

Postion	Number	Time	Category	Name	Club
1	294	0:35:33	Senior Male (Under 40)	Richie Gardiner	ABERDARE
2	269	0:37:45	Senior Male (Under 40)	Rob Atkin	BRIDGEND AC
3	237	0:39:32	Senior Male (Under 40)	Ian Withers	
4	445	0:39:38	Senior Male (Under 40)	Edward Donovan	LES CROUPIERS
5	146	0:39:48	Veteran Male (40 and Over)	Adrian Woods	GRIFFTHSTOWN HARRIERS
6	496	0:39:53	Senior Male (Under 40)	Matthew Jones	SWANSEA HARRIERS
7	300	0:40:17	Senior Male (Under 40)	Matthew Wells	BRACKLA HARRIERS
8	136	0:41:01	Veteran Male (40 and Over)	Christopher Parker	PORT TALBOT HARRIERS
9	325	0:41:04	Senior Male (Under 40)	Gareth Green	SAN DOMENICO
10	255	0:41:07	Senior Male (Under 40)	Henry Wright	CORUS MULTISPORT
11	276	0:41:09	Senior Male (Under 40)	Stuart Crees	LES CROUPIERS
12	469	0:41:15	Senior Male (Under 40)	Gareth Ayres	PORT TALBOT HARRIERS
13	289	0:41:32	Senior Male (Under 40)	Paul Speyer	BRACKLA HARRIERS
14	102	0:41:54	Veteran Male (40 and Over)	Mark Bryant	MDC
15	339	0:41:56	Senior Male (Under 40)	Richard Wilder	SAN DOMENICO
16	375	0:41:56	Senior Male (Under 40)	James King	CAERLEON
17	383	0:42:05	Senior Male (Under 40)	Duncan Mann	
18	365	0:42:09	Senior Male (Under 40)	Anthony Thompson	
19	713	0:42:29	Senior Female (Under 35)	Sally Wilder	SAN DOMENICO
20	41	0:42:47	Veteran Male (40 and Over)	ROBERT HUNT	BRIDGEND AC
21	61	0:42:49	Veteran Male (40 and Over)	Jonathan Bisson	
22	288	0:43:01	Senior Male (Under 40)	Raul Reismann	LC COBRAS
23	220	0:43:25	Veteran Male (40 and Over)	Anthony Powell	PORTHCAWL RUNNERSLIFE
24	301	0:44:02	Senior Male (Under 40)	Wayne Beynon	
25	293	0:44:04	Senior Male (Under 40)	Scot Davies	CELTIC TRI
26	337	0:44:06	Senior Male (Under 40)	Chris Lewis	
27	203	0:44:07	Veteran Male (40 and Over)	Phillip Jenkins	BRIDGEND AC
28	290	0:44:15	Senior Male (Under 40)	Mark Whittle	ROYAL AIR FORCE
29	567	0:44:27	Veteran Male (40 and Over)	Sandy Johnston	LES CROUPIERS
30	185	0:44:29	Veteran Male (40 and Over)	Robert Falconer	
31	156	0:44:32	Veteran Male (40 and Over)	Steve Walsh	PORT TALBOT HARRIERS
32	348	0:44:40	Senior Male (Under 40)	Gair Mcadie	
33	634	0:44:44	Senior Male (Under 40)	Justin Phillips	
34	263	0:44:46	Senior Male (Under 40)	Jonathan Crocombe	
35	216	0:44:49	Veteran Male (40 and Over)	James O'Callaghan	3M GORSEINON ROAD RUNNERS
36	766	0:44:53	Senior Female (Under 35)	Ellen Greaves	
37	430	0:44:56	Senior Male (Under 40)	Bryan Bliss	OUTDOOR FITNESS
38	320	0:45:02	Senior Male (Under 40)	Luke James	
39	698	0:45:05	Senior Female (Under 35)	Charlotte Wells	BRACKLA HARRIERS
40	201	0:45:06	Veteran Male (40 and Over)	Philip Probert	
41	163	0:45:15	Veteran Male (40 and Over)	Ian Liddiatt	
42	351	0:45:25	Senior Male (Under 40)	Tomo Jeffery	LES CROUPIERS
43	314	0:45:31	Senior Male (Under 40)	Owain Griffiths	Scoop Club
44	495	0:45:35	Senior Male (Under 40)	Paul Evans	
45	432	0:45:38	Senior Male (Under 40)	Matthew Stroud	
46	3	0:45:39	Veteran Male (40 and Over)	Simon Darke	MAINDAY HARRIERS
47	147	0:45:43	Veteran Male (40 and Over)	Gareth Hardman	BRIDGEND AC
48	93	0:45:45	Veteran Male (40 and Over)	Knill Baird-Murray	PENARTH & DINAS RUNNERS
49	295	0:45:46	Senior Male (Under 40)	Martin Evans	
50	336	0:45:50	Senior Male (Under 40)	Alex Lewis	
51	213	0:45:57	Veteran Male (40 and Over)	Michael Murphy	LES CROUPIERS
52	524	0:46:02	Veteran Female (35 and Over)	Sharon Leech	CAMARTHEN HARRIERS
53	492	0:46:02	Senior Male (Under 40)	Ben Mitchell	
54	471	0:46:05	Senior Male (Under 40)	Morris Attard	
55	197	0:46:17	Veteran Male (40 and Over)	Peter Johns	
56	140	0:46:23	Veteran Male (40 and Over)	Clem Clement	PENARTH & DINAS RUNNERS
57	535	0:46:26	Senior Male (Under 40)	Alun Jones	LES CROUPIERS
58	627	0:46:27	Veteran Male (40 and Over)	Phil Bristow	SAN DOMENICO
59	480	0:46:37	Senior Male (Under 40)	Stuart Hitchcock	
60	211	0:46:46	Veteran Male (40 and Over)	Dominic Shields	SAN DOMENICO
61	250	0:46:54	Senior Male (Under 40)	Darren Hall	
62	217	0:46:55	Veteran Male (40 and Over)	John D Williams	
63	43	0:46:56	Veteran Male (40 and Over)	Mark Balch	
64	443	0:46:56	Senior Male (Under 40)	Simon Davies	
65	116	0:47:01	Veteran Male (40 and Over)	Richard Beasley	

66	114	0:47:03	Veteran Male (40 and Over)	Howard Mason	CAERLEON
67	176	0:47:05	Veteran Male (40 and Over)	Richard Parcell	LLISWERRY RUNNERS
68	123	0:47:06	Veteran Male (40 and Over)	Eifion Owen	
69	21	0:47:07	Veteran Male (40 and Over)	Simon Hazel	
70	409	0:47:08	Senior Male (Under 40)	Christian Vaughan-Morris	
71	493	0:47:09	Senior Male (Under 40)	Chris Hiatt	
72	400	0:47:10	Senior Male (Under 40)	Lewis Stoate	
73	347	0:47:11	Senior Male (Under 40)	Richard Wilde	
74	229	0:47:14	Senior Male (Under 40)	Mark Allen	
75	169	0:47:15	Veteran Male (40 and Over)	Jonathan Wright	
76	729	0:47:16	Senior Female (Under 35)	Michelle Cole	3M GORSEINON ROAD RUNNERS
77	313	0:47:28	Senior Male (Under 40)	Chris Williams	
78	259	0:47:57	Senior Male (Under 40)	Richard Copp	
79	417	0:47:58	Senior Male (Under 40)	Jonathan Morris	
80	209	0:47:59	Veteran Male (40 and Over)	Matt Townsend	LES CROUPIERS
81	249	0:48:03	Senior Male (Under 40)	Matthew Hopkins	LES CROUPIERS
82	154	0:48:13	Veteran Male (40 and Over)	Wayne Cross	
83	399	0:48:18	Senior Male (Under 40)	Tom Davis	PORTHCRAWL RUNNERSLIFE
84	311	0:48:19	Senior Male (Under 40)	Keith Richards	PENCOED TRI
85	84	0:48:20	Veteran Male (40 and Over)	Andy Murray	DULWICH RUNNERS
86	228	0:48:23	Senior Male (Under 40)	Alan Stone	CARDIFF HARLEQUINS
87	251	0:48:24	Senior Male (Under 40)	Robert Wilson	PENARTH & DINAS RUNNERS
88	716	0:48:25	Senior Female (Under 35)	Ruth Barrett	SAN DOMENICO
89	435	0:48:30	Senior Male (Under 40)	Duncan Aggleton	
90	281	0:48:39	Senior Male (Under 40)	JAMES MANSON	
91	371	0:48:39	Senior Male (Under 40)	Richard Oram	
92	426	0:48:40	Senior Male (Under 40)	Moritz Meister	
93	392	0:48:42	Senior Male (Under 40)	Stuart Rees	
94	27	0:48:46	Veteran Male (40 and Over)	Jonathon Moor	
95	440	0:49:01	Senior Male (Under 40)	Dougie Young	
96	58	0:49:02	Veteran Male (40 and Over)	Phillip Turner	SOSOPAN ROAD RUNNERS
97	202	0:49:05	Veteran Male (40 and Over)	Dominic Ryland	CARDIFF TRIATHLETES
98	111	0:49:06	Veteran Male (40 and Over)	Andrew Thomas	SOSOPAN ROAD RUNNERS
99	485	0:49:17	Senior Male (Under 40)	Tomos Phillips	
100	588	0:49:21	Veteran Female (35 and Over)	Sharon Woods	GRIFFTHSTOWN HARRIERS
101	407	0:49:24	Senior Male (Under 40)	Philip Thomas	RHONDDA TRI
102	6	0:49:28	Veteran Male (40 and Over)	Ian Fiddes	
103	90	0:49:33	Veteran Male (40 and Over)	Dave Thomas	TEAM DEVIANT
104	422	0:49:34	Senior Male (Under 40)	Lee Whitnell	
105	353	0:49:35	Senior Male (Under 40)	Simon Tippet	
106	427	0:49:36	Senior Male (Under 40)	Jacob Harvey	
107	282	0:49:39	Senior Male (Under 40)	Mark Suret	
108	317	0:49:40	Senior Male (Under 40)	JAMES BRUCE	LES CROUPIERS
109	223	0:49:41	Veteran Male (40 and Over)	Julian Anstey	
110	515	0:49:42	Veteran Female (35 and Over)	Kathryn Vaughan	OUTDOOR FITNESS
111	205	0:49:47	Veteran Male (40 and Over)	Timothy Phillips	LES CROUPIERS
112	331	0:49:47	Senior Male (Under 40)	Joe Stoate	
113	483	0:49:58	Senior Male (Under 40)	Ian Henry	
114	387	0:50:01	Senior Male (Under 40)	Kerrith Ashby	
115	379	0:50:05	Senior Male (Under 40)	Richard Boldero	
116	366	0:50:06	Senior Male (Under 40)	Huw Durham	PONTYPRIDD ROADENTS
117	81	0:50:06	Veteran Male (40 and Over)	Alexander Curran	
118	25	0:50:22	Veteran Male (40 and Over)	Alex Williams	
119	479	0:50:31	Senior Male (Under 40)	Cain Thomas	VILLAGE VIPERS
120	512	0:50:31	Veteran Female (35 and Over)	Allyson Lipp	
121	324	0:50:35	Senior Male (Under 40)	Rhoddy Davies	
122	15	0:50:49	Veteran Male (40 and Over)	Shaun Connor	LES CROUPIERS
123	196	0:50:55	Veteran Male (40 and Over)	Gary John	LES CROUPIERS
124	5	0:50:56	Veteran Male (40 and Over)	Christopher Nellins	PENARTH & DINAS RUNNERS
125	727	0:50:58	Senior Female (Under 35)	Cheryl Hudgell	LES CROUPIERS
126	166	0:50:59	Veteran Male (40 and Over)	Haydn Griffiths	
127	491	0:51:06	Senior Male (Under 40)	David Gamble	
128	124	0:51:08	Veteran Male (40 and Over)	John Aggleton	MDC
129	327	0:51:22	Senior Male (Under 40)	John Redmond	
130	64	0:51:23	Veteran Male (40 and Over)	Adrian Corbett	OUTDOOR FITNESS
131	361	0:51:25	Senior Male (Under 40)	Fred Bisson	

132	615	0:51:26	Veteran Female (35 and Over)	Rachel Matthews	CARDIFF AAC
133	575	0:51:34	Veteran Female (35 and Over)	Debbie Cooke	BRIDGEND AC
134	109	0:51:35	Veteran Male (40 and Over)	Larry McGeary	
135	297	0:51:43	Senior Male (Under 40)	Keith Dando	
136	298	0:51:46	Senior Male (Under 40)	Owen Jones	
137	65	0:51:47	Veteran Male (40 and Over)	Steven Jones	
138	312	0:51:48	Senior Male (Under 40)	Cornelius Tom	
139	62	0:51:51	Veteran Male (40 and Over)	Dave Rose	PORTHCAWL RUNNERSLIFE
140	227	0:51:56	Senior Male (Under 40)	Daryl Davies	
141	758	0:52:00	Senior Female (Under 35)	Emma Williams	
142	424	0:52:15	Senior Male (Under 40)	Andrew Proctor	
143	24	0:52:16	Veteran Male (40 and Over)	Rod Perons	LES CROUPIERS
144	386	0:52:18	Senior Male (Under 40)	Nick O'Neill	
145	319	0:52:20	Senior Male (Under 40)	Karl Sepahpour	
146	747	0:52:23	Senior Female (Under 35)	Eleri Connor	PENARTH & DINAS RUNNERS
147	733	0:52:24	Senior Female (Under 35)	Angharad Rhys	
148	551	0:52:25	Veteran Female (35 and Over)	Nicky McWilliam	LES CROUPIERS
149	291	0:52:26	Senior Male (Under 40)	Daniel Williams	
150	286	0:52:27	Senior Male (Under 40)	Alun Eurig Williams	
151	172	0:52:34	Veteran Male (40 and Over)	Paul Frost	
152	91	0:52:41	Veteran Male (40 and Over)	Richard Long	
153	423	0:52:47	Senior Male (Under 40)	Gwyn Williams	
154	490	0:52:50	Senior Male (Under 40)	Leigh Ridgeway	
155	148	0:53:06	Veteran Male (40 and Over)	Kevin Russell	SAN DOMENICO
156	323	0:53:13	Senior Male (Under 40)	Anthony Furlong	PENARTH & DINAS RUNNERS
157	381	0:53:14	Senior Male (Under 40)	Dale Lord	
158	380	0:53:20	Senior Male (Under 40)	Andrew Glasspoole	
159	252	0:53:22	Senior Male (Under 40)	Thomas Hurst	
160	83	0:53:24	Veteran Male (40 and Over)	Gareth Welsh	PORTHCAWL RUNNERSLIFE
161	538	0:53:25	Veteran Female (35 and Over)	Jacqueline Thomas	
162	225	0:53:30	Senior Male (Under 40)	Colin Harvey	
163	157	0:53:31	Veteran Male (40 and Over)	William David	
164	112	0:53:32	Veteran Male (40 and Over)	John Mihell	
165	159	0:53:36	Veteran Male (40 and Over)	Andrew Palmer	PENARTH & DINAS RUNNERS
166	564	0:53:37	Veteran Female (35 and Over)	Gillian Phillips	SOSOPAN ROAD RUNNERS
167	566	0:53:40	Veteran Female (35 and Over)	Mandy Peace	SOSOPAN ROAD RUNNERS
168	333	0:53:41	Senior Male (Under 40)	Jaroslaw Kowalczuk	
169	224	0:53:43	Senior Male (Under 40)	Geraint Rees	
170	418	0:53:46	Senior Male (Under 40)	Chris Warman	
171	296	0:53:47	Senior Male (Under 40)	Gareth Holtam	
172	125	0:53:48	Veteran Male (40 and Over)	Tim Dagleish	
173	37	0:53:49	Veteran Male (40 and Over)	Richard Price	
174	96	0:53:51	Veteran Male (40 and Over)	Glyn George	
175	299	0:53:52	Senior Male (Under 40)	Jason Cule	
176	438	0:53:55	Senior Male (Under 40)	David Willey	
177	107	0:53:55	Veteran Male (40 and Over)	Alun Powell	
178	218	0:53:55	Veteran Male (40 and Over)	Waseem Chaudhry	
179	76	0:54:03	Veteran Male (40 and Over)	Mike Rees	
180	89	0:54:13	Veteran Male (40 and Over)	Graham Vyner	CELTIC TRI
181	133	0:54:15	Veteran Male (40 and Over)	Robert Wilcox	PENARTH & DINAS RUNNERS
182	326	0:54:19	Senior Male (Under 40)	Mathew Mulcahy	
183	119	0:54:20	Veteran Male (40 and Over)	Aled Rhys Roberts	
184	20	0:54:35	Veteran Male (40 and Over)	Guy Mawson	FERC
185	798	0:54:36	Senior Female (Under 35)	Clare Clement	
186	487	0:54:37	Senior Male (Under 40)	Louis Clement	
187	437	0:54:39	Senior Male (Under 40)	Arron Thomas	
188	175	0:54:40	Veteran Male (40 and Over)	Neil Pilliner	
189	542	0:54:41	Veteran Female (35 and Over)	Ros Tabor	DULWICH RUNNERS
190	36	0:54:42	Veteran Male (40 and Over)	Mick Tabor	LES CROUPIERS
191	329	0:54:51	Senior Male (Under 40)	Simon Davies	
192	454	0:54:52	Senior Male (Under 40)	Thomas Rees	
193	421	0:54:52	Senior Female (Under 35)	Rachel Ward	
194	465	0:54:56	Senior Male (Under 40)	Richard Owen	
195	267	0:55:09	Senior Male (Under 40)	James Watson	
196	562	0:55:12	Veteran Female (35 and Over)	Julia Becker	LES CROUPIERS
197	626	0:55:14	Veteran Female (35 and Over)	Beverly Lewis	CARDIFF TRIATHLETES

198	701	0:55:15	Senior Female (Under 35)	Nicola Beynon	CARDIFF TRIATHLETES
199	332	0:55:24	Senior Male (Under 40)	Robert Gerula	
200	171	0:55:33	Veteran Male (40 and Over)	Stephen Jones	SWANSEA HARRIERS
201	167	0:55:33	Veteran Male (40 and Over)	David Mitchell	
202	457	0:55:40	Senior Male (Under 40)	Barry Nichols	
203	53	0:55:41	Veteran Male (40 and Over)	Lyn Evans	PENARTH & DINAS RUNNERS
204	164	0:55:42	Veteran Male (40 and Over)	David Comery	
205	763	0:55:47	Senior Female (Under 35)	Judith Oakley	PORT TALBOT HARRIERS
206	350	0:55:50	Senior Male (Under 40)	Evans Mathew	
207	441	0:56:00	Senior Male (Under 40)	Ross Owen	
208	248	0:56:01	Senior Male (Under 40)	Andrew Wilkinson	
209	433	0:56:08	Senior Male (Under 40)	Daniel Luffman	
210	68	0:56:11	Veteran Male (40 and Over)	Ray Majer	SOSOPAN ROAD RUNNERS
211	414	0:56:16	Senior Male (Under 40)	Gareth Phillips	
212	57	0:56:17	Veteran Male (40 and Over)	IAN PALLISTER	
213	545	0:56:20	Veteran Female (35 and Over)	Lisa Phipps	
214	753	0:56:22	Senior Female (Under 35)	Eleanor Grey	
215	59	0:56:23	Veteran Male (40 and Over)	Gary Bodman	LES CROUPIERS
216	447	0:56:48	Senior Male (Under 40)	Marc Yeoman	
217	79	0:56:52	Veteran Male (40 and Over)	Colin Downey	DUDLEY KINGSWINFORD
218	71	0:56:54	Veteran Male (40 and Over)	Gary Hobbs	VILLAGE VIPERS
219	735	0:56:57	Senior Female (Under 35)	Rachel Woolley	VILLAGE VIPERS
220	533	0:56:57	Veteran Female (35 and Over)	Helen Jones	
221	373	0:57:01	Senior Male (Under 40)	Lee Newman	PORTHCAWL RUNNERSLIFE
222	39	0:57:02	Veteran Male (40 and Over)	Terry James	
223	33	0:57:03	Veteran Male (40 and Over)	Stephen Harrett	THE EDDY WANG RUNNERS
224	608	0:57:10	Veteran Female (35 and Over)	Jane Thomas	
225	113	0:57:11	Veteran Male (40 and Over)	Phil Tandy	
226	470	0:57:15	Senior Male (Under 40)	P.L Srinath	SOUTH CARDIFF PANTHERS
227	631	0:57:49	Veteran Female (35 and Over)	Caroline Dallimore	LES CROUPIERS
228	494	0:57:50	Senior Male (Under 40)	Richard Baker	
229	536	0:57:53	Veteran Female (35 and Over)	Sara Macbride-Stewart	LES CROUPIERS
230	56	0:57:54	Veteran Male (40 and Over)	Greg King	LLANELLI TRI
231	338	0:57:54	Senior Male (Under 40)	Marc Evans	SAN DOMENICO
232	45	0:57:56	Veteran Male (40 and Over)	Mark Wood	
233	368	0:57:58	Senior Male (Under 40)	Andy Sutton	SAN DOMENICO
234	501	0:58:01	Veteran Female (35 and Over)	Keri Hutchinson	
235	29	0:58:01	Veteran Male (40 and Over)	Paul Furlong	
236	258	0:58:05	Senior Male (Under 40)	Dewi Owen	
237	453	0:58:07	Senior Male (Under 40)	Harri Rees	
238	212	0:58:12	Veteran Male (40 and Over)	Dharmacasi Padmasimha	
239	770	0:58:13	Senior Female (Under 35)	Mollie Brodie	
240	602	0:58:14	Veteran Female (35 and Over)	Alexandra Fudge	
241	734	0:58:14	Senior Female (Under 35)	Stephanie Davies	PONTYPRIDD ROADENTS
242	306	0:58:15	Senior Male (Under 40)	Stephen Quin	LES CROUPIERS
243	127	0:58:22	Veteran Male (40 and Over)	Garry Jones	BRIDGEND AC
244	292	0:58:23	Senior Male (Under 40)	Paul Miles	
245	242	0:58:23	Senior Male (Under 40)	Matt Gitsham	
246	11	0:58:29	Veteran Male (40 and Over)	Steven Welch	
247	14	0:58:30	Veteran Male (40 and Over)	David Williams	LES CROUPIERS
248	464	0:58:32	Senior Male (Under 40)	Carwyn Williams	
249	208	0:58:33	Veteran Male (40 and Over)	Ray James	PORT TALBOT HARRIERS
250	598	0:58:33	Veteran Female (35 and Over)	Rachel Frost	
251	511	0:58:36	Veteran Female (35 and Over)	Claire House House	SAN DOMENICO
252	549	0:58:37	Veteran Female (35 and Over)	Jane Travaglia	
253	142	0:58:40	Veteran Male (40 and Over)	Stephen Hall	
254	309	0:58:43	Senior Male (Under 40)	David Manley	
255	97	0:58:44	Veteran Male (40 and Over)	Simon Cox	
256	607	0:58:46	Veteran Female (35 and Over)	Rosalind Edmonds	
257	38	0:58:53	Veteran Male (40 and Over)	Simon James	GRIFFTHSTOWN HARRIERS
258	128	0:59:03	Veteran Male (40 and Over)	Chris Moles	VILLAGE VIPERS
259	523	0:59:04	Veteran Female (35 and Over)	Sarah Morris	VILLAGE VIPERS
260	232	0:59:05	Senior Male (Under 40)	David Moor	
261	623	0:59:12	Veteran Female (35 and Over)	Jonna Yeomans	
262	790	0:59:25	Senior Female (Under 35)	Claire MANSON	
263	274	0:59:25	Senior Male (Under 40)	David Waugh	

264	692	0:59:30	Senior Female (Under 35)	Jilly Holroyd	
265	67	0:59:33	Veteran Male (40 and Over)	Mike Harpin	
266	431	0:59:37	Senior Male (Under 40)	Seamus Gallagher	
267	162	0:59:43	Veteran Male (40 and Over)	Stuart Keeping	
268	118	0:59:44	Veteran Male (40 and Over)	Chris Chappell	
269	556	0:59:49	Veteran Female (35 and Over)	Lyne Bulbeck	
270	349	0:59:50	Senior Male (Under 40)	Taliesin Maynard	
271	498	0:59:51	Senior Male (Under 40)	Tony Richards	
272	310	0:59:52	Senior Male (Under 40)	Hywel Daniels	
273	541	0:59:53	Veteran Female (35 and Over)	Heather Dennis	PENARTH & DINAS RUNNERS
274	452	0:59:54	Senior Male (Under 40)	Matthew Fox	
275	612	0:59:55	Veteran Female (35 and Over)	Beverley Warburton	
276	704	0:59:55	Senior Female (Under 35)	Gillian McCue	
277	222	0:59:57	Veteran Male (40 and Over)	Scott Cairns	
278	395	1:00:04	Senior Male (Under 40)	Andrew Hamblin	
279	456	1:00:05	Senior Male (Under 40)	Mark Farrar	LES CROUPIERS
280	161	1:00:06	Veteran Male (40 and Over)	Stephen Jones	ISLWYN RC
281	120	1:00:09	Veteran Male (40 and Over)	Allan Smith	3M GORSEINON ROAD RUNNERS
282	534	1:00:13	Veteran Female (35 and Over)	Natalie Harpin	
283	138	1:00:20	Veteran Male (40 and Over)	Phil Saunders	
284	70	1:00:25	Veteran Male (40 and Over)	Jonathan Rees	
285	488	1:00:31	Senior Female (Under 35)	Kirsty Harper	
286	158	1:00:56	Veteran Male (40 and Over)	Nick O'Neill	
287	525	1:01:12	Veteran Female (35 and Over)	FRANCES MACHIN	LES CROUPIERS
288	514	1:01:14	Veteran Female (35 and Over)	Fleur Jones	
289	238	1:01:15	Senior Male (Under 40)	Nicholas Pounder	PONTYPRIDD ROADENTS
290	581	1:01:16	Veteran Female (35 and Over)	Anna Helsing	PENARTH & DINAS RUNNERS
291	363	1:01:24	Senior Male (Under 40)	Rhodri Evans	PONTYPRIDD ROADENTS
292	425	1:01:29	Senior Male (Under 40)	Richard Morgan	
293	519	1:01:30	Veteran Female (35 and Over)	Karen Owen	
294	219	1:01:40	Veteran Male (40 and Over)	Colin Johns	
295	592	1:01:40	Veteran Female (35 and Over)	Julia Churton	
296	354	1:01:44	Senior Male (Under 40)	Gareth Lloyd	
297	526	1:02:00	Veteran Female (35 and Over)	Sue Anne Lloyd	
298	9	1:02:08	Veteran Male (40 and Over)	Kenneth Chirighin	
299	462	1:02:29	Senior Male (Under 40)	Adam Abraham	
300	476	1:02:56	Senior Male (Under 40)	Thomas Johnson	
301	341	1:02:57	Senior Male (Under 40)	John Gronow	
302	768	1:03:02	Senior Female (Under 35)	Alison Cook	PENARTH & DINAS RUNNERS
303	796	1:03:03	Senior Female (Under 35)	Jennifer Hiscox	
304	268	1:03:09	Senior Male (Under 40)	Paul Kearns	
305	578	1:03:10	Veteran Female (35 and Over)	Julia Ridge	PENARTH & DINAS RUNNERS
306	719	1:03:16	Senior Female (Under 35)	Elizabeth Ashton	ASHTON
307	287	1:03:23	Senior Male (Under 40)	Matt Jones	LC COBRAS
308	150	1:03:24	Veteran Male (40 and Over)	Keri James	
309	590	1:03:24	Veteran Female (35 and Over)	Pauline James	
310	476	1:03:40	Senior Male (Under 40)	Thomas Johnson	
311	633	1:03:40	Veteran Female (35 and Over)	Caroline Murray	
312	200	1:03:52	Veteran Male (40 and Over)	Nigel Tinkler	
313	412	1:04:01	Senior Male (Under 40)	Michael Jones	
314	582	1:04:15	Veteran Female (35 and Over)	Helen Passant	
315	695	1:04:20	Veteran Female (35 and Over)	Justine Dawkins	
316	565	1:04:20	Veteran Female (35 and Over)	Alex Howells	
317	522	1:04:28	Veteran Female (35 and Over)	Marilyn Allin	
318	759	1:04:36	Senior Female (Under 35)	Cecilia Thomas	
319	221	1:05:03	Veteran Male (40 and Over)	Rod Jones	LES CROUPIERS
320	521	1:05:05	Veteran Female (35 and Over)	Sue Purnell	
321	51	1:05:05	Veteran Male (40 and Over)	Jeremy Alford	PENARTH & DINAS RUNNERS
322	799	1:05:10	Senior Female (Under 35)	Sara El-khatib	PENARTH & DINAS RUNNERS
323	394	1:05:10	Senior Male (Under 40)	Paul Whitmarsh	PENARTH & DINAS RUNNERS
324	270	1:05:16	Senior Male (Under 40)	Duncan Ludlow	CCW
325	632	1:05:17	Senior Female (Under 35)	Caroline Powell	
326	100	1:05:18	Veteran Male (40 and Over)	Roger Vince	
327	787	1:05:24	Senior Female (Under 35)	Jenny Mcadie	TEAM DEVIANT
328	247	1:05:38	Senior Male (Under 40)	Ben Russell	
329	246	1:05:39	Senior Male (Under 40)	Matthew Jessop	

330	482	1:05:55	Senior Male (Under 40)	Neil Hughes	
331	30	1:06:08	Veteran Male (40 and Over)	William Ferguson	
332	580	1:06:10	Veteran Female (35 and Over)	Janice Clement	PENARTH & DINAS RUNNERS
333	510	1:06:20	Veteran Female (35 and Over)	Bernadette Wilkinson	SAN DOMENICO
334	74	1:06:26	Veteran Male (40 and Over)	Mark Cleland	
335	635	1:06:27	Senior Female (Under 35)	Samantha Heighway	
336	42	1:06:34	Veteran Male (40 and Over)	JAMES JOHNSON	
337	792	1:06:35	Senior Female (Under 35)	Julia Suret	
338	537	1:06:37	Veteran Female (35 and Over)	Caroline Nightingale	
339	614	1:06:45	Veteran Female (35 and Over)	Clare Johnson	LES CROUPIERS
340	284	1:06:53	Senior Male (Under 40)	Manuel Pelaez	
341	193	1:07:26	Veteran Male (40 and Over)	Ifor Thomas	
342	751	1:07:40	Senior Female (Under 35)	Gabrielle Jones	
343	451	1:07:40	Senior Male (Under 40)	Peter Sueref	
344	516	1:07:41	Veteran Female (35 and Over)	Jackie Gentles	
345	285	1:07:46	Senior Male (Under 40)	Leigh Pember	
346	764	1:07:46	Senior Female (Under 35)	Mandy Powell	
347	4	1:07:58	Veteran Male (40 and Over)	Mike O'donoghue	
348	744	1:08:09	Senior Female (Under 35)	Heather Smith	
349	518	1:08:16	Veteran Female (35 and Over)	Ceri Jones	
350	66	1:08:20	Veteran Male (40 and Over)	John Vine	
351	726	1:08:21	Senior Female (Under 35)	Bethan Moore	MAINDAY HARRIERS
352	398	1:08:24	Senior Male (Under 40)	Matt Govier	
353	144	1:08:34	Veteran Male (40 and Over)	Tony Richards	
354	568	1:08:47	Veteran Female (35 and Over)	Sarah Tudor	PENARTH & DINAS RUNNERS
355	591	1:09:03	Veteran Female (35 and Over)	Karen Spiller	
356	65	1:09:04	Veteran Male (40 and Over)	Steven Jones	
357	397	1:09:05	Senior Male (Under 40)	Gerwyn Cox	
358	446	1:09:07	Senior Male (Under 40)	Aled Evans	
359	236	1:09:13	Senior Male (Under 40)	Rob Brodie	
360	283	1:09:24	Senior Male (Under 40)	Simon Hodgson	
361	539	1:09:26	Veteran Female (35 and Over)	Ros Street	
362	344	1:09:30	Senior Male (Under 40)	Andrew Hiscox	
363	550	1:09:42	Veteran Female (35 and Over)	Louise Wybar	
364	617	1:09:44	Veteran Female (35 and Over)	Denice Fletcher	
365	522	1:09:52	Veteran Female (35 and Over)	Marilyn Allin	
366	472	1:09:52	Senior Male (Under 40)	Stephen Thompson	
367	405	1:10:33	Senior Male (Under 40)	Matthew Emanuel	
368	555	1:10:34	Veteran Female (35 and Over)	Kate Jones	
369	80	1:10:34	Veteran Male (40 and Over)	Julian Reed	
370	708	1:10:44	Senior Female (Under 35)	Johanne Edwards	
371	321	1:10:44	Senior Male (Under 40)	Paul Simon	
372	55	1:10:51	Veteran Male (40 and Over)	John Lloyd	
373	530	1:10:55	Veteran Female (35 and Over)	Sarah Hughes	
374	34	1:11:01	Veteran Male (40 and Over)	Victor Gentles	
375	141	1:11:03	Veteran Male (40 and Over)	Alun Edwards	
376	503	1:11:06	Veteran Female (35 and Over)	Rachel Jones	
377	737	1:11:06	Senior Female (Under 35)	Helen Fletcher	
378	730	1:11:06	Senior Female (Under 35)	Leah Martens	
379	345	1:11:18	Senior Male (Under 40)	Jonathan Cronin	
380	410	1:11:18	Senior Male (Under 40)	Mark Kelleher	SWANSEA BAY ORIENTEERING CLUB
381	694	1:11:18	Veteran Female (35 and Over)	Michelle Shorney	
382	527	1:12:04	Veteran Female (35 and Over)	Angela Coles	
383	364	1:12:35	Senior Male (Under 40)	Arfon Hughes	
384	778	1:12:37	Senior Female (Under 35)	Chloe Lafon	
385	489	1:12:37	Senior Male (Under 40)	Mark Windsor	SAN DOMENICO
386	693	1:12:42	Veteran Female (35 and Over)	Adele Parry	
387	620	1:13:02	Veteran Female (35 and Over)	Julie Davis	
388	101	1:13:06	Veteran Male (40 and Over)	John Goodwin	
389	554	1:13:06	Veteran Female (35 and Over)	Annie Conroy	LES CROUPIERS
390	529	1:13:51	Veteran Female (35 and Over)	Susan Bisson	
391	629	1:13:56	Veteran Female (35 and Over)	Gillain Murphy	LES CROUPIERS
392	791	1:13:57	Senior Female (Under 35)	Karen Wilkinson	
393	622	1:15:04	Veteran Female (35 and Over)	Moiria Kitchen	
394	593	1:15:05	Veteran Female (35 and Over)	Justine Cass	PENARTH & DINAS RUNNERS
395	700	1:15:23	Senior Female (Under 35)	Katherine Rands	

396	485	1:15:23	Senior Male (Under 40)	Tomos Phillips	
397	743	1:15:34	Senior Female (Under 35)	Kirsty Macdonald	
398	121	1:15:39	Veteran Male (40 and Over)	Russell Bright	
399	559	1:15:41	Veteran Female (35 and Over)	Katie Lewis	
400	563	1:15:41	Veteran Female (35 and Over)	Samantha Marshall	
401	508	1:15:56	Veteran Female (35 and Over)	Gail Lusardi	
402	235	1:16:32	Senior Male (Under 40)	Mike Clinch	
403	143	1:16:35	Veteran Male (40 and Over)	Paul Lynch	
404	198	1:17:00	Veteran Male (40 and Over)	Charles Ian Allen	
405	504	1:17:33	Veteran Female (35 and Over)	Maria Lalic	
406	86	1:17:43	Veteran Male (40 and Over)	Gary Rees	
407	585	1:18:39	Veteran Female (35 and Over)	Amanda Lynch	
408	87	1:19:09	Veteran Male (40 and Over)	Bryan Isaac	
409	132	1:20:19	Veteran Male (40 and Over)	Stephen Mann	
410	732	1:20:41	Senior Female (Under 35)	Stephanie Colgan	
411	784	1:20:43	Senior Female (Under 35)	Jessica Poole	CCW
412	782	1:21:10	Senior Female (Under 35)	Anne-Marie Beresford-Webb	CCW
413	543	1:22:00	Veteran Female (35 and Over)	Lyn Rees	
414	597	1:22:56	Veteran Female (35 and Over)	Rhian Brace	
415	718	1:25:18	Senior Female (Under 35)	Janine David	
416	355	1:25:19	Senior Male (Under 40)	Michael Hammett	
417	188	1:27:03	Veteran Male (40 and Over)	Laurence Brophy	
418	544	1:29:48	Veteran Female (35 and Over)	Lesley Bigmore	BRACKLA HARRIERS
419	746	1:30:42	Senior Female (Under 35)	Sarah Joseph	
420	630	1:32:24	Veteran Female (35 and Over)	Sharron Price	
421	696	1:32:35	Senior Female (Under 35)	Paula Stockley	WOMENS RUNNING NETWORK
422	402	1:34:48	Senior Male (Under 40)	Gareth Dyton	
423	69	1:34:50	Veteran Male (40 and Over)	Steven Howard	
424	104	1:34:50	Veteran Male (40 and Over)	Andrew Bishop	
425	569	1:35:53	Veteran Female (35 and Over)	Sue Neal	LES CROUPIERS
426	570	1:36:20	Veteran Female (35 and Over)	Angela Neal	LES CROUPIERS
427	572	1:36:21	Veteran Female (35 and Over)	Sian Llewellyn	LES CROUPIERS
428	571	1:36:22	Veteran Female (35 and Over)	Rhian Llewellyn	LES CROUPIERS
429	573	1:36:52	Veteran Female (35 and Over)	Carolyn Llewellyn	LES CROUPIERS