

ADMIRAL SWANSEA BAY 10K - FINAL RESULTS 2017

Position	Race Number	First Name	Last Name	Age Category	Category Position	Club Name	Club Position	Total Time	Chip Time
1	2	ELIAS KIPTOO	KEMBOI	Senior Male	1	RUN FAST / KENYA	1	00:28:20	00:28:19
2	1	DEWI	GRIFFITHS	Senior Male	2	SWANSEA HARRIERS	1	00:28:28	00:28:27
3	4	PETER	HUCK	Senior Male	3	RUN FAST	1	00:30:00	00:29:59
4	3	MATTHEW	CLOWES	Senior Male	4	CARDIFF AAC	1	00:30:07	00:30:07
5	6	EOGHAN JOSEPH	TOTTEN	Senior Male	5	OXFORD UNI AC	1	00:30:39	00:30:38
6	3373	CARWYN	JONES	Senior Male	6	CARDIFF AAC	2	00:30:46	00:30:45
7	993	ABED	TEWELDEBRHAN	Senior Male	7	NEWPORT HARRIERS	1	00:31:00	00:30:59
8	7	JONATHAN	HOPKINS	Senior Male	8	SWANSEA HARRIERS	2	00:31:17	00:31:16
9	5	DANAL	DESTA	Junior Male	1	SWANSEA HARRIERS / ERITREA	1	00:31:36	00:31:35
10	3364	PAUL	TOBIN	Senior Male	9	SWANSEA HARRIERS	3	00:31:58	00:31:57
11	11	DORCAS JEPCHUMBA	KIMELI	Junior Female	1	RUN FAST / KENYA	2	00:32:14	00:32:13
12	9	MATTHEW	HARVEY	Senior Male	10			00:32:16	00:32:14
13	3816	BERIHU	HADERA	Senior Male	11	BRISTOL AND WEST AC	1	00:32:35	00:32:34
14	12	CAROLINE NYANGUTHI	NYAGA	Senior Female	1	RUN FAST / KENYA	3	00:32:42	00:32:42
15	2662	RICHARD	JACKSON-HOOKINS	Senior Male	12	PENARTH & DINAS RUNNERS	1	00:33:18	00:33:16
16	3696	IAN	HARRIS	Senior Male	13	SWANSEA HARRIERS	4	00:33:31	00:33:31
17	10	Gemma	Steel	Senior Female	2	Charnwood AC	1	00:33:48	00:33:47
18	3841	MATTHEW	JACKLIN	M40+	1	ABERDARE VALLEY AAC	1	00:34:07	00:34:06
19	4240	DAVID JOHN	WILLIAMS	Senior Male	14	LES CROUPIERS	1	00:34:07	00:34:06
20	2473	LEE	AHERNE	M50+	1	PARC BRYN BACH RUNNING CLUB	1	00:34:10	00:34:09
21	2073	EAMONN	KIRK	M40+	2	SWANSEA HARRIERS	5	00:34:27	00:34:26
22	2851	NATHAN	FLEAR	Senior Male	15	3MS GORSEINON ROAD RUNNERS	1	00:34:32	00:34:32
23	4101	JAMIE	PARRY	Senior Male	16	PARC BRYN BACH RUNNING CLUB	2	00:34:40	00:34:40
24	4116	MATTHEW	EVANS	Senior Male	17			00:34:41	00:34:41
25	2545	EDWARD	DONOVAN	Senior Male	18	LES CROUPIERS	2	00:34:49	00:34:47
26	3791	LUKE	WILLIAMS	Senior Male	19	SAN DOMENICO RRC	1	00:35:05	00:35:05
27	2826	NATHAN	JONES	Senior Male	20	HIGHAM HARRIERS	1	00:35:06	00:35:06
28	2591	ERIC	BILBREY	Senior Male	21	CLAPHAM CHASERS	1	00:35:13	00:35:12
29	1911	MARK	JAMES	M40+	3	CHELTHENHAM & COUNTY HARRIERS	1	00:35:13	00:35:12
30	3688	STUART	CREESE	Senior Male	22	LES CROUPIERS	3	00:35:15	00:35:14
31	4146	RICHARD	JONES	M40+	4	Newport Harriers	2	00:35:26	00:35:26
32	2937	ALEX	PRICE	Junior Male	2	SWANSEA HARRIERS	6	00:35:35	00:35:35
33	565	BRADLEY	COURTNEY-PINN	Senior Male	23	TRURO RUNNING CLUB	1	00:35:35	00:35:35
34	1147	MICHAEL	RIX	M40+	5	FITTLEWORTH FLYERS	1	00:35:35	00:35:34
35	3625	GERAINT	WILLIAMS	Senior Male	24	SWANSEA HARRIERS	7	00:35:40	00:35:38
36	4172	NICK	WOOD	Senior Male	25	DARTFORD HARRIERS AC	1	00:35:43	00:35:42
37	3673	WAYNE	BOWEN	M40+	7	SWANSEA HARRIERS	8	00:35:53	00:35:52
38	4266	EMYR	MORGAN	M40+	6	LES CROUPIERS	4	00:35:53	00:35:52
39	761	ALEX	PEYTON-JONES	Senior Male	26	PLYMOUTH HARRIERS	1	00:35:54	00:35:53
40	2142	BEN	WILLIAMS	Senior Male	27			00:35:54	00:35:53
41	2497	PETER	COLLINS	M40+	8	PORTSMOUTH JOGGERS	1	00:36:00	00:36:00
42	4109	GARETH	AYRES	Senior Male	28	PORT TALBOT HARRIERS	1	00:36:02	00:36:01
43	2493	ROBERT	PRADY	Senior Male	29			00:36:06	00:36:06
44	2804	MARC	DAVIES	M40+	9			00:36:10	00:36:09
45	2000	STEPHEN	BARTLETT	M40+	10			00:36:13	00:36:11
46	2803	SCOTT	JENKINS	Senior Male	30			00:36:37	00:36:35
47	1452	CAMERON	WALES	Junior Male	3			00:36:45	00:36:43
48	3667	DAVE	JAMES	M50+	2	LES CROUPIERS	5	00:36:47	00:36:47
49	1913	NICK	GRIFFITHS	M40+	11	AMMAN VALLEY HARRIERS	1	00:36:55	00:36:55
50	457	MARK	HIDDLESTONE	M40+	12	PORT TALBOT HARRIERS	2	00:36:59	00:36:57
51	3838	JASON	PRICE	M40+	13	LLANELLI AC	1	00:37:13	00:37:11
52	1925	PAUL	MARKE	Senior Male	31			00:37:19	00:37:17
53	3908	ANDREW	BLAIR	M50+	3	LES CROUPIERS	6	00:37:20	00:37:19
54	3915	TONY	DAVIES	Senior Male	32			00:37:22	00:37:22
55	1323	RICHARD	GREEN	Senior Male	33			00:37:30	00:37:23
56	2441	DAVID	MOORE	M40+	14	BRACKLA HARRIERS	1	00:37:31	00:37:31
57	3379	CERI	TAPPER	M40+	15	PONTYPRIDD ROADENTS AC	1	00:37:31	00:37:27
58	4054	NATHAN	DANIEL	Senior Male	34	NEATH HARRIERS	1	00:37:34	00:37:33
59	2911	RAUL	REISMANN	M40+	16	SWANSEA HARRIERS	9	00:37:41	00:37:40
60	612	GARY	JAMES	Senior Male	35			00:37:45	00:37:40
61	1206	CHRISTOPHER	FRANCIS	Senior Male	36	3MS GORSEINON ROAD RUNNERS	2	00:37:45	00:37:44
62	354	SIMON	REES	Senior Male	37	LLANELLI AC	2	00:37:45	00:37:44
63	3643	MATTHEW	REYNOLDS	Senior Male	38	PORT TALBOT HARRIERS	3	00:37:47	00:37:43
64	3811	STEPHEN	EVANS	Senior Male	39			00:37:49	00:37:46
65	15	RACHEL	DOHERTY	Senior Female	3	HIGHAM HARRIERS	2	00:37:49	00:37:49
66	472	DAMIAN	WILLIAMS	M50+	4	PARC BRYN BACH RUNNING CLUB	3	00:37:50	00:37:49
67	2729	KEVIN	O'SULLIVAN	Senior Male	40			00:37:52	00:37:23
68	2969	RICHARD	WILDER	M40+	17	SAN DOMENICO RRC	2	00:37:53	00:37:53
69	4108	HUGH	JANNEY	M40+	18	AMMAN VALLEY HARRIERS	2	00:37:54	00:37:49
70	938	MICHAEL	BLACKLOCK	Senior Male	41			00:38:00	00:37:55
71	747	ATTILA	GARAI	M40+	19			00:38:00	00:37:56
72	1551	ADRIAN	COPP	M40+	20			00:38:07	00:38:01
73	2112	JAMIE	NOBBS	Senior Male	42	3MS GORSEINON ROAD RUNNERS	3	00:38:09	00:38:06
74	3461	RICHARD	BULLEN	M50+	5	LES CROUPIERS	7	00:38:10	00:38:01
75	3183	SIMON	DAVIES	Senior Male	43			00:38:12	00:38:11
76	1579	IAN	WEBB	M60+	1	LLANELLI AC	3	00:38:12	00:38:12
77	4090	RYAN	WILKINS	Senior Male	44			00:38:17	00:37:57
78	2024	GABRIELIUS	STUOKUS	Senior Male	45	LES CROUPIERS	8	00:38:22	00:38:22
79	2361	BENJAMIN	BOWEN	Senior Male	46			00:38:24	00:38:13
80	2078	DANIEL	COPE	Senior Male	47			00:38:25	00:38:25
81	2329	DAVID	HODGINS	M40+	21			00:38:27	00:38:25
82	878	DAFYDD	LAMBETH	M40+	22			00:38:32	00:38:29
83	3645	SCOTT	MORRIS	Senior Male	48			00:38:38	00:38:37
84	4003	DAVID	JONES	M40+	23			00:38:42	00:38:34
85	13	Fiona	Clark	F35+	1			00:38:45	00:38:44
86	762	AMI	YETTON	F35+	2	PLYMOUTH HARRIERS	2	00:38:53	00:38:50
87	4031	CORY	SHERWIN	Junior Male	4	FOREST OF DEAN AC	1	00:38:54	00:38:49
88	4007	MARTIN	FLEAR	Senior Male	49	LLANELLI AC	4	00:38:57	00:38:55
89	3885	NICK	REID	Senior Male	50			00:38:58	00:38:52
90	2285	JACK	FLEET	Junior Male	5	FOREST OF DEAN AC	2	00:39:01	00:38:56
91	2486	RYAN	GOVIER	Senior Male	51			00:39:02	00:38:57

92	3258 ALUN	DAVIES	Senior Male	52 LES CROUPIERS	9	00:39:03	00:39:02
93	3257 STUART	BOOKER	Senior Male	53 LUDLOW RUNNERS	1	00:39:09	00:39:04
94	1578 MIKE	GLEESON	M40+	24 SWANSEA HARRIERS	10	00:39:10	00:39:06
95	843 ANTHONY	DIVETTA	Senior Male	54	00:39:13	00:39:12	
96	641 KRISTIAN	WALTERS	Senior Male	55 PONTYPRIDD ROADENTS AC	2	00:39:14	00:39:10
97	2747 KRIS	DAVIES	Senior Male	56	00:39:15	00:39:02	
98	3415 NIGEL	PHILLIPS	M40+	25	00:39:20	00:39:15	
99	3616 STEVEN	SMITH	M40+	26 ABERDARE VALLEY AAC	2	00:39:22	00:39:14
100	1508 ELIO	LEPORE	M60+	2	00:39:23	00:39:22	
101	2362 ORI	BOWEN	Senior Male	57	00:39:26	00:39:16	
102	2827 ANDREW	HUNT	Senior Male	58	00:39:29	00:39:27	
103	2351 ANDREW	DWYER	M40+	27	00:39:33	00:39:28	
104	2566 ROBERT	REES	M40+	28 NEATH HARRIERS	2	00:39:36	00:39:25
105	2782 GAIR	MCADIE	M40+	29	00:39:37	00:39:30	
106	3195 MATTHEW	DAVIES	Senior Male	59 RUN4ALL RUNNING CLUB	1	00:39:38	00:39:35
107	1188 LLYR	JONES	M40+	30	00:39:39	00:39:32	
108	4200 JOHN	BURRIDGE	Senior Male	60 OGMORE PHOENIX RUNNERS	1	00:39:39	00:39:30
109	3919 ANDREW	CRACE-CALVERT	M50+	6 STROUD & DISTRICT AC	1	00:39:40	00:39:37
110	40 ASHLEY	PASCOE	M40+	31 3MS GORSEINON ROAD RUNNERS	4	00:39:42	00:39:39
111	4243 RICHARD	MARKS	M60+	3 SARN HELEN	1	00:39:42	00:39:35
112	978 SIMON	BREWER	M40+	32 SWANSEA HARRIERS	11	00:39:45	00:39:39
113	1653 NIGEL	DAVIES	M40+	33 SARN HELEN	2	00:39:46	00:39:39
114	112 MARK	BOWEN	Senior Male	61 ADMIRAL	1	00:39:46	00:39:45
115	3695 FABIAN	YEO	Senior Male	62	00:39:48	00:39:44	
116	2699 CRAIG	FOLEY	Senior Male	63 PORT TALBOT HARRIERS	4	00:39:48	00:39:37
117	3589 STEVEN	BENNETT	M40+	34	00:39:48	00:39:40	
118	2392 STEPHEN	RAIKES	Senior Male	64	00:39:49	00:39:46	
119	3557 BRYN	MARKHAM-JONES	Senior Male	65	00:39:49	00:39:46	
120	635 RYAN	EVANS	Senior Male	66	00:39:49	00:39:47	
121	2728 SAMUEL	RICHARDS	Senior Male	67 PONTYPRIDD ROADENTS AC	3	00:39:49	00:39:44
122	3927 SALLY	WILDER	F35+	3 SAN DOMENICO RRC	3	00:39:51	00:39:49
123	466 DAVID	BENNETT	M40+	35 PORTHCAWL RUNNERS	1	00:39:53	00:39:51
124	3847 EMYR	JONES	M40+	36	00:39:53	00:39:48	
125	2079 HYWEL	LONGMAN	Senior Male	68	00:39:54	00:39:49	
126	3970 SARAH	WORLEY	Senior Male	69 SWANSEA HARRIERS	12	00:39:54	00:39:50
127	3877 ANDERSON	HIRST	M50+	7	00:39:56	00:39:51	
128	864 GERAINT	CUDDIHY	Senior Male	70 YSTRAD MYNACH RUNNING CLUB	1	00:39:57	00:39:49
129	1339 BEN	HUBBARD	Senior Male	71	00:39:58	00:39:47	
130	2685 KRIS	HEDGES	Senior Male	72	00:39:58	00:39:56	
131	2811 DANIEL	TOTTERDALE	Senior Male	73 LLANELLI AC	5	00:40:01	00:39:54
132	4027 GERAINT	JONES	Senior Male	74 AMMAN VALLEY HARRIERS	3	00:40:02	00:39:58
133	1139 GARETH	PARRY	Senior Male	75 3MS GORSEINON ROAD RUNNERS	5	00:40:05	00:40:01
134	3341 DICKIE	HUDD	M40+	37 CHEPSTOW HARRIERS	1	00:40:05	00:39:59
135	1714 CRIESPIN JAYASEELAN	JAYASEELAN	Senior Male	76	00:40:06	00:40:00	
136	1681 JAMES	O'Callaghan	M40+	38	00:40:10	00:40:07	
137	2459 LEIGH	JAMES	Senior Female	4 LONDON HEATH SIDE	1	00:40:11	00:40:11
138	3206 MARTYN	CARRUTHERS	M40+	39 FOREST OF DEAN AC	3	00:40:17	00:40:10
139	2579 ROBERT	EVANS	M50+	8 EBBW VALE RC	1	00:40:21	00:40:15
140	4053 TIMOTHY	SLACK	Senior Male	77	00:40:22	00:40:18	
141	2675 JIM	CHAPMAN	Senior Male	78	00:40:25	00:40:13	
142	1250 THOMAS	WHITE	Senior Male	79	00:40:25	00:39:47	
143	3583 DARREN	STEVENS	M40+	40 MERTHYR RUNNING CLUB	1	00:40:28	00:40:21
144	1638 ANDREW	BRASINGTON	M50+	9 EBBW VALE RC	2	00:40:30	00:40:20
145	3072 HUGO	THOMPSON	M50+	10	00:40:32	00:40:23	
146	2671 PETER	MALOUGH	Senior Male	80	00:40:35	00:40:27	
147	3561 DEAN	COX	Senior Male	81	00:40:35	00:40:28	
148	1923 RHYS	GRAVELLE	Senior Male	82	00:40:38	00:40:31	
149	2641 PHILIP	MARTIN	Senior Male	83	00:40:39	00:40:05	
150	580 LEE	HARRIS	Senior Male	84	00:40:40	00:40:26	
151	2340 MARK	CHANNER	M40+	41 FOREST OF DEAN AC	4	00:40:41	00:40:32
152	1872 DREW	WEBBER	M40+	42 BRACKLA HARRIERS	2	00:40:42	00:40:37
153	3631 RYAN	MINARD	Senior Male	85 ABERDARE VALLEY AAC	3	00:40:45	00:40:40
154	3167 HUW	DAVIES	M40+	43 CARMARTHEN AND DISTRICT HARRIERS	1	00:40:49	00:40:45
155	1535 ALUN	JONES	Senior Male	86	00:40:51	00:40:42	
156	4205 MATTHEW	THOMAS	Senior Male	87	00:40:51	00:40:33	
157	3161 SIMON	CRANE	Senior Male	88	00:40:52	00:40:38	
158	3962 EDWARD	REES	Senior Male	89 BRIDGEND AC	1	00:40:54	00:40:50
159	100 MARK	GOSNEY	Senior Male	90 3MS GORSEINON ROAD RUNNERS	6	00:40:57	00:40:52
160	824 STEPHEN	BRIDGES	M50+	11	00:40:59	00:40:50	
161	4277 GARETH	AKERS	Senior Male	91 ADMIRAL	2	00:41:00	00:40:44
162	1682 MICHELLE	COLE	F35+	4	00:41:00	00:40:57	
163	3532 NICHOLAS	MERRONY	M50+	12 TROTS	1	00:41:05	00:41:02
164	1804 SIMON	VAUGHAN	M40+	44 3MS GORSEINON ROAD RUNNERS	7	00:41:06	00:41:02
165	2889 NICOLA	JUKES	F45+	1 PARC BRYN BACH RUNNING CLUB	4	00:41:07	00:41:05
166	3535 MIKE	RIDD	Senior Male	92 LLISWERRY RUNNERS	1	00:41:09	00:41:03
167	2686 TREVOR	HEDGES	Senior Male	93	00:41:14	00:41:11	
168	2790 DARRAGH	HANLEY-CROFTS	Senior Male	94 PEGASUS RC	1	00:41:15	00:41:04
169	3587 JON	SARRIEGUI	Senior Male	95	00:41:17	00:41:12	
170	4121 COLIN	MCQUEEN	M50+	13 BRACKLA HARRIERS	3	00:41:19	00:40:53
171	885 CALVIN	HOLD	M40+	45 SWANSEA HARRIERS	13	00:41:20	00:41:17
172	3471 HUW	ROBERTS	M60+	4 BRIDGEND AC	2	00:41:21	00:41:18
173	1106 CHRIS	LLOYD	Senior Male	96 ISLWYN RC	1	00:41:22	00:41:07
174	3444 SARAH	DAVIES	F35+	5 OXFORD CITY AC	1	00:41:24	00:41:09
175	1361 STEVEN	FLEET	Senior Male	97	00:41:26	00:41:11	
176	3256 THOMAS	WALTERS	Senior Male	98	00:41:27	00:41:18	
177	645 CAROLINE	RIMMER	Senior Female	5	00:41:28	00:41:20	
178	1841 EVAN	WYNNE	Senior Male	99	00:41:29	00:41:13	
179	4374 MATTHEW	BOUND	M40+	46 HOME FROM HOME	1	00:41:31	00:41:20
180	952 PAUL	KEHL	M50+	14	00:41:31	00:41:22	
181	1477 CARL	WALSH	M40+	47 RHONDDA VALLEY RUNNERS	1	00:41:32	00:41:22
182	4046 SAM	HOPKINS	Senior Male	100	00:41:32	00:41:13	
183	2942 TOM	WRIGHT	Junior Male	6	00:41:34	00:41:28	
184	3044 TRYSTAN	LEECH	Junior Male	7 CARMARTHEN AND DISTRICT HARRIERS	2	00:41:37	00:41:22
185	4079 NEIL	MARKE	M50+	15	00:41:37	00:41:36	
186	2438 LLOYD	HARRIS	Senior Male	101	00:41:40	00:41:30	

187	3275	STEPHEN	JENKINS	Senior Male	102		00:41:40	00:41:32	
188	3889	GAVIN	EVANS	Senior Male	103		00:41:40	00:41:34	
189	2319	RHYS	LANE	Senior Male	104		00:41:41	00:41:35	
190	2195	DAVID	ROBERTS	Senior Male	105		00:41:42	00:41:30	
191	788	DAVID	WATERS	M40+	48	ISLWYN RC	2	00:41:42	00:41:33
192	487	BRYAN	MEREDITH	M50+	16	RHONDDA VALLEY RUNNERS	2	00:41:43	00:41:34
193	4088	KURTIS	MORGAN	Senior Male	106		00:41:45	00:41:17	
194	1484	JONATHAN	GALLUCCI	Senior Male	107	BINGLEY HARRIERS AC	1	00:41:47	00:41:37
195	3414	JESSICA	STACEY	Senior Female	6	RHONDDA VALLEY RUNNERS	3	00:41:53	00:41:44
196	3056	SAMUEL	JACKSON	Junior Male	8	PARC BRYN BACH RUNNING CLUB	5	00:41:54	00:41:52
197	1866	SUSAN	WATSON	F45+	2	LES CROUPIERS	10	00:41:55	00:41:46
198	2825	JEZ	MCCLUSKEY	M40+	49		00:41:56	00:41:35	
199	3372	STEPHEN	ARNOLD	M40+	50	PAUL POPHAM RUNNING CLUB	1	00:41:57	00:41:46
200	2719	LUKE	DAVIES	Junior Male	9		00:41:58	00:41:51	
201	2987	HARRY	GOFORTH	Junior Male	10		00:41:59	00:41:56	
202	1443	TERRY	O'BRIEN	M60+	5		00:42:02	00:41:33	
203	3428	KEVIN	RAYMOND	M50+	17	RUN4ALL RUNNING CLUB	2	00:42:03	00:41:47
204	2263	HELEN-MARIE	DAVIES	F35+	6	SWANSEA HARRIERS	14	00:42:11	00:42:00
205	3362	DEBBIE	ELLIOTT	M40+	51		00:42:13	00:42:07	
206	3650	EMILY	MARCHANT	Senior Female	7	SWANSEA HARRIERS	15	00:42:13	00:42:05
207	3772	HEATH	BRETT	M40+	52	SWANSEA HARRIERS	16	00:42:15	00:42:07
208	3261	PAUL	ROBBINS	M40+	53	LLANELLI AC	6	00:42:15	00:42:04
209	3801	GARETH	MORGAN	M40+	54		00:42:19	00:42:03	
210	1727	GAIL	DUCKWORTH	F55+	1	LEIGHTON BUZZARD ATHLETIC CLUB	1	00:42:20	00:42:15
211	3750	JAMIE	LEWIS	Senior Male	108	PORT TALBOT HARRIERS	5	00:42:22	00:42:11
212	790	OWEN	DAVIES	Senior Male	109		00:42:25	00:42:12	
213	532	REVIS	CROWLE	F55+	2	EAST CORNWALL HARRIERS	1	00:42:29	00:42:14
214	2885	GREG	NASH	M40+	55	FOREST OF DEAN AC	5	00:42:29	00:42:21
215	99	JAMIE	GEORGE	Senior Male	110	ACTIVE SWANSEA	1	00:42:30	00:42:26
216	3239	TOM	BACON	Senior Male	111		00:42:31	00:42:19	
217	2508	CHRISTOPHER	LEWIS	Senior Male	112	RUN4ALL RUNNING CLUB	3	00:42:34	00:42:28
218	3603	WAYNE	HAYHURST	Senior Male	113	OGMORE PHOENIX RUNNERS	2	00:42:36	00:42:27
219	319	MARK	TAYLOR	M40+	56	PORT TALBOT HARRIERS	6	00:42:37	00:42:26
220	1590	HWEL	MORGAN	Senior Male	114	PONTYPRIDD ROADENTS AC	4	00:42:38	00:42:31
221	1358	OLIVER	HUGHES	Senior Male	115		00:42:40	00:42:34	
222	2083	PETER	JONES	M60+	6		00:42:42	00:42:38	
223	3203	MATHEW	JAMES	Senior Male	116		00:42:43	00:42:06	
224	2036	ROBERT	KESTIN	Senior Male	117		00:42:44	00:42:27	
225	353	JONATHAN	HANCOCK	M40+	58		00:42:45	00:42:35	
226	2325	DELMIE	DAVIES	M40+	57		00:42:45	00:42:35	
227	2481	DREWETT	RICHARD	M50+	18		00:42:46	00:42:42	
228	2452	LUKE	BRAIDWOOD	Senior Male	118		00:42:49	00:42:26	
229	4250	ALEX	WEBB	Senior Male	119		00:42:50	00:42:45	
230	3977	DARREN	KIPPEST	M40+	59	PARC BRYN BACH RUNNING CLUB	6	00:42:53	00:42:50
231	815	MARTYN	WEST	M60+	7	WINCHESTER & DISTRICT AC	1	00:42:54	00:42:44
232	3051	MIKE	LANE	Senior Male	120	BLACK PEAR JOGGERS	1	00:42:54	00:42:43
233	2110	SCOTT	EVANS	Senior Male	121		00:42:55	00:42:33	
234	3411	JUSTIN	SHOWELL	M40+	60	MARCH AC	1	00:42:55	00:42:47
235	3162	ANDREW	GEMMELL	M40+	61		00:42:56	00:42:42	
236	3544	REBECCA	ROTHWELL	F35+	7	LLISWERRY RUNNERS	2	00:42:57	00:42:51
237	1821	CRAIG	ELLERY	Senior Male	122		00:42:57	00:42:43	
238	200	TIM	PHILLIPS	M40+	62	ADMIRAL	3	00:42:58	00:42:54
239	2511	ROBIN	EDWARDS	M40+	63		00:42:59	00:42:53	
240	3351	DANIEL	HENWOOD	Senior Male	123		00:43:01	00:42:36	
241	510	PAUL	LANDEK	M40+	64		00:43:04	00:42:38	
242	1825	TONY	CASEY	M60+	8	RUNNYMEADE RUNNERS	1	00:43:06	00:43:02
243	566	IAN	JOHN	M50+	19		00:43:06	00:43:01	
244	3612	OWEN	GIBSON	Senior Male	124		00:43:09	00:42:56	
245	3898	MARK	CARROLL	Senior Male	125		00:43:10	00:42:41	
246	3620	ANDY	FARRELL	Senior Male	126	SWANSEA HARRIERS	17	00:43:13	00:43:09
247	3443	GARETH	DAVIES	M40+	65	OXFORD CITY AC	2	00:43:13	00:42:48
248	2943	ROY	PANNELL	Senior Male	127		00:43:16	00:42:27	
249	2034	CERI	DURKE	Senior Male	128		00:43:19	00:43:05	
250	2429	DAVID	BEMBO	M50+	20		00:43:21	00:43:08	
251	1036	NIGEL	MORSE	M40+	66		00:43:22	00:43:14	
252	2060	STEVE	LEWIS	Senior Male	129		00:43:23	00:43:10	
253	2056	GARETH	MEARDON	Senior Male	130		00:43:23	00:43:08	
254	2075	ROD	HARRIS	M50+	21		00:43:24	00:43:05	
255	3462	MARK	TERRY	M60+	9	TROTS	2	00:43:26	00:43:16
256	2310	GARETH	HILL	M40+	67		00:43:28	00:43:15	
257	456	GARETH	DANTER HILL	Senior Male	131	CORNELLY STRIDERS AC	1	00:43:28	00:43:17
258	4206	JAIME	LOWNDES	M40+	68		00:43:28	00:43:11	
259	1243	GARETH	HOPKINS	Senior Male	132		00:43:29	00:43:11	
260	1768	RAY	GREENHOUSE	M50+	22	EBBW VALE RC	3	00:43:31	00:43:20
261	4180	DANIELLE	PHILLIPS	Senior Female	8	PARC BRYN BACH RUNNING CLUB	7	00:43:35	00:43:22
262	4354	MATHEW	GILES	Senior Male	133	COASTAL HOUSING	1	00:43:38	00:43:31
263	653	STEPHEN	LISK	M40+	69	3MS GORSEINON ROAD RUNNERS	8	00:43:39	00:43:26
264	3787	MARK	MCKAY	M40+	70		00:43:40	00:43:20	
265	3284	PHIL	SMITH	Senior Male	134		00:43:41	00:43:25	
266	3088	ANTHONY	DOUGLAS	Senior Male	135		00:43:44	00:43:32	
267	3290	MICHAEL	STRANGE	M60+	10	FOREST OF DEAN AC	6	00:43:44	00:43:36
268	2506	SIMON	ROBERTS	Senior Male	136		00:43:45	00:43:18	
269	624	CADAN	CROWLE	Senior Male	137		00:43:46	00:43:30	
270	2456	JIM	SMITH	M40+	71		00:43:49	00:43:39	
271	4135	STEVE	JAMES	Senior Male	138		00:43:49	00:43:15	
272	210	DARREN	RICHIE	Senior Male	139	ADMIRAL	4	00:43:51	00:43:31
273	943	MORGAN	SLATE	Senior Male	140		00:43:51	00:43:15	
274	213	MARK	ROCHE	M40+	72	ADMIRAL	5	00:43:52	00:43:30
275	3396	DANIEL	MORGAN	M40+	73	BRIDGEND AC	3	00:43:53	00:43:43
276	3242	HELEN	JONES	F45+	3	PORT TALBOT HARRIERS	7	00:43:54	00:43:41
277	2953	GAVIN	MOORE	Senior Male	141		00:43:54	00:43:46	
278	3115	MARY	BOWEN-REES	F55+	3	TROTS	3	00:43:55	00:43:42
279	2912	KEVIN	HALMKAN	Senior Male	142		00:43:56	00:43:41	
280	3556	PHILIP	WELLS	Senior Male	143	RUN4ALL RUNNING CLUB	4	00:43:56	00:43:43
281	1608	DANIEL	ANDERSON	Senior Male	144		00:43:56	00:43:21	

282	2058 DEB	GOULE	F45+	4 PORTHCAWL RUNNERS	2	00:43:56	00:43:48
283	3252 DAVID	LONGDEN	M50+	23		00:43:56	00:43:43
284	3039 GARETH	JONES	Senior Male	145		00:43:57	00:43:29
285	3786 SIMON	WILLIAMS	M50+	24 OGMORE PHOENIX RUNNERS	3	00:43:59	00:43:46
286	2927 MARK	EAKINS	M40+	74 3MS GORSEINON ROAD RUNNERS	9	00:44:00	00:43:48
287	2197 DUSTY	KENNEDY	M40+	75 SWANSEA HARRIERS	18	00:44:01	00:43:39
288	2464 REBECCA	NEWTON	Senior Female	9 OGMORE PHOENIX RUNNERS	4	00:44:02	00:43:50
289	484 SHERYL	EVANS	F45+	5 HEREFORD COURIERS	1	00:44:02	00:43:52
290	14 Anita	Sherman	F55+	4		00:44:04	00:44:02
291	3174 MICHAEL	WARNER	M50+	25		00:44:04	00:43:40
292	4147 CHRIS	LLOYD	Senior Male	146 RUN4ALL RUNNING CLUB	5	00:44:06	00:43:59
293	3035 CHRIS	JONES	Senior Male	147		00:44:07	00:43:53
294	1944 MATHEW	GREEN	Senior Male	148		00:44:11	00:43:44
295	1028 TIM	WASHBROOK	Senior Male	149		00:44:12	00:43:47
296	4375 TOM	DENHAM	Senior Male	150 HOME FROM HOME	2	00:44:13	00:44:03
297	178 SIMON	LOCKE	Senior Male	151 ADMIRAL	6	00:44:14	00:44:00
298	3666 CATHERINE	STEPHENS	F35+	8 BRIDGEND AC	4	00:44:17	00:44:09
299	179 STUART	LUKINS	M40+	76 ADMIRAL	7	00:44:18	00:44:01
300	3785 RUTH	CANN	F35+	9 PENARTH & DINAS RUNNERS	2	00:44:19	00:44:06
301	4184 JOHN	YOUNG	M40+	77 PORT TALBOT HARRIERS	8	00:44:23	00:44:10
302	3209 MICHAEL	BYNG	Senior Male	152		00:44:26	00:44:08
303	3004 DANIEL	LORD	Junior Male	11		00:44:27	00:44:09
304	4159 JILL	WALTERS	F45+	6		00:44:27	00:44:05
305	1597 RHYS	WIGLEY	Senior Male	153		00:44:31	00:43:46
306	3112 RHODRI	JONES	Senior Male	154 AMMAN VALLEY HARRIERS	4	00:44:31	00:44:04
307	4166 LEIGH	RISELEY	Senior Male	155		00:44:31	00:44:16
308	4262 ANDREW	DRISCOLL	Senior Male	156		00:44:34	00:44:15
309	2309 PHILIP	OSMOND	M50+	26		00:44:34	00:44:20
310	4284 ROBERT	COOK	Senior Male	157 ADMIRAL	8	00:44:35	00:44:07
311	1119 KELVIN	DAVIES	Senior Male	158 PONTARDAWE RUNNING CLUB	1	00:44:37	00:44:21
312	2196 PENNY	KENNEDY	F45+	7 SWANSEA HARRIERS	19	00:44:39	00:44:17
313	4097 DARREN	HARRIS	M40+	78 PONTARDAWE RUNNING CLUB	2	00:44:40	00:44:24
314	4098 DYLAN	HARRIS	Junior Male	12		00:44:41	00:44:25
315	2934 IAN	LEWIS	M40+	79		00:44:43	00:44:26
316	2870 JONATHAN	PALMER	Senior Male	159		00:44:44	00:44:19
317	4139 RICHARD	LEARY	M40+	80		00:44:44	00:44:13
318	2188 SIMON	ROBERTS	Senior Male	160		00:44:44	00:44:19
319	2712 WARREN	WILLIAMS	M40+	81		00:44:45	00:44:29
320	2256 GARETH	TOMOS	Senior Male	161		00:44:45	00:44:26
321	553 DANIEL	MITCHARD	Senior Male	162		00:44:45	00:44:04
322	255 JOHN	HUNT	Senior Male	163		00:44:45	00:44:00
323	2371 ABIGAYLE	GOODRICK-LATHAM	Junior Female	2 SWANSEA HARRIERS	20	00:44:45	00:44:35
324	3332 BEN	ARTUS	Junior Male	13		00:44:46	00:44:21
325	2839 NEIL	BEYNON	M40+	82 PARC BRYN BACH RUNNING CLUB	8	00:44:49	00:44:47
326	437 PHILIP	ROBINSON	M50+	27		00:44:50	00:44:32
327	1721 MARC	BATCUP	Senior Male	164		00:44:50	00:44:29
328	4386 MARI	WATKINS	Junior Female	3 ST JOSEPHS SCHOOL	1	00:44:50	00:44:31
329	2972 TANYA	WIGLEY	Senior Female	10		00:44:51	00:44:39
330	196 RACHEL	PASCOE	Senior Female	11 ADMIRAL	9	00:44:51	00:44:04
331	530 CHRIS	PENNY	M60+	11		00:44:51	00:44:46
332	916 CRAIG	HUGHES	Senior Male	165		00:44:52	00:44:47
333	1732 GARY	PROVEN	M50+	28		00:44:52	00:44:39
334	2720 SIMON	REES	M40+	83		00:44:53	00:43:48
335	2816 SCOTT	JONES	Senior Male	166		00:44:53	00:44:45
336	779 CAMERON	STEER	Senior Male	167		00:44:53	00:44:38
337	2871 DANIEL	JONES	Senior Male	168		00:44:53	00:44:37
338	2141 LUKE	DANIEL	Senior Male	169		00:44:54	00:44:30
339	3542 RACHEL	EVANS	F45+	8 RUN4ALL RUNNING CLUB	6	00:44:55	00:44:43
340	3778 ANDREW	MOODY	Senior Male	170		00:44:55	00:44:36
341	1472 ROB	HOME	M40+	84		00:44:56	00:44:42
342	2118 MANDY	MORRIS	F35+	10 PORT TALBOT HARRIERS	9	00:44:56	00:44:43
343	1910 LIAM	BRYSON	M40+	85 CAERPHILLY RUNNERS	1	00:44:57	00:44:39
344	184 DOMANIC	MELVILLE	M40+	86 ADMIRAL	10	00:44:58	00:44:41
345	2317 CALLUM	SCHOFIELD	Junior Male	14 PARC BRYN BACH RUNNING CLUB	9	00:44:58	00:44:56
346	1536 GARY	SAWDON	M50+	29 MUMBLES MILERS	1	00:45:00	00:44:42
347	3120 ANDREW	WILD	M50+	30		00:45:03	00:44:33
348	2608 VANESSA	HARRAGAN	F35+	11 SWANSEA HARRIERS	21	00:45:06	00:44:54
349	2991 CLIVE	OSMOND	M50+	31 LES CROUPIERS	11	00:45:06	00:44:58
350	4363 MARTIN	FURNESS	M50+	32 BRECON CARREG	1	00:45:06	00:44:50
351	3614 BEN	HAIGH	Junior Male	15		00:45:07	00:44:25
352	45 CHRISTOPHER	SIMONS	Junior Male	16 3MS GORSEINON ROAD RUNNERS	10	00:45:07	00:44:52
353	3447 ROB	APPLEBY	M40+	87		00:45:10	00:44:52
354	3721 CHRISTOPHER	ARRAN	Senior Male	171 3MS GORSEINON ROAD RUNNERS	11	00:45:12	00:44:59
355	2624 EDWARD	CULLEN	Senior Male	172		00:45:13	00:45:05
356	524 LINDA ALEXANDRA	WOODLAND	F55+	5 PORT TALBOT HARRIERS	10	00:45:14	00:45:02
357	2879 JOHN	GEORGE	Senior Male	173		00:45:15	00:44:43
358	391 MIKE	PRASAD	M50+	33 3MS GORSEINON ROAD RUNNERS	12	00:45:15	00:44:57
359	3413 JEFFREY	HANSON	M50+	34 RHONDDA AAC	1	00:45:17	00:45:06
360	706 KATHRYN	MORTON	F55+	6 STROUD & DISTRICT AC	2	00:45:18	00:45:01
361	3054 SEB	COTTON	Senior Male	174		00:45:19	00:44:50
362	2360 ROSS	ANDERSON	Senior Male	175		00:45:20	00:44:58
363	130 NATHAN	DAVIES	Senior Male	176 ADMIRAL	11	00:45:21	00:44:56
364	2479 PAUL	WARREN	Senior Male	177		00:45:23	00:44:27
365	4103 MARK	FAULKNER	M50+	35 LLISWERRY RUNNERS	3	00:45:24	00:44:58
366	3969 SUE	PETERS	F55+	7 NEW FOREST RUNNERS	1	00:45:25	00:45:02
367	2960 ROBERT	STEPHENS	M40+	88		00:45:25	00:44:45
368	105 SIMON	BALESTRA	Senior Male	178 ADMIRAL	12	00:45:25	00:44:53
369	397 ALAN	ROBERTSON	M60+	12 FOREST OF DEAN AC	7	00:45:27	00:44:51
370	4084 WILLIAM BENJAMIN	WILLIAMS	Senior Male	179		00:45:28	00:45:09
371	1527 DAVID	JOHNSON	M40+	89		00:45:29	00:44:45
372	3003 MARK	HANFORD	Senior Male	180		00:45:30	00:45:16
373	2273 LEE	JAMES	M40+	90		00:45:31	00:45:03
374	4093 CALLUM	GRAVES	Senior Male	181		00:45:31	00:45:02
375	901 PETE	SMITH	Senior Male	182		00:45:32	00:45:19
376	3531 ANTHONY	WILKINSON	M40+	91		00:45:33	00:45:07

377	1882 STEPHEN	LLEWELLYN	Senior Male	183		00:45:34	00:45:01	
378	2531 ANDY	SMITH	M40+	92		00:45:35	00:44:48	
379	4132 IAN	HALES	Senior Male	184		00:45:36	00:45:16	
380	2338 CLIVE	DENTON	M50+	36	RHONDDA VALLEY RUNNERS	4	00:45:36	00:45:23
381	2876 MATTHEW	FOLIGNO	Senior Male	185		00:45:38	00:45:19	
382	2131 JAMES	THOMAS	Senior Male	186		00:45:38	00:45:21	
383	4300 NATASHA	HARDING	Junior Female	4	ADMIRAL	13	00:45:40	00:45:10
384	3513 JOANNE	RYAN	F35+	12	RHONDDA VALLEY RUNNERS	5	00:45:41	00:45:21
385	3236 PAUL	MORRIS	M50+	37	LES CROUPIERS	12	00:45:42	00:45:21
386	3019 LLOYD	EBDEN	Senior Male	187		00:45:44	00:45:16	
387	3420 NIGEL	CRAWFORD	M50+	38		00:45:44	00:45:27	
388	1756 DAVID	THOMAS	M50+	39	SARN HELEN	3	00:45:44	00:45:26
389	837 MIKE	DONNELLY	M40+	93		00:45:48	00:45:32	
390	4020 ALBAN	POTHERAT	M40+	94		00:45:51	00:45:04	
391	2437 MICHAEL	PRICE	Senior Male	188	MARLOW STRIDERS	1	00:45:51	00:44:50
392	2071 HEATHER	ROBSON	F35+	13		00:45:51	00:45:35	
393	2929 NINA	BROCKLEBANK	F45+	9		00:45:51	00:45:39	
394	2580 PAUL	RIDGWAY	Senior Male	189		00:45:52	00:45:30	
395	2166 LUKE	DAVIES	Senior Male	190		00:45:52	00:45:08	
396	3796 LEE	LLEWELLYN	Senior Male	191	RUN4ALL RUNNING CLUB	7	00:45:54	00:45:29
397	707 CHRIS	THOMAS	Senior Male	192		00:45:54	00:45:03	
398	2800 MICHAEL H	DAVIES	M60+	13	LES CROUPIERS	13	00:45:54	00:45:32
399	266 ROGER	CAPPER	M40+	95		00:45:57	00:45:33	
400	705 GRANT	WAKEMAN	M40+	96	ISLWYN RC	3	00:45:58	00:45:41
401	1251 ANNE	EVANS	F35+	14		00:45:59	00:45:28	
402	3401 WAYNE	EDWARDS	M50+	40		00:45:59	00:45:38	
403	3017 THOMAS	WILLIAMS	Senior Male	193		00:46:00	00:45:13	
404	4005 KARL	JOHNSON	Senior Male	194	OGMORE PHOENIX RUNNERS	5	00:46:01	00:45:43
405	2848 JULIAN	GRIFFITHS	M50+	41		00:46:02	00:45:29	
406	4338 CHRIS	WILLIAMSON	M60+	14	ADMIRAL	14	00:46:03	00:45:41
407	3298 CERI	GWILLIAM	F35+	15		00:46:03	00:45:48	
408	1415 JENNY	MARTIN	F35+	16	LES CROUPIERS	14	00:46:06	00:45:40
409	965 DAMIAN	WILKINSON	M40+	97		00:46:06	00:44:48	
410	2192 JAMES	ROUTLIFF	Senior Male	195		00:46:07	00:45:15	
411	1123 NICOLA	PERRY-GOWER	F35+	17		00:46:08	00:45:48	
412	1728 ANDREW	MEADOWS	Senior Male	196	PARC BRYN BACH RUNNING CLUB	10	00:46:09	00:46:08
413	4279 OLIVER	ASSIRATTI	Senior Male	197	ADMIRAL	15	00:46:10	00:45:21
414	4263 ROB	BEVAN	M40+	98		00:46:11	00:45:26	
415	2445 NAOMI	THOMAS	Senior Female	12		00:46:12	00:45:58	
416	3470 TOM	DEAKIN	Junior Male	17		00:46:12	00:45:01	
417	763 TIM	FOWLER	Senior Male	198		00:46:12	00:45:39	
418	1258 DOMINIC	SHIELDS	M50+	42	SAN DOMENICO RRC	4	00:46:13	00:46:11
419	2194 SEAN	PILES	Senior Male	199		00:46:14	00:45:39	
420	3177 KENNETH	DAVIES	M60+	15		00:46:14	00:45:45	
421	3387 PADDY	MALONEY	M50+	43		00:46:14	00:46:07	
422	1795 PAUL	EMERY	M40+	99		00:46:15	00:46:01	
423	2358 KELLY	FELSTEAD	F35+	18	ISLWYN RC	4	00:46:18	00:46:00
424	3026 DOM	WILLIAMS	Senior Male	200		00:46:19	00:45:48	
425	3814 BRENT	LOWSON	M50+	44	WYE VALLEY RUNNERS	1	00:46:19	00:45:37
426	3213 JAMES	EVANS	Senior Male	201		00:46:21	00:43:53	
427	2568 CARL	STOCKDEN	M40+	100		00:46:22	00:46:03	
428	3933 JONATHAN	ELIAS	Senior Female	13		00:46:25	00:45:39	
429	3006 ALISTAIR	MURRAY	M60+	16		00:46:25	00:46:05	
430	3585 HARVEY	MILLER	Senior Male	202		00:46:27	00:46:13	
431	3608 ADRIAN	BYTHEWAY	M40+	101		00:46:28	00:46:06	
432	4124 NATHAN	WATKINS	Senior Male	203		00:46:32	00:46:09	
433	2432 ANDREW	LAWTON	Senior Male	204		00:46:33	00:46:03	
434	2663 DARREN	BEDDOWS	Senior Male	205		00:46:33	00:45:56	
435	2700 ROBERT	MALOUGH	M40+	102		00:46:33	00:46:03	
436	3505 JOHN	WHITE	M60+	17		00:46:34	00:46:12	
437	2092 ANTHONY	KEYES	M50+	45	PORTISHEAD RC	1	00:46:34	00:46:19
438	907 CALLUM	JAMES	Junior Male	18		00:46:34	00:45:20	
439	1749 STEVEN	WILLIAMS	M40+	103		00:46:35	00:46:00	
440	1855 MARIA	BEEVERS	F35+	19		00:46:36	00:46:06	
441	1144 DELASH	PATEL	Senior Male	206		00:46:37	00:45:56	
442	2707 RHYS	WILLIAMS	Senior Male	207		00:46:37	00:45:51	
443	4193 LIAM	MURPHY	Senior Male	208		00:46:37	00:46:18	
444	587 RICHARD	TREADGOLD	M60+	18		00:46:38	00:46:09	
445	2306 JOSEPH	IVINS	Senior Male	209		00:46:41	00:46:19	
446	545 IAN	CROWLE	M50+	46		00:46:41	00:46:26	
447	2985 MATTHEW	HILLARD	M40+	104		00:46:41	00:46:17	
448	2013 STEPHEN	GRAHAM	M60+	19	EAST HILL HARRIERS & AC	1	00:46:42	00:46:35
449	2560 GRAEME	ROBERTS	M40+	105		00:46:42	00:46:16	
450	82 JOSHUA	SUMNER	Junior Male	19		00:46:43	00:46:39	
451	2334 DANA	BEASLEY	F35+	20		00:46:45	00:46:28	
452	2178 ANDY	MCCALL	Senior Male	210		00:46:46	00:46:22	
453	4001 STEVE	NASH	M40+	106		00:46:47	00:45:48	
454	286 PETER	ROBERTS	M40+	107		00:46:49	00:46:39	
455	2253 JODIE	JENKINS	Senior Male	211		00:46:50	00:46:12	
456	4057 LEWIS	MAGGS	Senior Male	212		00:46:50	00:46:30	
457	2966 ROGER	THOMAS	Senior Male	213		00:46:51	00:46:25	
458	3844 EMILY	CHRISTOPHER	Junior Female	5		00:46:51	00:46:34	
459	3254 THOMAS	COLLINS	Senior Male	214		00:46:52	00:46:37	
460	1899 JOHN	SCULLION	M60+	20		00:46:52	00:46:26	
461	250 ALEX	WOTMAN	Senior Male	215	ADMIRAL	16	00:46:52	00:46:13
462	3854 ANDREW	THOMAS	Senior Male	216		00:46:54	00:46:07	
463	2106 CHRISTOPHER	BABER	Junior Male	20		00:46:55	00:46:45	
464	3856 DAVID	WILLIAMS	Senior Male	217		00:46:56	00:46:26	
465	3235 TERRY	CAVENEY	M50+	47	LES CROUPIERS	15	00:46:57	00:46:32
466	888 DAVID	ROSSER	Senior Male	218		00:47:00	00:46:44	
467	3534 FFION	WILLIAMS	Senior Female	14		00:47:00	00:46:45	
468	1893 MIKE	JAMES	M40+	108	PORT TALBOT HARRIERS	11	00:47:01	00:46:44
469	3660 SIONED	HOWELLS	Senior Female	15		00:47:02	00:46:38	
470	696 MARK	GOVIER	Senior Male	219		00:47:03	00:46:48	
471	593 STEVEN	HOLMES	M40+	109	SARN HELEN	4	00:47:04	00:44:07

472	3759 SIMON	COOMBES	M40+	110		00:47:05	00:46:38
473	248 KELLI	WINTER	Senior Female	16 ADMIRAL	17	00:47:05	00:46:23
474	2104 SOPHIE	ARMSTRONG	Junior Female	6		00:47:07	00:46:43
475	3960 TOMAS	MORGAN	Senior Male	220		00:47:07	00:46:38
476	3076 DAVE	WILLIAMS	M40+	111		00:47:08	00:46:37
477	3810 MATTHEW	BOWLER	Senior Male	221		00:47:10	00:46:48
478	202 RACHEL	RAWLINGS	Senior Female	17 ADMIRAL	18	00:47:10	00:46:09
479	2664 ANDY	BOWSHER	M40+	112		00:47:11	00:46:57
480	1330 JAMES	PROSSER	Senior Male	222		00:47:12	00:46:02
481	3902 EDWIN	HANLY	M50+	48		00:47:12	00:46:51
482	2857 JOHN	BIBBY	M50+	49		00:47:14	00:47:02
483	3654 JANE	GRIFFITHS	F35+	21		00:47:14	00:46:38
484	220 CASSIDY	SKINNER	Senior Female	18 ADMIRAL	19	00:47:15	00:46:30
485	3706 SARAH	BEAMES	Senior Female	19		00:47:15	00:47:05
486	2954 ALWYN	WILLIAMS	M40+	113		00:47:16	00:45:56
487	1914 STEPHANIE	RADFORD	F35+	22		00:47:17	00:46:20
488	1086 DALE	MORGAN	M40+	114		00:47:17	00:47:05
489	1341 ALED	SCHIAVONE	Senior Male	223		00:47:18	00:46:46
490	1531 GUY	MATHIESON	M40+	115		00:47:19	00:46:55
491	1849 DAN	SMART	Senior Male	224		00:47:20	00:46:58
492	2565 SEAN	CLAYTON	Junior Male	21		00:47:20	00:46:45
493	3105 PETER	BROWN	M40+	116		00:47:21	00:46:48
494	197 MATT	PATERSON	M40+	117 ADMIRAL	20	00:47:21	00:46:44
495	3267 GRANT	DUNCAN	M50+	50 PONTARDAWE RUNNING CLUB	3	00:47:21	00:46:53
496	2961 JON	BIRTS	Senior Male	225		00:47:22	00:44:42
497	1583 MATTHEW	HUDSON	Senior Male	226		00:47:23	00:46:37
498	2690 LEIGH	COOPER	Senior Male	227		00:47:24	00:45:57
499	1165 TRACY	HUGHES	F35+	23		00:47:27	00:47:10
500	2347 JULIE	SCHOLEY	F55+	8 LES CROUPIERS	16	00:47:28	00:47:14
501	622 BRENDA	REMEDIOS-LEWIS	F45+	10		00:47:28	00:47:02
502	517 STEVE	MCLELLAND	M60+	21 3MS GORSEINON ROAD RUNNERS	13	00:47:29	00:47:16
503	2892 RHI	GRIFFIN	F35+	24 PARC BRYN BACH RUNNING CLUB	11	00:47:29	00:47:19
504	2176 KATE	PENQUET	Senior Female	20		00:47:30	00:47:13
505	348 LUCIANO	PELUSI	M50+	51		00:47:30	00:46:40
506	3045 ADRIAN	HAWKINS	M40+	118		00:47:34	00:47:08
507	3681 JOHN	REES	M40+	119		00:47:37	00:47:26
508	939 IWAN	WILLIAMS-EVANS	M40+	120		00:47:37	00:46:32
509	3635 OLIVER	EDWARDS	Junior Male	22		00:47:37	00:46:36
510	1336 BERNARD	MURPHY	M40+	121		00:47:38	00:47:18
511	3763 DEAN	WILLIAMS	Senior Male	228		00:47:38	00:47:10
512	1566 GRAHAM	COLVIN	M50+	52 PONTARDAWE RUNNING CLUB	4	00:47:39	00:47:09
513	1942 BEN	WILLIAMS	Senior Male	229		00:47:39	00:47:06
514	4040 JENNY	MCADIE	F35+	25		00:47:40	00:47:15
515	3475 DAFYDD	WEAVER	Junior Male	23		00:47:40	00:46:46
516	1354 JAMES	ROBERTS	Senior Male	230		00:47:40	00:46:42
517	231 MATTHEW	TUMBERR	Senior Male	231 ADMIRAL	21	00:47:41	00:46:28
518	2518 ANNA	PARSONS	F45+	11 PORT TALBOT HARRIERS	12	00:47:42	00:47:22
519	2226 BYRON	NICHOLAS	M40+	122		00:47:42	00:47:03
520	2673 ALAN	JOHN	M40+	123		00:47:44	00:47:21
521	4361 CHRIS	WOOD	M40+	124 HEART RADIO	1	00:47:44	00:47:27
522	4171 ANDY	REES	M50+	53		00:47:46	00:47:10
523	1826 HEULWEN	VAUGHAN	Senior Female	21		00:47:47	00:47:34
524	3197 KOSTAS	KALABOKAS	Junior Male	24		00:47:49	00:46:45
525	2085 RACHEL	HAIGH	Senior Female	22		00:47:50	00:47:23
526	4321 IAN	MORT	M40+	125 ADMIRAL	22	00:47:50	00:47:04
527	3510 STEVEN	WILLIAMS	M40+	126 LLISWERRY RUNNERS	4	00:47:53	00:47:28
528	318 PHIL	JONES	M40+	127		00:47:53	00:47:22
529	1025 CERI	HUGHES	M40+	128		00:47:55	00:47:28
530	3829 FIONA	DAVIES	F55+	9 PONTYPRIDD ROADENTS AC	5	00:47:56	00:47:38
531	4153 ANGEL	GABEROV	Junior Male	25		00:47:57	00:47:50
532	4351 MATTHEW	SLEIGHT	Senior Male	232 COASTAL HOUSING	2	00:47:57	00:47:30
533	2627 JAMES	GWILT	Senior Male	233		00:47:58	00:46:51
534	3193 LAURA	THOMAS	Senior Female	23		00:47:59	00:47:36
535	382 GARETH	JOHN	Senior Male	234		00:47:59	00:46:16
536	3945 JENNIFER	CROUCHER	F45+	12		00:48:00	00:47:10
537	3277 CATHERINE	OLIVANT	F35+	26		00:48:01	00:47:30
538	2760 MARK	MORGAN	M40+	129		00:48:01	00:47:45
539	4377 MEILYR	PASSMORE	Senior Male	235 HOME FROM HOME	3	00:48:05	00:47:12
540	700 TIM	ROBINSON	Senior Male	236		00:48:05	00:46:42
541	195 RICHARD	PANNIERS	Senior Male	237 ADMIRAL	23	00:48:08	00:47:03
542	2528 KEVIN	RIDGWAY	Senior Male	238		00:48:08	00:47:21
543	349 LEIGH	WALLIS	Senior Male	239 CORNELLY STRIDERS AC	2	00:48:09	00:47:45
544	897 RICHARD	ELLIS	Senior Male	240		00:48:10	00:47:24
545	4245 MATTHEW	PHILLIPS	Senior Male	241		00:48:11	00:47:26
546	3296 PAUL	HOWARD	M40+	131		00:48:14	00:47:36
547	3820 OWEN	LEWIS	M40+	130		00:48:14	00:47:33
548	272 BRIAN		M50+	54		00:48:14	00:47:43
549	2523 GEMMA	LOCKWOOD	Senior Female	24		00:48:16	00:47:55
550	3580 LAYLA	GIBBINS	Junior Female	7		00:48:17	00:47:55
551	3457 KRISTIAN	EVANS	Senior Male	242		00:48:20	00:48:06
552	4004 BEN	PRICE	Senior Male	243		00:48:21	00:47:12
553	3662 JOEL	GIUFFRIDA	Senior Male	244		00:48:24	00:47:43
554	4392 ETHAN	CONDON	Junior Male	26 ST JOSEPHS SCHOOL	2	00:48:24	00:47:01
555	4391 LLOYD	HARRIS	Junior Male	27 ST JOSEPHS SCHOOL	3	00:48:24	00:47:00
556	3717 TAIWO	OKENEYE	Senior Male	245		00:48:24	00:47:51
557	2532 RHIANNON	SMITH	Junior Female	8		00:48:24	00:47:38
558	222 LUKE	STEPHENS	Senior Male	246 ADMIRAL	24	00:48:25	00:47:59
559	550 ANTON	HARVEY	Senior Male	247		00:48:25	00:47:44
560	252 MARTIN	HIGNELL	M40+	132		00:48:26	00:48:10
561	103 JESSE	ANDREWS	F35+	27 ADMIRAL	25	00:48:26	00:47:56
562	3818 PAUL	EVANS	Senior Male	248		00:48:27	00:47:21
563	3207 RICHARD	MAINWARING	Senior Male	249		00:48:28	00:48:08
564	4150 CARLTON	ROBINSON	Senior Male	250		00:48:28	00:48:01
565	2149 STEVE	EVANS	M40+	133		00:48:28	00:48:01
566	3218 BOB	WOOLVERTON	M60+	22		00:48:29	00:48:21

567	2422 TENNESSEE	RANDALL	Junior Female	9			00:48:30	00:47:18
568	2170 MATT	TOOZE	M40+	134			00:48:31	00:47:57
569	459 PAUL	ABRAHAM	Senior Male	251			00:48:32	00:48:08
570	2578 LOUISE	EVANS	F45+	13	EBBW VALE RC	4	00:48:32	00:47:51
571	1307 BETHAN	WILLIAMS	Senior Female	25			00:48:32	00:47:47
572	1790 RANDAL	JONES	M50+	55	LLISWERRY RUNNERS	5	00:48:33	00:48:09
573	167 IAN	JONES	Senior Male	252	ADMIRAL	26	00:48:33	00:48:03
574	3659 ROBERT	CAMPION	M40+	135	LLANELLI AC	7	00:48:34	00:47:42
575	3405 RYAN	DERRY	Junior Male	28			00:48:34	00:47:43
576	123 RYAN	CORK	Senior Male	253	ADMIRAL	27	00:48:34	00:46:37
577	3525 RHYDIAN	JONES	Senior Male	254			00:48:36	00:48:25
578	4399 STEPHEN	MURPHY	M50+	56			00:48:36	00:48:23
579	3283 LUCY	JANES	Senior Female	26			00:48:37	00:48:09
580	2668 ANDY	FISHER	M50+	57	BRACKLA HARRIERS	4	00:48:39	00:48:13
581	4356 STEPHEN	YANCEK	Senior Male	255	COASTAL HOUSING	3	00:48:43	00:48:16
582	1968 GWYN	PALFREY	M50+	58	PARC BRYN BACH RUNNING CLUB	12	00:48:43	00:48:01
583	1692 SIAN	DAVIES	F45+	14			00:48:43	00:47:58
584	2964 EMMA	WHEELER	F45+	15			00:48:47	00:48:27
585	2965 THOMAS	WHEELER	Junior Male	29			00:48:47	00:48:27
586	244 SARA	WILLIAMS	F35+	28	ADMIRAL	28	00:48:47	00:48:12
587	820 MICHAEL	GRANT	M60+	23	ROAD RUNNERS CLUB	1	00:48:48	00:48:35
588	2695 SUZANNE	BEVAN	F45+	16			00:48:48	00:48:05
589	534 CRAIG	EVANS	Senior Male	256			00:48:50	00:47:39
590	3451 MARK	BAMFORD	M40+	136	3MS GORSEINON ROAD RUNNERS	14	00:48:50	00:48:37
591	800 ROBERT	JENKINS	M50+	59	PORTHCAWL RUNNERS	3	00:48:50	00:48:16
592	2336 JAMES	DAVIES	M40+	137	3MS GORSEINON ROAD RUNNERS	15	00:48:50	00:48:27
593	3365 NATHAN	WILLIAMS	Senior Male	257	ABERDARE VALLEY AAC	4	00:48:51	00:48:14
594	509 ROBERT LLOYD	EVANS	M40+	138	FAIRLANDS VALLEY SPARTANS	1	00:48:51	00:47:26
595	4360 MICHAELA	SIMMONDS RENOUF	F45+	17	HEART RADIO	2	00:48:51	00:48:34
596	3320 ADAM	SHORE	Senior Male	258			00:48:52	00:48:14
597	1837 KEVIN	WESLEY	M50+	60			00:48:54	00:48:15
598	249 ANTHONY	WITCOMBE	M40+	139	ADMIRAL	29	00:48:54	00:48:40
599	486 JADE	BAZYLKIEWICZ COATE	Senior Female	27			00:48:54	00:48:00
600	2381 GAWAIN	BARNARD	M40+	140	LES CROUPIERS	17	00:48:54	00:48:24
601	1122 KIRSTY	PERRY-GOWER	F35+	29			00:48:55	00:47:47
602	3068 PAUL	WILLIAMS	Senior Male	259			00:48:55	00:47:45
603	688 HALEY	LAWTON	Senior Female	28			00:48:56	00:48:39
604	1767 DEAN	HUGHES	M40+	141			00:48:56	00:48:09
605	1489 PAUL MICHAEL	THOMAS	M40+	142			00:48:57	00:47:31
606	590 DAVID	SULLIVAN	M50+	61			00:48:58	00:48:32
607	1738 ADAM	JONES	Senior Male	260			00:48:58	00:47:32
608	2469 REZA	MIREHSAN	Senior Male	261			00:48:59	00:48:36
609	3884 ANDREW	DAVIES	M40+	143			00:48:59	00:48:09
610	2404 TOM	VENN	Junior Male	30			00:49:00	00:47:54
611	2974 JULIE	WEBSTER	F45+	18			00:49:01	00:48:49
612	2774 KENNETH	JOHN	Senior Male	262			00:49:02	00:48:01
613	4092 KYLE	GRAVES	Senior Male	263			00:49:05	00:48:36
614	1568 STEVEN	BURTON	M40+	144	3MS GORSEINON ROAD RUNNERS	16	00:49:07	00:48:39
615	3022 GETHIN	WILCOX	Senior Male	264			00:49:08	00:48:35
616	1212 SIMON	CLIFT	M50+	62			00:49:08	00:48:36
617	2830 RHYS	EDMUNDS-JONES	Junior Male	31			00:49:09	00:48:00
618	4313 RICHARD	KENDALL	Senior Male	265	ADMIRAL	30	00:49:09	00:47:47
619	1592 PHILIP	PLEASS	M50+	63			00:49:10	00:48:33
620	1788 GRAEME	SPANNER	M40+	145			00:49:10	00:48:04
621	2055 STUART	CHIDGEY	M50+	64			00:49:12	00:48:24
622	3033 ASHLEY	MORRIS	Senior Male	266			00:49:12	00:48:25
623	2976 DAVID	HARRISON	M40+	146			00:49:14	00:48:43
624	4156 THOMAS	DAVIES	Senior Male	267			00:49:14	00:48:43
625	2989 ANGELA	DAVIES	F35+	30			00:49:14	00:48:34
626	1117 GAVIN	DAVIES	Senior Male	268			00:49:15	00:48:46
627	2955 HYWEL	PROTHEROE- JONES	Junior Male	32			00:49:15	00:48:06
628	2687 ZOE	TUCKER	Senior Female	29			00:49:15	00:48:26
629	3287 HAZEL	DAVIES	F55+	10	CARDIGAN RC	1	00:49:15	00:48:44
630	3422 DENNIS	MARSH	M40+	147			00:49:16	00:48:41
631	320 ALEX	HUMPHREYS	M40+	148			00:49:17	00:48:19
632	101 STEPHEN	AGNEW	Senior Male	269	ADMIRAL	31	00:49:18	00:48:47
633	3604 BRIAN	GOUGH	M60+	24	PONTYPRIDD ROADENTS AC	6	00:49:19	00:49:11
634	3011 SIAN	PHILLIPS	F55+	11	SWANSEA HARRIERS	22	00:49:19	00:49:03
635	2946 VINCE	PRICE	M40+	149			00:49:19	
636	2522 LEE	RICHARDS	Senior Male	270	NEWPORT HARRIERS	3	00:49:19	00:47:24
637	744 DAVID	BOUCHER	M60+	25			00:49:21	00:48:42
638	118 SOPHIE	CHRISTIE	Senior Female	30	ADMIRAL	32	00:49:22	00:48:35
639	4342 ANDREW	HELLIER	M50+	65			00:49:22	00:48:30
640	3560 MARTIN	FOSTER	M60+	26	BOURNEVILLE HARRIERS	1	00:49:23	00:48:49
641	2755 RHYS	MORGAN	M40+	150			00:49:24	00:48:41
642	1828 CHRISTOPHET	SMITH	M40+	151			00:49:24	00:48:45
643	2806 PETER	CHOWDHURY	M40+	152			00:49:24	00:48:46
644	3809 DEREK	HEGARTY	M50+	66			00:49:25	00:48:44
645	218 MATTHEW	SIGGINS	Senior Male	271	ADMIRAL	33	00:49:25	00:48:25
646	3694 SAMUEL	MARSH	Senior Male	272			00:49:27	00:48:33
647	3111 PAUL	BOXER	M40+	153			00:49:28	00:48:53
648	2187 CATHERINE	ROBERTS	F35+	31			00:49:30	00:48:50
649	1200 CHARLOTTE	GREEN	F35+	32			00:49:30	00:49:02
650	3496 MIKE	FOOTMAN	M40+	154			00:49:30	00:48:47
651	1847 BETH	JONES	Junior Female	10	PARC BRYN BACH RUNNING CLUB	13	00:49:31	00:49:06
652	721 PAUL	EVANS	M40+	155			00:49:32	00:49:02
653	2168 AINSLEY	JACKSON	Senior Male	273			00:49:33	00:48:25
654	3397 JULIAN	HAWKINS	M50+	67			00:49:34	00:49:02
655	3374 SIMON	MEYRICK	Senior Male	274			00:49:35	00:49:04
656	2455 KERI	HOPKINS	Senior Male	275			00:49:36	00:49:05
657	2268 KIRK	MCNALLY	Junior Male	33			00:49:37	00:47:06
658	3503 RACHEL	BAILEY	F35+	33	CARDIGAN RC	2	00:49:37	00:49:17
659	2346 RACHEL	DAVIES	Senior Female	31			00:49:38	00:49:16
660	1279 KIERAN	MCGLYNN	Senior Male	276			00:49:39	00:48:53
661	4309 MICHAEL	JOHN	Senior Male	277	ADMIRAL	34	00:49:40	00:49:13

662	2732 JOE	KELSHAW	Senior Male	278			00:49:41	00:48:39
663	2488 AIMEE	WILLIAMS	Senior Female	32			00:49:42	00:48:53
664	1315 COLIN	ROWLEY	M60+	27 MALVERN JOGGERS	1		00:49:42	00:49:10
665	666 ALUN	WILLIAMS	M50+	68			00:49:43	00:48:53
666	4276 THOMAS	ABBOTT	Senior Male	279 ADMIRAL	35		00:49:43	00:49:00
667	3305 TIM	STEWART	M50+	69			00:49:44	00:49:38
668	1454 JOHN	REES	M50+	70			00:49:44	00:49:38
669	723 JAMIE	BOYLE	Senior Male	280			00:49:45	00:49:09
670	1491 DOMINIC	JOHNSON	M40+	156 PORT TALBOT HARRIERS	13		00:49:45	00:49:09
671	2155 DANIEL	JOHN JONES	Senior Male	281			00:49:47	00:48:32
672	414 OWEN	SHADICK	Senior Male	282			00:49:47	00:49:13
673	1601 ALEX	MORGAN	Senior Male	283			00:49:48	00:48:29
674	3533 PHILLIP	SAYCE	Senior Male	284			00:49:48	00:49:12
675	875 KARL	FORD	Senior Male	285			00:49:48	00:49:34
676	3169 MARCUS	SMITH	M40+	157 PARC BRYN BACH RUNNING CLUB	14		00:49:48	00:49:45
677	2475 TIM	HUBBARD	M40+	158			00:49:49	00:48:25
678	3526 JAMES	CALNON	Senior Male	286			00:49:50	
679	1712 RHIDIAN	MCCANN	Senior Male	287			00:49:51	00:49:30
680	225 ANDREW	TAYLOR	Senior Male	288 ADMIRAL	36		00:49:52	00:48:49
681	2897 STEWART	CLEAVER	M40+	159			00:49:52	00:49:28
682	3000 IAN	EVANS	M40+	160			00:49:52	00:49:03
683	1534 LESLEY	COLMAN	F45+	19 CHIPPENHAM HARRIERS	1		00:49:52	00:49:20
684	3601 STEPHEN	QUARMBY	M50+	71 SWANSEA HARRIERS	23		00:49:53	00:48:49
685	1949 CARYS	EDWARDS	Senior Female	33			00:49:54	00:49:28
686	3859 VARDY	VICTORIA	Senior Female	34			00:49:54	00:49:08
687	3931 MORGAN	BROWN	Senior Male	289			00:49:54	00:48:50
688	1952 ELERI	LOUGHER	Senior Female	35 BOURNEVILLE HARRIERS	2		00:49:58	00:49:26
689	2291 TIM	SOAR	M50+	72			00:49:58	00:49:04
690	619 JACK	REES	Junior Male	34			00:49:59	00:49:38
691	3971 CHRIS	MORGAN	Senior Male	290			00:50:00	00:49:05
692	1494 DANIEL	MARLEY	M40+	161			00:50:01	00:49:24
693	3761 WILLIAM	EDWARDS	Senior Male	291			00:50:01	00:49:06
694	3521 DEMELZA	SMITH	F35+	34			00:50:02	00:49:43
695	3185 ROSS	WILLIAMS	Senior Male	292			00:50:06	00:49:35
696	4376 MARK	DENHAM	M50+	73 HOME FROM HOME	4		00:50:06	00:49:12
697	2550 ANDREW	BROWN	M40+	162			00:50:06	00:49:10
698	4080 LINDA	EASTMOND	F45+	20			00:50:06	00:49:42
699	2136 MARK	DAVIES	M50+	74			00:50:06	00:48:31
700	830 SARAH	FISH	F45+	21			00:50:07	00:49:36
701	1972 LORNA	JOHNSON	F45+	22			00:50:08	00:49:11
702	3715 GERAINT	HARCOMBE	Senior Male	293			00:50:08	00:49:32
703	4308 ALEEM	JAVED	Senior Male	294 ADMIRAL	37		00:50:08	00:49:21
704	1474 BEN	JONES	Senior Male	295			00:50:09	00:48:57
705	4141 DENIS	BAKER	Senior Male	296			00:50:09	00:49:42
706	4140 JAYNE	LEARY	F45+	23			00:50:09	00:49:17
707	3040 JOANNE	JONES	Senior Female	36			00:50:10	00:49:42
708	4035 DANIEL	GINN	Senior Male	297			00:50:11	00:49:08
709	3084 MEGAN	CLEMENTS	Senior Female	37 SWANSEA HARRIERS	24		00:50:12	00:49:52
710	3123 GARY	STEPHENS	Senior Male	298			00:50:13	00:49:27
711	529 STEPHEN	MANSELL	Senior Male	299			00:50:13	00:48:53
712	111 ANDREW	BOUCHERON	Senior Male	300 ADMIRAL	38		00:50:14	00:49:26
713	1852 CHRISTOPHER	WILLIAMS	M40+	163			00:50:14	00:48:56
714	33 Cam	Lewis	Junior Male	35			00:50:17	00:48:50
715	2688 JOHN	MARTIN	M40+	164			00:50:17	00:47:25
716	2539 CONNOR	ESMONDE	Junior Male	36			00:50:17	00:49:12
717	4271 PHIL	EDWARDS	Senior Male	301			00:50:17	00:48:53
718	3707 JERI-LYNNE	GRABHAM	Junior Female	11 NEATH HARRIERS	3		00:50:18	00:49:53
719	3574 ANDREW	MILLIN	Senior Male	302			00:50:18	00:49:29
720	2090 KATE	TOWNEND	F35+	35			00:50:18	00:48:27
721	4269 JOHN	PIPER	Senior Male	303			00:50:19	00:49:05
722	777 ANDREW	WALSH	Senior Male	304			00:50:19	00:49:53
723	2622 DANIEL	BINKS	Senior Male	305 WHITE ROCK RUNNERS	1		00:50:20	00:49:12
724	2270 JOHN	GRIFFITHS	Senior Male	306			00:50:21	00:49:34
725	1894 LAWRENCE	MEAKINS	M40+	165			00:50:22	00:49:56
726	3929 OWEN	PEARSE	Senior Male	307			00:50:23	00:49:36
727	1640 GARETH	DAVIES	M40+	166 BRIDGEND AC	5		00:50:23	00:50:15
728	138 CLARE	EGAN	F35+	36 ADMIRAL	39		00:50:24	00:49:57
729	160 DAVID	JASPER	Senior Male	308 ADMIRAL	40		00:50:25	00:49:01
730	4110 MARKIE	URSO	Senior Female	38			00:50:25	00:49:53
731	4162 RHYS	MUMFORD	Senior Male	309			00:50:26	00:49:22
732	198 TOM	PENDLEBURY	Senior Male	310 ADMIRAL	41		00:50:26	00:49:34
733	2995 RICHARD	SHEPHERD	Senior Male	311			00:50:26	00:49:31
734	3498 RICHARD	MANNING	M40+	167			00:50:27	00:48:39
735	3034 COLIN	MORRIS	M50+	75			00:50:28	00:49:40
736	1422 REBECCA	WITHERSPOON	Senior Female	39			00:50:28	00:49:06
737	2330 MICHAEL	BEWS	M40+	168			00:50:28	00:49:08
738	2279 CHRIS	BARNACAL	Senior Male	312			00:50:28	00:49:29
739	2231 MARY-JAYNE	GRANVILLE	Senior Female	40 PENCOED PANTHERS	1		00:50:30	00:49:21
740	552 NEIL	THOMAS	M60+	28			00:50:30	00:49:49
741	448 ALICE MAY	THOMAS	Senior Female	41			00:50:31	00:49:44
742	1801 KIMBERLEY	PRICE	F35+	37 PARC BRYN BACH RUNNING CLUB	15		00:50:31	00:49:22
743	496 ARWYN	THOMAS	M40+	169 AMMAN VALLEY HARRIERS	5		00:50:32	00:49:18
744	3855 ANDREW	EDDY	Senior Male	313			00:50:32	00:50:02
745	2537 KYLE	ESMONDE	Senior Male	314			00:50:33	00:49:28
746	3638 JORDAN	CURRAN	Senior Male	315			00:50:34	00:49:54
747	1280 DANE	PHELPS	Senior Male	316			00:50:34	00:49:49
748	1956 MARK	GABB	M40+	170 RUN4ALL RUNNING CLUB	8		00:50:35	00:49:31
749	207 DAVID	RENDELL	Senior Male	317 ADMIRAL	42		00:50:35	00:49:15
750	1832 PAUL	JENKINS	M40+	171			00:50:35	00:49:30
751	4009 AIDAN	DAVIES	Senior Male	318 ISLWYN RC	5		00:50:36	00:50:20
752	2992 JANE	HARWOOD	Senior Female	42 PORT TALBOT HARRIERS	14		00:50:37	00:49:41
753	2370 SARAH	GIBBY	Senior Female	43			00:50:38	00:49:25
754	561 ALAN	ROCKLIFFE	M50+	76			00:50:38	00:50:06
755	3611 ROBIN	GIBSON	M50+	77			00:50:38	00:49:16
756	2766 JOSH	DAVIES	Senior Male	319			00:50:39	00:49:30

757	674 IAIN	MORLEY	Senior Male	320		00:50:40	00:49:52	
758	2701 VICKI	HOLLEY-ROWE	Senior Female	44		00:50:41	00:49:48	
759	2436 ADRIAN	EVANS	M40+	172		00:50:42	00:49:35	
760	988 JANE	HUDDLESTON	F45+	24	SWANSEA HARRIERS	25	00:50:42	00:49:27
761	1377 NICHOLAS	DAVIES	M40+	173		00:50:42	00:50:01	
762	50 RICHARD	WEBSTER	M60+	29	3MS GORSEINON ROAD RUNNERS	17	00:50:42	00:49:53
763	1675 KATY	GIRDLER	F45+	25		00:50:43	00:50:06	
764	258 MARK	DAVIES	M40+	174		00:50:43	00:50:11	
765	150 SCOTT	HAMILTON-SHAW	Senior Male	321	ADMIRAL	43	00:50:43	00:50:13
766	3248 LEE	TAYLOR	Senior Male	322		00:50:44	00:49:37	
767	3636 HUW	WILLIAMS	Senior Male	323	RHONDDA VALLEY RUNNERS	6	00:50:45	00:49:38
768	204 OLIVER	REDFERN	Senior Male	324	ADMIRAL	44	00:50:46	00:49:29
769	1820 PAUL	PRITCHARD	M50+	78		00:50:48	00:50:31	
770	703 CRAIG	WILLIAMS	M40+	175		00:50:48	00:49:50	
771	3623 RORY	EVANS	Senior Male	325		00:50:49	00:49:47	
772	2225 CERI	ROBERTS	M40+	176		00:50:50	00:49:45	
773	3545 BRENDAN	MORGAN	Senior Male	326		00:50:51	00:49:25	
774	283 ELIN	PRICE	F35+	38		00:50:51	00:49:48	
775	3913 BRIAN	JENKINS	M40+	177		00:50:52	00:49:57	
776	2630 DAVID	REES	M60+	30		00:50:52	00:49:59	
777	1510 TANYA	GUEST	F35+	39	PORT TALBOT HARRIERS	15	00:50:53	00:50:16
778	273 STUART	POWELL	M40+	178		00:50:54	00:50:00	
779	4123 ROB	JOHN	Senior Male	327		00:50:54	00:49:44	
780	814 DAVID	PHILLIPS	Senior Male	328		00:50:55	00:49:49	
781	3964 STEVE	WILLIAMS	M40+	179		00:50:55	00:49:43	
782	2691 CAROLINE	HARRIS	F45+	26		00:50:55	00:50:36	
783	2722 DAVID	REDFERN	Senior Male	329		00:50:56	00:49:19	
784	2893 RACHEL	PRANGLEY	F35+	40	ISLWYN RC	6	00:50:56	00:50:05
785	3598 RHIANWEN	DANIEL	Senior Female	45		00:50:56	00:50:17	
786	1900 NEIL	BENTLEY	M40+	180		00:50:57	00:49:11	
787	278 JON	MORGAN	M50+	79		00:50:57	00:50:28	
788	2204 ADRIAN	HEARNE	M40+	181		00:50:58	00:50:17	
789	3342 JOSH	HUDD	Junior Male	37	CHEPSTOW HARRIERS	2	00:50:59	00:50:13
790	2163 KATH	MEREDITH	F35+	41		00:50:59	00:49:47	
791	4320 DANIEL	MCDUGALL	Senior Male	330	ADMIRAL	45	00:50:59	00:49:42
792	2509 KEITH	HAWKINS	M40+	182		00:51:00	00:50:01	
793	341 DAVID	LLOYD-HAWKSHAW	M40+	183		00:51:02	00:49:44	
794	3771 MARC	LOGAN	Senior Male	331		00:51:03	00:50:15	
795	313 PAUL	HANCOX	M50+	80		00:51:03	00:50:08	
796	1439 EDWARD	SWEBY	Senior Male	332		00:51:05	00:50:02	
797	1328 SAM	GILLETT	Senior Male	333		00:51:06	00:49:55	
798	306 ANDREW	CORNFORD	M50+	81		00:51:08	00:50:04	
799	3720 CHRISTOPHER	DAVIE	M40+	184		00:51:09	00:50:35	
800	3674 JACQUELINE	GREEN	F55+	12	FOREST OF DEAN AC	8	00:51:09	00:50:27
801	4330 ANDREW	SNOW	Senior Male	334	ADMIRAL	46	00:51:10	00:50:12
802	547 DAVID	MEREDITH	M40+	185		00:51:10	00:50:26	
803	1752 ANNE	CHINNICK	Senior Female	46		00:51:11	00:50:05	
804	2637 DYLAN	JONES	M40+	186		00:51:12	00:50:53	
805	3172 JUSTIN	JONES	M40+	187	PONTYPRIDD ROADENTS AC	7	00:51:12	00:50:04
806	2069 RICHARD	HEXT	Senior Male	335		00:51:14	00:50:24	
807	1635 KIM	MCSHANE	F35+	42		00:51:15	00:50:15	
808	54 Nick	Warchal	Senior Male	336		00:51:16	00:49:55	
809	2706 KEALAN	CONNOLLY	Senior Male	337		00:51:16	00:50:30	
810	2148 LOUISE	UDIWAR	F35+	43	PONTARDAWE RUNNING CLUB	5	00:51:17	00:49:54
811	1456 RICHARD	ADAMS	Senior Male	338		00:51:17	00:50:25	
812	2887 ASHLEIGH	JOHNSON	Junior Female	12		00:51:17	00:50:32	
813	4157 JONATHAN	MICHAEL	Senior Male	339		00:51:18	00:49:23	
814	232 JAMES	VECK	Senior Male	340	ADMIRAL	47	00:51:19	00:50:01
815	1700 CRAIG	DAVIES	Senior Male	341		00:51:19	00:50:18	
816	3555 CAROLINE	POLLOCK	F35+	44		00:51:19	00:50:15	
817	3564 CRAIG	GARDINER	M50+	82		00:51:19	00:51:11	
818	3642 COLLETTE	JOHNSON	Senior Female	47	CAERPHILLY RUNNERS	2	00:51:19	00:51:01
819	920 LEIGHTON	WEBB	Senior Male	342	LLANELLI AC	8	00:51:23	00:50:56
820	2403 HYWEL	MAIDMENT	Junior Male	38		00:51:24	00:50:12	
821	3539 EDWARD	DAVIES	F45+	27	3MS GORSEINON ROAD RUNNERS	18	00:51:24	00:51:01
822	2376 IAN	WILLIAMS	Senior Male	343		00:51:25	00:50:36	
823	2128 RACHAEL	HUGHES	F35+	45		00:51:25	00:50:05	
824	1018 MATTHEW	FRANCIS	M40+	188	SWANSEA HARRIERS	26	00:51:26	00:50:40
825	1326 CYRIL	WILLIAMS	M60+	31	PARC BRYN BACH RUNNING CLUB	16	00:51:26	00:50:46
826	3494 GARETH	EVANS	Senior Male	344	PORT TALBOT HARRIERS	16	00:51:28	00:50:55
827	1269 NICHOLAS	MCGINN	M40+	189		00:51:28	00:50:39	
828	503 PAULA	WILFORT	F45+	28	CORNELLY STRIDERS AC	3	00:51:29	00:50:06
829	1577 STEWART	COLLINS	M40+	190		00:51:29	00:50:36	
830	1619 CALLUM	DREW	Junior Male	39		00:51:29	00:48:19	
831	2219 TOMAS	HUGHES-WHELAN	Junior Male	40		00:51:30	00:51:15	
832	265 CAYMAN	WYKE-LITTLE	Junior Male	41		00:51:32	00:50:36	
833	3486 MALCOLM	HILL	M50+	83	CORNELLY STRIDERS AC	4	00:51:33	00:50:33
834	732 SARAH	BARHAM	F45+	29	3MS GORSEINON ROAD RUNNERS	19	00:51:33	00:50:32
835	2634 ROSS	GRIBBLE	Senior Male	345	3MS GORSEINON ROAD RUNNERS	20	00:51:33	00:51:01
836	2635 CHARLIE	JAMES	Senior Female	48	3MS GORSEINON ROAD RUNNERS	21	00:51:34	00:51:02
837	3990 KAI	GREEN	Junior Male	42		00:51:36	00:49:52	
838	2867 JOHN	BURA	M60+	32		00:51:37	00:50:33	
839	3822 STEWART	MONTGOMERY	Senior Male	346		00:51:37	00:50:53	
840	2559 SHAUN	COTTER	M50+	84		00:51:38	00:50:42	
841	1941 CHRIS	ROGERS	Senior Male	347		00:51:41	00:51:05	
842	2638 MIKE	MOORE	M40+	191		00:51:42	00:50:21	
843	4152 ANNA	ZASHEVA	Senior Female	49		00:51:42	00:51:35	
844	1023 MARK	ELLIS	M40+	192		00:51:42	00:51:14	
845	2066 KEVIN	DAVIES	M50+	85		00:51:43	00:51:17	
846	2810 ROXANNE	TURNER	Senior Female	50		00:51:44	00:51:20	
847	3946 LINZI	PALMER	F35+	46		00:51:44	00:50:53	
848	3664 MARTIN	EVANS	M50+	86		00:51:44	00:51:19	
849	1040 JONATHAN MILES	HEADINGTON	Senior Male	348		00:51:45	00:51:23	
850	2654 DEREK	RAINBIRD	M60+	33	PARC BRYN BACH RUNNING CLUB	17	00:51:45	00:50:49
851	219 LAIN	SIMMONS	M40+	193	ADMIRAL	48	00:51:48	00:50:24

852	1953 ANDREW	BURROWS	M40+	194		00:51:49	00:50:55	
853	2235 LYNNE	PARK	F55+	13	FOREST OF DEAN AC	9	00:51:49	00:51:10
854	1363 JULIA	ADAIR	F35+	47			00:51:53	00:50:30
855	2421 LIAM	JENKINS	Senior Male	349			00:51:53	00:50:41
856	2395 CRAIG	WARD	Senior Male	350			00:51:54	00:50:45
857	2921 ROB	JENKINS	M40+	195			00:51:54	00:49:35
858	1867 ANDREW	THOMAS	M40+	196			00:51:54	00:51:28
859	3459 JOY	LANGAN	F55+	14			00:51:56	00:51:14
860	3117 MARK	CALLINGHAM	Senior Male	351			00:51:57	00:50:40
861	1766 OWEN	WESTON	Senior Male	352			00:51:57	00:50:40
862	2227 VICKI	DYER	Senior Female	51			00:51:58	00:50:48
863	1679 CHRISTOPHER	DYER	M60+	34			00:51:59	00:51:31
864	2899 MARK	HALL	M50+	87			00:51:59	00:51:36
865	3966 PHIL	THOMAS	M50+	88			00:51:59	00:50:42
866	3307 HELEN	HUGHESDON	F55+	15			00:52:00	00:51:40
867	2510 THIERRY	MAFFEIS	M40+	197			00:52:00	00:51:32
868	549 KAREN	GRUNHUT	F45+	30			00:52:01	00:51:16
869	3106 JOSHUA	KYTE	Senior Male	353			00:52:01	00:51:17
870	2355 GARETH	DAVIES	Senior Male	354			00:52:02	00:50:03
871	2859 PHIL	KETTLEY	M40+	198			00:52:05	00:51:01
872	2794 ALAN	JORDON	M50+	89			00:52:08	
873	3568 MALCOLM	HARRHY	M50+	90			00:52:09	00:51:46
874	4149 DARREN	EVANS	M40+	199			00:52:09	00:51:49
875	3060 MARTIN	ESMONDE	M50+	91			00:52:10	00:51:05
876	3547 SIOBHAN	WILD	Senior Female	52			00:52:10	00:51:29
877	822 ANDREW	DOYLE	Senior Male	355			00:52:11	00:51:20
878	2206 NIGEL	JAMES	M40+	200			00:52:12	00:50:34
879	770 DYLAN	RUDLING	Junior Male	43			00:52:13	00:51:03
880	577 IWAN SION	ALLSUP	Senior Male	356			00:52:13	00:51:15
881	2680 BERWYN	LEWIS	M40+	201			00:52:13	00:51:31
882	3655 HOWARD	ROBERTS	M50+	92			00:52:15	00:51:22
883	3497 MICHAEL	SMITH	M40+	202			00:52:16	00:50:58
884	1945 KAREN	LEWIS	F45+	31	CAERPHILLY RUNNERS	3	00:52:20	00:51:43
885	1385 MARK	DAVIES	M40+	203			00:52:22	00:51:06
886	1905 JON	MORRIS	Senior Male	357			00:52:23	00:51:41
887	4122 RHYS	COOPER	Senior Male	358			00:52:23	00:51:44
888	2958 TIM	CROSS	Senior Male	359			00:52:24	00:51:25
889	1465 EMILY	LAWTON	Senior Female	53			00:52:24	00:52:09
890	2247 GARETH	THOMAS	Senior Male	360			00:52:24	00:51:49
891	1620 HARRY	DREW	Junior Male	44			00:52:24	00:49:17
892	174 MATTHEW	LANE	Senior Male	361	ADMIRAL	49	00:52:25	00:50:47
893	3934 OWEN	DAVIES	M40+	204	SWANSEA HARRIERS	28	00:52:25	00:52:13
894	3935 DIANE	BROWNHILL	F45+	32	SWANSEA HARRIERS	27	00:52:25	00:52:13
895	3520 EMMA	PAYNE	F35+	48			00:52:25	00:52:00
896	2625 GERAINT	GRIFFITHS	Senior Male	362			00:52:27	00:50:39
897	3303 LEE	CHANNER	Senior Male	363			00:52:27	00:50:41
898	2693 GARETH	JOHN	M40+	205			00:52:28	00:51:26
899	2694 GEORGIA	BEVAN	Senior Female	54			00:52:28	00:51:32
900	1035 KIRSTEN	COTTAM	Senior Female	55			00:52:28	00:50:52
901	158 LEWIS	HUZZEY	Senior Male	364	ADMIRAL	50	00:52:30	00:51:45
902	1378 WAYNE	CANIFF	M60+	35			00:52:33	00:51:25
903	2413 DAVID	REES	Senior Male	365			00:52:34	00:51:23
904	4260 JUHEL	MAH	Senior Male	366			00:52:35	00:52:00
905	3130 ALISON	HOLTON	F45+	33	PARC BRYN BACH RUNNING CLUB	18	00:52:35	00:51:44
906	4216 RHIAN	HUGHES	F35+	49			00:52:35	00:52:01
907	2154 CAMERON	HOPKINS	Senior Male	367			00:52:36	00:51:24
908	2477 CHARMAINE	BRUNT	F35+	50			00:52:37	00:51:40
909	2618 SAM	BROWN	Senior Male	368			00:52:38	00:48:11
910	2087 ANDREW	LLOYD	Senior Male	369	AMMAN VALLEY HARRIERS	6	00:52:39	00:51:03
911	3127 KARA	LYNCH	Senior Female	56			00:52:39	00:51:39
912	2938 ALICE	GODDING	Senior Female	57			00:52:39	00:51:21
913	2414 TOM	ROBLIN	Senior Male	370			00:52:39	00:51:20
914	3126 ESPEN	BOWEN	Senior Male	371			00:52:39	00:51:39
915	290 ALAN	SMITH	M50+	93			00:52:40	00:50:58
916	1754 RHODRI	BELL	Senior Male	372			00:52:40	00:52:07
917	4130 ISTVAN	CSOBAN	Senior Male	373			00:52:41	00:51:31
918	1359 STEVEN	EVANS	M40+	206			00:52:41	00:51:48
919	2957 SARAH	CROSS	F35+	51			00:52:43	00:51:44
920	242 MELISSA	WILLIAMS	Senior Female	58	ADMIRAL	51	00:52:44	00:51:40
921	2939 EMLYN	EVANS	M50+	94			00:52:45	00:51:11
922	3358 CATHERINE	SINGLETON	F35+	52			00:52:46	00:51:35
923	1774 DAVID	COTTRELL	Senior Male	374			00:52:48	00:51:24
924	3989 DANIEL	FOLIGNO	Senior Male	375			00:52:48	00:51:04
925	3075 EMYR	JONES	M40+	207			00:52:48	00:51:09
926	3939 OONA	CRAWFORD	F55+	16	TROTS	4	00:52:49	00:51:38
927	601 MICHAEL	FARROW	M60+	36			00:52:49	00:51:23
928	961 GARETH	MORGAN	M40+	208			00:52:49	00:51:44
929	1735 LIAM	LINEHAN	M40+	209			00:52:50	00:51:12
930	1237 HANNAH	REES	F35+	53			00:52:50	00:51:59
931	944 SIAN	ADEY	F35+	54	ISLWYN RC	7	00:52:50	00:51:07
932	1685 BETH	LEWIS	Senior Female	59			00:52:51	00:51:47
933	1135 CHRIS	WAYGOOD	Senior Male	376			00:52:51	00:51:43
934	1684 RHODRI	DAVIES	M40+	210			00:52:51	00:51:48
935	4337 GRAHAM	WILLIAMS	Senior Male	377	ADMIRAL	52	00:52:51	00:51:46
936	2017 GEORGIA	THOMAS	Senior Female	60			00:52:52	00:51:48
937	3348 ALUN	EVANS	Senior Male	378			00:52:52	00:51:45
938	4390 ELLIS	SOUTHALL	Junior Male	45	ST JOSEPHS SCHOOL	4	00:52:52	00:51:29
939	2609 DARREN	ROGERS	M40+	211			00:52:52	00:51:17
940	3558 RHIANNON	SIMMS	Senior Female	61			00:52:53	00:52:05
941	802 ALUN	WYLDE	M40+	212	OGMORE PHOENIX RUNNERS	6	00:52:53	00:51:41
942	338 ERNEST	CLIFT	M60+	37			00:52:53	00:51:58
943	1627 PIPPA	WILSON	F35+	55			00:52:53	00:52:09
944	501 BEN	MORGAN	Junior Male	46			00:52:54	00:50:35
945	1230 ABI	PITTARD	Senior Female	62			00:52:56	00:51:39
946	3474 PAUL	STEPHENS	M40+	213			00:52:57	00:51:47

947	859 RICHARD	REEVES	Senior Male	379		00:52:57	00:51:29	
948	3590 KATE	BROWN	F35+	56		00:52:58	00:51:06	
949	3549 GILES	WAKEFORD	Senior Male	380		00:52:59	00:51:13	
950	1174 DAVID	RODERICK	Senior Male	381		00:52:59	00:51:06	
951	3633 ALEX	JAMES	Senior Male	382		00:53:00	00:52:19	
952	3018 KATIE	EBDEN	Senior Female	63		00:53:00	00:51:20	
953	2736 RICHARD	HAZELL	Senior Male	383	CAERPHILLY RUNNERS	4	00:53:01	00:52:26
954	454 RHYS	LEWIS	Senior Male	384			00:53:01	00:52:40
955	3220 NATALIE LOUISE	JONES	Senior Female	64	LLANELLI STROLLERS	1	00:53:03	00:51:42
956	3164 JOANNA	REID	F35+	57			00:53:03	00:51:54
957	1166 SHAUN	THOMAS	Senior Male	385			00:53:04	00:51:09
958	4349 RHYS	EVANS	Senior Male	386	COASTAL HOUSING	4	00:53:04	00:52:06
959	3388 JAMES	LITTLE	Senior Male	387			00:53:05	00:52:03
960	2027 MR BRIAN ARTHUR	GRIFFITHS	M60+	38	ELLESMERE PORT RC	1	00:53:06	00:52:37
961	3790 PAUL	GOATLEY	M40+	214			00:53:07	00:52:09
962	1574 CHRISTOPHER	JONES	Senior Male	388			00:53:07	00:51:46
963	3499 LEANNE	MORRIS	F45+	34	PORT TALBOT HARRIERS	17	00:53:08	00:52:15
964	3736 LAURA	WILLIAMS	Junior Female	13			00:53:08	00:51:59
965	3591 ELLIE	MCDYER	Junior Female	14			00:53:09	00:51:16
966	1781 STEVE	JONES	M50+	95			00:53:09	00:52:01
967	1796 ADAM	COLLINS	Senior Male	389			00:53:10	00:52:18
968	1383 ROBIN	THOMAS	M40+	215			00:53:11	00:51:49
969	2223 PAUL	GLOVER	Senior Male	390			00:53:11	00:51:56
970	2434 JANE	MORRIS	F35+	58			00:53:11	00:52:13
971	3361 DAMIAN	TYRRELL	Senior Male	391			00:53:12	00:51:19
972	4167 FIONA	COLWILL	F45+	35			00:53:12	00:52:18
973	4286 BYRON	DAVIES	M40+	216	ADMIRAL	53	00:53:13	00:52:10
974	3729 SIMON	HURFORD	Senior Male	392	3MS GORSEINON ROAD RUNNERS	22	00:53:14	
975	1699 MARGRETT	MONK	F55+	17	PARC BRYN BACH RUNNING CLUB	19	00:53:15	00:52:35
976	477 EMMA	FORTUNE	F35+	59			00:53:16	00:51:53
977	2002 CLAIRE	DUNBAR-BOWEN	F35+	60	CWM OGWR RUNNING CLUB	1	00:53:17	00:52:26
978	3440 DAVID	WAY	M40+	217			00:53:18	00:52:44
979	505 HELEN	CARROLL	F35+	61			00:53:18	00:51:47
980	1504 NICHOLAS	FOX	Senior Male	393			00:53:20	00:52:09
981	3030 DAI	CARPENTER	Senior Male	394			00:53:20	00:52:15
982	1125 JACK	PRICE	Senior Male	395			00:53:20	00:52:07
983	482 CHRISTOPHER	WILLIAMS	M40+	218	PORT TALBOT HARRIERS	18	00:53:22	00:52:54
984	1643 BETHAN	HUGHES	F35+	62			00:53:22	00:52:44
985	3880 ALLEN	BEVAN	M60+	39			00:53:22	00:52:18
986	246 ASHLEY	WILLIS	Senior Male	396	ADMIRAL	54	00:53:23	00:51:23
987	390 MICHAEL	TABBERER	M40+	219			00:53:23	00:52:34
988	1916 DAVID	EDWARDS	M40+	220			00:53:24	00:51:56
989	1955 MACIEJ	FORTUNIAK	Senior Male	397			00:53:24	00:52:18
990	3541 EDWARD	HARRIS	M40+	221			00:53:24	00:52:47
991	125 CHLOE	CROSS	Senior Female	65	ADMIRAL	55	00:53:24	00:52:59
992	4292 HALEY	FORD	Senior Female	66	ADMIRAL	56	00:53:24	00:52:53
993	2035 JENNIE	LANG	Senior Female	67			00:53:26	00:52:27
994	2303 STEPHEN	NEW	M50+	96	CAERPHILLY RUNNERS	5	00:53:27	00:51:50
995	3321 RALPH	DAVEY	M60+	40	LES CROUPIERS	18	00:53:27	00:52:17
996	1674 TINA	GABB	F35+	63			00:53:28	00:52:22
997	1517 ALYS	COOTES	Senior Female	68			00:53:28	00:52:29
998	3615 DAVID	DOHERTY	M60+	41	3MS GORSEINON ROAD RUNNERS	23	00:53:29	00:52:40
999	1190 HELEN	EVANS	Senior Female	69			00:53:30	00:52:33
1000	3691 FRANCES	HOWARD	F35+	64			00:53:31	00:52:35
1001	2524 CLAIRE	WILLIAMS	F55+	18	PONTARDAWE RUNNING CLUB	6	00:53:31	00:52:08
1002	3686 CLAIRE	WALTERS	F35+	65			00:53:31	00:52:19
1003	3103 HEFIN	LLOYD	M40+	222			00:53:35	00:52:08
1004	3158 CORDELIA	LOUGHLIN	F35+	66			00:53:36	00:52:38
1005	3897 HOLLY	BILLINGTON	Senior Female	70			00:53:37	00:52:38
1006	478 EUGENE	PROUT	Junior Male	47			00:53:38	00:51:59
1007	3465 SIAN	STEPHENS	F35+	67			00:53:38	00:52:15
1008	4113 OWAIN	WILLIAMS	Senior Male	398	RUN4ALL RUNNING CLUB	9	00:53:38	00:52:16
1009	3479 STEVEN	WILLIAMS	M40+	223			00:53:39	00:52:04
1010	180 GARY	MASTERSON	Senior Male	399	ADMIRAL	57	00:53:39	00:51:56
1011	3178 MARIE	DAVIES	Senior Female	71			00:53:41	00:53:06
1012	573 ANDREW	MORRIS	M50+	97			00:53:42	00:52:48
1013	1948 MATTHEW	BENNETT	M40+	224			00:53:43	00:51:28
1014	146 KIM	GREY	Senior Female	72	ADMIRAL	58	00:53:44	00:52:46
1015	2756 JO	BETTY	F35+	68	OGMORE PHOENIX RUNNERS	7	00:53:44	00:52:33
1016	2025 CATHRYN	JENKINS	F35+	69	RUN4ALL RUNNING CLUB	10	00:53:45	00:53:09
1017	3419 TENNIEL	O'BRIEN	Senior Male	400			00:53:46	00:51:59
1018	3537 GARETH	CALDECOTT	Senior Male	401			00:53:46	00:52:19
1019	2352 GILLIAN	MURPHY	F55+	19	LES CROUPIERS	19	00:53:46	00:53:20
1020	2353 MICHAEL	MURPHY	M60+	42	LES CROUPIERS	20	00:53:47	00:53:21
1021	3524 JENNY	TANNER	Senior Female	73			00:53:47	00:52:29
1022	1975 HEIDI	BROWN	F35+	70			00:53:48	00:51:55
1023	3951 ALEX	WILLIAMS	Junior Male	48			00:53:52	00:52:18
1024	2379 MARK	EMMS	M40+	225			00:53:52	00:52:30
1025	3991 ADRIAN	MILLER	Senior Male	402			00:53:52	00:52:48
1026	840 PAUL	EDWARDS	M40+	226			00:53:55	00:52:16
1027	2077 PAUL	DUGGAN	Senior Male	403			00:53:55	00:53:33
1028	846 IAN	PARFITT	M40+	227			00:53:55	00:52:56
1029	3599 ALICE	SULLIVAN	F35+	71	3MS GORSEINON ROAD RUNNERS	24	00:53:56	00:52:23
1030	4294 SANDEEP	GILL	M40+	228	ADMIRAL	59	00:53:57	00:52:34
1031	2507 ABBY	COUSINS	Senior Female	74	YSTRAD MYNACH RUNNING CLUB	2	00:53:57	00:52:47
1032	3553 ALLISON	LLOYD-JONES	F45+	36			00:53:57	00:53:00
1033	4247 NATHAN	KING	Senior Male	404			00:53:57	00:52:56
1034	162 EMMA	JENKINS	Senior Female	75	ADMIRAL	60	00:53:58	00:53:12
1035	4014 MAT	SALMON	Senior Male	405			00:53:58	00:53:13
1036	2817 GILL	EDWARDS	F45+	37	CARMARTHEN AND DISTRICT HARRIERS	3	00:54:00	00:52:35
1037	726 GAVIN	MATTHEWS	Senior Male	406			00:54:00	00:52:15
1038	451 JASON	TAYLOR	M40+	229			00:54:00	00:52:44
1039	4013 MATTHEW	BANKS	Senior Male	407			00:54:00	00:53:14
1040	3231 RHIAN	GATES	F45+	38			00:54:00	00:53:02
1041	896 PIPPA	CLARK	F35+	72	CWM OGWR RUNNING CLUB	2	00:54:00	00:53:09

1042	3597 SHAUN	MORGANS	Junior Male	49			00:54:01	00:53:55
1043	1850 MIKE	WOOLEY	M40+	230	DARTH COASTAL RUNNERS	1	00:54:02	00:52:56
1044	3273 WILLIAM	THOMAS	M40+	231	RUN4ALL RUNNING CLUB	11	00:54:02	00:52:26
1045	4265 ABIGAIL	SHEMILT	Junior Female	15			00:54:03	00:53:11
1046	1324 CHRISTOPHER	FRENCH	Senior Male	408			00:54:03	00:52:46
1047	3957 CHRISTIE	COLEMAN	M50+	98	OGMORE PHOENIX RUNNERS	8	00:54:03	00:53:29
1048	861 BETHAN	THOMAS	F35+	73			00:54:04	00:53:07
1049	449 SARAH	RENESTO	F35+	74			00:54:05	00:52:47
1050	2516 PETER	DAVIES	M50+	99	RUN4ALL RUNNING CLUB	12	00:54:05	00:52:30
1051	1411 RHIAN	JOHN	Senior Female	76			00:54:05	00:52:43
1052	193 RORY	O'BRIEN	Senior Male	409	ADMIRAL	61	00:54:05	00:52:05
1053	3903 PAUL	SMITH	Senior Male	410			00:54:06	00:52:24
1054	1677 JOSHUA	MUNDY	Senior Male	411			00:54:06	00:52:05
1055	3446 LIZ	REES	F35+	75			00:54:06	00:53:00
1056	1376 DEREK	BALSDON	M60+	43			00:54:06	00:53:23
1057	3136 KIRSTY	KERSWELL	Senior Female	77			00:54:07	00:52:52
1058	3824 ALUN	JONES	M50+	100	RUN4ALL RUNNING CLUB	13	00:54:07	00:52:29
1059	2447 YVONNE	WILLIAMS	F55+	20	PENARTH & DINAS RUNNERS	3	00:54:07	00:53:12
1060	3295 GEMMA	SAVAGE	Senior Female	78			00:54:08	00:52:16
1061	4019 PJ	GARDINER	Senior Male	412			00:54:08	00:53:03
1062	3896 ANDY	DAVIES	Senior Male	413			00:54:08	00:53:09
1063	172 HANNAH	KING	Senior Female	79	ADMIRAL	62	00:54:09	00:53:24
1064	894 STEPHEN	ELLIS	Senior Male	414			00:54:09	00:52:46
1065	1753 SEAN	RUGGIERI	Senior Male	415			00:54:10	00:53:16
1066	3297 LIAM	LYNCH	Senior Male	417			00:54:10	00:52:19
1067	3948 PETER	HARRIS	Senior Male	416			00:54:10	00:53:21
1068	1521 ANDREW	WORTHINGTON	M60+	44			00:54:10	00:52:47
1069	4274 GARETH	MOLE	M40+	232	PORTHCAWL RUNNERS	4	00:54:11	00:53:36
1070	3783 JAYNE	STONE	F35+	76			00:54:11	00:53:05
1071	4268 DEAN	PARRY	Senior Male	418			00:54:12	00:53:02
1072	4210 SIMON	BURDALL	Senior Male	419			00:54:12	00:53:20
1073	2882 BRINLEY	AHERNE	M60+	45			00:54:12	00:52:49
1074	1087 HEDD-WYN	JONES	Senior Male	420			00:54:13	00:52:06
1075	4325 LAILA	QUATTRINI	F35+	77	ADMIRAL	63	00:54:14	00:53:17
1076	2125 RUTH	DAVIES	F35+	78	PARC BRYN BACH RUNNING CLUB	20	00:54:14	00:52:54
1077	3665 RHYS	DAVIES	Senior Male	421			00:54:15	00:53:29
1078	1612 ANDREW	THOMAS	M50+	101			00:54:15	00:51:47
1079	3543 ANDY	EVANS	M50+	102			00:54:15	00:53:32
1080	1869 CARL	GILBERT	M40+	233			00:54:16	00:52:37
1081	1148 ALEX	WILLIAMS	M40+	234	PORT TALBOT HARRIERS	19	00:54:17	00:53:27
1082	3391 JACK	LITTLE	Junior Male	50			00:54:17	00:52:55
1083	1676 CHRISSEY	HARRISON	F35+	79			00:54:17	00:53:41
1084	3656 GABOR	SZABO	Senior Male	422			00:54:20	00:53:13
1085	3466 MICHELLE	MAINWARING	Senior Female	80			00:54:20	00:53:59
1086	1710 TAMSIN	LEECH	F35+	80			00:54:21	00:53:05
1087	2704 HARRY	BADOCK	Senior Male	423			00:54:21	00:51:15
1088	4278 GARETH	ALBAN	Senior Male	424	ADMIRAL	64	00:54:21	00:52:57
1089	652 SHEREEN	LISK	F35+	81	3MS GORSEINON ROAD RUNNERS	25	00:54:23	00:52:34
1090	787 BETHAN	WATERS	F35+	83			00:54:24	00:53:40
1091	4352 CHERYL	PARCHOUSE	F35+	82	COASTAL HOUSING	5	00:54:24	00:53:26
1092	3575 STEPHEN	PRIDAY	M50+	103			00:54:24	00:53:13
1093	3452 SIAN	EVANS	Senior Female	81	AMMAN VALLEY HARRIERS	7	00:54:24	00:53:18
1094	2983 JESSICA	MACKEEN	F35+	84			00:54:25	00:52:54
1095	140 JADE	EVANS	Senior Female	82	ADMIRAL	65	00:54:25	00:53:16
1096	3600 RICHARD	PELLOW	Senior Male	425			00:54:25	00:52:28
1097	490 LEAH	EYNON	Senior Female	83			00:54:25	00:53:53
1098	1533 DEBORAH	SOUTHGATE	F55+	21	ANGELS RC	1	00:54:26	00:52:44
1099	2252 ADAM	ARMSTON	M40+	235			00:54:27	00:52:24
1100	4006 DANI	WOOD	Senior Male	426			00:54:29	00:52:52
1101	3331 ALAN	RYLAND	M60+	46	BUILTH & DISTRICT	1	00:54:32	00:53:13
1102	3833 RHIDIAN	WILCOX	Senior Male	427			00:54:32	00:52:32
1103	2542 ASHLEY	REES	Senior Male	428			00:54:32	00:53:43
1104	427 MATHEW	LANCEY	Senior Male	429			00:54:32	00:53:42
1105	1017 RHIANNON	HURLEY	Senior Female	84			00:54:33	00:54:13
1106	1014 EMMA	TASHARA	Senior Female	85			00:54:34	00:54:14
1107	2994 HARRY	TATE	Senior Male	430			00:54:34	00:52:56
1108	3861 KIRSTY	SMITH	Senior Female	86			00:54:34	00:53:27
1109	1133 MICHAEL	BRITTON	Senior Male	431			00:54:35	00:53:45
1110	3065 SUZANNE	PETERS	F45+	39	FOREST OF DEAN AC	10	00:54:35	00:53:02
1111	407 REV PETE	ORPHAN	M40+	236			00:54:35	00:52:23
1112	2984 LOUISE	MORGAN	F35+	85			00:54:36	00:53:40
1113	1937 SHARON	CARTER	F35+	86			00:54:36	00:52:59
1114	2377 LYNSEY	HITT	Senior Female	87			00:54:37	00:52:47
1115	4323 MATHEW	PICTON	Senior Male	432	ADMIRAL	66	00:54:37	00:54:07
1116	1814 HAYLEY	MARSHALLSAY	F35+	87			00:54:37	00:53:44
1117	1486 STUART	JAMES	M50+	104			00:54:38	00:54:05
1118	1299 EMMA	CARRO	F45+	40			00:54:39	00:53:41
1119	2554 LUCY	JONES	Senior Female	88	PAUL POPHAM RUNNING CLUB	2	00:54:41	00:53:21
1120	1922 SOPHIA	DENIEFFE	Senior Female	90			00:54:42	00:52:59
1121	4353 MICHELLE LOUISE	COFFEY	Senior Female	89	COASTAL HOUSING	6	00:54:42	00:53:44
1122	2086 AMBER	HARDING	F35+	88			00:54:43	00:53:01
1123	1334 CHLOE	DAVIES	Junior Female	16			00:54:44	00:53:26
1124	2186 CHRIS	COLE	Senior Male	433			00:54:44	00:53:17
1125	3278 HEATHER	THOMAS	F35+	89			00:54:44	00:53:21
1126	3281 MARTIN	HILLIER	M60+	47	RUN4ALL RUNNING CLUB	14	00:54:44	00:53:21
1127	479 CHRISTOPHER	BEVAN	M40+	237			00:54:45	00:53:49
1128	3506 MARK	WHITTAKER	Senior Male	434	DARTH COASTAL RUNNERS	2	00:54:45	00:53:18
1129	2161 MEGAN	LEWIS	Senior Female	91			00:54:46	00:53:21
1130	2383 LOUISE	DRAYCOTT	F45+	41			00:54:46	00:53:45
1131	2764 JOSEFF	REES	Senior Male	435			00:54:47	00:53:18
1132	1259 JOHN	BYRNES	M40+	238			00:54:47	00:52:16
1133	4096 DAVID	HUTCHINSON	M50+	105			00:54:48	00:54:22
1134	2822 RACHEL	ADAMS	F45+	42			00:54:49	00:53:27
1135	1589 GARETH	NICHOLAS	M50+	106			00:54:50	00:53:27
1136	3842 CRAIG	PETHERBRIDGE	Senior Male	436			00:54:51	00:53:19

1137	426	STEPHEN	LANCEY	M50+	107		00:54:52	00:54:01	
1138	4178	ANDREW	THOMAS	Senior Male	437		00:54:54	00:53:20	
1139	1758	JUSTIN	THOMAS	M40+	239		00:54:54	00:53:28	
1140	786	PAUL	LEWIS	Senior Male	438		00:54:54	00:52:09	
1141	902	EMMA	GREY	Senior Female	92		00:54:55	00:53:38	
1142	1044	CARL	GABRIELSEN	Senior Male	439		00:54:56	00:53:56	
1143	3116	JON	PUGH	M40+	240		00:54:56	00:52:47	
1144	3354	PAUL	WILSON	M50+	108		00:54:56	00:53:01	
1145	2789	NICOLE	THOMAS	F35+	90		00:54:56	00:54:01	
1146	2788	STEFFAN	PROBERT	M40+	241		00:54:57	00:54:01	
1147	425	MATTHEW	WADDS	M40+	242		00:54:57	00:52:48	
1148	2791	DEBORAH	SPIERS	F35+	91	RUN4ALL RUNNING CLUB	15	00:54:57	00:53:21
1149	1335	NANCY	DAVIES	F45+	43		00:54:57	00:53:39	
1150	3128	CAMERON	BEYNON	Junior Male	51		00:54:58	00:53:47	
1151	2696	SIMON	BATES	M40+	243		00:54:58	00:53:44	
1152	53	Nick	Jones	Senior Male	440		00:54:59	00:52:36	
1153	3406	KEVIN	BUTTON	M40+	244		00:55:00	00:53:18	
1154	1537	PHIL	MATTHEWS	M50+	109		00:55:00	00:54:01	
1155	4239	STEVE	KERN	M40+	245		00:55:00	00:53:47	
1156	3369	LISA	ARNOLD	F35+	92	PAUL POPHAM RUNNING CLUB	3	00:55:00	00:53:40
1157	3329	TREVOR	VAUGHAN	M60+	48		00:55:00	00:53:40	
1158	2610	MICHAEL	HALSALL	M40+	246	LLANELLI AC	9	00:55:01	00:54:42
1159	3216	JULIAN	HUNT	M40+	247		00:55:01	00:54:41	
1160	2944	REBECCA	BOWERS	F35+	93		00:55:01	00:54:11	
1161	849	SUSAN	THOMAS	F45+	44		00:55:01	00:53:10	
1162	3347	MARK	DAVIES	M50+	110		00:55:01	00:53:14	
1163	3360	LEVI-JOE	KNIGHT	Junior Male	52		00:55:02	00:54:09	
1164	2866	CRAIG	SKIDMORE	Senior Male	441		00:55:03	00:54:02	
1165	3698	CHRISTOPHER	WILLIAMS	M40+	248		00:55:04	00:53:12	
1166	2863	SARA	MORGAN	F35+	94	VILLAGE VIPERS	1	00:55:05	00:54:09
1167	3002	JESSICA	JOHNSON	Senior Female	93		00:55:05	00:53:13	
1168	4332	JENNI	THOMAS	Senior Female	94	ADMIRAL	67	00:55:05	00:53:51
1169	1776	BETHAN	COOPER	F35+	95		00:55:05	00:53:04	
1170	3478	MATTHEW	JONES	Senior Male	442		00:55:06	00:54:20	
1171	1298	JEFF	ADLAM	M60+	49		00:55:06	00:54:08	
1172	1765	CHLOE	ASPLAND	Senior Female	95		00:55:07	00:53:49	
1173	2890	LUKE	BENSON	Junior Male	53		00:55:07	00:52:21	
1174	2190	ROBERT	GRIFFITHS	Senior Male	443		00:55:08	00:53:51	
1175	2880	ELLIS	HOPKINS	M50+	111		00:55:08	00:53:19	
1176	3872	ROB	LEONG	M40+	249		00:55:09	00:52:45	
1177	3476	KERI	DAVIES	M50+	112		00:55:09	00:54:25	
1178	1408	JOHN	MORGAN	M40+	250		00:55:10	00:51:55	
1179	608	SAMANTHA	LLOYD	Senior Female	96	AMMAN VALLEY HARRIERS	8	00:55:10	00:53:35
1180	1694	STEPHEN	DELL	Senior Female	97		00:55:12	00:51:51	
1181	2105	LAURA	TUCKER	F35+	96		00:55:13	00:53:08	
1182	228	ADAM	THOMAS	Senior Male	444	ADMIRAL	68	00:55:14	00:53:51
1183	3714	IAN	HARCOMBE	M50+	113		00:55:15	00:54:40	
1184	3840	MATTHEW	PARRY	Senior Male	445		00:55:18	00:53:30	
1185	4220	DAN	GROVES	M40+	251		00:55:18	00:53:59	
1186	1920	SUE	LOVELOCK	F45+	45		00:55:19	00:53:38	
1187	476	HELEDD	BINGHAM	F35+	97		00:55:20	00:54:08	
1188	4100	SARAH	WOOD	Senior Female	98		00:55:21	00:53:45	
1189	3780	MARK	FERMANDEL	M40+	252		00:55:22	00:54:42	
1190	3952	ROY	LEWIS	M50+	114		00:55:22	00:53:24	
1191	3010	RONAN	LEWIS	Junior Male	54		00:55:23	00:52:51	
1192	1192	BRETTI	PAXTON	Senior Female	99	PONTYPRIDD ROADENTS AC	8	00:55:24	00:54:22
1193	1980	EVA	COOK	F55+	22		00:55:24	00:54:32	
1194	3926	ANTHONY	BARRON	M40+	253		00:55:24	00:54:37	
1195	1320	DERIAN	EVANS	M40+	254		00:55:24	00:54:18	
1196	2918	WILLIAM	DANIELS	Senior Male	446		00:55:25	00:54:01	
1197	70	Huw	Lewis	Senior Male	447		00:55:28	00:53:36	
1198	3781	PAUL	RAY	M50+	115		00:55:29	00:53:27	
1199	1449	MICHAEL	RUTTER	Senior Male	448		00:55:30	00:54:19	
1200	3438	JOICE	BANDOQUILLO-SHOWIF	F35+	98		00:55:30	00:53:31	
1201	818	KATHRYN	AYRES	F35+	99		00:55:30	00:53:57	
1202	69	Ffion	Davies	F35+	100		00:55:30	00:53:38	
1203	1660	RICHARD	HOLBOROW	Senior Male	449		00:55:30	00:54:33	
1204	798	PHILLIP	THOMAS	Senior Male	450		00:55:31	00:53:31	
1205	3409	RHIAN	JONES	Senior Female	100		00:55:32	00:53:45	
1206	1860	MATTHEW	GORMAN	Senior Male	451		00:55:33	00:53:31	
1207	1266	CHRIS	LEDDEN	Senior Male	452		00:55:34	00:51:39	
1208	3137	NICOLA	ROWE	F45+	46		00:55:34	00:52:51	
1209	1277	ANDREW	EVANS	Senior Male	453		00:55:35	00:54:04	
1210	2003	EMMA	LOYNS	F35+	102	CWM OGWR RUNNING CLUB	3	00:55:35	00:54:23
1211	2849	EMMA	WILLIAMS	F35+	101	OGMORE PHOENIX RUNNERS	9	00:55:35	00:54:22
1212	1958	CLAIRE	MORGAN	F35+	103		00:55:35	00:54:30	
1213	2068	STEPHEN	GEORGE	Senior Male	454		00:55:36	00:54:53	
1214	2234	JAMES	RADFORD	Senior Male	455		00:55:38	00:52:15	
1215	2494	BEVERLEY	SIME	F45+	47		00:55:38	00:54:34	
1216	644	ANDREW	MILLER	M40+	255	PONTARDAWE RUNNING CLUB	7	00:55:38	00:54:11
1217	3246	BETHUN	SWANKIE	Senior Female	101		00:55:40	00:54:46	
1218	2042	SAMANTHA	HYETT	F35+	104		00:55:41	00:54:35	
1219	2936	FRANCESCA	NEWMAN	F45+	48		00:55:42	00:54:42	
1220	1853	PATRICK	MORGAN	Senior Male	456		00:55:43	00:54:50	
1221	951	DUNCAN	SMITH	M40+	256		00:55:43	00:55:33	
1222	1096	BRYONY	BROWN	F35+	105		00:55:43	00:54:24	
1223	233	TOBY	WARREN	Senior Male	457	ADMIRAL	69	00:55:44	00:54:39
1224	583	MATTHEW	CARTER	Senior Male	458		00:55:45	00:53:36	
1225	632	ANDREW	ROBBINS	M40+	257		00:55:45	00:54:05	
1226	3357	CLAIRE	TOPPER	F35+	106		00:55:46	00:53:57	
1227	2793	MICHELA	FINNIS	Senior Female	102		00:55:48	00:54:50	
1228	2894	CATHERINE	WILKINS	F35+	107		00:55:49	00:54:30	
1229	3093	MARK	DAVIES	M50+	116	PAUL POPHAM RUNNING CLUB	4	00:55:49	00:53:53
1230	3168	LIZ	DAVIES	F45+	49	CARMARTHEN AND DISTRICT HARRIE	4	00:55:50	00:54:28
1231	234	JENI	WARREN	Senior Female	103	ADMIRAL	70	00:55:51	00:54:25

1232	3725 STEVEN	ISON	M40+	258		00:55:51	00:54:14	
1233	2640 NICK	ENGLISH	M50+	117		00:55:51	00:54:47	
1234	2076 BARRY	JOHN	M40+	260		00:55:52	00:54:13	
1235	2678 RICHARD	MORGAN	M40+	259		00:55:52	00:54:35	
1236	2679 ELIZABETH	MORGAN	F45+	50		00:55:52	00:54:35	
1237	1398 JOSHUA	COOK	Senior Male	459		00:55:52	00:53:59	
1238	1432 GERAINT	JONES	Senior Male	460		00:55:56	00:54:48	
1239	957 CHRISTIAN	REES	M40+	262		00:55:57	00:52:30	
1240	2261 RICHARD	LUCAS	M40+	261		00:55:57	00:53:31	
1241	2262 SARAH	LUCAS-JONES	F45+	51		00:55:57	00:53:31	
1242	838 SHARN	THOMAS	F45+	52		00:55:57	00:54:06	
1243	305 DAWN	HOPKINS	F35+	108	CWM OGWR RUNNING CLUB	4	00:55:58	00:54:41
1244	4350 DONNA	DAVIES	F45+	53	COASTAL HOUSING	7	00:55:58	00:53:33
1245	209 DAVID	RIDDERHOF	Senior Male	461	ADMIRAL	71	00:55:58	00:53:59
1246	4144 CHARLOTTE	BHELL	Senior Female	104	PEGASUS RC	2	00:55:58	00:54:09
1247	3837 EMMA	DUMMER	F35+	109	RUN4ALL RUNNING CLUB	16	00:55:59	00:54:34
1248	3538 SARAH	DAVIES	Senior Female	105			00:56:00	00:55:35
1249	2821 CYRIL	WALTERS	M60+	50	TROTS	5	00:56:00	00:55:31
1250	3777 MARK	HOLLOWAY	M40+	263			00:56:01	00:54:35
1251	1757 NATHAN	HARPER	Senior Male	462	PARC BRYN BACH RUNNING CLUB	21	00:56:01	00:54:51
1252	383 JAMES	CHAMBERS	M40+	264			00:56:01	00:55:11
1253	2331 ALAN	KIRTON	M50+	118			00:56:02	00:54:35
1254	1621 MICHAEL	DREW	M40+	265			00:56:03	00:52:58
1255	3244 DENNIE	MAINWARING	Senior Female	106	PORTHCAWL RUNNERS	5	00:56:03	00:55:28
1256	2650 GARETH	WILLIAMS	Senior Male	463			00:56:04	00:54:17
1257	3271 FRANCESCA	FAIR	Senior Female	107			00:56:04	00:54:35
1258	4203 LEANNE	BRAKE	Senior Female	108			00:56:08	00:54:54
1259	1792 SIMON	WHITE	M40+	266			00:56:09	00:54:11
1260	3641 SCOTT	EDWARDS	Senior Male	464			00:56:09	00:54:49
1261	411 IAN	TYLER	M40+	267			00:56:10	00:55:02
1262	2126 SHAUN	AMPHLETT	Senior Male	465			00:56:10	00:55:08
1263	4281 CHRIS	BERRY	M40+	268	ADMIRAL	72	00:56:13	00:55:17
1264	3097 LOUISE	STEER	F35+	110			00:56:14	00:54:08
1265	3363 LEANNE	WINSTON	Senior Female	109			00:56:15	00:55:29
1266	998 KATHLEEN	BRADBURY	F55+	23	AMMAN VALLEY HARRIERS	9	00:56:16	00:54:25
1267	4192 JACK	RUDMAN	Senior Male	466			00:56:20	00:56:00
1268	2909 TIAGO	MIL-HOMENS	Senior Male	467			00:56:22	00:54:23
1269	1094 ROB	RIST	M40+	269			00:56:22	00:55:41
1270	2831 STEPHEN	JONES	M50+	119			00:56:23	00:55:05
1271	797 PHIL	MARSHALL	M40+	270			00:56:24	00:53:37
1272	2727 ALEXANDER	WALLACE	Senior Male	468			00:56:25	00:54:14
1273	4120 FRANCESCA	O'BRIEN	Senior Female	110			00:56:26	00:55:09
1274	3753 KATRINA	BROWN	Senior Female	111			00:56:27	00:55:27
1275	2838 JENNY-ANN	NEWMAN	Senior Female	112			00:56:29	00:55:09
1276	2520 GARETH	WILLIAMS	Senior Male	469	PAUL POPHAM RUNNING CLUB	5	00:56:30	00:55:10
1277	4087 OLIVER	TENNANT	Senior Male	470			00:56:31	00:56:02
1278	2026 DAVID	GEORGE	M40+	271	LES CROUPIERS	21	00:56:32	00:55:28
1279	935 SOPHIE	HOPKINS	Senior Female	113			00:56:33	00:54:40
1280	1693 CATHY	LISTON	Senior Female	114			00:56:33	00:53:11
1281	3487 LAURA	CRADDOCK	F35+	111			00:56:34	00:55:04
1282	631 ALISON	ROBBINS	F45+	54			00:56:34	00:54:54
1283	941 DAVID	BRAKE	M50+	120			00:56:35	00:56:24
1284	1163 ZANA	BRYAN	F35+	112	AMMAN VALLEY HARRIERS	10	00:56:36	00:55:31
1285	1848 SEAN	LANCEY	Senior Male	471			00:56:36	00:55:46
1286	151 IAN	HANFORD	Senior Male	472	ADMIRAL	73	00:56:36	00:54:28
1287	3703 NEIL	DALLIMORE	Senior Male	473			00:56:37	00:55:11
1288	4002 LAURA	LAWSON	F35+	113			00:56:38	00:55:30
1289	2130 CERI	CASWELL	F35+	114	PARC BRYN BACH RUNNING CLUB	22	00:56:41	00:55:31
1290	2652 ZACH	DENTON	Senior Male	474			00:56:44	00:54:31
1291	2359 GEMMA	ANDERSON	F35+	115			00:56:45	00:56:22
1292	4264 ROB	SIMS	M40+	272			00:56:46	00:55:36
1293	1558 STUART	CRICHTON	M60+	51			00:56:47	00:54:19
1294	2485 NICOLE	CRICHTON	Senior Female	115			00:56:49	00:55:37
1295	2420 JOANNE	MURPHY	Senior Female	116			00:56:49	00:55:35
1296	3432 SIMON	MORGAN	M50+	121			00:56:51	00:56:07
1297	2172 THOMAS	PHILLIPS	Junior Male	55	SWANSEA HARRIERS	29	00:56:52	00:55:12
1298	1196 MICHAEL	CLEMENT	M50+	122			00:56:53	00:55:18
1299	3339 VINCE	LOVELL	M50+	123			00:56:53	00:54:41
1300	247 STEPHEN	WILLMETT	Senior Male	475	ADMIRAL	74	00:56:54	00:54:41
1301	2476 DEAN	LOWER	Senior Male	476			00:56:55	00:56:05
1302	2297 IZELLE	COLLIER	Senior Female	117			00:56:56	00:55:55
1303	4039 RODNEY	LAUGHARNE	M40+	273			00:56:56	00:55:22
1304	997 JAMES	BRADBURY	M50+	124			00:56:56	00:55:03
1305	4030 ANDREA	HALPIN	F45+	55			00:56:56	00:56:00
1306	4382 DONALD	PROSSER	M50+	125	ST JOSEPHS SCHOOL	5	00:56:56	00:55:02
1307	1158 STEVE	HENSHALL	Senior Male	477			00:56:57	00:55:26
1308	3563 GARY	WALDEN	M40+	274			00:56:58	00:55:44
1309	3708 DIANNA	TUDOR	F35+	116	CORNELLY STRIDERS AC	5	00:56:58	00:55:35
1310	2478 LOUISE	WARREN	F35+	117			00:56:59	00:56:02
1311	1921 ELINOR	KING	Senior Female	118	PAUL POPHAM RUNNING CLUB	6	00:57:01	00:55:21
1312	1831 JUSTINE	ROCHE	F45+	56			00:57:02	00:55:28
1313	1001 CAROLE	MORGAN	F45+	57			00:57:03	00:56:29
1314	2175 DAVID	EDWARDS	M40+	275			00:57:03	00:55:36
1315	1495 COLLETTE	TAYLOR	F35+	118			00:57:04	00:55:07
1316	2862 JOANNE	COYNE	F35+	119			00:57:04	00:55:26
1317	637 MIKE	DANIELS	Senior Male	478			00:57:06	00:55:04
1318	2344 KEV	FITZGERALD	M60+	52			00:57:06	00:55:31
1319	1010 DAFYDD	MADDOCK	Senior Male	479			00:57:06	00:55:39
1320	3463 ALISON	TERRY	F55+	24	TROTS	6	00:57:07	00:55:23
1321	2276 BIEN	FONTARUM	Senior Male	480			00:57:07	00:55:33
1322	2451 CARLY	BRAIDWOOD	Senior Female	119			00:57:07	00:56:05
1323	720 TOM	RICHARDS	Junior Male	56			00:57:08	00:54:47
1324	4256 TIM	DAVIES	M50+	126			00:57:09	00:55:09
1325	554 MURIEL	GARDNER	F55+	25			00:57:10	00:55:56
1326	3887 MELANIE	DANIELS	F35+	120			00:57:11	00:55:46

1327	331	MICHAEL	GLOVER	M40+	276		00:57:11	00:54:53	
1328	2855	CARYS	PARR	F35+	121	CAERPHILLY RUNNERS	6	00:57:12	00:55:23
1329	1245	KEIRAN	VONK	Senior Male	481			00:57:12	00:53:29
1330	3651	STEVE	KRIESCHER	M40+	277			00:57:12	00:55:41
1331	1267	SIMON	THOMAS	M40+	278			00:57:12	00:55:23
1332	1930	KEVIN	THOMAS	M50+	127			00:57:13	00:54:56
1333	3142	PAUL	HOPKINS	M50+	128			00:57:13	00:56:43
1334	1755	FFION	DAVIES	Senior Female	120			00:57:13	00:56:39
1335	765	THOMAS	JONES	Senior Male	482			00:57:13	00:55:35
1336	3849	HUGH	THOMAS	M50+	129			00:57:14	00:55:03
1337	4222	JAMES	DAVIES	M40+	279			00:57:15	00:55:25
1338	562	KIM	ROCKLIFFE	F55+	26			00:57:16	00:55:54
1339	3584	QUMRUN	NAHAR	F35+	122	PEMBROKESHIRE HARRIERS	1	00:57:16	00:55:38
1340	149	SAMANTHA	GROVE	F45+	58	ADMIRAL	75	00:57:17	00:55:46
1341	2772	RACHEL	WOODS	Senior Female	121			00:57:18	00:55:33
1342	201	RYAN	RANDALL	Senior Male	483	ADMIRAL	76	00:57:19	00:56:40
1343	3784	RACHEL	COLE	F35+	123			00:57:19	00:55:57
1344	1842	TRACEY	WYNN	F45+	59			00:57:20	00:55:33
1345	2945	ALEX	BRUTON	Senior Male	484			00:57:20	00:54:54
1346	2540	KEIRAN	HOWELLS	Senior Male	485			00:57:20	00:55:35
1347	3160	NATALIE	CRANE	F35+	124			00:57:20	00:56:42
1348	3540	RACHEL	CAREY	Junior Female	17			00:57:21	00:55:23
1349	4201	KATIE	MORGAN	F35+	125	RUN4ALL RUNNING CLUB	17	00:57:21	00:55:23
1350	4105	KEVIN	CHUA	Senior Male	486			00:57:22	00:55:48
1351	3565	ERIN	THOMAS	F35+	126			00:57:22	00:55:26
1352	759	JOHN	REES	M60+	53			00:57:23	00:56:30
1353	4073	ALED	DAVIES	M40+	280			00:57:23	00:55:31
1354	2801	DALE	WILLIAMS	Senior Male	487			00:57:24	00:55:20
1355	1256	JACK	THOMAS	M60+	54	BUCKLEY RC	1	00:57:24	00:56:38
1356	1750	MARK	HEYCOCK	Senior Male	488			00:57:27	00:56:01
1357	144	SIMON	GARRATT	M40+	281	ADMIRAL	77	00:57:27	00:54:07
1358	3672	KAREN	DAVIES	F35+	127			00:57:28	00:56:11
1359	4310	LEIGHTON	JOHNSON	Senior Male	489	ADMIRAL	78	00:57:29	00:55:57
1360	3879	MARY	JONES	Junior Female	18			00:57:29	00:55:24
1361	4075	MATTHEW	PETERS	Junior Male	57			00:57:29	00:55:13
1362	3238	CARL	JOSEPH	Senior Male	490			00:57:30	00:56:35
1363	117	CLAIRE	CHARLTON	F35+	128	ADMIRAL	79	00:57:31	00:55:20
1364	3337	KATRINA	DOLMAN	F45+	60			00:57:32	00:56:18
1365	3338	NEIL	DOLMAN	M40+	282			00:57:32	00:56:19
1366	109	CHRISTOPHER	BOLLOM	Senior Male	491	ADMIRAL	80	00:57:35	00:55:09
1367	3617	EMMA	SMITH	F45+	61			00:57:35	00:56:39
1368	1347	MICHAEL	VEASEY	Senior Male	492			00:57:36	00:55:54
1369	2681	GRANT	SHORTHOUSE	M50+	130			00:57:36	00:55:42
1370	2639	CLAIRE	AHERNE	F45+	62			00:57:36	00:56:16
1371	3198	HANNAH	GALE	Senior Female	122			00:57:37	00:57:14
1372	4311	SANDRA	JONES	F35+	129	ADMIRAL	81	00:57:37	00:56:45
1373	4314	TOM	KENNEDY	Senior Male	493	ADMIRAL	82	00:57:37	00:55:37
1374	3472	DARREN	DOUGHTY	M40+	283			00:57:37	00:55:45
1375	3251	JORDAN	MULLINS	Senior Male	494			00:57:38	00:55:49
1376	2606	DANIEL	ROBERTS	Senior Male	495			00:57:39	00:55:50
1377	2065	MARIO	SALINI	M50+	131			00:57:40	00:54:37
1378	2865	TAMMY	HUGHES	Senior Female	123			00:57:41	00:56:18
1379	3550	ASHLEY	DAVIES	Senior Male	496			00:57:41	00:56:22
1380	2632	DAISY	MITCHELL	Senior Female	124			00:57:41	00:55:51
1381	1260	ANDREW	DAVID	Senior Male	498	RUN4ALL RUNNING CLUB	18	00:57:42	00:55:10
1382	4319	JOSHUA	MAHER	Senior Male	497	ADMIRAL	83	00:57:42	00:57:03
1383	237	DANIEL	WHITE	Senior Male	499	ADMIRAL	84	00:57:42	00:57:20
1384	1880	CAROL	NAYLOR	F45+	63			00:57:43	00:55:56
1385	2483	ROB	LARKINS	M60+	55			00:57:43	00:55:59
1386	3102	JOHN	MEREDITH	Senior Male	500			00:57:43	00:55:44
1387	3023	PHILIP	WILCOX	M60+	56			00:57:44	00:57:10
1388	3507	SIAN	WHITTAKER	F35+	130			00:57:44	00:56:16
1389	262	SUZI	JONES	F35+	131			00:57:46	00:56:41
1390	3077	VICTORIA	THOMAS	Senior Female	125			00:57:47	00:55:28
1391	3450	SANDRA	REES	F45+	64	3MS GORSEINON ROAD RUNNERS	26	00:57:47	00:56:14
1392	261	AARON	JONES	M40+	284			00:57:48	00:56:43
1393	926	ALEX	EVANS	Senior Male	501			00:57:49	00:57:12
1394	1657	JOSEPH	KIDD	Senior Male	502			00:57:50	00:55:30
1395	3595	RHYS	LLOYD	Junior Male	58			00:57:51	00:56:39
1396	2467	CARYS	LYALL	Junior Female	19			00:57:52	00:55:58
1397	4252	GARETH	THOMAS	M50+	132			00:57:53	00:55:42
1398	3756	JORDAN	CAZIER	Senior Female	126			00:57:55	00:55:59
1399	2364	WAYNE	MILES	M50+	133			00:57:56	00:57:03
1400	1793	SHARON	KIRBY	F45+	65			00:57:57	00:56:30
1401	2583	JILL	MATTHEWS	F55+	27	PARC BRYN BACH RUNNING CLUB	23	00:57:58	00:56:15
1402	2999	DANIEL	MASON	Senior Male	503			00:57:58	00:57:01
1403	1366	AMIE	FLAY	Senior Female	127			00:57:58	00:55:41
1404	2852	DEAN	JENNINGS	Senior Male	504			00:57:59	00:54:58
1405	2378	KIRSTY	SHELLARD	Senior Female	128	DRAGONS RUNNING CLUB	1	00:58:00	00:57:08
1406	3675	GRAHAM	WALKER	M40+	285			00:58:00	00:57:23
1407	976	BETHANY	LLOYD	Senior Female	130			00:58:01	00:55:34
1408	3826	LAUREN	BRIGGS	Senior Female	129	PENCOED PANTHERS	2	00:58:01	00:56:50
1409	2450	STEWART	DAVIES	Senior Male	505			00:58:02	00:55:46
1410	1706	NICK	LORD	M40+	286			00:58:02	00:56:07
1411	514	CATHERINE	GWYNN	Senior Female	131			00:58:04	00:55:40
1412	119	ANDREW	COGLIN	Senior Male	506	ADMIRAL	85	00:58:05	00:57:03
1413	1524	RYAN	DAVIES	Junior Male	59			00:58:06	00:55:56
1414	4226	RAYMOND	JAMES	M50+	134			00:58:06	00:56:18
1415	803	ANDREW	CROSS	M50+	135			00:58:08	00:56:47
1416	3063	SAMUEL	ROWLANDS	Senior Male	507			00:58:08	00:56:43
1417	3228	DARREN	RENWICK	M40+	287			00:58:09	00:54:34
1418	2280	KELLY	CARMODY	F35+	132			00:58:09	00:56:00
1419	2705	SOPHIE	BRUNT	Senior Female	132			00:58:10	00:57:23
1420	3229	CLAYTON	TOLLAND	M50+	136			00:58:11	00:54:36
1421	217	JAMES	SHANNON	M40+	288	ADMIRAL	86	00:58:12	00:54:52

1422	1095 JAYNE	RIST	F45+	66		00:58:13	00:56:53	
1423	817 ANDREW	SILK	Senior Male	508		00:58:13	00:56:04	
1424	3634 MARK	EDWARDS	M50+	137		00:58:13	00:55:38	
1425	3954 DAVID	BIRD	M50+	138		00:58:13	00:55:38	
1426	443 ALED	JONES	Senior Male	509		00:58:14	00:56:18	
1427	2815 SARAH	BARRELL	F35+	133		00:58:14	00:57:11	
1428	2723 ROGER	MORRELL	M50+	139		00:58:14	00:56:52	
1429	312 NIKKI	HANCOX	F45+	67		00:58:14	00:57:20	
1430	342 CHRISTOPHER	HARRIS	Senior Male	510		00:58:15	00:56:19	
1431	2962 JULIE-ANN	VIDLER	Senior Female	133		00:58:16	00:56:34	
1432	1374 LAURA	MASON	F35+	134		00:58:16	00:56:31	
1433	2884 MARK	WELSFORD	M50+	140		00:58:16	00:56:29	
1434	1983 DAMIAN	HOLT	M40+	289		00:58:17	00:57:32	
1435	43 Amy	Rowland	Senior Female	134		00:58:17	00:56:21	
1436	2167 SIMON	DAVIES	M50+	141		00:58:17	00:56:05	
1437	2908 SARAH	POWELL	Senior Female	135		00:58:18	00:56:49	
1438	4190 CERI	WILSON	F45+	68		00:58:18	00:54:49	
1439	3828 ANDREW	SMITH	Senior Male	511		00:58:19	00:54:20	
1440	500 YASMIN	ORAM	Junior Female	20		00:58:20	00:57:29	
1441	2472 KELLY	CHRISTOPHER	F35+	135		00:58:20	00:57:29	
1442	4188 LLOYD	WILLIAMS	M40+	290		00:58:21	00:56:16	
1443	3268 BARBARA	TATE	F55+	28	PONTARDAWE RUNNING CLUB	8	00:58:21	00:56:05
1444	3094 NICOLA	DAVIES	F45+	69	PAUL POPHAM RUNNING CLUB	7	00:58:22	00:56:25
1445	3618 STEVE	ROBSON	M60+	57		00:58:22	00:56:33	
1446	2660 RICHARD	ATCHERLEY	M40+	291		00:58:23	00:55:26	
1447	1316 SARAH	IRVING	Senior Female	136	PAUL POPHAM RUNNING CLUB	8	00:58:23	00:57:24
1448	3085 JOANNA	RODERICK	F35+	136		00:58:24	00:56:19	
1449	4312 JOSHUA	JONES	Senior Male	512	ADMIRAL	87	00:58:24	00:56:23
1450	2735 GARETH	COLLINS	M40+	292		00:58:24	00:56:33	
1451	3086 EIRLYS	PUGH	Senior Female	137		00:58:24	00:56:19	
1452	4371 GARETH	LEWIS	Senior Male	513	GRAND HOTEL	1	00:58:25	00:57:13
1453	3999 GARY	DAVIES	M50+	142		00:58:25	00:56:30	
1454	1045 ANNA	GRIFFITHS	F35+	137		00:58:26	00:56:42	
1455	908 STEPHEN	JAMES	Senior Male	514		00:58:26	00:57:13	
1456	3071 EMILY	MEDWAY	F35+	138		00:58:26	00:55:50	
1457	2724 JOSHUA	LITTLEJOHN	Senior Male	515		00:58:27	00:56:09	
1458	3189 CAROL	EVANS	F45+	70		00:58:27	00:55:53	
1459	3188 DARREN	JAMES	F45+	71		00:58:28	00:57:57	
1460	1827 REBECCA	ANDREWS-WALKER	Senior Female	138		00:58:30	00:57:15	
1461	3839 KATIE LIL	BALL	Senior Female	139		00:58:30	00:56:43	
1462	2114 PAUL	BARNFIELD	Senior Male	516		00:58:32	00:55:53	
1463	4038 SUSAN	ROGERS	F45+	72		00:58:32	00:56:34	
1464	969 ELEANOR	JOHNS	Senior Female	140		00:58:33	00:57:43	
1465	974 NICOLA	RICHARDS	Senior Female	141		00:58:33	00:57:43	
1466	1209 GLEN	LLOYD	M40+	293		00:58:34	00:57:21	
1467	1731 SIAN	OWEN	F45+	73	EMLYN RUNNERS	1	00:58:34	00:57:22
1468	3119 MARTIN	CARTER-THOMAS	Senior Male	517		00:58:36	00:56:26	
1469	268 LINTAO	ZHANG	Senior Male	518		00:58:38	00:55:31	
1470	2536 KAREN	NEWBURY	F45+	74		00:58:39	00:57:48	
1471	3416 GRAHAME	VINER	M50+	143	CAERLEON RC	1	00:58:40	00:57:17
1472	3417 RACHEL	WEST	Senior Female	142		00:58:40	00:57:18	
1473	1707 PAUL	TURNER	M50+	144	FOREST OF DEAN AC	11	00:58:40	00:56:44
1474	1862 SAMANTHA	STEDMAN-JONES	F45+	75	BUNGAY BLACK DOG RC	1	00:58:40	00:56:25
1475	1532 RHODRI	COSTELLO	Senior Male	519		00:58:41	00:56:56	
1476	3803 ROSE	LOWSON	F45+	76		00:58:41	00:56:06	
1477	4198 MARK	DOUGLAS	Senior Male	520	PONTYPRIDD ROADENTS AC	9	00:58:41	00:57:23
1478	3454 JASON	GRIFFITHS	F45+	77		00:58:42	00:57:02	
1479	4010 DAVID	HENRY	M50+	145		00:58:42	00:57:34	
1480	468 JOANNE	JULIFF	F35+	139	PORT TALBOT HARRIERS	20	00:58:42	00:57:40
1481	2444 BETH	KNIGHT	Senior Female	143		00:58:42	00:57:17	
1482	4383 MARK	KING	M50+	146		00:58:43	00:57:16	
1483	4148 DEAN	LLEWELLYN	M40+	294		00:58:43	00:56:40	
1484	4229 CURTIS	WILLISTON	Senior Male	521		00:58:43	00:56:45	
1485	4187 RICHARD	MICHAEL	M40+	295		00:58:44	00:56:43	
1486	1079 ANNE	LEWIS	F45+	78	PONTARDAWE RUNNING CLUB	9	00:58:44	00:57:17
1487	4228 CHRISTIAN	FAULKNER	Senior Male	522		00:58:44	00:56:46	
1488	4253 SARAH	THOMAS	Senior Female	144		00:58:45	00:58:21	
1489	334 SARAH	TUCKER	F45+	79		00:58:45	00:56:17	
1490	1549 CARL	EVANS	M40+	296		00:58:45	00:56:17	
1491	1392 CERI	JONES	M40+	297		00:58:46	00:58:02	
1492	3812 ISABELLE	LOWSON	Junior Female	21		00:58:46	00:56:11	
1493	1340 CHRIS	FINCHER	Senior Male	523		00:58:46	00:58:02	
1494	4227 JOSHUA	TUMBRIDGE	Senior Male	524		00:58:46	00:56:46	
1495	1542 IVAN	LAZIC	Senior Male	525		00:58:47	00:57:41	
1496	4288 GETHIN	DOWN	Senior Male	526	ADMIRAL	88	00:58:49	00:55:47
1497	1467 MATTHEW	ROGERS	Junior Male	60		00:58:49	00:53:54	
1498	4258 PHIL	JAMES	M40+	298		00:58:50	00:56:55	
1499	895 SIAN	HUGHES	F35+	140		00:58:51	00:57:01	
1500	4078 CHRIS	MONK	Senior Male	527		00:58:51	00:56:31	
1501	934 BRONWEN	WILLIAMS	F35+	141		00:58:51	00:57:32	
1502	1943 MICHELLE	WILLIAMS	F35+	142		00:58:52	00:57:56	
1503	2907 RHYS	MORGAN	Senior Male	528		00:58:53	00:57:23	
1504	1563 LEIGH	BESLEY	Senior Male	529		00:58:54	00:58:39	
1505	439 SIMON	LEWIS	M40+	299		00:58:55	00:57:46	
1506	2883 MATT	EVANS	Senior Male	530		00:58:57	00:57:10	
1507	2824 ARON	JONES	Senior Male	531	3MS GORSEINON ROAD RUNNERS	27	00:58:59	00:58:10
1508	2070 CHRIS	TERBLANCHE	M50+	147		00:58:59	00:57:42	
1509	2823 EIRI	EVANS	F35+	143	3MS GORSEINON ROAD RUNNERS	28	00:58:59	00:58:10
1510	175 EMILY	LEWIS	Senior Female	145	ADMIRAL	89	00:59:00	00:57:16
1511	4043 CLAIRE	MORRIS	F35+	144		00:59:02	00:56:49	
1512	2460 ROB	GIBSON	Senior Male	532		00:59:02	00:56:38	
1513	2990 HAZEL	LOCKHART-JONES	Senior Female	146		00:59:02	00:57:18	
1514	3315 ALAN	BOTTRELL	M60+	58		00:59:02	00:56:43	
1515	1304 ELINOR	PHILLIPS	Senior Female	148	LLISWERRY RUNNERS	6	00:59:03	00:55:37
1516	2978 RHONA	LAYLAND	Senior Female	147		00:59:03	00:57:30	

1517	1427	ANDREW	WATERS	M40+	300		00:59:04	00:57:38	
1518	3453	DEMI	GRIFFITHS	Senior Female	149		00:59:04	00:57:24	
1519	1951	RHIAN	BERESFORD	F45+	80	PAUL POPHAM RUNNING CLUB	9	00:59:05	00:57:44
1520	475	MARI	STEVENS	F35+	145		00:59:06	00:57:54	
1521	4066	HELEDD	DAVIES	F45+	81		00:59:06	00:56:13	
1522	2094	MARK	CORCORAN	Senior Male	533		00:59:06	00:55:12	
1523	186	SAMANTHA	MOHAJER	Senior Female	150	ADMIRAL	90	00:59:09	00:55:27
1524	3107	LISA	KYTE	F45+	82	RHONDDA VALLEY RUNNERS	7	00:59:09	00:57:21
1525	4251	JOE	TOWNS	Senior Male	534		00:59:09	00:57:59	
1526	3594	GREG	LLOYD	M40+	301		00:59:10	00:56:38	
1527	229	JOSH	THOMPSON	Senior Male	535	ADMIRAL	91	00:59:12	00:55:57
1528	1102	WAYNE	NEAL	M40+	302		00:59:12	00:57:06	
1529	277	JAMES	CARTER	M50+	148		00:59:12	00:55:45	
1530	89	BEN	GILLIOT	Senior Male	536	ACTIVE SWANSEA	2	00:59:13	00:57:42
1531	93	BENJAMIN	JENKINS	Senior Male	537	ACTIVE SWANSEA	3	00:59:13	00:57:42
1532	2373	AMY	HORRIGAN	Senior Female	151		00:59:14	00:57:08	
1533	1890	OLIVER	SHINGLER	Senior Male	538		00:59:15	00:56:50	
1534	3731	EMMA	WEAVER	F35+	147		00:59:15	00:56:23	
1535	4076	GINA	SOUTHAM	F35+	146	3MS GORSEINON ROAD RUNNERS	29	00:59:15	00:57:43
1536	2576	MATTHEW	EVANS	Senior Male	539		00:59:18	00:56:10	
1537	640	ALED	THOMAS	Senior Male	540		00:59:18	00:57:10	
1538	2366	CLAIRE	PETERS	F45+	83		00:59:19	00:57:03	
1539	4335	HELEN	WILLIAMS	F35+	148	ADMIRAL	92	00:59:19	00:58:18
1540	499	JUDITH	JEEVES	F55+	29		00:59:21	00:57:21	
1541	3029	LUCY	SKELLY	Senior Female	152		00:59:21	00:57:54	
1542	3249	GERAINT	HYWEL	M40+	303		00:59:21	00:55:46	
1543	4069	JONATHAN	EVANS	Senior Male	541		00:59:22	00:58:20	
1544	498	CLARE	SIM	Senior Female	153	PORT TALBOT HARRIERS	21	00:59:22	00:58:20
1545	154	SHANE	HOOK	Senior Male	542	ADMIRAL	93	00:59:22	00:57:51
1546	1154	CRAIG	PLENDY	Senior Male	543		00:59:24	00:57:12	
1547	1155	EMMA	PLENDY	Senior Female	154		00:59:24	00:57:12	
1548	1648	CHRIS	TEW	M50+	149		00:59:25	00:57:36	
1549	3014	EMMA	WALFORD	F35+	149		00:59:26	00:58:05	
1550	2692	AMY	JOHN	Senior Female	155		00:59:26	00:58:24	
1551	2754	LIZ	O'DONNELL	F45+	84		00:59:27	00:57:52	
1552	4221	REBECCA	CLARKSON	Senior Female	156		00:59:27	00:57:03	
1553	2286	SHARLA	FLEET	F35+	150	FOREST OF DEAN AC	12	00:59:28	00:57:55
1554	3573	GARETH	REES	M40+	304		00:59:30	00:56:23	
1555	1897	EMMA	BROPHY	F35+	151		00:59:30	00:58:25	
1556	1282	CATHY	SIVAK	F45+	85		00:59:30	00:56:11	
1557	1283	DAN	SIVAK	M40+	305		00:59:30	00:56:11	
1558	3027	LIANNE	PARKINSON	F45+	86		00:59:30	00:57:55	
1559	4011	DARCIE	RAVENHILL	Junior Female	22		00:59:31	00:57:37	
1560	3509	HELEN	ELWARD	F45+	87		00:59:31	00:58:16	
1561	2657	KATE	DONEGAN	Senior Female	157		00:59:32	00:59:07	
1562	816	NICOLA	GARNON	F35+	152		00:59:32	00:57:26	
1563	581	ANDREW	FORRESTER	M50+	150		00:59:33	00:57:13	
1564	2603	PHILLIP	HEELEY	M50+	151		00:59:33	00:58:19	
1565	1138	YASMIN	MORRIS	Senior Female	158		00:59:33	00:57:50	
1566	1777	GARETH	COOPER	Senior Male	544		00:59:34	00:57:32	
1567	4029	SIÂN	ROCKLEY	Junior Male	61		00:59:35	00:57:47	
1568	463	LUCY	ROCHE	Junior Female	23		00:59:36	00:58:45	
1569	1013	IAN	JAMES	M60+	59	FOREST OF DEAN AC	13	00:59:36	00:57:41
1570	3265	JANE	BEER	F55+	30		00:59:37	00:57:59	
1571	4186	TONY	BARRY	Senior Male	545		00:59:37	00:57:35	
1572	2348	HANNAH	PARRY	Senior Female	158		00:59:38	00:58:46	
1573	3225	ANTHONY	WILSON	M50+	152		00:59:40	00:58:01	
1574	3819	TRUDI	MORGAN	F45+	88		00:59:43	00:57:18	
1575	625	MARK	LUCAS	M50+	153		00:59:44	00:56:58	
1576	2977	JULIA	HARRISON	F35+	153		00:59:44	00:58:13	
1578	346	LAUREN	WILLIAMS	F35+	155		00:59:44	00:57:41	
1578	346	LAUREN	WILLIAMS	F35+	155		00:59:44	00:57:41	
1579	996	GARETH WYN	JONES	Senior Male	546		00:59:45	00:58:13	
1580	3995	ELIZABETH	WEATHERUP	F55+	31		00:59:46	00:57:52	
1581	4291	MARTIN	EVANS	M40+	306	ADMIRAL	94	00:59:46	00:57:34
1582	1570	MATTHEW	EDWARDS	Senior Male	547		00:59:47	00:57:59	
1583	2072	PETER	PERDUE	M50+	154		00:59:47	00:57:11	
1584	2775	LAURA	ROSE	Senior Female	160		00:59:47	00:57:49	
1585	1528	WENDY	JOHNSON	F35+	156		00:59:47	00:59:01	
1586	2717	MARTIN	BOWEN JONES	M50+	155		00:59:48	00:57:53	
1587	737	DEBRA	LEWIS	F45+	89		00:59:48	00:59:02	
1588	2505	MARIE	CASEY	F35+	157	RUN4ALL RUNNING CLUB	19	00:59:48	00:59:03
1589	2007	MATTHEW	FRASER	Senior Male	548		00:59:48	00:58:01	
1590	423	DEAN	PRICE	M40+	307		00:59:48	00:59:04	
1591	2776	MIKE	ROSE	M50+	156		00:59:48	00:57:48	
1592	2410	SIÂN	WATKINS	Senior Female	161		00:59:48	00:58:50	
1593	2356	COLIN	BARRETT	Senior Male	549		00:59:48	00:57:40	
1594	1429	BEN	WILKINS	F35+	158		00:59:49	00:57:14	
1595	2037	HILARY	MAGGS	F35+	159		00:59:50	00:58:46	
1596	2628	LINDZI	GWILT	Senior Female	162		00:59:50	00:58:42	
1597	805	VICKY	NORTON	F45+	90		00:59:50	00:57:46	
1598	3701	NAOMI	GUEST	Senior Female	163		00:59:51	00:57:17	
1599	2613	STEVE	CROWTHER	M50+	157		00:59:53	00:57:17	
1600	2947	ROBERT	WOOLLACOTT	M40+	308		00:59:53	00:59:17	
1601	729	KARL	HEVIZI	M50+	158		00:59:53	00:58:08	
1602	465	STEVE	RICHARDSON	M60+	60		00:59:54	00:57:39	
1603	2350	HEATHER	REES	Senior Female	164		00:59:55	00:58:32	
1604	569	GREGORY	HENDRICKS	Senior Male	550		00:59:55	00:56:51	
1605	2424	GARETH	JONES	M50+	159		00:59:56	00:58:27	
1606	2174	CHRISTOPHER	REES	M40+	309		00:59:56	00:57:02	
1607	1863	KEITH	JORDAN	M60+	61		00:59:57	00:57:38	
1608	1851	JAMES	RIDGEWAY	Senior Male	551		00:59:57	00:59:03	
1609	1644	RHYS	WILLIAMS	Senior Male	552		00:59:58	00:57:32	
1610	3734	DANIEL	LUGG	M40+	310		00:59:58	00:57:39	
1611	3975	DENNIS	CATTELL	M50+	160		00:59:58	00:57:22	

1612	1672 ALI	ARZAGHILASHGARI	M50+	161		00:59:59	00:57:33	
1613	947 EMMANOUIL	RODITAKIS	M40+	311		00:59:59	00:57:36	
1614	1734 MICHAEL	ASTON	M60+	62	LEAMINGTON CYCLING & ATHLETIC C	1	00:59:59	00:59:25
1615	1024 ROSS	BAMSEY	Senior Male	553	PORT TALBOT HARRIERS	22	01:00:00	00:57:42
1616	2466 P	LEE	M40+	312			01:00:00	00:57:46
1617	2615 SIMON	HEATMAS	M50+	162			01:00:00	00:58:21
1618	3972 ALISON	HOPKINS	Senior Female	165			01:00:02	00:58:48
1619	3956 SAMANTHA	JAMES	Senior Female	166			01:00:02	00:58:49
1620	1604 DEWI	EVANS	Senior Male	554			01:00:03	00:57:02
1621	3300 LAURA	STEPHENS	Senior Female	167			01:00:03	00:57:35
1622	212 STEFANIE	ROBIN	Senior Female	168	ADMIRAL	95	01:00:04	00:58:26
1623	724 SUSAN	BOYLE	F45+	91			01:00:04	00:58:19
1624	2582 THOMAS	ROGERS	Senior Male	555			01:00:04	00:55:08
1625	686 ELIZABETH	GRIFFITHS	F35+	161			01:00:04	00:57:48
1626	4177 LEIGH	KING	F35+	160			01:00:04	00:57:48
1627	2711 STACY	CAPNER	Senior Female	169			01:00:05	00:57:54
1628	743 MARGARET	CLEVERLY	F55+	32			01:00:05	00:57:48
1629	872 WAYNE	BEST	Senior Male	556			01:00:05	00:58:28
1630	2301 ELIZABETH	NEW	Senior Female	170			01:00:05	00:58:28
1631	1759 KEIRAN	ABRAHAM	Senior Male	557			01:00:06	00:58:45
1632	3653 MAS	MINOU	F35+	162			01:00:06	00:59:24
1633	4041 MEGAN	PAYNE	Senior Female	171			01:00:07	00:57:21
1634	3588 DIANE	RIDGEWAY	F45+	92			01:00:08	00:58:40
1635	240 DAVID	WILLIAMS	M40+	313	ADMIRAL	96	01:00:09	00:57:23
1636	3647 LEANNE	BURRIDGE	F35+	163			01:00:09	00:58:15
1637	3646 CARL	BURRIDGE	M40+	314			01:00:09	00:58:13
1638	3150 STACEY	LEWIS	F35+	164			01:00:12	00:57:28
1639	2433 MELISSA	DIXON	F35+	165			01:00:12	00:58:04
1640	2039 JEREMY	ASHDOWN	M40+	315			01:00:13	00:59:33
1641	936 DANIEL	JOHN	Senior Male	558			01:00:16	00:58:23
1642	3709 EMMA	JONES	Senior Female	172	PAUL POPHAM RUNNING CLUB	10	01:00:17	00:58:55
1643	2117 GARETH	STILWELL	Senior Male	559			01:00:17	00:58:55
1644	1967 WAYNE	DAVIES	Senior Male	560			01:00:18	00:57:10
1645	3245 ADRIAN	DAVIES	M50+	163			01:00:20	00:58:57
1646	3807 JAC	MORGAN	Junior Male	62			01:00:20	00:59:38
1647	1297 GEMMA	JONES	Senior Female	173	PONTARDAWE RUNNING CLUB	10	01:00:22	00:58:06
1648	3607 CHARLIE	COLLIER	Senior Male	561			01:00:23	00:57:25
1649	4104 KATE	BARONA	Senior Female	174			01:00:23	00:58:49
1650	1661 JOY	CREASER-THOMAS	Senior Female	175			01:00:23	00:59:15
1651	3449 GEMMA	PHILLIPS	Senior Female	176			01:00:24	00:58:34
1652	2282 KELSIE	ORMOND	Senior Female	177			01:00:25	00:58:15
1653	3313 REBECCA	ROBERTS	F35+	166			01:00:26	00:56:34
1654	2369 DAVID	GIBBY	M60+	63			01:00:27	00:59:14
1655	2412 CHRIS	KEHOE	Senior Male	562			01:00:28	00:58:10
1656	3755 WAYNE	EVANS	M40+	316			01:00:28	00:58:39
1657	794 PHILIP	ARUNDEL	M50+	164			01:00:28	00:58:14
1658	1043 ADELE	HARRIS	Senior Female	178			01:00:29	00:59:31
1659	518 CHARLIE	EARLE	Senior Female	179			01:00:29	00:58:53
1660	114 JONATHAN	BURKE TERSON	Senior Male	563	ADMIRAL	97	01:00:30	00:58:04
1661	3024 WYN	WILLIAMS	M50+	165			01:00:30	00:56:37
1662	1225 CHARLES	LAVENDER	M40+	317			01:00:30	00:57:34
1663	2198 CAROLYN	WAITES	F45+	93	RUN4ALL RUNNING CLUB	20	01:00:30	00:57:18
1664	2244 SAMANTHA	GREENFIELD	Senior Female	180			01:00:31	00:57:37
1665	1858 ANWEN	REYNOLDS	F45+	94	EMLYN RUNNERS	2	01:00:31	00:58:55
1666	2401 LIZ	BROWN	F35+	167			01:00:31	00:58:20
1667	999 JAFAR	GHALAMKARY	M50+	166			01:00:33	01:00:22
1668	51 Spare	Chip	Senior Male	564			01:00:33	00:59:30
1669	3613 PHILIPPA	DIX	F45+	95			01:00:34	00:59:04
1670	3743 ATLANTA	REPETTI	Senior Female	181			01:00:34	00:58:40
1671	3181 KIM	DANTER-HILL	Senior Female	182			01:00:35	00:58:21
1672	3582 CATHERINE	LLEWELLYN	F45+	96	MERTHYR RUNNING CLUB	2	01:00:35	01:00:01
1673	492 LYDIA	SMITH	F45+	97			01:00:35	00:58:42
1674	3719 OWAIN	HARCOTBE	Senior Male	565			01:00:37	01:00:01
1675	3904 NAFISEH	BADIEI	F45+	98			01:00:37	00:59:56
1676	3473 SARAH	HALPIN	F35+	168			01:00:37	00:58:45
1677	4033 RICHARD	BOND	Senior Male	566			01:00:37	00:58:54
1678	4183 TARA	ROCHE	F35+	169			01:00:38	00:59:30
1679	1713 PHIL	JONES	M50+	167			01:00:38	00:58:10
1680	1197 NATASHA	JONES	Senior Female	183			01:00:38	00:58:05
1681	3910 ANDREW	LUSTIG	M40+	318			01:00:39	00:58:27
1682	68 Melanie	David	Senior Male	567			01:00:40	00:59:28
1683	2416 JORDAN	LEWIS	Senior Male	568			01:00:41	00:58:28
1684	4036 RUTH	WILLIAMS	F45+	99			01:00:42	00:59:36
1685	1226 ALICE	MCPHEE	Senior Female	184			01:00:43	00:58:54
1686	2201 SUE	DONOVAN	F55+	33			01:00:43	00:59:05
1687	3619 LEANNE	MORRIS	F35+	170			01:00:43	00:58:38
1688	3108 RUSSELL	HALL	M50+	168	RHONDDA VALLEY RUNNERS	8	01:00:44	00:58:56
1689	1917 CHARLOTTE	COLLINS	Senior Female	185			01:00:45	00:59:00
1690	3109 DAWNE	MEYNELL-WESTERN	F35+	171	RHONDDA VALLEY RUNNERS	9	01:00:45	00:58:56
1691	1021 KELLY	WARD	F35+	172			01:00:45	00:57:51
1692	2281 RHIAN	DAVIES	F35+	173			01:00:45	00:58:35
1693	3144 LIAM	STOCKDEN	Junior Male	63			01:00:45	00:58:56
1694	2302 EMILY	NEW	Junior Female	24			01:00:45	00:59:09
1695	3621 RACHEL	GIST	F35+	174			01:00:46	00:57:55
1696	3221 NIGAL LEIGHTON	JONES	M60+	64	LLANELLI STROLLERS	2	01:00:47	00:59:17
1697	1873 CHLOE	DUGGAN	Senior Female	186			01:00:47	00:58:17
1698	4065 ANGELA	SHARP	F45+	100			01:00:47	00:58:03
1699	453 SIAN	LEWIS	F35+	175			01:00:48	00:58:48
1700	3480 RHODRI	REES	Junior Male	64			01:00:48	00:56:50
1701	1737 ANDREW	WILLIAMS	Senior Male	570			01:00:48	00:57:06
1702	2677 JAMES	NORRIS	Senior Male	569			01:00:48	00:56:29
1703	1401 ALISTAIR	KIRK	Senior Male	571			01:00:49	00:58:04
1704	3983 KERRY	OWEN	Senior Female	187			01:00:50	00:58:39
1705	1974 HUW	COONEY	Senior Male	572			01:00:52	00:59:43
1706	4208 KAI	WOODLAND	Senior Male	573			01:00:52	00:58:23

1707	2586	COURTNEY	POWER	Junior Female	25		01:00:53	00:59:57	
1708	2718	CATHERINE	HARPER	F55+	34		01:00:54	00:59:11	
1709	2797	SHARON	HOBBS	F35+	176		01:00:55	00:59:01	
1710	2796	MARK	HOBBS	M40+	319		01:00:55	00:59:01	
1711	2390	CHRISTINA	DEIAS	Senior Female	188		01:00:56	00:56:49	
1712	1373	RICHARD	HARRIS	Senior Male	574		01:00:56	00:59:15	
1713	1861	MALCOLM	STEDMAN-JONES	M50+	169	BUNGAY BLACK DOG RC	2	01:00:56	00:58:43
1714	2731	JANE	GRIFFITHS	F35+	177		01:00:57	00:59:12	
1715	2730	RHIAN	DAVIES	F35+	178		01:00:57	00:59:12	
1716	3066	ALEX	THOMAS	Senior Female	189	PARC BRYN BACH RUNNING CLUB	24	01:00:57	00:58:50
1717	3741	PETER	BOLT	M50+	170		01:00:58	00:59:37	
1718	1901	SUZANNE	BENTLEY	F35+	179		01:00:58	00:59:15	
1719	4115	JODY	LI	Senior Female	190		01:00:58	00:59:42	
1720	1416	JON	MARTIN	M40+	320	LES CROUPIERS	22	01:00:58	00:59:49
1721	3302	LLINOS	DAVIES	Senior Female	191		01:00:58	00:59:56	
1722	3657	DARIUS	BURROWS	Senior Male	575		01:00:59	00:56:42	
1723	2986	LINDA	EDWARDS	F45+	101		01:01:01	00:59:16	
1724	2533	ANDREW	MARLOG	Senior Male	576		01:01:01	00:58:06	
1725	2215	ANDREW	CALDWELL	M40+	321		01:01:02	00:57:30	
1726	3968	PETER	HIRE	Senior Male	577		01:01:03	00:57:11	
1727	603	JOY	THOMAS	F45+	102		01:01:04	00:59:47	
1728	3628	FFION	EVANS	Senior Female	192		01:01:05	00:59:28	
1729	4050	RYAN	HAYCOCK	Senior Male	578		01:01:05	00:59:00	
1730	3639	RICK	NUGENT	M50+	171		01:01:06	00:59:51	
1731	2998	DAVID	POLLARD	Senior Male	579		01:01:07	01:00:11	
1732	3280	CHRISTOPHER	JENKINS	Senior Male	580		01:01:09	00:58:19	
1733	1430	TRUDY	BRYANT	F35+	180		01:01:09	00:59:50	
1734	2048	CHARLOTTE	WARD	Senior Female	193		01:01:09	00:57:28	
1735	4372	SARAH	FLOWER	Senior Female	194	215 ATC	1	01:01:10	00:59:05
1736	1764	WENDY	MORGAN	F45+	103		01:01:10	00:59:53	
1737	260	AMY	DUNNINGHAM	Senior Female	195		01:01:12	00:58:12	
1738	1284	GARETH	STEPHENS	Senior Male	581		01:01:12	00:57:54	
1739	3831	GERAINT	WILCOX	Senior Male	582		01:01:14	00:58:47	
1740	34	Katy	Morgan	F45+	104		01:01:14	00:59:20	
1741	3410	KIRSTY	FARMER	Senior Female	196		01:01:16	00:59:08	
1742	591	LEIGH	FORRESTER	M50+	172		01:01:17	00:58:58	
1743	1957	ANTHONY	JONES	M40+	322		01:01:17	00:59:45	
1744	1063	DOMINIC	BOOTHROYD	M50+	173		01:01:17	00:59:02	
1745	3723	JORDAN	QUINN	Senior Male	583		01:01:17	00:58:47	
1746	678	ALAN	WALLHEAD	M40+	323		01:01:18	00:58:14	
1747	2948	NATALIE	ADAMS	F35+	181		01:01:18	00:59:13	
1748	1599	GINA	GLAVE	F45+	105		01:01:18	00:58:35	
1749	819	BEN	RISEBOROUGH	Senior Male	584		01:01:18	00:58:19	
1750	1839	ANNIE	GOH	Senior Female	197		01:01:19	00:58:25	
1751	2818	ANNA	SZEWCZYK	Senior Female	198		01:01:19	00:59:45	
1752	3269	ROGER	STEIN	M60+	65		01:01:19	01:00:43	
1753	3802	JACQUELINE	KING	F45+	106		01:01:20	00:59:30	
1754	4257	REA	PUGH DAVIES	Senior Female	199	PORT TALBOT HARRIERS	23	01:01:21	00:58:29
1755	2648	JEFFREY R G	JONES	M50+	174		01:01:22	00:59:53	
1756	4185	KATHRYN	EVANS	F55+	35		01:01:23	01:00:10	
1757	1084	INDIA	GREENSLADE	Junior Female	26		01:01:23	00:59:02	
1758	3626	JENNY	MANUEL	F35+	182		01:01:23	00:59:43	
1759	1085	SAMUEL	PRYTHERCH	Junior Male	65		01:01:24	00:59:02	
1760	2856	HANNAH	BIBBY	Senior Female	200		01:01:24	00:59:48	
1761	263	PAUL	SCANLON	M40+	324		01:01:26	01:00:53	
1762	2874	KEVIN	EYNON	M50+	175		01:01:26	00:58:53	
1763	400	FRANK NEIL	GRIFFITHS	M60+	66		01:01:27	00:58:47	
1764	2592	ANDREW	WALMSLEY	M40+	325		01:01:27	00:59:37	
1765	2465	ANDREW	TROTMAN	M40+	326		01:01:28	00:59:14	
1766	655	SARA	GLOVER THOMAS	Senior Female	201		01:01:29	00:59:40	
1767	2254	STEPHEN	BLACK	Senior Male	585		01:01:31	00:59:26	
1768	979	DYLAN	JOHN	Junior Male	66		01:01:31	00:59:05	
1769	4249	LOREDANA	CATARAMA	Senior Female	202		01:01:33	00:59:41	
1770	385	DEWI	THOMAS	M60+	67		01:01:33	00:59:05	
1771	3578	JACK	MOUNTFIELD	Senior Male	586		01:01:34	00:59:34	
1772	4334	RACHEL	WILCOX	Senior Female	203	ADMIRAL	98	01:01:34	01:00:08
1773	159	ELIZABETH	JAMES-MAHONEY	F35+	183	ADMIRAL	99	01:01:36	01:00:31
1774	2858	LOUISE	BIBBY	F45+	107		01:01:38	01:00:02	
1775	3776	MOLLY	WILLIAMS	Junior Female	27		01:01:38	00:58:59	
1776	3201	KELLY	MACKENNALL	F35+	184		01:01:39	00:59:24	
1777	1027	TOM	LEWIS	Senior Male	587		01:01:39	00:58:46	
1778	1992	DANIEL	WILLIAMS	Senior Male	588		01:01:40	00:59:31	
1779	168	MATTHEW	JONES	Senior Male	589	ADMIRAL	100	01:01:44	00:58:30
1780	3581	ELLIE	GOSS	Junior Female	28		01:01:45	00:59:21	
1781	3264	JON	MERREY	M40+	327		01:01:45	00:58:58	
1782	402	ALED	PHILLIPS	Senior Male	590		01:01:46	00:58:42	
1783	2440	AMANDA	MOORE	F35+	185	BRACKLA HARRIERS	5	01:01:46	01:00:01
1784	2703	YVONNE	HORVATH	F45+	108		01:01:46	01:00:58	
1785	2054	NICOLA	CHIDGEY	F45+	109	DRAGONS RUNNING CLUB	2	01:01:46	01:00:57
1786	704	NORMAN	SPENCER	M60+	68		01:01:47	00:58:50	
1787	523	LOUISE	JAMES	F45+	110	PORTHCAWL RUNNERS	6	01:01:48	01:00:30
1788	2492	WILLIAM	DAVIES	Senior Male	591		01:01:48	00:58:38	
1789	352	CATHERYN	HANCOCK	F45+	111		01:01:49	01:00:04	
1790	2491	BEN	SIMPSON	Senior Male	592		01:01:49	00:58:40	
1791	3867	NICK	SHIELS	Senior Male	593		01:01:51	00:59:10	
1792	1012	BEV	JAMES	F55+	36	FOREST OF DEAN AC	14	01:01:52	01:00:22
1793	879	JACKIE	LAMBETH	F45+	112		01:01:52	00:59:30	
1794	576	DEBORAH	LEWIS	F45+	113	MUMBLES MILERS	2	01:01:53	00:59:40
1795	2290	SIRIOL	JONES	F45+	114		01:01:53	00:59:30	
1796	2798	CATHERINE	LINNIE - GODDEN	Senior Female	204		01:01:54	00:59:23	
1797	754	JASON	MCGARRIGLE	M40+	328		01:01:55	00:59:41	
1798	3848	RICH	COLWILL	Senior Male	594		01:01:56	00:59:00	
1799	2332	PATRICIA	GODFREY	F55+	37	AMPTHILL & FLITWICK FLYERS RC	1	01:01:57	01:01:18
1800	2246	KIM	DAVIES	Senior Female	205		01:01:59	01:00:23	
1801	4341	JONATHAN	FRANCIS	Senior Male	595		01:01:59	00:58:29	

1802	3272 TOM	JONES	Senior Male	596			01:02:00	01:01:07
1803	2229 JACKIE	WHEATLEY	F45+	115			01:02:00	00:59:50
1804	2230 MARTIN	WHEATLEY	M50+	176			01:02:01	00:59:51
1805	1998 JOHNNY	JONES	M50+	177			01:02:01	01:01:08
1806	2697 NATHAN	WILLIAMS	M40+	329			01:02:01	00:59:39
1807	1546 K	HOLLEY	M40+	330			01:02:01	00:59:47
1808	2159 GLESN	EVANS	F35+	186			01:02:02	01:00:03
1809	3992 LEANNE	BLACKKWELL-PUNTE	F35+	187			01:02:02	00:59:41
1810	75 Nicola	Jones	F35+	188			01:02:03	01:01:05
1811	2046 GRAHAM	BINGHAM	M50+	178	PONTYPRIDD ROADENTS AC	10	01:02:03	00:58:25
1812	536 NATHAN	BOARDMAN	Senior Male	597			01:02:03	01:00:20
1813	4347 DAMIAN	EVANS	M40+	331	COASTAL HOUSING	8	01:02:03	00:57:53
1814	4067 ERIC	EVANS	M60+	69			01:02:03	01:01:01
1815	537 REBECCA	JONES	Senior Female	206			01:02:03	01:00:20
1816	2001 STACEY	JONES	Senior Female	207			01:02:03	00:59:17
1817	1895 BRIONY	HUNT	Senior Female	209			01:02:03	00:59:27
1818	2146 STACEY	YUEN	Senior Female	210			01:02:03	01:01:03
1819	2156 SARAH	SLOANE-LUCAS	Senior Female	208			01:02:03	01:01:03
1820	1854 MARK	BEEVERS	Senior Male	598			01:02:03	00:58:36
1821	3890 NICOLE	LINDO	Senior Female	211			01:02:04	00:59:23
1822	3230 BETHAN	GREANEY	Senior Female	212			01:02:05	00:58:29
1823	3445 SIMONE	EVANS	F45+	116	PAUL POPHAM RUNNING CLUB	11	01:02:05	01:00:45
1824	4235 SIAN	EVANS	Senior Female	213			01:02:07	01:00:10
1825	679 MARK	FOULKES	Senior Male	599			01:02:08	01:00:49
1826	2904 MARK	MARTIN	M50+	179			01:02:08	01:00:29
1827	1160 JOANNA	JONES	F35+	189			01:02:08	01:00:01
1828	3858 ANDREW	O'BRIEN	M40+	332			01:02:09	00:59:04
1829	1110 SIAN	MORGAN	Senior Female	214			01:02:10	01:00:13
1830	1865 JAMES	JONES	Senior Male	600			01:02:10	00:58:26
1831	3868 ANNA	SHIELS	F35+	190			01:02:11	00:59:30
1832	302 DAVE	PEARCE	M40+	333			01:02:11	01:01:45
1833	781 CARLY	JACKSON	Senior Female	215			01:02:12	01:01:01
1834	1811 ADELE	OWEN-GODDARD	F55+	38			01:02:12	01:00:26
1835	1810 TRACEY	HUGHES-JENKINS	F45+	117			01:02:13	01:00:26
1836	2932 DAVID	EVANS	M50+	180			01:02:14	01:00:30
1837	2931 ALISON	EVANS	F45+	118			01:02:14	01:00:31
1838	1702 STEPHANIE	DAVIES	F35+	191			01:02:16	00:58:23
1839	169 GERAIN	JONES	M40+	334	ADMIRAL	101	01:02:16	01:00:34
1840	791 CERIAN	JONES	Senior Female	216			01:02:16	01:00:34
1841	1074 CLARE	JAMES	F45+	119			01:02:17	00:59:29
1842	2513 GARETH	JONES	M50+	181			01:02:17	00:59:02
1843	3886 PHILIP	WILLIAMS	M40+	335			01:02:18	01:00:54
1844	1252 SAMANTHA	JOHN	Senior Female	217			01:02:18	01:00:36
1845	1448 ANN	JOHN	F45+	120	PENCOED PANTHERS	3	01:02:19	00:59:56
1846	2845 JONNY	BIRD	Senior Male	601			01:02:19	00:58:55
1847	4202 ANDREW	THOMAS	M50+	182			01:02:19	00:59:32
1848	551 CATHERINE	SELICK	F45+	121			01:02:21	01:00:34
1849	570 SARAH	WEBSTER	F35+	192			01:02:21	00:59:17
1850	1520 MIKE	CLINCH	M50+	183			01:02:22	00:59:33
1851	2847 BECKY	GORE	Senior Female	218			01:02:22	00:59:49
1852	3492 CATH	HANCOX	F45+	122			01:02:22	01:00:18
1853	4215 JAMES	MORGANS	Senior Male	602			01:02:22	01:00:09
1854	4218 OWEN	RICHARDS	Senior Male	603			01:02:22	01:00:09
1855	4217 CLAIRE	LEWIS	Senior Female	219			01:02:23	01:00:10
1856	4068 SANDRA	BIRT	F35+	193	PAUL POPHAM RUNNING CLUB	12	01:02:23	01:00:36
1857	1539 WILLIAM	TRIMBY	Senior Male	604			01:02:24	00:59:19
1858	3179 MRS	PARKER-JONES	F35+	194			01:02:25	01:00:56
1859	2049 MICHELLE	DAVIES	F55+	39	PAUL POPHAM RUNNING CLUB	13	01:02:25	01:00:39
1860	4000 LAURENCE	CHRISTMAS	M40+	336			01:02:25	00:59:43
1861	3718 KATHRYN	HILL	Senior Female	220			01:02:26	01:01:02
1862	3353 DAWN	DAVIS	F35+	195			01:02:27	01:00:08
1863	3407 PATRICK	MURRAY	M40+	337			01:02:27	01:01:08
1864	3669 STEVE	HOLMES	M40+	338			01:02:27	00:59:26
1865	4285 KENDRA	DANAHER	Senior Female	221	ADMIRAL	102	01:02:27	01:00:31
1866	2067 VICKY	DAVIES	F45+	123			01:02:27	01:00:28
1867	845 GEMMA	WILLIAMS	Senior Female	222			01:02:28	00:58:26
1868	2030 ANDREW	ROACH	Senior Male	605			01:02:28	01:00:10
1869	2045 SUSAN	OWEN	F35+	196			01:02:28	00:59:35
1870	3883 STEVE	ROBERTS	M50+	184			01:02:28	00:59:27
1871	4091 ROSS	GRAVES	Senior Male	606			01:02:28	01:01:58
1872	447 NATALIE	WILLIAMS	F35+	197			01:02:28	01:00:57
1873	2287 JADE	KNIGHT	Senior Female	223			01:02:29	01:00:49
1874	2289 SCOTT	PHILLIPS	M40+	339			01:02:29	01:00:49
1875	460 LAUREN	JOSEPH	Senior Female	224			01:02:29	01:00:58
1876	1993 PAULA	WILLIAMS	F35+	198	SOSPAN ROAD RUNNERS	1	01:02:29	00:59:39
1877	2778 SARAH JAYNE	EVANS	Senior Female	225			01:02:29	01:01:29
1878	3697 SIMON	JONES	Senior Male	607			01:02:29	00:58:06
1879	1671 SOPHIE	BLATCHFORD	F35+	199			01:02:30	00:59:45
1880	62 Jamie	Mclaughlan	Senior Male	609			01:02:30	00:59:59
1881	2670 SOPHIE	PURCELL	Senior Male	608			01:02:30	01:01:15
1882	1223 TAMMY	BESHHELLA	F35+	200			01:02:31	00:59:49
1883	4045 AMELIA	COBNER	Senior Female	226			01:02:31	00:59:46
1884	528 JONATHAN	STUART-LOW	M40+	340			01:02:31	00:59:04
1885	2442 BENJAMIN	WILLIAMS	Senior Male	610			01:02:31	01:00:40
1886	1996 ANDREW	HARPER	Senior Male	611			01:02:31	01:00:11
1887	444 LIAM	MANLEY	Senior Male	612			01:02:33	00:59:29
1888	3328 JEFFREY	ASTON	M60+	70	LES CROUPIERS	23	01:02:33	01:00:19
1889	2741 JONATHAN	DAVIES	Senior Male	613			01:02:33	01:02:17
1890	3490 ANDREW	DAVIES	Senior Male	614			01:02:34	01:01:09
1891	3901 PATRICA	MORRIS	F45+	124			01:02:34	01:00:35
1892	4295 JO	GRIFFITHS	F35+	201	ADMIRAL	103	01:02:34	01:01:34
1893	245 STEVEN	WILLIAMS-JONES	Senior Male	615	ADMIRAL	104	01:02:34	01:01:06
1894	4211 ANDREW	CHAPMAN	Senior Male	616			01:02:34	01:00:05
1895	310 CAROL	GUNN	F55+	40			01:02:35	01:01:24
1896	4070 LUC	EVANS	Senior Male	617			01:02:36	01:01:29

1897	461 KINGA	FEKETE	F35+	202		01:02:36	01:00:51	
1898	4071 LAURA	SAMS	Senior Female	227		01:02:36	01:01:29	
1899	3121 PETRINA	ROCHESTER	F45+	125		01:02:37	01:00:53	
1900	1829 DAVID	ROCHE	Senior Male	618		01:02:37	01:00:37	
1901	2819 ROBERT	LAWRENCE	Senior Male	619		01:02:37	00:58:05	
1902	3566 ANGELA	LYNCH	F45+	126		01:02:39	01:00:27	
1903	1748 DAVID	THOMSON	Senior Male	620		01:02:39	01:01:13	
1904	2308 CHRIS	APLIN	M40+	341		01:02:39	00:58:50	
1905	1371 TONI	BING	Senior Female	228		01:02:39	01:00:30	
1906	1550 MICHELLE	EVANS	F35+	203		01:02:40	00:59:58	
1907	3138 ALISON	KNEEN	F55+	41		01:02:40	01:00:06	
1908	2449 DARRAN	REES	M40+	342	RUN4ALL RUNNING CLUB	21	01:02:40	01:00:06
1909	1049 JANE	FLETCHER	F45+	127		01:02:41	01:00:23	
1910	3113 JULIA	JARVIS	F45+	128		01:02:41	01:02:01	
1911	2702 JOSE	LOFT	Senior Female	229		01:02:41	00:59:43	
1912	669 SHELLEY	NEWPORT	F45+	129		01:02:42	01:00:26	
1913	558 STEPHANIE	PREEDY	Senior Female	230		01:02:43	01:00:51	
1914	164 SARAH	JONEA	Senior Female	231	ADMIRAL	105	01:02:43	01:01:16
1915	2384 NIALL	HUGHES	M40+	343		01:02:43	00:59:50	
1916	3262 DEAN	FLETCHER	M50+	185		01:02:43	00:59:54	
1917	3504 SALLY	HARTLEY	F35+	205		01:02:44	01:00:33	
1918	3554 HARRIET	FLETCHER	F35+	204		01:02:44	01:00:33	
1919	1616 STEPHEN	DAVIES	Senior Male	621		01:02:44	01:00:15	
1920	94 RHYS	PAGE-WALKER	Senior Male	622	ACTIVE SWANSEA	4	01:02:44	01:01:13
1921	3270 HANNA	CULVERHOUSE	Senior Female	232		01:02:44	01:01:29	
1922	2604 GARETH	HARRIS	M40+	344		01:02:44	00:59:27	
1923	1780 BEV	JONES	F55+	42		01:02:45	01:00:19	
1924	4199 SARAH	GRANT	F35+	206		01:02:47	00:59:50	
1925	91 ANDREA	MCANDREW	F35+	207	ACTIVE SWANSEA	5	01:02:47	01:01:16
1926	3166 EMILY	LEWIS	Senior Female	233		01:02:47	00:59:30	
1927	3845 EMMA	DOOLAN	F35+	208	3MS GORSEINON ROAD RUNNERS	30	01:02:48	01:00:27
1928	2562 LYDIA	CAWSEY	Senior Female	234		01:02:48	00:59:08	
1929	3439 KERRIN	ROBERTS	F35+	209		01:02:50	01:01:42	
1930	4393 WILLIAM	BRIZ-WATERS	Junior Male	67	ST JOSEPHS SCHOOL	6	01:02:50	01:01:26
1931	3064 JENNIFER	HOSKINS	F35+	210		01:02:51	01:01:11	
1932	527 JAMES	PANNETT	M40+	345		01:02:51	00:59:24	
1933	1187 CORRINA	BUCHANAN	Senior Female	235		01:02:52	00:59:54	
1934	4298 TIM	HARDING	M40+	346	ADMIRAL	106	01:02:52	01:01:58
1935	1859 CATRIN	REYNOLDS	Senior Female	236		01:02:52	01:01:17	
1936	1976 NIA	DICKIE	F45+	130		01:02:53	00:59:20	
1937	49 TIM	DAVIES	M40+	347		01:02:53	01:00:14	
1938	3938 LINDA	DOYLE	F35+	211		01:02:54	01:00:15	
1939	60 PAUL	HARRIS	M40+	348	3MS GORSEINON ROAD RUNNERS	31	01:02:54	01:00:13
1940	687 GILLIAN	ALDERDICE	F35+	212		01:02:55	01:01:07	
1941	3092 AMY	RILEY	Senior Female	237		01:02:55	01:00:41	
1942	3850 SARAH	FOXALL	F35+	213		01:02:56	01:00:32	
1943	3817 SARI	YASUDA	Senior Female	238		01:03:00	01:01:53	
1944	2841 JOE	BALDWIN	Senior Male	623		01:03:00	00:58:58	
1945	1525 CERYS	DAVIES	Junior Female	29		01:03:01	01:00:53	
1946	847 EMMA	BUTCHER	Senior Female	239		01:03:02	00:59:58	
1947	1526 TINA	DAVIES	F35+	214		01:03:02	01:00:55	
1948	235 MARK	WATERS	M40+	349	ADMIRAL	107	01:03:03	00:59:34
1949	4151 TRACEY	NEWMAN	F45+	131	LES CROUPIERS	24	01:03:05	01:00:51
1950	3110 JOANNE	JONES	F45+	132		01:03:06	01:00:12	
1951	3340 CLAIRE	MORGAN	Senior Female	240		01:03:06	01:00:38	
1952	3312 TOM	BLACKLER	Senior Male	624		01:03:06	01:00:39	
1953	772 HELEN	MEAD	Senior Female	241		01:03:07	01:00:32	
1954	945 AMANDA	BEBB	F45+	133		01:03:08	01:00:57	
1955	3082 TOM	LONGDEN	Senior Male	625		01:03:09	01:01:27	
1956	4158 TERESA	APREA-MORGAN	F35+	215		01:03:10	01:01:54	
1957	3202 CATRIN	SMITH	Senior Female	242		01:03:10	00:59:53	
1958	4283 ZOE	CLAYTON	Senior Female	243	ADMIRAL	108	01:03:10	01:01:13
1959	2745 JAYNE	BISSMIRE	Senior Female	244		01:03:11	01:01:19	
1960	3702 MELANIE	THOMAS	F45+	134	OGMORE PHOENIX RUNNERS	10	01:03:12	01:00:46
1961	3294 CYRIL	HARTSON	M60+	71		01:03:12	01:02:09	
1962	2840 ELIZABETH	BEYNON	M40+	350	PARC BRYN BACH RUNNING CLUB	25	01:03:12	01:01:52
1963	2243 KERRY	GREENFIELD	M60+	72		01:03:14	01:00:21	
1964	2418 ANDREA	HARRIS	F35+	216		01:03:15	01:01:19	
1965	3773 VIVIENNE	VENTRESS	F35+	217		01:03:16	01:00:56	
1966	3993 NEIL	POULTON	M40+	351		01:03:16	01:02:06	
1967	4301 KRISTIAN	HARRIS	Senior Male	626	ADMIRAL	109	01:03:16	01:02:09
1968	2419 IAN	HARRIS	M40+	352		01:03:17	01:01:18	
1969	4059 KATIE	O'DONNELL	F35+	218		01:03:18	01:01:10	
1970	3028 NICOLA	HILL	Senior Female	245		01:03:18	01:01:19	
1971	4176 SARAH	PRICE	Senior Female	246		01:03:19	01:00:55	
1972	2900 MALCOLM	CALLENDER	M60+	73		01:03:19	01:01:51	
1973	61 Craig	Lewis Edwards	Senior Male	627		01:03:20	00:59:12	
1974	3596 SEAN	CHARLOTTE	F45+	135		01:03:20	01:00:35	
1975	792 JOSEPHINE	ROGERS	F35+	219		01:03:22	01:01:06	
1976	3425 ELLIOT	CAPARROS	M50+	186		01:03:22	01:00:37	
1977	1115 SOPHIE	LACEY	Senior Female	247		01:03:22	01:00:17	
1978	2940 TONY	EVANS	M50+	187		01:03:22	01:01:48	
1979	841 PAULA	BURGESS	F35+	220		01:03:22	01:00:56	
1980	3383 NICHOLAS	NEWTON	M40+	353		01:03:23	00:59:02	
1981	4016 LESLEY	WILLIAMS	Senior Female	248		01:03:23	00:59:37	
1982	3100 JULIAN	RIDGEWAY	M40+	354		01:03:23	00:59:53	
1983	3905 REBECCA	PARKER	F35+	221		01:03:24	00:58:34	
1984	3906 ANDREW	PARKER	M50+	188		01:03:25	00:58:35	
1985	3376 JASON	GRIFFITHS	M40+	355		01:03:25	01:02:16	
1986	157 GRACE	HUGHES	Senior Female	249	ADMIRAL	110	01:03:26	01:00:55
1987	774 STEPHEN	WILLIAMS	M40+	356	PORT TALBOT HARRIERS	24	01:03:26	01:01:07
1988	2651 ELISE	DENTON	Senior Female	250		01:03:26	01:01:12	
1989	4164 ALEXANDRA	WALTERS	Senior Female	251		01:03:26	01:00:55	
1990	3194 JANE	LLEWELLYN	F55+	43		01:03:27	01:01:18	
1991	1483 CERI	GALLUCCI	Senior Female	252		01:03:28	01:00:53	

1992	693 VICTORIA	CLARKE-HEDGES	F35+	222		01:03:28	01:01:13
1993	4282 ROSS	BURT	M40+	357 ADMIRAL	111	01:03:28	01:01:12
1994	1673 DAN	MCAULAY	Senior Male	628		01:03:29	01:01:21
1995	730 DAVID	BARHAM	M50+	189 3MS GORSEINON ROAD RUNNERS	32	01:03:30	01:00:50
1996	3255 JIMMY	GRAHAM	M40+	358		01:03:30	00:58:51
1997	3399 KAREN	HAWKINS	F45+	136		01:03:31	01:00:51
1998	497 RUTH	COURTNEY	F35+	223		01:03:31	01:01:20
1999	2406 SCOTT	CHARLES	M40+	359		01:03:31	01:02:36
2000	2405 GEORGIA	CHARLES	Junior Female	30		01:03:32	01:02:39
2001	485 ANNE	THOMAS	F35+	224		01:03:32	01:01:44
2002	1447 CRAIG	REES	Senior Male	629		01:03:33	01:02:22
2003	2809 DAVID	BRUNSDON	M60+	74		01:03:35	01:01:12
2004	3310 JESSICA	BEVAN	Senior Female	253		01:03:35	01:01:14
2005	962 SALLY	MORGAN	F35+	225		01:03:35	01:00:39
2006	2713 CLARE	JOHNSON	F55+	44 LES CROUPIERS	25	01:03:35	01:01:22
2007	2914 MARTIN	BEARD	Senior Male	630		01:03:35	01:01:33
2008	3389 JOANNA	WILKINS	Junior Female	31		01:03:35	01:02:15
2009	1658 JULIE	STENLAKE	F35+	226		01:03:37	01:01:33
2010	1743 SIAN	SPENCER	Senior Female	254 EMLYN RUNNERS	3	01:03:38	01:02:00
2011	1744 EIRIAN	SPENCER	F45+	137 EMLYN RUNNERS	4	01:03:38	01:02:00
2012	3874 ANNA	BOLTON	F35+	227		01:03:39	01:00:41
2013	3843 ELIN	CONNOR	F45+	138		01:03:39	01:02:41
2014	2973 HELEN	LUTLEY	F55+	45		01:03:39	01:02:00
2015	2396 CHERYL	VINES	F35+	228		01:03:39	01:02:23
2016	1775 NATASHA	JORDAN	F35+	229		01:03:39	01:00:10
2017	1815 HANNAH	ROBERTS	Senior Female	255		01:03:43	01:00:52
2018	1015 LINDSAY	SULLIVAN	F35+	230 MERTHYR RUNNING CLUB	3	01:03:43	01:02:30
2019	4378 JOSH	ROBERTS	Senior Male	631 HOME FROM HOME	5	01:03:44	01:02:47
2020	42 Joe	Cadwallader	Junior Male	68		01:03:45	01:02:15
2021	3134 ADAM	JONES	Senior Male	632		01:03:46	01:02:31
2022	4131 EMMA	JONES	Senior Male	633		01:03:46	01:02:30
2023	166 HUW	JONES	M50+	190 ADMIRAL	112	01:03:47	01:00:28
2024	1987 JULIE	GIBSON	F45+	139 LLISWERRY RUNNERS	7	01:03:49	01:01:46
2025	3131 KIM	BENSON	Senior Female	256		01:03:50	01:01:05
2026	3705 KAREN	EVANS	F45+	140		01:03:50	01:02:25
2027	3182 KATIE	DAVIES	Senior Female	257		01:03:50	01:01:34
2028	1248 CATHERINE	BURR	F35+	231		01:03:50	01:00:31
2029	780 MARK	STEER	M40+	360		01:03:51	01:00:23
2030	1039 LISA	EVANS	F35+	233		01:03:52	01:02:19
2031	3349 SARAH	HUNT	F35+	232 PAUL POPHAM RUNNING CLUB	14	01:03:52	01:01:16
2032	3403 ELAINE	MORRIS	F45+	141		01:03:52	01:00:53
2033	3404 STEVE	MORRIS	M50+	191		01:03:52	01:00:53
2034	3704 LEE	LOVERING	M50+	192		01:03:52	01:02:27
2035	2316 MIKE	COLLINS	M60+	75 PORTSMOUTH JOGGERS	2	01:03:53	01:01:24
2036	502 PAUL	MORGAN	M40+	361		01:03:54	01:01:36
2037	2812 STEVEN	WOODWARD	M40+	362		01:03:54	01:00:55
2038	507 KEVIN	ISAAC	M40+	363		01:03:54	01:01:36
2039	2453 GEMMA	DYER	Senior Female	258		01:03:55	01:01:18
2040	3782 FRANCESCA	RAY	Senior Female	259		01:03:55	01:01:18
2041	1235 HELEN	JONES	F35+	234		01:03:55	01:02:12
2042	3319 AMY	PRINCE	Senior Female	260		01:03:55	01:02:22
2043	3163 ALEXANDRA	CALADO	F45+	142		01:03:55	00:59:47
2044	1070 JONATHON	TALBOT	Senior Male	634		01:03:56	01:00:41
2045	165 ELIZABETH	JONES	Senior Female	261 ADMIRAL	113	01:03:56	01:02:15
2046	955 GARY	MASON	M40+	364		01:03:57	01:00:35
2047	3823 VANESSA	SHARKEY	F35+	235		01:03:58	01:02:42
2048	1372 ANDREW	HARRIS	M40+	365		01:03:58	01:02:17
2049	1808 LAURA	AVERY	F35+	236		01:03:59	01:01:26
2050	4231 BEVAN	MURPHY	Senior Male	635		01:03:59	01:01:59
2051	1696 LEAH	HINTON	Senior Female	262		01:03:59	01:01:26
2052	3036 HELEN	JONES	F35+	237		01:03:59	01:03:21
2053	1969 HELEN	GREENWAY	Senior Female	263		01:04:02	01:02:31
2054	3562 RICHARD	TOPCZYLKO-EVANS	Senior Male	636 MERTHYR RUNNING CLUB	4	01:04:02	01:00:57
2055	1180 IAN	BARRETT	Senior Male	637		01:04:02	01:00:45
2056	1875 MELODY	ABBOTT	F35+	238		01:04:03	01:03:42
2057	2500 CARYS	BENNETT	Junior Female	32		01:04:04	01:03:19
2058	227 CARYS	THOMAS	F35+	239 ADMIRAL	114	01:04:05	01:02:56
2059	2165 GRACE	HENNELL	Senior Female	264		01:04:07	01:01:18
2060	3394 CAITLYN	DENSHAM	Junior Female	33		01:04:07	01:01:23
2061	2758 TONY	JOHN	M50+	193		01:04:09	01:02:39
2062	3528 NICOLA	BATE	F45+	143		01:04:10	01:01:57
2063	3640 HANNAH	HOLLIDAY	F35+	240		01:04:11	01:01:29
2064	633 HELEN	JENKINS	F35+	241		01:04:12	01:01:19
2065	606 HUGH	GRIFFITHS	M60+	76		01:04:12	01:00:02
2066	3327 STEVE	TWIGG	M40+	366		01:04:13	01:01:49
2067	3005 PETER	EVANS	Senior Male	638		01:04:14	01:00:15
2068	2888 SUSIE	GURNER	F35+	242 CAERPHILLY RUNNERS	7	01:04:14	01:02:25
2069	1375 PHILIP	LENTHALL	M50+	194		01:04:14	01:02:25
2070	1327 SAMANTHA	KARBOUN	F35+	243		01:04:15	01:01:51
2071	4128 SARAH	PATTERSON	Senior Female	265		01:04:15	01:03:01
2072	1816 LEE	ALLEN	M40+	367		01:04:15	01:01:55
2073	4017 LISA	SLEE	F35+	244		01:04:16	01:00:30
2074	4304 LAURIE	HOOPER	Senior Female	266 ADMIRAL	115	01:04:16	01:03:02
2075	4127 LEE	PATTERSON	Senior Male	639		01:04:16	01:03:03
2076	2160 LEIGHTON	JAMES	M40+	368		01:04:16	01:02:18
2077	3997 SUZANNE	THOMAS	F45+	144		01:04:17	01:00:59
2078	3441 SION	WAY	Junior Male	69		01:04:18	01:03:31
2079	3685 LORRAINE	MOLD	F35+	245		01:04:19	01:03:06
2080	3677 KATHRYN	DAVIES	F45+	145		01:04:19	01:02:54
2081	776 CATH	BRADFORD	F45+	146		01:04:19	01:03:07
2082	3749 LEANNE	GREENWAY	F35+	246		01:04:19	01:03:07
2083	170 DAN	KEEN	Senior Male	640 ADMIRAL	116	01:04:20	01:01:33
2084	3920 EMMA	MORGAN	F45+	147		01:04:22	01:01:46
2085	276 PAUL	HOWELLS	M40+	369		01:04:22	01:01:16
2086	2278 ALAN	STRAWBRIDGE	M60+	77		01:04:22	01:00:56

2087	1982 THOMAS	LYNCH	Senior Male	641		01:04:23	01:00:56
2088	4179 CAROLE	PHILLIPS	F45+	148		01:04:23	01:01:20
2089	3392 STEPHEN	SULLIVAN	M40+	370		01:04:23	01:00:59
2090	3467 ANDREW	DEAKIN	M40+	371		01:04:24	01:01:51
2091	2898 NIA	EVANS	Senior Female	267		01:04:24	01:04:01
2092	1169 Spare	Chip	Senior Male	642		01:04:24	01:01:31
2093	1981 HANNAH	LYNCH	Senior Female	268		01:04:25	01:00:58
2094	2129 ANNA	HOWELL	F35+	247		01:04:25	01:01:08
2095	205 DEBORAH	REES	F45+	149 ADMIRAL	117	01:04:25	01:03:26
2096	2535 SOPHIE	POULTNEY	Junior Female	34		01:04:26	01:01:32
2097	3371 OLIVIA	ARNOLD	Junior Female	35		01:04:27	01:02:34
2098	330 ELIZABETH	DAVIES	F35+	248		01:04:29	01:01:19
2099	3768 KAY	LAWLESS	F55+	46		01:04:29	01:01:51
2100	886 GAVYN	THOMAS	Senior Male	643		01:04:30	01:01:41
2101	1099 GWION	JONES	Junior Male	70		01:04:30	01:01:09
2102	2751 SUSAN	LAWRENCE	F55+	47 PONT Y PWL & DISTRICT RUNNERS	1	01:04:31	01:01:48
2103	2612 DEBBIE	HANNAH	F35+	249		01:04:31	01:02:13
2104	1878 RUTH	IRVINE	F45+	150		01:04:33	01:02:40
2105	3481 ANDREW	REES	M40+	372		01:04:33	01:00:38
2106	3155 ELIZABETH	LAWRENCE	F35+	250		01:04:34	01:00:23
2107	515 HELEN	STIRLING	F35+	251		01:04:34	01:01:31
2108	4028 ANDREW	ROCKLEY	M50+	195		01:04:34	01:02:48
2109	728 HELYN	LATIMER	F45+	151		01:04:35	01:02:43
2110	2659 CATRIN	DAVIES	F35+	252		01:04:37	01:02:03
2111	1802 LUCY	ROWLANDS	F35+	253		01:04:38	01:01:40
2112	887 ROBERT	JAMES	M60+	78		01:04:38	01:03:58
2113	3853 REBECCA	HURST	F35+	254 RUN4ALL RUNNING CLUB	22	01:04:38	01:01:27
2114	1321 LOUISE	BATCHELOR	Senior Female	269 CAERPHILLY RUNNERS	8	01:04:38	01:02:17
2115	1803 STEVE	ROWLANDS	M40+	373		01:04:38	01:01:41
2116	3881 LAURA	COOMBES	F35+	255 LES CROUPIERS	26	01:04:38	01:02:09
2117	1424 CHRIS	WHITWORTH	M40+	374		01:04:38	01:01:35
2118	3987 HELEN	GEORGE	F55+	48		01:04:39	01:02:16
2119	298 WENDY	WRIGHT	F55+	49		01:04:42	01:01:41
2120	3949 CHRISTINE	HURDIDGE	F55+	50 3MS GORSEINON ROAD RUNNERS	33	01:04:42	01:03:08
2121	3355 GARETH	CLARK	M40+	375		01:04:42	01:01:20
2122	958 LEE	SMITH	M40+	376		01:04:43	01:01:18
2123	3408 CLAIRE	RAWLE	F35+	256 DRAGONS RUNNING CLUB	3	01:04:43	01:03:51
2124	3860 ANNA	WILAMOWSKI	Senior Female	270		01:04:44	01:00:41
2125	1898 FIONA	SCULLION	F55+	51		01:04:44	01:00:42
2126	1573 LAURA	HEEKIN	Senior Female	271		01:04:47	01:01:53
2127	1205 JESSICA	LEWIS	Senior Female	272		01:04:47	01:02:05
2128	592 JANE	HOLMES	F45+	152 SARN HELEN	5	01:04:48	01:01:51
2129	3944 ROBERT	MCEWAN-COOK	M40+	377		01:04:48	01:00:33
2130	115 JAMES	CARMICHAEL	Senior Male	644 ADMIRAL	118	01:04:48	01:02:00
2131	2853 SOPHIE	BOWEN	Senior Female	273		01:04:48	01:02:07
2132	1686 ROBERT HUW	GRIFFITHS	M40+	378		01:04:48	01:02:27
2133	1582 VICTORIA	SHINGLER	F35+	257		01:04:49	01:02:25
2134	102 NATHAN	ALEXANDER	Senior Male	645 ADMIRAL	119	01:04:50	01:01:56
2135	599 SIAN	VELARDO	Senior Female	274		01:04:50	01:02:31
2136	3488 RICHARD	GRAHAM	M60+	79		01:04:51	01:01:51
2137	4018 LUCY	BARBER	Senior Female	275 EMLYN RUNNERS	5	01:04:51	01:03:16
2138	1817 ALISON	COLDERICK	F45+	153		01:04:52	01:01:51
2139	4395 JO	RYAN	Junior Male	71 ST JOSEPHS SCHOOL	7	01:04:52	01:03:28
2140	1463 PAUL	CLAYTON	M50+	196		01:04:52	01:02:38
2141	3370 AMBER	BRUNDLE	F35+	258 PAUL POPHAM RUNNING CLUB	15	01:04:52	01:01:12
2142	3259 ALEXANDRA	DAVIES	Senior Female	276 LES CROUPIERS	27	01:04:52	01:01:47
2143	3208 KELLI	BYNG	Senior Female	277		01:04:54	01:04:35
2144	1723 BARBARA	PRIDDEY	F35+	259		01:04:54	01:03:16
2145	192 CRISTINA	NESTARES	F35+	260 ADMIRAL	120	01:04:55	01:01:07
2146	3712 DANIEL	BRADLEY	Senior Male	646		01:04:55	01:01:27
2147	4367 REBECCA	DAVIES	Senior Female	278 GRAND HOTEL	2	01:04:55	01:02:10
2148	3143 NIA	EVANS	F45+	154 EMLYN RUNNERS	6	01:04:56	01:03:20
2149	1008 LAURA	JOSEPH	F35+	261		01:04:56	01:02:08
2150	3330 JO	ROBBINS	F35+	262 PAUL POPHAM RUNNING CLUB	16	01:04:58	01:03:12
2151	2304 JULIE	HEAL	F35+	263		01:04:58	01:02:04
2152	4049 JOS	O'SULLIVAN	M60+	80 PAUL POPHAM RUNNING CLUB	17	01:04:59	01:01:45
2153	1202 AMY	EVANS	Senior Female	279		01:05:01	01:03:09
2154	1453 AMANDA	EDWARDS	F45+	155		01:05:02	01:03:05
2155	3815 ELOISE	LOWSON	Junior Female	36		01:05:03	01:02:28
2156	832 RHIANNON	HOWELLS	F35+	264		01:05:03	01:02:29
2157	3147 ANGHARAD	BOOTH	Senior Female	280		01:05:04	01:03:45
2158	3400 MANDY	THOMAS	F35+	265 TROTS	7	01:05:04	01:01:13
2159	3516 MITCHELL	WILLIAMS	Senior Male	647		01:05:05	01:01:37
2160	4366 CATHERINE AMY	HARRIES	Senior Female	281 BRECON CARREG	2	01:05:06	01:01:19
2161	1565 DAI	SMITH	M40+	379		01:05:07	01:02:55
2162	1588 CERI	NICHOLAS	Senior Female	282		01:05:07	01:01:39
2163	4125 ANDREA	NORTHEY	F45+	156		01:05:08	01:02:12
2164	3293 VICTORIA	HARTSON DEVULGT	Senior Female	283		01:05:08	01:04:04
2165	1966 CATHRYN	WILLIAMS	Senior Female	284		01:05:09	01:03:38
2166	1964 SOPHIE	BURGESS	Senior Female	285		01:05:09	01:03:38
2167	3754 DANIEL	BOWDEN	Senior Male	648		01:05:10	01:04:09
2168	4219 ROB	CLARK	M50+	197 TAMAR TROTTERS	1	01:05:11	01:00:56
2169	831 CLAIRE	MORRIS	F45+	157		01:05:11	01:02:48
2170	829 HAYLEY	BURROWS	F35+	266		01:05:11	01:02:48
2171	3485 MARIA	HUGHES	F35+	267		01:05:14	01:03:03
2172	3745 JAMES	WILLIAMS	Senior Male	649		01:05:14	01:03:03
2173	795 OLLY	PENN	Senior Male	650		01:05:15	01:02:27
2174	370 RACHEL	EVANS	F45+	158		01:05:15	01:01:57
2175	4114 AMY	SAUNDERS	F35+	268		01:05:16	01:03:05
2176	3073 LINDY	EYNON	F55+	52 TROTS	8	01:05:16	01:03:28
2177	3724 ELIZABETH	BURKE	Senior Female	286		01:05:16	01:02:23
2178	58 Steve	Tierney	M40+	380		01:05:18	01:02:05
2179	1912 CAROLINE	KNIGHT	F35+	269		01:05:18	01:02:51
2180	2457 MICHELLE	LONG	F45+	159		01:05:19	01:02:46
2181	1634 CLAIRE	WATKINS	Senior Female	287		01:05:20	01:01:24

2182	3551 ISABEL	EVANS	F45+	160		01:05:22	01:04:03
2183	1302 MARGATET	EVANS	F45+	161		01:05:22	01:03:27
2184	2018 CHRISTOPHER	RICHARDS	Senior Male	651		01:05:25	01:03:24
2185	3794 SEAMUS	EDNEY	M50+	198		01:05:25	01:03:14
2186	3857 DEBBIE	DAVIES	F45+	162		01:05:25	01:02:48
2187	3367 REBECCA	CADDY	Senior Female	288		01:05:25	01:01:33
2188	2864 JOANNE	FAIRGRAY	F45+	163		01:05:25	01:02:50
2189	2023 MARK	SELLARS	M40+	381		01:05:26	01:03:06
2190	121 CERI	COLLINS	Senior Female	289 ADMIRAL	121	01:05:26	01:04:14
2191	4388 LEANNE	BOSE	Junior Female	37 ST JOSEPHS SCHOOL	8	01:05:27	01:02:20
2192	2080 CONNY	ROTH	Senior Female	290		01:05:27	01:02:10
2193	4191 RHYS	THOMAS	Senior Male	652		01:05:27	01:03:53
2194	3095 LEIGHANNE	PALMER	F35+	270		01:05:28	01:02:57
2195	1434 TARA	NICKERSON	F35+	271		01:05:28	01:02:32
2196	3637 KATE	BROWN	F45+	164		01:05:29	01:01:41
2197	1198 RACHEL	FLOYD	Senior Female	291		01:05:31	01:04:18
2198	413 CHRISTOPHER	O'LEARY	Senior Male	653		01:05:31	01:02:33
2199	1309 EDWINA	STOKER	F55+	53		01:05:32	01:04:19
2200	1356 DELIA	PUDNEY	F35+	272 3MS GORSEINON ROAD RUNNERS	34	01:05:32	01:02:14
2201	1199 PAUL	MATTHEWS	Senior Male	654		01:05:32	01:04:18
2202	3311 DELMIE	DAVIES	M40+	382		01:05:33	01:02:19
2203	1357 ELLEN	WINTLE	F35+	273		01:05:33	01:02:15
2204	4259 CHARLES	KING	M60+	81		01:05:33	01:02:35
2205	2757 EMMA	BAILEY	Senior Female	292		01:05:34	01:03:43
2206	1367 PHILLIPPA	TREDWELL	Senior Female	293		01:05:35	01:03:17
2207	3572 JULIE	CROSSMAN	F45+	165		01:05:36	01:02:45
2208	648 SARA	SKINNER	F35+	274		01:05:37	01:02:54
2209	2139 ABBY	FORSTER	Senior Female	294 PONTYPRIDD ROADENTS AC	11	01:05:38	01:02:38
2210	2140 HILARY	FORSTER	F55+	54		01:05:38	01:02:39
2211	1946 ADAM	JONES	Senior Male	655		01:05:39	01:01:44
2212	2239 REBECCA	TEAGUE	F35+	275 RUN4ALL RUNNING CLUB	23	01:05:40	01:02:27
2213	2349 LISA	WALTERS	F35+	276		01:05:41	01:02:30
2214	2389 BONI	DEIAS	F55+	55		01:05:42	01:01:35
2215	2047 NICOLA	COOKE	Senior Female	295		01:05:43	01:04:22
2216	3602 SUZANNE	LANDER	Senior Female	296		01:05:45	01:01:39
2217	3928 ANNA	EVANS	F35+	277		01:05:45	01:01:51
2218	1989 CHRISTOPHER	CARPENTER	Senior Male	656		01:05:45	01:03:16
2219	1561 SIAN	HARRISON	F45+	166		01:05:46	01:05:06
2220	2074 KEIRON	OWEN	Senior Male	657		01:05:46	01:05:07
2221	4223 ADELE	JONES	F35+	278		01:05:46	01:02:33
2222	4234 HELEN	DAVIES	Senior Female	297		01:05:47	01:03:00
2223	3325 LUCY	RATHKEY	Junior Female	38		01:05:48	01:03:31
2224	3343 KAT	RIDGWAY	Senior Female	298		01:05:48	01:02:04
2225	1557 SHARON	CRICHTON	F55+	56		01:05:49	01:01:49
2226	2655 HANNAH	GEORGE	Senior Female	299		01:05:50	01:04:35
2227	4161 CAROL-JANE	JENNINGS	F55+	57		01:05:50	01:02:56
2228	1687 CHARMAINE	CLINCH	F45+	167		01:05:51	01:02:59
2229	1740 AMY	CLINCH	Senior Female	300		01:05:51	01:02:58
2230	3748 ALEXANDRA	HARRINGTON	Senior Female	301		01:05:51	01:03:58
2231	64 David	Lowe	M60+	82		01:05:52	01:02:27
2232	2265 SARAH	JENKINS	Senior Female	302		01:05:54	01:04:59
2233	2407 TOMOS	WILLIAMS	Senior Male	658		01:05:54	01:04:59
2234	1050 SIMON	PURDY	Senior Male	659		01:05:55	01:02:59
2235	3274 CHLOE	JONES	Senior Female	303		01:05:55	01:03:44
2236	3423 PAUL	RUNDLE	M50+	199		01:05:56	01:03:44
2237	4106 VICKY	LOTT	F35+	279		01:05:56	01:02:56
2238	2008 KELLY	HIGMAN	F35+	280		01:05:57	01:02:12
2239	3335 STEVEN	POWELL	Senior Male	660		01:05:58	01:04:12
2240	1181 EMILY	COOK	Senior Female	304		01:05:58	01:03:25
2241	2052 JEAN	ARCHER	F55+	58		01:05:58	01:04:30
2242	3994 CERI	POULTON	F35+	281		01:05:59	01:03:32
2243	3334 STEVEN	WILKS	Senior Male	661		01:06:00	01:04:12
2244	628 MICHELLE	UNSWORTH	F45+	168 LLISWERRY RUNNERS	8	01:06:00	01:04:02
2245	1926 KELLY	MCNEISH	F35+	282		01:06:01	01:04:22
2246	2031 SARAH	GRANT	F35+	283		01:06:01	01:05:09
2247	2587 RUTH	WALTERS	F45+	169		01:06:02	01:04:29
2248	2474 SARAH	HUBBARD	F35+	284		01:06:04	01:02:42
2249	3735 ARTURO	SANORJO JR	Senior Male	662		01:06:05	01:04:05
2250	548 STACEY	MEREDITH	F35+	285		01:06:07	01:03:28
2251	2952 KATE	GREENFIELD	F35+	286		01:06:07	01:02:21
2252	2152 CHLOË	MCCALL	Senior Female	305		01:06:08	01:05:11
2253	2496 TIM	MACDERMOTT	M50+	200		01:06:09	01:01:13
2254	4056 CAT	MAYES	Senior Male	663		01:06:09	01:02:21
2255	807 ANDREW	BRANFORD	M50+	201		01:06:09	01:03:08
2256	1518 GARETH	KEYTE	M40+	383		01:06:10	01:05:32
2257	4055 STEPHEN	SARGEANT	Senior Male	664		01:06:10	01:02:19
2258	1057 CATHY	JOHNSON	F45+	170		01:06:10	01:04:40
2259	2487 KAREN	DUSGATE	F45+	171		01:06:11	01:01:16
2260	851 JOE	PARKER	Senior Male	665		01:06:13	01:04:45
2261	3762 ANNE	ROSKOWSKI	F55+	59		01:06:15	01:03:05
2262	1064 FAITH	BARCROFT	F35+	287		01:06:16	01:03:07
2263	2315 JANE	COLLINS	F55+	60 PORTSMOUTH JOGGERS	3	01:06:19	01:03:50
2264	1932 ABIGAIL	BRADLEY	Senior Female	306		01:06:20	01:03:56
2265	1431 HELEN	THOMAS	F35+	288		01:06:20	01:05:00
2266	3099 LINDA	WILLIAMS	F35+	290		01:06:20	01:02:35
2267	3687 CARYS	DAVIES	F35+	289 EMLYN RUNNERS	7	01:06:20	01:04:43
2268	3689 EMMA	BALLARDIE	F35+	291		01:06:20	01:03:38
2269	428 CARYL	STOKES	F35+	292		01:06:21	01:04:11
2270	854 SIMON	GUTIERREZ	Senior Male	666		01:06:21	01:03:13
2271	1291 TOM	LONG	M50+	202		01:06:21	01:04:27
2272	3722 LAURA	PENRY	Senior Female	307		01:06:22	01:03:38
2273	1082 TOMOS	JONES	Senior Male	667		01:06:22	01:00:24
2274	2109 KATE	SPEED	F35+	293		01:06:22	01:03:39
2275	1114 MARK	LACEY	M50+	203		01:06:23	01:03:18
2276	2744 BRETT	PHIPPEN	M40+	384		01:06:23	01:03:22

2277	695 RACHEL	PUGH	Senior Female	308		01:06:24	01:03:35	
2278	533 MARK	ROWLAND	M50+	204		01:06:25	01:04:27	
2279	3663 ALAN	ROSE	M60+	83		01:06:26	01:04:07	
2280	98 JESSICA LAUREN	MORRIS	Junior Female	39	ACTIVE SWANSEA	6	01:06:26	01:04:58
2281	1990 KELLY	CARPENTER	F35+	294		01:06:26	01:03:56	
2282	2311 CERI	WILLSON	Senior Female	309		01:06:26	01:02:50	
2283	46 Deborah	Brown	F45+	172		01:06:27	01:03:32	
2284	2933 DEBBIE	BENNION	F55+	61	OGMORE PHOENIX RUNNERS	11	01:06:27	01:04:10
2285	2397 VICTORIA	HALL	F35+	295		01:06:28	01:05:00	
2286	2053 ANNE	STUMPF	Senior Female	310		01:06:28	01:04:06	
2287	2959 PETER J	CHAPLIN	Senior Male	668		01:06:29	01:04:06	
2288	2103 CLARE	ARMSTRONG	F35+	296		01:06:30	01:02:43	
2289	1344 CATHERINE	DOYLE	F45+	173		01:06:31	01:05:29	
2290	173 ASHLEY	LACEY	Junior Male	72	ADMIRAL	122	01:06:32	01:03:34
2291	4246 GAIL	REES	F35+	297		01:06:33	01:04:11	
2292	4044 KATE	JAY	F35+	298		01:06:34	01:04:22	
2293	654 AMANDA	DAVIES	Senior Male	669		01:06:36	01:04:45	
2294	4197 KATIE	WILLIAMS	Junior Female	40		01:06:37	01:03:02	
2295	3795 MARGARET	EDNEY	F55+	62		01:06:37	01:04:27	
2296	1348 SONIA	DAVID	F35+	299		01:06:38	01:04:15	
2297	1902 STEPHEN	DALLOW	M60+	84		01:06:39	01:04:31	
2298	2611 MICHAEL	DAVIES	M40+	385		01:06:41	01:04:22	
2299	3593 LOUISE	LLOYD	F35+	300		01:06:42	01:04:21	
2300	2981 ALISON	PRITCHARD	Senior Female	311	PEGASUS RC	3	01:06:43	01:04:03
2301	782 PHILIP	WATERS	M50+	205		01:06:47	01:04:17	
2302	1281 REBECCA	PICTON-JAMES	Senior Female	312		01:06:48	01:03:31	
2303	369 NIKKI	NOBLE	F35+	301		01:06:48	01:04:14	
2304	3222 ALISON	WILLIAMS	F35+	302		01:06:48	01:02:33	
2305	1397 MANON	JAMES	F35+	303		01:06:48	01:03:53	
2306	1343 CATHERINE	JONES	Senior Female	313		01:06:49	01:03:35	
2307	3159 BETHAN	STURROCK	Senior Female	314	EMLYN RUNNERS	8	01:06:49	01:05:13
2308	3089 LISA	DAVIES	F45+	174		01:06:49	01:03:24	
2309	3658 MYRFYN	MARKS	Senior Male	670		01:06:49	01:03:22	
2310	3091 COLIN	PALACIO	M60+	85		01:06:50	01:03:25	
2311	594 ANNIE	EVANS	F35+	304		01:06:50	01:03:52	
2312	848 PATRICK	LILLY	M40+	386		01:06:50	01:03:46	
2313	930 PAUL	SCANLON	M40+	387		01:06:51	01:06:18	
2314	615 GILES DOMINIC	HOLT	Senior Male	671		01:06:51	01:03:04	
2315	1272 TANIA	HILL	F45+	175		01:06:52	01:03:34	
2316	2820 NEIL	SMITH	Senior Male	672		01:06:53	01:05:06	
2317	2715 STEPHEN	LEWIS	Senior Male	673		01:06:53	01:05:12	
2318	3733 BEN	WILLIAMS	Junior Male	73		01:06:53	01:04:35	
2319	2345 K	SUTTON	Senior Female	315		01:06:54	01:04:47	
2320	2137 ANDREW	GOUGH	Senior Male	674		01:06:54	01:03:46	
2321	4133 DAVID	BIVENS	M40+	388		01:06:54	01:04:59	
2322	1425 ALISO	ALLFREE	F45+	176		01:06:59	01:05:32	
2323	2098 MICHAEL	RYAN	Senior Male	675		01:07:00	01:03:34	
2324	291 JANET	SMITH	F45+	177		01:07:00	01:03:42	
2325	494 TIM	DEEKS	Senior Male	676		01:07:02	01:04:18	
2326	756 NICK	GREGORY	Senior Male	677		01:07:02	01:04:18	
2327	2365 KRYSTELLE	BOYCE	Senior Female	316		01:07:04	01:05:26	
2328	2689 SASHA	MARTIN	F35+	305		01:07:04	01:04:13	
2329	3381 CLAIRE	TAPPER	F45+	178		01:07:04	01:05:47	
2330	4089 NICOLA	TASKER	Senior Female	317	PAUL POPHAM RUNNING CLUB	18	01:07:04	01:05:20
2331	2567 JENNY	BAKER	F35+	307		01:07:05	01:04:46	
2332	2949 REBECCA	MELBOURNE - THOMA	F35+	306		01:07:05	01:03:39	
2333	1818 DAVID	COODE	M40+	389		01:07:05	01:03:47	
2334	4355 STEPHEN	THOMAS	F35+	308	COASTAL HOUSING	9	01:07:05	01:05:05
2335	422 RYAN	OWENS	Junior Male	74		01:07:05	01:04:11	
2336	3384 ALYSON	DAVEY	F35+	309	LES CROUPIERS	28	01:07:05	01:04:36
2337	419 AMY	OWENS	Senior Female	318		01:07:05	01:04:11	
2338	1156 MARK	ARNOLD	M50+	206		01:07:06	01:06:35	
2339	3827 ADAM	WALTON	M40+	390		01:07:08	01:04:14	
2340	2489 CATRIONA	SCOTT	Senior Female	319		01:07:08	01:03:47	
2341	251 ANDREA	BALE	F45+	179		01:07:09	01:04:41	
2342	4032 SAMMY	LEIU	Senior Female	320		01:07:09	01:03:35	
2343	199 MARK	PETERS	M50+	207	ADMIRAL	123	01:07:09	01:04:15
2344	634 WENDY	JENKINS	F45+	180	PORT TALBOT HARRIERS	25	01:07:09	01:04:09
2345	1303 ANN	THOMAS	F55+	63		01:07:09	01:04:00	
2346	4230 LUKE	VASEY	Senior Male	678		01:07:10	01:05:10	
2347	2498 CAROLINE	MORGAN	F45+	181		01:07:10	01:02:16	
2348	1300 BEV	HUGHES	F45+	182		01:07:11	01:03:15	
2349	275 Clare	BARRETT	F35+	310	Islwyn Running Club	1	01:07:12	01:04:38
2350	2504 KATIE	WARNER	Senior Female	321		01:07:13	01:05:35	
2351	1189 KATHRYN	SHAW	F35+	311		01:07:14	01:04:10	
2352	1215 RHIAN	THOMAS	F35+	312		01:07:14	01:04:10	
2353	2409 ALISSA	BEVAN	Senior Female	322		01:07:14	01:05:05	
2354	3336 JANE	COLE	F45+	183		01:07:14	01:04:44	
2355	2499 ALISTAIR	BENNETT	M50+	208		01:07:16	01:06:31	
2356	3346 CARL	VONK	M40+	391		01:07:16	01:03:34	
2357	697 SARAH	GOVIER	F35+	313		01:07:16	01:03:53	
2358	1962 MIKAELA	BURGESS	Senior Female	323		01:07:17	01:05:45	
2359	2941 SHARON	PRITCHARD	F45+	184	OGMORE PHOENIX RUNNERS	12	01:07:17	01:05:00
2360	3104 KRISHAN	KAWOL	M40+	392		01:07:18	01:03:29	
2361	1794 IAN	LUMSDAINE	M50+	209		01:07:19	01:03:25	
2362	1353 GEOFF	ROBERTS	M50+	210		01:07:20	01:03:26	
2363	2251 MEGAN	PARRY	Junior Female	41		01:07:21	01:05:02	
2364	2341 Sara	Selby	F45+	185		01:07:23	01:03:35	
2365	956 STEPHEN	PROSSER	M40+	393		01:07:24	01:04:01	
2366	2786 PHIL	WILLIAMS	M50+	211		01:07:24	01:06:52	
2367	3984 NICOLA	GOSNEY	Senior Female	324		01:07:24	01:05:04	
2368	659 GARY	BARTRAM	M40+	394		01:07:25	01:04:38	
2369	660 SARAH	BARTRAM	Senior Female	325		01:07:25	01:04:40	
2370	4365 NEIL	GLADWIN	M40+	395	BRECON CARREG	3	01:07:25	01:05:05
2371	4062 LEIGH	WALLACE	F45+	186		01:07:25	01:05:01	

2372	1515 ROGER	HARDING	M50+	212		01:07:26	01:04:25	
2373	57 Christian	Moruzzi	Senior Male	679		01:07:26	01:03:06	
2374	2191 VICKY	ASHFORD	Senior Female	326		01:07:26	01:06:33	
2375	1464 GERALDINE	CLAYTON	F45+	187		01:07:27	01:05:12	
2376	2222 TRACEY	BURDER	F45+	188		01:07:27	01:03:13	
2377	1991 MATTHEW	EVANS	Senior Male	680		01:07:27	01:05:19	
2378	2038 KATE	MARTIN	Senior Female	327		01:07:28	01:06:27	
2379	2548 SIAN	THOMAS	F35+	314		01:07:28	01:04:01	
2380	2551 AMY	HEARD	Senior Female	328	LES CROUPIERS	29	01:07:30	01:05:00
2381	579 DEBBIE	SMITH	F35+	315		01:07:30	01:04:46	
2382	3080 SALLY	PURCHASE	Senior Female	329		01:07:30	01:05:38	
2383	731 ELIN	BARHAM	Senior Female	330		01:07:31	01:03:50	
2384	699 MARTYN	COLE	Senior Male	681		01:07:32	01:04:52	
2385	1177 JAMES	LISTON	Senior Male	682		01:07:35	01:04:13	
2386	3153 SARAH	WHITBY	F45+	189		01:07:36	01:05:03	
2387	3170 JOANNA	MORGAN	F35+	316		01:07:36	01:05:04	
2388	1715 NATHAN	JACKSON	Senior Male	683		01:07:36	01:03:14	
2389	833 JANE	GEORGE	Junior Female	42		01:07:38	01:04:37	
2390	834 GILLIAN	SPENCER	F55+	64		01:07:38	01:04:36	
2391	4136 SAMANTHA	THOMAS	F35+	317		01:07:40	01:05:46	
2392	4293 KERRY	GILL	M40+	396	ADMIRAL	124	01:07:41	01:05:34
2393	4026 CATHERINE	STALLARD	F35+	318		01:07:42	01:03:11	
2394	2919 GUY	ROBINSON	M40+	397		01:07:44	01:03:29	
2395	753 MIKE	HUNTER	M40+	398		01:07:46	01:04:28	
2396	3548 SALLY	REES	F45+	190		01:07:47	01:03:59	
2397	2032 IEUAN	THORNE	Junior Male	75		01:07:47	01:04:33	
2398	2115 CHARLOTTE	STILWELL	Senior Female	331		01:07:48	01:04:07	
2399	3074 MENNA	REES	F45+	191		01:07:48	01:04:57	
2400	2240 SIAN	PACKHAM	F45+	192		01:07:48	01:04:07	
2401	1051 JULIA	HERBERT	F35+	319	PONTYPRIDD ROADENTS AC	12	01:07:48	01:05:29
2402	2905 LUCY	STONE	Senior Female	332		01:07:48	01:04:09	
2403	2906 CHRISTOPHER	STONE	Senior Male	684		01:07:49	01:04:09	
2404	2093 LOUISA	HALLIDAY	F35+	320		01:07:49	01:03:37	
2405	3057 JACK	MARSH	Senior Male	685		01:07:50	01:04:47	
2406	3058 TAYLOR	MORGAN	Senior Female	333		01:07:50	01:04:47	
2407	3832 GEMMA	HANDS	Senior Female	334	EMLYN RUNNERS	9	01:07:50	01:06:16
2408	3586 JENNY	DAFYDD	F35+	321		01:07:52	01:03:51	
2409	2121 BERNADETTE	STRATFORD	F45+	193		01:07:52	01:03:52	
2410	2495 IAN	COUSINS	Senior Male	686		01:07:53	01:05:22	
2411	711 GAYNA	COOK	F45+	194		01:07:53	01:05:50	
2412	2661 TELERI	WILLIAMS	F45+	195		01:07:53	01:05:13	
2413	2169 MAL	ROWSON	F55+	65	LES CROUPIERS	30	01:07:54	01:04:37
2414	4042 SOPHIE	PERRY	Senior Female	335		01:07:55	01:05:09	
2415	4237 JONATHAN	LEWIS	M40+	399		01:07:55	01:05:39	
2416	2394 MARY	DONNELLY	F55+	66		01:07:55	01:05:39	
2417	203 DANIEL	READ	Senior Male	687	ADMIRAL	125	01:07:57	01:04:26
2418	2241 KATHRYN	JOHN	F55+	67		01:07:58	01:05:10	
2419	2171 ANDREA	POWELL	F55+	68		01:07:58	01:05:10	
2420	4085 DAVID HUW	WILLIAMS	F55+	69		01:08:00	01:06:33	
2421	3079 BETSY	THOMAS	Junior Female	43		01:08:00	01:04:43	
2422	3434 EMILY	POWELL	Junior Female	44		01:08:00	01:05:05	
2423	3716 MORWENNA ANN	STEPHENS	F55+	70		01:08:01	01:03:08	
2424	3435 PHILLIP	POWELL	M40+	400		01:08:01	01:05:05	
2425	3851 RICHARD	JONES	M50+	213		01:08:02	01:07:32	
2426	1426 SARAH	EVANS	F35+	322		01:08:02	01:06:35	
2427	3078 JOANNE	EASTER-THOMAS	F35+	323		01:08:02	01:04:46	
2428	2143 ALFRYN	EASTER	M60+	86	3MS GORSEINON ROAD RUNNERS	35	01:08:03	01:04:46
2429	284 THOMAS	SPOWART	Senior Male	688		01:08:03	01:03:55	
2430	2274 SIAN	JAMES	F45+	196		01:08:03	01:06:13	
2431	4060 DAMIAN	DALEY	M40+	401		01:08:04	01:05:53	
2432	1598 ANNA	ROBERTS	F35+	324		01:08:04	01:04:28	
2433	4272 CLAIRE	BEAL	F35+	325		01:08:04	01:04:50	
2434	1176 NICOLAS	JACCARD	Senior Male	689		01:08:04	01:04:40	
2435	4061 LESLEY	PIERPOINT-DALEY	F45+	197		01:08:05	01:05:57	
2436	2101 ABIGAIL	OWEN	F35+	326		01:08:06	01:05:23	
2437	1175 ABBYGAIL	JACCARD	Senior Female	336		01:08:06	01:04:42	
2438	560 RICHARD	THOMAS	Senior Male	690		01:08:07	01:05:19	
2439	1970 KAREN	ADAMS	F45+	198		01:08:08	01:05:57	
2440	2740 JOHN	ROSSER	M40+	402		01:08:11	01:04:59	
2441	3852 SIAN	JOHNSON	F35+	327	ISLWYN RC	8	01:08:11	01:05:06
2442	1332 CLAIRE	GEORGE	F45+	199	LES CROUPIERS	31	01:08:11	01:07:08
2443	3309 JULIE	RANSOM	F35+	328	OGMORE PHOENIX RUNNERS	13	01:08:12	01:05:45
2444	3483 CLAIRE	SULLIVAN	F35+	329		01:08:12	01:06:29	
2445	1516 ALAN	MORGAN	M50+	214		01:08:12	01:05:21	
2446	2183 KELSEY	SMITH	Senior Female	337		01:08:13	01:06:26	
2447	1514 CAROLINE	HOBSON	F35+	330		01:08:14	01:05:22	
2448	2784 MARK	GREIG	Senior Male	691		01:08:14	01:06:54	
2449	4346 IAN	SWANSON	M60+	87	PORT TALBOT HARRIERS	26	01:08:15	01:05:36
2450	2785 SIAN	GREIG	Senior Female	338		01:08:15	01:06:53	
2451	3912 CAROL	GREEN	F55+	71		01:08:15	01:07:07	
2452	2335 SARAH	BOOTHBY	Senior Female	339	PONTYPRIDD ROADENTS AC	13	01:08:15	01:07:14
2453	1711 LYNDA	THOMAS	F35+	331		01:08:15	01:07:08	
2454	3911 LUCY	GREEN	Senior Female	340		01:08:15	01:07:08	
2455	4236 SUSAN	HART-LEWIS	F35+	332		01:08:16	01:06:00	
2456	1487 RUTH	BENNETT	F35+	333		01:08:17	01:05:20	
2457	3025 RACHEL	STONE	Senior Female	341		01:08:17	01:05:39	
2458	1421 PAULA	SMITH	F45+	200		01:08:17	01:05:33	
2459	1697 KIM	EVANS	F55+	72		01:08:19	01:05:06	
2460	1409 IDRIS	HANMER	Senior Male	692		01:08:19	01:03:24	
2461	1903 SHAWN	CULLEN	M40+	403	CWM OGWR RUNNING CLUB	5	01:08:19	01:05:53
2462	3864 MARTIN	NICHOLLS	M40+	404		01:08:21	01:04:37	
2463	2979 ALISON	KINSEY	F55+	73	EMLYN RUNNERS	10	01:08:21	01:05:00
2464	1345 HELEN	POOLE	F45+	201		01:08:23	01:07:20	
2465	2530 MARK	HUGHES	Senior Male	693		01:08:25	01:05:54	
2466	86 STEPHEN	BURGESS	M50+	215	ACTIVE SWANSEA	7	01:08:26	01:06:54

2467	3576 NICOLA	PITMAN	F45+	202		01:08:26	01:07:04	
2468	2588 LEE	WALTERS	M50+	216		01:08:27	01:06:54	
2469	2097 SHARON	GRIFFITHS	F45+	203		01:08:28	01:05:54	
2470	2387 CLARE	DYSON	F35+	334		01:08:28	01:04:14	
2471	3437 GARETH	YEOMAN	Senior Male	694		01:08:29	01:04:47	
2472	3700 JENNY	GRIFFITHS	Senior Female	342		01:08:30	01:04:25	
2473	2216 GARETH	HUGHES	M40+	405		01:08:31	01:06:44	
2474	801 RHIANNON	WHITELEY	Senior Female	343	OGMORE PHOENIX RUNNERS	14	01:08:31	01:06:04
2475	2645 SADIE	NORTH	F35+	335		01:08:32	01:04:38	
2476	1211 ESTHER	CLIFT	F45+	204		01:08:32	01:05:53	
2477	1630 HELEN	GILLAN	F35+	336		01:08:33	01:05:33	
2478	1109 PAUL	MORT	M50+	217		01:08:33	01:05:11	
2479	636 FILIPPA	DANIELS	F35+	337		01:08:34	01:05:13	
2480	2829 LLINOS	EDMUNDS-JONES	Junior Female	45		01:08:34	01:06:01	
2481	3737 GEORGIE	GARRY	Senior Female	344		01:08:36	01:06:26	
2482	932 KAREN	WILLIAMS	F35+	338		01:08:36	01:06:25	
2483	1490 EMMA	DAVIES	F35+	339		01:08:36	01:08:01	
2484	2519 JESSICA	LAWSON	Senior Female	345		01:08:39	01:04:53	
2485	3083 LINDSEY	FEWINGS	F35+	340		01:08:39	01:05:57	
2486	3212 WILLIAM	MORGAN	M50+	218		01:08:39	01:05:41	
2487	185 ANDREW	MERRICK	Senior Male	695	ADMIRAL	126	01:08:40	01:07:13
2488	1029 LOUISE	AUSTIN	Senior Female	346		01:08:40	01:07:44	
2489	1132 SARAH	WILLIAMS	F35+	341		01:08:41	01:05:11	
2490	1134 CAROLINE	MATTHEWS	F45+	205	PARC BRYN BACH RUNNING CLUB	26	01:08:42	01:05:12
2491	281 MATTHEW	LEWIS	Senior Male	696		01:08:44	01:04:36	
2492	959 STEPHEN	SMITHERS	M40+	406		01:08:44	01:05:21	
2493	1564 RICHY	BESLEY	M50+	219		01:08:45	01:06:34	
2494	3605 CATHERINE	JONES	F45+	206		01:08:46	01:05:55	
2495	2842 PAUL	WHEELER	M50+	220		01:08:47	01:05:30	
2496	4074 ALEXA	PARRY	F35+	342		01:08:47	01:05:08	
2497	685 TONI	HARRIS	Senior Female	347		01:08:47	01:06:06	
2498	4327 ABIGAIL	REES	Senior Female	348	ADMIRAL	127	01:08:49	01:05:49
2499	3746 CATHERINE	ISAAC	F45+	207		01:08:49	01:03:56	
2500	362 CLARE	FENCOTT	F35+	343		01:08:50	01:05:54	
2501	2956 EMMA	PERKINS	F35+	344		01:08:51	01:05:01	
2502	4086 LEANNE	MALOUGH	F35+	345	RUN4ALL RUNNING CLUB	24	01:08:52	01:05:51
2503	438 TRACEY	ROBINSON	F45+	208		01:08:54	01:05:59	
2504	2769 JEREMY	HAYNES	M40+	407		01:08:54	01:06:13	
2505	942 CHRISTINE	JONES	F35+	346		01:08:55	01:06:16	
2506	3511 TRACEY	BARRINGTON	F45+	209	LLISWERRY RUNNERS	9	01:08:58	01:05:33
2507	1954 PETER	CLEMENT	M50+	221		01:08:59	01:07:30	
2508	2238 LARA	HOOPER	Senior Female	349		01:09:00	01:07:30	
2509	904 NICK	DAVIES	Senior Male	697		01:09:00	01:06:00	
2510	3199 EMMA	DAVIES	Senior Female	350		01:09:02	01:05:35	
2511	1006 ELEANOR	ARTHUR	Senior Female	351		01:09:02	01:06:34	
2512	968 STEVE	KENT	M50+	222		01:09:03	01:05:19	
2513	1365 REBECCA	EAGLE	F35+	347		01:09:03	01:06:46	
2514	4315 ALI	KHAN	Senior Male	698	ADMIRAL	128	01:09:04	01:05:45
2515	2850 JOHN	LOVEGROVE	M40+	408		01:09:04	01:04:17	
2516	2854 SIAN	EVANS	F45+	210		01:09:04	01:04:19	
2517	3098 CATRIN	MORRIS	Senior Female	352		01:09:05	01:05:03	
2518	3863 LEANNE	STEPHENS	F35+	348		01:09:05	01:05:00	
2519	4189 ROGER	NELMES	M60+	88		01:09:06	01:05:30	
2520	3456 GILL	GUBBINGS	F55+	74		01:09:07	01:06:17	
2521	4077 GARETH PAUL	DAVIES	M40+	409		01:09:07	01:06:34	
2522	2971 SCOTT	CANN	Senior Male	699		01:09:09	01:05:20	
2523	3288 NICOLA	PARRY	F45+	211		01:09:10	01:05:23	
2524	977 SIAN	KILLA	F35+	349		01:09:10	01:05:15	
2525	2598 PETER	NICHOLS	M50+	223		01:09:11	01:05:38	
2526	2543 BETHAN	DAVIES	Senior Female	353		01:09:12	01:06:49	
2527	2759 PAMELA	DAVIES	F45+	212		01:09:12	01:06:49	
2528	1179 ROBERTA	SHAW	Senior Female	354		01:09:12	01:05:48	
2529	1689 LISA	MORGAN	F35+	350		01:09:13	01:06:19	
2530	3253 WENDY	COTTER	F45+	213		01:09:13	01:06:27	
2531	3282 SARAH	GARLAND	F35+	351		01:09:13	01:06:27	
2532	3916 JESS	STORER	Senior Female	355		01:09:14	01:06:49	
2533	4094 ELLIE	WAITE	F35+	352		01:09:15	01:04:53	
2534	4165 BETH	WALTERS	F35+	353		01:09:16	01:06:36	
2535	4370 KATY	THOMAS	Senior Female	356	GRAND HOTEL	3	01:09:17	01:06:33
2536	2682 LEZLEY	SHORTHOUSE	F45+	214		01:09:18	01:07:25	
2537	4134 SARA	BASS	F45+	215		01:09:21	01:06:43	
2538	1142 NEIL	BEYNON	Senior Male	700		01:09:23	01:05:13	
2539	2182 SOPHIA	MOLYVDA	F35+	354		01:09:23	01:06:30	
2540	350 SOPHIE	WALLIS	Senior Female	357	CORNELLY STRIDERS AC	6	01:09:23	01:05:31
2541	651 LUCY	WILLIAMS	F35+	355		01:09:23	01:06:18	
2542	2605 NICOLA	HARRIS	F45+	216		01:09:24	01:06:07	
2543	3032 RHIAN	PIPPINS	F35+	356		01:09:25	01:05:49	
2544	2354 JULIE	EVANS	F45+	217		01:09:27	01:07:10	
2545	1745 SANDRA	BROWNE	F45+	218		01:09:29	01:05:39	
2546	1641 JANET	DAVIES	F45+	219		01:09:29	01:06:37	
2547	2950 SIAN	MASON	F35+	357		01:09:30	01:05:45	
2548	2895 TRACY	JERMIN	F45+	220		01:09:30	01:06:05	
2549	113 ALEX	BROWN	Senior Male	701	ADMIRAL	129	01:09:31	01:05:25
2550	2005 ABBY	THOMAS	Senior Female	358		01:09:33	01:06:24	
2551	1868 SARAH	JONES	F35+	358		01:09:34	01:06:36	
2552	2917 NICOLE	DANIELS	Senior Female	359		01:09:34	01:06:38	
2553	4214 CLAIRE	THOMAS	F35+	359		01:09:35	01:07:10	
2554	1886 JOHN	DAVIES	M60+	89	RUN4ALL RUNNING CLUB	25	01:09:35	01:06:24
2555	709 EUGENE	BATTINI	M50+	224		01:09:36	01:06:35	
2556	79 VICTORIA	SIMEONIDES	Senior Female	360		01:09:36	01:06:38	
2557	3914 ALISON	RICHARDS	F45+	221		01:09:39	01:05:52	
2558	2616 AMANDA	THOMPSON	F55+	75	LES CROUPIERS	32	01:09:39	01:08:30
2559	224 REBECCA	SYKES	Senior Female	361	ADMIRAL	130	01:09:39	01:05:38
2560	1931 CATRIN	JONES	F45+	222		01:09:40	01:05:49	
2561	600 DAVID	WILLIAMS	M50+	225		01:09:42	01:05:43	

2562	4289 BETHAN	EDWARDS	Senior Female	362 ADMIRAL	131	01:09:43	01:07:54
2563	495 GRACE	COLLINS	Senior Female	363		01:09:44	01:07:26
2564	2150 NATALIE	MAYS	Senior Female	364		01:09:45	01:08:47
2565	1746 GINA	SZAFRANSKI	F55+	76		01:09:46	01:05:57
2566	4012 SIAN	JONES	F35+	360		01:09:47	01:08:06
2567	857 REBECCA	CLEMENTS	F35+	361		01:09:47	01:05:46
2568	2162 ANGELINA	LEWIS	F45+	223 PORT TALBOT HARRIERS	27	01:09:48	01:06:00
2569	474 VICKY	MAHONEY	F35+	362		01:09:49	01:06:01
2570	2091 CHIKAKO	TAMAMUSHI	F35+	363		01:09:50	01:05:31
2571	2602 RHIANNON	SANDLES	Senior Female	365		01:09:52	01:08:10
2572	1787 RHIAN	POLE	F35+	364		01:09:52	01:09:08
2573	1786 DAVID	POLE	M40+	410		01:09:53	01:09:09
2574	163 CARLY	JONES	Senior Female	366 ADMIRAL	132	01:09:53	01:08:41
2575	153 CHRIS	HAWKINS	Senior Male	702 ADMIRAL	133	01:09:53	01:08:41
2576	927 DAVID	BAILYES	M50+	226		01:09:54	01:06:08
2577	3830 RHIAN	MORGAN	F35+	365		01:09:54	01:06:08
2578	1152 ESYLLT	RICHARDS	F35+	366		01:09:54	01:06:09
2579	2116 NICKY	ELFORD	F45+	224		01:09:54	01:06:59
2580	2653 ROSIE	DAVIES	Senior Female	367		01:09:55	01:07:27
2581	3979 FELICITY	JONES	Senior Female	368		01:09:55	01:07:28
2582	1441 JONATHAN	GRIFFIN	M40+	411		01:09:55	01:06:36
2583	1322 NIA	WEST	Senior Female	369 CAERPHELLY RUNNERS	9	01:09:56	01:06:10
2584	1985 ANDREW	CLEMENT	M50+	227		01:09:56	01:07:27
2585	2742 LAUREN	JENSEN	Senior Female	370		01:09:56	01:07:30
2586	3925 ALEXIS	SAUNDERS	Senior Female	371		01:09:57	01:06:15
2587	880 PETER	DEMERY	Senior Male	703		01:09:57	01:09:39
2588	430 ANDREW	SMITH	Senior Male	704		01:10:00	01:06:17
2589	718 GERAINT	RICHARDS	M40+	412		01:10:01	01:07:40
2590	2924 JILL	LUCKWELL	F55+	77		01:10:03	01:05:58
2591	910 JESS	SMITH	Senior Female	372		01:10:04	01:06:03
2592	35 Teresa	White	F45+	225		01:10:05	01:08:26
2593	269 AMY	TALBOYS	Senior Female	373		01:10:05	01:07:16
2594	3798 SAMANTHA	ROBERTS	F45+	226		01:10:05	01:08:27
2595	3940 PAULINE	THOMAS	F55+	78 TROTS	9	01:10:07	01:08:27
2596	3682 CHRISTIE	SQUIRES	F35+	367 TROTS	10	01:10:07	01:06:25
2597	2180 PAUL	BUCKLE	M40+	413		01:10:09	01:07:27
2598	1933 JOANNE	PETERS	Senior Female	374		01:10:10	01:05:33
2599	925 ANDREW	MORGAN	M40+	414		01:10:11	01:08:17
2600	420 NASTASSJA	LEAMON	Senior Female	375		01:10:11	01:06:09
2601	2708 RUTH	JONES	F45+	227		01:10:12	01:07:52
2602	3684 JULIE	DAVIES	F55+	79 3MS GORSEINON ROAD RUNNERS	36	01:10:12	01:08:37
2603	2802 KATRINA	WILLIAMS	F35+	368		01:10:12	01:07:53
2604	3517 CERYS	EDWARDS	Senior Female	376		01:10:13	01:08:47
2605	1846 DONNA	HENDERSON	F45+	228		01:10:13	01:07:47
2606	2607 MICAYLA	TIDD	Senior Female	377		01:10:15	01:06:47
2607	1918 GEORGIA	KELLY	Senior Female	378		01:10:15	01:07:44
2608	1919 KIM	SPARGO	F35+	369		01:10:15	01:07:44
2609	2512 CATRIN	JONES	F45+	229 PORTHCAWL RUNNERS	7	01:10:16	01:07:51
2610	3493 CAROL	HUGHES	F55+	80		01:10:16	01:08:12
2611	3630 JOHN	SPANSWICK	M50+	228		01:10:16	01:07:14
2612	881 CLAIRE	LAVENDER	F35+	370 FOREST OF DEAN AC	15	01:10:16	01:07:23
2613	3502 FRANKIE	HARRIS	F55+	81		01:10:17	01:06:21
2614	3942 GEORGY	GOULD	Junior Male	76		01:10:19	01:06:22
2615	3514 DAVID	LLOYD	Senior Male	705		01:10:19	01:06:50
2616	1939 JEMMA	PUGSLEY	Senior Female	379		01:10:20	01:07:27
2617	2792 ANDREW	BUTTERY	M40+	415		01:10:21	01:06:21
2618	1042 SUZANNE	BELLEW	F45+	230 WELSH ANGLO ATHLETICS	1	01:10:23	01:07:16
2619	2807 GEMMA	WALTERS	Senior Female	380		01:10:23	01:07:00
2620	572 SARAH	MARTIN	Senior Female	381		01:10:25	01:06:42
2621	1997 DANIELLE	O'NEILL	Senior Female	382		01:10:27	01:08:21
2622	3873 VAUGHAN	HOLDING	Senior Male	706		01:10:27	01:07:43
2623	3836 EMYR	EVANS	Senior Male	707 LLANELLI AC	10	01:10:30	01:08:40
2624	2869 ANNE-MARIE	JONES	F45+	231		01:10:30	01:07:06
2625	2177 FFION	KEHREIN	Senior Female	383		01:10:31	01:06:18
2626	3941 ANTHONY	GOULD	M40+	416		01:10:31	01:06:35
2627	1273 GRAHAM	SOLOMON	Senior Male	709		01:10:31	01:06:19
2628	1286 RHYS	WILLIAMS	Senior Male	708		01:10:31	01:05:48
2629	2901 SARAH-JANE	HUGHES	F35+	371		01:10:33	01:07:09
2630	682 ANGELA	PARRY	F55+	82 CWM OGWR RUNNING CLUB	6	01:10:34	01:08:07
2631	2875 SAM	BOWEN	F45+	232		01:10:34	01:07:09
2632	2726 SARAH	VINING	F35+	372		01:10:35	01:09:26
2633	716 FINOLA	PRYDE	Senior Female	384		01:10:35	01:06:53
2634	3191 ELIZABETH	HUMPHRIES	F35+	373		01:10:35	01:06:47
2635	3805 DARREN	TUCKER	Senior Male	710		01:10:35	01:08:34
2636	3804 RHIA	TUCKER	Senior Female	385		01:10:35	01:08:34
2637	424 CARL	MAY	M40+	417		01:10:36	01:09:45
2638	4163 VIKKI	JONES	F35+	374		01:10:36	01:06:22
2639	1615 ELLIE	ANDERSON	Junior Female	46		01:10:36	01:07:46
2640	4394 OBAN	CROSSMAN	Junior Male	77 ST JOSEPHS SCHOOL	9	01:10:37	01:08:36
2641	1178 CAROL	SHAW	F55+	83		01:10:40	01:07:18
2642	946 MICHAEL	COTTLE	M40+	418		01:10:41	01:07:51
2643	2127 ERIN	DYMOND	F35+	375		01:10:42	01:07:33
2644	3559 JONATHAN	FELLOWS	Senior Male	711		01:10:42	01:05:52
2645	2814 SARAH	FELLOWS	Senior Female	386		01:10:42	01:05:51
2646	2813 MATTHEW	FELLOWS	Senior Male	712		01:10:43	01:05:50
2647	2059 CARLA	THOMAS	Senior Female	387		01:10:43	01:07:52
2648	4181 PHILIP	EVANS	Senior Male	713		01:10:44	01:07:24
2649	4182 RHIANNON	EVANS	F35+	376		01:10:44	01:07:24
2650	1799 LISA	FABB	F45+	233		01:10:44	01:07:25
2651	1141 GARETH	LEWIS	M40+	419		01:10:44	01:06:58
2652	1423 GEORGINA	MCCANN	Senior Female	388		01:10:44	01:09:36
2653	1609 NATALIE	ANDERSON	Senior Female	389		01:10:45	01:07:55
2654	3515 REBECCA	LLOYD	Senior Female	390		01:10:48	01:07:21
2655	1778 SIAN	WILLIAMS	F35+	377		01:10:48	01:07:28
2656	3788 DEXTER	SULLIVAN	Junior Male	78		01:10:50	01:07:27

2657	4111 KATE	MORGAN	F45+	234		01:10:50	01:07:36	
2658	796 BETH	TEMPLETON	F35+	378		01:10:50	01:09:08	
2659	3122 LEIGH	POTTS	Senior Male	714		01:10:51	01:07:24	
2660	3402 PEGGY	EDWARDS	F45+	235		01:10:53	01:07:53	
2661	2980 FAYE	JONES	F35+	379		01:10:55	01:09:53	
2662	4023 CHERYL	COPESTAKE	F45+	236		01:10:55	01:09:14	
2663	1915 ANNA	REES	F35+	380		01:10:56	01:08:06	
2664	1126 SALLY-ANN	MORGAN	F45+	237		01:10:57	01:08:51	
2665	1698 BERNARD	MONK	M60+	90	PARC BRYN BACH RUNNING CLUB	27	01:10:57	01:09:13
2666	65 Lisa	Bowen	F45+	238		01:10:57	01:06:45	
2667	308 SHARRON	BURRIDGE	F45+	239		01:10:58	01:06:41	
2668	2323 SARA	HEWITT	F35+	381		01:11:00	01:08:08	
2670	742 GARETH	DAVIES	Senior Male	716		01:11:00	01:07:26	
2670	742 GARETH	DAVIES	Senior Male	716		01:11:00	01:07:26	
2671	3012 ALEXIS	ROSE	Senior Female	391		01:11:00	01:09:35	
2672	339 EMMA-JAYNE	TWISSELL	F35+	382		01:11:01	01:09:24	
2673	2320 LOUISE	ATKINSON	F45+	240		01:11:02	01:06:51	
2674	3135 KATY	KERSWELL	Senior Female	392		01:11:02	01:09:47	
2675	2342 DEBBIE	GREEN	F45+	241		01:11:06	01:07:08	
2676	858 PETER	DAVIES	Senior Male	717		01:11:06	01:06:43	
2677	2217 SIAN	HUGHES	F35+	383		01:11:06	01:09:20	
2678	613 BARBARA	KINGMAN	F45+	242		01:11:06	01:08:11	
2679	614 ANGHARAD	DAVIES	F45+	243		01:11:07	01:08:11	
2680	3891 RACHAEL	THOMAS	Senior Female	393		01:11:07	01:08:26	
2681	3016 JASON	FIRKINS	Senior Male	718		01:11:07	01:09:43	
2682	3154 NICOLA	BARCLAY	F35+	384		01:11:07	01:08:34	
2683	3157 ALEXANDRA	DOUGLAS	F35+	385		01:11:08	01:08:35	
2684	2575 SIAN-ELERI	FUDGE	F35+	386		01:11:08	01:09:36	
2685	2636 EMMA	ALI	F35+	387		01:11:09	01:09:36	
2686	4242 CAMERON	FERMANDEL	Junior Male	79		01:11:09	01:07:57	
2687	804 LEE	BROWN	Senior Male	719		01:11:11	01:05:56	
2688	1081 STEVE	MAGUIRE	M40+	420		01:11:11	01:06:52	
2689	3649 JOSEPHINE	SHIRLEY	F45+	244	PORTHCAWL RUNNERS	8	01:11:11	01:08:46
2690	1396 SIAN	DYER	Senior Female	394		01:11:11	01:09:56	
2691	2828 MEINIR	EDMUNDS	F45+	245		01:11:12	01:07:12	
2692	3455 JANE	ENGLISH	F45+	246	PORTHCAWL RUNNERS	9	01:11:12	01:08:47
2693	3464 ALISON	DEAKIN	F45+	247		01:11:14	01:08:52	
2694	3038 JON	EYNON	Senior Male	720		01:11:15	01:06:19	
2695	3233 DARREN	CARPENTER	M40+	421		01:11:16	01:06:52	
2696	647 LAINE	SKINNER	M40+	422		01:11:16	01:08:29	
2697	223 DARYL	SUMMERHAYES	Senior Male	721	ADMIRAL	134	01:11:16	01:08:14
2698	3390 SARAH	LITTLE	F45+	248		01:11:19	01:07:46	
2699	621 ANGHARAD	JONES	F35+	388		01:11:20	01:08:15	
2700	2521 RACHEL	WILLIAMS	Senior Female	395		01:11:22	01:08:02	
2701	891 NICOLA	HOPKINS	F35+	389		01:11:22	01:08:22	
2702	2153 DEANNE	REBANE	F55+	84		01:11:23	01:07:51	
2703	4194 STEPHEN	BLAKE	M40+	423	PEGASUS RC	4	01:11:23	01:08:43
2704	1791 MARTIN	TURVEY	M40+	424		01:11:23	01:06:42	
2705	3648 REBECCA	PERRY	Senior Female	396		01:11:23	01:08:21	
2706	3770 ROSE	CLINCH	Senior Female	397		01:11:25	01:08:33	
2707	2750 NICOLA	DAVIS	F45+	249		01:11:25	01:07:39	
2708	3458 HEIDY	DAVIES	F45+	250		01:11:26	01:07:22	
2709	3013 SAMUEL	WALE	Senior Male	722		01:11:26	01:10:02	
2710	3961 OWEN	GRIFFITHS	M40+	425		01:11:27	01:09:00	
2711	2408 NICOLA	RUSLING	F35+	390		01:11:27	01:08:24	
2712	1771 AIMEE	MORRIS	Senior Female	398		01:11:27	01:07:14	
2714	771 DALE	MEAD	Senior Male	724		01:11:28	01:08:53	
2714	771 DALE	MEAD	Senior Male	724		01:11:28	01:08:50	
2715	3921 JOANNE	SWEET	Senior Female	399		01:11:28	01:09:05	
2716	2546 GERALD	DOCHERTY	M50+	229		01:11:29	01:08:14	
2717	3050 FRANCESCA	PROIETTI	F35+	391		01:11:30	01:07:43	
2718	1067 CATHERINE	CROSS	F45+	251		01:11:30	01:08:10	
2719	1496 MARK	THODAY	M50+	230		01:11:31	01:09:17	
2720	3668 SAM	DANIELS	Junior Male	80		01:11:31	01:06:36	
2721	1887 VIVIENNE	HENDERSON	F35+	392	RUN4ALL RUNNING CLUB	26	01:11:31	01:08:22
2722	522 CAROLYN	FOLEY	F55+	85	PORT TALBOT HARRIERS	28	01:11:31	01:07:43
2723	1909 NICOLA	BAILEY	F35+	393	PORT TALBOT HARRIERS	29	01:11:32	01:07:44
2724	351 LIZ	DENTITH	F45+	252		01:11:33	01:08:40	
2725	4232 GETHIN	DANIEL	Senior Male	725		01:11:33	01:07:38	
2726	521 RICHARD	JONES	M40+	426		01:11:36	01:09:37	
2727	3529 CATH	BALL	F45+	253		01:11:36	01:08:50	
2728	333 KATHARINE	POWELL	F35+	394		01:11:37	01:08:33	
2729	2398 LESLEY	JONES	F55+	86		01:11:38	01:10:11	
2730	4358 ANGELA	MORGAN	F55+	87	COASTAL HOUSING	10	01:11:39	01:08:59
2731	3765 JOANNA	COGHLIN	Senior Female	400		01:11:40	01:10:39	
2732	3579 MATTHEW	JACKSON	M40+	427		01:11:42	01:09:18	
2733	3518 KELLY	OWEN	F35+	395		01:11:43	01:10:17	
2734	1576 NATALIE	BLYTT JORDENS	F45+	254		01:11:44	01:09:19	
2735	2574 SUE	PHILLIPS	F45+	255		01:11:45	01:07:39	
2736	1874 CAITLIN	GLEW	Senior Female	401		01:11:46	01:09:56	
2737	769 ROWAN	DURRANT	Junior Female	47		01:11:46	01:07:57	
2738	4248 HAZEL	POWELL	F45+	256		01:11:48	01:09:26	
2739	4331 LEE	THOMAS	Senior Male	726	ADMIRAL	135	01:11:48	01:08:37
2740	4302 GEORGE	HINDE	Senior Male	727	ADMIRAL	136	01:11:49	01:08:37
2741	4357 JENNIE	LANG	Senior Female	402	COASTAL HOUSING	11	01:11:54	01:07:44
2742	2044 PAUL	BRAIN	M60+	91		01:11:54	01:07:42	
2743	2861 CLAIR	WILLIAMS	F35+	396		01:11:54	01:07:43	
2744	3345 TAMMY	RICE	F35+	397		01:12:00	01:08:09	
2745	1249 JOY	WILLIAMS	F45+	257		01:12:00	01:08:00	
2746	3955 TRACEY	MATTHEWS	Senior Female	403		01:12:01	01:09:13	
2747	2725 VICTORIA	WILLIAMS	M40+	428		01:12:02	01:09:44	
2748	37 David	Williams	Senior Male	728		01:12:03	01:08:18	
2749	55 Cerys	Sheridan	Junior Female	48		01:12:04	01:09:36	
2750	912 PAUL	CORNISH	M50+	231		01:12:04	01:09:29	
2751	3965 AMANDA	KNIGHT	F45+	258		01:12:04	01:08:22	

2752	4270	GEORGINA	BULLOCK	Senior Female	404		01:12:04	01:09:02	
2753	3622	SHARON	JONES	F35+	398		01:12:04	01:08:13	
2754	868	RHIAN	HARRIS	Senior Female	405		01:12:06	01:09:11	
2755	1896	CHELSIE	EDWARDS	Senior Female	406		01:12:07	01:08:04	
2756	3046	CARLE	ELLIS	Senior Male	729		01:12:10	00:59:08	
2757	985	RACHEL	BAYLISS	F35+	399		01:12:10	01:10:05	
2758	3726	SUE	WINSTONE	F35+	400		01:12:12	01:10:18	
2759	3214	KELLY	NEWTH	F35+	401		01:12:13	01:07:14	
2760	1233	MOIRA	JONES	F35+	402		01:12:17	01:10:14	
2761	3888	SARAH	MILNER	Senior Female	407		01:12:18	01:08:28	
2762	238	JONATHAN	WILLIAMS	Senior Male	730	ADMIRAL	137	01:12:19	01:08:08
2763	4345	MICHAEL	GRIFFITHS	M60+	92		01:12:19	01:08:52	
2764	3624	LEAH	SAMUEL	Senior Female	408		01:12:20	01:08:52	
2765	1069	RACHEL	WESTACOTT	F35+	403		01:12:22	01:09:03	
2766	2514	OLUGBENGA	FAKANDE	M50+	232		01:12:22	01:10:31	
2767	2684	ALICE	FOUNTAIN	Senior Female	409		01:12:24	01:08:42	
2768	28	JOHN	LOVELL	M60+	93		01:12:25	01:10:17	
2769	1310	ROSIE	DYER	Senior Female	410		01:12:26	01:08:30	
2770	773	CHRISTINA	MORRIS	Senior Female	411		01:12:26	01:09:53	
2771	3190	MARK	EVANS	M50+	233		01:12:28	01:09:41	
2772	406	MARIA	LALIC	F55+	88	CWM OGWR RUNNING CLUB	7	01:12:28	01:08:29
2773	417	CLARE	JOHNS	F35+	404		01:12:28	01:08:38	
2774	1733	HEATHER	ASTON	F45+	259		01:12:29	01:10:44	
2775	418	MARK	JOHNS	M40+	429		01:12:31	01:08:41	
2776	3165	EMMA	PENNEY	F45+	260		01:12:35	01:08:34	
2777	741	DEBORAH	BROWN	F45+	261		01:12:37	01:09:03	
2778	2307	INGRID	JONES	F45+	262		01:12:38	01:09:00	
2779	1203	LISA	JAMES	F45+	263		01:12:39	01:09:19	
2780	3306	REBECCA	HOWE	Senior Female	412		01:12:40	01:09:09	
2781	1417	EMMA	GARRY	Senior Female	413		01:12:40	01:10:30	
2782	47	Emma	Martin Jewell	F35+	405		01:12:40	01:10:18	
2783	3834	KAREN	DAWSON	F45+	264		01:12:43	01:09:18	
2784	2399	ELIZABETH	EVANS	Senior Female	414		01:12:45	01:08:38	
2785	1585	JUDITH	TANNER	F45+	265		01:12:46	01:09:57	
2786	3223	LAURA	CLUTTERBUCK	Senior Female	415		01:12:46	01:09:09	
2787	2868	ANNMARIE	FOLIGNO	Senior Female	416		01:12:47	01:09:10	
2788	3870	NICOLA	SPENCER	Senior Female	417		01:12:48	01:09:49	
2789	610	VALERIE	HUMPHREYS	F35+	406		01:12:49	01:08:34	
2790	3460	DAWN	BRACE	F45+	266		01:12:50	01:09:13	
2791	662	JONATHAN	BOURNE	M40+	430		01:12:50	01:08:20	
2792	2185	RYAN	SMITH	M40+	431		01:12:52	01:11:05	
2793	2184	KIERAN	SMITH	Senior Male	731		01:12:54	01:11:06	
2794	2400	CARI	POWELL	Senior Female	418		01:12:54	01:08:47	
2795	4137	MELANIE	ROBINSON	F35+	407	PAUL POPHAM RUNNING CLUB	19	01:12:55	01:10:18
2796	108	JON	BENNETT	Senior Male	732	ADMIRAL	138	01:12:56	01:09:43
2797	1720	TOM	MORRIS	M60+	94	PAUL POPHAM RUNNING CLUB	20	01:12:56	01:10:20
2798	311	GRAHAM	GUNN	M60+	95		01:12:56	01:08:43	
2799	4328	LESLEY	REES	F35+	408	ADMIRAL	139	01:12:56	01:10:20
2800	2656	DONNA	SMALLBONES	F35+	409		01:12:57	01:09:12	
2801	3237	PAUL	BECKETT	M40+	432		01:12:57	01:08:52	
2802	78	Hazel	Morgan	F45+	267		01:12:58	01:10:18	
2803	4225	GERAINT	WILLIAMS	M40+	433		01:12:59	01:10:27	
2804	4048	YVONNE	O'SULLIVAN	F45+	268	PAUL POPHAM RUNNING CLUB	21	01:13:00	01:09:20
2805	4224	VICTORIA	GRIFFITHS	Senior Female	419		01:13:00	01:10:29	
2806	1591	CATHERINE	PLEASS	Senior Female	420		01:13:00	01:08:50	
2807	3081	RHIAN	DAVIES	F35+	410		01:13:01	01:11:19	
2808	3536	DEBORAH	LEWIS	F35+	411		01:13:02	01:08:13	
2809	1301	SAMANTHA	BECKETT	F35+	412		01:13:03	01:08:57	
2810	710	LEANNE	MCBETH	F35+	413		01:13:08	01:09:17	
2811	713	Spare	Chip	Senior Male	733		01:13:08	01:09:25	
2812	2569	KATHY	DAWKINS	F45+	269		01:13:08	01:10:00	
2813	2572	ANGELA	JONES	F35+	414		01:13:09	01:10:01	
2814	568	ANTHONY	HARVEY	M60+	96		01:13:10	01:10:30	
2815	3140	CELYN	JUKES	Senior Female	421		01:13:11	01:08:59	
2816	4241	ANDREW	EVANS	Senior Male	734		01:13:13	01:09:11	
2817	3114	HELEN	JONES	F35+	415	ABERDARE VALLEY AAC	5	01:13:14	01:09:29
2818	3610	LINDA	OWENS	F55+	89	3MS GORSEINON ROAD RUNNERS	37	01:13:14	01:10:33
2819	602	MARK	PEARCE	M50+	234		01:13:14	01:12:22	
2820	2259	COLIN	THOMAS	Senior Male	735		01:13:15	01:10:13	
2821	3152	JOSHUA	WRIGHT	Senior Male	736		01:13:16	01:10:31	
2822	3243	JOHN	VINE	M60+	97		01:13:17	01:10:21	
2823	315	RHYANNON	SMITH	F35+	416		01:13:17	01:09:54	
2824	1097	LUCY	DAVIES	Senior Female	422		01:13:17	01:09:02	
2825	316	GARY	SMITH	M60+	98		01:13:17	01:09:54	
2826	2873	TOM	BREWER	Senior Male	737		01:13:19	01:09:21	
2827	3609	SIAN	JENKINS	Senior Female	423		01:13:20	01:09:58	
2828	2837	MALCOLM	BULLOUGH	M60+	99		01:13:24	01:09:17	
2829	378	MARTYN	WILLETTS	M40+	434		01:13:24	01:09:18	
2830	2743	JESS	JONES	Senior Male	738		01:13:26	01:11:00	
2831	981	RICHARD	JOHN	Senior Male	739		01:13:26	01:11:00	
2832	379	SALLY	WILLETTS	F35+	417		01:13:27	01:09:21	
2833	3692	ELAURA	BISHOP	Senior Female	424		01:13:27	01:10:35	
2834	3693	CHRIS	BAILEY	Senior Male	740		01:13:28	01:10:33	
2835	3821	HAYLEY	BLYTH	F35+	418		01:13:29	01:10:18	
2836	2260	FFION	REEVES	Senior Female	425		01:13:30	01:09:17	
2837	1438	EMMA	DAVIES	F35+	419		01:13:31	01:10:24	
2838	1559	EMMA	BROWN	Senior Female	426		01:13:33	01:10:58	
2839	1098	NOEL	DAVIES	Senior Male	741		01:13:34	01:09:19	
2840	2357	TIRION	JONES	Senior Female	427		01:13:35	01:10:32	
2841	3882	MAUREEN	DYCHITAN	F35+	420		01:13:38	01:11:38	
2842	575	JOANNE	DORGAN	F45+	270		01:13:39	01:12:03	
2843	136	EMILY	DUNNINGHAM	Senior Female	428	ADMIRAL	140	01:13:39	01:11:43
2844	340	AMANDA	BRIDLE	F45+	271		01:13:39	01:10:09	
2845	1218	CAROLINE	DAVID	F35+	421		01:13:39	01:09:53	
2846	3899	NIKOLA	SMITH	F35+	422		01:13:39	01:09:33	

2847	924 CALLUM	MANNING	Senior Male	742		01:13:40	01:09:47	
2848	923 SAMANTHA	BROOKMAN	Senior Female	429		01:13:41	01:09:47	
2849	4021 RACHEL	HARRIS	Junior Female	49		01:13:41	01:08:59	
2850	3909 FRAN	CURNOW	F45+	272		01:13:42	01:09:22	
2851	1934 TANYA	JOHNSON	Senior Female	430		01:13:43	01:10:48	
2852	2249 SIAN	PURSEY	F35+	423		01:13:43	01:09:53	
2853	2181 TRACY	BUCKLE	F45+	273	PEGASUS RC	5	01:13:43	01:10:58
2854	1884 RHIAN	NOLAN	F35+	424	CWM OGWR RUNNING CLUB	8	01:13:43	01:10:49
2855	2799 SAMANTHA	WILLIAMS	Senior Female	431		01:13:44	01:09:58	
2856	3699 JANE	COPPARD	F55+	90		01:13:44	01:09:50	
2857	4047 VICKY	PACHECO	Senior Female	432		01:13:45	01:09:52	
2858	3491 MARCUS	GOLDSWORTHY	M40+	435		01:13:48	01:11:21	
2859	1128 NICOLA	GRIFFITHS	Senior Female	433		01:13:50	01:10:41	
2860	2245 SIONED MAIR	REES	Junior Female	50		01:13:51	01:10:59	
2861	1502 ANNIE	O'MEARA	F45+	274		01:13:51	01:12:49	
2862	2367 ANDREW	JENKINS	M50+	235		01:13:55	01:10:06	
2863	2368 VANESSA	LEWIS-JENKINS	F45+	275		01:13:55	01:10:06	
2864	1785 CLAIRE	HOSKISON	F45+	276		01:13:58	01:09:56	
2865	986 STEPHEN	REES	M60+	100		01:13:59	01:09:51	
2866	1305 LIBBY	CHANCER	Senior Female	434		01:14:00	01:10:00	
2867	2157 ALEXANDRA	LERVY	Junior Female	51		01:14:01	01:09:49	
2868	2158 AMANDA	LERVY	F35+	425		01:14:01	01:09:50	
2869	2601 SARAH	STEADMAN	F35+	426		01:14:01	01:09:40	
2870	3260 ANDREW	HOPKIN	M40+	436		01:14:03	01:11:21	
2871	1405 RICHARD	JONES	Senior Male	743		01:14:03	01:10:22	
2872	3132 VICTORIA	EVANS	F35+	427		01:14:03	01:10:30	
2873	1718 LAURA	DAVIES	F45+	277		01:14:04	01:09:56	
2874	1719 JODY	WILLIAMS	Senior Female	435		01:14:04	01:09:56	
2875	4305 GEMMA	HOPKIN-EVANS	F35+	428	ADMIRAL	141	01:14:05	01:10:52
2876	876 LEIGH-ANNE	VOWLES	Senior Female	436		01:14:05	01:12:10	
2877	1164 ANDREA	KNIFE	F35+	429		01:14:07	01:11:37	
2878	3930 DION	JAMES	Senior Male	744		01:14:09	01:09:14	
2879	1410 LYNN	LOCKWOOD	F55+	91		01:14:10	01:12:02	
2880	1157 GLYN	GEORGE	M50+	236		01:14:11	01:09:17	
2881	1404 HOLLY	BEDDOWS	Senior Female	437		01:14:11	01:10:30	
2882	1511 NICOLA	WARD	F35+	430	PORTHCAWL RUNNERS	10	01:14:12	01:10:16
2883	3069 IAN	CLARKE	M50+	237		01:14:12	01:11:37	
2884	760 ANDREA	PARKER	F45+	278	PONTARDAWE RUNNING CLUB	11	01:14:13	01:10:39
2885	1170 KELLY	BRAIN	F35+	431		01:14:14	01:11:44	
2886	324 JANE	PRITCHARD	F55+	92		01:14:16	01:11:19	
2887	2448 KATE	MORGAN	F35+	432		01:14:16	01:12:15	
2888	3742 JULIA	HARRIES	F45+	279		01:14:17	01:10:15	
2889	3049 SIAN	RIDD	F35+	433		01:14:17	01:10:53	
2890	1470 BETHAN	THOMAS	Senior Female	438		01:14:17	01:12:34	
2891	1100 TRUDIE	JONES	F45+	280		01:14:18	01:10:58	
2892	889 CARYS	GALLAGHER	Senior Female	439		01:14:19	01:10:20	
2893	890 SAM	GALLAGHER	Senior Male	745		01:14:19	01:10:20	
2894	1285 GEORGIA	SWEET	Junior Female	52		01:14:19	01:11:02	
2895	1773 REBECCA	MASON	F35+	434		01:14:19	01:12:31	
2896	3048 LYNN	GOWER	F45+	281		01:14:20	01:10:55	
2897	663 ZOE	HARAN	F35+	435		01:14:20	01:10:29	
2898	919 HANNAH	BISHOP	Senior Female	440		01:14:20	01:10:37	
2899	1034 THOMAS	PERRETT	Senior Male	746		01:14:20	01:10:53	
2900	1469 PAUL	PHILLIPS	M50+	238		01:14:21	01:12:38	
2901	1033 NICOLA	DEACON	Senior Female	441		01:14:21	01:10:53	
2902	1772 PAUL	MASON	Senior Male	747		01:14:22	01:12:33	
2903	214 REBECCA	RYAN	Senior Female	442	ADMIRAL	142	01:14:22	01:10:01
2904	1552 LEWIS	ABLETT	Senior Male	748		01:14:22	01:10:39	
2905	1444 PETER	BANKS	Senior Male	749		01:14:22	01:10:55	
2906	106 SAMUEL	BARNES	Senior Male	750	ADMIRAL	143	01:14:23	01:10:24
2907	3052 TERESA	BAKER	Senior Female	443		01:14:24	01:11:41	
2908	3314 DANIELLE	BIDDER	Senior Female	444		01:14:24	01:13:08	
2909	1031 RACHEL	EVANS	F45+	282		01:14:25	01:10:11	
2910	2683 KRISTIAN	EVANS	Senior Male	751		01:14:26	01:10:41	
2911	2833 REBECCA	CLARK	Senior Female	445		01:14:26	01:09:38	
2912	2968 KYLEIGH	DAVIES	Senior Female	446		01:14:26	01:09:38	
2913	3062 EMMA	BEASLEY	F35+	436		01:14:27	01:10:08	
2914	2763 EMMA	WILLIAMS	Senior Female	447		01:14:28	01:11:17	
2915	2547 RACHEL	KENDALL	Senior Female	448		01:14:28	01:10:25	
2916	1318 SHARON	KITE	M40+	437		01:14:28	01:12:44	
2917	4143 MICHELLE	COLE	Senior Female	449	RUN4ALL RUNNING CLUB	27	01:14:28	01:09:35
2918	59 Gemma May	O'Connell	Senior Female	450		01:14:29	01:09:35	
2919	2343 TRACY	LOWE	F45+	283		01:14:29	01:11:23	
2920	1812 SIMON	MERRIFIELD	M40+	438		01:14:32	01:10:26	
2921	684 CHARLOTTE	LITCHFIELD	F35+	437		01:14:34	01:11:38	
2922	940 JUDE	ISAAC	Senior Female	451		01:14:35	01:10:45	
2923	2781 HEATHER	AITCHISON	F45+	284		01:14:35	01:12:50	
2924	734 SUSAN	ROUND	F45+	285	PORTHCAWL RUNNERS	11	01:14:36	01:09:48
2925	4359 NICOLA	SMITH	F35+	438		01:14:36	01:12:04	
2926	1088 CERYS	RAND	Senior Female	452		01:14:37	01:12:30	
2927	1395 ANDREW	RHODES	Senior Male	752		01:14:37	01:10:35	
2928	2997 RACHAEL	PHILLIPS	F35+	439		01:14:39	01:10:43	
2929	1747 CLARE	WILLIAMS	F45+	286		01:14:40	01:12:00	
2930	1512 RACHEL	MARCARIAN	F35+	440	PORTHCAWL RUNNERS	12	01:14:40	01:10:42
2931	1007 CARUWYN	JONES	F35+	441		01:14:41	01:11:53	
2932	1161 HELEN	NOTT	F35+	442		01:14:42	01:12:13	
2933	4343 GARETH	WILLIAMS	Senior Male	753		01:14:46	01:10:42	
2934	1130 ROSALIND	JONES	F45+	287		01:14:49	01:11:29	
2935	3501 DEBBIE	ROBERTS	Senior Female	453		01:14:49	01:11:35	
2936	3247 ELLEN	LLOYD	Senior Female	454		01:14:50	01:10:43	
2937	586 ASHLEY	CUDE	Senior Male	754		01:14:50	01:11:09	
2938	389 EDWARD	TABBERER	M60+	101		01:14:53	01:14:05	
2939	2428 GABRIELLE	ROBBINS	F45+	288		01:14:54	01:12:58	
2940	44 Owen	Ellis	Senior Male	755		01:14:55	01:10:51	
2941	3436 GAYNOR	JONES	F55+	93		01:14:55	01:12:06	

2942	1950 JOHN	DAVIES	M60+	102		01:14:57	01:11:31		
2943	3932 CHARLOTTE	ELIAS	Senior Female	455		01:14:59	01:11:19		
2944	2669 SHARON	OWEN	F35+	443		01:15:02	01:10:57		
2945	3424 ALYSON	BRAY	F45+	289		01:15:02	01:11:49		
2946	288 SARA	SOUTHWELL	Senior Female	456		01:15:05	01:12:27		
2947	1387 ANGELA	PRICE	F35+	444	ISLWYN RC				
2948	295 HELEN	WILLIAMS	F35+	445		9	01:15:05	01:12:32	
2949	1999 SOPHIE	MURRAY	Senior Female	457			01:15:07	01:12:27	
2950	2538 ADRIAN	BAILEY	M50+	239			01:15:08	01:13:01	
2951	141 BEVERLEY	EVANS	Senior Female	458	ADMIRAL		144	01:15:09	01:12:35
2952	1129 LOUISE	ALDRIDGE	F35+	446				01:15:11	01:11:10
2953	2714 STACEY	WILLIAMS	Senior Female	459				01:15:12	01:12:40
2954	4015 KELLY	PREECE	F35+	447				01:15:13	01:12:35
2955	1836 ABIGAIL	MORGAN	Senior Female	460				01:15:15	01:11:03
2956	3426 ANGHARAD	WILLIAMS	F35+	448				01:15:17	01:11:33
2957	3527 JANE	RICHARDS	F45+	290				01:15:17	01:11:04
2958	3775 HARRY	JACKSON	Junior Male	81				01:15:18	01:12:35
2959	3378 NICOLA	JENKINS	F35+	449				01:15:20	01:11:51
2960	215 CLAIRE	SALISBURY	F35+	450	ADMIRAL		145	01:15:22	01:12:56
2961	3380 NICOLA	JENKINS	F35+	451				01:15:23	01:11:40
2962	2967 RHIAN	MASON	F35+	452				01:15:24	01:13:00
2963	4063 EMMA	WALLACE	F35+	453				01:15:30	01:11:37
2964	546 GERAINT	WILLIAMS	Senior Male	756				01:15:30	01:13:06
2965	1274 LEANNE	SOLOMON	Senior Female	461				01:15:31	01:11:24
2966	1030 BYRON	DOVER-WADE	Senior Male	757				01:15:33	01:11:21
2967	3779 ALLYSON	ALLMAN	F55+	94				01:15:37	01:12:42
2968	3477 SALLIE	WEST	F45+	291				01:15:39	01:12:07
2969	4326 LLOYD	REES	Senior Male	758				01:15:41	01:11:16
2970	2621 CARLY	MCQUAID	Senior Female	462				01:15:41	01:11:16
2971	1437 JO	GRIFFITHS	Senior Female	463				01:15:42	01:12:34
2972	4129 PAULA	HOPKINSON	F35+	454				01:15:43	01:11:38
2973	4126 RACHAEL	HILL	F35+	455				01:15:43	01:11:38
2974	574 CHERYL	BERRY	Senior Female	464				01:15:43	01:11:39
2975	4082 BETHAN	DAVIES	Senior Female	465				01:15:44	01:11:22
2976	506 HOLLY	MORGAN	Senior Female	466				01:15:46	01:12:10
2977	241 JESCA	WILLIAMS	Senior Female	467	ADMIRAL		146	01:15:47	01:13:30
2978	4254 CERI	WESTCOTT	Senior Male	759				01:15:48	01:12:29
2979	4255 ABI	EDWARDS	Senior Female	468				01:15:49	01:11:39
2980	752 CHARLOTTE	BLOODWORTH	F35+	456				01:15:49	01:11:40
2981	4138 TINA	FENN	F35+	457				01:15:49	01:12:33
2982	1936 ANGIE	PUNCHARD	F45+	292				01:15:50	01:11:40
2983	1388 DELYTH	DAVIES	Senior Female	469				01:15:51	01:13:25
2984	2881 SUZANNA	COOKE	F35+	458				01:15:52	01:11:41
2985	3433 LORNA	POWELL	F45+	293				01:15:52	01:12:56
2986	1352 BETHAN	ROBERTS	Senior Female	470				01:15:52	01:12:56
2987	1355 RHIANNON	ROBERTS	Senior Female	471				01:15:53	01:11:58
2988	855 CLAIRE	JENKINS	Senior Female	472				01:15:53	01:11:58
2989	1940 LINDA	HOSKINS	F45+	294				01:15:54	01:12:46
2990	436 GABRIELA	TIBIL	F35+	459				01:15:54	01:13:11
2991	435 EIFION	REES	M40+	439				01:15:54	01:15:07
2992	434 BETHAN	REES	F35+	460				01:15:54	01:15:06
2993	2214 DIONNE	DAVIES	Senior Female	473				01:15:55	01:15:07
2994	2490 MIKE	SCOTT	M50+	240				01:15:55	01:12:45
2995	2571 MARTIN	WOODFIELD	M50+	241				01:15:57	01:12:36
2996	2570 ELENA	CLEMENT	Senior Female	474				01:16:02	01:12:25
2997	1705 AWEN	JONES	F35+	461				01:16:04	01:12:27
2998	2257 KATHRYN	TOMOS	Senior Female	475				01:16:04	01:12:13
2999	2913 LAURA	BEARD	F35+	462				01:16:07	01:13:28
3000	4034 MAIRWEN	RICHARDS	F35+	463				01:16:07	01:14:06
3001	1650 NATALIE	VANDERLINDEN	F45+	295				01:16:08	01:12:15
3002	1652 LORRAINE	DAVIES	F35+	464				01:16:09	01:13:28
3003	1769 KATE	LOVELUCK	Senior Female	476				01:16:09	01:12:04
3004	1606 GRAEME	HUGHES	M40+	440				01:16:09	01:12:44
3005	1221 KELLY	GRIFFITHS	F35+	465				01:16:10	01:13:09
3006	1384 BETH	ORAM	F35+	466				01:16:11	01:12:25
3007	1522 IAN	RAVENSCROFT	Senior Male	760				01:16:15	01:11:31
3008	1871 SAMANTHA	PALMER	F35+	467				01:16:15	01:13:01
3009	156 REBEKAH	HUGHES	Senior Female	477	ADMIRAL		147	01:16:15	01:14:59
3010	915 ADAM	THOMAS	Senior Male	761				01:16:18	01:12:06
3011	3421 TANYA	HESKINS	F35+	468	RUN4ALL RUNNING CLUB		28	01:16:19	01:12:24
3012	458 JOANNA	HOLLOWAY	F45+	296				01:16:19	01:13:05
3013	3895 ASHLEY	THOMAS	Senior Female	478				01:16:20	01:12:14
3014	280 GERAINT	JONES	Senior Male	762				01:16:21	01:12:59
3015	1261 NICOLA	HOPKINS	Senior Female	479				01:16:21	01:12:08
3016	4364 BEVERLEY	LOGAN	F35+	469	BRECON CARREG		4	01:16:21	01:13:06
3017	3738 JEAN	CAMPBELL	F55+	95	RUN4ALL RUNNING CLUB		29	01:16:23	01:13:09
3018	1254 RHIAN	CHECKLAND	F35+	470				01:16:23	01:13:10
3019	343 ELIZABETH	TANGUAY	F35+	471				01:16:23	01:12:17
3020	1255 RICH	HART	Senior Male	763				01:16:24	01:12:17
3021	429 RHIAN	STOKES-THOMAS	F45+	297				01:16:24	01:12:15
3022	1403 LARA	ACOTT	Senior Female	480				01:16:29	01:14:19
3023	3998 TOM	DAVIES	Junior Male	82				01:16:29	01:12:49
3024	1647 STEVEN	MATTHEWS	M40+	441				01:16:30	01:12:48
3025	2585 SEANA	POWER	Junior Female	53				01:16:30	01:12:26
3026	95 DAVID MARCUS	DAVIES	M50+	242	ACTIVE SWANSEA		8	01:16:31	01:15:00
3027	2205 JAYNE	JAMES	F35+	472				01:16:31	01:15:00
3028	4145 ROSIE	KNEWSTUBB	F45+	298				01:16:35	01:14:56
3029	493 ALEX	DEEKS	Senior Female	481				01:16:35	01:13:53
3030	329 SUE	RIDDING	F45+	299				01:16:36	01:13:52
3031	4155 ANGHARAD	EDWARDS	F35+	473				01:16:36	01:13:29
3032	4154 LEE	JONES	Senior Male	764				01:16:37	01:13:51
3033	1637 SOPHIE	DAVIES	Junior Female	54				01:16:37	01:13:51
3034	126 GEMMA	DACEY	Senior Female	482	ADMIRAL		148	01:16:38	01:12:34
3035	4072 MATTHEW	COLLINS	M50+	243				01:16:39	01:13:39
3036	1329 RACHEL	PHILLIPS	Senior Female	483				01:16:39	01:13:55

3037	871 KAYLEIGH	BEST	Senior Female	484		01:16:40	01:12:59	
3038	3752 CHRISTIAN	PARSLEY	Senior Male	765		01:16:40	01:12:04	
3039	504 ALEXANDER	BROWN	Senior Male	766		01:16:40	01:12:20	
3040	4196 SANDRA	CAVENEY	F45+	300	LES CROUPIERS	33	01:16:41	01:12:19
3041	4195 HANNAH	CAVENEY	F35+	474		01:16:41	01:12:21	
3042	2737 JAYNE	BRIDGES	F45+	301		01:16:43	01:14:22	
3043	2748 JO	MOUNTJOY	F35+	475		01:16:43	01:14:23	
3044	2762 JULIA	VARNEY	Senior Female	485		01:16:46	01:14:02	
3045	1823 GLYNIS	APPLEBY	F55+	96		01:16:47	01:12:40	
3046	1068 RUTH	YANDLE	F45+	302		01:16:47	01:13:28	
3047	2063 ELISE	SALINI	Junior Female	55		01:16:48	01:13:47	
3048	1107 EMMA	OLIVER	F35+	476		01:16:48	01:12:58	
3049	2022 CLARE	PRITCHARD	F35+	477		01:16:51	01:12:15	
3050	3546 KATIE	PADFIELD	Senior Female	486		01:16:51	01:13:40	
3051	1636 LYNWEN	DAVIES	F35+	478		01:16:52	01:12:49	
3052	1629 KIM	DAVIES	F45+	303		01:16:52	01:12:48	
3053	1451 LYN	THOMPSON	M60+	103		01:16:52	01:12:35	
3054	2043 CHRISTI	HOPKINSON	F45+	304		01:16:54	01:13:19	
3055	271 ANDREW	KEEN	Senior Male	767		01:16:55	01:12:08	
3056	1268 RHIAN	MILLIDGE	F55+	97		01:16:55	01:12:38	
3057	3350 HELEN	EVANS	Senior Female	487		01:16:56	01:13:45	
3058	712 Spare	Chip	Senior Male	768		01:16:56	01:13:14	
3059	4267 REBECCA	THOMAS	Senior Female	488		01:16:57	01:12:55	
3060	1473 KAREN	JONES	F35+	479		01:16:57	01:12:40	
3061	3322 DANIELLE	GUESS	Senior Female	489		01:17:00	01:15:55	
3062	3323 GAGE	SINGH	Senior Male	769		01:17:00	01:15:53	
3063	1195 MATT	SMITH	M40+	442		01:17:05	01:12:51	
3064	3865 MAUREEN	MORGAN	F55+	98	RUN4ALL RUNNING CLUB	30	01:17:05	01:13:51
3065	3053 JULIE	PARRY	F35+	480		01:17:06	01:14:24	
3066	3015 RUTH	DAVIES-HUGHES	F35+	481		01:17:06	01:12:33	
3067	4008 NEIL	FIRTH	M50+	244		01:17:07	01:12:33	
3068	3276 HANNAH	SMITH	F35+	482		01:17:07	01:12:33	
3069	3552 NICK	DAVIES	M50+	245	CAERPHILLY RUNNERS	10	01:17:12	01:13:25
3070	893 LISA	JENKINS	F35+	483	CWM OGWR RUNNING CLUB	9	01:17:12	01:14:42
3071	3279 DANIEL	WILLIAMS	Senior Male	770		01:17:12	01:13:01	
3072	1406 SHANNON	PURDEY	Senior Female	490		01:17:12	01:14:13	
3073	4368 SHAMIMA	BIBI	Senior Female	491	GRAND HOTEL	4	01:17:13	01:14:29
3074	2015 MERERID	GOVIER	F35+	484		01:17:14	01:14:54	
3075	2014 GARETH	GOVIER	M40+	443		01:17:14	01:14:54	
3076	4397 CHRIS	PINNINGTON	Senior Male	771	ST JOSEPHS SCHOOL	10	01:17:15	01:13:00
3077	4168 CATHERINE	HILL	F45+	305		01:17:15	01:14:47	
3078	3963 SIAN	DAVIES	F35+	485		01:17:15	01:12:18	
3079	733 ROBERT	GARDNER	M50+	246	PORHCRAWL RUNNERS	13	01:17:18	01:12:30
3080	1963 SCOTT	BURGESS	Senior Male	772		01:17:19	01:15:48	
3081	1567 CHRISTINA	BRANNIGAN	F45+	306		01:17:27	01:12:45	
3082	2982 MICHAELA	COLE	F45+	307		01:17:28	01:13:39	
3083	1928 JULIE	BROWN	Senior Female	492		01:17:28	01:15:32	
3084	2767 JESSICA	DAVIES	Senior Female	493		01:17:31	01:13:05	
3085	937 NAVEED	IQBAL	Senior Male	773		01:17:33	01:12:41	
3086	1055 JUDITH	GABB	F55+	99		01:17:39	01:13:33	
3087	4307 JOSHUA	HUNT	Senior Male	774	ADMIRAL	149	01:17:39	01:13:14
3088	3210 HANNAH	GARCIA	Senior Female	494		01:17:40	01:13:40	
3089	442 WENDY	SULLIVAN	F45+	308		01:17:42	01:13:34	
3090	2502 ELIZABETH	ROBERTS	Senior Female	495		01:17:46	01:13:52	
3091	1450 LIZ	THOMPSON	F55+	100		01:17:48	01:13:31	
3092	3205 LYNETTE	CARRUTHERS	F45+	309		01:17:51	01:13:31	
3093	3204 CASSEY	CARRUTHERS	Junior Female	56		01:17:51	01:13:32	
3094	1325 STEPHEN	LOVELL	M50+	247		01:17:51	01:13:00	
3095	4233 SHELLEY	ABLADE	Senior Female	496		01:17:52	01:15:05	
3096	1333 MARIO	MORUZZI	M40+	444	PAUL POPHAM RUNNING CLUB	22	01:17:53	01:15:55
3097	1984 JO	HILBORNE	F45+	310		01:17:54	01:13:50	
3098	1247 MARCELLA	EVANS	F35+	486		01:17:55	01:15:51	
3099	1642 GAYNOR	DAVIES	F45+	311		01:17:56	01:15:21	
3100	767 FRANCESCA	ORMENO	Senior Female	497		01:17:57	01:13:42	
3101	3866 DEBRA	HURLEY	F35+	487		01:17:57	01:13:53	
3102	3366 REBECCA	DAVIES	F35+	488		01:17:59	01:14:05	
3103	4169 HANNAH	KNIGHT	Junior Female	57		01:18:00	01:15:32	
3104	3368 MICHELLE	JAMES	F35+	489		01:18:01	01:14:07	
3105	2577 NICOLA	THORNTON	F35+	490		01:18:02	01:13:55	
3106	1739 HELEN	BESLEY	Senior Female	498	PAUL POPHAM RUNNING CLUB	23	01:18:06	01:13:56
3107	3878 JASMINE	GILL	Senior Female	499		01:18:06	01:15:44	
3108	4099 JENNY	POUFFIER	Senior Female	500		01:18:07	01:14:41	
3109	1605 TRACY	HADDOCK	Senior Female	501		01:18:09	01:15:06	
3110	1603 EMILY	CLARKE	Senior Female	502		01:18:09	01:15:07	
3111	3936 CARRIE	DOWLING	Senior Female	503		01:18:09	01:15:21	
3112	3953 EMMA	JONES	F35+	491		01:18:10	01:15:00	
3113	3986 KAREN	SAUNDERS	F35+	492		01:18:10	01:15:00	
3114	2124 MICHELLE	THOMAS	F45+	312		01:18:10	01:13:23	
3115	3059 SAMANTHA	GLADSTONE	F45+	313		01:18:10	01:14:10	
3116	3171 NADINE	GRIFFITHS	Senior Female	504		01:18:11	01:14:11	
3117	1807 GARY	AVERY	M40+	445		01:18:12	01:15:40	
3118	4083 JULIE	COQUIL	Junior Female	58		01:18:12	01:14:47	
3119	3900 HELEN	BOLT	F35+	493		01:18:13	01:14:06	
3120	1513 MARIA	THOMAS	F45+	314		01:18:17	01:13:23	
3121	480 JULIE	HIGGINS	F45+	315		01:18:18	01:13:26	
3122	2599 RHODRI	NICHOLS	Senior Male	775		01:18:21	01:14:52	
3123	1492 JOANNA	JAMES	F35+	494		01:18:25	01:15:30	
3124	467 NINO	GATTI	Senior Male	776	PORT TALBOT HARRIERS	30	01:18:25	01:15:57
3125	405 ANNE	LALIC	F55+	101	CWM OGWR RUNNING CLUB	10	01:18:27	01:14:28
3126	404 RUTH	BARLOW	F55+	102		01:18:27	01:14:28	
3127	1342 MICHELLE	WILLIAMS	Senior Female	505		01:18:27	01:14:22	
3128	3907 KELLY	WINTER	Senior Female	506		01:18:28	01:15:46	
3129	1569 HEATHER	BOND	Senior Female	507		01:18:29	01:15:38	
3130	2771 RACHEL	ISAAC	F45+	316		01:18:30	01:14:24	
3131	4333 GEMMA	WALKER	Senior Female	508	ADMIRAL	150	01:18:31	01:15:20

3132	3352 KARA	BOWEN	Senior Female	509		01:18:32	01:16:07
3133	1016 LAURA	HEWITT	Senior Female	510		01:18:32	01:15:37
3134	1844 KATHERINE	THOMPSON	F35+	495		01:18:32	01:15:43
3135	1078 ANN	MORGAN	F45+	317		01:18:38	01:16:02
3136	2534 STACEY	MARLOG	Senior Female	511		01:18:40	01:15:46
3137	571 SARAH JAYE	BROWN	Senior Female	512		01:18:40	01:14:57
3138	2872 GEMMA	BREWER	Senior Female	513		01:18:45	01:14:48
3139	698 JANE	HAINES	F45+	318		01:18:48	01:14:57
3140	1041 LEE	HEADINGTON	M50+	248		01:18:53	01:17:42
3141	133 MICHELLE	DEEN	F35+	496 ADMIRAL	151	01:18:54	01:14:41
3142	2337 EMMA	ROBINSON	F35+	497		01:18:58	01:14:54
3143	2295 CLAIRE	JONES	F35+	498		01:18:59	01:14:51
3144	1428 ANGHARAD	WILKINS	Senior Female	514		01:19:00	01:16:26
3145	77 JAMES	FARRELL	Senior Male	777		01:19:00	01:18:19
3146	785 EMMA	WILLIAMS	Senior Female	515		01:19:02	01:15:48
3147	1523 JASMINE	RAVENSCROFT	F35+	499		01:19:03	01:15:48
3148	450 JOAN	GILBERT	F55+	103		01:19:03	01:16:10
3149	768 STEVEN	WEST	Senior Male	778		01:19:03	01:14:10
3150	751 REBECCA	DAVIES	Senior Female	516		01:19:08	01:15:25
3151	948 NEIL	DAVIES	M60+	104		01:19:10	01:15:09
3152	1618 TOM	DAVIES	Senior Male	779		01:19:12	01:15:11
3153	1481 ALICE	BARRINGTON	Junior Female	59		01:19:13	01:15:38
3154	1482 LISA	BARRINGTON	F35+	500		01:19:13	01:15:38
3155	1228 STEVEN	JONES	M40+	446		01:19:21	01:17:19
3156	1116 JAMIE	DAVIES	M40+	447		01:19:21	01:18:23
3157	1227 HAROLD	DEWSBURY	M60+	105		01:19:21	01:17:19
3158	1761 SOPHIE	RUSSELL	Senior Female	517		01:19:23	01:15:10
3159	2020 TONI-MARIE	NORMAN	Senior Female	518		01:19:26	01:14:41
3160	445 ELIZABETH	MARSHALL	F45+	319		01:19:26	01:14:34
3161	3569 EMILY	WILLIAMS	Senior Female	519		01:19:28	01:14:46
3162	1364 NEIL	JARVIS	M50+	249		01:19:30	01:15:26
3163	2019 ANDREW	NORMAN	Senior Male	780		01:19:31	01:14:46
3164	1319 ANGHARAD	COLINESE	Senior Female	520		01:19:34	01:15:41
3165	3808 CHARLIE	BEYNON	Senior Female	521		01:19:40	01:16:22
3166	2698 DAVID	COOKE	M40+	448		01:19:41	01:16:44
3167	1231 SIAN	RABI-LALEH	F35+	501		01:19:46	01:15:53
3168	963 ELIZABETH	BEYNON	F45+	320		01:19:47	01:15:40
3169	3292 LAUREN	HOWELLS	Senior Female	522		01:19:48	01:15:17
3170	964 SIAN	HART	F45+	321		01:19:48	01:15:42
3171	4297 LISA	HANNEY	Senior Female	523 ADMIRAL	152	01:19:54	01:17:11
3172	190 LOREN	MULLAN	Senior Female	524 ADMIRAL	153	01:19:54	01:17:12
3173	2930 DOLORES	MARTIN	F45+	322		01:19:55	01:15:46
3174	2935 ELAINE	THOMPSON	F35+	502		01:19:55	01:15:45
3175	2108 HEDDWYN	WILLIAMS	M60+	106		01:20:00	01:16:23
3176	3950 LEANNA	GRIFFITHS	Senior Female	525		01:20:04	01:15:59
3177	3947 MIKINDA	HAWKINS	F35+	503		01:20:11	01:16:14
3178	2526 MARK	CARLEY	M50+	250		01:20:17	01:15:50
3179	134 AMY	DENMAN	Senior Female	526 ADMIRAL	154	01:20:17	01:16:56
3180	2391 RHIAN	EVANS	F35+	504		01:20:23	01:17:23
3181	2768 JANET	WEBB	F55+	104		01:20:23	01:15:58
3182	627 SABINA	TUCKETT	Senior Female	527		01:20:25	01:17:25
3183	1435 JONATHAN	CRADDOCK	Senior Male	781		01:20:25	01:17:19
3184	520 SALLY	BLOOMFIELD	F45+	323		01:20:27	01:17:46
3185	3200 DOMINIC	QUIRK	M40+	449		01:20:28	01:15:31
3186	1575 CLAIRE	LEWIS	F35+	505 PAUL POPHAM RUNNING CLUB	24	01:20:28	01:16:34
3187	3211 MARIA	BONACINI	F35+	506		01:20:29	01:15:31
3188	1455 CHRISTOPHER	ROBERTS	Senior Male	782		01:20:31	01:18:36
3189	3629 CIARON	JACKSON	Senior Male	783		01:20:31	01:17:27
3190	949 EMMA	RADFORD	Senior Female	528		01:20:31	01:16:23
3191	3156 CLARE	NOLAN	F35+	507		01:20:32	01:16:01
3192	3522 NATALIE	GEDRYCH	F35+	508 PAUL POPHAM RUNNING CLUB	25	01:20:32	01:16:39
3193	3187 BETHAN	JAMES	F45+	324		01:20:32	01:19:40
3194	2614 GINA	GODDARD	F55+	105		01:20:33	01:17:55
3195	2209 ROSIE	LOWETH	Junior Female	60		01:20:34	01:15:38
3196	1414 SARA	LEE	Senior Female	529		01:20:35	01:16:26
3197	3184 REBECCA	BLACKMORE	F35+	509		01:20:36	01:16:43
3198	188 ASHLEIGH	MORRIS	Senior Female	530 ADMIRAL	155	01:20:42	01:17:20
3199	236 SUSAN	WATT	F35+	510 ADMIRAL	156	01:20:43	01:16:29
3200	1412 DANIELLE	THEOPHILUS	Senior Female	531		01:20:44	01:16:34
3201	1413 CLAIRE	QUICK	F35+	511		01:20:44	01:16:35
3202	36 Lyndon	Lewis	M50+	251		01:20:45	01:17:15
3203	470 CHRIS	TIDY	F55+	106 RUN4ALL RUNNING CLUB	31	01:20:45	01:19:15
3204	471 EMMA	TIDY	Senior Female	532		01:20:46	01:19:17
3205	1380 SARAH	DEWSBURY	F35+	512		01:20:48	01:16:06
3206	1622 CHRISTOPHER	REES	Senior Male	784		01:20:53	01:17:44
3207	4112 GWYNETH	JONES	F55+	107 FETCH EVERYONE	1	01:20:53	01:16:56
3208	1389 KATIE	WILLIAMS	Senior Female	533		01:20:58	01:16:47
3209	1381 THERESE	SHADBOLT	F45+	325		01:20:58	01:16:16
3210	675 CHARLOTTE	JONES	Senior Female	534		01:21:03	01:16:21
3211	1646 LISA	MATTHEWS	F35+	513		01:21:04	01:17:03
3212	2193 RHIANNON	SMITH	Senior Female	535		01:21:05	01:16:52
3213	56 Leanne	Dower	F35+	515		01:21:12	01:18:42
3214	2284 CLARE	JAMES	F35+	514		01:21:12	01:16:46
3215	584 ABIGAIL	HEWITT	F35+	517		01:21:12	01:17:20
3216	1172 LEANNE	POWELL	F35+	516		01:21:12	01:18:42
3217	1554 SIONED	CURRAN	F35+	518		01:21:13	01:17:21
3218	73 Gwennan	Oakes	F35+	519		01:21:14	01:17:22
3219	1136 RHIAN	WAYGOOD	Senior Female	536		01:21:15	01:18:22
3220	1270 HAYLEY	PHILLIPS	F35+	520		01:21:15	01:18:23
3221	336 CLAIRE	JAMES	F35+	521		01:21:20	01:17:40
3222	337 LEIGH	JAMES	M50+	252		01:21:20	01:17:41
3223	856 DONNA	REES	F45+	326		01:21:22	01:18:13
3224	1960 CLARE	CRIBB	F45+	327		01:21:23	01:17:30
3225	1961 GRAHAM	DAVIES	M50+	253		01:21:23	01:17:33
3226	2200 ANNETTE	DAVIES	M40+	450		01:21:27	01:16:31

3227	1662 CHRIS	CLARK	M50+	254		01:21:28	01:17:13	
3228	1995 MARK	WARD	Senior Male	785		01:21:32	01:17:46	
3229	2676 JOHN	EDWARDS	M50+	255		01:21:34	01:19:48	
3230	1262 KAREN	WRIGHT	F35+	522		01:21:35	01:18:20	
3231	1994 LORNA	SMITH	Senior Female	537		01:21:36	01:17:48	
3232	513 NAOMI	WEBBORN	F35+	523		01:21:36	01:17:46	
3233	1623 DAVID	REES	M60+	107		01:21:37	01:18:26	
3234	3316 KACIE	D'ANGELI	Junior Female	61		01:21:37	01:20:21	
3235	2993 SARAH	HANFORD	Senior Female	538		01:21:38	01:17:44	
3236	3318 TAYLAH	WEBB	Junior Female	62		01:21:38	01:20:22	
3237	3943 DEBBIE	MCEWAN-COOK	F45+	328		01:21:38	01:17:24	
3238	2232 JUSTIN	FULWOOD	M40+	451		01:21:40	01:18:16	
3239	1770 MATHEW	HAYWARD	Senior Male	786		01:21:42	01:19:15	
3240	3289 JESSICA	STOKES	Senior Female	539		01:21:46	01:17:41	
3241	3869 RHIANNON	TAYLOR	Senior Female	540		01:21:48	01:17:16	
3242	1587 LUKE	TANNER	Senior Male	787		01:21:49	01:18:54	
3243	2210 RUSSELL	MORTON	Senior Male	788		01:21:50	01:16:54	
3244	270 STEVEN	DITCHFIELD	M40+	452		01:21:50	01:17:03	
3245	1386 RHIAN	JOSEPH-MORGAN	Senior Female	541		01:21:55	01:17:44	
3246	3020 CRAIG	PHILLIPS	M40+	453		01:21:55	01:17:02	
3247	3301 LISA	CLARE	F35+	524		01:21:56	01:18:56	
3248	3304 SARAH	PHILLIPS	F45+	329		01:21:57	01:18:57	
3249	321 DAVID	HARRISON	Senior Male	789		01:21:58	01:17:55	
3250	2016 SUZANNE	GRANGER	F45+	330		01:21:58	01:17:50	
3251	2525 NICKY	LEWIS	F35+	525	NEWPORT HARRIERS	4	01:21:58	01:18:07
3252	1052 LYNDA	CHIPPERFIELD	F45+	331		01:21:58	01:17:35	
3253	1022 ALEXANDRA	THOMAS	F35+	526		01:21:58	01:17:36	
3254	3981 CHARLOTTE	MURRAY	Senior Female	542		01:21:58	01:19:01	
3255	416 MARC	JONES	Senior Male	790		01:22:00	01:18:11	
3256	2458 MICHELLE	CULWICK	F35+	527		01:22:01	01:18:09	
3257	4373 CATLIN ELIZABETH	ROMANIW	Senior Female	543	215 ATC	2	01:22:02	01:19:57
3258	719 SARA	RICHARDS	F35+	528		01:22:03	01:19:41	
3259	717 FFION	RICHARDS	Junior Female	63		01:22:03	01:19:42	
3260	806 LOUISE	BEVAN	F45+	332		01:22:09	01:19:30	
3261	828 SARA	MORGAN	Senior Female	544		01:22:15	01:17:33	
3262	74 Sonia	Miles	F45+	333		01:22:21	01:17:37	
3263	322 BEVERLEY	SOLLY	Senior Female	545		01:22:23	01:18:23	
3264	960 RHIANNON	PROSSER	Senior Female	546		01:22:30	01:18:27	
3265	1509 CHLOE	GUEST	Junior Female	64		01:22:33	01:20:02	
3266	3799 JOHNATHON	LLOYD	Senior Male	791		01:22:34	01:21:22	
3267	4238 KIRSTEN	LEARY	Senior Female	547		01:22:36	01:18:22	
3268	2029 RYAN	JARVIS	M40+	454		01:22:39	01:17:43	
3269	2028 GEMMA	JARVIS	F35+	529		01:22:40	01:17:43	
3270	161 JADE	JEMSON	Senior Female	548	ADMIRAL	157	01:22:40	01:17:49
3271	2555 DEBBIE	EDWARDS	Senior Female	549	RUN4ALL RUNNING CLUB	33	01:22:44	01:18:42
3272	2556 PAUL	EDWARDS	Senior Male	792	RUN4ALL RUNNING CLUB	32	01:22:44	01:18:42
3273	401 ROWAN	DAVIES	Senior Male	793		01:22:44	01:19:40	
3274	4118 KAREN	PRICE	F35+	530		01:22:46	01:22:27	
3275	3835 MELANIE	CORBETT	F45+	334		01:22:47	01:18:50	
3276	898 NICOLA	ALLEN	F35+	531	CWM OGWR RUNNING CLUB	11	01:22:56	01:20:27
3277	147 JOANNE	GRIFFIN	F35+	532	ADMIRAL	158	01:22:57	01:22:38
3278	1077 VICTORIA	BRAKE	F35+	533		01:22:57	01:20:20	
3279	3285 ASHLEIGH	PARRY	Senior Female	550		01:23:00	01:19:17	
3280	3286 LIAM	BUTLER	Senior Male	794		01:23:00	01:19:17	
3281	3744 ROBERT	JELLEY	M40+	455		01:23:00	01:18:10	
3282	3893 HANNAH	PRICE	Senior Female	551		01:23:04	01:19:44	
3283	3730 CARLY	REES	Senior Female	552		01:23:06	01:20:19	
3284	585 REBECCA	JELLEY	Senior Female	553		01:23:08	01:20:07	
3285	623 ANN	WILLIAMS	F35+	534	PORT TALBOT HARRIERS	31	01:23:08	01:20:07
3286	2081 OLIVIA	LAMB	Senior Female	554		01:23:13	01:19:01	
3287	2082 HANNAH	WILLIAMS	Senior Female	555		01:23:13	01:19:00	
3288	844 CERI	WILLCOX	Senior Female	556		01:23:17	01:20:14	
3289	2272 SUZANNE	LONGMAN	F35+	535		01:23:18	01:19:24	
3290	431 Spare	Chip	Senior Male	795		01:23:18	01:19:34	
3291	90 ANDREW	MILES	M50+	256	ACTIVE SWANSEA	9	01:23:24	01:21:51
3292	1580 NATALIE	JOPLING	Senior Female	557		01:23:27	01:18:33	
3293	588 STEVE	GROTHER	M40+	456	CAERPHELLY RUNNERS	11	01:23:29	01:19:41
3294	2471 HELEN	LAWLEY	F35+	536		01:23:30	01:20:46	
3295	2064 JOY	SALINI	F45+	335		01:23:34	01:20:28	
3296	2062 JANE	APPERLEY	F45+	336		01:23:35	01:20:29	
3297	1445 ROB	LUCKWELL	M40+	457		01:23:39	01:20:12	
3298	1061 ELIN	HOLLY	Senior Female	558		01:23:42	01:19:21	
3299	862 AMANDA	TAPSCOTT	F35+	537		01:23:43	01:18:50	
3300	714 JAYNE	TAPSCOTT	F35+	538		01:23:45	01:18:53	
3301	1183 MELANIE	JONES	F45+	337		01:23:47	01:22:40	
3302	1184 SUSAN	VAUGHAN	F45+	338		01:23:47	01:22:40	
3303	2144 MIKE	HART	M50+	257		01:23:47	01:19:14	
3304	38 Kristen	Winterbourne	Senior Female	559		01:23:53	01:19:32	
3305	299 KERRY-LYNNE	PYKE	Senior Female	560		01:23:56	01:19:37	
3306	3747 ZOE	WILLIAMS	Senior Female	561		01:23:57	01:19:28	
3307	3627 LYNDSY	MCKEOWN	Senior Female	562		01:23:57	01:19:29	
3308	1870 AMY	FRASER	Senior Female	563		01:23:58	01:20:03	
3309	1633 RICHARD	LAVIS	M40+	458		01:24:04	01:20:40	
3310	1632 REBECCA	LAVIS	F35+	539		01:24:04	01:20:40	
3311	531 KRISTIAN	PAYNE	Senior Male	796		01:24:07	01:20:58	
3312	516 LIANNE	PAYNE	Senior Female	564		01:24:07	01:20:58	
3313	377 SIAN	BROWN	F55+	108		01:24:10	01:19:49	
3314	4160 CHLOE	COLE	Senior Female	565		01:24:11	01:20:51	
3315	4362 ANDREW	SCANNELL	M50+	258	BRECON CARREG	5	01:24:12	01:20:12
3316	3980 ASHTON	OLIVER	Senior Female	566		01:24:13	01:21:16	
3317	3711 VICTORIA	WOODWARD	F35+	540		01:24:14	01:20:19	
3318	1506 WAYNE	BOSWELL	M40+	459		01:24:16	01:20:17	
3319	41 Nikki	Whitlow	Senior Female	567		01:24:16	01:20:18	
3320	67 Jenna	Davies	Senior Female	568		01:24:17	01:19:34	
3321	4398 FIONA	ROBSON	F45+	339		01:24:17	01:21:08	

3322	3710 REBECCA	WENGER	Senior Female	569		01:24:18	01:21:09
3323	1488 WILLIAM AINSLEY	DAVIES	M40+	460		01:24:18	01:19:49
3324	3393 CLAIRE	DENSHAM	F45+	340		01:24:20	01:21:38
3325	1271 CHRIS	HILL	M40+	461		01:24:23	01:20:59
3326	4317 SIMON	LEWIS	Senior Male	797 ADMIRAL	159	01:24:26	01:20:11
3327	142 KATE	EVANS	Senior Female	570 ADMIRAL	161	01:24:26	01:19:33
3328	243 REBECCA	WILLIAMS	F45+	341 ADMIRAL	160	01:24:26	01:19:33
3329	2271 LUCY	HIGGINS	F35+	541		01:24:26	01:20:32
3330	617 STEVE	DAVIES	M50+	259 PORT TALBOT HARRIERS	32	01:24:29	01:24:04
3331	2672 MICHELE	RAITHBY	F55+	109		01:24:32	01:21:16
3332	2595 HANNAH	AMBLER	Senior Female	571		01:24:33	01:21:00
3333	2597 MARY	NICHOLS	F45+	342		01:24:33	01:21:00
3334	4387 LEAH	HENDERSON	Junior Female	65 ST JOSEPHS SCHOOL	11	01:24:35	01:22:41
3335	1611 STUART	ANDERSON	M50+	260		01:24:35	01:21:45
3336	2600 SALI	NICHOLS	Junior Female	66		01:24:36	
3337	778 KATIE	REES	Senior Female	572		01:24:46	01:21:17
3338	2461 NATALIE	DAVIES	F35+	542		01:24:47	01:21:20
3339	4173 GILLIAN	MATTHEWS	F45+	343		01:24:50	01:22:42
3340	3713 PETER	ANDERSON	M40+	462		01:24:57	01:22:31
3341	2454 ZOE	DAVIES	Senior Female	573		01:25:00	01:20:27
3342	4329 CARLY	SMITH	Senior Female	574 ADMIRAL	162	01:25:01	01:20:28
3343	918 LOUISA	EVANS	F35+	543		01:25:05	01:23:14
3344	1278 DEBORAH	MARSHALL	M40+	463		01:25:06	01:22:07
3345	1276 DANIEL	BARRABY	Senior Male	798		01:25:06	01:22:07
3346	2293 JESSICA	HOWELLS	Junior Female	67		01:25:07	01:21:05
3347	2294 SIMON	HOWELLS	M40+	464		01:25:07	01:21:05
3348	3118 KATY	MATHER NICHOLSON	F45+	344		01:25:13	01:20:18
3349	2787 ALUN	POWELL	M60+	108		01:25:14	01:20:27
3350	2549 GARETH	SETTER	M40+	465		01:25:18	01:21:29
3351	835 KATY	BRIDGES	Senior Female	575 MERTHYR RUNNING CLUB	5	01:25:20	01:20:28
3352	825 LYNNE	MARSHALL	F45+	345		01:25:20	01:20:28
3353	823 DAWN	BRIDGES	F45+	346		01:25:20	01:20:29
3354	3263 MARK	WEBB	M40+	466		01:25:21	01:21:31
3355	3757 LESLEY	LEWIS	F45+	347		01:25:22	01:21:49
3356	1480 KATHRYN	JOHNSTONE	F35+	544		01:25:22	01:21:31
3357	668 POPPY	REYNOLDS	Senior Female	576		01:25:25	01:21:25
3358	1442 JAN	WILLIAMS	F55+	110		01:25:28	
3359	812 JESSIE	COWARD	Senior Female	577		01:25:35	01:20:41
3360	813 ANDREW	SPOWART	Senior Male	799		01:25:35	01:20:42
3361	398 JOSIE	O'SHEA	Senior Female	578		01:25:38	01:23:28
3362	399 THOMAS	O'SHEA	Senior Male	800		01:25:39	01:23:29
3363	1436 NICOLA	LLEWELYN	F35+	545		01:25:40	01:22:42
3364	1690 KERRY	BLOOR	Senior Female	579		01:25:47	01:24:26
3365	3175 SARAH	BRIDGEMAN	F35+	546		01:25:47	01:21:59
3366	3982 JO	STEPHENS	F35+	547		01:25:53	01:20:55
3367	1382 CLAUDIA	PUTZIEN	F35+	548		01:26:04	01:22:49
3368	1877 KATIE	MURPHY	Senior Female	580		01:26:16	01:22:04
3369	1232 HANNAH	COX	Senior Female	581		01:26:22	01:21:59
3370	2529 ANWEN	BONAR	Senior Female	582		01:26:24	01:22:10
3371	66 Sarah	Cronin	F45+	348		01:26:29	01:22:17
3372	239 REBECCA	WYATT	F35+	549 ADMIRAL	163	01:26:32	01:23:14
3373	2339 ALISON	BRAVIN	F35+	550		01:26:36	01:23:18
3374	191 SARA	NABIALEK	F35+	551 ADMIRAL	164	01:26:37	01:23:21
3375	1503 ELIZABETH	FOX	Senior Female	583		01:26:51	01:23:48
3376	3141 EIRA	JUKES	F45+	349		01:26:53	01:22:41
3377	1026 JULIAN	DAY	M50+	261		01:26:57	01:24:04
3378	3500 LEANNE	FLOWER	F45+	350		01:26:59	01:22:15
3379	3570 LISA	WILLIAMS	M40+	467		01:26:59	01:22:17
3380	3661 ALEXANDRA	THOMAS	F35+	552		01:26:59	01:22:16
3381	1080 JOANNE	MAGUIRE	F45+	351		01:27:00	01:22:41
3382	2527 JAYNE	WILLIAMS	F45+	352		01:27:04	01:22:46
3383	883 KATHRYN	DAVIES	F45+	353		01:27:06	01:25:23
3384	3219 PATRICIA	WEBB	F45+	354		01:27:07	01:25:23
3385	973 TONY	WILLIAMS	M50+	262		01:27:13	01:25:08
3386	371 TERESA	WHATTY	F35+	553		01:27:15	01:22:25
3387	953 RACHEL LOUISE	JONES	Senior Female	584		01:27:16	01:22:25
3388	971 GWYN	THOMAS	M50+	263		01:27:16	01:25:09
3389	3489 CLAIRE	GOLDSWORTHY	F45+	355 OGMORE PHOENIX RUNNERS	15	01:27:21	01:22:28
3390	39 Helen	Langlois	F35+	554		01:27:23	01:22:31
3391	3333 JAYNE	GREGORY	F45+	356		01:27:23	01:23:10
3392	736 LEE	DOUGLAS	Senior Male	801		01:27:30	01:23:56
3393	3442 LAUREN	FORD	Junior Female	68		01:27:41	01:26:24
3394	694 SIMON	POULTEN	M40+	468		01:27:41	01:24:19
3395	455 ANDREW	LLEWELLYN	M50+	264		01:27:50	01:23:34
3396	2012 LEANNE	ROBERTS	Senior Female	585		01:27:52	01:22:54
3397	3430 COURTNEY	DAVIS	Junior Female	69		01:27:53	01:26:37
3398	1173 SHAZIA	RIAZ	F35+	555		01:27:57	01:25:08
3399	1782 HELEN	HURST	F45+	357		01:28:03	01:24:35
3400	2951 JOHN	GREENFIELD	M60+	109		01:28:05	01:23:40
3401	2220 COLETTE	HENWOOD	Senior Female	586		01:28:11	01:24:16
3402	2221 TOM	HENWOOD	Senior Male	802		01:28:11	01:24:16
3403	3009 SHEILA	CARDY	F45+	358		01:28:13	01:24:30
3404	3007 JASON	CARDY	M40+	469		01:28:13	01:24:29
3405	2903 PETRA	HOLLAND	Senior Female	587		01:28:13	01:24:15
3406	658 PAUL	CUMMINS	M40+	470		01:28:14	01:27:29
3407	3008 LOGAN	CARDY	Senior Male	803		01:28:14	01:24:29
3408	194 CHELSEA	O'DRISCOLL	Senior Female	588 ADMIRAL	165	01:28:15	01:24:07
3409	4037 NATHAN	SANDERS	Senior Male	804		01:28:16	01:26:27
3410	1809 ELOISE	MATTHEWS	Senior Female	589		01:28:32	01:24:53
3411	3001 JUSTIN	BIDDLE	Senior Male	805		01:28:36	01:25:39
3412	2902 PAUL	HOLLAND	M40+	471		01:28:55	01:24:57
3413	596 CLARE	BENTLEY	F45+	360 RUN4ALL RUNNING CLUB	35	01:28:57	01:25:45
3414	2004 JOANNE	GRIFFITHS	F45+	359 RUN4ALL RUNNING CLUB	34	01:28:57	01:25:44
3415	2388 CHLOE	O'CONNOR	Senior Female	590		01:29:00	01:24:49
3416	132 CHARLENE	DEANS	Senior Female	591 ADMIRAL	166	01:29:10	01:24:23

3417	1234 EVE	JEFFERY	F35+	556		01:29:16	01:25:19	
3418	3186 APRIL MAY	KITCHENER	F55+	111		01:29:17	01:24:24	
3419	1543 PHILIPPA	BOLTON	F35+	557	PONTARDAWE RUNNING CLUB	12	01:29:27	01:25:53
3420	863 ALISON	SHEPHERD	F45+	361	PONTARDAWE RUNNING CLUB	13	01:29:27	01:25:53
3421	1655 CARYS	ROSE	F35+	558			01:29:32	01:25:26
3422	2844 EMMA	EVANS	F35+	559			01:29:54	01:24:58
3423	92 NEIL	SMALE	M40+	472	ACTIVE SWANSEA	10	01:29:56	01:28:28
3424	2834 MARNY	MAINWARING	F45+	362	PORTHCAWL RUNNERS	14	01:29:57	01:27:35
3425	2557 BEN	ALLEN	Senior Male	806			01:29:59	01:25:36
3426	2558 SERRA	MUKHTAR	Senior Female	592			01:29:59	01:25:35
3427	2783 MANDY	DUMAGNEE	F45+	363	PORTHCAWL RUNNERS	15	01:30:01	01:27:39
3428	2321 BEVERLEY	MOORE	F45+	364			01:30:04	01:25:23
3429	1667 HELEN	MORGAN	F45+	365			01:30:07	01:25:15
3430	1666 TRACEY	EVANS	F45+	366			01:30:09	01:25:17
3431	3180 SUSAN	JONES	F55+	112			01:30:13	01:25:21
3432	1519 SHARON	LITTLEHALES	F55+	113			01:30:13	01:26:10
3433	3937 SIMON	HUGHES	M50+	265			01:30:36	01:25:42
3434	810 CHARIS N	JONES	F35+	560			01:30:50	01:26:05
3435	309 NICHOLA	THOMAS	F45+	367			01:31:02	01:27:30
3436	839 CAROLINE	PHILLIPS	F35+	561			01:31:05	01:27:44
3437	3978 DONNA	HUSSELL	Senior Female	593			01:31:19	01:26:19
3438	1751 VICKI	HEYCOCK	F35+	562			01:31:19	01:26:19
3439	911 FFION	GARDINER	Senior Female	594			01:31:32	01:27:30
3440	368 JING	ZHOU	Senior Female	595			01:31:36	01:28:20
3441	2552 RHIANNON	ROBERTS	Junior Female	70			01:31:41	01:28:08
3442	2553 RICHARD	ROBERTS	M50+	266			01:31:41	01:28:08
3443	670 COLIN	DUNCAN	M60+	110			01:31:52	01:27:59
3444	671 SALLY	SIMS	F55+	114			01:31:52	01:27:58
3445	1888 JOANNE	HORTON	F35+	563			01:32:22	01:28:34
3446	1724 SHIRLEY	PARKER	F45+	368			01:32:24	01:28:34
3447	1891 KRYS	WILLIAMS	F55+	115			01:32:25	01:28:10
3448	1475 LEIGHTON	SPOONER	M40+	473			01:32:26	01:30:19
3449	1476 THOMAS	SPOONER	Junior Male	83			01:32:29	01:30:24
3450	1193 VANESSA	BARKER	F45+	369			01:32:30	01:28:25
3451	87 RACHEL	CLARKE	F35+	564	ACTIVE SWANSEA	11	01:32:37	01:31:01
3452	88 SAMANTHA	TAY	Senior Female	596	ACTIVE SWANSEA	12	01:32:37	01:31:05
3453	1370 KEITH	SKEGGS	M40+	474			01:32:41	01:27:47
3454	2010 DANIEL	POOLE	Senior Male	807			01:32:42	01:28:03
3455	292 KATE	JOHNSON	F35+	565			01:32:44	01:27:56
3456	2011 EMMA	POOLE	Senior Female	597			01:32:46	01:28:07
3457	2385 COLLINS	LEE	Senior Male	808			01:32:52	01:28:21
3458	2386 PAMELA	COLLINS	F35+	566			01:32:52	01:28:22
3459	1350 HELEN	SULLIVAN	F45+	370			01:33:21	01:28:34
3460	1351 IAIN	SULLIVAN	M50+	267			01:33:23	01:28:36
3461	2277 MAE	TABUDLONG	Senior Female	598			01:33:30	01:31:56
3462	702 EMMA	PEARCE	F45+	371			01:33:46	01:29:45
3463	464 SAMANTHA	ROCHE	F35+	567			01:34:20	01:30:09
3464	462 MICHELLE	POWELL	F45+	372			01:34:20	01:30:10
3465	3317 ROBERT	LATHAM	M60+	111			01:34:20	01:32:22
3466	3727 GARETH	JONES	Senior Male	809			01:34:38	01:31:43
3467	1244 REBECCA	COCHRANE	F35+	568			01:34:38	01:30:15
3468	1390 ELLEN	HINTON	F35+	569			01:34:39	01:29:55
3469	607 CHRISTINE	WILLIAMS	F55+	116			01:34:45	01:30:34
3470	253 DIANE	NEWMAN-JENKINS	F45+	373			01:35:20	01:31:35
3471	3299 DARREN	YOUNG	Senior Male	810			01:36:37	01:32:36
3472	3571 SOPHIE	REES	Senior Female	599			01:36:47	01:35:30
3473	300 JEN	WILLIAMS	Senior Female	600	CAERPHILLY RUNNERS	12	01:36:56	01:33:09
3474	3632 SARAH	LEWIS	Senior Female	601			01:36:56	01:33:09
3475	1194 RACHAEL	JENKINS	F35+	570			01:36:59	01:32:44
3476	3758 BEVERLEY	BROOKS	F55+	117			01:37:17	01:33:44
3477	3764 LISA	MAYNE	F35+	571			01:37:29	01:35:11
3478	1725 EMMA	WILLIAMS	Senior Female	602			01:37:31	01:33:13
3479	954 CAROLINE	NEWBY	F45+	374			01:37:35	01:33:26
3480	2138 MARY	WHEATLEY	Senior Female	603			01:37:37	01:33:23
3481	3043 EMMA	SMITH	M40+	475			01:37:41	01:33:23
3482	395 CLARE	HAYTHORNTWHAITE	F35+	572			01:38:01	01:34:26
3483	3894 RACHEL	BOWDIDGE	Senior Female	604			01:38:22	01:35:01
3484	1213 EMMA-JAYNE	WILLIAMS	Senior Female	605			01:39:15	01:34:24
3485	71 Victoria	Harley	Senior Female	606			01:39:16	01:34:25
3486	76 Lorna	Davies	F55+	118			01:39:30	01:34:47
3487	274 GLYN	DAVIES	Senior Male	811			01:39:49	01:37:57
3488	393 ANN	SHERWOOD	F55+	119			01:39:57	01:35:08
3489	2666 RACHEL	RICHARDS	F45+	375			01:40:03	01:35:59
3490	3234 JULIE	HOLMES	F45+	376			01:40:08	01:36:20
3491	821 SUSAN	DAVIES	F45+	377			01:40:09	01:36:21
3492	2033 JORDAN	JONES	Junior Male	84			01:41:03	01:36:43
3493	2988 EMMA	NOCK	Junior Female	71			01:41:45	01:38:26
3494	301 SARAH	AULTON	F45+	378			01:42:14	01:38:44
3495	296 DEBORAH	PROTHEROE	F45+	379			01:42:15	01:38:43
3496	1394 EMMA	DAVIES	F35+	573			01:42:46	01:38:43
3497	2749 LOUISE	MAYNE	M40+	476			01:43:03	01:39:38
3498	884 RICHARD	WILLIAMS	M40+	477			01:45:24	01:42:08
3499	3676 RICHARD	WILLIAMS	M40+	478			01:45:24	01:42:11
3500	1151 LEANNE	BAILEY	Senior Female	607			01:46:02	01:41:13
3501	3606 SHELLY	OWEN	F35+	574			01:46:23	
3502	2113 JOANNE	MATTHEWS	F35+	575			01:46:27	01:43:19
3503	2647 JANET	LEAHY	F45+	380			01:47:06	01:42:58
3504	1407 JANET	ISAACS	F45+	381			01:47:16	01:43:52
3505	3308 CHRISTOPHER	DAVIS	Senior Male	812			01:47:19	01:45:27
3506	1253 STEVE	GODRICH	M40+	479			01:48:40	01:44:48
3507	1819 LUKE	COODE	Junior Male	85			01:52:00	01:48:42
3508	3923 KIRSTY	JONES	Senior Female	608			01:52:17	01:47:33
3509	3924 RICHARD	HUBALL	Senior Male	813			01:52:17	01:47:33
3510	3813 CARLY	JONES	Senior Female	609			01:52:22	01:47:39
3511	2120 AMANDA	ROBINSON	F45+	382			01:52:23	01:47:39

3512	2119 SIAN	POWPREEK	F35+	576	01:52:23	01:47:40
3513	2122 AISLING	THOMAS	Senior Female	610	01:53:18	01:48:32
3514	2770 CERY S	ISAAC	Junior Female	72	01:55:07	01:50:46
3515	2963 JUSTIN	FISHWICK	M40+	480	02:02:38	01:57:38
3516	2111 WENDY	MCBRIDE	F35+	577	02:02:41	01:59:33
3517	2208 HEATHER	LOWETH	F45+	383	02:03:41	01:58:42
3518	2202 DELYTH	EVANS	F45+	384	02:03:41	01:58:43