

Bib No	Time	Name	Club	Position	Category
143	00:28:48	Andrew Reynolds	Neath Harriers	1	M Sen
214	00:29:02	Nathan Flear	3M Gorseinon	2	M Sen
9	00:29:22	Daniel Triggs	Neath Harriers	3	M Sen
47	00:29:32	Joe Beech	Brackla Harriers	4	M Sen
210	00:29:40	Ian Owen	San Domenico	5	M Sen
16	00:29:47	Kate Roberts	Swansea Harriers	6	F Sen
327	00:29:58	Samuel Richards	Pontypridd Roadents	7	M Sen
58	00:30:56	Rowan Hobbs	Brackla Harriers	8	M Sen
325	00:31:02	Christopher Jaynes	Brackla Harriers	9	M Vet
71	00:31:04	Matthew Ryenolds	Port Talbot Harriers	10	M Sen
148	00:31:09	Geraint Lewis	Porthcawl Runners	11	M Vet
228	00:31:34	Carl Pointer	Bridgend AC	12	M Sen
66	00:31:39		Cornelly Striders	13	M Sen
60	00:31:42	Sean Lewis	Unaffiliated	14	M Sen
270	00:31:45	Phil Welch	Bridgend AC	15	M Sen
175	00:31:50	Niki Puleio	Cwm Ogwr RC	16	M Sen
251	00:31:53	Gareth Ayres	Port Talbot Harriers	17	M Sen
197	00:32:00	David Moore	Brackla Harriers	18	M Vet
227	00:32:04	Nigel Bungay	Pencoed Tri	19	M Sen
195	00:32:09	Mark Hiddlestone	Port Talbot Harriers	20	M Vet
147	00:32:33	Davidleigh Butler	Cwm Ogwr RC	21	M Sen
159	00:32:42	Andrew Davies	Port Talbot Harriers	22	M Vet
340	00:32:46	Stephen Jenkins	Bridgend AC	23	M Vet
244	00:32:52	Peter Osborne	Llanelli AC	24	M Vet
64	00:32:53	Paul Speyer	Brackla Harriers	25	M Vet
299	00:32:54	David Bennett	Porthcawl Runners	26	M Vet
184	00:32:55	Phil Bristow	San Domenico	27	M Vet
268	00:32:57	Nino Gatti	Port Talbot Harriers	28	M Sen
223	00:33:14	Gemma Roch-Clarke	Bridgend AC	29	F Sen

68	00:33:18	Melanie Williams	Brackla Harriers	30	F Vet
154	00:33:22	Colin McQueen	Brackla Harriers	31	M Vet
347	00:33:25	John Lloyd	Brackla Harriers	32	M Vet
53	00:33:29	William Edwards	Porthcawl Runners	33	M Vet
152	00:33:32	Chris Lewis	Port Talbot Harriers	34	M Vet
166	00:33:39	Ceri Davies	San Domenico	35	M Vet
319	00:33:40	Mike Edwards	Pencoed Tri	36	M Vet
30	00:33:40	John Hill	Bridgend AC	37	M Sen
263	00:33:42	Ian Ogilvie	Brackla Harriers	38	M Vet
346	00:33:47	Geraint Williams	Swansea Harriers	39	M Sen
34	00:34:00	Gwyn Johnson	Pontypridd Roadents	40	M Sen
59	00:34:04	Drew Webber	Brackla Harriers	41	M Sen
19	00:34:12	Georgie Dando	Bridgend AC	42	F Vet
226	00:34:18	Craig Fowler	Pencoed Tri	43	M Vet
293	00:34:23	Keith Powell	Cornelly Striders	44	M Vet
2	00:34:26	Gareth Jenkins	Cwm Ogwr RC	45	M Sen
213	00:34:26	Chris Truman	Cwm Ogwr RC	46	M Sen
192	00:34:27	Richard Price	Unaffiliated	47	M Vet
78	00:34:34	Gareth Taylor	Brackla Harriers	48	M Sen
328	00:34:35	Huw Griffiths	Bridgend AC	49	M Sen
174	00:34:48	Neil Price	Cwm Ogwr RC	50	M Sen
82	00:34:52	Simon Harrison	Cwm Ogwr RC	51	M Vet
249	00:34:58	Ian Bell	San Domenico	62	M Vet
116	00:35:02	Rob Bennett	Porthcawl Runners	53	M Vet
283	00:35:05	Kris Powell	Bridgend AC	54	M Sen
171	00:35:06	Brian Cotton	Cwm Ogwr RC	55	M Vet
57	00:35:07	John Burrridge	Cwm Ogwr RC	56	M Sen
272	00:35:19	Jamie Lewis	Port Talbot Harriers	57	M Sen
167	00:35:21	John Morgan	Bridgend AC	58	M Sen
124	00:35:31	David Cascarina	Cornelly Striders	59	M Vet

63	00:35:35	Gabriella Booth	Porthcawl Runners	60	F Sen
129	00:35:37	Robert Slaughter	Porthcawl Runners	61	M Vet
235	00:35:38	Jaden Jones	Unaffiliated	62	M Sen
330	00:35:39	Mark Taylor	Port Talbot Harriers	63	M Sen
179	00:35:44	David Evans	Cwm Ogwr RC	64	M Vet
259	00:35:49	Matthew Bunce	Brackla Harriers	65	M Vet
21	00:35:54	Susannah Bulpin	San Domenico	66	F Vet
114	00:36:05	John Young	Port Talbot Harriers	67	M Vet
161	00:36:12	Julian Maine	Porthcawl Runners	68	M Vet
112	00:36:18	Nick Harris	Cwm Ogwr RC	69	M Sen
12	00:36:23	Rhys Jones	Llswerry Runners	70	M Sen
245	00:36:23	Jonathan Hayes	Bridgend AC	71	M Vet
177	00:36:25	Chris Pratt	Cwm Ogwr RC	72	M Vet
79	00:36:26	Ian Cuthbert	Brackla Harriers	73	M Sen
191	00:36:54	Ronald Morris	San Domenico	74	M Vet
100	00:36:55	Clive Denton	Rhondda Valley Runners	75	M Vet
103	00:37:07	Antony Philips	Bridgend AC	76	M Vet
312	00:37:07	Charlotte Johns	Brackla Harriers	77	F Vet
109	00:37:08	Linda Woodland	Port Talbot Harriers	78	F Vet
98	00:37:09	Christian Thomas	Cwm Ogwr RC	79	M Vet
313	00:37:10	Paul Bayona	Cornelly Striders	80	M Sen
155	00:37:16	Graham Hillman	Cwm Ogwr RC	81	M Sen
41	00:37:23	Cai Pughsley	Port Talbot Harriers	82	M Sen
96	00:37:25	Catherine Stephens	Bridgend AC	83	F Vet
72	00:37:26	Richard Beech	Brackla Harriers	84	M Vet
46	00:37:32	Jazmine Briganti	Brackla Harriers	85	F Sen
230	00:37:40	Neale Wood	Llswerry Runners	86	M Vet
105	00:37:42	Gareth Danter-Hill	Cornelly Striders	87	M Sen
178	00:37:42	Sam Gillet	Unaffiliated	88	M Vet
153	00:37:44	Chris Roberts	Cwm Ogwr RC	89	M Vet

326	00:37:50	Mike James	Port Talbot Harriers	90	M Vet
239	00:37:52	Mandy Morris	Port Talbot Harriers	91	F Vet
348	00:37:52	Mark Francis	Brackla Harriers	92	M Vet
164	00:37:54	Chris Jones	Porthcawl Runners	93	M Vet
136	00:38:12	Anthony Robaiotti	Port Talbot Harriers	94	M Sen
142	00:38:14	Sarah Howard	Port Talbot Harriers	95	F Sen
344	00:38:15	Joanne Ryan	Rhondda Valley Runners	96	F Vet
339	00:38:21	Chris Adams	Pencoed Tri	97	M Vet
48	00:38:22	Matt Bourne	Brackla Harriers	98	M Vet
86	00:38:30	Andy Breeze	Porthcawl Runners	99	M Vet
168	00:38:42	Bernie Henderson	Port Talbot Harriers	100	M Vet
56	00:38:48	David Baynham	Pencoed Panthers	101	M Sen
292	00:38:50	Wendy Owen	San Domenico	102	F Vet
52	00:38:56	Andy Fisher	Brackla Harriers	103	M Vet
28	00:38:58	Graham Vyner	Run4All	104	M Vet
306	00:39:00	Gareth Copley	Refail Runners	105	M Sen
42	00:39:03	Keith Burrows	Unaffiliated	106	M Vet
97	00:39:04	Josie Bishop	Cwm Ogwr RC	107	F Sen
317	00:39:04	Mike Gwynne	Pontypridd Roadents	108	M Vet
343	00:39:11	Stephen Summers	Pencoed Tri	109	M Vet
261	00:39:12	Nicola Symmonds	Pencoed Panthers	110	F Vet
7	00:39:16	Nicholas Pounder	Pontypridd Roadents	111	M Vet
170	00:39:19	Oliver Hughes	Llisbury Runners	112	M Sen
254	00:39:21	Stephen James	Pencoed Panthers	113	M Sen
54	00:39:22	Wayne Enticott	Unaffiliated	114	M Vet
180	00:39:25	Wayne Hayhurst	Cwm Ogwr RC	115	M Sen
5	00:39:27	Hefin Gruffydd	Pontypridd Roadents	116	M Vet
297	00:39:27	Andrew Barry	Llisbury Runners	117	M Vet
225	00:39:37	Kev Windsor	Run4All	118	M Vet
211	00:39:38	Randal Jones	Llisbury Runners	119	M Vet

87	00:39:43	Claire Dunbar-Bowen	Cwm Ogwr RC	120	F Vet
222	00:39:45	Huw Williams	Rhondda Valley Runners	121	M Sen
92	00:39:50	Karl Johnson	Cwm Ogwr RC	122	M Sen
77	00:39:52	Sian Price	Cwm Ogwr RC	123	F Vet
101	00:39:54	Andrea Starritt	Brackla Harriers	124	F Vet
322	00:40:05	Damien Crombie	Pencoed Tri	125	M Sen
135	00:40:10	Anna Parsons	Port Talbot Harriers	126	F Vet
151	00:40:19	Sian Griffiths	Rhondda Valley Runners	127	F Sen
320	00:40:25	Allison Allen	Cornelly Striders	128	F Vet
273	00:40:30	Christopher Jones	3M Gorseinon	129	M Vet
183	00:40:38	Paul Dursley	Llswerry Runners	130	M Vet
25	00:40:41	Andrew Ramsey	Caerphilly Runners	131	M Sen
4	00:40:45	Chris John	Port Talbot Harriers	132	M Sen
284	00:40:45	Mary Beech	Brackla Harriers	133	F Vet
240	00:40:46	Chris Panes	Roberttown Runners	134	M Vet
134	00:40:47	Bethan Ford	Pontypridd Roadents	135	F Sen
140	00:40:53	Neil Sidney	Llswerry Runners	136	M Vet
36	00:40:55	Libby Lavis	Brackla Harriers	137	F Vet
119	00:40:56	William Thomas	Run4All	138	M Vet
162	00:41:07	Romana Maine	Porthcawl Runners	139	F Vet
14	00:41:09	Wayne Frewen	Brackla Harriers	140	M Vet
122	00:41:13	Andrew Reynolds	Pontypridd Roadents	141	M Vet
146	00:41:20	Carl Elliott	Llswerry Runners	142	M Vet
262	00:41:29	Jane Ogilvie	Brackla Harriers	143	F Vet
318	00:41:31	Dave Hughes	Bridgend AC	144	M Vet
252	00:41:38	Tanya Guest	Port Talbot Harriers	145	F Vet
280	00:41:48	Claire Adams	Rhondda Valley Runners	146	F Vet
282	00:41:51	Bethan Thomas	Port Talbot Harriers	147	F Vet
94	00:42:04	David Cottrell	Unaffiliated	148	M Sen
321	00:42:04	Kerry Adshead	Pencoed Panthers	149	F Vet

311	00:42:07	Jennett James	Cornelly Striders	150	F Vet
23	00:42:17	Vanessa Turnbull	Caerphilly Runners	151	F Vet
90	00:42:25	Denise Bradley	Cwm Ogwr RC	152	F Vet
264	00:42:31	Malcolm Downes	Caerphilly Runners	153	M Vet
300	00:42:31	Steven Hoare	Roberttown Runners	154	M Sen
341	00:42:44	Katherine Iles	Pencoed Tri	155	F Vet
246	00:42:44	Catherine Hayes	Bridgend AC	156	F Vet
247	00:42:49	Alisha Hayes	Bridgend AC	157	F Sen
62	00:42:56	Roland Matthews	Brackla Harriers	158	M Vet
84	00:43:01	Carol Bartle	Cwm Ogwr RC	159	F Vet
6	00:43:08	Andrew Owen	Unaffiliated	160	M Vet
156	00:43:15	Hywel Dafydd	Porthcawl Runners	161	M Sen
253	00:43:17	Cath Courts	Port Talbot Harriers	162	F Vet
20	00:43:20	Victoria Holloway	Unaffiliated	163	F Vet
55	00:43:28	Louise Baynham	Pencoed Panthers	164	F Vet
80	00:43:28	Paula Wilfort	Cornelly Striders	165	F Vet
93	00:43:33	Stacey McIntyre	Pencoed Panthers	166	F Vet
302	00:43:40	Samantha Perrott	Run4All	167	F Vet
334	00:43:41	Jan Jones	Pencoed Tri	168	F Vet
291	00:43:51	Ann Hurley	Rhondda Valley Runners	169	F Vet
32	00:44:00	Craig Lamont	Cornelly Striders	170	M Sen
10	00:44:08	Nicola Brann	Lliswerry Runners	171	F Vet
233	00:44:09	Gwen Smith	3M Gorseinon	172	F Vet
45	00:44:10	Rebecca Bland	Brackla Harriers	173	F Vet
229	00:44:25	Daniel Morgan	Pencoed Tri	174	M Sen
75	00:44:35	Alwyn Thomas	Porthcawl Runners	175	M Vet
133	00:44:40	Caroline Best	Pontypridd Roadents	176	F Sen
277	00:44:44	Steve Burton	3M Gorseinon	177	M Vet
202	00:44:45	Carolyn Williams	Port Talbot Harriers	178	F Vet
200	00:44:45	Claire Sim	Port Talbot Harriers	179	F Sen

205	00:44:47	Gary Owen	Port Talbot Harriers	180	M Vet
163	00:44:49	Debra Jones	Porthcawl Runners	181	F Vet
37	00:44:52	Alex Ford	Brackla Harriers	182	M Vet
113	00:45:05	Julia Esmond	Pencoed Panthers	183	F Sen
17	00:45:08	Charlotte Barlow	Brackla Harriers	184	F Sen
215	00:45:20	Kath Jervis	Parc Bryn Bach RC	185	F Vet
102	00:45:27	Kevin Thomas	Unaffiliated	186	M Vet
76	00:45:28	Howard Jones	Brackla Harriers	187	M Vet
173	00:45:29	Joanne Juliff	Port Talbot Harriers	188	F Vet
89	00:45:35	Fiona Evans	Cwm Ogwr RC	189	F Vet
95	00:45:40	Bethan Cross	Cwm Ogwr RC	190	F Sen
309	00:45:42	Emma Jackson	Cornelly Striders	191	F Sen
27	00:45:49	Claire Thomas	Pencoed Panthers	192	F Vet
149	00:46:05	Joanne Jenkins	Pencoed Panthers	193	F Vet
145	00:46:09	Roni Margerison	Llswerry Runners	194	F Vet
70	00:46:15	Sophie Deere	Brackla Harriers	195	F Sen
120	00:46:24	Gareth Evans	Port Talbot Harriers	196	M Sen
248	00:46:34	Laura Hire	Parc Bryn Bach RC	197	F Sen
260	00:46:35	Rhianydd Hampton	Unaffiliated	198	F Sen
1	00:46:36	Kate Ashton	Cornelly Striders	199	F Vet
99	00:46:44	Colin Jones	Unaffiliated	200	M Vet
91	00:46:44	Daniela Jones	Porthcawl Runners	201	F Vet
104	00:46:46	Karen Phillips	Porthcawl Runners	202	F Vet
38	00:46:47	Richard Hext	Unaffiliated	203	M Sen
131	00:46:49	Neve Pennell	Pencoed Panthers	204	F Sen
287	00:46:53	Lauren Briggs	Pencoed Panthers	205	F Sen
35	00:46:54	Lottie Vaughan	Brackla Harriers	206	F Sen
39	00:46:59	Angela Coles	Brackla Harriers	207	F Vet
315	00:47:18	Carolyn Windos	Cornelly Striders	208	F Vet
250	00:47:34	Nathan Harper	Parc Bryn Bach RC	209	M Sen

231	00:47:35	Natalie Jones	Pencoed Panthers	210	F Vet
257	00:47:37	Sharon Halpin	Pencoed Panthers	211	F Vet
350	00:47:38	James Messenger	Unaffiliated	212	M Sen
278	00:47:44	Tanya James Price	Pontypool & District	213	F Vet
29	00:47:47	Lisa Pughsley	Port Talbot Harriers	214	F Vet
217	00:47:52	Beth Beemer	Refail Runners	215	F Vet
275	00:47:53	Victoria Vivian	Unaffiliated	216	F Vet
276	00:47:54	Matthew Vivian	Unaffiliated	217	M Sen
127	00:47:59	Melissa Whitehouse	Unaffiliated	218	F Vet
266	00:48:06	Rhian White	Parc Bryn Bach RC	219	F Sen
212	00:48:06	Kathryn Price	Parc Bryn Bach RC	220	F Vet
128	00:48:08	Karen Tucker	Unaffiliated	221	F Vet
81	00:48:14	Sumina Azam	Pencoed Tri	222	F Vet
216	00:48:14	Elizabeth Parker	Llswerry Runners	223	F Vet
221	00:48:28	Rachel Sturt	Llswerry Runners	224	F Sen
220	00:48:32	David Jacob	Llswerry Runners	225	M Sen
88	00:48:34	Diana Purnell	Cwm Ogwr RC	226	F Vet
199	00:48:35	Claire Scott	Llswerry Runners	227	F Sen
118	00:48:47	Fiona Campbell	Pontypridd Roadents	228	F Vet
83	00:48:55	Alison James	Pencoed Panthers	229	F Vet
303	00:49:07	Andrew Wilkins	Brackla Harriers	230	M Vet
49	00:49:13	Jackie Bounre	Brackla Harriers	231	F Vet
271	00:49:14	Sarah Rogers	Unaffiliated	232	F Vet
141	00:49:18	Anna Humphreys	Pencoed Panthers	233	F Vet
18	00:49:19	Raymond James	Port Talbot Harriers	234	M Vet
342	00:49:19	Gary Griffiths	Rhondda Valley Runners	235	M Vet
130	00:49:20	Claire Godfrey	Porthcawl Runners	236	F Vet
181	00:49:29	Jess Williams	Rhondda Valley Runners	237	F Sen
329	00:49:36	Andrea Garrington	Pencoed Tri	238	F Vet
139	00:49:39	Amy Davidson	Pencoed Panthers	239	F Sen

269	00:49:41	Emily Trigg	Pencoed Panthers	240	F Sen
15	00:49:52	Joanne Dendle	Pontypool & District	241	F Vet
304	00:49:56	Susan Wilkins	Brackla Harriers	242	F Vet
65	00:50:03	Rita Collins	Cornelly Striders	243	F Vet
137	00:50:07	Gary Loo	Cwm Ogwr RC	244	M Vet
296	00:50:11	Julie Davies	Lliswerry Runners	245	F Vet
3	00:50:25	Andrew Miller	Clwb Rhedeg Pontardawe	246	M Vet
274	00:50:29	Sam Standerwick	Parc Bryn Bach RC	247	F Vet
13	00:50:32	Laura Allen	Brackla Harriers	248	F Sen
188	00:50:35	Vince Davies	Refail Runners	249	M Vet
182	00:50:37	Lynda Dursley	Lliswerry Runners	250	F Vet
236	00:50:47	Georgina Fraser	Cornelly Striders	251	F Vet
67	00:50:57	Helen Kavanagh	Brackla Harriers	252	F Vet
150	00:50:57	Byron Jenkins	Pencoed Panthers	253	M Vet
126	00:50:57	Claire Lewis	Unaffiliated	254	F Sen
111	00:50:59	James Morgans	Unaffiliated	255	M Sen
121	00:50:59	Owen Richards	Unaffiliated	256	M Sen
219	00:51:10	Sian Pondevie	Pencoed Panthers	257	F Vet
51	00:51:22	Mark Gunn	Pencoed Panthers	258	M Vet
115	00:51:23	John Young	Port Talbot Harriers	259	M Vet
26	00:51:39	Nicola Nicholas	Cornelly Striders	260	F Sen
310	00:52:16	Louise James	Porthcawl Runners	261	F Vet
11	00:52:30	Hywel Jones	Lliswerry Runners	262	M Vet
349	00:52:31	Jancie Francis	Brackla Harriers	263	F Vet
196	00:52:56	Amanda Moore	Brackla Harriers	264	F Vet
307	00:53:01	Lucy Hancock	Pencoed Panthers	265	F Vet
132	00:53:18	Gemma Ryall	Unaffiliated	266	F Vet
158	00:53:30	Graham Bigham	Pontypridd Roadents	267	M Vet
194	00:53:30	Dawne Meynell-Western	Rhondda Valley Runners	268	F Vet
187	00:53:46	Louise Davies	Refail Runners	269	F Vet

218	00:53:52	Emma Bounds	Refail Runners	270	F Vet
337	00:54:08	Nerys Jenkins	Cwm Ogwr RC	271	F Vet
290	00:54:08	Anthony Holling	Port Talbot Harriers	272	M Vet
189	00:54:08	James Davies	Pencoed Tri	273	M Sen
106	00:54:15	Marion Evans	Pencoed Panthers	274	F Vet
74	00:54:35	Mike Atkins	Porthcawl Runners	275	M Vet
165	00:54:39	David Llewellyn	Unaffiliated	276	M Sen
243	00:54:55	Carolyn Foley	Port Talbot Harriers	277	F Vet
110	00:55:28	Suzanne Spiteri	Unaffiliated	278	F Vet
50	00:55:31	Helen Weston	Unaffiliated	279	F Vet
238	00:55:41	Debbie Panes	Roberttown Runners	280	F Vet
157	00:55:49	Julia Herbet	Pontypridd Roadents	281	F Vet
176	00:55:51	Dawn James	Rhondda Valley Runners	282	F Vet
281	00:55:51	Emma Marshall	Pencoed Panthers	283	F Vet
123	00:56:15	Karen Skinley	Pencoed Panthers	284	F Vet
267	00:56:15	Helen Lewis	Pencoed Panthers	285	F Vet
298	00:56:27	Rhian Powell	Port Talbot Harriers	286	F Vet
333	00:56:29	Julie Jones	Port Talbot Harriers	287	F Vet
234	00:56:49	Caroline Matthews	Parc Bryn Bach RC	288	F Vet
255	00:57:01	Karen Thomas	First Striders	289	F Vet
265	00:57:18	Ann Thomas	Port Talbot Harriers	290	F Vet
8	00:57:21	Christine Mak	TRWM	291	F Vet
208	00:57:22	Danielle Johnson	Rhondda Valley Runners	292	F Sen
103	00:57:22	Debbie Morgan	Rhondda Valley Runners	293	F Vet
209	00:57:41	Lesley Matthews	Rhondda Valley Runners	294	F Vet
207	00:57:42	Bev Johnson	Rhondda Valley Runners	295	F Vet
186	00:57:49	Luke Evans	Unaffiliated	296	M Sen
206	00:57:50	Melanie Thomas	Rhondda Valley Runners	297	F Vet
24	00:57:59	Victoria Ramsey	Caerphilly Runners	298	F Vet
201	00:58:12	Mair Johnson	Pontypridd Roadents	299	F Sen

316	00:59:08	Jo Gwynne	Pontypridd Roadents	300	F Vet
232	01:00:17	Tricia Davidson	Unaffiliated	301	F Vet
331	01:00:18	Lindsey Kale	Porthcawl Runners	302	F Vet
336	01:01:13	Lucy Kerry	Bridgend AC	303	F Vet
323	01:01:28	Michelle Keen	Unaffiliated	304	F Vet
324	01:01:29	Andrew Keen	Unaffiliated	305	M Sen
279	01:02:10	Carrie Perry	Roberttown Runners	306	F Vet
258	01:02:20	Darren Halpin	Pencoed Panthers	307	M Vet
85	01:02:21	Joanne Rubery	Pencoed Panthers	308	F Vet
33	01:03:15	Kelly-Ann James	Port Talbot Harriers	309	F Vet
108	01:05:45	Rachel Bayona	Cornelly Striders	310	F Vet
107	01:06:33	Jeffrey Collier	Unaffiliated	311	M Vet
31	01:06:55	Vince Lawlor	Cornelly Striders	312	M Vet
44	01:07:19	Lisa-Sian Lodge	Pencoed Panthers	313	F Vet
237	01:08:33	Rachel Watkins	Unaffiliated	314	F Sen
256	01:08:37	Jayne Tapscott	Unaffiliated	315	F Vet
40	01:09:53	Stephne Puddy	Pencoed Panthers	316	F Vet