRY RUNNERS	00:58:40.2	01:34:36.2
2353	3098		Sharon EASTLAKE	02:07:52.0	02:07:52.0	FV35	258	Female	670		00:57:10.0	01:35:14.7
2354	2856		Neil DAVIES	02:07:57.8	02:06:22.4	MV40	508	Male	1683		00:57:33.9	01:33:58.8
2355	209		Matthew WIGGALL	02:07:59.2	02:05:17.5	MV40	509	Male	1684		00:54:46.9	01:28:54.0
2356	5808		Suzy PRITCHARD	02:07:59.9	02:03:20.6	SenF	270	Female	671		00:58:01.0	01:33:12.6
2357	1989		Megan JAKEMAN	02:08:00.1	02:06:47.4	SenF	271	Female	672		00:54:57.4	01:34:21.2
2358	1991		Laura JAKEMAN	02:08:00.2	02:06:47.7	FV35	259	Female	673		00:54:37.6	01:34:20.8
2359	6248		Geraint BOUCHER	02:08:00.9	02:05:08.5	SenM	905	Male	1685		00:54:57.6	01:32:01.7
2360	3825		Christopher PHILLIPS	02:08:01.9	02:07:39.6	MV40	510	Male	1686	CLWB RHEDEG PONTARDAWE RUNNING CLUB	00:59:27.9	01:36:35.8
2361	6504		Rhian Sian MANSEL	02:08:02.1	02:07:35.0	SenM	906	Male	1687		00:57:47.7	01:35:18.0
2362	5265		John BUCKLE	02:08:02.4	02:06:37.6	MV60+	44	Male	1688		00:59:05.4	01:35:41.7
2363	1722		John READ	02:08:02.5	02:05:28.9	MV40	511	Male	1689		00:56:29.0	01:34:29.0
2364	3274		Kelvin WILLIAMS	02:08:02.7	02:05:34.8	MV50	219	Male	1690		01:00:44.7	01:36:43.2
2365	456		Mark BRANCHFLOWER	02:08:03.1	02:06:58.3	MV50	220	Male	1691		00:55:48.6	01:33:20.4
2366	3245		Andrew DRAGE	02:08:03.1	02:05:35.4	MV50	221	Male	1692		01:00:45.0	01:36:43.6
2367	4377		Claire GOLDSWORTHY	02:08:03.4	02:06:26.1	FV45	127	Female	674		00:58:17.1	01:35:20.8
2368	3200		Anthony DAVIES	02:08:03.7	02:06:33.9	MV50	222	Male	1693		01:00:53.5	01:37:18.6
2369	3184		Rebecca WILLIAMS	02:08:03.9	02:06:20.2	SenF	272	Female	675		00:59:45.9	01:36:12.0
2370	3668		Aled JOHN	02:08:05.0	02:06:30.2	SenM	907	Male	1694		00:54:37.9	01:33:19.7
2371	3438		Raymond JAMES	02:08:06.8	02:04:15.8	FV55+	18	Female	676	PORT TALBOT HARRIERS	00:59:09.5	01:35:22.2

2372	5717		Anita TUCKNUTT	02:08:07.6	02:06:06.6	FV35	260	Female	677		00:56:04.8	01:33:26.8
2373	5613		Kevin WILLIAMS	02:08:07.7	02:07:03.6	MV50	223	Male	1695		00:57:45.6	01:35:08.3
2374	3772		Abby JENKINS	02:08:10.7	02:07:07.6	SenF	273	Female	678		00:59:46.7	01:36:30.9
2375	5256		Rebecca LANGTON	02:08:12.6	02:06:14.9	SenF	274	Female	679		00:57:12.4	01:34:13.3
2376	4246		Graham BINGHAM	02:08:13.3	02:06:21.4	MV50	224	Male	1696		00:57:54.8	01:35:12.7
2377	682		Katie SLOAN	02:08:14.9	02:06:06.5	SenF	275	Female	680		00:56:45.7	01:34:06.3
2378	4949		Malgorzata PIOTROWSKA	02:08:15.9	02:06:19.9	FV35	261	Female	681	FAIRWATER CWMBRAN RUNNERS	00:59:18.5	01:35:19.9
2379	1356		Bridie EDWARDS	02:08:16.4	02:07:45.2	FV35	262	Female	682	LES CROUPIERS RC	00:53:53.0	01:33:01.3
2380	5851		Sara STANBURY	02:08:17.3	02:06:55.9	FV35	263	Female	683		01:00:16.1	01:36:05.1
2381	1359		Bridie EDWARDS	02:08:17.5	02:07:46.1	FV35	264	Female	684		00:53:51.6	01:33:00.4
2382	2882		Gerwyn TUMELTY	02:08:17.6	02:06:54.0	MV40	512	Male	1697		00:59:29.1	01:36:28.9
2383	3634		Priscilla WILSON	02:08:18.0	02:06:54.4	SenF	276	Female	685		00:59:29.1	01:36:30.1
2384	4985		Hannah DAVIES	02:08:18.4	02:07:25.2	SenF	277	Female	686		00:58:15.4	01:35:57.8
2385	573		Stephanie DREW	02:08:21.0	02:07:43.1	FV35	265	Female	687		00:56:38.1	01:34:27.2
2386	3964		Mark ARNOLD	02:08:21.6	02:07:53.5	MV50	225	Male	1698		01:00:18.2	01:37:10.0
2387	763		Rhys LEONARD	02:08:22.0	02:06:25.5	SenM	908	Male	1699		00:56:45.0	01:34:30.4
2388	5867		Elizabeth AMERY	02:08:22.9	02:05:44.4	SenF	278	Female	688		00:59:20.0	01:35:15.0
2389	1073		Heidi MORRIS-BARBER	02:08:23.3	02:06:09.6	FV35	266	Female	689		00:55:19.5	01:33:58.0
2390	1077		Emma LOYNS	02:08:23.4	02:05:52.1	FV35	267	Female	690	CWM OGWR RUNNING CLUB	00:56:55.3	01:34:00.8
2391	4673		Simon BALL	02:08:25.1	02:07:20.7	MV40	513	Male	1700		00:56:37.4	01:34:08.4
2392	3530		EI MITROPOULOU	02:08:25.3	02:06:24.1	SenF	279	Female	691		00:56:49.7	01:34:15.6
2393	1777		Richard SANGER	02:08:25.4	02:06:19.3	SenM	909	Male	1701		00:59:22.1	01:35:09.7
2394	3209		Alys CARLISLE	02:08:26.2	02:06:58.0	FV35	268	Female	692		00:58:59.3	01:34:33.8
2395	4100		Greg SMITH	02:08:29.6	02:06:05.3	MV40	514	Male	1702		01:00:00.4	01:36:05.4
2396	4082		Cerys ELLIS	02:08:30.1	02:07:04.3	SenF	280	Female	693		00:57:35.2	01:35:32.0
2397	4962		Sam POWELL	02:08:30.5	02:04:12.6	SenM	910	Male	1703		01:01:27.0	01:37:16.8
2398	4027		Peter CLEMENT	02:08:32.0	02:06:56.4	MV50	226	Male	1704		00:59:17.9	01:35:51.9
2399	4793		Helen HODGSON	02:08:32.3	02:08:13.6	FV35	269	Female	694		00:58:30.4	01:36:36.0
2400	2870		Lloyd WELLS	02:08:33.1	02:06:59.3	SenM	911	Male	1705		01:00:10.1	01:36:45.9
2401	219		Darren EVANS	02:08:33.8	02:06:10.3	MV40	515	Male	1706		00:58:12.5	01:34:58.4
2402	4756		Grant SHORTHOUSE	02:08:33.9	02:04:08.0	MV50	227	Male	1707		00:57:49.9	01:32:31.9
2403	5729		Sian O'CALLAGHAN	02:08:34.4	02:06:54.2	FV35	270	Female	695		00:55:01.9	01:33:31.7
2404	1428		Nigel REES	02:08:36.0	02:08:10.0	MV40	516	Male	1708		00:55:22.2	01:32:56.5
2405	2648		Lisa-Marie HASSALL	02:08:36.6	02:08:26.7	SenF	281	Female	696		00:56:26.3	01:35:11.4
2406	4450		Lucy JONES	02:08:38.0	02:06:03.7	SenF	282	Female	697		00:56:12.6	01:34:43.5
2407	1945		Andrew GREENWOOD	02:08:40.7	02:06:28.7	SenM	912	Male	1709		00:58:07.8	01:35:18.6
2408	5355		Nick JONES	02:08:40.7	02:07:08.1	SenM	913	Male	1710		00:59:46.7	01:36:14.7
2409	5354		Darian COLE	02:08:40.8	02:07:08.5	SenF	283	Female	698		00:59:46.9	01:36:15.0
2410	797		Anthony O'CONNELL	02:08:41.1	02:06:27.1	MV40	517	Male	1711		00:55:21.1	01:32:43.2
2411	3323		Lyndsey JONES	02:08:41.2	02:07:00.8	SenF	284	Female	699		00:58:19.7	01:34:46.5
2412	2126		Anna THOMAS	02:08:41.5	02:06:21.8	FV45	128	Female	700	EMERSONS GREEN RUNNING CLUB	00:56:37.4	01:34:54.1
2413	1423		Dale WILLIAMS	02:08:41.6	02:06:56.4	SenM	914	Male	1712		00:57:35.2	01:36:11.9
2414	4711		Rebecca MORGAN	02:08:41.6	02:06:13.5	SenF	285	Female	701		00:56:47.3	01:34:24.6
2415	854		Kathryn KEARNEY	02:08:42.5	02:07:23.1	FV45	129	Female	702	RUN4ALL NEATH	00:57:36.9	01:35:08.9

2416	4310		Teri POWIS	02:08:43.1	02:07:27.4	FV35	271	Female	703		00:56:36.6	01:34:22.4
2417	5146		Clare HUGHES	02:08:43.4	02:07:12.0	FV35	272	Female	704		00:57:31.6	01:34:38.9
2418	2756		Vanessa BOYETT	02:08:43.8	02:05:16.3	FV35	273	Female	705	TROTS RC	00:56:56.3	01:33:21.4
2419	3801		Karys THOMAS	02:08:44.7	02:05:57.5	SenF	286	Female	706		00:59:15.9	01:35:21.0
2420	4966		Claire ORFORD	02:08:45.7	02:08:05.8	FV35	274	Female	707	CAERLEON RC	00:57:33.1	01:36:01.5
2421	3628		Frances HARRISON	02:08:51.7	02:04:32.3	FV45	130	Female	708		00:58:41.2	01:34:11.4
2422	4996		Vaida REKLAITYTE	02:08:52.9	02:07:43.8	SenF	287	Female	709		00:56:58.0	01:34:18.8
2423	4180		Adam WILLIAMS-PARRY	02:08:53.7	02:08:04.6	SenM	915	Male	1713		00:55:57.3	01:32:37.2
2424	2008		David JONES	02:08:54.6	02:07:26.1	MV60+	45	Male	1714	NEWENT RUNNERS	00:55:33.9	01:33:50.4
2425	6341		Liz TOBIN	02:08:55.3	02:08:52.2	FV35	275	Female	710	RUN4ALL NEATH	00:57:38.7	01:36:21.0
2426	3815		Greig HARRIS	02:08:56.8	02:04:22.5	SenM	916	Male	1715		00:55:10.5	01:32:44.6
2427	3146		Sian WATERS	02:08:58.9	02:05:32.4	FV35	276	Female	711		00:59:19.5	01:35:53.4
2428	3160		Hayley CARMAN	02:08:58.9	02:05:32.9	FV35	277	Female	712		00:59:19.8	01:35:53.7
2429	3149		Ailsa JONES	02:08:59.0	02:05:33.2	SenF	288	Female	713		00:59:19.9	01:35:53.7
2430	3908		Katy HARRIS	02:08:59.1	02:08:51.6	SenF	289	Female	714		00:56:06.7	01:34:31.9
2431	722		Jonathan BEYNON	02:09:00.1	02:06:44.2	MV40	518	Male	1716		00:56:36.9	01:34:06.9
2432	4326		Alex SIMPER	02:09:02.0	02:08:22.3	SenM	917	Male	1717		00:55:17.0	01:32:58.0
2433	3577		Kelly MORGAN	02:09:02.8	02:07:36.3	FV35	278	Female	715		00:59:43.2	01:37:09.3
2434	3533		Mair DAVIES	02:09:03.1	02:08:41.4	SenF	290	Female	716	CLWB RHEDEG PONTARDAWE RUNNING CLUB	00:59:27.9	01:36:53.7
2435	4468		Suzi JONES	02:09:03.5	02:08:26.7	FV35	279	Female	717		00:59:59.3	01:37:29.4
2436	2818		Jason FOLEY	02:09:04.9	02:08:46.8	MV40	519	Male	1718		00:59:17.6	01:37:54.6
2437	5053		Jo SMAILES	02:09:05.3	02:07:04.5	FV45	131	Female	718		01:00:00.2	01:37:19.7
2438	4065		Hannah CHILDS	02:09:06.3	02:06:45.9	FV35	280	Female	719		01:00:39.6	01:36:54.4
2439	1444		Julie TOY	02:09:07.3	02:06:42.9	FV45	132	Female	720	MERTHYR RUNNING CLUB	00:57:29.2	01:35:37.0
2440	4724		Peter STEVENS	02:09:07.5	02:08:05.3	MV40	520	Male	1719		00:55:21.4	01:31:36.4
2441	3290		Michael SEMMENS	02:09:07.6	02:06:45.5	SenM	918	Male	1720		00:58:10.1	01:34:24.2
2442	5831		Gemma MEWSE	02:09:07.6	02:07:51.9	SenF	291	Female	721		00:58:34.5	01:35:43.3
2443	3102		Richard James SELICK	02:09:07.8	02:04:33.8	SenM	919	Male	1721		00:58:32.5	01:34:08.8
2444	5496		Emma WILLCOX	02:09:10.7	02:07:35.3	SenF	292	Female	722		00:58:35.8	01:35:30.2
2445	2884		Sharon SMART	02:09:11.7	02:07:34.2	FV45	133	Female	723		00:58:17.0	01:35:22.7
2446	5822		Brian MINNEY	02:09:14.0	02:07:32.0	MV60+	46	Male	1722		01:00:03.1	01:36:09.4
2447	3579		Ken STEELE	02:09:14.7	02:07:02.5	MV50	228	Male	1723		01:00:38.5	01:37:38.6
2448	2243		Jozef MARHEFKA	02:09:17.5	02:06:40.7	SenM	920	Male	1724		00:58:11.2	01:35:54.8
2449	2244		Monika MARHEFKOVA	02:09:17.7	02:06:41.1	SenF	293	Female	724		00:58:11.5	01:35:55.1
2450	3510		Sara HERBERT	02:09:21.7	02:06:23.1	FV35	281	Female	725		01:01:42.7	01:37:48.2
2451	4632		Michael BRAIN	02:09:25.8	02:06:03.0	SenM	921	Male	1725		01:00:43.9	01:35:49.1
2452	2859		Gareth WORGAN	02:09:26.7	02:08:52.2	SenM	922	Male	1726		00:55:39.0	01:33:06.2
2453	931		Helen LALOR	02:09:26.9	02:07:21.4	SenF	294	Female	726		00:56:49.9	01:35:08.7
2454	3963		Jack MIDWINTER	02:09:32.7	02:08:42.1	SenM	923	Male	1727		00:54:53.8	01:34:10.4
2455	2950		Catherine HARWOOD	02:09:33.1	02:08:21.2	FV35	282	Female	727		00:59:53.4	01:37:19.3
2456	5711		Rosaria BURKE	02:09:34.9	02:08:13.3	SenF	295	Female	728		00:58:40.1	01:36:05.2
2457	1829		Jason HARVEY	02:09:37.4	02:08:54.9	SenM	924	Male	1728		00:57:33.8	01:36:21.8
2458	5199		Katie HARVEY	02:09:38.4	02:08:55.7	SenF	296	Female	729		00:57:36.5	01:36:24.3
2459	3295		Chris HALL	02:09:39.3	02:07:50.4	MV40	521	Male	1729		00:56:31.4	01:34:55.5



2460	4615		Claire MORSE	02:09:39.6	02:09:27.1	FV35	283	Female	730		00:55:34.0	01:35:02.8
2461	1454		Catherine LLEWELLYN	02:09:41.4	02:07:38.6	FV45	134	Female	731	MERTHYR RUNNING CLUB	00:57:44.0	01:35:15.4
2462	5110		Hayley MCNICHOLAS	02:09:41.9	02:07:52.1	SenF	297	Female	732		01:00:09.3	01:37:06.6
2463	3703		Emily MEDWAY	02:09:42.5	02:06:28.7	SenF	298	Female	733		01:02:24.8	01:38:42.2
2464	3036		Rhys HOWELLS	02:09:42.6	02:08:27.5	SenM	925	Male	1730		00:57:31.9	01:34:55.4
2465	3757		Amie DAVIES	02:09:44.2	02:09:29.9	FV35	284	Female	734		00:59:13.1	01:37:56.4
2466	3991		Georgia SCOTT	02:09:45.9	02:08:47.8	SenF	299	Female	735		00:58:06.3	01:37:46.4
2467	5014		Tracy BURTON	02:09:46.5	02:07:09.6	FV55+	19	Female	736	LLISWERRY RUNNERS	00:58:50.3	01:35:19.3
2468	5806		Sarah BEAMISH	02:09:46.6	02:09:27.6	FV35	285	Female	737	LLISWERRY RUNNERS	00:57:30.9	01:36:24.4
2469	4375		Hannah GARDNER	02:09:49.3	02:08:36.1	FV35	286	Female	738		00:58:39.1	01:36:24.7
2470	3550		Corinne SLOLEY	02:09:50.8	02:08:01.6	SenF	300	Female	739		00:58:36.9	01:35:37.8
2471	457		Marc LOGAN	02:09:51.3	02:07:46.6	SenM	926	Male	1731		00:55:00.5	01:32:01.6
2472	2902		Dominic BARLOW	02:09:51.4	02:09:18.4	SenM	927	Male	1732		00:59:39.4	01:38:34.8
2473	4061		Geraint ROBBINS	02:09:51.5	02:06:40.1	SenM	928	Male	1733		00:57:42.4	01:35:03.0
2474	4831		Fiona CAMPBELL	02:09:55.1	02:08:03.7	FV35	287	Female	740	PONTYPRIDD ROADENTS	00:59:38.3	01:37:10.7
2475	3424		Emma WEAVER	02:09:55.4	02:08:21.9	FV35	288	Female	741		01:00:21.1	01:37:48.2
2476	5785		Louise KIRBY	02:09:57.7	02:09:50.0	FV45	135	Female	742	PARC BRYN BACH RC	00:59:06.0	01:37:04.5
2477	4087		Paula SHEPHERD	02:09:59.1	02:08:42.6	FV45	136	Female	743		01:01:49.6	01:38:04.5
2478	4086		Brian SHEPHERD	02:09:59.4	02:08:42.8	MV50	229	Male	1734		01:01:49.0	01:38:04.5
2479	5465		Rob OBEE	02:10:03.7	02:08:44.7	MV40	522	Male	1735		01:00:38.7	01:37:47.3
2480	5789		Beth CUMMINGS	02:10:07.0	02:06:35.9	FV35	289	Female	744		00:58:44.0	01:36:01.7
2481	4917		Richard PARRY	02:10:07.2	02:09:39.2	MV40	523	Male	1736		00:57:23.0	01:35:32.5
2482	2076		Andrew MORGAN	02:10:07.4	02:07:44.9	SenM	929	Male	1737		00:54:41.3	01:30:57.4
2483	4211		Francis MULLETT	02:10:07.6	02:08:59.4	SenM	930	Male	1738		01:01:31.4	01:38:18.4
2484	4212		Laura MULLETT	02:10:07.6	02:08:59.5	SenF	301	Female	745		01:01:31.2	01:38:18.6
2485	705		Rich HART	02:10:10.3	02:07:34.2	SenM	931	Male	1739		01:00:15.1	01:37:05.4
2486	4972		Ailsa BURRIDGE	02:10:10.3	02:09:18.6	FV45	137	Female	746		01:00:54.1	01:38:40.1
2487	2212		Robert KRATY	02:10:10.6	02:07:34.6	SenM	932	Male	1740		01:00:15.7	01:37:05.6
2488	3944		Terisa MADDISON	02:10:10.9	02:08:02.1	FV45	138	Female	747		00:59:51.0	01:37:01.2
2489	297		Josh PEARSON	02:10:11.4	02:08:38.3	SenM	933	Male	1741		00:56:44.4	01:34:52.5
2490	3942		Gina SOUTHAM	02:10:11.7	02:07:30.5	FV35	290	Female	748		01:00:23.6	01:36:58.7
2491	5407		Hayley EDWARDS	02:10:11.8	02:08:42.7	SenF	302	Female	749		01:01:20.7	01:38:08.4
2492	1465		Claire JONES	02:10:13.5	02:07:50.1	FV45	139	Female	750	MERTHYR RUNNING CLUB	00:58:09.4	01:36:33.6
2493	3584		Carra CARTER	02:10:14.2	02:07:57.4	FV35	291	Female	751		00:57:41.5	01:34:48.7
2494	81		Adam MCBRIDE	02:10:15.7	02:10:15.7	SenM	934	Male	1742		00:51:51.9	01:36:34.5
2495	5170		Jon HEARNSHAW	02:10:17.4	02:09:10.3	SenM	935	Male	1743		00:59:00.4	01:36:58.6
2496	5119		Elizabeth HOBBS	02:10:17.6	02:10:07.4	SenF	303	Female	752		00:58:19.3	01:36:49.7
2497	5799		Ursula PRITCHARD	02:10:18.7	02:08:45.0	FV35	292	Female	753		01:00:51.0	01:41:32.6
2498	4810		Deirdre ROBERTS	02:10:19.6	02:08:29.8	FV35	293	Female	754		00:59:27.8	01:36:48.2
2499	105		Linda WOZENCROFT	02:10:20.2	02:08:04.5	FV45	140	Female	755		00:59:03.7	01:35:33.9
2500	1412		Emma ADDIS	02:10:20.5	02:08:38.6	FV35	294	Female	756		00:57:11.8	01:35:50.0
2501	1413		Wyn THOMAS	02:10:20.5	02:08:38.8	MV40	524	Male	1744		00:57:01.4	01:35:38.4
2502	4509		Sarah HANCOCK	02:10:22.5	02:08:28.9	FV35	295	Female	757		00:59:37.6	01:36:59.3
2503	648		Barry MORGAN	02:10:22.6	02:08:12.0	SenM	936	Male	1745		01:01:46.9	01:37:20.3

2504	804		Cai WILLIAMS	02:10:24.2	02:08:57.3	SenM	937	Male	1746	RUN4ALL NEATH	01:00:29.2	01:38:09.4
2505	3235		Ken BLACKIE	02:10:24.4	02:09:21.2	MV50	230	Male	1747		01:01:24.9	01:38:34.2
2506	2700		Gareth WILLIAMS	02:10:24.7	02:07:13.9	SenM	938	Male	1748		00:58:29.0	01:35:20.8
2507	5653		Sai GADDIPATI	02:10:26.1	02:09:02.9	SenM	939	Male	1749		00:58:05.0	01:36:47.0
2508	2773		Chris HOLLOWAY	02:10:27.3	02:09:35.8	SenM	940	Male	1750		00:53:48.3	01:33:09.7
2509	140		Angela FRIAR	02:10:28.5	02:08:10.8	FV35	296	Female	758		00:57:31.8	01:35:53.3
2510	4918		Dyvina PARRY	02:10:29.3	02:10:01.9	FV35	297	Female	759		00:57:25.8	01:36:47.7
2511	4312		Jim LYONS	02:10:30.0	02:08:58.2	SenM	941	Male	1751		01:01:28.5	01:38:07.1
2512	164		Simon MORRIS	02:10:31.3	02:07:53.2	MV40	525	Male	1752		01:00:43.7	01:37:10.5
2513	5636		Dia MOUSE	02:10:34.4	02:08:45.2	MV40	526	Male	1753		01:00:45.4	01:37:34.0
2514	5855		Sarah BISHOP	02:10:34.4	02:08:45.0	FV35	298	Female	760		01:00:45.2	01:37:34.2
2515	3575		Beth CREASER	02:10:34.6	02:07:18.8	SenF	304	Female	761		00:59:15.0	01:36:20.5
2516	4499		Allan WATERS	02:10:35.4	02:07:52.5	SenM	942	Male	1754		01:00:47.4	01:37:29.8
2517	4777		Thomas FARMHAM	02:10:35.5	02:10:04.9	SenM	943	Male	1755		00:58:10.3	01:36:37.0
2518	4427		Klara WAGG	02:10:35.6	02:09:17.3	FV35	299	Female	762		00:59:19.0	01:37:39.3
2519	5356		Mark EAVERS	02:10:36.7	02:09:00.7	MV40	527	Male	1756	ALMOST ATHLETES	01:00:57.7	01:37:59.6
2520	3662		Nicola HIGGS	02:10:37.1	02:10:04.9	SenF	305	Female	763		00:58:46.5	01:37:33.9
2521	5219		Bronwyn COLTMAN	02:10:37.1	02:10:04.6	SenF	306	Female	764		00:58:46.0	01:37:33.7
2522	3107		Rachel SZPINDOR	02:10:38.0	02:09:34.7	FV35	300	Female	765		01:02:23.4	01:38:56.3
2523	2717		Kerry TEMPLETON	02:10:39.2	02:08:33.1	FV35	301	Female	766		01:00:24.1	01:37:37.2
2524	3081		Gareth Wyn JONES	02:10:40.5	02:10:12.3	SenM	944	Male	1757		00:58:39.7	01:37:16.7
2525	1462		Julie SMITH	02:10:41.2	02:08:18.1	FV45	141	Female	767	MERTHYR RUNNING CLUB	00:57:27.2	01:36:00.4
2526	2871		Katie DAVIES	02:10:41.8	02:09:30.2	SenF	307	Female	768		01:00:45.0	01:38:10.9
2527	4357		Dean SOLES	02:10:45.3	02:09:17.5	MV40	528	Male	1758		00:56:12.3	01:34:00.7
2528	3928		Janet WILLIAMS	02:10:48.5	02:07:13.7	FV45	142	Female	769		00:59:29.2	01:36:15.5
2529	4381		Nicola ROWLANDS	02:10:49.2	02:10:24.1	FV35	302	Female	770		00:58:03.8	01:36:43.0
2530	344		Gill HANDSCOMB	02:10:49.8	02:08:39.9	FV35	303	Female	771		00:59:44.6	01:37:49.9
2531	3927		Sian WILLIAMS	02:10:50.0	02:07:15.4	SenF	308	Female	772		00:59:29.6	01:36:14.7
2532	4545		Tree BROTHERTON	02:10:51.5	02:08:32.7	FV55+	20	Female	773		00:56:41.2	01:34:56.8
2533	2654		Tracy LORD	02:10:51.6	02:08:44.9	FV45	143	Female	774	FOREST OF DEAN ATHLETICS CLUB	01:01:11.5	01:38:59.2
2534	4139		James MURPHY	02:10:53.0	02:10:43.8	SenM	945	Male	1759		00:57:42.5	01:36:22.1
2535	400		Tony WADLEY	02:10:55.8	02:10:51.4	MV40	529	Male	1760		00:58:46.9	01:36:52.3
2536	866		Dawn MORGAN	02:10:56.1	02:08:09.8	FV35	304	Female	775		01:00:04.8	01:37:26.8
2537	4620		Nicola WILSON	02:10:57.1	02:09:45.7	FV45	144	Female	776		01:00:06.6	01:37:25.1
2538	2731		Claire TANNER	02:10:58.1	02:09:33.0	FV35	305	Female	777		01:00:17.8	01:37:51.3
2539	1275		Darren WATERS	02:10:58.5	02:10:20.0	MV40	530	Male	1761		00:58:22.3	01:37:17.5
2540	1800		Darren ABRAHAM	02:10:58.5	02:10:19.1	MV40	531	Male	1762		00:58:21.7	01:37:16.2
2541	5344		Alastair GEORGE	02:10:58.6	02:08:38.1	MV50	231	Male	1763		00:58:46.9	01:37:09.4
2542	2944		Roy JONES	02:10:59.2	02:10:29.2	MV40	532	Male	1764		00:56:18.5	01:34:36.0
2543	4002		Jonathan GREY	02:11:00.6	02:10:05.7	SenM	946	Male	1765		01:02:34.5	01:40:29.1
2544	4560		Zara JACQUES	02:11:00.6	02:11:00.6	FV35	306	Female	778		00:56:54.1	01:36:38.5
2545	5304		Laura POWELL	02:11:00.9	02:11:00.9	SenF	309	Female	779	USK RUNNERS	00:56:54.0	01:36:38.3
2546	3637		Steven GRAVELL	02:11:02.0	02:08:26.8	MV40	533	Male	1766		01:00:09.2	01:37:27.7
2547	3043		Rachel PATE	02:11:02.6	02:09:01.8	SenF	310	Female	780		00:58:15.8	01:36:52.7

2548	4758		Barry THOMAS	02:11:04.6	02:10:15.1	MV40	534	Male	1767		01:00:40.8	01:38:56.8
2549	5196		Michelle DECLUEDT	02:11:04.7	02:08:54.3	FV35	307	Female	781		01:01:22.0	01:38:47.1
2550	6353		Steven BRITTEN	02:11:04.8	02:10:41.7	MV50	232	Male	1768		00:58:15.8	01:37:19.9
2551	5741		Steven JONES	02:11:04.9	02:07:57.9	SenM	947	Male	1769		00:54:09.2	01:34:01.9
2552	688		Bethan HUDSON	02:11:06.2	02:10:09.4	FV45	145	Female	782		00:58:21.2	01:37:19.3
2553	4150		David TREW	02:11:06.5	02:09:17.9	MV60+	47	Male	1770		00:58:21.4	01:36:22.8
2554	4998		Colleen BOWEN	02:11:06.8	02:06:37.7	SenF	311	Female	783	LLISWERRY RUNNERS	00:56:52.7	01:35:13.1
2555	814		Philip ABBOTT	02:11:07.9	02:09:58.0	MV50	233	Male	1771		00:55:06.3	01:35:52.1
2556	3108		Corne STORM	02:11:09.2	02:09:09.2	FV35	308	Female	784		00:59:35.7	01:37:34.9
2557	5777		Anne JONES	02:11:10.5	02:10:11.8	FV35	309	Female	785		00:56:00.6	01:34:20.6
2558	4011		Fran MOORE	02:11:11.5	02:08:21.4	SenF	312	Female	786		00:59:43.7	01:37:32.3
2559	3817		Gerard GILROY	02:11:13.8	02:10:19.3	SenM	948	Male	1772		01:02:32.6	01:40:29.9
2560	2684		Ceri EADY	02:11:15.6	02:09:03.0	SenF	313	Female	787		01:00:37.7	01:37:45.2
2561	2914		Simone EVANS	02:11:17.7	02:08:08.3	FV45	146	Female	788		01:01:00.0	01:37:34.9
2562	5449		Anthony WHITTAKER	02:11:18.0	02:10:44.5	SenM	949	Male	1773		00:58:10.6	01:36:35.3
2563	3121		Katy GIRDLER	02:11:18.6	02:09:35.2	FV45	147	Female	789		00:59:48.9	01:37:50.4
2564	3122		Chrissy HARRISON	02:11:18.7	02:09:35.1	FV35	310	Female	790		00:59:48.8	01:37:50.3
2565	3234		Sarah THOMPSON	02:11:20.9	02:09:52.6	FV45	148	Female	791		00:58:30.8	01:37:30.5
2566	5493		Marie WESTON	02:11:22.5	02:09:38.3	FV35	311	Female	792		00:59:49.1	01:37:03.8
2567	4882		Ryan HILL	02:11:22.7	02:07:19.3	SenM	950	Male	1774		01:00:26.0	01:38:21.9
2568	5532		Kevin THOMAS	02:11:23.3	02:11:07.4	MV50	234	Male	1775		01:00:28.8	01:39:32.6
2569	2725		Hayley JOHN	02:11:23.5	02:09:58.3	FV35	312	Female	793		01:00:17.8	01:37:51.3
2570	320		Paul JAMES	02:11:23.7	02:09:51.2	SenM	951	Male	1776		00:57:25.2	01:35:21.7
2571	4123		Kathryn MORGANS	02:11:23.8	02:09:19.4	FV35	313	Female	794		01:00:24.3	01:37:56.4
2572	5687		David JONES	02:11:23.9	02:07:38.8	SenM	952	Male	1777		00:57:04.8	01:35:51.7
2573	3204		Lucy POWELL	02:11:24.2	02:10:26.6	FV35	314	Female	795		01:00:13.8	01:38:21.1
2574	5177		Eleanor EVANS	02:11:24.3	02:06:58.3	SenF	314	Female	796		00:59:00.6	01:35:41.5
2575	4547		Andrew VARLEY	02:11:24.8	02:10:21.0	MV40	535	Male	1778		01:00:00.1	01:37:44.0
2576	4546		Caroline REES	02:11:25.3	02:11:02.7	FV35	315	Female	797		00:59:05.6	01:37:47.1
2577	5118		Sioned DAVIES	02:11:25.7	02:09:02.6	SenF	315	Female	798		00:58:08.0	01:35:48.8
2578	3208		Patrick ANDERSON	02:11:25.8	02:09:57.9	MV40	536	Male	1779		00:59:39.3	01:37:16.0
2579	5731		David MORRIS	02:11:26.6	02:09:56.2	SenM	953	Male	1780		00:57:14.5	01:37:24.5
2580	4334		Rebecca JONES	02:11:26.7	02:09:38.3	SenF	316	Female	799		01:00:40.8	01:37:47.5
2581	5730		Kim MORRIS	02:11:26.7	02:09:56.3	FV35	316	Female	800		00:57:14.7	01:37:25.1
2582	4866		Lauren WILLIAMS	02:11:27.1	02:07:32.3	SenF	317	Female	801		00:57:16.9	01:33:45.1
2583	2743		Huw COLLINS	02:11:28.0	02:10:46.4	SenM	954	Male	1781		00:55:46.6	01:32:54.9
2584	3187		Emma POWELL	02:11:28.5	02:10:30.9	FV35	317	Female	802		01:00:13.5	01:38:19.3
2585	3847		Vicki THRIFT	02:11:29.3	02:07:19.7	FV35	318	Female	803		00:59:14.3	01:35:54.1
2586	2877		Daniel MATHIAS	02:11:29.7	02:09:46.8	SenM	955	Male	1782		00:57:49.8	01:35:38.8
2587	3848		Gail JOHNS	02:11:29.9	02:07:20.4	SenF	318	Female	804		00:59:14.1	01:35:51.6
2588	2744		Sara PAUL	02:11:31.3	02:09:13.0	SenF	319	Female	805		00:58:01.7	01:36:17.3
2589	4490		Thomas PAUL	02:11:31.4	02:09:13.4	SenM	956	Male	1783		00:58:00.5	01:36:14.3
2590	4116		Lisa FOX	02:11:32.0	02:10:31.6	SenF	320	Female	806		00:59:56.5	01:37:48.4
2591	245		Josh KEANE	02:11:32.5	02:09:38.1	SenM	957	Male	1784		01:00:41.3	01:37:47.7

2592	5045		Shaun FRANCIS	02:11:32.5	02:07:47.0	SenM	958	Male	1785		00:57:47.3	01:33:47.6
2593	6131		Tom FRANKLIN	02:11:32.6	02:09:52.3	SenM	959	Male	1786		00:58:58.5	01:36:28.1
2594	4215		Chad DAVIES	02:11:35.0	02:10:28.3	SenM	960	Male	1787		00:55:04.3	01:33:41.1
2595	4971		Marie-Ann BEARDMORE	02:11:35.5	02:09:20.2	FV35	319	Female	807		01:01:22.0	01:38:41.9
2596	5828		Hannah WHITE	02:11:37.2	02:11:37.1	SenF	321	Female	808		00:57:59.2	01:36:52.7
2597	5036		Jonathan PARFITT	02:11:38.5	02:07:51.8	MV40	537	Male	1788		00:59:32.0	01:36:17.5
2598	5800		Carolyn SUTTON	02:11:39.6	02:09:28.9	SenF	322	Female	809		00:58:17.1	01:36:52.2
2599	3743		Stephen WOODS	02:11:41.0	02:09:45.1	MV50	235	Male	1789		00:56:51.7	01:33:28.6
2600	5028		Ron GODFREY	02:11:42.9	02:07:55.7	MV50	236	Male	1790		00:58:06.2	01:33:56.2
2601	1918		Barry TAVENER	02:11:44.1	02:09:56.2	SenM	961	Male	1791		00:59:07.6	01:37:34.2
2602	2966		Mark CHAPPELL	02:11:45.4	02:10:44.5	SenM	962	Male	1792		00:59:26.3	01:38:09.0
2603	3547		Martin YOUNG	02:11:45.5	02:09:22.6	SenM	963	Male	1793		01:00:16.9	01:36:32.7
2604	972		Amy RYAN	02:11:45.7	02:11:18.5	SenF	323	Female	810		00:56:41.2	01:35:52.3
2605	4272		Paul COLE	02:11:45.8	02:08:12.1	MV40	538	Male	1794		00:57:46.1	01:34:42.0
2606	1731		Clare BUTCHER	02:11:46.0	02:10:57.1	FV35	320	Female	811	SOLE SISTERS BRADLEY STOKE	01:01:33.6	01:39:23.1
2607	3275		Callum CURTIS	02:11:46.0	02:09:36.2	MV40	539	Male	1795		00:59:02.1	01:36:06.3
2608	4525		Jade HARRISON	02:11:47.8	02:10:18.5	SenF	324	Female	812		00:59:22.2	01:37:30.0
2609	4526		Dafydd LOUGHRAN	02:11:47.8	02:10:18.9	SenM	964	Male	1796		00:59:22.3	01:37:30.4
2610	5760		Scott HOWELLS	02:11:47.8	02:11:28.2	SenM	965	Male	1797		00:57:01.6	01:37:22.6
2611	6000		Darren XIBERRAS	02:11:48.3	02:09:17.4	MV40	540	Male	1798		00:59:10.1	01:37:26.0
2612	4800		Lisa CARTWRIGHT	02:11:53.3	02:09:13.9	FV45	149	Female	813		01:00:39.9	01:38:12.1
2613	4741		Sarah WILLIAMS	02:11:54.3	02:06:49.4	FV35	321	Female	814		00:59:56.5	01:36:34.8
2614	1134		Kate ASHTON	02:11:54.8	02:10:05.0	FV35	322	Female	815	CORNELLY STRIDERS AC	00:56:00.7	01:37:46.2
2615	4740		Paul DAVIES	02:11:54.8	02:06:49.6	SenM	966	Male	1799		00:59:58.2	01:36:34.3
2616	5814		James CARMICHAEL	02:11:54.9	02:09:42.9	SenM	967	Male	1800		01:00:05.3	01:37:22.2
2617	4624		Kate PITTARD	02:11:55.1	02:08:22.8	SenF	325	Female	816		01:04:19.0	01:39:57.9
2618	5794		Suzanne WELLS	02:11:55.8	02:08:24.2	FV35	323	Female	817		00:58:41.2	01:36:01.6
2619	5375		Joanna PIETRZAK	02:11:55.9	02:10:41.3	FV35	324	Female	818		01:00:54.2	01:39:31.8
2620	204		Neeraj SHARMA	02:11:57.8	02:09:37.6	MV40	541	Male	1801		00:59:59.7	01:36:54.1
2621	3900		Marielle RESTALL	02:11:59.5	02:10:48.5	SenF	326	Female	819		00:58:38.0	01:36:28.7
2622	3609		Josey BELLARS	02:12:00.9	02:10:17.8	SenF	327	Female	820		01:00:34.0	01:38:02.2
2623	4480		Karin WAL-JORGENSEN	02:12:01.1	02:10:27.9	FV35	325	Female	821		01:00:25.5	01:38:12.6
2624	5253		Daniel JAMESON	02:12:01.2	02:09:26.8	SenM	968	Male	1802		01:01:21.0	01:38:55.4
2625	5254		Rhiannon WATSON JAMESON	02:12:01.5	02:09:26.5	SenF	328	Female	822		01:01:19.9	01:38:54.0
2626	2838		Rebecca GEORGE	02:12:02.0	02:11:19.6	SenF	329	Female	823		01:01:59.1	01:39:25.8
2627	459		Anwen THOMAS	02:12:03.2	02:10:37.1	FV35	326	Female	824		00:59:35.8	01:37:18.3
2628	1485		Paul MCJENNETT	02:12:04.1	02:09:25.1	MV40	542	Male	1803	CARDIFF AAC	00:58:48.4	01:36:03.9
2629	895		Sean HIRST	02:12:04.8	02:09:46.3	MV40	543	Male	1804		00:54:34.2	01:33:08.8
2630	4879		Rachel MORRIS	02:12:05.9	02:09:33.3	FV35	327	Female	825		01:02:06.5	01:39:55.8
2631	4786		Amy REES	02:12:07.1	02:09:40.8	SenF	330	Female	826		00:57:33.3	01:36:38.7
2632	4785		Andrew THOMAS	02:12:07.4	02:09:41.0	SenM	969	Male	1805		00:57:32.4	01:36:38.4
2633	5270		Lora MARRAPESE	02:12:08.8	02:10:55.0	FV45	150	Female	827		01:00:56.2	01:38:58.5
2634	3846		Claire WATERS	02:12:08.9	02:11:52.1	SenF	331	Female	828		00:59:31.9	01:38:57.3
2635	5269		Patrick MARRAPESE	02:12:09.1	02:10:55.7	MV50	237	Male	1806		01:00:56.7	01:39:00.0

2636	2696		Scott SWINFORD	02:12:09.4	02:09:34.7	SenM	970	Male	1807		00:59:37.0	01:37:19.5
2637	4208		Nicola WILLIAMS	02:12:10.1	02:09:37.1	FV35	328	Female	829	DRAGONS RUNNING CLUB	00:58:40.2	01:36:40.9
2638	4595		Martyn PARSONS	02:12:10.2	02:11:21.3	MV40	544	Male	1808		00:58:29.5	01:38:19.5
2639	2693		Christian GREGORY	02:12:12.9	02:09:38.6	SenM	971	Male	1809		00:59:37.8	01:37:21.1
2640	2603		India BENJAMIN	02:12:13.0	02:11:49.8	SenF	332	Female	830		01:02:09.8	01:39:11.9
2641	6505		Joe ALLISTER	02:12:16.0	02:08:06.0	SenM	972	Male	1810		01:00:40.1	01:37:04.3
2642	5013		Claire SCOTT	02:12:16.6	02:11:37.9	SenF	333	Female	831		00:59:31.6	01:38:58.6
2643	16503		Chris JUDGE	02:12:17.4	02:10:07.8	Pacer	8	Male	1811		01:00:23.1	01:37:27.8
2644	2984		Sally BARBER	02:12:17.6	02:08:55.9	FV35	329	Female	832	EMLYN RUNNERS	01:00:54.2	01:38:27.9
2645	5131		Timothy COCK	02:12:18.4	02:12:07.0	MV60+	48	Male	1812	HOLMFIRTH HARRIERS	00:59:06.7	01:39:04.5
2646	4637		Anthony BWYE	02:12:20.7	02:09:35.9	MV60+	49	Male	1813		01:05:06.7	01:40:45.2
2647	4640		Lisa RONAN	02:12:20.7	02:08:47.3	SenF	334	Female	833		01:04:20.8	01:39:57.4
2648	2645		Carwyn JENKINS	02:12:21.8	02:10:38.5	MV40	545	Male	1814		01:00:34.9	01:38:02.0
2649	5235		Kirsty JENKINSON	02:12:22.3	02:11:58.1	FV35	330	Female	834		00:58:58.4	01:39:12.0
2650	736		Samatha GROVE	02:12:22.9	02:10:27.3	FV35	331	Female	835		00:57:13.8	01:35:28.4
2651	2887		Ben THOMAS	02:12:23.2	02:08:38.4	SenM	973	Male	1815		00:56:35.5	01:35:28.4
2652	5346		Sue THOMPSON-KING	02:12:24.8	02:10:50.1	FV55+	21	Female	836		01:00:58.2	01:38:54.0
2653	2863		Will HYNDMAN	02:12:25.4	02:11:24.6	SenM	974	Male	1816		00:56:44.9	01:33:47.9
2654	3482		Lucy DAVIES	02:12:26.1	02:11:42.0	SenF	335	Female	837		00:59:04.0	01:38:50.9
2655	1680		Vanessa PRITCHARD	02:12:26.9	02:09:57.2	FV35	332	Female	838	CAERLEON RC	01:01:40.9	01:39:02.6
2656	5323		Annaleigh HOCKADAY	02:12:27.2	02:09:34.8	SenF	336	Female	839		00:59:43.6	01:37:06.6
2657	5401		Jason HESLOP	02:12:27.5	02:11:49.6	MV40	546	Male	1817		00:59:41.0	01:38:27.9
2658	1082		Heather GARRATT	02:12:28.5	02:10:47.5	FV35	333	Female	840	CWM OGWR RUNNING CLUB	01:03:31.9	01:40:43.8
2659	3073		Julie STENLAKE	02:12:31.5	02:12:16.3	FV35	334	Female	841		00:57:38.7	01:37:00.8
2660	4220		Marie-Andree LACHAPELLE	02:12:33.2	02:10:43.0	FV45	151	Female	842		00:58:56.6	01:37:46.5
2661	4306		Rachel WATERS	02:12:34.2	02:11:55.5	SenF	337	Female	843		00:59:03.3	01:36:27.4
2662	4305		Mark WATERS	02:12:34.4	02:11:55.6	MV40	547	Male	1818		00:59:03.3	01:36:27.4
2663	5283		Matthew BAKER	02:12:34.4	02:12:10.6	SenM	975	Male	1819		00:58:58.8	01:39:12.3
2664	5451		Andrew COUSINS	02:12:34.6	02:07:42.1	MV50	238	Male	1820		01:00:35.0	01:37:48.4
2665	3379		David EDWARDS	02:12:35.9	02:12:12.3	MV40	548	Male	1821		00:56:22.7	01:36:05.0
2666	124		Nicola WILLIAMS TESHO	02:12:36.0	02:10:31.0	FV35	335	Female	844	AMMAN VALLEY HARRIERS	00:58:25.0	01:37:22.8
2667	671		Jemma LEWIS	02:12:36.0	02:09:53.4	FV35	336	Female	845		01:00:37.8	01:38:45.4
2668	5168		Diane BROCKLESBY	02:12:36.0	02:10:17.4	FV45	152	Female	846	IVANHOE RUNNERS	01:01:58.6	01:39:24.7
2669	4474		Jay HARDING	02:12:37.2	02:10:10.5	MV40	549	Male	1822		01:03:14.6	01:39:45.2
2670	4014		Jason LEWIS	02:12:38.0	02:11:27.8	MV40	550	Male	1823		01:03:09.4	01:40:14.7
2671	3537		Sarah HARDWIDGE	02:12:38.1	02:11:28.4	FV35	337	Female	847		00:57:46.3	01:35:51.2
2672	3995		Keri HILES	02:12:38.5	02:10:19.4	MV40	551	Male	1824		01:03:52.6	01:42:38.6
2673	5392		Carl STEER	02:12:38.7	02:11:53.4	MV40	552	Male	1825		01:01:26.3	01:39:45.8
2674	4723		Stacey STEER	02:12:38.9	02:11:53.7	FV45	153	Female	848		01:01:26.9	01:39:46.0
2675	4040		Laura ROSE	02:12:39.2	02:10:01.0	SenF	338	Female	849		01:01:58.8	01:39:29.2
2676	6051		Peter BURROWS	02:12:39.5	02:11:58.8	SenM	976	Male	1826		00:55:46.1	01:32:27.9
2677	5025		Richard MORGAN	02:12:39.9	02:11:58.9	MV40	553	Male	1827		00:55:46.1	01:32:36.1
2678	5897		Benjamin PERRIMAN	02:12:40.4	02:10:17.0	SenM	977	Male	1828		01:00:46.6	01:37:21.3
2679	2110		Gareth JONES	02:12:44.1	02:10:10.7	MV40	554	Male	1829		00:56:14.3	01:32:14.5

2680	2109		Julie GRIFFITHS-JONES	02:12:44.2	02:10:11.1	FV35	338	Female	850	RUNNING FOREVER RUNNING CLUB	00:56:14.8	01:32:17.5
2681	6437		Zoey WURFEL	02:12:45.0	02:10:07.6	SenF	339	Female	851		01:00:39.9	01:41:03.8
2682	1860		Laura SHEAHAN	02:12:45.3	02:10:07.4	SenF	340	Female	852		01:00:44.5	01:39:53.4
2683	1861		Leah JENNINGS	02:12:45.3	02:10:08.0	FV35	339	Female	853	STAMFORD STRIDERS	01:00:42.3	01:39:53.4
2684	1864		Dean EVANS	02:12:45.3	02:10:07.0	MV40	555	Male	1830		01:00:40.3	01:39:52.2
2685	5137		Richard HUDSON	02:12:45.5	02:10:07.8	SenM	978	Male	1831		01:00:45.6	01:39:54.3
2686	1863		Ellie EVANS	02:12:45.6	02:10:08.0	FV35	340	Female	854		01:00:43.3	01:39:54.2
2687	4912		Malcolm PARKER	02:12:46.1	02:11:25.1	MV60+	50	Male	1832	ISLWYN RC	01:00:42.3	01:38:09.0
2688	992		Abi CHERRY	02:12:47.5	02:10:20.4	FV35	341	Female	855		00:58:51.0	01:37:19.9
2689	5430		Lloyd WILLIAMS	02:12:49.9	02:12:11.1	MV40	556	Male	1833		01:01:51.7	01:40:00.0
2690	5825		Gareth THOMAS	02:12:51.4	02:11:14.9	MV40	557	Male	1834		00:58:44.3	01:36:44.3
2691	3004		Lesley-Ann EVANS	02:12:54.0	02:10:22.5	SenF	341	Female	856		01:02:31.9	01:39:16.6
2692	4881		Kelly WALKER	02:12:58.7	02:11:39.3	SenF	342	Female	857	GRIFFITHSTOWN HARRIERS	01:03:37.4	01:39:51.3
2693	4883		Gareth HILL	02:12:59.2	02:08:55.9	MV50	239	Male	1835		01:00:26.4	01:38:24.5
2694	1542		Bretti PAXTON	02:13:03.2	02:10:46.9	SenF	343	Female	858	PONTYPRIDD ROADENTS	00:56:40.6	01:35:44.2
2695	178		Huw SEXTON	02:13:05.2	02:11:27.6	SenM	979	Male	1836		01:02:26.9	01:42:47.9
2696	5427		Kirsty HENNESSEY	02:13:05.2	02:12:10.2	FV35	342	Female	859		01:04:33.0	01:42:49.1
2697	2788		David MADDEN	02:13:06.0	02:09:28.0	SenM	980	Male	1837		00:56:09.2	01:31:28.8
2698	5840		Nicholas JOHNS	02:13:06.5	02:11:24.8	SenM	981	Male	1838		00:59:57.2	01:37:28.4
2699	2806		Samantha GORDON	02:13:07.8	02:09:53.6	SenF	344	Female	860		01:01:23.8	01:40:44.9
2700	5467		Giselle LE FORT	02:13:08.6	02:12:41.3	FV45	154	Female	861		01:01:41.7	01:40:19.9
2701	3974		Kate JONES	02:13:10.2	02:12:52.3	FV35	343	Female	862		01:03:37.4	01:41:47.6
2702	1840		Donna JOHNS	02:13:11.1	02:11:07.0	SenF	345	Female	863		00:57:55.4	01:36:58.6
2703	2633		Janine JOHNS	02:13:11.2	02:11:07.1	FV45	155	Female	864		00:57:53.4	01:36:57.3
2704	5047		Emma POULSOM	02:13:15.8	02:09:29.6	SenF	346	Female	865		00:58:21.7	01:36:18.3
2705	5819		Rebecca SPEAKMAN	02:13:16.3	02:09:45.3	SenF	347	Female	866	MUMBLES MILERS	01:01:04.3	01:39:41.6
2706	4046		Daniel MCDONALD	02:13:16.8	02:09:31.7	SenM	982	Male	1839		01:01:56.0	01:39:43.9
2707	3416		Donna SAUNDERS	02:13:16.9	02:09:32.0	SenF	348	Female	867		01:01:56.3	01:39:44.0
2708	4254		Samantha BLAKE	02:13:21.0	02:11:53.7	SenF	349	Female	868		01:02:19.5	01:40:15.7
2709	666		Sarah BATTY	02:13:21.6	02:10:44.0	FV45	156	Female	869		00:57:27.4	01:37:21.8
2710	4695		Carole BIRD	02:13:27.3	02:11:03.2	FV45	157	Female	870		01:00:53.2	01:39:03.7
2711	2640		Joanna JONES	02:13:33.7	02:12:20.6	SenF	350	Female	871		01:01:30.2	01:39:29.5
2712	5786		Andrew THOMAS	02:13:34.4	02:08:25.2	SenM	983	Male	1840		00:52:14.3	01:29:30.9
2713	5852		Alice BACON	02:13:34.7	02:10:56.6	SenF	351	Female	872		00:59:41.3	01:38:27.1
2714	5208		Lynda ROBERTS	02:13:35.5	02:09:38.3	FV35	344	Female	873		01:01:42.9	01:39:00.3
2715	3592		Tracey WILLIAMS	02:13:35.9	02:10:08.4	FV45	158	Female	874		01:00:37.9	01:37:41.2
2716	4434		Malcolm DOWNES	02:13:36.7	02:12:13.1	MV40	558	Male	1841	CAERPHILLY RUNNERS	01:01:47.7	01:39:55.3
2717	3246		Anna DUPPLAW	02:13:37.3	02:12:44.5	FV35	345	Female	875		00:55:29.4	01:36:32.1
2718	5733		Adam HANFORD	02:13:38.1	02:12:16.9	SenM	984	Male	1842		00:55:52.0	01:35:53.4
2719	3616		Emma DARK	02:13:39.1	02:12:28.0	FV35	346	Female	876		00:59:37.8	01:39:07.0
2720	1973		Davin ROTHERY	02:13:39.4	02:09:31.2	MV40	559	Male	1843		01:00:58.4	01:38:26.4
2721	5506		Ian BOWEN-MORRIS	02:13:40.4	02:10:32.7	MV50	240	Male	1844		01:00:35.9	01:37:52.2
2722	5310		Shirley MARTIN	02:13:40.9	02:13:06.7	FV45	159	Female	877		00:59:38.2	01:39:03.5
2723	5485		Gary EDWARDS	02:13:41.9	02:11:56.6	MV50	241	Male	1845		01:03:01.8	01:41:17.5

2724	3620		Drew SMITH	02:13:42.3	02:12:09.7	MV60+	51	Male	1846		01:00:44.0	01:39:28.1
2725	1961		Sarah PRICE	02:13:44.3	02:12:48.6	FV35	347	Female	878		01:03:24.8	01:42:04.5
2726	2701		Catrin JONES	02:13:44.3	02:10:34.4	FV35	348	Female	879		01:00:15.9	01:37:57.7
2727	3636		Emma GENT	02:13:44.3	02:08:45.2	FV35	349	Female	880		01:03:43.3	01:40:19.8
2728	5221		Paul CHISLETT	02:13:45.0	02:11:13.2	MV40	560	Male	1847		01:02:52.7	01:40:34.1
2729	1189		Colette HUME	02:13:45.8	02:11:15.4	FV35	350	Female	881		00:59:39.3	01:38:20.7
2730	5821		Claire ROWLANDS	02:13:45.8	02:12:00.6	FV45	160	Female	882		01:03:02.0	01:41:17.2
2731	6048		Leanne DAVIES	02:13:46.7	02:12:27.2	SenF	352	Female	883		00:58:42.5	01:38:38.0
2732	5759		Hannah BEVAN	02:13:49.0	02:13:39.0	SenF	353	Female	884	LLISWERRY RUNNERS	01:00:23.0	01:40:11.6
2733	4837		Louise HARRIS	02:13:51.2	02:12:01.1	FV45	161	Female	885		01:00:19.9	01:38:38.7
2734	3357		Karl JONES	02:13:53.2	02:12:39.1	SenM	985	Male	1848		00:58:09.9	01:38:28.4
2735	5251		Sharmi SIVAKUMARAN	02:13:54.4	02:13:25.0	FV35	351	Female	886		01:02:07.5	01:41:15.7
2736	4865		Sophie PHELPS	02:13:54.5	02:10:25.4	SenF	354	Female	887		00:59:03.3	01:38:55.8
2737	300		Eoin KENNY	02:13:56.9	02:12:25.1	SenM	986	Male	1849		00:56:40.6	01:37:58.3
2738	1121		Jodie ABSALOM	02:13:58.9	02:11:32.7	SenF	355	Female	888		00:59:41.6	01:39:10.9
2739	1122		Wayne ABSALOM	02:13:58.9	02:11:32.8	SenM	987	Male	1850		00:59:41.6	01:39:10.9
2740	5510		Karen OWEN	02:13:59.0	02:13:56.3	FV35	352	Female	889		00:58:26.7	01:39:12.2
2741	1033		Nadine WINSTONE	02:14:01.4	02:12:55.3	FV35	353	Female	890	ABERDARE	00:58:12.7	01:37:03.1
2742	3883		Ryan CASEY	02:14:01.6	02:10:16.3	SenM	988	Male	1851		01:01:13.2	01:38:55.1
2743	3824		Katie TANER	02:14:01.7	02:10:15.9	SenF	356	Female	891		01:01:12.2	01:38:54.4
2744	5003		Andrew STRICKLAND	02:14:03.4	02:11:49.7	SenM	989	Male	1852		00:57:42.1	01:35:43.7
2745	4692		Anne STEWART	02:14:05.6	02:13:41.6	FV45	162	Female	892		01:01:51.1	01:42:37.0
2746	3564		Kirsty Lorraine KERSWELL	02:14:08.1	02:10:09.6	SenF	357	Female	893		01:00:16.5	01:38:05.4
2747	4433		Max BERGMANSKI	02:14:09.6	02:12:45.9	MV50	242	Male	1853	CAERPHILLY RUNNERS	01:01:50.6	01:40:54.7
2748	5810		Corrine RUKTANONCHAI	02:14:11.2	02:12:21.6	SenF	358	Female	894		01:01:44.8	01:40:07.0
2749	5811		Nick RUKTANONCHAI	02:14:11.3	02:12:21.0	SenM	990	Male	1854		01:01:46.4	01:40:06.5
2750	4591		Jenna GROVES	02:14:12.1	02:11:22.4	SenF	359	Female	895	PEGASUS RC	01:02:30.6	01:40:15.8
2751	3233		Josie HOARE	02:14:13.3	02:11:07.2	SenF	360	Female	896		01:02:29.3	01:39:54.5
2752	4091		Usha KC	02:14:14.3	02:11:07.6	SenF	361	Female	897		01:02:28.8	01:39:53.4
2753	1916		Jakub MICULKA	02:14:15.8	02:12:40.0	SenM	991	Male	1855		01:02:34.0	01:40:47.9
2754	4721		Sarah MEE	02:14:15.9	02:10:57.2	FV35	354	Female	898		01:01:23.7	01:39:28.1
2755	232		Emma HUGHES	02:14:16.1	02:11:44.3	SenF	362	Female	899		00:58:56.2	01:37:34.6
2756	2245		Antony MEE	02:14:16.1	02:10:57.2	SenM	992	Male	1856		01:01:23.0	01:39:27.7
2757	5743		Ruth HARLOW	02:14:17.2	02:12:39.4	SenF	363	Female	900		01:03:45.0	01:42:21.6
2758	4447		Lianne WILLETTTS	02:14:17.3	02:12:24.4	FV35	355	Female	901	CAERPHILLY RUNNERS	01:01:45.1	01:40:11.9
2759	3087		Lindi LLOYD	02:14:19.0	02:12:31.8	FV45	163	Female	902		01:01:17.6	01:39:45.7
2760	3633		Laurence JONES	02:14:19.5	02:06:55.1	SenM	993	Male	1857		00:56:28.9	01:34:40.3
2761	2943		Elizabeth VAUGHAN	02:14:20.3	02:12:48.2	FV35	356	Female	903		00:58:34.4	01:38:49.3
2762	4036		Sam FARRINGTON	02:14:22.1	02:13:09.5	FV35	357	Female	904		01:01:29.6	01:39:52.7
2763	4443		Huw JONES	02:14:22.7	02:09:06.0	SenM	994	Male	1858		00:59:30.9	01:35:24.5
2764	1699		Felicity ROBBINS	02:14:22.8	02:12:05.6	SenF	364	Female	905		00:59:29.5	01:39:19.0
2765	5752		Shaun MORGANS	02:14:23.9	02:13:07.7	SenM	995	Male	1859		00:56:12.2	01:37:59.5
2766	5240		Hajni PUDEPHATT	02:14:25.8	02:10:07.2	SenF	365	Female	906		01:01:47.1	01:39:35.5
2767	5820		Rachel HOLLAND	02:14:27.9	02:12:48.1	FV35	358	Female	907		01:02:09.7	01:40:34.4

2768	4268		Gary WOOD	02:14:28.4	02:14:16.8	SenM	996	Male	1860		00:59:03.4	01:39:40.6
2769	120		Andrew CHAMBERS	02:14:29.2	02:12:06.4	MV40	561	Male	1861		00:56:17.1	01:36:13.5
2770	3726		Nicola ALLISON	02:14:30.0	02:12:47.7	SenF	366	Female	908		01:00:35.1	01:39:19.4
2771	5545		Lizz LLOYD	02:14:30.4	02:14:26.2	FV45	164	Female	909		00:59:17.6	01:39:15.2
2772	3468		Sharonne CROWLEY	02:14:30.6	02:13:15.2	FV35	359	Female	910		01:01:28.7	01:40:22.7
2773	343		Nicky HALLIDAY	02:14:31.7	02:11:41.3	MV40	562	Male	1862		00:54:23.7	01:34:07.5
2774	4979		Pamela ROBERTS	02:14:33.1	02:10:21.9	FV45	165	Female	911		01:02:03.2	01:39:39.5
2775	5266		Sian MASON	02:14:34.6	02:12:15.1	SenF	367	Female	912		01:00:41.2	01:38:26.8
2776	5267		Simon O'CALLAGHAN	02:14:34.6	02:12:14.6	SenM	997	Male	1863		01:00:40.7	01:38:24.1
2777	5551		Michael CREAM	02:14:35.2	02:14:23.6	MV40	563	Male	1864		01:01:53.5	01:39:59.5
2778	3054		Lisa BEVAN	02:14:37.0	02:12:33.6	FV35	360	Female	913		01:01:14.8	01:39:57.0
2779	4042		Mike HARRIS	02:14:37.3	02:13:45.9	SenM	998	Male	1865		01:04:29.8	01:42:29.4
2780	4043		Hayley HARRIS	02:14:37.6	02:13:47.4	SenF	368	Female	914		01:04:30.5	01:42:30.7
2781	3952		Hannah LEACH	02:14:42.5	02:13:09.6	SenF	369	Female	915		00:59:57.9	01:39:26.8
2782	4894		Craig OWEN	02:14:42.5	02:11:38.6	SenM	999	Male	1866		01:06:15.2	01:44:05.4
2783	3483		Susan ROGERS	02:14:42.6	02:14:42.6	FV45	166	Female	916		01:01:04.9	01:41:09.5
2784	3446		Ceri GAMMOND	02:14:44.1	02:11:12.1	FV45	167	Female	917		01:04:00.1	01:40:59.8
2785	3931		Natasha DENNIS	02:14:48.7	02:13:07.0	SenF	370	Female	918		01:01:32.0	01:40:57.5
2786	3793		Bernard CARROLL	02:14:50.1	02:13:59.6	MV60+	52	Male	1867		01:00:50.5	01:39:37.4
2787	4476		Ruth DAVIES	02:14:50.6	02:13:12.4	SenF	371	Female	919		01:00:27.9	01:40:09.7
2788	2873		Sophie DARK	02:14:51.0	02:12:52.5	SenF	372	Female	920		01:00:26.6	01:39:15.0
2789	1620		Jude RUSSELL	02:14:53.0	02:12:22.8	FV35	361	Female	921		00:54:41.3	01:34:48.9
2790	2852		Richard MORGAN	02:14:54.2	02:09:50.2	MV50	243	Male	1868		00:59:45.3	01:37:38.4
2791	5778		Scott FISHER	02:14:55.5	02:14:30.0	MV40	564	Male	1869		01:00:37.3	01:39:34.2
2792	4908		Andrea THOMAS	02:14:56.5	02:14:10.3	FV35	362	Female	922	ISLWYN RC	01:00:06.1	01:39:49.4
2793	4590		Sally GROVES	02:14:56.7	02:12:10.0	FV45	168	Female	923	PEGASUS RC	01:02:33.9	01:40:20.7
2794	5628		Burkhard MARKHOFF	02:14:57.1	02:14:08.2	MV50	244	Male	1870	SWANSEA HARRIERS	01:00:21.9	01:37:47.6
2795	5191		Emma MCCARTHY	02:14:58.8	02:12:55.5	FV35	363	Female	924		01:03:28.9	01:42:17.2
2796	6442		Michael RICHARDSON	02:15:00.4	02:13:16.7	SenM	1000	Male	1871		00:57:35.1	01:38:15.2
2797	4162		Sean MORGANS	02:15:01.3	02:11:56.6	MV40	565	Male	1872		01:01:55.5	01:41:38.2
2798	3498		Natalie THOMAS	02:15:04.0	02:13:49.3	FV35	364	Female	925		00:59:40.1	01:38:54.6
2799	3764		Tino DZARO	02:15:04.3	02:14:02.7	SenF	373	Female	926		00:59:55.8	01:39:25.2
2800	4249		David TILEY	02:15:06.2	02:14:33.1	SenM	1001	Male	1873		00:57:56.7	01:39:35.9
2801	5064		Lindsey NEALE	02:15:06.4	02:12:26.9	FV35	365	Female	927	CHIPPENHAM HARRIERS	01:02:59.7	01:41:26.2
2802	5065		Sam NEALE	02:15:06.7	02:12:26.2	SenM	1002	Male	1874	CHIPPENHAM HARRIERS	01:02:58.6	01:41:25.2
2803	2807		Peter ROBERTS	02:15:07.2	02:13:42.3	MV40	566	Male	1875		01:02:42.1	01:42:02.6
2804	5476		Sara VANES	02:15:07.5	02:13:49.2	FV35	366	Female	928		01:02:54.7	01:41:57.6
2805	5489		Vanessa MACE	02:15:07.5	02:13:49.0	FV35	367	Female	929		01:02:54.5	01:41:57.3
2806	3264		Joanna CULLETON	02:15:07.7	02:10:56.1	SenF	374	Female	930		01:02:18.4	01:40:41.6
2807	2754		Joseff EDWARDS	02:15:07.8	02:14:19.4	SenM	1003	Male	1876		01:01:04.2	01:40:34.8
2808	1261		Vikki HEALAN	02:15:08.7	02:12:39.4	SenF	375	Female	931		01:01:35.8	01:40:41.7
2809	1269		Hollie DONOVAN	02:15:08.7	02:12:39.4	SenF	376	Female	932		01:01:36.3	01:40:42.4
2810	1688		Heidi BARRY	02:15:08.8	02:12:39.9	SenF	377	Female	933		01:01:36.6	01:40:42.5
2811	4839		Jane VOYLE	02:15:11.5	02:10:08.9	FV45	169	Female	934		00:59:38.3	01:37:55.9



2812	5380		Joe DAVIES	02:15:12.7	02:11:10.8	SenM	1004	Male	1877		01:02:47.9	01:40:15.1
2813	5381		Jo BEER	02:15:12.7	02:11:10.4	FV35	368	Female	935		01:02:47.7	01:40:13.9
2814	4963		Lance SCHEURER	02:15:15.1	02:13:17.0	SenM	1005	Male	1878		00:57:13.5	01:36:41.4
2815	3812		Laura GREY	02:15:19.1	02:12:40.9	FV45	170	Female	936	RUN4ALL NEATH	01:02:23.6	01:41:43.7
2816	4032		Shaun JONES	02:15:19.1	02:14:59.8	SenM	1006	Male	1879		01:03:06.4	01:43:39.5
2817	3283		Sarah NOTT	02:15:19.4	02:10:59.9	FV35	369	Female	937	RUN4ALL NEATH	01:02:54.4	01:40:38.0
2818	5473		Harry CORNISH	02:15:20.6	02:12:56.1	SenM	1007	Male	1880		01:00:03.7	01:37:55.3
2819	1885		Hayden DICKER	02:15:21.2	02:14:13.6	SenM	1008	Male	1881		00:57:38.8	01:37:29.0
2820	1886		Tristan DICKER	02:15:21.5	02:14:13.5	SenM	1009	Male	1882		00:57:38.3	01:37:23.3
2821	5120		Sian HUMPHREYS	02:15:21.5	02:15:19.6	SenF	378	Female	938		01:01:12.5	01:41:35.9
2822	3304		Katie ROWLAND	02:15:24.0	02:11:09.1	FV35	370	Female	939	RUN4ALL NEATH	01:01:38.1	01:40:06.7
2823	4493		Jay DIAZ	02:15:31.0	02:12:44.5	SenM	1010	Male	1883		01:02:41.6	01:40:01.1
2824	2968		Claire CARLILE	02:15:32.8	02:11:23.9	FV35	371	Female	940		01:02:13.9	01:40:06.9
2825	3859		Alan JONES	02:15:33.0	02:10:40.1	MV40	567	Male	1884		01:04:38.4	01:40:38.0
2826	2723		Marian DAVIES	02:15:34.4	02:13:18.8	FV35	372	Female	941		01:00:05.8	01:39:21.5
2827	5180		Peter CARROLL	02:15:36.5	02:14:24.7	SenM	1011	Male	1885		00:57:51.8	01:38:27.7
2828	4759		Rachel HUGHES	02:15:36.6	02:14:26.5	FV45	171	Female	942		01:01:20.0	01:40:23.3
2829	4270		Elizabeth WEATHERUP	02:15:36.9	02:13:43.1	FV55+	22	Female	943		01:01:45.5	01:41:34.4
2830	2663		Emma PARRY	02:15:37.3	02:15:20.1	SenF	379	Female	944		00:59:22.0	01:40:37.8
2831	4239		Sian HOWARTH	02:15:37.5	02:15:37.5	SenF	380	Female	945		99:99:99	01:33:35.1
2832	6125		Matthew HARRIMAN-BRADY	02:15:40.0	02:14:48.2	SenM	1012	Male	1886		00:59:56.2	01:39:19.8
2833	2025		Andrew WORTHINGTON	02:15:40.3	02:13:55.0	MV50	245	Male	1887		00:57:09.0	01:36:30.4
2834	5722		Luke SMALLMAN	02:15:44.0	02:14:13.4	SenM	1013	Male	1888		00:55:43.4	01:37:57.6
2835	4690		Hedd WOOD	02:15:46.0	02:14:36.7	FV45	172	Female	946		01:01:33.1	01:40:57.4
2836	1554		Angela LEWIS	02:15:46.6	02:13:14.4	FV35	373	Female	947		01:01:53.1	01:41:22.0
2837	2036		Aaron LEWIS	02:15:47.4	02:13:30.5	SenM	1014	Male	1889		00:57:06.9	01:38:35.4
2838	3597		Sarah PARRY	02:15:48.3	02:12:36.8	FV35	374	Female	948		01:01:35.7	01:40:20.8
2839	4863		Steve JONES	02:15:48.7	02:15:30.5	MV40	568	Male	1890		01:01:48.2	01:44:08.4
2840	629		Sian DAVIES	02:15:49.5	02:13:29.3	FV35	375	Female	949		00:59:46.6	01:39:07.2
2841	3411		Susan PERRY	02:15:53.3	02:14:25.1	FV35	376	Female	950		00:59:45.8	01:40:05.9
2842	5369		Elisa MAINWARING	02:15:54.2	02:13:47.3	FV35	377	Female	951		01:02:15.6	01:40:48.0
2843	3354		Anthony TURNER	02:15:55.9	02:11:48.4	MV50	246	Male	1891		01:02:37.8	01:40:28.7
2844	4383		Katarzyna BOJANOWSKA	02:15:55.9	02:15:55.8	SenF	381	Female	952		01:01:52.5	01:41:54.5
2845	5075		Michael SEVERN	02:15:57.4	02:11:34.1	SenM	1015	Male	1892		01:01:03.3	01:38:41.3
2846	2765		Richard PAREZ-HUMPHREYS	02:15:57.7	02:13:06.8	MV40	569	Male	1893		01:02:57.1	01:41:16.8
2847	5203		Jacqueline STANLEY	02:15:58.9	02:14:36.3	SenF	382	Female	953		01:01:55.4	01:40:41.7
2848	2977		Dean HANCOX	02:15:59.4	02:15:02.7	MV40	570	Male	1894		01:04:56.8	01:50:11.0
2849	500		Susan WONNACOTT	02:15:59.9	02:15:01.6	FV35	378	Female	954		00:58:38.4	01:39:14.9
2850	5217		Nicola DAVIES	02:16:00.4	02:15:37.6	FV35	379	Female	955		00:59:41.2	01:39:56.1
2851	3336		Lucy EVANS	02:16:01.5	02:11:40.2	FV45	173	Female	956	RUN4ALL NEATH	01:02:52.3	01:40:36.2
2852	2672		Sam DAVIES	02:16:02.7	02:15:46.4	SenM	1016	Male	1895		01:07:42.4	01:44:41.6
2853	4063		Joe TOBIN	02:16:03.3	02:14:15.1	SenM	1017	Male	1896		01:04:26.0	01:42:29.9
2854	5475		John YEOMAN	02:16:03.5	02:15:34.5	MV50	247	Male	1897		01:00:53.8	01:39:35.9
2855	5898		Elsbeth JONES	02:16:06.5	02:14:10.3	FV35	380	Female	957		01:00:29.1	01:39:39.8

2856	3950		Cerri WILSON	02:16:07.0	02:15:52.5	FV35	381	Female	958		01:01:34.4	01:42:24.9
2857	2667		Teresa HEALY	02:16:07.8	02:14:47.6	SenF	383	Female	959		01:03:37.2	01:42:45.0
2858	4924		Sian MASEKO	02:16:07.8	02:13:45.3	FV35	382	Female	960		01:02:47.5	01:41:24.2
2859	3392		Ruth KNOYLE	02:16:08.4	02:15:00.4	FV35	383	Female	961	DRAGONS RUNNING CLUB	01:02:04.4	01:41:26.5
2860	4192		Elizabeth JAMES MAHONEY	02:16:10.6	02:16:01.6	FV35	384	Female	962		00:58:02.6	01:38:56.5
2861	5845		Ryan THOMAS	02:16:10.9	02:11:46.3	SenM	1018	Male	1898		01:02:20.8	01:42:11.6
2862	834		David JOHNSON	02:16:11.9	02:14:41.0	MV40	571	Male	1899	RUN4ALL NEATH	01:03:39.6	01:42:26.0
2863	3957		Wendy JOHNSON	02:16:12.1	02:14:41.0	FV35	385	Female	963	RUN4ALL NEATH	01:03:39.3	01:42:26.2
2864	5179		Helen PUGH	02:16:12.2	02:14:16.3	SenF	384	Female	964	SPA STRIDERS	01:01:46.0	01:40:52.0
2865	90		Keira MAJOR	02:16:14.2	02:14:34.1	SenF	385	Female	965		01:01:23.6	01:41:42.2
2866	731		Carl ROBERTS	02:16:15.1	02:14:26.1	SenM	1019	Male	1900		00:56:55.3	01:36:39.3
2867	3602		Menna DAVIES	02:16:15.8	02:15:22.0	FV35	386	Female	966		00:59:32.9	01:41:10.0
2868	2746		Michelle WHITTAL-WILLIAMS	02:16:16.7	02:13:37.9	FV35	387	Female	967		01:02:14.6	01:41:42.4
2869	5062		Matthew THORN	02:16:18.0	02:13:11.4	SenM	1020	Male	1901		01:02:01.9	01:40:57.3
2870	5361		Alastair STENNER	02:16:18.3	02:14:50.3	MV40	572	Male	1902		01:04:29.9	01:43:31.1
2871	4287		Laura JACKSON	02:16:19.0	02:13:45.8	SenF	386	Female	968		01:01:55.4	01:40:26.3
2872	2983		Julie CLARK	02:16:20.2	02:16:18.0	FV45	174	Female	969		01:00:12.2	01:41:02.7
2873	4738		Rachel EVANS	02:16:21.0	02:14:06.5	SenF	387	Female	970		01:03:47.7	01:42:26.0
2874	4424		Kidma TUCKER	02:16:21.6	02:14:40.3	SenF	388	Female	971		01:01:24.7	01:40:46.3
2875	3139		Clair JONES	02:16:21.7	02:14:42.0	FV45	175	Female	972		01:02:09.7	01:40:56.6
2876	6340		Andrew KIDD	02:16:22.3	02:12:01.6	SenM	1021	Male	1903		00:59:58.3	01:39:12.9
2877	3173		Rhian JAMES	02:16:22.7	02:12:43.7	FV35	388	Female	973		01:00:52.2	01:40:34.5
2878	4004		Leighton JAMES	02:16:23.7	02:14:04.8	MV40	573	Male	1904		01:03:53.7	01:42:39.0
2879	5770		Anna HARRIES	02:16:23.8	02:12:06.2	FV35	389	Female	974		01:01:34.5	01:39:38.0
2880	3067		Mathew WHITTEN	02:16:24.4	02:12:29.6	SenM	1022	Male	1905		01:01:59.5	01:39:58.5
2881	4858		Stuart WILLIAMS	02:16:27.6	02:12:30.7	MV40	574	Male	1906		01:04:08.7	01:41:29.0
2882	5181		Becca DOVE	02:16:28.0	02:15:04.4	FV35	390	Female	975		01:02:56.0	01:42:32.7
2883	3534		Daniel GOODFELLOW	02:16:28.8	02:13:53.6	SenM	1023	Male	1907		01:02:03.5	01:40:57.5
2884	3096		Chloe HARRIES	02:16:30.0	02:15:47.5	SenF	389	Female	976		01:04:18.1	01:44:56.6
2885	5452		Robert FISH	02:16:30.4	02:12:54.2	MV40	575	Male	1908		00:59:46.2	01:40:46.3
2886	4605		Ian THOMAS	02:16:31.1	02:14:07.6	MV40	576	Male	1909		00:59:23.3	01:38:28.5
2887	4551		Dean JENKINS	02:16:31.4	02:13:46.7	MV40	577	Male	1910		01:01:32.1	01:43:26.5
2888	4197		Kevin BENNETT	02:16:31.7	02:15:03.7	MV50	248	Male	1911		00:58:58.0	01:39:07.5
2889	2626		Leonard HARVEY	02:16:32.3	02:14:52.1	MV50	249	Male	1912		01:01:25.3	01:40:28.8
2890	2718		Ria DAVIES	02:16:33.6	02:15:13.2	SenF	390	Female	977		01:03:39.6	01:42:45.0
2891	16508		Linga DWARAKANATH	02:16:33.8	02:14:00.0	Pacer	9	Male	1913		01:02:53.1	01:41:50.5
2892	5734		Paul CLARKE	02:16:35.3	02:14:20.3	MV40	578	Male	1914		00:56:46.5	01:35:24.7
2893	2674		Anthony WARDEN	02:16:35.4	02:15:35.4	MV40	579	Male	1915		01:03:27.3	01:42:51.6
2894	4543		Aimee JONES	02:16:35.4	02:16:21.7	FV35	391	Female	978		01:00:49.5	01:40:39.0
2895	4571		Angela JONES	02:16:35.4	02:16:21.5	FV35	392	Female	979		01:00:49.3	01:40:38.8
2896	2675		Edward WARDEN	02:16:35.9	02:15:35.7	SenM	1024	Male	1916		01:03:27.3	01:42:53.0
2897	6287		Steven JOHNS	02:16:38.1	02:16:02.2	SenM	1025	Male	1917		00:57:08.4	01:35:43.1
2898	4384		Philippa FRANCIS	02:16:39.4	02:14:40.0	FV45	176	Female	980		01:01:19.1	01:41:00.2
2899	2769		Kathy WHITEHEAD	02:16:40.8	02:13:53.1	FV35	393	Female	981		01:02:57.1	01:41:50.6

2900	2990		Jacqueline ROBERTS	02:16:41.9	02:12:47.5	SenF	391	Female	982		01:01:08.5	01:40:02.9
2901	3656		Natalie MILES	02:16:42.8	02:16:08.1	SenF	392	Female	983		00:56:33.1	01:38:53.9
2902	1810		Jack TASKER	02:16:43.7	02:15:02.8	SenM	1026	Male	1918		00:56:43.7	01:38:25.2
2903	2992		Nigel Leighton JONES	02:16:44.7	02:14:50.0	MV60+	53	Male	1919		01:02:32.9	01:42:25.1
2904	4751		Rebecca AYLWARD	02:16:45.4	02:15:42.5	FV45	177	Female	984		01:01:43.3	01:42:21.1
2905	6288		Kevin WHITCOMBE	02:16:46.3	02:12:58.9	MV50	250	Male	1920		01:04:15.9	01:42:51.8
2906	5805		Lele GREENWAY	02:16:48.1	02:16:41.9	FV35	394	Female	985		01:04:01.1	01:43:46.6
2907	591		Emma CARRO	02:16:49.4	02:14:54.4	FV35	395	Female	986		01:01:28.6	01:41:47.6
2908	3778		Peter ROGERS	02:16:50.5	02:14:33.4	MV50	251	Male	1921		00:59:09.5	01:38:53.8
2909	1168		Matthew MCGREGOR	02:16:50.8	02:11:34.9	MV40	580	Male	1922		00:59:33.6	01:36:33.4
2910	3316		Janette REES	02:16:53.2	02:13:55.0	FV35	396	Female	987		01:04:40.8	01:43:40.7
2911	4251		Leah OATWAY	02:16:53.2	02:15:31.9	SenF	393	Female	988		01:02:59.0	01:42:14.4
2912	2742		Brian SLATE	02:16:53.3	02:14:42.7	MV60+	54	Male	1923		01:02:14.3	01:41:21.8
2913	4574		Nia TUDUR	02:16:54.0	02:12:31.1	FV35	397	Female	989		01:00:48.6	01:39:59.4
2914	855		Michael KEARNEY	02:16:54.9	02:15:35.2	MV50	252	Male	1924	RUN4ALL NEATH	01:02:11.5	01:42:27.2
2915	3969		Steven WOODWARD	02:16:55.2	02:14:25.8	SenM	1027	Male	1925		01:02:57.9	01:42:02.0
2916	4369		Gareth PIPER	02:16:55.4	02:14:10.9	MV40	581	Male	1926		00:59:13.7	01:38:48.2
2917	3594		Eryl MATHIAS	02:16:57.1	02:12:38.4	FV55+	23	Female	990		01:01:55.9	01:40:28.9
2918	2996		Delyth BELLO	02:16:57.7	02:13:39.2	SenF	394	Female	991		01:00:56.0	01:40:42.3
2919	3044		Lisa-Marie O'HARE	02:16:57.8	02:13:39.4	SenF	395	Female	992		01:00:55.9	01:40:42.4
2920	5083		Sarah OSBORNE	02:16:58.0	02:16:54.5	FV35	398	Female	993		01:03:20.1	01:43:33.7
2921	5087		Katie ROSE-BURROWS	02:16:58.1	02:16:54.8	FV35	399	Female	994		01:03:20.0	01:43:33.9
2922	1504		Amanda NILSEN	02:17:00.4	02:14:39.4	FV45	178	Female	995		01:04:22.0	01:42:10.1
2923	5260		Kaya SMITH	02:17:03.9	02:15:15.7	SenF	396	Female	996		01:03:19.3	01:43:13.1
2924	6348		Rhian WILLIAMS	02:17:05.1	02:14:44.9	SenF	397	Female	997		01:02:24.0	01:41:31.6
2925	5332		Beverly SHERIDAN	02:17:05.2	02:16:17.1	FV55+	24	Female	998	LEWES AC	00:59:23.1	01:38:11.1
2926	5305		Rachel HADDON-MCMILLAN	02:17:07.1	02:15:25.5	FV35	400	Female	999		01:02:09.5	01:41:09.5
2927	5058		Denise POPE	02:17:08.1	02:16:09.4	FV45	179	Female	1000		01:03:05.9	01:43:15.9
2928	5057		Jane ANDOW	02:17:08.5	02:16:09.5	FV45	180	Female	1001		01:03:05.5	01:43:15.5
2929	4399		Jon MARI	02:17:09.2	02:14:47.5	SenM	1028	Male	1927		00:57:10.0	01:38:36.2
2930	4335		Kelly MATTHEWS	02:17:11.1	02:16:37.4	FV35	401	Female	1002		01:05:00.8	01:45:17.1
2931	6286		Joe PEARCE	02:17:11.3	02:16:41.4	SenM	1029	Male	1928		01:00:26.1	01:42:40.0
2932	5271		Natasha MARCHANT	02:17:11.8	02:16:16.4	FV35	402	Female	1003		01:00:35.4	01:41:48.9
2933	6331		Jon MOORE	02:17:12.2	02:16:08.5	MV40	582	Male	1929		01:02:49.9	01:42:26.2
2934	3781		David PALLETT	02:17:13.5	02:16:09.6	SenM	1030	Male	1930		00:56:51.0	01:37:15.0
2935	730		Susan OWEN	02:17:14.5	02:15:32.9	SenF	398	Female	1004	RUN4ALL NEATH	01:01:47.6	01:42:19.8
2936	3897		Kristian WILLIAMS	02:17:14.7	02:14:37.2	SenM	1031	Male	1931		01:03:21.5	01:41:49.8
2937	2847		Rhia CAMPBELL	02:17:15.5	02:17:12.6	SenF	399	Female	1005		01:01:13.6	01:43:08.1
2938	5279		Samantha JOHNSTON	02:17:16.2	02:16:48.5	SenF	400	Female	1006		01:00:01.4	01:43:22.5
2939	2634		David LEWIS	02:17:18.5	02:14:36.1	SenM	1032	Male	1932		01:04:10.8	01:42:18.5
2940	252		Wayne GOURLEY	02:17:18.7	02:13:23.2	SenM	1033	Male	1933		01:01:20.1	01:41:16.6
2941	5763		Ellie HUMPHREYS	02:17:19.8	02:14:49.9	FV35	403	Female	1007		01:00:02.4	01:40:22.9
2942	2868		Claire GOURLEY	02:17:20.1	02:13:24.9	SenF	401	Female	1008		01:01:18.6	01:41:16.4
2943	4511		Michael GRIFFITHS	02:17:20.9	02:16:19.1	SenM	1034	Male	1934		01:02:40.6	01:42:09.3

2944	4625		Michele LEWIS	02:17:21.7	02:15:28.6	FV45	181	Female	1009		00:57:19.4	01:38:54.6
2945	84		Emma EVANS	02:17:22.3	02:15:44.1	SenF	402	Female	1010		00:59:53.3	01:39:35.5
2946	4534		David HUGHES	02:17:22.7	02:16:05.1	MV50	253	Male	1935		01:02:41.0	01:42:22.5
2947	4255		Suzanne BLAKE	02:17:23.5	02:17:23.5	FV45	182	Female	1011		01:05:02.8	01:44:26.3
2948	1607		Andrew TOWNSEND	02:17:24.3	02:15:16.9	MV40	583	Male	1936		01:01:30.6	01:41:15.0
2949	3086		Manon JONES	02:17:24.5	02:15:05.3	FV45	183	Female	1012		01:03:14.9	01:42:46.9
2950	3324		Angela THOMPSON	02:17:24.7	02:15:07.3	SenF	403	Female	1013		01:01:38.7	01:41:04.6
2951	3794		Martin CARROLL	02:17:25.4	02:16:34.8	MV50	254	Male	1937		01:00:50.5	01:40:42.0
2952	5030		Matt WATKINS	02:17:28.2	02:13:25.2	SenM	1035	Male	1938		01:05:11.9	01:42:21.9
2953	5257		Robin LYON	02:17:29.2	02:17:15.9	SenM	1036	Male	1939		01:00:13.5	01:44:03.5
2954	3887		Jennifer JAMES	02:17:30.3	02:15:43.7	FV35	404	Female	1014		01:02:08.8	01:41:59.5
2955	2665		Louise YOUNG	02:17:30.9	02:16:35.0	FV35	405	Female	1015		01:03:19.4	01:42:30.0
2956	3171		Karen HEALINGS	02:17:31.8	02:13:53.2	FV35	406	Female	1016		01:00:52.6	01:40:34.7
2957	5237		Adam MOUNTFIELD-PALMER	02:17:33.3	02:17:08.9	SenM	1037	Male	1940		00:58:34.0	01:40:44.2
2958	6346		Laura PHILLIPS	02:17:34.6	02:15:05.1	SenF	404	Female	1017		01:01:39.2	01:40:56.9
2959	2734		Gareth SMITH	02:17:36.1	02:15:11.4	SenM	1038	Male	1941		01:03:46.1	01:42:49.6
2960	4345		Jonathan PADLEY	02:17:44.1	02:16:36.0	SenM	1039	Male	1942		01:02:52.3	01:41:44.8
2961	4273		Yoana PEACOCK	02:17:47.0	02:15:42.4	SenF	405	Female	1018		00:59:02.5	01:40:30.8
2962	3585		Jason THOMAS	02:17:50.1	02:14:52.1	SenM	1040	Male	1943		01:04:41.4	01:43:41.1
2963	3319		Sam KEDWARD	02:17:54.4	02:14:04.6	SenM	1041	Male	1944		01:03:58.6	01:43:24.5
2964	4576		Faruk OGUT	02:17:54.4	02:16:21.1	MV40	584	Male	1945		01:03:01.4	01:42:50.7
2965	1659		Kathleen JERVIS	02:17:56.0	02:15:11.7	FV55+	25	Female	1019	PARC BRYN BACH RC	00:58:40.6	01:39:58.2
2966	1887		Richard GILLO	02:17:56.7	02:15:24.4	SenM	1042	Male	1946		01:00:38.1	01:40:53.9
2967	1888		Nerys RENOWDEN	02:17:56.8	02:15:24.3	SenF	406	Female	1020		01:00:38.2	01:40:54.2
2968	307		Gethin PHILLIPS	02:17:57.2	02:15:44.3	SenM	1043	Male	1947		00:59:07.6	01:42:01.9
2969	2908		Rhys JONES	02:17:57.8	02:15:35.2	SenM	1044	Male	1948		00:57:58.9	01:37:02.3
2970	4008		Stuart HAMMOND	02:17:57.8	02:16:21.5	MV40	585	Male	1949		01:04:26.5	01:44:04.8
2971	4189		Lifeng CHEN	02:17:58.0	02:16:50.7	FV35	407	Female	1021		01:01:46.7	01:42:18.2
2972	3236		Ads PELUSI	02:18:02.6	02:15:25.6	MV40	586	Male	1950		01:05:41.4	01:44:32.8
2973	4308		Nathan HOWELLS	02:18:04.5	02:18:03.5	SenM	1045	Male	1951		00:59:39.1	01:42:14.7
2974	4131		Rebecca CARTER	02:18:06.0	02:18:02.5	SenF	407	Female	1022		00:59:57.7	01:42:04.3
2975	4295		Shelley EVANS	02:18:07.9	02:13:28.9	FV35	408	Female	1023		01:05:06.5	01:43:18.6
2976	1107		Anthony WILLIAMS	02:18:08.1	02:13:29.1	MV40	587	Male	1952		01:05:06.4	01:43:18.5
2977	4073		Samantha HAILWOOD	02:18:11.2	02:17:26.6	SenF	408	Female	1024		01:02:35.5	01:43:20.5
2978	4144		Victoria HOLMES	02:18:12.8	02:15:13.9	SenF	409	Female	1025	3M GORSEINON ROAD RUNNERS	01:03:58.7	01:43:44.5
2979	4769		Louise DAVIES	02:18:13.5	02:16:17.0	FV45	184	Female	1026	REFAIL RUNNERS	01:05:09.2	01:44:49.7
2980	5008		Joanne BIDDISCOMBE	02:18:17.8	02:16:03.5	FV35	409	Female	1027		01:02:49.0	01:43:15.1
2981	3296		Helen Wyn HALL	02:18:18.4	02:16:29.6	FV45	185	Female	1028		01:01:06.0	01:40:58.0
2982	4691		Melissa DAVIES	02:18:20.9	02:17:11.1	FV35	410	Female	1029		01:01:41.6	01:42:17.1
2983	5200		Emily RUSSELL	02:18:21.1	02:16:59.4	SenF	410	Female	1030		01:00:54.2	01:42:16.0
2984	4944		Rachel HOLLIDAY	02:18:24.4	02:17:03.7	FV35	411	Female	1031	GRIFFITHSTOWN HARRIERS	01:02:52.7	01:43:02.5
2985	1635		Nanette VIRGO	02:18:24.8	02:17:04.3	FV45	186	Female	1032	GRIFFITHSTOWN HARRIERS	01:02:53.2	01:43:02.7
2986	3675		Michelle THOMAS	02:18:26.6	02:16:24.0	FV35	412	Female	1033		01:00:26.7	01:42:34.3
2987	4175		Deborah LEWIS	02:18:27.1	02:13:22.8	FV45	187	Female	1034	MUMBLES MILERS	01:03:54.5	01:41:33.0

2988	4259		Suzanne DAVIES	02:18:27.5	02:15:43.0	FV35	413	Female	1035		01:01:32.6	01:43:26.3
2989	4744		Emma MUNKLEY	02:18:28.2	02:18:20.0	FV35	414	Female	1036		01:03:21.6	01:44:48.7
2990	3240		Jayne SELL	02:18:29.7	02:14:17.9	FV35	415	Female	1037		01:02:19.4	01:40:44.4
2991	4570		Katharine HARDING	02:18:35.5	02:14:27.4	FV35	416	Female	1038		01:00:59.5	01:40:18.9
2992	4782		Jordan MAIDEN	02:18:36.0	02:18:05.8	SenM	1046	Male	1953		00:58:11.0	01:41:36.7
2993	5858		Andrew HUXTABLE	02:18:36.3	02:15:44.1	SenM	1047	Male	1954		00:58:08.8	01:39:39.9
2994	4464		Aimee GRANT	02:18:40.6	02:18:07.4	SenF	411	Female	1039		01:02:56.4	01:43:46.6
2995	4980		Marianne GREENING	02:18:41.0	02:18:33.9	FV35	417	Female	1040		01:01:35.0	01:43:15.1
2996	5842		Diane PHILLIPS	02:18:42.5	02:18:20.8	FV35	418	Female	1041		01:04:34.9	01:44:49.3
2997	3589		Sara-Wyn WATKINS	02:18:42.6	02:16:30.7	SenF	412	Female	1042		01:02:47.2	01:42:36.9
2998	5455		Brian HOOKINGS	02:18:42.9	02:15:59.8	MV50	255	Male	1955		01:02:44.0	01:42:34.2
2999	4891		Julie STOKES	02:18:43.3	02:14:33.1	FV45	188	Female	1043	LLISWERRY RUNNERS	01:02:14.4	01:40:15.7
3000	4734		Marc EVANS	02:18:44.0	02:16:34.7	SenM	1048	Male	1956		00:58:18.8	01:39:59.8
3001	4802		Hywel STEVENS	02:18:44.6	02:17:55.4	SenM	1049	Male	1957		00:58:47.1	01:41:53.2
3002	3875		Matthew JAMES	02:18:46.1	02:14:19.1	SenM	1050	Male	1958		01:01:33.5	01:40:37.1
3003	4920		Carol DUNSBEE	02:18:47.6	02:17:26.8	FV45	189	Female	1044	CHEPSTOW HARRIERS	01:03:36.9	01:43:49.6
3004	5882		Ceri DAVIES	02:18:48.8	02:14:41.4	MV40	588	Male	1959		00:58:35.5	01:39:52.6
3005	5227		Ciara GLENNON	02:18:50.8	02:18:05.2	SenF	413	Female	1045		01:02:48.0	01:44:28.9
3006	3201		Donna BROWN	02:18:52.6	02:18:40.8	SenF	414	Female	1046		01:02:02.7	01:42:01.9
3007	2738		Rob EVANS	02:18:53.2	02:15:47.9	MV40	589	Male	1960		00:57:49.2	01:37:51.9
3008	4807		Dave SMITH	02:18:55.7	02:16:32.9	SenM	1051	Male	1961		01:00:58.1	01:39:48.5
3009	4060		Laurence CHRISTMAS	02:18:57.3	02:17:39.6	MV40	590	Male	1962		01:01:10.1	01:42:21.1
3010	4592		Adam BAGWELL	02:18:58.9	02:17:14.7	SenM	1052	Male	1963		01:01:26.2	01:41:49.0
3011	373		David THOMAS	02:19:01.9	02:17:09.9	SenM	1053	Male	1964		00:58:07.5	01:39:22.5
3012	6194		Matthew KIEBOOM	02:19:03.0	02:16:26.5	MV40	591	Male	1965		01:01:16.5	01:41:48.4
3013	2782		Laura SIMPSON	02:19:03.7	02:18:38.3	FV35	419	Female	1047		01:03:56.8	01:44:30.8
3014	3885		Michelle KEEN	02:19:04.2	02:14:43.2	FV35	420	Female	1048		01:01:32.3	01:40:36.1
3015	5827		Julia DOBBS	02:19:04.4	02:15:58.9	SenF	415	Female	1049		01:02:11.1	01:41:37.2
3016	4849		Ria BLACKMORE	02:19:04.8	02:16:57.0	SenF	416	Female	1050		01:00:27.2	01:42:09.3
3017	4154		Louise DAVIES	02:19:09.6	02:16:40.6	FV45	190	Female	1051		01:02:19.1	01:41:53.0
3018	5366		Kate POWELL	02:19:10.3	02:17:02.6	FV45	191	Female	1052		01:01:19.2	01:43:27.8
3019	2225		Keri ENGQVIST	02:19:11.4	02:16:53.1	SenM	1054	Male	1966		01:00:22.9	01:41:43.5
3020	5843		Michael ELFORD	02:19:11.8	02:17:52.8	MV40	592	Male	1967	MERTHYR RUNNING CLUB	01:00:21.6	01:41:06.8
3021	5492		Kayleigh GROVES	02:19:13.0	02:17:36.9	SenF	417	Female	1053		01:02:09.3	01:44:04.4
3022	4185		Kevin BUTTON	02:19:13.3	02:17:40.8	MV40	593	Male	1968		01:03:14.6	01:42:48.1
3023	626		Tom GARRARD	02:19:13.4	02:16:49.3	SenM	1055	Male	1969		01:05:34.4	01:44:56.9
3024	6246		Abigail PRICE	02:19:15.4	02:18:32.0	SenF	418	Female	1054		01:03:24.9	01:43:45.4
3025	6247		Fraser JAMES	02:19:15.5	02:18:32.1	SenM	1056	Male	1970		01:03:25.1	01:43:45.6
3026	3583		Heather REES	02:19:15.7	02:17:01.5	FV55+	26	Female	1055		01:01:03.9	01:41:10.7
3027	4794		Charlotte DEWEY	02:19:17.2	02:17:38.1	SenF	419	Female	1056		01:00:26.6	01:42:51.3
3028	3092		Nia DICKIE	02:19:18.1	02:18:23.2	FV45	192	Female	1057		99:99:99	01:43:25.5
3029	2803		Christian VIGGERS	02:19:18.4	02:15:40.9	SenM	1057	Male	1971		01:00:51.3	01:40:39.5
3030	4140		Hannah DARLINGTON	02:19:18.8	02:17:04.1	SenF	420	Female	1058		01:04:41.0	01:43:44.2
3031	3095		Samantha MUNKLEY	02:19:23.6	02:14:55.4	SenF	421	Female	1059		01:00:19.6	01:39:33.3

3032	4033		Georgia SMITH	02:19:23.6	02:19:03.9	SenF	422	Female	1060		01:03:06.3	01:43:38.8
3033	4967		Andrew PARKER	02:19:25.3	02:16:25.4	MV40	594	Male	1972	LLISWERRY RUNNERS	01:01:54.4	01:42:03.8
3034	3090		Angharad VAUGHAN-OWEN	02:19:26.2	02:18:12.9	FV35	421	Female	1061		01:03:15.6	01:43:24.1
3035	876		Angela WARLOW	02:19:26.7	02:18:24.8	FV35	422	Female	1062	PAUL POPHAM RUNNING CLUB	01:03:07.3	01:44:16.0
3036	3860		Clare BALE	02:19:26.7	02:14:33.9	FV35	423	Female	1063		01:04:39.1	01:42:53.4
3037	892		Jake MORRIS	02:19:28.6	02:17:59.7	SenM	1058	Male	1973		01:05:40.2	01:45:44.0
3038	812		Andrew PRITCHARD	02:19:29.2	02:16:47.3	SenM	1059	Male	1974		01:03:15.2	01:43:38.6
3039	4867		Clive THOMPSON	02:19:30.0	02:19:04.1	MV60+	55	Male	1975		01:03:25.0	01:44:04.1
3040	5162		Jessica SIMMONS	02:19:30.3	02:17:06.2	SenF	423	Female	1064		01:05:34.4	01:44:56.7
3041	4669		Kayley PHILLIPS	02:19:31.6	02:17:47.2	SenF	424	Female	1065		01:02:58.2	01:43:44.5
3042	4612		Kelly SMITH	02:19:33.2	02:17:59.2	FV35	424	Female	1066		01:00:50.7	01:41:32.4
3043	3953		Alexandria GUTTERIDGE	02:19:34.1	02:18:34.9	SenF	425	Female	1067		01:01:52.0	01:43:13.1
3044	2619		Nigel MATHIAS	02:19:36.0	02:17:01.8	MV40	595	Male	1976		01:03:24.7	01:43:14.6
3045	4628		Richard KEAGLE	02:19:37.1	02:17:03.2	MV40	596	Male	1977		01:03:02.2	01:42:08.3
3046	2204		Tom STAGLES	02:19:40.5	02:16:48.9	MV60+	56	Male	1978	READING JOGGERS	01:05:59.2	01:45:10.8
3047	5471		Josh JACKSON	02:19:41.1	02:17:21.2	SenM	1060	Male	1979		01:06:20.6	01:43:05.9
3048	2653		Virginia PAWLYN	02:19:41.7	02:18:05.8	FV55+	27	Female	1068	ALMOST ATHLETES	01:01:04.0	01:42:25.8
3049	4078		Bethan EVANS	02:19:42.6	02:17:49.6	SenF	426	Female	1069		01:00:38.4	01:40:32.1
3050	2683		Lloyd HENRY	02:19:43.7	02:15:40.5	SenM	1061	Male	1980		01:01:05.7	01:40:41.2
3051	841		Matthew EVANSON	02:19:43.9	02:15:40.6	SenM	1062	Male	1981		01:01:05.5	01:40:41.4
3052	6332		Nia GRIFFITHS	02:19:45.8	02:15:13.7	FV35	425	Female	1070		01:05:59.7	01:44:33.0
3053	2776		Sarah PULESTON	02:19:46.3	02:17:29.2	FV35	426	Female	1071		01:04:58.4	01:44:11.4
3054	5440		Neil ROSS	02:19:47.1	02:16:09.3	SenM	1063	Male	1982		01:04:26.7	01:46:16.0
3055	3725		Adrian BEVAN	02:19:47.4	02:17:23.8	SenM	1064	Male	1983		01:01:28.7	01:41:34.1
3056	5194		Susan ROIG	02:19:49.0	02:16:39.7	FV35	427	Female	1072		01:02:04.1	01:43:07.5
3057	3223		Emily HOLDING	02:19:49.7	02:18:17.7	SenF	427	Female	1073		01:03:30.0	01:43:42.5
3058	704		Dennis CATTELL	02:19:51.7	02:17:35.6	MV50	256	Male	1984		00:57:56.7	01:39:43.6
3059	4338		Joanne EDWARDS	02:19:52.3	02:17:20.5	FV35	428	Female	1074		01:02:53.5	01:42:30.3
3060	5185		Sarah MULDOON	02:19:53.3	02:18:09.5	FV35	429	Female	1075		01:06:50.1	01:46:44.4
3061	5186		Laura THOMAS	02:19:53.3	02:18:10.2	FV35	430	Female	1076		01:06:50.8	01:46:45.0
3062	2763		Nerys REES	02:19:53.4	02:19:28.6	FV35	431	Female	1077		01:04:12.2	01:45:41.2
3063	4177		Kevin LEWIS	02:19:53.7	02:14:49.2	MV50	257	Male	1985		01:04:10.8	01:41:31.3
3064	3596		Daniel BENNETT	02:19:55.3	02:18:28.3	SenM	1065	Male	1986		01:03:22.5	01:42:49.3
3065	4596		Ceri CANHAM	02:19:59.8	02:16:57.2	FV35	432	Female	1078		01:04:11.8	01:44:08.7
3066	3642		Laura CUNLIFFE	02:20:00.3	02:19:32.9	SenF	428	Female	1079		01:03:12.8	01:44:22.7
3067	5903		Ashley JEWELL	02:20:00.4	02:15:56.8	MV40	597	Male	1987		01:04:54.0	01:43:21.6
3068	4847		Nicola JONES	02:20:00.5	02:18:03.0	FV35	433	Female	1080		01:01:38.5	01:42:39.6
3069	4435		Cherane KERR	02:20:00.6	02:18:03.4	FV35	434	Female	1081		01:01:38.2	01:42:39.9
3070	4484		Hannah STAR	02:20:00.9	02:17:38.1	SenF	429	Female	1082		00:59:58.8	01:42:16.1
3071	3787		Joanna HEARD	02:20:03.7	02:16:01.0	FV35	435	Female	1083		01:01:23.2	01:40:38.8
3072	3457		Mike HALL	02:20:04.1	02:17:31.9	SenM	1066	Male	1988		01:02:16.7	01:42:26.3
3073	4699		James MASON	02:20:04.1	02:17:07.4	SenM	1067	Male	1989		01:04:06.9	01:44:45.6
3074	3292		Jay GILLULEY	02:20:04.4	02:17:31.4	SenM	1068	Male	1990		01:02:16.0	01:42:25.6
3075	4360		Diana PURNELL	02:20:04.6	02:18:26.4	FV35	436	Female	1084	CWM OGWR RUNNING CLUB	01:01:57.5	01:42:35.2

3076	4072		Mark BOLT	02:20:05.1	02:17:35.0	MV40	598	Male	1991		01:05:53.2	01:45:35.3
3077	5376		Hanna CULVERHOUSE	02:20:05.1	02:17:35.0	SenF	430	Female	1085		01:05:55.8	01:45:35.3
3078	3022		Ian PARFITT	02:20:07.0	02:19:52.5	MV40	599	Male	1992		00:56:22.9	01:41:30.9
3079	4343		Gail PRITCHARD	02:20:10.4	02:18:30.9	FV45	193	Female	1086	CWM OGWR RUNNING CLUB	01:04:03.8	01:45:20.1
3080	3176		Elizabeth BARCLAY	02:20:11.2	02:16:31.9	FV45	194	Female	1087		01:03:40.2	01:42:08.7
3081	5528		Jane RIDGE	02:20:12.2	02:19:13.1	FV45	195	Female	1088	DORSET DODDLERS	01:03:27.2	01:44:59.0
3082	3515		Rhian MORGAN	02:20:13.4	02:18:18.0	SenF	431	Female	1089		01:02:17.4	01:42:55.7
3083	4619		Isabel BUSWELL	02:20:14.4	02:19:42.2	FV45	196	Female	1090		01:04:51.8	01:45:40.3
3084	3553		Julie KEMP	02:20:14.5	02:17:58.1	FV45	197	Female	1091		01:02:41.7	01:43:47.0
3085	4451		Sarah WILLIAMS	02:20:14.6	02:19:42.9	FV35	437	Female	1092		01:04:52.1	01:45:40.6
3086	3992		Paul DORRELL	02:20:15.1	02:17:19.4	MV50	258	Male	1993		01:02:12.4	01:42:24.3
3087	5116		Gerry CUMMINS	02:20:15.7	02:19:37.2	MV40	600	Male	1994		01:01:45.5	01:40:29.3
3088	5067		Neil MATTHEWS	02:20:16.8	02:17:36.6	MV40	601	Male	1995		01:08:00.5	01:47:31.7
3089	3091		Abbie LEWIS	02:20:17.8	02:20:01.8	SenF	432	Female	1093		01:01:15.7	01:43:27.5
3090	5114		Sophie THOMAS	02:20:18.0	02:17:34.0	SenF	433	Female	1094		01:04:22.0	01:45:58.4
3091	2969		Rhian DAVIES	02:20:18.2	02:20:16.4	FV35	438	Female	1095		01:02:25.5	01:44:07.2
3092	2970		Rhian DAVIES	02:20:18.8	02:20:16.6	FV35	439	Female	1096		01:02:25.7	01:44:07.2
3093	4458		Mike HAWORTH	02:20:18.8	02:16:45.4	SenM	1069	Male	1996		01:01:23.4	01:39:09.6
3094	4199		Nafiseh BADIEI	02:20:19.7	02:18:36.4	FV35	440	Female	1097		01:05:15.5	01:45:32.8
3095	4964		Sophie DAVIES	02:20:20.3	02:15:19.2	SenF	434	Female	1098		01:06:59.7	01:46:01.7
3096	795		Hayley PRICE	02:20:21.8	02:19:01.8	FV35	441	Female	1099		00:50:03.4	01:45:26.5
3097	5768		Mark MCNEISH	02:20:23.5	02:20:08.6	MV40	602	Male	1997		00:59:03.7	01:41:39.7
3098	5470		Teresa VEREL	02:20:24.6	02:20:06.9	FV35	442	Female	1100		01:02:00.5	01:45:12.9
3099	5469		Duncan VEREL	02:20:24.9	02:20:07.1	MV40	603	Male	1998	WELLS CITY HARRIERS	01:02:00.0	01:45:12.4
3100	5308		Emma BLESSLEY	02:20:25.1	02:17:59.2	FV35	443	Female	1101		01:03:23.6	01:43:16.7
3101	5847		Nicola CROWLEY	02:20:25.5	02:18:45.3	FV45	198	Female	1102		01:04:09.9	01:45:42.2
3102	3508		Sharon SMOUT	02:20:25.9	02:17:47.3	FV45	199	Female	1103		01:03:24.4	01:43:09.9
3103	4644		Michelle THOMAS	02:20:26.0	02:17:47.4	FV35	444	Female	1104		01:03:26.9	01:43:10.1
3104	3504		Angharad BOOTH	02:20:26.1	02:16:16.6	SenF	435	Female	1105		01:04:58.3	01:44:23.1
3105	4936		Sharon Jane HORSEMAN	02:20:26.9	02:18:42.7	FV45	200	Female	1106		01:02:17.1	01:43:20.5
3106	2889		Vincent EVANS	02:20:27.1	02:20:05.1	MV40	604	Male	1999		00:58:22.2	01:42:18.1
3107	3494		Victoria YOUNG	02:20:27.5	02:18:58.5	SenF	436	Female	1107	PT HARRIERS	00:58:54.3	01:43:00.9
3108	3029		Garey DAVIES	02:20:27.6	02:16:59.8	MV40	605	Male	2000		01:02:08.9	01:41:55.8
3109	3030		Sarah LEMON-DAVIES	02:20:28.2	02:17:00.3	FV35	445	Female	1108		01:02:09.3	01:41:56.2
3110	4909		Claire COLLINS	02:20:29.3	02:17:39.0	FV35	446	Female	1109		01:02:03.7	01:44:22.0
3111	3746		Isabel SAUNDERS	02:20:29.5	02:17:35.0	SenF	437	Female	1110		01:05:24.3	01:44:43.5
3112	3488		Evan SMITH	02:20:29.9	02:18:16.5	SenM	1070	Male	2001		01:01:47.9	01:42:07.2
3113	3586		Ffion Elin JONES	02:20:32.4	02:20:18.2	SenF	438	Female	1111		00:59:19.1	01:43:33.9
3114	5406		Alan WILLIAMS	02:20:32.9	02:20:24.5	MV60+	57	Male	2002		00:59:24.7	01:43:42.3
3115	5328		Suzanne BARNES	02:20:37.2	02:18:58.7	FV45	201	Female	1112		01:02:22.3	01:43:56.1
3116	3749		Lynn DELFOSSE	02:20:38.5	02:19:11.9	FV45	202	Female	1113		01:05:04.1	01:45:26.9
3117	5088		Sarah VOLLER	02:20:39.3	02:17:42.6	FV35	447	Female	1114	ABBEY FLYERS	01:04:04.0	01:44:20.6
3118	4631		Mike BRAIN	02:20:41.3	02:17:18.3	SenM	1071	Male	2003		01:03:38.4	01:43:03.0
3119	3404		Bethany ALLEN	02:20:42.0	02:17:34.9	SenF	439	Female	1115		01:00:57.0	01:41:27.8

3120	5829		Richard ALLEN	02:20:42.4	02:17:35.1	MV40	606	Male	2004		01:00:56.7	01:41:28.4
3121	5091		Deborah THURMAN	02:20:44.7	02:17:48.4	FV35	448	Female	1116		01:04:04.4	01:44:20.4
3122	2910		Christine RANDALL	02:20:46.8	02:19:33.7	SenF	440	Female	1117		01:07:50.4	01:47:21.4
3123	2834		Marcus BRIGGS	02:20:48.2	02:17:28.5	MV40	607	Male	2005		01:03:52.6	01:44:08.4
3124	3008		Mark JONES	02:20:48.6	02:17:40.1	MV40	608	Male	2006		01:06:34.5	01:45:59.4
3125	5189		Palvinder BASI	02:20:48.8	02:20:42.5	FV45	203	Female	1118		01:03:19.1	01:44:48.9
3126	5350		Marie AITCHISON	02:20:49.8	02:18:05.8	FV35	449	Female	1119		01:03:50.4	01:44:15.6
3127	5420		Hannah HILL	02:20:50.1	02:18:22.3	SenF	441	Female	1120	SPIRIT OF MONMOUTH RUNNING CLUB	01:05:34.1	01:45:44.6
3128	5024		Caitlin OWEN	02:20:50.2	02:19:06.2	SenF	442	Female	1121		01:00:58.9	01:43:27.9
3129	4838		Emma JONES	02:20:51.8	02:19:01.7	FV35	450	Female	1122		01:02:19.4	01:44:20.3
3130	4843		Hannah GRIFFITHS	02:20:52.2	02:19:02.3	SenF	443	Female	1123		01:02:19.8	01:44:23.0
3131	5908		Jonathan SUMMERS	02:20:57.7	02:16:32.9	MV40	609	Male	2007		01:02:21.6	01:42:11.8
3132	5174		Joanne ROBERTS	02:20:59.0	02:18:41.8	FV35	451	Female	1124		01:02:58.6	01:44:00.1
3133	2747		Eirlys THOMAS	02:20:59.1	02:20:49.3	FV35	452	Female	1125		01:00:23.2	01:44:08.4
3134	5507		Claudia KEMSLEY	02:21:00.9	02:17:29.8	SenF	444	Female	1126		01:05:35.7	01:44:47.0
3135	3422		Aimee WILLIAMS	02:21:01.8	02:20:44.7	SenF	445	Female	1127		01:05:08.4	01:47:12.4
3136	3681		Gill CRIPWELL	02:21:02.0	02:19:02.8	FV55+	28	Female	1128		01:01:10.6	01:42:14.6
3137	920		Tasmin THOMAS	02:21:02.7	02:19:09.3	SenF	446	Female	1129		01:01:41.4	01:45:25.3
3138	2860		Rachel EVANS	02:21:05.0	02:20:55.8	FV45	204	Female	1130		01:03:51.4	01:45:38.5
3139	5372		Sarah REES	02:21:05.6	02:18:51.9	SenF	447	Female	1131		01:02:51.8	01:43:27.8
3140	5542		Lara BOLDUC	02:21:06.1	02:18:43.1	FV45	205	Female	1132	RUNNING FOREVER RUNNING CLUB	01:02:51.1	01:43:27.5
3141	4288		Liesl HERBST	02:21:07.3	02:20:26.9	FV35	453	Female	1133		01:03:20.7	01:45:20.2
3142	4233		Marc ANDREWS	02:21:09.3	02:19:03.0	SenM	1072	Male	2008		01:02:08.4	01:42:35.5
3143	4234		Lisa WILSON	02:21:09.5	02:19:03.9	SenF	448	Female	1134		01:02:09.1	01:42:36.1
3144	6336		Emma RICHARDS	02:21:11.3	02:18:08.1	SenF	449	Female	1135		01:04:29.0	01:44:50.8
3145	6245		Chris STONE	02:21:11.8	02:17:30.2	SenM	1073	Male	2009		01:10:26.3	01:47:05.8
3146	5899		Julie LEWIS	02:21:13.8	02:18:00.8	FV35	454	Female	1136		01:05:17.5	01:45:26.5
3147	5149		Melissa MOOLEEDHAR	02:21:14.9	02:20:51.5	FV35	455	Female	1137		01:05:37.4	01:47:19.8
3148	3989		Diana HEINSALU	02:21:15.6	02:19:13.1	SenF	450	Female	1138		01:06:00.9	01:46:43.2
3149	83		Sarah DAVIES	02:21:15.8	02:17:48.3	SenF	451	Female	1139		01:03:11.5	01:43:38.0
3150	5526		Ann LEWIS	02:21:16.5	02:20:44.1	FV45	206	Female	1140		01:02:37.7	01:44:15.9
3151	175		Philip SEWELL	02:21:17.3	02:19:37.3	SenM	1074	Male	2010		00:54:09.1	01:43:43.3
3152	1117		Dawn HOPKINS	02:21:18.9	02:18:36.5	FV35	456	Female	1141	CWM OGWR RUNNING CLUB	01:04:52.3	01:44:56.3
3153	5319		Joanne BUCKLEY	02:21:19.2	02:18:37.6	SenF	452	Female	1142		01:03:10.6	01:43:17.9
3154	3516		Robert WILLIAMS	02:21:19.8	02:21:02.5	MV40	610	Male	2011		01:02:22.4	01:44:37.1
3155	3495		Louise HOPKINS	02:21:20.1	02:21:11.7	FV35	457	Female	1143		01:03:22.9	01:44:48.7
3156	275		Rose Anne FISHER	02:21:20.5	02:20:03.7	SenF	453	Female	1144		01:01:43.1	01:42:45.4
3157	4988		Jo DAVISS	02:21:23.0	02:19:21.0	FV35	458	Female	1145	CAERLEON RC	01:04:08.3	01:45:24.0
3158	3320		Alex LETHBRIDGE	02:21:23.6	02:17:34.0	SenM	1075	Male	2012		01:03:58.9	01:43:25.3
3159	4706		Lisa WILLIAMS	02:21:25.9	02:19:33.2	FV35	459	Female	1146	PONTYPRIDD ROADENTS	01:04:27.2	01:46:02.0
3160	4432		Michael HARRIS	02:21:27.5	02:20:20.3	MV40	611	Male	2013		01:01:25.1	01:44:48.3
3161	4952		Claire WILLIAMS	02:21:28.5	02:20:46.5	FV35	460	Female	1147		01:01:09.4	01:45:40.3
3162	4645		Claire POWNALL	02:21:29.2	02:19:40.3	FV35	461	Female	1148		01:04:33.9	01:45:58.6
3163	2994		Nicki GARNETT	02:21:29.4	02:19:02.1	FV45	207	Female	1149		01:01:51.9	01:42:59.7



3164	3007		Helen HILL	02:21:29.4	02:19:01.9	FV45	208	Female	1150		01:01:51.2	01:42:59.2
3165	5338		Sian KELLY	02:21:30.7	02:18:51.1	FV45	209	Female	1151		01:03:00.8	01:44:16.7
3166	3276		Lee HOPKINS	02:21:31.5	02:17:52.4	SenM	1076	Male	2014		00:59:09.7	01:42:26.5
3167	5769		Martine HOWELLS	02:21:31.7	02:19:46.4	FV35	462	Female	1152		01:06:08.1	01:47:14.6
3168	3679		Darron ROSSITER	02:21:32.7	02:21:12.9	SenM	1077	Male	2015		01:01:32.5	01:45:40.0
3169	3670		Jack PALLAS	02:21:34.5	02:19:29.3	SenM	1078	Male	2016		01:03:20.1	01:42:04.8
3170	4283		Rod MORRIS	02:21:35.0	02:18:57.4	MV50	259	Male	2017		01:05:24.7	01:44:52.6
3171	5233		Claire PERRY	02:21:35.2	02:18:49.6	FV35	463	Female	1153		01:04:13.6	01:44:56.7
3172	5232		Rachel ALES	02:21:35.5	02:18:50.0	FV35	464	Female	1154		01:04:16.0	01:44:56.8
3173	672		Lisa REYNOLDS	02:21:38.7	02:18:56.0	FV35	465	Female	1155		01:01:47.8	01:43:15.3
3174	4688		Coral PUTMAN	02:21:39.5	02:18:41.7	FV35	466	Female	1156	VEGAN RUNNERS UK	01:08:22.9	01:49:05.7
3175	3268		Amy INGLIS	02:21:41.2	02:19:34.3	SenF	454	Female	1157		01:08:31.2	01:48:13.7
3176	5522		Dawn FISKE	02:21:43.3	02:20:28.4	FV45	210	Female	1158		01:02:28.0	01:45:50.9
3177	5521		Neil DAVIDSON	02:21:43.5	02:20:28.6	MV50	260	Male	2018		01:02:27.7	01:45:52.3
3178	4224		Janet WILLIAMS	02:21:43.9	02:19:19.0	FV55+	29	Female	1159		01:03:48.6	01:44:29.9
3179	6163		Sara WILKINSON	02:21:46.5	02:18:25.0	SenM	1079	Male	2019		01:03:54.3	01:43:46.0
3180	5678		Daniel COOPER	02:21:47.2	02:19:55.8	SenM	1080	Male	2020		01:01:32.6	01:45:32.9
3181	3097		Courtney HARRIES	02:21:47.8	02:21:05.3	SenF	455	Female	1160		01:04:23.4	01:46:29.8
3182	5379		Sue CORCORAN	02:21:48.0	02:21:40.0	FV55+	30	Female	1161		01:06:16.1	01:48:05.3
3183	340		Paul WARREN	02:21:48.3	02:20:08.4	SenM	1081	Male	2021		00:54:11.6	01:43:43.9
3184	4990		Megan DAVIES	02:21:48.3	02:20:55.1	SenF	456	Female	1162		01:01:17.8	01:44:25.5
3185	3053		Benjamin TUCKER	02:21:48.7	02:19:08.1	SenM	1082	Male	2022		01:03:15.4	01:44:28.1
3186	5234		Amy KEARTON	02:21:49.8	02:20:06.2	SenF	457	Female	1163		01:05:59.8	01:46:53.9
3187	1606		Clare CASWELL	02:21:51.4	02:19:27.5	SenF	458	Female	1164		01:03:23.5	01:44:38.3
3188	3037		Charlotte THOMAS	02:21:51.7	02:18:46.5	FV35	467	Female	1165		01:01:54.6	01:42:13.7
3189	2791		Kati MARTIN	02:21:51.8	02:19:43.3	SenF	459	Female	1166		01:02:56.1	01:42:26.4
3190	5139		Sara CALDER	02:21:52.0	02:19:53.0	FV45	211	Female	1167		01:04:18.6	01:46:38.3
3191	3065		Kelly PIMM	02:21:54.0	02:17:58.1	SenF	460	Female	1168		01:03:37.8	01:44:18.5
3192	5468		Ian HAMPSON	02:21:54.8	02:21:45.6	SenM	1083	Male	2023		01:03:22.4	01:45:15.1
3193	4084		Sonia Nerys EDMONDS	02:21:54.9	02:19:34.5	FV35	468	Female	1169		01:03:21.6	01:43:52.8
3194	5793		Hannah EAMES	02:21:55.2	02:20:39.0	SenF	461	Female	1170		01:02:38.7	01:45:52.6
3195	6289		Jordan HARRIS	02:21:55.3	02:20:38.5	SenM	1084	Male	2024		01:02:53.5	01:45:52.0
3196	5054		Natalie COLLARD	02:21:56.4	02:21:20.9	FV35	469	Female	1171		01:02:52.8	01:44:27.3
3197	3528		Katie WILLIAMS-JONES	02:21:56.9	02:18:31.0	SenF	462	Female	1172		01:03:51.3	01:44:33.2
3198	4556		Mark HEGARTY	02:21:58.6	02:21:09.9	MV40	612	Male	2025		00:58:37.3	01:41:02.8
3199	16511		Ian COX	02:22:00.0	02:19:13.8	Pacer	10	Male	2026		01:05:40.2	01:45:50.8
3200	4622		Katherine ADSETT	02:22:00.6	02:20:51.6	FV35	470	Female	1173		01:03:49.7	01:45:00.8
3201	5176		Kieron DUGGAN	02:22:02.5	02:19:27.2	MV40	613	Male	2027	REDWAY RUNNERS	01:02:52.2	01:44:08.5
3202	5175		Kieron DUGGAN	02:22:02.6	02:19:26.6	MV40	614	Male	2028	REDWAY RUNNERS	01:02:51.9	01:44:09.0
3203	2848		Diane RIDGEWAY	02:22:02.8	02:19:20.7	FV45	212	Female	1174		01:04:28.8	01:45:43.3
3204	3842		Natalie WILLIAMS	02:22:02.9	02:19:21.0	FV35	471	Female	1175		01:04:29.4	01:45:43.1
3205	4121		Ellen PARKER-JONES	02:22:03.0	02:19:20.7	FV35	472	Female	1176		01:04:29.1	01:45:42.3
3206	6195		Alan MCKINNON	02:22:03.6	02:19:27.1	MV50	261	Male	2029		01:02:51.8	01:44:07.9
3207	4416		Hannah GODFREY	02:22:04.0	02:20:04.5	SenF	463	Female	1177		01:02:12.5	01:43:34.0

3208	3117		Victoria WOODMAN	02:22:05.4	02:19:45.0	FV35	473	Female	1178		01:02:36.8	01:42:25.5
3209	4661		Emma BOWERS	02:22:07.7	02:20:52.2	SenF	464	Female	1179		01:02:04.2	01:45:05.6
3210	4662		Matthew BOWERS	02:22:08.0	02:20:52.4	SenM	1085	Male	2030		01:02:01.7	01:45:07.8
3211	3333		Martin POLLETT	02:22:08.3	02:17:56.6	MV50	262	Male	2031		01:02:18.3	01:40:41.8
3212	5164		Emily JARVIS	02:22:09.4	02:20:39.3	SenF	465	Female	1180		01:04:02.9	01:46:22.3
3213	5501		Emma COSENTINO	02:22:09.7	02:19:29.0	FV35	474	Female	1181	CHIPPENHAM HARRIERS	01:03:39.4	01:44:00.8
3214	4767		Sukhjinder KAUR	02:22:11.2	02:20:14.9	FV35	475	Female	1182	REFAIL RUNNERS	01:05:08.1	01:45:55.4
3215	4361		Megan JONES	02:22:11.3	02:17:47.6	SenF	466	Female	1183		01:03:31.9	01:44:14.2
3216	3522		Leah HINTON	02:22:17.3	02:21:40.2	SenF	467	Female	1184		01:01:39.0	01:44:53.1
3217	3816		Alise JEREMIAH	02:22:17.6	02:21:41.1	SenF	468	Female	1185		01:01:39.9	01:44:53.7
3218	4047		Josh DAVIES	02:22:19.3	02:19:04.4	SenM	1086	Male	2032		00:58:42.4	01:40:13.2
3219	3557		Kelly MCNEISH	02:22:21.0	02:22:06.9	FV35	476	Female	1186		01:04:44.4	01:46:34.7
3220	5096		Candyce HARTLEY	02:22:21.3	02:19:25.0	SenF	469	Female	1187		01:08:38.6	01:48:41.7
3221	1006		Alex WILLIAMS	02:22:22.2	02:19:56.2	MV40	615	Male	2033	PORT TALBOT HARRIERS	00:59:21.0	01:40:29.9
3222	3809		Christopher BEYNON	02:22:23.8	02:21:21.1	SenM	1087	Male	2034		01:01:24.9	01:44:40.8
3223	4302		Rhiannon PRATCHETT	02:22:23.9	02:21:53.9	FV45	213	Female	1188		01:00:16.5	01:42:49.0
3224	3587		Claudia RADULESCU	02:22:24.1	02:18:06.3	FV35	477	Female	1189		01:06:18.3	01:46:02.5
3225	3259		Helen PRIDHAM	02:22:25.2	02:21:44.0	FV35	478	Female	1190		01:05:10.5	01:46:54.9
3226	3418		Susan CHAVES	02:22:25.3	02:20:09.5	FV45	214	Female	1191		01:06:50.0	01:47:51.3
3227	3573		Sian MYTTON	02:22:25.5	02:20:24.3	SenF	470	Female	1192	RUN4ALL NEATH	01:02:53.5	01:46:12.9
3228	3315		Laura BRUNGER	02:22:25.6	02:20:24.5	SenF	471	Female	1193	RUN4ALL NEATH	01:02:53.4	01:46:13.8
3229	4713		Owain WILLIAMS	02:22:25.8	02:19:53.6	SenM	1088	Male	2035		01:05:21.4	01:44:55.2
3230	4055		Lisa MORRIS	02:22:26.4	02:20:56.6	FV35	479	Female	1194		01:06:01.6	01:47:02.2
3231	3193		Sian WILLIAMS	02:22:27.3	02:18:44.7	FV35	480	Female	1195		01:04:02.3	01:44:33.1
3232	4613		Garry WHARMBY	02:22:28.7	02:19:38.8	MV50	263	Male	2036	PEGASUS RC	01:05:32.0	01:45:49.6
3233	3444		Louise NORRIS	02:22:29.9	02:19:34.4	SenF	472	Female	1196		01:05:20.1	01:45:47.8
3234	5419		Sian BURNS	02:22:30.7	02:20:03.1	FV45	215	Female	1197	SPIRIT OF MONMOUTH RUNNING CLUB	01:05:34.7	01:46:10.8
3235	5317		Stephanie WALTHER	02:22:31.7	02:21:44.0	SenF	473	Female	1198		01:07:08.3	01:47:49.7
3236	4774		Molly HUGHES	02:22:32.8	02:21:59.6	FV35	481	Female	1199		01:05:02.1	01:47:20.1
3237	3273		Christine WILLIAMS	02:22:35.5	02:21:25.0	FV45	216	Female	1200	CELTIC TRI	01:03:46.1	01:45:13.9
3238	3932		Susan ROBERTS	02:22:35.5	02:20:25.4	FV45	217	Female	1201		01:02:45.9	01:44:14.1
3239	3298		Kathryn JOSEPH	02:22:39.7	02:20:00.8	SenF	474	Female	1202		01:00:34.4	01:43:01.8
3240	4581		Helen DONNE	02:22:40.6	02:20:10.0	SenF	475	Female	1203		01:04:17.7	01:45:26.4
3241	3110		Sian MORRIS	02:22:41.4	02:19:55.5	FV35	482	Female	1204		01:05:44.2	01:46:09.0
3242	3645		Louise ESNEY	02:22:42.0	02:21:37.8	FV35	483	Female	1205		01:04:11.2	01:46:00.4
3243	3414		Cassie HINES	02:22:42.7	02:20:04.5	SenF	476	Female	1206		01:05:51.8	01:45:59.2
3244	3650		Bethan THOMAS	02:22:45.4	02:20:05.5	SenF	477	Female	1207		01:04:14.8	01:45:22.9
3245	5844		Ros EVANS	02:22:47.4	02:22:43.2	FV45	218	Female	1208		01:04:20.0	01:46:54.7
3246	4762		Dawne MEYNELL-WESTERN	02:22:48.1	02:20:51.9	FV35	484	Female	1209	RHONDDA VALLEY RUNNERS	01:05:09.5	01:47:04.1
3247	3929		Catherine DAVIES	02:22:50.9	02:18:48.3	SenF	478	Female	1210		01:03:33.8	01:44:23.8
3248	2729		Sioned GIBBY	02:22:51.5	02:22:15.6	FV35	485	Female	1211		01:04:42.1	01:46:30.9
3249	162		Steve PLUMB	02:22:51.8	02:22:15.0	SenM	1089	Male	2037		01:04:42.8	01:46:29.3
3250	3709		Keri BOWDEN	02:22:52.8	02:20:18.4	MV40	616	Male	2038		01:02:40.1	01:44:23.8
3251	4651		Molly DOWNS	02:22:53.0	02:18:25.8	SenF	479	Female	1212		01:08:05.0	01:47:08.6

3252	2855		Victoria TUCKER	02:22:54.0	02:19:57.1	SenF	480	Female	1213		01:05:27.3	01:46:52.7
3253	5106		Emma Jayne GORE	02:22:54.1	02:22:37.1	FV35	486	Female	1214		01:01:44.5	01:44:28.9
3254	2620		Fiona ARCHIBALD	02:22:54.5	02:18:07.8	SenF	481	Female	1215		01:04:58.6	01:45:31.1
3255	2621		Laura PFEIFFER	02:22:54.5	02:18:07.4	SenF	482	Female	1216		01:04:56.0	01:45:31.4
3256	3330		Scott LAWRENCE	02:22:55.1	02:17:54.7	SenM	1090	Male	2039		01:10:53.3	01:48:40.3
3257	3758		Sarah GREEN	02:22:55.5	02:18:22.4	SenF	483	Female	1217		01:06:36.3	01:45:56.1
3258	4834		Caroline BEST	02:22:56.3	02:21:04.3	SenF	484	Female	1218	PONTYPRIDD ROADENTS	00:57:54.7	01:43:50.6
3259	2987		Emma TURNER	02:22:56.5	02:19:01.6	FV35	487	Female	1219		01:04:03.3	01:46:09.1
3260	1424		Julie THOMAS	02:22:57.2	02:18:25.7	FV45	219	Female	1220		01:07:25.8	01:48:24.8
3261	5302		Sean TYRRELL	02:22:59.2	02:22:02.8	MV40	617	Male	2040		01:01:49.1	01:43:38.5
3262	3084		Lauren WALTERS	02:22:59.4	02:22:46.6	SenF	485	Female	1221		01:02:45.8	01:46:01.5
3263	6361		Oliver PHILLIPS	02:22:59.5	02:22:03.2	SenM	1091	Male	2041		01:01:48.4	01:43:39.1
3264	2251		Mark THOMAS	02:23:02.4	02:21:36.4	MV40	618	Male	2042		01:02:56.2	01:45:21.8
3265	1665		Mark CHESHIRE	02:23:03.4	02:20:17.0	MV40	619	Male	2043		01:00:28.2	01:43:11.5
3266	4677		Julie HAIGH	02:23:03.4	02:20:48.9	FV55+	31	Female	1222	CAERPHILLY RUNNERS	01:02:27.1	01:44:50.6
3267	5313		Joanna HOLDEN	02:23:04.3	02:22:06.7	FV45	220	Female	1223		01:06:37.2	01:47:49.4
3268	4030		Cheryl BENDLE	02:23:12.0	02:21:24.5	SenF	486	Female	1224		01:02:48.2	01:45:48.2
3269	5371		Phil WILLIAMS	02:23:13.6	02:21:44.8	MV40	620	Male	2044		01:01:34.6	01:41:31.4
3270	6360		Brooke MEAD	02:23:25.1	02:22:24.4	SenF	487	Female	1225		01:08:17.8	01:49:33.7
3271	5017		Laura RENDELL	02:23:26.2	02:19:15.5	SenF	488	Female	1226	LLISWERRY RUNNERS	01:02:53.4	01:44:05.2
3272	4265		Geoff TWIGG	02:23:27.1	02:22:37.6	MV60+	58	Male	2045		01:04:58.9	01:47:15.7
3273	2657		Clare RICHARDS	02:23:27.8	02:21:18.7	FV35	488	Female	1227	FOREST OF DEAN ATHLETICS CLUB	01:04:18.4	01:45:46.3
3274	2827		Andrew THOMAS	02:23:31.7	02:20:52.8	MV50	264	Male	2046		01:00:57.0	01:42:58.9
3275	218		Emily SLEE	02:23:32.1	02:22:33.3	SenF	489	Female	1228		01:00:51.7	01:44:55.9
3276	4500		Rachel WILLIAMS	02:23:32.8	02:20:49.8	SenF	490	Female	1229		01:02:37.2	01:44:02.6
3277	5890		James MCGETTRICK	02:23:36.5	02:19:49.0	SenM	1092	Male	2047		01:07:39.2	01:47:49.6
3278	3721		Catherine SPRING	02:23:37.6	02:20:50.3	FV45	221	Female	1230		01:04:30.7	01:45:29.6
3279	5291		Lisa CRONIN	02:23:38.8	02:21:27.5	FV35	489	Female	1231		01:03:48.3	01:46:02.0
3280	4236		Elizabeth BIRD	02:23:40.8	02:22:00.5	SenF	491	Female	1232		01:07:15.3	01:47:22.4
3281	1348		Liam RYAN	02:23:41.5	02:22:20.9	MV50	265	Male	2048		01:04:14.9	01:46:59.9
3282	3128		Katherine WILLIAMS	02:23:41.8	02:21:16.6	FV45	222	Female	1233		01:06:04.8	01:46:15.3
3283	2965		Paul RANAHAN	02:23:43.7	02:19:36.8	MV40	621	Male	2049		01:04:07.5	01:44:20.9
3284	5163		Katie JARVIS	02:23:44.9	02:22:15.2	SenF	492	Female	1234		01:04:03.1	01:46:23.1
3285	4829		Brenda EVANS	02:23:52.2	02:19:44.2	FV55+	32	Female	1235	PONTYPRIDD ROADENTS	01:05:54.5	01:46:34.6
3286	4665		Louise PHILLIPS	02:23:52.3	02:19:44.0	FV35	490	Female	1236		01:05:54.4	01:46:34.5
3287	4113		Sarah NORRIS	02:23:55.1	02:21:44.4	FV55+	33	Female	1237		01:03:15.5	01:43:57.5
3288	2934		Gareth KEATLEY	02:23:56.7	02:21:56.7	SenM	1093	Male	2050		01:02:33.8	01:44:15.8
3289	3385		Stephanie PROWLE	02:23:57.0	02:21:08.8	FV35	491	Female	1238		01:05:04.5	01:46:19.1
3290	6130		Hayley WATSON	02:23:57.1	02:19:24.0	SenF	493	Female	1239		01:07:18.2	01:47:26.0
3291	5880		Lianne GRIFFITHS	02:23:57.2	02:21:08.8	FV35	492	Female	1240		01:05:04.2	01:46:18.5
3292	4445		Maria MORGAN	02:24:01.4	02:22:36.0	FV35	493	Female	1241		01:05:12.3	01:46:30.3
3293	3033		Rebecca ROWLANDS	02:24:02.6	02:21:22.9	SenF	494	Female	1242		01:05:44.9	01:47:11.9
3294	4674		Bethan EVANS	02:24:04.0	02:20:16.8	SenF	495	Female	1243		01:06:03.0	01:46:33.8
3295	2707		Derek DAVIES	02:24:05.5	02:21:30.4	MV40	622	Male	2051		01:04:29.4	01:45:40.2

3296	4126		Mas MINOU	02:24:07.2	02:22:24.1	FV35	494	Female	1244		01:05:53.9	01:46:58.5
3297	802		Gemma PETTY	02:24:08.6	02:21:51.5	SenF	496	Female	1245		01:00:54.7	01:43:50.2
3298	2878		Garath WILLIAMS	02:24:09.6	02:23:50.5	MV40	623	Male	2052		01:01:40.5	01:46:58.3
3299	5395		Clare CHURCHER	02:24:11.0	02:21:38.4	FV35	495	Female	1246	ISLWYN RC	01:03:27.0	01:45:02.7
3300	4351		Gareth ROBERTS	02:24:11.6	02:23:28.1	SenM	1094	Male	2053		01:07:02.0	01:48:55.2
3301	4367		Alun ROBERTS	02:24:11.6	02:23:28.5	SenM	1095	Male	2054		01:07:02.0	01:48:55.7
3302	4405		Leanne CASLEY	02:24:12.8	02:21:44.0	FV45	223	Female	1247		01:05:28.0	01:46:21.5
3303	5089		Sam WEBBER	02:24:13.1	02:23:24.1	SenM	1096	Male	2055		01:02:20.3	01:43:03.6
3304	4771		Emma REES	02:24:15.3	02:21:15.7	SenF	497	Female	1248	PONTYPRIDD ROADENTS	01:06:25.3	01:47:14.9
3305	4155		Tracy LONEY	02:24:15.6	02:22:41.3	FV45	224	Female	1249		01:05:21.2	01:47:34.7
3306	3014		Diane HENRY	02:24:18.9	02:21:56.1	FV45	225	Female	1250		01:04:48.8	01:46:37.5
3307	5849		Alison JONES	02:24:19.2	02:22:38.3	FV45	226	Female	1251		01:04:09.5	01:45:42.9
3308	5101		Michael GRAHAM	02:24:20.6	02:23:10.5	SenM	1097	Male	2056		01:01:44.0	01:45:51.2
3309	3481		Keri THOMAS	02:24:21.2	02:21:48.9	SenF	498	Female	1252		01:02:51.9	01:44:36.1
3310	4471		Amanda THOMPSON	02:24:22.7	02:24:15.4	FV55+	34	Female	1253	LES CROUPIERS RC	01:04:08.9	01:46:56.6
3311	3920		Gemma HARRIS	02:24:27.1	02:22:10.5	SenF	499	Female	1254	RUN4ALL NEATH	01:01:28.4	01:45:59.2
3312	5359		Helen JAMES	02:24:27.2	02:19:26.6	FV45	227	Female	1255		01:06:05.2	01:46:00.8
3313	4663		Philip WAKEFORD	02:24:29.0	02:19:59.2	MV50	266	Male	2057		01:07:21.9	01:47:07.8
3314	4372		Robert DOWNS	02:24:30.2	02:22:55.5	MV40	624	Male	2058		01:05:27.3	01:45:34.5
3315	4956		Paul PRICE	02:24:31.5	02:20:02.2	MV40	625	Male	2059		01:03:30.4	01:44:14.4
3316	4955		Tammy JONES	02:24:31.6	02:20:02.1	FV35	496	Female	1256		01:03:33.8	01:44:24.6
3317	4528		Linos THOMAS	02:24:32.5	02:19:29.3	FV35	497	Female	1257		01:03:22.0	01:43:42.5
3318	3340		Neil GLADWIN	02:24:33.0	02:20:47.8	MV40	626	Male	2060		01:06:04.4	01:47:02.0
3319	3172		Jemma HOLLINGWORTH	02:24:34.3	02:23:33.5	SenF	500	Female	1258		01:08:17.6	01:49:33.7
3320	5216		Jan POWELL	02:24:34.8	02:24:11.4	FV35	498	Female	1259		01:04:03.1	01:48:03.9
3321	5370		Angela COLLORICK-BRUSH	02:24:35.7	02:21:36.5	FV35	499	Female	1260	HATHERLETES	01:05:28.5	01:45:59.9
3322	3882		Arturo SANORJO JR	02:24:38.5	02:24:10.4	SenM	1098	Male	2061		01:02:01.4	01:45:33.5
3323	4444		Anita HARPER	02:24:40.3	02:20:10.4	FV45	228	Female	1261		01:07:21.6	01:47:08.4
3324	4666		Lisa SMITH	02:24:45.2	02:22:52.3	SenF	501	Female	1262		01:06:46.3	01:49:37.4
3325	1677		Kevin JONES	02:24:45.6	02:21:59.7	SenM	1099	Male	2062		01:00:28.8	01:43:11.9
3326	5874		Andrew LUSTIH	02:24:45.6	02:21:56.5	SenM	1100	Male	2063	CELTIC TRI	01:06:42.3	01:48:36.0
3327	5439		Martin NAISH	02:24:50.6	02:23:20.1	MV50	267	Male	2064		00:58:14.7	01:44:20.0
3328	2757		Karina WILLIAMS	02:24:54.7	02:23:50.4	FV35	500	Female	1263		01:04:11.4	01:46:52.1
3329	1095		Jason HORNETT	02:24:58.6	02:22:24.1	SenM	1101	Male	2065		00:59:52.1	01:42:15.7
3330	3619		Claire BYRNE	02:24:59.0	02:23:58.6	SenF	502	Female	1264		01:03:36.0	01:46:19.8
3331	4958		Kathryn PRICE	02:25:01.1	02:21:39.3	FV45	229	Female	1265	PARC BRYN BACH RC	01:07:21.9	01:47:39.3
3332	3811		Tyler MILLER	02:25:01.4	02:24:55.4	SenM	1102	Male	2066		01:01:37.5	01:46:40.2
3333	5859		Caroline PRICE	02:25:03.8	02:22:46.6	SenF	503	Female	1266		01:07:52.1	01:48:49.7
3334	5860		Meghann MILLERSHIP	02:25:03.8	02:22:46.9	SenF	504	Female	1267		01:07:51.9	01:48:50.1
3335	4366		Clare TILLEY	02:25:03.9	02:22:42.7	SenF	505	Female	1268		01:03:23.3	01:45:31.7
3336	4354		Jennifer HOWELLS	02:25:04.0	02:22:42.9	SenF	506	Female	1269		01:03:23.4	01:45:30.9
3337	5115		Rowena THOMAS	02:25:05.2	02:22:21.4	SenF	507	Female	1270		01:04:22.6	01:45:58.9
3338	5875		Nia DAVIES-JONES	02:25:11.5	02:24:43.9	SenF	508	Female	1271		01:01:35.9	01:46:00.8
3339	5817		Gary MATTHEWS	02:25:13.9	02:23:43.3	SenM	1103	Male	2067	RUN4ALL NEATH	01:03:20.8	01:45:11.4

3340	4151		Andrew CALDWELL	02:25:15.6	02:22:40.3	MV40	627	Male	2068		01:04:13.1	01:46:05.8
3341	3459		Joanne JULIFF	02:25:16.5	02:23:01.0	FV35	501	Female	1272	PORT TALBOT HARRIERS	01:06:51.7	01:48:50.2
3342	4204		Christine DIAMOND	02:25:17.6	02:20:46.2	FV45	230	Female	1273	DRAGONS RUNNING CLUB	01:07:19.4	01:48:27.0
3343	3219		Margaret CLEVERLY	02:25:19.7	02:23:04.9	FV55+	35	Female	1274		01:08:24.3	01:49:15.8
3344	4227		Huw DAVIES	02:25:20.3	02:20:48.1	MV40	628	Male	2069		01:07:18.6	01:48:25.3
3345	1936		Nuria GARCIA	02:25:20.8	02:22:47.5	SenF	509	Female	1275		01:00:07.8	01:45:20.5
3346	3287		Clare SIM	02:25:21.0	02:23:08.5	SenF	510	Female	1276		01:06:11.1	01:48:37.3
3347	3367		Michelle Bray BRAY	02:25:21.0	02:22:09.8	FV35	502	Female	1277	RUN4ALL NEATH	01:06:18.1	01:47:41.6
3348	4203		Christine DIAMOND	02:25:22.3	02:20:50.9	FV45	231	Female	1278	DRAGONS RUNNING CLUB	01:07:19.5	01:48:26.4
3349	4422		Sarah CONWAY	02:25:23.4	02:21:21.5	SenF	511	Female	1279		01:04:14.4	01:45:30.3
3350	5126		Keira TRUSWELL	02:25:24.1	02:20:35.1	FV35	503	Female	1280	BETSI RUNAWAYS	01:06:06.8	01:47:13.0
3351	3970		Thomas GOSS	02:25:24.3	02:23:36.3	SenM	1104	Male	2070		01:02:42.2	01:45:38.8
3352	3123		Tony HENEBERY	02:25:26.9	02:24:14.5	MV40	629	Male	2071		01:01:34.5	01:45:19.2
3353	3342		Alexandra JOHNSON	02:25:27.2	02:24:05.0	SenF	512	Female	1281		01:02:45.9	01:45:42.3
3354	3558		Adele FRANCIS	02:25:29.6	02:22:46.2	FV45	232	Female	1282		01:05:42.2	01:47:26.0
3355	5394		Rachael HEMMINGS	02:25:29.8	02:22:46.5	FV45	233	Female	1283		01:05:42.2	01:47:26.3
3356	4456		Rhys PELLARD	02:25:30.1	02:24:55.9	SenM	1105	Male	2072		01:02:55.1	01:45:45.5
3357	2711		Sian TREHARNE	02:25:34.3	02:23:03.0	FV35	504	Female	1284		01:04:27.3	01:46:41.6
3358	3699		Jennifer HART	02:25:35.1	02:22:46.7	SenF	513	Female	1285		01:05:41.3	01:47:25.8
3359	4902		Daniel HARRIS	02:25:38.0	02:24:42.5	SenM	1106	Male	2073		00:59:51.5	01:44:59.1
3360	2698		Alexandra WALTERS	02:25:41.5	02:23:07.2	SenF	514	Female	1286		01:05:06.3	01:47:01.7
3361	3751		Ashley THOMAS	02:25:44.4	02:21:27.8	SenM	1107	Male	2074		01:08:19.3	01:48:00.6
3362	2673		Hannah WILKINSON	02:25:47.2	02:23:28.5	SenF	515	Female	1287		01:02:43.7	01:46:13.8
3363	5863		Michelle TOMMASON	02:25:47.7	02:22:02.3	FV45	234	Female	1288		01:06:32.7	01:47:42.8
3364	5134		Pamela MUNRO	02:25:49.8	02:25:27.3	FV55+	36	Female	1289		01:04:58.1	01:48:16.3
3365	4527		Steve OWEN	02:25:50.3	02:22:42.3	MV40	630	Male	2075		01:05:03.4	01:46:22.8
3366	2079		Ben GODSMARK	02:25:50.6	02:22:42.6	MV40	631	Male	2076		01:05:03.2	01:46:23.4
3367	3911		Greig DOWNIE	02:25:53.4	02:21:28.8	MV50	268	Male	2077		01:04:29.9	01:44:38.9
3368	3061		Nigel BEST	02:25:53.8	02:25:38.4	MV50	269	Male	2078		01:04:33.3	01:48:16.3
3369	5527		Joanna POWELL	02:25:56.2	02:22:34.2	FV35	505	Female	1290		01:03:44.9	01:45:53.5
3370	2660		Abi BEACH	02:25:57.7	02:23:50.6	FV35	506	Female	1291		01:06:01.9	01:47:59.5
3371	2655		Sally TURNER	02:25:57.9	02:23:51.4	FV45	235	Female	1292	FOREST OF DEAN ATHLETICS CLUB	01:06:02.9	01:48:20.7
3372	3728		Liam BESTWICK	02:25:57.9	02:22:06.1	SenM	1108	Male	2079		01:07:35.2	01:49:19.4
3373	4331		Jeff EDWARDS	02:25:58.1	02:22:34.8	MV40	632	Male	2080		01:01:36.3	01:46:29.4
3374	4029		Zoe STARR	02:25:59.6	02:23:50.7	SenF	516	Female	1293		01:10:14.1	01:49:17.9
3375	2988		Sarah SCOTT	02:26:01.6	02:23:04.5	FV35	507	Female	1294	CARDIGAN RUNNING CLUB	01:07:10.0	01:50:50.2
3376	5358		Donna WEST	02:26:03.1	02:23:13.6	FV35	508	Female	1295		01:05:34.2	01:46:25.2
3377	5340		Andrea MARSH	02:26:03.5	02:23:14.0	FV35	509	Female	1296		01:05:34.3	01:46:25.1
3378	3332		Tom BEVAN	02:26:03.9	02:21:47.5	SenM	1109	Male	2081		01:02:24.1	01:44:13.2
3379	3987		Kevin DAVIES	02:26:04.0	02:22:27.2	MV40	633	Male	2082		01:02:13.9	01:43:35.3
3380	2888		Chris GRIFFITHS	02:26:06.5	02:23:05.6	SenM	1110	Male	2083		01:07:35.0	01:48:25.3
3381	256		Simon REES	02:26:07.1	02:23:28.1	MV40	634	Male	2084		01:02:29.9	01:44:40.1
3382	2666		John BUTLER	02:26:09.2	02:22:47.0	MV60+	59	Male	2085	STRATFORD UPON AVON	01:10:58.3	01:50:37.1
3383	4415		Natalie TATCHELL	02:26:09.8	02:24:29.1	SenF	517	Female	1297		01:04:27.3	01:47:44.7

3384	5848		Jeffrey BROOKS	02:26:13.1	02:21:18.9	MV40	635	Male	2086		01:06:03.3	01:46:39.3
3385	4965		Ruth SMITH	02:26:14.1	02:24:12.3	FV55+	37	Female	1298	CAERLEON RC	01:03:48.2	01:45:54.8
3386	4330		Jessica BEVAN	02:26:15.1	02:22:27.1	SenF	518	Female	1299		01:07:00.5	01:51:30.4
3387	2767		Tim MACDERMOTT	02:26:20.6	02:23:09.6	MV50	270	Male	2087		01:05:41.8	01:48:04.6
3388	2781		Caroline MORGAN	02:26:20.7	02:23:09.5	FV45	236	Female	1300		01:05:41.6	01:48:04.6
3389	5909		William BOON	02:26:22.2	02:22:46.3	SenM	1111	Male	2088		01:04:40.5	01:44:24.1
3390	526		Dan TUCKER	02:26:22.4	02:23:42.9	SenM	1112	Male	2089	RUN4ALL NEATH	01:03:15.7	01:44:51.3
3391	4107		Claire GUPPY	02:26:22.4	02:22:58.6	FV35	510	Female	1301		01:06:21.6	01:48:24.9
3392	4848		Carl THOMAS	02:26:23.5	02:24:15.1	SenM	1113	Male	2090		01:01:04.3	01:43:53.1
3393	365		Claire MORGAN	02:26:23.8	02:23:59.2	FV35	511	Female	1302		01:03:35.7	01:46:25.1
3394	4324		Beth HUGHES	02:26:27.7	02:22:05.3	SenF	519	Female	1303		01:08:18.1	01:47:38.0
3395	5277		Debbie COLEMAN	02:26:27.8	02:24:25.2	FV35	512	Female	1304		01:07:47.3	01:49:54.6
3396	4559		Charlotte ROCKETT	02:26:27.9	02:22:05.3	SenF	520	Female	1305		01:08:17.1	01:47:37.4
3397	1145		Lloyd DOWLING	02:26:28.4	02:24:59.8	SenM	1114	Male	2091		00:52:49.1	01:40:12.7
3398	4726		Liam THOMAS	02:26:30.2	02:22:40.4	SenM	1115	Male	2092		01:10:10.9	01:53:02.9
3399	4179		Matthew OWEN	02:26:31.8	02:21:46.8	MV40	636	Male	2093		01:02:26.0	01:44:36.6
3400	3337		Gareth PARSONS	02:26:33.5	02:24:18.1	MV50	271	Male	2094	PORT TALBOT HARRIERS	01:06:52.2	01:48:50.4
3401	2808		Howard JAMES	02:26:35.0	02:24:57.3	MV40	637	Male	2095		01:06:14.3	01:46:49.7
3402	6358		Zoya NAYSHTUT	02:26:35.4	02:23:01.6	FV35	513	Female	1306		01:08:11.9	01:49:06.2
3403	3430		Carolyn FOLEY	02:26:36.2	02:24:20.7	FV55+	38	Female	1307	PORT TALBOT HARRIERS	01:07:45.7	01:49:35.8
3404	2691		Matthew MADGE	02:26:38.5	02:24:03.7	SenM	1116	Male	2096		01:06:26.1	01:49:19.5
3405	4880		Sarah THOMAS	02:26:39.1	02:23:48.7	FV35	514	Female	1308		01:03:47.9	01:46:56.9
3406	5870		Mark JONES	02:26:40.0	02:23:31.2	MV40	638	Male	2097		01:04:16.8	01:46:05.7
3407	581		Jordan Marie LEWIS	02:26:41.1	02:24:44.5	SenF	521	Female	1309		01:02:53.1	01:46:15.0
3408	3730		Joanne HARRIS	02:26:41.8	02:25:07.5	SenF	522	Female	1310		01:04:46.7	01:47:34.6
3409	3437		Vicky MAHONEY	02:26:43.7	02:24:28.3	FV35	515	Female	1311		01:07:42.2	01:49:35.7
3410	2820		Paul JONES	02:26:45.4	02:23:08.4	MV40	639	Male	2098		01:02:24.0	01:44:37.8
3411	3251		Gareth MYRING	02:26:46.0	02:22:29.8	SenM	1117	Male	2099	RUN4ALL NEATH	01:08:55.7	01:50:38.2
3412	2758		Rebecca COLE	02:26:46.1	02:25:06.7	SenF	523	Female	1312		01:04:42.0	01:47:52.4
3413	5780		Paolo SIMONETTO	02:26:53.9	02:23:54.3	SenM	1118	Male	2100		01:09:00.4	01:51:18.4
3414	5887		Karen JESPERSEN	02:26:54.2	02:23:55.3	SenF	524	Female	1313		01:09:01.2	01:51:19.6
3415	3956		Jonathan HUGHES	02:26:54.3	02:23:56.1	MV40	640	Male	2101		01:05:04.8	01:46:51.5
3416	3880		Mark WILLIAMS	02:26:56.2	02:24:14.4	MV40	641	Male	2102		01:05:28.6	01:47:27.0
3417	1813		Aaron HARLOW	02:26:56.8	02:25:19.2	SenM	1119	Male	2103	HALESOWEN TRI	01:03:45.4	01:46:45.3
3418	4024		Chloe PHELPS	02:27:01.5	02:26:03.4	SenF	525	Female	1314		01:05:20.4	01:48:45.6
3419	2976		Anthony GOULD	02:27:04.0	02:26:07.6	MV40	642	Male	2104		01:04:57.4	01:50:11.4
3420	785		Michael LEWIS	02:27:05.2	02:24:33.2	SenM	1120	Male	2105		01:01:03.0	01:46:21.3
3421	4111		Joanna EVANS	02:27:07.4	02:23:57.5	FV35	516	Female	1315		01:03:58.3	01:47:14.4
3422	6342		Kate CURRAN	02:27:16.0	02:25:04.8	SenF	526	Female	1316		01:04:43.0	01:47:15.7
3423	2647		Patrick DANIEL	02:27:16.3	02:25:05.3	SenM	1121	Male	2106		01:04:43.0	01:47:15.4
3424	5293		Lisa NISBETT	02:27:17.2	02:26:54.2	FV45	237	Female	1317		01:08:04.3	01:51:48.8
3425	4370		Kirsty FARMER	02:27:17.8	02:23:37.4	SenF	527	Female	1318		01:08:10.2	01:49:27.8
3426	4277		Aled THOMAS	02:27:17.9	02:23:38.0	SenM	1122	Male	2107		01:08:07.9	01:49:28.0
3427	5214		Amanda GREENE	02:27:19.0	02:26:25.2	FV45	238	Female	1319	MARKET DRAYTON	01:02:41.2	01:48:29.8

3428	4421		Luke FALDER	02:27:19.2	02:25:20.6	SenM	1123	Male	2108		01:03:57.4	01:45:58.5
3429	5424		Samuel FOSTER	02:27:19.8	02:24:13.7	SenM	1124	Male	2109		01:05:13.4	01:46:36.4
3430	4007		Sarah LEWIS	02:27:20.2	02:26:54.9	FV35	517	Female	1320		01:08:08.5	01:51:16.3
3431	3306		Adam HARRIS	02:27:21.0	02:25:43.7	SenM	1125	Male	2110		01:02:17.4	01:42:52.0
3432	3058		NeVERN O'NEILL	02:27:22.8	02:25:23.0	SenM	1126	Male	2111		01:00:08.2	01:45:28.1
3433	4438		Helen TAMBURELLO	02:27:25.3	02:23:23.4	SenF	528	Female	1321		01:02:58.0	01:47:23.3
3434	3136		Nia TAYLOR	02:27:25.8	02:25:13.3	SenF	529	Female	1322		01:06:14.7	01:50:08.9
3435	5415		Lisa WEED	02:27:27.3	02:27:21.6	FV35	518	Female	1323		01:04:39.9	01:48:43.8
3436	5347		Jenny EVANS	02:27:29.9	02:24:30.8	FV35	519	Female	1324		01:05:41.1	01:48:10.0
3437	4841		Jackie CLARKE	02:27:30.6	02:24:01.0	FV45	239	Female	1325		01:07:32.8	01:49:37.8
3438	2646		Terence SHUTTLEWORTH	02:27:31.8	02:25:05.2	MV60+	60	Male	2112	ABERYSTWYTH AC	01:05:45.3	01:48:51.1
3439	2768		Helen HARCOTBE-EDWARDS	02:27:32.1	02:25:05.9	FV45	240	Female	1326		01:05:45.8	01:48:51.7
3440	3041		Robert MCFARLANE	02:27:33.0	02:26:26.8	SenM	1127	Male	2113		01:09:36.0	01:51:51.4
3441	4327		Melina MCKIRDLE	02:27:39.5	02:23:16.2	SenF	530	Female	1327		01:00:59.3	01:45:11.6
3442	6255		Matthew SMITH	02:27:40.4	02:25:36.4	SenM	1128	Male	2114		01:01:49.8	01:44:53.0
3443	3830		Adele JONES	02:27:44.1	02:25:06.0	FV35	520	Female	1328	RUN4ALL NEATH	01:10:01.9	01:50:56.1
3444	2760		Cillian SHARP-DAVIES	02:27:44.3	02:26:20.2	SenM	1129	Male	2115		01:01:07.1	01:48:29.0
3445	1256		Stuart HUTCHISON	02:27:44.7	02:27:03.2	MV40	643	Male	2116		01:08:35.1	01:52:11.9
3446	4497		Suzanne THOMAS	02:27:45.3	02:27:03.9	FV45	241	Female	1329		01:08:35.1	01:52:12.4
3447	4935		Laura COX	02:27:50.6	02:25:55.3	SenF	531	Female	1330	FAIRWATER CWMBRAN RUNNERS	01:07:25.6	01:50:30.3
3448	4232		Beth TURNER	02:27:50.9	02:23:43.8	SenF	532	Female	1331		01:06:30.4	01:50:21.6
3449	4513		Julie PEMBERTON	02:27:50.9	02:26:16.5	FV45	242	Female	1332		01:02:03.5	01:48:02.8
3450	3345		James DAVIES	02:27:59.5	02:23:47.9	MV50	272	Male	2117		01:06:50.3	01:47:47.1
3451	4403		Alex DOWLING	02:28:00.7	02:27:25.5	SenM	1130	Male	2118		00:57:51.1	01:47:09.4
3452	2800		Boni DEIAS	02:28:01.5	02:25:56.5	FV55+	39	Female	1333		01:10:53.1	01:53:35.1
3453	5896		Sian ISAAC	02:28:03.1	02:23:57.7	FV35	521	Female	1334		01:00:32.2	01:43:44.3
3454	5150		Kevin TWISSELL	02:28:06.4	02:26:43.4	SenM	1131	Male	2119		01:04:14.9	01:48:31.5
3455	3818		Steven JOSEPH	02:28:11.1	02:24:33.9	SenM	1132	Male	2120		01:06:26.7	01:49:34.3
3456	4905		Elinor EVANS	02:28:11.5	02:26:13.2	SenF	533	Female	1335		01:04:57.5	01:48:23.5
3457	4722		David DONELON	02:28:11.6	02:24:34.3	SenM	1133	Male	2121		01:06:17.0	01:49:33.5
3458	3556		Liam JOHN	02:28:12.4	02:27:11.3	SenM	1134	Male	2122		01:06:28.1	01:51:29.0
3459	3853		Maureen DYCHITAN	02:28:13.2	02:27:44.6	FV35	522	Female	1336		01:06:55.3	01:50:55.9
3460	4207		Samantha EDWARDS	02:28:14.8	02:24:25.9	SenF	534	Female	1337		01:09:54.8	01:51:26.4
3461	3895		Chris TIDY	02:28:15.4	02:26:33.0	FV55+	40	Female	1338	RUN4ALL NEATH	01:08:05.7	01:50:12.4
3462	5228		Keith EURLINGS	02:28:15.8	02:24:37.0	SenM	1135	Male	2123		01:08:37.1	01:50:19.6
3463	3518		Elin DAVIES	02:28:16.0	02:27:14.9	SenF	535	Female	1339		01:06:28.3	01:51:29.8
3464	3666		Lucy JONES	02:28:22.3	02:24:33.3	SenF	536	Female	1340		01:09:00.8	01:50:33.9
3465	5871		Huw FREEMAN	02:28:24.0	02:24:14.3	MV40	644	Male	2124		01:07:27.0	01:49:21.0
3466	4240		Gareth JONES	02:28:25.7	02:27:52.8	SenM	1136	Male	2125		01:07:26.0	01:50:20.5
3467	3618		Sam COLLIGAN	02:28:30.0	02:24:29.2	SenM	1137	Male	2126		01:11:26.9	01:52:06.3
3468	2997		James THOMAS	02:28:30.4	02:25:29.9	MV40	645	Male	2127	BURNHAM-ON-SEA HARRIERS	01:03:16.5	01:46:52.6
3469	5154		Simon BEALE	02:28:32.7	02:26:37.2	MV40	646	Male	2128		01:06:50.5	01:49:09.3
3470	635		Hannah RICHARDS	02:28:32.8	02:26:25.0	SenF	537	Female	1341		01:04:41.3	01:50:04.9
3471	4754		Alex PALMER	02:28:33.1	02:25:03.7	FV35	523	Female	1342		01:05:36.5	01:47:35.4

3472	5151		Lesley CYSTER	02:28:33.1	02:26:38.4	FV35	524	Female	1343		01:06:51.0	01:49:09.1
3473	1671		Stuart DOMINY	02:28:34.5	02:26:33.1	MV40	647	Male	2129	CAERLEON RC	01:04:08.9	01:47:36.1
3474	4316		Holly WALKER	02:28:37.6	02:24:13.9	SenF	538	Female	1344		01:06:43.5	01:47:03.4
3475	2649		Kim BROOM	02:28:38.9	02:24:50.3	SenF	539	Female	1345		01:09:01.2	01:50:33.9
3476	5639		Amjad SULTAN	02:28:41.0	02:25:56.4	SenM	1138	Male	2130		00:52:34.3	01:30:41.8
3477	4378		Megan HOPKINS	02:28:42.2	02:27:37.4	SenF	540	Female	1346		01:03:52.7	01:49:06.3
3478	5877		Ashley JENKINS	02:28:43.3	02:28:12.0	SenM	1139	Male	2131	LC SWANSEA	01:06:31.3	01:50:29.1
3479	4554		Sophie CANHAM	02:28:43.4	02:28:11.5	SenF	541	Female	1347		01:06:31.1	01:50:29.2
3480	4557		Katie UZZELL	02:28:43.4	02:28:12.1	SenF	542	Female	1348		01:06:31.4	01:50:23.8
3481	3196		Clare HYNDMAN	02:28:45.5	02:28:23.8	FV45	243	Female	1349		01:04:57.0	01:50:32.3
3482	2200		Teresa COUPLAND	02:28:46.8	02:26:51.0	SenF	543	Female	1350	ABBAY FLYERS	01:04:12.0	01:48:38.1
3483	5839		Cheryl COPESTAKE	02:28:47.3	02:24:30.3	FV45	244	Female	1351		01:08:15.9	01:50:28.7
3484	2796		Lucy MARTIN	02:28:47.4	02:24:47.4	SenF	544	Female	1352		01:08:49.1	01:50:29.1
3485	4535		Ellie WAITE	02:28:48.4	02:25:33.0	FV35	525	Female	1353		01:06:47.7	01:48:01.8
3486	3962		Laura PHILLIPS	02:28:49.4	02:26:17.0	SenF	545	Female	1354		01:07:52.6	01:50:09.0
3487	3545		Elizabeth MCCLELLAND	02:28:49.7	02:26:17.3	SenF	546	Female	1355		01:07:52.6	01:50:09.3
3488	4830		Rachel TRUSCOTT	02:28:51.5	02:23:47.8	FV35	526	Female	1356		01:08:25.0	01:50:37.2
3489	4629		Rebeca LITTLE	02:28:53.1	02:25:19.7	FV35	527	Female	1357		01:07:37.8	01:49:03.4
3490	4579		Rhian JONES	02:28:53.5	02:28:05.6	FV35	528	Female	1358		01:06:32.0	01:48:56.9
3491	4804		Catherine GREENSLADE	02:28:53.6	02:28:06.1	FV45	245	Female	1359		01:05:16.7	01:48:57.2
3492	3600		Ceri PHILLIPS	02:28:56.9	02:25:43.8	SenM	1140	Male	2132		01:02:35.9	01:47:59.4
3493	3318		Deborah WELLINGTON	02:29:00.3	02:24:38.0	FV45	246	Female	1360	RUN4ALL NEATH	01:07:52.8	01:49:13.8
3494	3462		Daniel LOWE	02:29:00.8	02:28:17.8	SenM	1141	Male	2133		01:04:59.7	01:49:21.9
3495	5864		Allana ANGUS	02:29:03.2	02:25:17.8	FV35	529	Female	1361		01:06:32.9	01:48:59.6
3496	4062		Holly MACHIN	02:29:03.9	02:27:28.4	FV35	530	Female	1362		01:07:38.1	01:50:41.9
3497	897		Tanya MAY	02:29:04.1	02:27:28.7	FV35	531	Female	1363		01:07:38.4	01:50:42.8
3498	3427		Richard JOHN	02:29:06.7	02:27:21.9	SenM	1142	Male	2134		01:05:06.8	01:47:22.9
3499	3426		Emma JOHN	02:29:07.0	02:27:22.4	FV35	532	Female	1364	PORT TALBOT HARRIERS	01:05:06.8	01:47:25.4
3500	4823		Caysha JACOB	02:29:07.7	02:26:08.5	SenF	547	Female	1365	PONTYPRIDD ROADENTS	01:09:24.3	01:51:03.1
3501	4079		Kim EVANS	02:29:09.6	02:27:15.6	FV55+	41	Female	1366		01:07:06.2	01:51:33.3
3502	5546		Heidi MILLER-RATCLIFFE	02:29:10.5	02:28:40.7	FV45	247	Female	1367		01:02:36.8	01:48:12.0
3503	5837		Hannah GRIFFITHS	02:29:14.1	02:29:02.0	SenF	548	Female	1368		01:05:29.1	01:51:02.6
3504	2933		Maddy AUSTIN	02:29:15.6	02:25:54.0	FV55+	42	Female	1369		01:08:48.7	01:51:50.9
3505	4395		Neil PRICE	02:29:17.3	02:25:13.3	SenM	1143	Male	2135		01:06:45.9	01:47:55.7
3506	5178		Philippa ABRAMS	02:29:17.4	02:27:18.6	FV35	533	Female	1370		01:06:37.8	01:50:21.7
3507	3716		Harry TANG	02:29:19.1	02:25:43.2	SenM	1144	Male	2136		01:04:39.3	01:48:41.5
3508	472		Liz JONES	02:29:20.1	02:28:54.8	FV35	534	Female	1371		01:08:08.8	01:51:40.3
3509	3492		Kathryn LYLE	02:29:22.1	02:24:54.5	SenF	549	Female	1372		01:09:02.3	01:50:30.9
3510	3267		Jessica PROTHEROE	02:29:23.3	02:25:09.0	FV35	535	Female	1373	RUN4ALL NEATH	01:09:28.3	01:51:39.1
3511	5068		Sue CHAPMAN	02:29:24.3	02:26:44.7	FV35	536	Female	1374	CHIPPENHAM HARRIERS	01:08:01.4	01:50:43.5
3512	4373		Kevin GROVE	02:29:27.0	02:27:19.1	MV50	273	Male	2137		01:08:27.5	01:51:40.9
3513	2952		Emma EVANS	02:29:27.1	02:26:07.8	FV35	537	Female	1375		01:09:04.7	01:51:05.2
3514	3686		Kevin FERNEY	02:29:27.9	02:28:23.1	MV40	648	Male	2138		01:06:35.6	01:48:23.2
3515	5004		Lashira HERRING	02:29:29.6	02:27:11.5	SenF	550	Female	1376		01:05:43.4	01:49:40.5



3516	3288		Jannine POWELL	02:29:29.9	02:25:15.8	FV35	538	Female	1377	RUN4ALL NEATH	01:09:28.6	01:51:39.4
3517	3813		Ceri-Anne BROWN	02:29:29.9	02:25:16.9	FV35	539	Female	1378	RUN4ALL NEATH	01:09:28.5	01:51:39.7
3518	6501		William BOOTH	02:29:30.2	02:25:04.9	SenM	1145	Male	2139		01:08:22.4	01:49:49.3
3519	3805		Philip BOWLES	02:29:32.7	02:24:53.0	SenM	1146	Male	2140		01:07:07.3	01:47:14.1
3520	5255		Lianne DAVIES	02:29:34.7	02:27:49.7	SenF	551	Female	1379		01:06:53.7	01:51:05.6
3521	3738		Charlotte CALDER	02:29:37.9	02:27:38.7	SenF	552	Female	1380		01:04:19.2	01:49:02.1
3522	5286		Edyta BEDNAR	02:29:38.1	02:27:34.7	SenF	553	Female	1381		01:08:25.7	01:51:12.9
3523	3571		Eleri TOSSELL	02:29:39.4	02:29:12.5	SenF	554	Female	1382		01:03:45.5	01:52:07.7
3524	3543		Natasha DAGNALL	02:29:41.3	02:26:31.5	FV35	540	Female	1383		01:08:53.9	01:50:58.5
3525	4441		Jennifer PASCOE	02:29:43.3	02:27:19.9	FV35	541	Female	1384		01:04:31.6	01:47:53.5
3526	4529		Ian JAMES	02:29:45.1	02:25:27.7	SenM	1147	Male	2141		01:08:20.9	01:50:59.0
3527	4886		Hannah ADAM	02:29:48.8	02:27:30.8	FV35	542	Female	1385		01:03:51.9	01:49:53.9
3528	4057		Gwawr DAVIES	02:29:49.0	02:27:25.8	SenF	555	Female	1386		01:03:34.2	01:48:09.8
3529	3684		Lisa KELLY	02:29:52.3	02:28:30.0	FV45	248	Female	1387		01:05:46.1	01:50:09.5
3530	3260		Edwyn ELLIS	02:29:52.4	02:29:51.2	WChair	1	Male	2142		01:10:38.6	01:53:31.1
3531	3168		Tony NEALE	02:29:52.8	02:29:52.8	WChair	2	Male	2143		01:10:51.6	99:99:99
3532	4729		Jessica MEYRICK	02:29:53.8	02:28:02.4	SenF	556	Female	1388	MERTHYR RUNNING CLUB	01:07:04.8	01:50:47.9
3533	2034		Michele WIGGINS	02:29:54.5	02:27:50.6	FV45	249	Female	1389		01:02:31.4	01:48:50.0
3534	3364		Michael SPENCER	02:29:55.1	02:27:41.7	MV50	274	Male	2144		01:07:00.6	01:50:16.7
3535	3523		Karen DAWSON	02:29:56.5	02:27:11.6	FV45	250	Female	1390		01:06:17.4	01:50:04.0
3536	5342		Victoria THOMAS	02:29:56.5	02:27:05.2	FV35	543	Female	1391		01:07:04.5	01:50:45.1
3537	1056		Michael RUTLAND	02:30:00.2	02:27:57.0	MV40	649	Male	2145		01:03:05.8	01:49:13.4
3538	5853		Jodi HILTON	02:30:00.4	02:25:10.5	FV35	544	Female	1392		01:08:13.1	01:50:36.0
3539	3976		Paul ROWE	02:30:00.5	02:28:39.0	SenM	1148	Male	2146		01:08:01.7	01:52:31.7
3540	5886		Sian CAIN-CULVERWELL	02:30:00.8	02:25:11.0	FV35	545	Female	1393		01:08:13.5	01:50:36.0
3541	3218		Paul LINDLEY	02:30:02.1	02:29:44.9	MV50	275	Male	2147		01:11:00.7	01:55:23.3
3542	4781		Ceris ANTHONY	02:30:02.3	02:27:31.9	SenF	557	Female	1394		01:05:30.1	01:49:24.0
3543	4842		Rhian SMITH	02:30:02.5	02:27:31.6	FV35	546	Female	1395		01:05:30.1	01:49:24.0
3544	3937		Jamie MATHIAS	02:30:03.7	02:28:41.1	MV40	650	Male	2148		01:08:01.3	01:52:31.6
3545	3507		Anthony THOMAS	02:30:04.6	02:28:41.5	MV40	651	Male	2149		01:08:00.9	01:52:31.5
3546	5911		Sarah DAVIES	02:30:07.1	02:29:42.8	SenF	558	Female	1396		01:04:25.7	01:48:41.5
3547	3069		Rebecca PALMER	02:30:07.3	02:28:24.4	SenF	559	Female	1397		01:06:11.4	01:50:35.2
3548	4824		Samantha TURNER	02:30:08.2	02:25:04.9	FV35	547	Female	1398		01:08:25.8	01:50:39.1
3549	4836		Amanda JAMES	02:30:08.2	02:25:04.6	FV35	548	Female	1399		01:08:24.7	01:50:38.6
3550	4835		Jemma DAVIES	02:30:08.5	02:25:04.8	FV35	549	Female	1400		01:08:24.9	01:50:37.5
3551	3906		Amanda EDWARDS	02:30:09.5	02:27:43.5	FV45	251	Female	1401		01:08:36.1	01:51:28.2
3552	3797		Danielle WALSH	02:30:10.4	02:27:55.4	SenF	560	Female	1402		01:06:26.2	01:49:02.6
3553	3829		Rebecca RICHARDS	02:30:12.1	02:25:57.6	FV35	550	Female	1403	RUN4ALL NEATH	01:08:25.1	01:51:19.2
3554	3435		Sharon HANFORD	02:30:12.9	02:25:12.2	FV45	252	Female	1404	PORT TALBOT HARRIERS	01:08:23.4	01:50:12.0
3555	4096		Emily JONES	02:30:16.9	02:28:40.4	SenF	561	Female	1405		01:06:51.8	01:51:41.1
3556	3741		Hania OPARA-WATERS	02:30:17.3	02:26:47.4	FV35	551	Female	1406		01:08:37.0	01:51:40.7
3557	3729		Bethan CARTER	02:30:17.4	02:28:40.3	SenF	562	Female	1407		01:06:51.4	01:51:42.5
3558	4166		Ceri HAMMOND	02:30:17.4	02:26:47.7	FV35	552	Female	1408		01:08:37.2	01:51:40.5
3559	3270		Kirstie BROWN	02:30:17.5	02:26:03.8	SenF	563	Female	1409	RUN4ALL NEATH	01:09:28.4	01:51:39.3

3560	4304		Janice FRANCIS	02:30:17.8	02:29:47.2	FV45	253	Female	1410	BRACKLA HARRIERS	01:04:53.3	01:51:21.7
3561	3045		Jordan SAUNDERS	02:30:22.0	02:26:01.1	SenM	1149	Male	2150		01:07:35.2	01:49:03.3
3562	4851		Sion MANSELL	02:30:25.4	02:29:36.0	SenM	1150	Male	2151		01:03:38.6	01:51:23.0
3563	3981		Sara HEWITT	02:30:27.9	02:26:11.2	FV35	553	Female	1411		01:08:16.6	01:50:52.1
3564	3055		Caroline HIORNS	02:30:29.7	02:29:03.9	FV45	254	Female	1412		01:07:49.0	01:51:55.4
3565	4575		Lynne SEYMOUR	02:30:30.7	02:27:30.9	FV45	255	Female	1413		01:08:56.0	01:51:21.6
3566	1576		William Barrie LEWIS	02:30:32.0	02:27:47.6	MV60+	61	Male	2152		01:09:07.2	01:53:29.3
3567	3433		Mark EVANS	02:30:34.5	02:26:50.4	MV40	652	Male	2153		01:08:33.0	01:51:09.6
3568	3381		David THOMAS	02:30:35.7	02:26:57.4	SenM	1151	Male	2154		01:10:31.6	01:53:18.2
3569	2668		Carolann HEALY	02:30:37.0	02:28:30.9	FV35	554	Female	1414	AMMAN VALLEY HARRIERS	01:03:48.8	01:49:44.5
3570	3959		David O'DONNELL	02:30:41.4	02:27:16.2	SenM	1152	Male	2155		01:03:56.3	01:48:11.4
3571	884		Julie CROSSMAN	02:30:44.5	02:28:02.0	FV45	256	Female	1415		01:03:32.9	01:49:23.0
3572	4846		Pamela FLANAGAN	02:30:45.2	02:27:46.6	FV45	257	Female	1416	PONTYPRIDD ROADENTS	01:07:56.2	01:50:07.4
3573	2068		Charlotte LEIGH	02:30:45.4	02:28:42.8	FV35	555	Female	1417		01:04:13.9	01:49:36.2
3574	5092		John MURRAY	02:30:47.3	02:26:53.7	MV60+	62	Male	2156		01:10:23.6	01:53:04.2
3575	4108		Susan WINSTONE	02:30:49.6	02:30:38.0	FV35	556	Female	1418		01:10:24.1	01:54:18.9
3576	5813		Andrew JOHN	02:30:52.7	02:29:06.7	MV40	653	Male	2157		01:05:02.9	01:48:58.9
3577	3502		Joanna BEVAN	02:30:54.1	02:29:08.2	FV35	557	Female	1419		01:05:06.9	01:49:00.1
3578	4183		Theresa CARLSEN	02:30:57.0	02:29:57.9	SenF	564	Female	1420		01:08:42.8	01:53:49.9
3579	4173		Stephen HAYDEN	02:30:57.2	02:29:58.8	SenM	1153	Male	2158		01:08:42.9	01:53:50.6
3580	4440		Jessica ALLEN	02:30:58.2	02:29:44.5	SenF	565	Female	1421		01:01:53.6	01:43:56.6
3581	3501		Karl BIBEY	02:30:59.5	02:27:43.1	MV40	654	Male	2159		01:06:48.5	01:50:37.2
3582	3299		Emily FARLEY	02:31:00.1	02:27:43.6	SenF	566	Female	1422		01:06:06.1	01:50:59.3
3583	4153		Susan VAUGHAN	02:31:04.2	02:30:43.2	FV45	258	Female	1423		01:08:19.1	01:53:49.1
3584	4636		Sarah SMILES MORGAN	02:31:07.3	02:27:34.4	FV35	558	Female	1424		01:12:02.7	01:53:03.4
3585	4633		Kate PARRY	02:31:07.5	02:27:34.2	FV35	559	Female	1425		01:12:01.8	01:53:02.8
3586	5085		Caroline PRATT	02:31:08.0	02:31:04.1	FV35	560	Female	1426		01:08:43.4	01:53:25.2
3587	2629		Charlotte GROSE	02:31:11.0	02:27:17.6	FV35	561	Female	1427		01:09:32.1	01:50:48.8
3588	5479		Sarah EDWARDS	02:31:12.3	02:27:29.1	SenF	567	Female	1428		01:08:42.5	01:50:43.6
3589	5835		Cathryn FERRIS	02:31:13.9	02:30:59.3	FV45	259	Female	1429		01:04:18.4	01:49:54.2
3590	3285		Jenna COLLINS	02:31:14.8	02:28:31.6	SenF	568	Female	1430		01:13:10.3	01:53:22.6
3591	3012		Christy MAINWARING	02:31:15.5	02:30:15.9	SenF	569	Female	1431		01:09:06.0	01:52:47.3
3592	3286		Liam HICKMAN	02:31:15.6	02:28:31.8	SenM	1154	Male	2160		01:13:09.5	01:53:22.1
3593	3608		Melanie DAVIES	02:31:15.6	02:28:18.2	FV35	562	Female	1432	CARDIGAN RUNNING CLUB	01:07:11.0	01:50:50.7
3594	3905		Kelly JONES	02:31:18.1	02:26:49.4	SenF	570	Female	1433		01:09:40.3	01:52:20.1
3595	2677		Lucie BASTIN	02:31:19.0	02:26:17.8	SenF	571	Female	1434		01:06:59.5	01:49:27.4
3596	2678		Lisa BASTIN	02:31:22.6	02:26:21.0	FV55+	43	Female	1435		01:06:59.3	01:49:26.6
3597	1040		Nigel DAVIES	02:31:23.7	02:30:18.2	MV40	655	Male	2161		01:03:57.4	01:49:40.2
3598	2682		Anita JAMES	02:31:24.3	02:31:10.0	FV55+	44	Female	1436		01:07:10.7	01:51:47.4
3599	5098		Gemma HODGSON	02:31:26.4	02:26:43.7	SenF	572	Female	1437		01:05:52.4	01:49:50.6
3600	928		Tom STEPHENS	02:31:32.4	02:29:56.2	SenM	1155	Male	2162		01:06:07.4	01:50:19.1
3601	5787		Sian DAVIES	02:31:34.9	02:28:03.2	FV45	260	Female	1438	UWTSD	01:09:38.3	01:52:08.6
3602	3855		Lisa DAVIES	02:31:35.3	02:31:00.7	SenF	573	Female	1439		01:08:55.8	01:53:14.9
3603	5809		Nicola MATTHEWS	02:31:35.8	02:30:31.3	FV35	563	Female	1440	PAUL POPHAM FUND	01:08:13.4	01:52:06.0

3604	4293		Thomas TAYLOR	02:31:40.4	02:28:15.9	MV50	276	Male	2163		01:06:39.7	01:51:14.3
3605	4385		Kate WALTERS	02:31:40.7	02:28:15.7	SenF	574	Female	1441	CORNELLY STRIDERS AC	01:06:36.9	01:51:14.0
3606	5033		Malc EVANS	02:31:41.4	02:30:48.2	MV50	277	Male	2164		01:04:07.2	01:49:04.7
3607	5555		Malcolm POOLE	02:31:41.5	02:26:51.3	MV60+	63	Male	2165		01:09:26.5	01:52:20.7
3608	5034		Sarah Jane EVANS	02:31:41.6	02:30:48.6	FV45	261	Female	1442	PONTYPOOL & DISTRICT RUNNERS	01:04:06.6	01:48:30.4
3609	2650		Gwenda JAMES	02:31:42.3	02:27:45.1	FV55+	45	Female	1443	ABERYSTWYTH AC	01:08:57.1	01:52:50.1
3610	5461		Tanya DA SILVA	02:31:45.5	02:27:23.9	FV45	262	Female	1444		01:08:03.5	01:51:33.1
3611	5398		Ian TELFER	02:31:46.7	02:30:44.3	MV60+	64	Male	2166		01:07:25.0	01:52:01.9
3612	3302		Donna THOMAS	02:31:49.9	02:31:03.4	FV35	564	Female	1445		01:06:41.1	01:52:03.2
3613	5205		Andrea SHERRATT	02:31:53.9	02:30:54.8	FV45	263	Female	1446		01:06:45.1	01:52:30.0
3614	5537		Simon MCCLOSKEY	02:31:54.9	02:29:20.7	MV40	656	Male	2167		01:07:48.7	01:52:26.0
3615	5316		Fiona STEVENSON	02:31:56.8	02:31:08.6	FV35	565	Female	1447		01:07:08.2	01:51:28.8
3616	4128		Tom HENWOOD	02:32:01.0	02:28:01.3	SenM	1156	Male	2168		01:10:24.3	01:53:05.4
3617	4947		Catherine EDWARDS	02:32:01.7	02:27:49.1	FV45	264	Female	1448	GRIFFITHSTOWN HARRIERS	01:11:00.2	01:54:19.6
3618	2837		Glen BARTLETT	02:32:06.1	02:27:23.3	SenM	1157	Male	2169		01:04:59.8	01:48:33.0
3619	4983		Hayley EDWARDS	02:32:06.7	02:27:55.1	SenF	575	Female	1449	LLISWERRY RUNNERS	01:05:04.5	01:48:45.8
3620	3469		Joanne FREEGUARD	02:32:07.4	02:27:56.8	FV35	566	Female	1450		01:05:02.7	01:50:08.8
3621	4650		Kerry DARE-EDWARDS	02:32:08.8	02:30:56.7	FV45	265	Female	1451	PORHCRAWL RUNNERS	01:08:24.7	01:52:49.1
3622	3396		Claire PENIKET	02:32:12.4	02:29:46.7	SenF	576	Female	1452		01:09:34.0	01:53:06.5
3623	2028		Ross PENIKET	02:32:13.0	02:29:47.6	MV40	657	Male	2170		01:09:34.0	01:53:06.0
3624	3676		Victoria SCOURFIELD	02:32:13.4	02:31:41.3	SenF	577	Female	1453		01:10:07.1	01:54:31.0
3625	2062		Leon BERRILL	02:32:13.5	02:29:36.6	SenM	1158	Male	2171		01:02:52.0	01:50:14.6
3626	894		Faye HIRST	02:32:13.9	02:29:56.3	SenF	578	Female	1454		01:04:02.7	01:50:33.5
3627	4003		Jean ARCHER	02:32:16.1	02:30:04.3	FV55+	46	Female	1455		01:07:30.4	01:51:12.6
3628	5019		Eleanor REID	02:32:16.5	02:31:31.9	SenF	579	Female	1456		01:07:04.4	01:53:07.3
3629	5038		Gareth GEORGE	02:32:16.5	02:31:32.0	SenM	1159	Male	2172		01:07:04.4	01:53:07.0
3630	2771		Donna CASWELL	02:32:17.6	02:28:16.4	FV45	266	Female	1457		01:10:02.9	01:52:55.3
3631	3351		Emily THOMAS-HEY	02:32:18.3	02:29:12.8	FV35	567	Female	1458		01:07:32.0	01:53:54.7
3632	4911		Sian JOHNSON	02:32:18.4	02:28:16.6	SenF	580	Female	1459	ISLWYN RC	01:10:01.3	01:52:46.5
3633	5460		Katie BEVAN	02:32:21.5	02:29:07.7	FV35	568	Female	1460		01:04:12.4	01:48:44.8
3634	3106		Emyr EVANS	02:32:21.7	02:30:42.9	SenM	1160	Male	2173		01:08:00.4	01:54:54.8
3635	3436		Tom LONG	02:32:22.2	02:27:56.2	MV50	278	Male	2174		01:06:38.5	01:48:39.3
3636	4124		Carl VONK	02:32:23.8	02:28:00.6	MV40	658	Male	2175		01:07:35.8	01:52:00.3
3637	3985		Naomi REES	02:32:24.3	02:29:18.2	SenF	581	Female	1461		01:09:05.4	01:53:37.1
3638	3178		Eleri SULLIVAN	02:32:25.1	02:31:44.8	SenF	582	Female	1462		01:08:50.5	01:54:36.3
3639	4362		Julian NOTT	02:32:27.0	02:30:47.2	MV40	659	Male	2176		01:08:55.7	01:54:40.8
3640	4840		Leanne FREEMAN	02:32:30.7	02:27:27.7	FV35	569	Female	1463		01:04:48.6	01:44:23.8
3641	4761		Helen HOARE	02:32:31.0	02:27:28.5	FV35	570	Female	1464		01:04:52.5	01:50:02.4
3642	2705		Tracey MORGAN	02:32:31.1	02:30:12.1	FV45	267	Female	1465		01:07:28.2	01:51:51.7
3643	3694		James CAMPBELL	02:32:31.8	02:29:20.8	SenM	1161	Male	2177		01:06:26.6	01:50:58.0
3644	4337		Rhian WICKS	02:32:35.9	02:30:28.6	SenF	583	Female	1466		01:06:47.4	01:52:04.0
3645	4757		Lezley SHORHOUSE	02:32:35.9	02:28:09.6	FV45	268	Female	1467		01:06:43.3	01:51:22.9
3646	6244		Donna JONES	02:32:35.9	02:30:28.7	FV45	269	Female	1468		01:06:47.4	01:52:04.3
3647	3134		Lisa THOMAS	02:32:36.9	02:29:50.1	FV35	571	Female	1469		01:07:00.1	01:52:24.2

3648	4888		Hayley HAWKINS	02:32:38.3	02:30:46.6	SenF	584	Female	1470		01:05:58.6	01:51:18.1
3649	3185		Alun LEWIS	02:32:38.8	02:30:33.9	MV40	660	Male	2178		01:06:59.6	01:53:12.7
3650	4862		Elizabeth LEWIS	02:32:40.6	02:29:40.1	FV35	572	Female	1471		01:07:34.1	01:51:58.6
3651	4380		Rachael JOHNSON	02:32:40.7	02:30:10.0	FV35	573	Female	1472		01:08:05.8	01:52:28.4
3652	3748		Steffan JENKINS	02:32:43.4	02:29:48.6	SenM	1162	Male	2179		01:05:28.6	01:52:25.5
3653	4282		Amanda WILLIAMS	02:32:44.6	02:30:14.5	FV35	574	Female	1473		01:09:38.7	01:54:00.7
3654	5865		Paul CLAYTON	02:32:44.6	02:29:35.5	MV50	279	Male	2180		01:07:19.0	01:50:13.4
3655	4407		Alexa PARRY	02:32:44.7	02:30:14.3	FV35	575	Female	1474		01:09:38.7	01:54:00.8
3656	4594		Libby WEBB	02:32:44.9	02:29:54.9	SenF	585	Female	1475	PEGASUS RC	01:05:32.3	01:51:36.6
3657	4743		Kirsten SMITH	02:32:45.7	02:31:27.3	SenF	586	Female	1476		01:06:03.3	01:52:21.9
3658	2676		Mark LOCK	02:32:46.0	02:31:00.0	SenM	1163	Male	2181		01:03:48.6	01:47:56.4
3659	3524		Kiera PROBERT	02:32:48.7	02:28:57.4	SenF	587	Female	1477		01:10:15.7	01:53:03.9
3660	5040		Lena EVANS	02:32:49.8	02:28:36.4	FV45	270	Female	1478	GRIFFITHSTOWN HARRIERS	01:10:59.5	01:54:19.2
3661	3005		Ann FRITTER	02:32:51.4	02:28:26.2	FV45	271	Female	1479		01:09:51.4	01:53:48.7
3662	3339		Peter MACMILLAN JONES	02:32:51.6	02:28:41.1	SenM	1164	Male	2182		01:06:48.5	01:51:26.5
3663	3338		Danielle MACMILLAN JONES	02:32:51.7	02:28:40.6	FV35	576	Female	1480		01:06:48.4	01:51:26.1
3664	4904		Paula PRICE	02:32:52.3	02:31:00.6	FV45	272	Female	1481	BRECON AC	01:07:06.2	01:52:25.8
3665	1708		Alun ROACH	02:32:54.4	02:28:46.6	MV40	661	Male	2183		01:08:12.5	01:52:38.8
3666	5015		Sian ROACH	02:32:54.5	02:28:46.8	FV35	577	Female	1482		01:08:12.6	01:52:39.0
3667	4755		Melissa SHORTHOUSE	02:32:55.4	02:28:29.1	SenF	588	Female	1483		01:06:46.3	01:51:37.4
3668	3062		Catrin POOLE	02:32:57.0	02:29:40.3	SenF	589	Female	1484		01:07:26.0	01:53:31.1
3669	3745		Maxwell GREEN	02:32:57.3	02:30:02.7	SenM	1165	Male	2184		01:04:31.9	01:48:37.9
3670	3116		Lauren NICHOLAS	02:32:57.7	02:30:36.5	SenF	590	Female	1485		01:07:32.1	01:51:47.1
3671	4934		Vicki GRAY	02:32:57.7	02:31:37.5	FV35	578	Female	1486	GRIFFITHSTOWN HARRIERS	01:10:08.4	01:56:18.6
3672	5393		Daune GREEN	02:32:57.8	02:31:37.5	FV35	579	Female	1487	GRIFFITHSTOWN HARRIERS	01:10:08.5	01:56:18.5
3673	2901		Samantha WILLIAMS	02:32:58.6	02:32:23.2	SenF	591	Female	1488		01:07:20.8	01:54:40.8
3674	4742		Louise MORGAN	02:32:59.4	02:32:24.8	SenF	592	Female	1489		01:08:09.0	01:54:22.5
3675	4859		Claire THOMAS	02:32:59.9	02:32:10.4	FV45	273	Female	1490		01:13:45.4	01:57:00.7
3676	4466		Terri YAU	02:33:00.2	02:28:17.9	SenF	593	Female	1491		01:09:01.6	01:51:57.6
3677	103		Natasha PLANT	02:33:05.3	02:30:28.6	FV45	274	Female	1492		01:10:00.4	01:54:42.3
3678	3506		Sian PARSONS	02:33:07.1	02:28:48.1	FV35	580	Female	1493	RUN4ALL NEATH	01:09:23.0	01:52:35.1
3679	3691		Emma HICKS	02:33:07.7	02:29:19.9	FV35	581	Female	1494		01:08:06.5	01:52:05.0
3680	5301		Mark HULBERT	02:33:07.9	02:29:19.8	MV40	662	Male	2185		01:08:06.4	01:52:04.6
3681	3783		Jade SARSERO	02:33:10.5	02:31:27.7	SenF	594	Female	1495		01:08:47.0	01:54:19.3
3682	3103		Kimberley GIBBONS	02:33:11.0	02:32:14.7	SenF	595	Female	1496		01:11:28.7	01:57:18.5
3683	4205		Claire DAVIES	02:33:13.0	02:30:06.4	SenF	596	Female	1497		01:10:07.2	01:53:52.4
3684	3143		Kurstyn THOMAS	02:33:16.3	02:29:37.4	FV45	275	Female	1498		01:05:46.1	01:51:06.5
3685	3071		Natasha WALTERS	02:33:16.5	02:29:20.7	SenF	597	Female	1499		01:10:14.6	01:53:01.3
3686	474		Toni WALTERS	02:33:17.0	02:30:35.7	FV45	276	Female	1500		01:08:16.8	01:53:04.6
3687	16512		Andrea BRABROOK	02:33:17.5	02:29:34.6	Pacer	1	Female	1501		01:10:26.4	01:53:13.8
3688	4291		Sian STOODLEY	02:33:20.6	02:29:47.7	FV35	582	Female	1502		01:11:03.6	01:53:33.4
3689	2656		Richard MOUNTFORD	02:33:26.0	02:32:01.8	MV50	280	Male	2186		01:06:42.6	01:50:37.2
3690	67		Peter BANKS	02:33:28.8	02:31:17.9	SenM	1166	Male	2187		01:03:25.5	01:49:45.7
3691	3517		Miranda WILLIAMS	02:33:38.7	02:33:16.9	FV45	277	Female	1503	CLWB RHEDEG PONTARDAWE RUNNING CLUB	01:11:06.1	01:56:11.0

3692	5499		Samantha PARKER	02:33:41.1	02:31:56.5	FV45	278	Female	1504		01:12:06.1	01:55:01.9
3693	5497		Lisa BEARD	02:33:41.3	02:31:56.4	FV35	583	Female	1505	FETCH EVERYONE RUNNING CLUB	01:12:05.7	01:55:02.3
3694	5206		Jim STORER	02:33:43.3	02:33:25.3	MV50	281	Male	2188		01:08:45.2	01:55:51.5
3695	4618		Phil GOODALL	02:33:47.4	02:30:29.5	MV40	663	Male	2189		01:07:47.8	01:51:26.5
3696	3996		Fiona MACLEAN	02:33:47.7	02:30:10.7	FV35	584	Female	1506		01:06:26.8	01:49:34.8
3697	4026		Gareth WILLIAMS	02:33:47.7	02:30:10.9	SenM	1167	Male	2190		01:06:17.9	01:49:35.4
3698	4165		Rebecca DAVID	02:33:48.8	02:30:14.8	SenF	598	Female	1507		01:09:48.6	01:53:22.9
3699	2759		Jo HENDERSON	02:33:49.6	02:30:00.4	FV55+	47	Female	1508		01:10:34.4	01:53:47.2
3700	5245		Beverley RIMMER	02:33:53.4	02:31:15.9	SenF	599	Female	1509	STEVENAGE STRIDERS	01:05:20.2	01:52:29.7
3701	2637		Joanne JONES	02:33:56.9	02:30:30.6	FV45	279	Female	1510	BUILTH AND DISTRICT RUNNING CLUB	01:08:19.8	01:52:19.9
3702	2636		Hayley WALLER	02:33:57.3	02:30:31.1	FV35	585	Female	1511	BUILTH AND DISTRICT RUNNING CLUB	01:08:20.2	01:52:20.1
3703	1341		Paul SCANLON	02:33:59.6	02:31:43.8	MV40	664	Male	2191		01:09:11.3	01:52:56.2
3704	4269		Lucy THOMAS	02:34:02.4	02:33:39.5	FV35	586	Female	1512		01:10:38.8	01:56:36.4
3705	4404		Ben MCCRUM	02:34:02.5	02:29:56.8	SenM	1168	Male	2192		01:12:02.2	01:55:32.3
3706	4114		Thomas WILLIAMS	02:34:06.8	02:29:19.8	SenM	1169	Male	2193		01:09:34.6	01:53:04.6
3707	4256		Jo SHIRES	02:34:06.8	02:32:46.3	FV45	280	Female	1513		01:12:00.0	01:56:15.5
3708	2719		Freja PETRIE	02:34:08.3	02:29:39.9	SenF	600	Female	1514		01:14:00.9	01:56:25.8
3709	3076		Jamie WILSON	02:34:15.4	02:29:27.9	SenM	1170	Male	2194		01:09:33.9	01:53:03.2
3710	2739		Yvonne DAVIES	02:34:15.5	02:31:21.1	SenF	601	Female	1515		01:08:10.9	01:52:51.9
3711	2839		Sophie PACE	02:34:16.9	02:34:14.0	SenF	602	Female	1516		01:01:13.7	01:50:14.1
3712	3720		Annie EDWARDS	02:34:17.2	02:33:48.3	SenF	603	Female	1517		01:21:10.6	02:05:42.7
3713	4473		Jess RULE	02:34:17.9	02:30:40.6	SenF	604	Female	1518		01:08:17.8	01:53:07.9
3714	3796		Alecia COUSINS	02:34:19.6	02:32:32.7	SenF	605	Female	1519		01:05:09.6	01:55:03.1
3715	4822		Lucy REYNOLDS	02:34:19.6	02:30:12.2	SenF	606	Female	1520		01:08:13.9	01:52:36.3
3716	5823		Jodie GROVE	02:34:22.8	02:31:41.5	FV35	587	Female	1521		01:08:16.9	01:53:04.9
3717	6086		Paul REES	02:34:23.3	02:31:41.6	MV40	665	Male	2195		01:09:33.3	01:53:03.5
3718	5109		Kate ELSON	02:34:23.9	02:32:33.1	FV45	281	Female	1522		01:07:27.5	01:54:22.2
3719	5464		Kate CLARKE	02:34:24.2	02:30:19.2	SenF	607	Female	1523		01:10:06.5	01:53:35.8
3720	4389		Gareth CARTER-CLARE	02:34:26.7	02:33:09.3	SenM	1171	Male	2196		01:09:29.0	01:55:32.9
3721	3443		Judy HARRIS	02:34:30.1	02:32:59.3	FV45	282	Female	1524		01:05:26.5	01:52:52.7
3722	4685		Connie FRANCIS	02:34:31.9	02:29:56.7	SenF	608	Female	1525		01:07:02.0	01:51:20.3
3723	5904		Aaron JEWELL	02:34:38.3	02:30:34.2	SenM	1172	Male	2197		01:04:54.1	01:47:23.1
3724	4582		Michelle CAMPBELL-DAVIES	02:34:38.6	02:32:58.7	FV35	588	Female	1526	OUTDOOR FITNESS	01:07:39.4	01:54:15.1
3725	3886		Amanda FETHNEY	02:34:44.7	02:32:36.1	SenF	609	Female	1527		01:09:31.5	01:54:06.1
3726	3722		Keith Stuart LEWIS	02:34:47.1	02:29:46.6	MV50	282	Male	2198	SIMPLY GYM	01:02:49.7	01:43:43.3
3727	5121		Terry MORRIS	02:34:49.4	02:32:00.1	MV40	666	Male	2199	BENTHAM BEAGLES	01:08:09.2	01:53:35.6
3728	5122		Lynda MORRIS	02:34:49.7	02:32:00.8	FV45	283	Female	1528	BENTHAM BEAGLES	01:08:09.9	01:53:37.0
3729	5387		Sharon GARDNER	02:34:52.1	02:29:46.0	FV35	589	Female	1529		01:08:39.5	01:52:35.4
3730	3610		Glesni WEBB	02:34:56.7	02:31:46.4	SenF	610	Female	1530		01:04:23.4	01:52:51.8
3731	3343		Dale WILLIAMS	02:35:03.5	02:30:13.7	SenM	1173	Male	2200		01:12:28.7	01:55:43.4
3732	3002		Rhodri JONES	02:35:08.8	02:31:08.1	SenM	1174	Male	2201		01:03:58.4	01:47:01.8
3733	3946		Cyril HARTSON	02:35:14.8	02:30:50.6	MV60+	65	Male	2202		01:11:36.6	01:54:13.4
3734	3776		Victoria HARTSON DEVULGT	02:35:14.9	02:30:50.6	SenF	611	Female	1531		01:11:36.2	01:54:13.4
3735	2900		Daniel DOUGHTY	02:35:19.8	02:32:51.4	SenM	1175	Male	2203		01:08:38.7	01:54:20.9

3736	3901		Wayne WALKLEY	02:35:23.2	02:34:29.8	SenM	1176	Male	2204		01:06:03.6	01:49:34.1
3737	3480		David MORGAN	02:35:23.4	02:34:39.6	SenM	1177	Male	2205		01:08:29.8	01:55:19.9
3738	3861		Ashley DEAN	02:35:25.0	02:30:44.9	SenM	1178	Male	2206		01:07:06.8	01:49:52.1
3739	5142		Zenn ATHAR	02:35:29.8	02:34:42.6	SenM	1179	Male	2207		01:10:36.9	01:57:17.7
3740	3914		Chris BRUDENELL	02:35:33.9	02:31:17.7	MV40	667	Male	2208	NEATH RUN4ALL	01:09:12.9	01:53:53.2
3741	3930		Jason MCNAUGHT	02:35:36.9	02:33:02.8	MV40	668	Male	2209		01:07:12.7	01:54:20.1
3742	2799		Christina DEIAS	02:35:38.5	02:33:33.2	SenF	612	Female	1532		01:10:53.0	01:56:49.0
3743	5437		Tara SALWAY	02:35:40.9	02:33:07.0	FV35	590	Female	1533		01:08:32.6	01:52:35.1
3744	3202		Catherine HOOD	02:35:44.3	02:30:58.8	SenF	613	Female	1534		01:12:14.5	01:55:52.1
3745	1415		Dennis COLLINS	02:35:47.5	02:31:48.7	MV50	283	Male	2210	RHONDDA VALLEY RUNNERS	01:07:31.0	01:52:19.0
3746	3293		Robert THOMAS	02:35:47.6	02:33:03.7	MV40	669	Male	2211		01:08:21.5	01:54:30.1
3747	5505		Philippa CHAPMAN	02:35:47.6	02:31:06.9	FV45	284	Female	1535		01:10:24.4	01:54:39.7
3748	5336		Davina GLADING	02:35:51.1	02:34:39.0	FV45	285	Female	1536	PORTSMOUTH JOGGERS	01:09:44.2	01:57:13.9
3749	3576		Hayley DAVIES	02:35:54.6	02:33:16.8	FV35	591	Female	1537		01:17:47.1	02:01:25.6
3750	4058		Sally KIRCOUGH	02:35:58.3	02:32:57.1	FV35	592	Female	1538		01:11:37.9	01:55:41.5
3751	3138		Julia HILL	02:35:59.3	02:32:33.0	SenF	614	Female	1539		01:10:04.6	01:54:28.2
3752	4664		Paul COKER	02:36:00.5	02:32:02.0	MV40	670	Male	2212		01:07:31.0	01:52:19.3
3753	3190		Divya PANDILLA	02:36:07.2	02:34:08.6	SenF	615	Female	1540		01:08:46.5	01:54:34.6
3754	4379		Emma HAYHURST	02:36:09.9	02:33:39.1	FV35	593	Female	1541		01:06:46.1	01:52:37.7
3755	3843		Sali NICHOLS	02:36:11.4	02:36:01.2	SenF	616	Female	1542		01:10:33.8	01:57:38.4
3756	3828		Hannah AMBLER	02:36:11.5	02:36:01.0	SenF	617	Female	1543		01:10:33.8	01:57:38.5
3757	5329		Hannah WHELAN	02:36:12.6	02:33:10.6	SenF	618	Female	1544		01:05:18.0	01:52:17.2
3758	4563		Hannah MURRAY	02:36:13.6	02:32:56.0	SenF	619	Female	1545		01:09:44.0	01:53:35.2
3759	2783		Alice TWOMEY	02:36:18.3	02:32:23.8	SenF	620	Female	1546		01:08:04.9	01:53:16.9
3760	5026		Morwenna PHILLIPS	02:36:18.7	02:33:41.4	SenF	621	Female	1547	LLISWERRY RUNNERS	01:07:47.4	01:53:34.1
3761	4296		Dennise KNIGHT	02:36:18.9	02:32:28.3	FV35	594	Female	1548		01:10:22.0	01:55:39.3
3762	5441		Saira STRINGER	02:36:19.0	02:33:41.3	FV35	595	Female	1549		01:07:47.4	01:53:33.8
3763	3242		Rachel LEWIS	02:36:20.9	02:32:05.4	FV35	596	Female	1550		01:09:27.4	01:52:39.3
3764	5386		Tina GRIFFITHS	02:36:23.9	02:32:02.3	FV45	286	Female	1551		01:10:41.6	01:54:57.9
3765	3627		Amy YARNEY	02:36:24.0	02:32:03.3	FV35	597	Female	1552		01:10:42.8	01:54:58.9
3766	4191		Lowri PHILLIPS	02:36:28.8	02:33:47.1	FV45	287	Female	1553		01:06:30.4	01:52:28.1
3767	3761		Jim SMITH	02:36:30.6	02:33:19.6	SenM	1180	Male	2213		01:07:06.3	01:51:42.7
3768	3912		Debbie KILEY	02:36:32.0	02:32:29.1	FV35	598	Female	1554		01:10:15.2	01:54:18.1
3769	5167		Sonia HOULT	02:36:32.3	02:32:38.6	FV35	599	Female	1555		01:10:33.7	01:56:03.6
3770	89		Anna RICHARDS	02:36:37.6	02:35:36.1	FV35	600	Female	1556		01:12:21.0	01:58:57.2
3771	4970		David BROWN	02:36:41.2	02:34:30.3	MV40	671	Male	2214	LLISWERRY RUNNERS	01:08:30.9	01:54:54.6
3772	3088		Amy JAMES	02:36:41.5	02:34:30.5	SenF	622	Female	1557		01:08:31.5	01:54:54.9
3773	2804		Natalie GORDON	02:36:44.0	02:33:29.3	SenF	623	Female	1558		01:10:44.7	01:55:37.4
3774	3673		Johan BREMNER	02:36:44.5	02:36:23.4	FV35	601	Female	1559		01:11:37.7	01:56:43.3
3775	3674		Martyn GRIFFIN	02:36:44.5	02:36:24.5	MV40	672	Male	2215		01:11:38.3	01:56:44.0
3776	2797		Nicola HENWOOD	02:36:44.7	02:32:44.9	SenF	624	Female	1560		01:12:29.3	01:57:16.5
3777	3629		Sarah DAVIES	02:36:44.8	02:36:24.3	FV35	602	Female	1561		01:11:37.8	01:56:43.8
3778	4589		Alex THEOPHILUS	02:36:45.7	02:32:13.0	SenM	1181	Male	2216		01:11:34.1	01:57:43.4
3779	3788		Mike DAVIES	02:36:46.6	02:35:55.9	SenM	1182	Male	2217		01:06:07.8	01:55:11.7

3780	1152		Joanna WILLIAMS	02:36:50.8	02:34:07.5	FV35	603	Female	1562		01:06:35.6	01:51:12.7
3781	2716		Janie LEE	02:36:50.8	02:32:55.5	SenF	625	Female	1563		01:09:47.7	01:51:38.3
3782	2991		Paul WISDOM	02:36:53.4	02:34:52.7	MV40	673	Male	2218		01:05:17.3	01:54:16.3
3783	4017		Vicky LEWIS	02:36:56.7	02:35:57.9	SenF	626	Female	1564		01:08:43.0	01:54:42.1
3784	4989		Emily DAVIES	02:36:57.2	02:36:04.4	SenF	627	Female	1565		01:08:36.1	01:57:23.8
3785	3926		Nia PORTE	02:37:08.1	02:36:31.7	SenF	628	Female	1566		01:07:06.4	01:55:00.1
3786	2948		Timothy DAVIES	02:37:10.0	02:36:25.0	MV40	674	Male	2219		01:05:13.7	01:51:34.7
3787	4171		Crystal WILKS	02:37:13.3	02:32:48.7	SenF	629	Female	1567		01:11:25.9	01:55:48.6
3788	4398		Ian DAVIES	02:37:15.2	02:33:15.4	MV40	675	Male	2220	PAUL POPHAM FUND SHM 2016 TEAM	01:12:13.6	01:56:24.6
3789	4448		Sarah KIRTON	02:37:16.9	02:33:21.9	SenF	630	Female	1568		01:09:24.8	01:54:21.4
3790	2704		Elaine JAMES	02:37:25.0	02:37:09.7	FV35	604	Female	1569		01:13:35.1	02:00:47.6
3791	2685		Samara DAVIES	02:37:25.1	02:37:10.3	SenF	631	Female	1570		01:13:35.3	02:00:47.8
3792	5042		Martin DOWNES	02:37:27.8	02:35:57.0	MV40	676	Male	2221		01:09:37.5	01:55:32.4
3793	5872		Mazin DAOUD	02:37:31.2	02:34:06.6	MV50	284	Male	2222		99:99:99	99:99:99
3794	1979		Andrew GILL	02:37:33.3	02:35:09.2	SenM	1183	Male	2223		01:10:41.2	01:57:45.7
3795	4244		Kayleigh EVANS	02:37:35.5	02:35:01.4	SenF	632	Female	1571		01:11:32.1	01:56:20.4
3796	4765		Rhian WEBBER	02:37:38.1	02:35:03.4	SenF	633	Female	1572		01:10:50.7	01:57:54.5
3797	5906		Alan WEEKS	02:37:57.5	02:33:07.3	MV40	677	Male	2224		01:12:07.8	01:57:35.5
3798	5428		Gill ELLIS	02:38:02.9	02:36:42.2	FV55+	48	Female	1573	CHEPSTOW HARRIERS	01:09:38.5	01:56:43.7
3799	5463		Clare DURBIN	02:38:09.4	02:35:13.2	SenF	634	Female	1574		01:13:39.6	01:58:20.9
3800	4019		James ELSEY	02:38:11.3	02:37:18.7	SenM	1184	Male	2225		01:04:27.0	01:50:09.5
3801	1732		Paul JONES	02:38:13.2	02:37:24.4	MV40	678	Male	2226		01:05:19.5	01:54:35.1
3802	5325		Ramona STOLERU	02:38:14.0	02:36:06.0	SenF	635	Female	1575		01:10:34.7	01:57:28.5
3803	3965		Cherie COUGHLAN	02:38:14.6	02:33:30.8	FV35	605	Female	1576		01:10:19.7	01:54:25.1
3804	6347		John STEWART	02:38:15.0	02:34:40.8	MV50	285	Male	2227		01:04:43.6	01:48:08.4
3805	3688		Jeffrey SCOTT	02:38:16.1	02:34:15.2	MV40	679	Male	2228		01:11:27.4	01:56:49.2
3806	5498		Sarah CHUNG	02:38:20.3	02:33:23.7	FV35	606	Female	1577		01:16:08.3	02:01:24.7
3807	4553		Nia LLOYD	02:38:21.7	02:33:49.3	FV35	607	Female	1578		01:11:34.2	01:57:43.9
3808	4519		Caroline TINSLEY	02:38:21.8	02:33:49.1	FV35	608	Female	1579		01:11:33.6	01:57:44.0
3809	4890		Claire WARD	02:38:22.4	02:38:00.2	FV35	609	Female	1580		01:10:46.6	01:56:36.1
3810	3891		Kirstie HARRISON	02:38:27.6	02:33:34.8	SenF	636	Female	1581		01:11:25.2	01:55:23.8
3811	6252		Frances CORNER	02:38:27.6	02:36:44.1	SenM	1185	Male	2229		01:11:16.1	01:57:02.6
3812	3254		Elouise MOSS-MACCARINELLI	02:38:27.7	02:33:34.8	FV35	610	Female	1582		01:11:24.1	01:55:23.1
3813	2880		Lee EVANS	02:38:32.3	02:37:29.7	MV40	680	Male	2230		01:12:20.8	01:57:40.7
3814	3070		Dean HAYHURST	02:38:35.0	02:36:00.3	SenM	1186	Male	2231		01:05:22.9	01:54:03.5
3815	5389		Non LEWIS	02:38:42.2	02:35:09.3	FV35	611	Female	1583		01:11:01.3	01:56:37.2
3816	3472		Darren FORRESTER	02:38:47.0	02:34:40.4	MV40	681	Male	2232	RUN4ALL NEATH	01:20:55.0	02:01:33.9
3817	3080		Ruth EBENEZER	02:38:50.3	02:34:54.4	SenF	637	Female	1584		01:11:06.2	01:55:47.2
3818	5444		Rebecca JONES	02:38:53.0	02:35:22.1	SenF	638	Female	1585		01:08:01.8	01:53:50.8
3819	2899		Alison EVANS	02:38:53.6	02:37:01.0	FV45	288	Female	1586		01:12:18.8	01:58:34.7
3820	3902		Rhian PAYNE	02:39:02.1	02:34:38.1	SenF	639	Female	1587		01:14:18.5	02:00:03.9
3821	5905		Bethan CROSS	02:39:08.4	02:37:27.3	SenF	640	Female	1588	CWM OGWR RUNNING CLUB	01:11:37.6	01:59:10.3
3822	2843		J. Rhys DART	02:39:15.0	02:38:27.4	SenM	1187	Male	2233		01:06:30.1	01:53:09.8
3823	5373		Daren NICHOLAS	02:39:18.6	02:38:23.3	SenM	1188	Male	2234		01:07:38.7	01:56:54.2

3824	2122		Natalie JAMES	02:39:18.9	02:38:24.4	SenF	641	Female	1589		01:10:15.5	01:57:54.6
3825	4238		Elaine DAVIES	02:39:21.3	02:38:49.8	FV45	289	Female	1590		01:07:53.3	01:56:20.5
3826	1506		Prue NOAKES	02:39:27.0	02:37:05.6	FV45	290	Female	1591		01:05:23.0	01:55:04.9
3827	4538		Sarah DUNMORE	02:39:27.0	02:37:01.3	SenF	642	Female	1592		01:11:39.0	01:57:11.0
3828	1516		Lisa WASON	02:39:27.5	02:37:05.4	FV45	291	Female	1593		01:05:22.1	01:55:04.4
3829	4319		Jessica DEVEREUX	02:39:33.1	02:35:45.1	SenF	643	Female	1594		01:07:04.2	01:53:22.8
3830	2606		Eva RAFFERTY	02:39:34.5	02:35:13.2	SenF	644	Female	1595		01:09:56.3	01:56:18.6
3831	4122		James BYGATE	02:39:35.7	02:35:37.4	SenM	1189	Male	2235		01:06:57.1	01:53:36.0
3832	4430		Jo GWYNNE	02:39:38.3	02:37:47.1	FV35	612	Female	1596	PONTYPRIDD ROADENTS	01:09:36.4	01:58:36.6
3833	4772		Hayley PUGH	02:39:38.6	02:36:39.3	FV35	613	Female	1597	PONTYPRIDD ROADENTS	01:09:58.2	01:57:28.4
3834	3350		Alana THOMAS-HEY	02:39:41.8	02:36:36.1	SenF	645	Female	1598		01:09:02.3	01:55:08.1
3835	4568		Ian MESSNER	02:39:43.1	02:24:56.3	SenM	1190	Male	2236		01:05:05.5	01:47:36.0
3836	6126		Beth THOMAS	02:39:45.2	02:35:55.8	SenF	646	Female	1599		01:10:11.4	01:53:05.2
3837	3006		Shane HUSSEY	02:39:45.3	02:38:26.8	SenM	1191	Male	2237		01:05:18.4	01:56:06.2
3838	4748		Dan JONES	02:39:45.5	02:35:40.6	SenM	1192	Male	2238		01:07:51.0	01:54:17.1
3839	5388		Jayne L THOMAS	02:39:48.4	02:36:31.5	FV35	614	Female	1600		01:10:21.3	01:57:19.7
3840	4274		Lynette THOMAS	02:39:48.7	02:36:31.6	FV35	615	Female	1601		01:10:20.6	01:57:19.2
3841	3763		Aiesha MELHAS	02:39:51.6	02:39:45.0	SenF	647	Female	1602		01:13:43.7	02:01:04.5
3842	4981		Phoebe RUSSELL	02:39:52.0	02:39:24.5	SenF	648	Female	1603		01:11:55.9	01:58:43.2
3843	4583		Anthony MARCHANT	02:40:00.5	02:38:42.5	SenM	1193	Male	2239		01:08:24.5	01:53:48.9
3844	3718		Colin PRICE	02:40:01.8	02:38:46.4	MV40	682	Male	2240		01:07:27.4	01:57:07.8
3845	3401		Sarah JOHN	02:40:07.1	02:36:41.8	FV35	616	Female	1604		01:13:43.8	01:59:38.9
3846	4566		Alice SPIBY	02:40:10.7	02:39:16.9	SenF	649	Female	1605		01:09:11.6	01:57:38.8
3847	3582		Michelle PERROTT	02:40:20.4	02:37:20.4	FV35	617	Female	1606		01:15:59.6	02:01:22.3
3848	3581		Rhian THOMAS	02:40:28.6	02:37:28.3	FV35	618	Female	1607		01:15:59.1	02:01:22.3
3849	3654		Emma GRAY	02:40:31.5	02:39:58.8	FV35	619	Female	1608	SARN HELEN	01:12:55.0	02:00:53.6
3850	3671		Melanie PALLAS	02:40:32.3	02:38:27.6	FV35	620	Female	1609		01:08:32.5	01:57:44.5
3851	4953		Karen THOMAS	02:40:36.9	02:38:34.0	FV45	292	Female	1610		01:11:37.7	01:59:23.4
3852	5403		Sarah MARKEY	02:40:45.8	02:36:51.7	FV35	621	Female	1611	CALDICOT RUNNING CLUB	01:09:18.8	01:55:50.8
3853	4187		Neil RAINEY	02:40:47.8	02:40:05.8	MV50	286	Male	2241		01:00:36.8	01:52:56.0
3854	4190		Evangeline BALCHIN	02:40:50.0	02:38:03.3	SenF	650	Female	1612		01:11:28.4	01:57:42.8
3855	5363		Christopher STARK	02:40:50.5	02:38:27.9	MV40	683	Male	2242		01:08:40.7	01:55:07.2
3856	5362		Pam STARK	02:40:50.9	02:38:28.6	FV55+	49	Female	1613		01:08:41.7	01:55:21.8
3857	6293		Michelle STARK	02:40:51.0	02:38:28.7	FV35	622	Female	1614		01:08:41.5	01:55:21.0
3858	5071		Kevin LEWIS	02:41:00.9	02:36:03.1	SenM	1194	Male	2243		01:16:06.7	02:01:24.8
3859	3845		Andrew LEWIS	02:41:12.2	02:38:21.9	SenM	1195	Male	2244		01:05:24.0	01:52:28.8
3860	5892		Karl STUCKEY	02:41:14.6	02:36:24.8	MV40	684	Male	2245		01:12:08.7	01:57:37.0
3861	2802		Sarah JONES	02:41:15.2	02:36:49.5	SenF	651	Female	1615		01:12:38.3	01:58:27.5
3862	3999		Cath BALL	02:41:15.2	02:38:23.5	FV35	623	Female	1616		01:09:56.6	01:57:43.3
3863	2817		Kath MEREDITH	02:41:19.7	02:36:39.7	FV35	624	Female	1617		01:19:25.0	02:01:41.3
3864	5215		Kate BOWEN	02:41:20.2	02:38:25.2	SenF	652	Female	1618		01:13:09.5	01:59:39.6
3865	3405		Jane BENDALL	02:41:24.6	02:37:39.0	FV35	625	Female	1619		01:11:18.1	01:58:28.4
3866	4368		Rachel GOSS	02:41:28.4	02:37:23.8	FV35	626	Female	1620		01:11:44.9	01:58:06.7
3867	3792		Sian OWEN	02:41:32.3	02:37:39.8	SenF	653	Female	1621		01:12:27.2	01:58:15.1



3868	4076		Emily SMITH	02:41:33.5	02:40:19.1	SenF	654	Female	1622		01:10:05.1	01:59:37.9
3869	5390		Kenneth SHARPLES	02:41:33.9	02:40:34.1	MV60+	66	Male	2246		01:15:42.8	02:02:24.9
3870	4317		Clare WILLIAMS	02:41:34.4	02:37:47.8	FV45	293	Female	1623		01:16:07.4	02:01:33.4
3871	2833		Chloe BRIGGS	02:41:37.3	02:38:18.0	SenF	655	Female	1624		01:10:23.0	01:57:06.4
3872	3641		Graham WHEELER	02:41:38.3	02:37:37.7	MV40	685	Male	2247		01:10:39.2	01:57:20.1
3873	85		Rene WHEELER	02:41:38.4	02:37:37.9	MV40	686	Male	2248		01:10:40.8	01:57:18.8
3874	3640		Kirsty WHEELER	02:41:38.6	02:37:38.4	FV35	627	Female	1625		01:10:41.9	01:57:21.8
3875	3266		Howard SIMS	02:41:39.2	02:38:27.1	MV40	687	Male	2249		01:10:31.0	01:55:33.4
3876	1453		Owen PUGSLEY	02:41:39.5	02:37:34.6	SenM	1196	Male	2250		01:11:33.2	01:59:34.5
3877	5400		Clare BOWN	02:41:52.3	02:37:39.1	FV35	628	Female	1626	GRIFFITHSTOWN HARRIERS	01:15:24.5	02:02:05.1
3878	4426		Anna MARKALL	02:41:55.2	02:37:53.4	FV45	294	Female	1627	CAERPHILLY RUNNERS	01:09:10.1	01:56:56.9
3879	3439		Michelle WILKINS	02:41:59.0	02:37:45.5	SenF	656	Female	1628		01:12:48.7	01:58:35.0
3880	2947		Angela ROGERS	02:42:08.7	02:37:09.6	FV35	629	Female	1629		01:13:52.2	02:00:14.4
3881	3990		Nicola PORTER	02:42:17.0	02:38:11.5	SenF	657	Female	1630		01:17:17.4	02:03:04.0
3882	3983		Rhian EVANS	02:42:19.7	02:37:55.9	SenF	658	Female	1631		01:14:18.9	02:00:06.9
3883	5857		Lucy LOCK	02:42:23.2	02:39:47.1	SenF	659	Female	1632		01:14:22.8	02:00:56.1
3884	5410		Katherine WILLIAMS	02:42:24.7	02:39:03.1	FV35	630	Female	1633	PARC BRYN BACH RC	01:07:21.5	01:58:09.1
3885	4182		Jenna DAVIES	02:42:25.7	02:38:51.7	FV35	631	Female	1634		01:09:49.1	01:58:16.5
3886	3785		Carly WILLIAMS	02:42:30.5	02:37:57.5	SenF	660	Female	1635		01:14:31.6	01:59:51.7
3887	4428		Victoria RAMSEY	02:42:31.6	02:38:29.9	FV35	632	Female	1636	CAERPHILLY RUNNERS	01:09:09.6	01:56:57.2
3888	3301		Danny BREWER	02:42:33.3	02:41:47.1	MV50	287	Male	2251		01:06:50.4	01:56:07.7
3889	2785		Jordanne THOMAS	02:42:33.4	02:40:49.2	SenF	661	Female	1637		01:10:06.2	01:55:03.5
3890	3878		Gemma INGLIS	02:42:38.2	02:40:31.4	SenF	662	Female	1638		01:10:53.4	01:59:13.0
3891	5818		Jayne Claire EDWARDS-MATTHEWS	02:42:38.5	02:40:31.7	FV35	633	Female	1639	RUN4ALL NEATH	01:11:35.7	01:59:27.4
3892	3890		Claire MORGAN	02:42:38.7	02:40:31.2	SenF	663	Female	1640		01:11:34.8	01:59:27.3
3893	5211		Susan DAVIES	02:42:39.6	02:39:45.2	FV35	634	Female	1641	MALDWYN HARRIERS POWYS	01:13:10.4	01:59:39.7
3894	5218		Sue CALLERY	02:42:39.8	02:39:44.8	FV45	295	Female	1642	MALDEN HARRIERS	01:13:09.3	01:59:39.3
3895	5488		Deana HUCKVALE	02:42:49.8	02:39:47.9	FV55+	50	Female	1643	SLINN ALLSTARS	01:13:29.2	02:01:37.1
3896	3300		Robert ADAMS	02:42:54.3	02:40:31.2	SenM	1197	Male	2252		01:11:11.4	01:58:38.4
3897	2639		Lynne JONES	02:42:55.0	02:39:32.2	FV45	296	Female	1644		01:12:53.0	01:59:43.9
3898	3094		Ieshea BAGLIN	02:42:56.3	02:40:23.8	FV35	635	Female	1645		01:10:52.4	01:58:32.2
3899	4717		Leanne WILLIAMS	02:43:03.5	02:39:43.0	FV35	636	Female	1646		01:11:42.7	01:58:49.6
3900	1443		Geraint WILLIAMS	02:43:03.7	02:39:42.8	SenM	1198	Male	2253		01:11:42.6	01:58:48.9
3901	4141		Bethan DAVID	02:43:09.1	02:39:40.3	SenF	664	Female	1647		01:11:47.4	02:00:01.2
3902	5007		Julie GIBSON	02:43:10.5	02:40:03.5	FV45	297	Female	1648	LLISWERRY RUNNERS	01:10:58.8	01:58:22.7
3903	3570		Stacey WALTERS	02:43:11.8	02:40:06.2	SenF	665	Female	1649		01:04:59.5	01:46:37.9
3904	3514		Lowri JONES	02:43:13.3	02:40:07.7	SenF	666	Female	1650		01:09:21.1	01:59:43.5
3905	3155		Zena LAWS	02:43:14.7	02:38:56.8	FV35	637	Female	1651		01:14:35.9	02:01:54.0
3906	5500		Sarah BUNN	02:43:18.7	02:38:21.9	FV35	638	Female	1652		01:16:08.9	02:02:05.9
3907	5512		Suzanne TAYLOR	02:43:19.2	02:38:21.9	FV45	298	Female	1653		01:16:08.6	02:02:05.6
3908	3470		Angharad LAWRENCE	02:43:20.5	02:39:29.7	SenF	667	Female	1654		01:09:58.9	01:55:09.3
3909	5159		Julie SPENCER	02:43:33.8	02:40:41.2	FV35	639	Female	1655		01:11:49.0	01:59:32.1
3910	3051		Rachel FLOYD	02:43:39.3	02:38:50.1	SenF	668	Female	1656		01:17:23.0	02:04:11.7
3911	2811		Lucy WILLIAMS	02:43:41.7	02:42:35.5	SenF	669	Female	1657		01:14:11.8	02:01:36.6

3912	2616		James PRYCE	02:43:47.2	02:41:27.3	MV40	688	Male	2254		01:13:50.4	02:01:16.4
3913	2617		Charlotte PRYCE	02:43:47.2	02:41:27.2	SenF	670	Female	1658		01:13:50.5	02:01:19.5
3914	3625		Mandy STRETTON	02:43:49.0	02:39:29.8	FV45	299	Female	1659		01:12:42.4	02:00:06.2
3915	5422		Bronwyn RUSSELL	02:43:50.4	02:41:44.7	SenF	671	Female	1660		01:16:21.3	02:03:30.2
3916	4697		Sarah GUWY	02:43:51.4	02:39:42.1	FV45	300	Female	1661		01:12:48.2	02:00:04.5
3917	5421		Nerys RUSSELL	02:43:51.6	02:41:45.2	SenF	672	Female	1662		01:16:19.7	02:03:31.6
3918	938		Peter ABRAHAM	02:43:59.5	02:43:20.5	MV40	689	Male	2255		01:12:36.3	02:01:29.7
3919	3198		Evelyn JONES	02:44:01.1	02:41:49.6	FV55+	51	Female	1663		01:14:42.5	02:02:59.6
3920	3199		Wyn JONES	02:44:02.4	02:41:50.5	MV50	288	Male	2256		01:14:42.1	02:02:58.6
3921	3943		Paul BROOKS	02:44:09.1	02:41:37.2	MV40	690	Male	2257	PORT TALBOT HARRIERS	01:10:42.5	02:01:16.7
3922	2770		Gaynor JONES	02:44:14.2	02:42:26.4	FV45	301	Female	1664		01:11:47.2	02:00:51.7
3923	3696		Andrew TROTMAN	02:44:31.2	02:42:23.4	MV40	691	Male	2258		01:13:11.1	01:59:58.5
3924	3630		Barry HOWELLS	02:44:35.7	02:39:42.0	MV50	289	Male	2259		01:06:31.2	01:53:41.6
3925	3755		Donna JONES-LUCAS	02:44:40.3	02:39:50.5	FV35	640	Female	1665		01:17:22.5	02:04:11.3
3926	6350		Rachael STUCKEY	02:44:51.3	02:41:18.2	FV35	641	Female	1666		01:12:29.3	01:59:00.5
3927	3565		Katy KERSWELL	02:44:52.4	02:40:54.3	SenF	673	Female	1667		01:09:59.4	01:59:41.3
3928	3019		Catrin REES	02:44:54.6	02:43:48.5	FV35	642	Female	1668		01:15:35.1	02:04:36.3
3929	5242		Laura CRONIN	02:44:56.2	02:41:25.5	SenF	674	Female	1669		01:09:59.2	01:58:31.1
3930	3335		Danielle LILLEY	02:44:56.3	02:41:52.8	SenF	675	Female	1670		01:12:46.8	02:01:26.1
3931	3052		Nia WELLS	02:44:57.6	02:40:44.9	FV35	643	Female	1671		01:17:47.0	02:04:33.8
3932	4533		Keeley HARRIS	02:45:00.0	02:40:38.1	SenF	676	Female	1672		01:12:19.5	02:00:27.8
3933	3050		Jonathan BOURNE	02:45:04.8	02:42:28.0	MV40	692	Male	2260		01:11:04.4	02:02:17.4
3934	3428		Diane HILL	02:45:06.2	02:40:04.6	FV55+	52	Female	1673	PORT TALBOT HARRIERS	01:14:35.4	02:01:20.7
3935	3607		Nerys HARRIES	02:45:08.7	02:43:03.7	SenF	677	Female	1674		01:12:19.5	01:59:48.7
3936	3913		Patricia WOODHOUSE	02:45:08.7	02:40:49.0	FV45	302	Female	1675		01:12:01.3	02:00:36.3
3937	5320		Chloe LILLEY	02:45:08.7	02:41:15.0	SenF	678	Female	1676		01:14:29.3	02:01:37.9
3938	3540		Owain Timothy LLOYD	02:45:14.3	02:41:54.1	MV50	290	Male	2261		01:12:12.3	01:59:19.4
3939	4222		Emma NICHOLAS	02:45:15.3	02:41:18.5	FV35	644	Female	1677		01:11:52.2	01:59:56.7
3940	2692		Ruth BENNETT	02:45:18.7	02:41:34.6	FV35	645	Female	1678		01:12:15.8	02:02:09.9
3941	2876		Tanya BARRETT	02:45:19.0	02:42:16.0	SenF	679	Female	1679		01:12:01.5	02:01:12.2
3942	3359		Barbie AHEARN	02:45:25.9	02:41:11.8	FV35	646	Female	1680	RUN4ALL NEATH	01:09:19.6	01:58:06.4
3943	5005		Kate MORGAN	02:45:28.2	02:41:16.1	FV35	647	Female	1681		01:11:54.6	02:00:30.7
3944	4336		Katie WOOD	02:45:31.7	02:43:50.5	SenF	680	Female	1682	CWM OGWR RUNNING CLUB	01:10:14.8	02:01:50.9
3945	5012		David GREGORY	02:45:31.9	02:44:53.9	MV40	693	Male	2262		01:11:51.3	02:00:02.3
3946	2813		David JENKINS	02:45:33.1	02:42:12.6	MV40	694	Male	2263		01:16:30.0	02:01:14.0
3947	3936		Ellis WILLIAMS	02:45:33.1	02:42:12.3	SenM	1199	Male	2264		01:16:30.2	02:01:13.5
3948	4627		Anna MORGAN	02:45:34.6	02:44:43.0	SenF	681	Female	1683		01:10:24.2	02:01:06.3
3949	4271		Clare WILLIAMS	02:45:40.3	02:42:51.5	FV45	303	Female	1684		01:13:17.9	02:01:23.4
3950	2664		Emily TRENWITH	02:45:41.3	02:40:47.2	SenF	682	Female	1685	NEWENT RUNNERS	01:14:47.0	02:02:45.4
3951	4095		Suzanna SMITH	02:45:42.3	02:42:10.1	SenF	683	Female	1686		01:11:12.0	02:01:31.3
3952	3652		Carri HEATH	02:45:49.1	02:44:52.4	FV35	648	Female	1687		01:11:26.4	02:01:07.9
3953	4819		David ROBERTS-ABLETT	02:46:11.4	02:41:05.5	MV40	695	Male	2265		01:10:45.2	01:59:57.2
3954	5508		Jonathan HEIL	02:46:11.6	02:41:05.1	MV40	696	Male	2266		01:10:35.5	01:59:55.5
3955	4901		Dai WILLIAMS	02:46:13.9	02:43:34.3	MV50	291	Male	2267		01:11:36.7	02:00:05.7

3956	3753		Olivia GROVE	02:46:16.1	02:42:25.8	SenF	684	Female	1688		01:10:22.5	02:00:49.2
3957	2916		Lucy CHARLTON	02:46:23.7	02:42:42.8	FV55+	53	Female	1689		01:15:27.8	02:01:38.4
3958	2917		George CHARLTON	02:46:24.3	02:42:43.2	SenM	1200	Male	2268		01:15:27.1	02:01:37.7
3959	4206		Trudi EDWARDS	02:46:26.0	02:41:53.2	FV35	649	Female	1690		01:14:30.1	02:02:35.2
3960	6290		Paul MATTHEWS	02:46:28.4	02:44:26.5	SenM	1201	Male	2269		01:18:08.3	02:04:21.1
3961	3697		Kerrie HUSSEY	02:46:33.2	02:44:25.5	SenF	685	Female	1691		01:13:09.7	02:03:24.6
3962	5922		Megan COOK	02:46:40.0	02:45:48.7	SenF	686	Female	1692		01:13:28.8	02:04:25.6
3963	4278		Ian SANDERS	02:46:47.8	02:43:30.2	MV40	697	Male	2270		01:09:33.8	01:58:40.5
3964	4646		Lindsey KALE	02:46:58.0	02:45:45.5	FV45	304	Female	1693	PORTHCAWL RUNNERS	01:13:26.5	02:02:38.1
3965	3535		Rachel RICHARDS	02:47:02.4	02:44:02.6	SenF	687	Female	1694		01:13:43.8	02:05:02.5
3966	3546		Natasha PEDRICK	02:47:03.6	02:44:03.9	FV35	650	Female	1695		01:13:44.6	02:05:02.9
3967	2790		Sarah JOHNSON	02:47:05.3	02:45:18.0	FV45	305	Female	1696		01:08:59.0	02:04:15.0
3968	4778		Rhys JONES	02:47:13.3	02:44:09.2	SenM	1202	Male	2271		01:12:43.1	02:02:23.2
3969	4779		Gemma FRASER JONES	02:47:13.5	02:44:09.5	SenF	688	Female	1697		01:12:44.3	02:02:24.5
3970	3665		Stuart DAVIES	02:47:15.1	02:46:29.6	MV40	698	Male	2272		01:14:20.8	02:04:43.0
3971	2986		Christina HOLLAND	02:47:18.5	02:43:25.9	FV55+	54	Female	1698		01:11:28.9	02:00:07.7
3972	5128		Maggi PAAP	02:47:21.5	02:42:32.6	FV55+	55	Female	1699	BETSI RUNAWAYS	01:13:40.6	02:01:46.0
3973	3409		Chelsea BRITTON	02:47:28.1	02:47:24.9	SenF	689	Female	1700		01:15:04.2	02:05:51.3
3974	3445		Anthony STATON	02:47:37.8	02:43:33.7	MV40	699	Male	2273		01:15:54.9	02:02:54.7
3975	3566		Francesca BURDETT	02:47:43.0	02:44:13.8	SenF	690	Female	1701		01:11:08.6	02:01:22.3
3976	5772		Adrienne MAYERS	02:47:44.1	02:44:40.0	SenF	691	Female	1702		01:13:14.4	02:05:26.1
3977	4648		Molly PROUDFOOT	02:47:47.2	02:43:35.6	SenF	692	Female	1703		01:14:06.9	02:03:55.1
3978	4919		Angela PRICE	02:47:47.4	02:43:45.7	FV35	651	Female	1704	ISLWYN RC	01:16:08.3	02:03:34.7
3979	2720		Andrew PETRIE	02:47:51.1	02:43:22.8	MV50	292	Male	2274		01:14:01.7	02:01:52.1
3980	2641		Briony RITSON-WALTON	02:47:55.7	02:43:31.1	SenF	693	Female	1705		01:12:57.5	02:01:36.4
3981	4642		Stacey VINCENT	02:48:02.3	02:43:19.0	SenF	694	Female	1706		01:14:06.4	02:01:17.5
3982	4635		Kirsty WILLIAMS	02:48:02.5	02:43:19.9	SenF	695	Female	1707		01:14:07.0	02:01:19.6
3983	151		Jason NEL	02:48:06.1	02:47:54.4	SenM	1203	Male	2275		01:11:45.8	02:02:40.2
3984	3954		Andrew JONES	02:48:07.0	02:46:31.7	SenM	1204	Male	2276		01:15:35.6	02:05:16.3
3985	4167		Katherine EVANS	02:48:10.6	02:43:10.5	FV45	306	Female	1708		01:15:04.1	02:03:49.2
3986	4168		Kevin EVANS	02:48:10.6	02:43:10.3	MV40	700	Male	2277		01:15:04.3	02:03:49.8
3987	1727		Natalie HERN	02:48:11.4	02:44:28.1	FV45	307	Female	1709	GRIFFITHSTOWN HARRIERS	01:19:03.8	02:05:49.7
3988	4775		Julie USHER	02:48:11.4	02:44:28.0	FV45	308	Female	1710		01:19:03.6	02:05:49.4
3989	4679		Kathryn PETERS	02:48:11.7	02:44:28.2	FV45	309	Female	1711		01:19:03.8	02:05:49.8
3990	5894		Nicola BARTLETT	02:48:21.9	02:43:50.1	FV45	310	Female	1712		01:19:45.5	02:08:30.7
3991	6124		Joan MARKHAM	02:48:31.4	02:45:52.3	FV55+	56	Female	1713		01:12:54.6	02:01:22.5
3992	1569		Robyn BERGE	02:48:35.3	02:47:44.9	SenF	696	Female	1714		01:13:14.6	02:02:39.4
3993	3732		Louise PARKES	02:48:37.4	02:44:07.2	SenF	697	Female	1715		01:13:01.6	02:04:32.2
3994	5861		Jessica KILLA	02:48:43.6	02:46:28.9	SenF	698	Female	1716		01:13:12.2	02:04:23.9
3995	3327		Hannah JONES	02:48:45.4	02:46:07.1	SenF	699	Female	1717		01:17:49.3	02:05:57.8
3996	2918		Sarah BYGATE	02:48:46.5	02:44:48.4	SenF	700	Female	1718		01:10:29.8	02:01:19.7
3997	3512		Mari Hannah LANCHBURY	02:48:46.6	02:44:02.9	SenF	701	Female	1719		01:13:24.0	02:01:45.2
3998	5418		Alisha SHEPHERD	02:48:55.2	02:45:00.6	SenF	702	Female	1720		01:10:18.6	02:00:14.2
3999	3872		Amy HOOKWAY	02:48:57.9	02:45:52.3	SenF	703	Female	1721		01:13:33.9	02:04:09.7

4000	5435		Siobhan BOYLE	02:49:06.8	02:45:38.4	SenF	704	Female	1722		01:13:54.1	02:02:50.6
4001	3491		Kelly-Ann ALLEN	02:49:17.8	02:45:27.1	FV35	652	Female	1723	PORT TALBOT HARRIERS	01:19:58.1	02:05:36.0
4002	5513		Amanda DICKINSON	02:49:20.3	02:44:23.4	FV45	311	Female	1724		01:19:39.1	02:06:02.8
4003	4731		Beverley BUTLER	02:49:26.8	02:45:02.6	FV45	312	Female	1725		01:18:38.5	02:08:19.0
4004	1130		Adam BURROUGHS	02:49:31.0	02:48:05.8	SenM	1205	Male	2278		00:55:56.7	01:48:29.2
4005	5876		Becky DEAN	02:49:38.2	02:47:03.1	SenF	705	Female	1726		01:19:38.9	02:07:54.1
4006	4348		Catherine DAVIES	02:49:41.7	02:45:38.1	SenF	706	Female	1727		01:10:01.5	02:00:55.8
4007	3672		Annie PALMER	02:49:42.1	02:45:49.1	FV55+	57	Female	1728		01:15:00.8	02:04:28.5
4008	3692		Claire FORD	02:49:42.1	02:45:21.3	FV35	653	Female	1729		01:16:36.7	02:04:00.7
4009	3678		Annette NEWMAN	02:49:42.2	02:45:20.9	FV35	654	Female	1730		01:16:33.9	02:04:00.0
4010	4623		Sarah BOOTHBY	02:49:53.8	02:46:53.8	SenF	707	Female	1731	PONTYPRIDD ROADENTS	01:16:34.9	02:05:17.2
4011	4927		Alex WHITE	02:50:00.6	02:44:51.8	SenM	1206	Male	2279		01:17:57.9	02:06:12.3
4012	4928		Sara HARRIS	02:50:01.0	02:44:51.8	SenF	708	Female	1732		01:17:57.5	02:06:12.2
4013	5561		Fiona THOMAS	02:50:02.3	02:45:35.4	FV35	655	Female	1733		01:13:28.7	02:03:29.5
4014	4925		Holly BELCHER	02:50:03.2	02:47:56.1	SenF	709	Female	1734		01:16:19.6	02:05:01.3
4015	4016		Tracey WILLIAMS	02:50:04.0	02:48:07.2	FV45	313	Female	1735		01:13:49.6	02:05:49.2
4016	4015		Paul WILKINS	02:50:04.2	02:48:07.6	MV50	293	Male	2280		01:13:46.9	02:05:48.7
4017	4018		Mitchell WILLIAMS	02:50:04.3	02:48:07.9	SenM	1207	Male	2281		01:13:50.0	02:05:52.3
4018	3702		Christopher NORMAN	02:50:27.2	02:46:07.1	SenM	1208	Male	2282		01:17:30.3	02:05:32.8
4019	2875		Lisa CAMERON	02:50:27.3	02:46:06.8	FV35	656	Female	1736		01:17:29.9	02:05:33.6
4020	3744		Julie WHITCOMBE	02:50:34.3	02:46:14.8	SenF	710	Female	1737		01:17:32.4	02:06:02.2
4021	4110		Sheryl HUGHES	02:50:34.3	02:46:14.9	FV45	314	Female	1738		01:17:32.4	02:06:02.4
4022	4396		Emma DALGLEISH	02:50:34.9	02:47:09.7	FV45	315	Female	1739		01:11:36.9	02:03:13.2
4023	5278		Sally ASH	02:50:37.8	02:46:49.1	FV35	657	Female	1740	CITY OF NORWICH ATHLETIC CLUB	01:16:53.2	02:06:58.6
4024	3214		Polly CROOK	02:50:38.0	02:46:49.6	SenF	711	Female	1741		01:16:54.5	02:06:56.2
4025	5138		Laura TAYLOR	02:50:38.0	02:46:49.2	SenF	712	Female	1742		01:16:53.0	02:06:55.0
4026	442		Dan CROOK	02:50:38.5	02:46:50.5	SenM	1209	Male	2283		01:16:54.3	02:06:56.3
4027	2885		Katy JONES	02:50:48.4	02:49:13.3	SenF	713	Female	1743		01:15:36.2	02:05:17.9
4028	3034		Christian WILLIAMS	02:50:56.6	02:49:54.4	SenM	1210	Male	2284		01:12:58.3	02:03:47.5
4029	3186		Maria-Stella LEWIS	02:50:59.1	02:48:53.9	FV45	316	Female	1744		01:15:37.2	02:06:32.3
4030	5901		Robert STIDDARD	02:51:07.4	02:47:57.2	MV50	294	Male	2285		01:13:23.0	02:04:49.1
4031	5921		Sian FORD	02:51:15.1	02:46:35.8	SenF	714	Female	1745		01:16:37.5	02:05:48.6
4032	5915		Eleanor JONES	02:51:22.6	02:48:13.4	FV35	658	Female	1746		01:20:47.0	02:09:09.3
4033	3977		Brendan O'BRIEN	02:51:24.9	02:51:24.9	WChair	3	Male	2286		01:21:58.5	02:04:36.1
4034	5838		Rebecca PICTON-JAMES	02:51:29.9	02:47:59.6	SenF	715	Female	1747		01:10:03.5	02:02:16.4
4035	2928		Hannah HURLOW	02:51:32.5	02:47:56.1	SenF	716	Female	1748		01:14:48.6	02:06:07.7
4036	3473		Charlotte PHILLIPS	02:51:33.3	02:49:12.1	SenF	717	Female	1749		01:12:41.6	02:02:41.4
4037	3059		Alice NEWTON	02:51:35.5	02:46:30.0	SenF	718	Female	1750		01:13:17.3	02:02:04.0
4038	3406		Michelle SIMMONS	02:51:50.4	02:47:21.9	FV45	317	Female	1751		01:14:08.5	02:06:55.8
4039	4064		Jade JONES	02:52:02.8	02:49:40.3	SenF	719	Female	1752		01:16:41.9	02:08:17.0
4040	3879		Morgan ROBINSON	02:52:03.2	02:49:24.8	SenF	720	Female	1753		01:16:56.4	02:06:51.0
4041	3305		Bernie TOVEY	02:52:06.6	02:47:43.7	FV55+	58	Female	1754	RUN4ALL NEATH	01:11:21.8	02:04:36.6
4042	3060		Ben EDWARDS	02:52:10.7	02:47:04.9	SenM	1211	Male	2287		01:13:16.5	02:02:04.2
4043	3521		Mathew THOMAS	02:52:13.6	02:48:50.5	SenM	1212	Male	2288		01:05:08.4	01:59:04.8

4044	3271		David BROWN	02:52:17.5	02:48:03.7	SenM	1213	Male	2289	RUN4ALL NEATH	01:12:11.3	02:02:05.0
4045	4393		Sophie WALLIS	02:52:22.8	02:51:29.5	SenF	721	Female	1755		01:17:46.0	02:10:51.4
4046	3120		Laurie CANNON	02:52:30.0	02:49:00.2	SenM	1214	Male	2290		01:10:50.4	02:00:57.8
4047	1229		Simon HUGHES	02:52:36.3	02:50:32.8	SenM	1215	Male	2291		01:16:08.6	02:04:12.4
4048	4850		Lee FLYE	02:52:36.7	02:50:33.0	SenM	1216	Male	2292		01:16:08.5	02:04:09.3
4049	4562		Lucy BICKER	02:52:40.6	02:49:24.5	FV35	659	Female	1756		01:12:24.3	02:03:56.9
4050	2724		Lynsey WHITCOMBE	02:52:40.7	02:49:24.6	FV35	660	Female	1757		01:12:24.4	02:03:56.5
4051	3601		Meleri THOMAS	02:52:54.5	02:47:50.5	SenF	722	Female	1758		01:13:14.4	02:03:41.3
4052	3383		Graham WYATT	02:52:59.1	02:51:51.5	MV50	295	Male	2293		01:14:48.3	02:07:30.3
4053	3898		Camilla TRUEMAN	02:53:07.3	02:50:02.8	SenF	723	Female	1759		01:13:14.4	02:05:25.6
4054	4472		Emily PULLHAM	02:53:16.4	02:49:11.5	SenF	724	Female	1760		01:15:36.8	02:05:43.9
4055	4542		Wendy STAMP	02:53:23.9	02:49:45.5	FV55+	59	Female	1761	PEGASUS RC	01:15:02.3	02:06:18.5
4056	3715		Henry DAVIS	02:53:28.7	02:53:00.4	SenM	1217	Male	2294		01:11:13.6	02:04:02.8
4057	5436		Mandy GORTON	02:53:30.4	02:49:46.7	FV45	318	Female	1762		01:14:04.6	02:05:57.0
4058	3682		Fiona EDWARDS	02:53:43.0	02:48:38.7	SenF	725	Female	1763		01:13:32.1	02:06:01.1
4059	624		Nidal SUMREIN	02:53:49.9	02:51:59.9	MV60+	67	Male	2295		01:08:45.7	02:02:22.8
4060	3131		Sara KHOSHBIN	02:53:52.3	02:50:30.0	SenF	726	Female	1764		01:14:02.1	02:07:56.4
4061	5229		Helen BOWEN	02:54:00.2	02:50:07.6	FV45	319	Female	1765		01:16:36.1	02:06:31.9
4062	5231		Rosie GOODSSELL	02:54:00.2	02:50:07.4	FV55+	60	Female	1766		01:16:36.1	02:06:34.4
4063	3032		Adele POWELL	02:54:06.0	02:50:29.3	SenF	727	Female	1767		01:14:48.2	02:06:07.5
4064	4290		Donna LEWIS	02:54:22.1	02:50:30.9	FV35	661	Female	1768		01:17:11.4	02:08:07.2
4065	4412		Catherine LUFF	02:54:24.6	02:50:33.9	FV35	662	Female	1769		01:17:11.6	02:08:10.2
4066	4001		Heather NICHOLAS	02:54:25.3	02:52:46.9	SenF	728	Female	1770		01:13:18.1	02:07:16.1
4067	3598		Daniel PARRY	02:54:36.4	02:51:23.4	SenM	1218	Male	2296		01:17:02.6	02:11:04.0
4068	6351		Kerry BAILEY	02:54:43.5	02:50:43.6	FV45	320	Female	1771		01:18:43.5	02:08:59.2
4069	6333		William DAVIES	02:54:46.4	02:51:03.5	MV60+	68	Male	2297		01:13:06.0	02:07:10.0
4070	6355		Andy DAVIES	02:54:46.5	02:51:04.0	MV40	701	Male	2298		01:13:04.1	02:07:11.6
4071	3397		Michelle THOMPSON	02:54:47.1	02:52:22.0	FV35	663	Female	1772		01:17:20.8	02:09:03.6
4072	4506		Portia EDWARDS	02:54:52.2	02:50:30.7	SenF	729	Female	1773		01:15:33.9	02:09:09.6
4073	4893		Kevin Neil THOMAS	02:54:58.8	02:53:26.6	MV50	296	Male	2299		01:10:00.1	02:07:14.9
4074	6352		Paul HEBBLETHWAITE	02:54:59.0	02:52:13.6	SenM	1219	Male	2300		01:16:39.9	02:06:58.8
4075	4339		Alaina DOUGHTY	02:55:00.2	02:50:39.6	SenF	730	Female	1774		01:19:16.8	02:09:05.3
4076	2862		Laura WORGAN	02:55:01.8	02:50:43.8	FV35	664	Female	1775		01:17:33.2	02:09:05.2
4077	3677		Alistair VECK	02:55:06.7	02:54:34.5	SenM	1220	Male	2301		01:23:59.8	02:12:40.9
4078	5198		Kimberley MILES	02:55:08.8	02:52:04.0	SenF	731	Female	1776		01:18:08.4	02:06:49.2
4079	3449		Denise HENRY	02:55:19.4	02:50:38.2	FV35	665	Female	1777		01:17:21.0	02:10:53.8
4080	3998		Naomi MELVILLE	02:55:21.4	02:51:26.2	SenF	732	Female	1778		01:15:01.8	02:06:16.6
4081	5902		Emma DAVIES	02:55:25.3	02:50:43.9	FV35	666	Female	1779		01:17:20.6	02:10:53.6
4082	4136		Natalie JOHN	02:55:26.9	02:53:09.1	SenF	733	Female	1780		01:18:08.6	02:10:59.1
4083	5327		Atulya DEV	02:55:27.8	02:55:03.1	MV40	702	Male	2302		01:22:25.8	02:14:00.1
4084	4137		Hannah GRAHAM	02:55:28.0	02:53:10.1	SenF	734	Female	1781		01:18:11.1	02:10:59.4
4085	4221		Shelley STEPHENS	02:55:47.8	02:51:18.9	FV35	667	Female	1782	DRAGONS RUNNING CLUB	01:14:51.5	02:10:23.1
4086	4217		Sian JAMES	02:55:49.0	02:51:20.4	FV35	668	Female	1783	DRAGONS RUNNING CLUB	01:14:51.6	02:10:23.6
4087	5404		Gareth JONES	02:55:50.2	02:52:00.3	SenM	1221	Male	2303		01:13:21.2	02:04:03.1

4088	4318		Emily WILLIAMS	02:55:52.3	02:52:05.6	SenF	735	Female	1784		01:16:07.4	02:01:54.3
4089	4101		Ian WILLIAMS	02:56:01.9	02:52:35.9	MV50	297	Male	2304		01:14:18.2	02:07:16.6
4090	5910		Nikita TOULCHER	02:56:14.5	02:55:47.9	SenF	736	Female	1785		01:13:04.5	02:06:17.8
4091	4315		Kayley SULLIVAN	02:56:17.1	02:55:19.1	FV35	669	Female	1786	CWM OGWR RUNNING CLUB	01:13:25.0	02:05:38.2
4092	3448		Lisa EVANS	02:56:18.8	02:51:34.3	FV45	321	Female	1787		01:21:12.0	02:12:29.4
4093	3429		Helen NIGHTINGALE	02:56:19.0	02:51:34.5	FV35	670	Female	1788		01:21:11.9	02:12:32.0
4094	4719		Karen SMITH	02:56:20.9	02:54:05.2	FV45	322	Female	1789		01:16:07.6	02:09:08.2
4095	4992		Camille HANSON	02:56:21.3	02:53:53.9	SenF	737	Female	1790		01:16:57.8	02:09:53.7
4096	4496		Angharad BEURLE-WILLIAMS	02:56:30.0	02:55:56.9	SenF	738	Female	1791		01:19:16.0	02:11:31.9
4097	4733		Julie EVANS	02:56:46.0	02:52:22.3	FV35	671	Female	1792		01:18:39.3	02:08:23.4
4098	5868		Matthew BUTTON	02:57:07.6	02:53:54.4	MV40	703	Male	2305		01:18:33.7	02:10:20.0
4099	3247		Amy DAVIES	02:57:10.1	02:55:07.1	SenF	739	Female	1793		01:14:29.4	02:08:27.0
4100	3835		Hayley DAVIES	02:57:12.6	02:55:05.5	FV35	672	Female	1794		01:23:39.6	02:13:18.6
4101	2825		Sarah DAVIES	02:57:12.7	02:55:05.1	SenF	740	Female	1795		01:23:39.1	02:13:18.4
4102	5895		Sarah GRIFFITHS	02:57:25.9	02:52:53.7	SenF	741	Female	1796		01:19:45.1	02:08:30.6
4103	4702		Laura CARTER	02:57:52.6	02:56:04.9	SenF	742	Female	1797		01:17:38.3	02:11:44.9
4104	5165		Mandy MORRIS	02:57:59.3	02:54:05.4	FV45	323	Female	1798		01:19:24.0	02:10:52.3
4105	4657		Suzanne ROSSER-STANFORD	02:58:05.8	02:53:55.0	FV45	324	Female	1799		01:17:52.1	02:08:21.4
4106	3717		Eva MURRAY	02:58:05.9	02:54:12.5	SenF	743	Female	1800		01:19:23.3	02:12:33.8
4107	4656		Philip ROSSER-STANFORD	02:58:06.2	02:53:55.7	MV50	298	Male	2306		01:17:52.1	02:08:23.2
4108	5854		Tracie SCOTT	02:58:07.1	02:53:26.9	FV35	673	Female	1801	RUN4ALL NEATH	01:21:38.8	02:13:11.9
4109	2897		Ceri JAMES	02:58:13.1	02:54:31.0	SenF	744	Female	1802		01:17:45.4	02:11:09.2
4110	2894		Nerys HILL	02:58:21.3	02:54:39.0	FV35	674	Female	1803		01:17:45.2	02:11:09.1
4111	3638		Eve EMANUEL	02:58:24.9	02:58:08.5	FV35	675	Female	1804		01:19:14.9	02:12:36.2
4112	5125		Beth	02:58:26.5	02:54:15.2	SenF	745	Female	1805		01:17:58.5	02:10:38.2
4113	4974		Mandy CARPENTER	02:58:35.6	02:54:09.7	FV45	325	Female	1806		01:19:16.1	02:11:18.4
4114	5076		Amber MURRAY	02:58:43.6	02:54:37.7	SenF	746	Female	1807		01:17:03.3	02:13:19.5
4115	5077		Paul MURRAY	02:58:44.0	02:54:38.3	MV40	704	Male	2307		01:17:03.7	02:13:19.3
4116	2631		Steve BENBOW	02:58:53.9	02:54:38.4	MV60+	69	Male	2308		01:17:56.0	02:09:54.9
4117	2630		Liz BENBOW	02:58:54.1	02:54:38.9	FV55+	61	Female	1808		01:17:54.1	02:09:52.4
4118	5220		Ann EVANS	02:58:56.7	02:54:07.3	FV45	326	Female	1809		01:20:43.7	02:09:19.0
4119	3649		Christine LEONARD	02:58:57.3	02:54:07.9	FV55+	62	Female	1810		01:20:44.3	02:09:19.5
4120	3978		Jodi FIRTH	02:59:08.2	02:57:06.5	SenF	747	Female	1811		01:17:09.9	02:12:17.0
4121	87		Shauna WALDMAN	02:59:08.3	02:57:06.7	SenF	748	Female	1812		01:17:10.0	02:12:17.0
4122	4397		Alana CHARLES	02:59:13.8	02:58:43.0	FV35	676	Female	1813		01:21:30.6	02:15:11.2
4123	5885		Janet THOMAS	02:59:28.0	02:59:14.2	FV45	327	Female	1814		01:21:01.3	02:14:03.1
4124	3731		Amy SCHOFIELD	02:59:32.8	02:55:02.2	SenF	749	Female	1815		01:19:27.3	02:11:09.0
4125	3804		Kim HUGHES	02:59:33.0	02:56:12.7	SenF	750	Female	1816		01:21:48.7	02:15:02.0
4126	4275		Nicola HAXTON	03:00:07.1	02:56:05.1	FV35	677	Female	1817	CWM OGWR RUNNING CLUB	01:20:01.9	02:12:04.9
4127	4739		Ian FRANCIS	03:00:14.9	02:57:00.6	SenM	1222	Male	2309		01:10:58.6	01:58:59.3
4128	5866		Ashley JONES	03:00:14.9	02:57:04.7	SenM	1223	Male	2310		01:11:55.2	02:09:14.1
4129	3651		Eryn Angharad BEYNON	03:00:21.7	02:59:24.2	SenF	751	Female	1818		01:16:09.4	02:11:54.6
4130	4462		Sally MORRIS	03:00:21.9	02:57:16.8	FV35	678	Female	1819		01:16:07.0	02:09:07.5
4131	4611		Lisa BAKER	03:00:22.0	02:57:17.0	FV35	679	Female	1820		01:16:07.3	02:09:07.4

4132	3151		Sally ALLARD	03:00:26.5	02:56:34.9	FV45	328	Female	1821		01:22:02.0	02:12:28.7
4133	3152		Tim BUCKLEY	03:00:26.7	02:56:34.7	SenM	1224	Male	2311		01:22:02.0	02:12:31.3
4134	3377		Deborah LONGMAN	03:00:36.3	02:55:35.0	FV35	680	Female	1822		01:21:13.8	02:12:46.4
4135	1124		Gareth HUGHES	03:00:39.6	02:57:58.6	MV50	299	Male	2312		01:18:17.3	02:11:54.3
4136	3623		Sian ATTWELL	03:00:57.2	02:56:38.0	FV45	329	Female	1823		01:18:16.5	02:11:39.0
4137	5385		Joanne GRIFFIN	03:00:57.2	02:56:38.1	FV35	681	Female	1824		01:18:16.6	02:11:40.6
4138	4461		Ffion MILES	03:01:08.2	02:58:27.0	SenF	752	Female	1825		01:27:27.7	02:16:29.3
4139	3595		Ffion JONES	03:01:08.3	02:58:27.3	SenF	753	Female	1826		01:27:27.7	02:16:28.8
4140	5788		Antje COCKRILL	03:01:17.2	02:57:47.7	FV45	330	Female	1827		01:20:37.9	02:13:25.1
4141	4931		Sarah EVANS	03:01:20.7	02:57:16.3	FV35	682	Female	1828		01:22:56.7	02:14:42.7
4142	4950		Nicola HARRIS	03:01:20.9	02:57:16.3	FV35	683	Female	1829		01:22:56.4	02:14:42.4
4143	3669		Ceris LLEWELLYN	03:01:32.7	02:59:16.7	FV45	331	Female	1830		01:16:19.4	02:12:54.7
4144	4069		James COYLE-KING	03:01:59.7	03:01:59.7	WChair	4	Male	2313		01:21:42.4	02:08:21.3
4145	3447		Gaynor KENNEDY	03:02:06.5	02:57:24.5	FV55+	63	Female	1831		01:17:20.5	02:11:25.9
4146	4297		Janet DAVIES	03:02:28.4	02:57:36.2	FV45	332	Female	1832		01:17:33.9	02:07:21.5
4147	4363		Amanda PALLISTER	03:02:28.7	02:57:36.3	FV35	684	Female	1833	CWM OGWR RUNNING CLUB	01:16:49.3	02:07:23.6
4148	5143		Karen JAMES	03:02:35.9	03:01:48.8	SenF	754	Female	1834		01:20:36.4	02:14:58.7
4149	2835		Kelly JAMES	03:02:36.2	03:01:48.8	SenF	755	Female	1835		01:20:35.7	02:14:58.2
4150	5484		Natalie WESTEN	03:02:58.4	02:58:00.7	FV35	685	Female	1836		01:19:38.5	02:11:42.8
4151	5072		Kay FOSTER	03:02:58.6	02:58:00.5	FV45	333	Female	1837		01:19:34.2	02:11:45.1
4152	4423		Kerry JONES	03:03:00.9	02:59:58.0	FV35	686	Female	1838	PONTYPRIDD ROADENTS	01:21:31.6	02:16:03.6
4153	5263		Katherine PLEACE	03:03:01.0	02:59:59.1	FV35	687	Female	1839	HARWICH RUNNERS	01:21:32.7	02:16:04.6
4154	4031		Paula MEREDITH	03:03:05.1	02:58:25.8	FV35	688	Female	1840		01:21:39.1	02:13:16.1
4155	3980		Lorriane MEREDITH	03:03:05.2	02:58:25.6	FV55+	64	Female	1841		01:21:39.2	02:13:15.8
4156	2671		Caitlin HIGGINS	03:03:08.2	02:59:31.8	SenF	756	Female	1842		01:19:37.9	02:15:29.6
4157	3525		Lisa NICHOLS	03:03:22.5	03:01:00.9	FV35	689	Female	1843		01:16:07.2	02:15:15.9
4158	3253		Sarah OWEN	03:03:30.6	02:58:57.2	SenF	757	Female	1844		01:20:47.0	02:14:03.0
4159	2922		Darren CARPENTER	03:03:32.3	02:58:21.2	MV40	705	Male	2314		01:17:06.2	02:11:28.5
4160	4321		Charlie HORNETT	03:03:34.6	03:01:30.2	SenF	758	Female	1845		01:16:26.9	02:13:14.6
4161	4209		Melanie THOMAS	03:03:50.8	02:59:16.7	FV35	690	Female	1846		01:18:04.4	02:12:00.8
4162	3244		Louise FISHER	03:03:52.4	03:00:48.6	FV35	691	Female	1847		01:23:44.4	02:16:08.1
4163	5883		Rhi DAVIES	03:04:25.0	03:00:32.4	SenF	759	Female	1848		01:20:00.9	02:12:10.6
4164	5884		Emma NORTH	03:04:27.3	03:00:35.0	FV35	692	Female	1849		01:20:01.3	02:12:10.6
4165	3707		Laura HILL	03:04:39.1	03:04:13.8	SenF	760	Female	1850		01:23:04.7	02:16:30.5
4166	3423		Rhiann HEADON	03:05:18.4	03:01:04.2	FV35	693	Female	1851	RUN4ALL NEATH	01:18:25.5	02:10:33.8
4167	3775		Peter JAMES	03:05:36.4	03:00:44.4	MV40	706	Male	2315		01:21:08.3	02:15:06.0
4168	3777		Ruth JAMES	03:05:36.5	03:00:44.4	FV45	334	Female	1852		01:21:07.8	02:15:05.8
4169	2907		Kayleigh MAXWELL	03:05:42.0	03:02:21.3	SenF	761	Female	1853		01:21:48.9	02:15:12.9
4170	4012		Naomi SAUNDERS	03:06:13.7	03:01:36.6	SenF	762	Female	1854		01:28:06.6	02:22:35.1
4171	3693		Gary CUNNINGHAM	03:06:14.2	03:01:37.8	SenM	1225	Male	2316		01:27:58.2	02:22:35.8
4172	4507		Richard PARK	03:06:15.9	03:03:09.6	SenM	1226	Male	2317		01:20:42.2	02:15:16.2
4173	4056		Sian PASCOE	03:06:40.3	03:01:55.6	FV45	335	Female	1855		01:21:56.1	02:16:20.6
4174	5027		Kelly BEVAN	03:06:40.6	03:02:12.9	SenF	763	Female	1856		01:22:13.3	02:17:31.7
4175	3015		Kim STOCKWELL	03:06:45.7	03:03:08.8	SenF	764	Female	1857		01:19:39.3	02:15:29.2

4176	4241		David JAKEWAY	03:06:46.3	03:04:56.2	SenM	1227	Male	2318		01:16:30.6	02:15:51.8
4177	4242		Corinne JAKEWAY	03:06:46.4	03:04:55.6	SenF	765	Female	1858		01:16:30.1	02:15:51.2
4178	5919		Daniel FORD	03:06:47.5	03:02:01.8	SenM	1228	Male	2319		01:26:03.1	02:19:41.5
4179	5920		Ben FORD	03:06:47.7	03:02:02.5	MV50	300	Male	2320		01:25:32.4	02:19:41.9
4180	3269		Samantha PERROTT	03:06:49.1	03:02:35.1	FV35	694	Female	1859	RUN4ALL NEATH	01:18:25.1	02:10:30.5
4181	3241		Darran REES	03:06:49.3	03:02:32.8	MV40	707	Male	2321	RUN4ALL NEATH	01:23:33.7	02:16:26.3
4182	4021		Sharyl GIBBINS	03:07:00.4	03:02:37.0	FV55+	65	Female	1860		01:20:54.2	02:15:13.8
4183	3915		Meinir MORGAN	03:07:06.9	03:02:29.9	FV35	695	Female	1861		01:20:12.7	02:13:55.6
4184	5416		Kyarna WEED	03:07:14.6	03:07:08.9	SenF	766	Female	1862		01:08:45.1	02:08:54.3
4185	3016		Gerallt WATKINS	03:07:24.3	03:07:11.6	SenM	1229	Male	2322		01:19:22.7	02:15:28.8
4186	5352		Jordan MCKELVEY	03:07:34.5	03:05:24.2	SenF	767	Female	1863		01:25:26.3	02:20:19.2
4187	5351		Tamsin MCKELVEY	03:07:34.9	03:05:24.6	SenF	768	Female	1864		01:25:25.6	02:20:19.1
4188	3100		Chevaughan FLINT	03:07:40.0	03:06:43.8	SenF	769	Female	1865		01:22:23.4	02:17:44.8
4189	2815		Sherie LOVERING	03:08:15.3	03:03:26.2	SenF	770	Female	1866		01:26:11.7	02:18:29.6
4190	1416		Dafydd COLEMAN	03:08:20.4	03:05:17.7	SenM	1230	Male	2323		01:22:29.3	02:19:55.2
4191	4670		Charlotte WHITE	03:08:20.7	03:05:17.7	SenF	771	Female	1867		01:22:28.8	02:19:55.3
4192	3395		Helen POWELL	03:08:26.6	03:03:50.0	FV35	696	Female	1868		01:24:10.7	02:18:32.2
4193	4083		Peter GARDENER	03:08:38.1	03:04:35.1	SenM	1231	Male	2324		01:23:50.8	02:19:24.0
4194	514		Owen SINGLETON	03:08:52.8	03:04:30.9	SenM	1232	Male	2325		01:20:53.5	02:15:49.6
4195	2879		Emma WILLIAMS	03:08:55.7	03:04:07.9	FV35	697	Female	1869		01:26:13.2	02:18:31.9
4196	5456		Teresa WHATTY	03:09:24.4	03:04:17.3	FV35	698	Female	1870		01:26:46.7	02:20:00.1
4197	5011		Sharon POTTER	03:09:24.7	03:04:17.0	FV35	699	Female	1871		01:26:46.2	02:19:59.3
4198	4436		Gabrielle DAVIES	03:09:36.7	03:06:02.7	SenF	772	Female	1872		01:22:14.8	02:19:29.5
4199	2923		Ann EVANS	03:09:49.7	03:07:20.9	FV45	336	Female	1873		01:17:44.4	02:13:45.7
4200	2688		Bethany SOORD	03:09:56.6	03:08:09.2	SenF	773	Female	1874		01:24:44.4	02:22:32.8
4201	3644		Emyr MORRIS	03:09:56.6	03:08:08.8	SenM	1233	Male	2326		01:24:45.7	02:22:28.7
4202	5104		Nicola HIGHAM	03:10:17.2	03:05:50.4	FV35	700	Female	1875		01:24:45.8	02:21:06.7
4203	4667		Clair HOUSTON	03:10:17.4	03:05:49.9	FV35	701	Female	1876	PONTYPRIDD ROADENTS	01:24:47.4	02:21:09.0
4204	5259		Victoria ROSE	03:10:17.6	03:05:50.1	FV35	702	Female	1877		01:24:45.4	02:21:08.8
4205	3313		Robert JELLEY	03:10:24.9	03:06:28.3	MV40	708	Male	2327		01:23:23.9	02:18:30.7
4206	2938		Christopher TAYLOR	03:10:49.3	03:07:32.2	SenM	1234	Male	2328		01:19:55.9	02:16:54.1
4207	3789		Marie CASEY	03:10:56.2	03:06:40.4	FV35	703	Female	1878	RUN4ALL NEATH	01:21:11.3	02:20:31.3
4208	2936		Bethan TAYLOR	03:10:58.9	03:07:41.7	SenF	774	Female	1879		01:19:56.2	02:16:53.1
4209	5188		Vicki DAVISON	03:11:04.7	03:06:03.5	FV35	704	Female	1880		01:21:13.8	02:19:29.9
4210	4178		Steven MUXWORTHY	03:12:17.1	03:08:20.8	MV40	709	Male	2329		01:17:00.9	02:16:43.3
4211	5913		Jeanette MITCHELL	03:12:32.1	03:07:52.8	FV35	705	Female	1881		01:25:35.7	02:19:35.9
4212	4044		Jemma NURSE	03:12:33.7	03:08:38.0	SenF	775	Female	1882		01:21:44.4	02:18:54.5
4213	4857		Rhobert ROBINSON	03:12:34.0	03:08:03.6	SenM	1235	Male	2330		01:21:11.1	02:18:21.0
4214	3471		Evie FORRESTER	03:12:45.1	03:08:38.4	SenM	1236	Male	2331	RUN4ALL NEATH	01:21:34.9	02:20:40.7
4215	3984		Lisa-Marie MANNING	03:12:56.3	03:08:19.3	SenF	776	Female	1883		01:28:06.6	02:22:42.5
4216	2737		Elinor WARD	03:14:23.3	03:09:18.9	SenF	777	Female	1884		01:21:16.2	02:20:16.0
4217	2999		Lucy EVANS	03:14:34.9	03:10:39.2	SenF	778	Female	1885		01:22:58.6	02:21:29.8
4218	3661		Hannah Fflur DAVIES	03:14:46.9	03:13:55.7	SenF	779	Female	1886		01:20:25.3	02:25:06.9
4219	6129		Nicola WILLIAMS	03:14:46.9	03:13:56.2	SenM	1237	Male	2332		01:20:26.4	02:25:07.3



4220	4874		Nicola WOODWARD	03:14:59.2	03:11:35.9	FV35	706	Female	1887		01:25:43.7	02:22:59.3
4221	3606		Jacqui SCARR	03:14:59.3	03:11:34.5	FV45	337	Female	1888		01:23:51.2	02:23:35.8
4222	4871		Clair WALL	03:14:59.3	03:11:35.6	FV35	707	Female	1889		01:25:43.4	02:22:58.9
4223	3384		Patricia FRANCIS	03:15:07.3	03:10:30.5	FV35	708	Female	1890		01:27:50.8	02:21:47.9
4224	3386		Colleen SMITH	03:15:07.5	03:10:30.9	FV35	709	Female	1891		01:27:51.2	02:21:48.5
4225	4250		Lisa FALAT	03:15:19.2	03:10:45.0	FV35	710	Female	1892		01:26:59.2	02:23:27.4
4226	3460		Rachel FOSTER	03:15:26.1	03:10:56.6	SenF	780	Female	1893		01:27:00.9	02:23:57.3
4227	2607		Julie LAWRENSON	03:15:29.0	03:15:27.6	WChair	1	Female	1894		99:99:99	02:25:59.7
4228	4263		Leah VEALE	03:16:19.6	03:11:56.9	SenF	781	Female	1895		01:28:58.8	02:26:06.4
4229	5046		Catherine PUGH	03:16:29.0	03:12:42.8	FV45	338	Female	1896	PONTYPOOL & DISTRICT RUNNERS	01:17:34.7	02:19:05.5
4230	3486		Louise DAVIES	03:16:46.8	03:12:53.0	FV45	339	Female	1897		01:24:46.9	02:25:45.9
4231	3477		Alison JONES	03:16:47.0	03:12:53.1	FV45	340	Female	1898		01:24:46.9	02:25:46.4
4232	4281		Louise BENNETT	03:16:47.4	03:12:08.3	FV35	711	Female	1899		01:23:12.2	02:25:01.0
4233	4417		Adele SWEET	03:16:50.3	03:14:18.5	FV35	712	Female	1900		01:22:40.4	02:21:54.1
4234	4188		Rebecca Claire PRICE	03:16:50.5	03:14:18.4	FV35	713	Female	1901		01:22:40.4	02:21:54.3
4235	4262		Brydie WILSON-DICKSON	03:16:54.9	03:12:32.2	SenF	782	Female	1902		01:28:59.0	02:26:06.4
4236	6550		Helen ELLIS	03:17:56.8	03:13:48.0	FV35	714	Female	1903		01:29:27.3	02:26:40.5
4237	2608		Susan YAU	03:18:33.8	03:13:52.1	SenF	783	Female	1904		01:27:32.8	02:26:00.0
4238	5517		Ian MONTAGUE	03:18:35.7	03:14:01.7	MV40	710	Male	2333		01:28:36.9	02:25:52.9
4239	4653		Sharan SINCLAIR	03:18:53.7	03:15:26.8	FV35	715	Female	1905		01:17:54.3	02:19:24.4
4240	5431		Rachael GRIFFITHS	03:19:05.6	03:15:12.2	FV45	341	Female	1906		01:29:02.7	02:28:32.6
4241	6292		Kerri ALLEN	03:19:11.6	03:17:05.7	SenF	784	Female	1907		01:17:18.3	02:18:44.7
4242	4247		Nicola WEBB	03:21:49.6	03:17:09.3	FV35	716	Female	1908		01:28:52.3	02:28:03.6
4243	4230		Jenny CROSBY	03:21:49.9	03:17:09.7	SenF	785	Female	1909		01:28:53.7	02:28:04.8
4244	4231		Richard EVANS	03:21:49.9	03:17:09.3	SenM	1238	Male	2334		01:28:53.6	02:28:04.4
4245	3075		Siobhan THOMAS	03:22:07.4	03:17:04.8	SenF	786	Female	1910		01:28:43.0	02:26:54.3
4246	3031		Ayesha SCOTT	03:22:07.7	03:17:05.6	SenF	787	Female	1911		01:30:21.8	02:27:04.5
4247	2895		Nia WILLIAMS	03:22:21.5	03:18:38.2	FV35	717	Female	1912		01:22:47.6	02:27:27.5
4248	4038		Dean WILLIAMS	03:22:22.0	03:17:16.5	MV40	711	Male	2335		01:23:14.4	02:26:05.1
4249	4143		Sharron KILLA	03:23:37.5	03:18:58.8	FV45	342	Female	1913		01:29:31.8	02:28:53.5
4250	5202		Ruth BENZIMRA	03:23:59.0	03:18:58.2	FV45	343	Female	1914	100 MC	01:26:15.5	02:27:36.8
4251	4878		Krys WILLIAMS	03:23:59.1	03:18:57.6	FV55+	66	Female	1915		01:26:15.1	02:27:35.9
4252	4752		Edwin EVANS	03:23:59.8	03:20:16.6	MV60+	70	Male	2336		01:22:52.0	02:28:58.6
4253	5914		Paul WILLIAMS	03:25:01.7	03:20:26.2	SenM	1239	Male	2337		01:26:15.2	02:25:19.0
4254	2949		Jane CORNOCK	03:25:22.7	03:20:54.5	FV55+	67	Female	1916		01:28:27.1	02:29:02.1
4255	2964		Rachel COLEMAN	03:25:23.6	03:20:55.3	SenF	788	Female	1917		01:28:28.1	02:29:03.1
4256	5209		Jayne PARKES	03:29:56.1	03:25:25.6	FV45	344	Female	1918		01:27:45.4	02:33:50.2
4257	5917		Philippa MACLACHLAN	03:30:47.6	03:26:02.9	FV45	345	Female	1919		01:36:35.5	02:37:27.7
4258	5916		Nigel PARK	03:30:48.1	03:26:02.8	MV50	301	Male	2338		01:36:34.7	02:37:26.6
4259	5511		Denise TAYLOR-SILK	03:30:56.3	03:25:58.0	FV45	346	Female	1920		01:31:28.4	02:33:16.6
4260	3708		Jayne THOMAS	03:32:48.8	03:28:20.0	FV35	718	Female	1921		01:31:29.2	02:33:46.4
4261	3831		Kelly ELT	03:33:16.3	03:30:12.5	FV35	719	Female	1922		01:31:44.5	02:35:17.1
4262	6344		Jennifer FRANCIS	03:34:07.5	03:31:11.4	SenF	789	Female	1923		01:31:40.5	02:39:00.0
4263	2775		Anna REES-DAVIES	03:37:33.2	03:34:02.4	FV35	720	Female	1924		01:28:12.5	02:34:48.8

4264	3224		Carly CHINHENGO	03:38:11.4	03:35:28.8	FV35	721	Female	1925		01:33:24.9	02:36:38.5
4265	3790		Lynne THOMAS	03:38:44.9	03:34:13.1	SenF	790	Female	1926		01:23:19.1	02:33:46.4
4266	4325		Claire TAYLOR	03:38:55.2	03:34:18.0	FV35	722	Female	1927		01:39:25.2	02:42:39.6
4267	4552		Judith MILES	03:40:34.2	03:35:27.1	SenF	791	Female	1928		01:26:47.3	02:32:14.4
4268	3493		Jayne GREGORY	03:42:03.5	03:37:22.2	FV45	347	Female	1929		01:37:57.1	02:41:21.6
4269	3441		Laura POWELL	03:42:03.7	03:37:22.6	FV35	723	Female	1930		01:37:58.8	02:41:22.9
4270	3363		Ricky WEBBER	03:45:12.3	03:40:52.1	SenM	1240	Male	2339		01:37:43.9	02:46:08.3
4271	3341		Sharon HOWARD	03:45:19.1	03:41:33.9	FV45	348	Female	1931		01:40:19.3	02:46:33.0
4272	3280		Jonathan STROUD	03:45:57.2	03:41:08.2	SenM	1241	Male	2340		01:38:50.3	02:46:03.3
4273	4235		Carwyn REES	03:46:01.6	03:42:12.6	SenM	1242	Male	2341		01:39:50.4	02:47:04.4
4274	4854		Jody ADAMIEC	03:47:28.5	03:46:38.2	FV35	724	Female	1932		01:43:47.4	02:50:34.5
4275	5480		Paul WILLIAMS	03:50:38.0	03:45:41.1	MV50	302	Male	2342		01:37:20.6	02:45:25.3
4276	5509		Dorinda MOFFATT	03:50:38.2	03:45:40.2	FV35	725	Female	1933		01:37:18.9	02:44:58.3
4277	4896		Jean MASON	03:51:06.2	03:47:24.2	FV45	349	Female	1934		01:34:26.9	02:39:44.4
4278	5020		Kim CHURCHER	03:51:06.7	03:47:24.5	FV45	350	Female	1935		01:34:26.6	02:39:40.2
4279	5021		Chris CHURCHER	03:51:06.8	03:47:24.4	MV40	712	Male	2343		01:34:26.0	02:39:39.6
4280	3442		Ann THOMAS	03:56:18.7	03:51:37.0	FV55+	68	Female	1936		01:39:55.3	02:53:51.9
999999	17		Matthew REES	DNF	00:00:00.0	SenM	999999	Male	999999	SWANSEA HARRIERS	00:33:47.3	00:56:47.7
999999	32		Tom MARSHALLSAY	DNF	00:00:00.0	SenM	999999	Male	999999		99:99:99	99:99:99
999999	51		Timothy LAWRENCE	DNF	00:00:00.0	SenM	999999	Male	999999	KENT ATHLETICS CLUB	99:99:99	99:99:99
999999	187		Ffion WRIGHT	DNF	00:00:00.0	FV35	999999	Female	999999		99:99:99	99:99:99
999999	202		Janine SNELL	DNF	00:00:00.0	FV45	999999	Female	999999		99:99:99	99:99:99
999999	254		Nick HEDGES	DNF	00:00:00.0	MV40	999999	Male	999999		99:99:99	99:99:99
999999	325		Matthew BANNISTER	DNF	00:00:00.0	SenM	999999	Male	999999		00:41:27.0	01:09:26.9
999999	476		Lee JENKINS	DNF	00:00:00.0	SenM	999999	Male	999999	RUN4ALL NEATH	99:99:99	99:99:99
999999	576		Cath COURTS	DNF	00:00:00.0	FV35	999999	Female	999999		99:99:99	99:99:99
999999	614		Emma MCCAY	DNF	00:00:00.0	FV35	999999	Female	999999		99:99:99	99:99:99
999999	713		Fiona LEONG	DNF	00:00:00.0	FV35	999999	Female	999999		99:99:99	99:99:99
999999	779		Dan NEWTON	DNF	00:00:00.0	SenM	999999	Male	999999		99:99:99	99:99:99
999999	986		Gareth HILL	DNF	00:00:00.0	MV40	999999	Male	999999		00:45:04.0	99:99:99
999999	1074		Rob LLOYD	DNF	00:00:00.0	MV50	999999	Male	999999		00:44:50.3	01:13:42.0
999999	1634		Lou SUMMERS	DNF	00:00:00.0	FV45	999999	Female	999999	PONTYPOOL & DISTRICT RUNNERS	00:42:26.0	99:99:99
999999	1692		Sonja BREESE	DNF	00:00:00.0	FV35	999999	Female	999999		00:56:25.9	99:99:99
999999	1819		Mike LANE	DNF	00:00:00.0	SenM	999999	Male	999999	BLACK PEAR JOGGERS	00:41:48.4	99:99:99
999999	1939		Kathy HUGGETT	DNF	00:00:00.0	SenF	999999	Female	999999		00:55:59.0	99:99:99
999999	2095		Imogen SPECTOR	DNF	00:00:00.0	SenF	999999	Female	999999		99:99:99	99:99:99
999999	2115		Richard ORSON	DNF	00:00:00.0	SenM	999999	Male	999999		00:42:18.2	99:99:99
999999	2169		Daniel MCATEER	DNF	00:00:00.0	SenM	999999	Male	999999		00:45:09.0	01:13:55.8
999999	2180		Joe KUCZYNSKI	DNF	00:00:00.0	SenM	999999	Male	999999		00:43:31.3	01:12:43.9
999999	2750		Dion THOMAS	DNF	00:00:00.0	SenM	999999	Male	999999		00:49:21.1	99:99:99
999999	3217		Sandra MITCHELL	DNF	00:00:00.0	FV35	999999	Female	999999		99:99:99	99:99:99
999999	3312		Ivor NOVELLE	DNF	00:00:00.0	MV50	999999	Male	999999		99:99:99	99:99:99
999999	3479		Suzanne DAVIES	DNF	00:00:00.0	FV35	999999	Female	999999		99:99:99	99:99:99
999999	3542		Caroline JONES	DNF	00:00:00.0	FV35	999999	Female	999999		99:99:99	99:99:99

999999	3713		David MORRIS	DNF	00:00:00.0	MV40	999999	Male	999999		01:21:20.3	99:99:99
999999	4127		Laura BISCOE	DNF	00:00:00.0	SenF	999999	Female	999999		99:99:99	99:99:99
999999	4585		Beverley DEMOGÉOT	DNF	00:00:00.0	FV45	999999	Female	999999		01:23:10.5	99:99:99
999999	4641		Jeff BIRD	DNF	00:00:00.0	MV50	999999	Male	999999		00:57:41.6	01:36:49.9
999999	4749		Adam BOURNE	DNF	00:00:00.0	SenM	999999	Male	999999		00:55:09.0	01:29:30.2
999999	4877		David LEWIS	DNF	00:00:00.0	MV50	999999	Male	999999		00:53:42.7	01:28:11.5
999999	5090		Sarah WEBBER	DNF	00:00:00.0	FV35	999999	Female	999999	ABBEY FLYERS	01:36:08.7	99:99:99
999999	5230		Andrew BOWEN	DNF	00:00:00.0	MV50	999999	Male	999999		01:21:35.9	99:99:99
999999	5258		Charlotte PRICE	DNF	00:00:00.0	SenF	999999	Female	999999		99:99:99	99:99:99
999999	5564		Leigh JONES	DNF	00:00:00.0	SenM	999999	Male	999999		99:99:99	99:99:99
999999	5766		Lisa PUGHSLEY	DNF	00:00:00.0	FV45	999999	Female	999999	PORT TALBOT HARRIERS	99:99:99	99:99:99
999999	5767		Richard SCOTT	DNF	00:00:00.0	SenM	999999	Male	999999		01:00:44.7	01:43:56.8
999999	6053		Hywel LOVELUCK	DNF	00:00:00.0	MV40	999999	Male	999999		00:45:52.1	99:99:99
999999	6253		Martin AYERS	DNF	00:00:00.0	MV40	999999	Male	999999		01:28:27.2	02:26:20.0