

Admiral Swansea Bay 10k 2016 Final Results

| Position | Race | | Age | | Category | | Club Name | Club | | |
|----------|--------|------------|-------------|--------------|----------|---|-----------|------------|-----------|--|
| | Number | First Name | Last Name | Category | Position | Position | | Total Time | Chip Time | |
| 1 | 1 | Josphat | Kipkemboi | Senior Male | 1 | Run-Fast / Kenya | 1 | 00:29:05 | 00:29:06 | |
| 2 | 2 | Barnaba | Kipkoech | Senior Male | 2 | Run-Fast / Kenya | 2 | 00:29:07 | 00:29:09 | |
| 3 | 3 | Danal | Desta | Junior Male | 1 | Swansea Harriers | 1 | 00:30:01 | 00:30:02 | |
| 4 | 4 | Matthew | Clowes | Senior Male | 3 | Cardiff AC | 1 | 00:30:09 | 00:30:08 | |
| 5 | 23 | Paul | Martelletti | Senior Male | 4 | Run-Fast | 1 | 00:30:18 | 00:30:18 | |
| 6 | 29 | Jon | Hopkins | Senior Male | 5 | Wales/Swansea Harriers | 1 | 00:30:47 | 00:30:47 | |
| 7 | 12 | Tom | Merson | Senior Male | 6 | Midlands/ Bristol & West | 1 | 00:31:01 | 00:31:00 | |
| 8 | 14 | Carwyn | Jones | Senior Male | 7 | Cardiff AC | 2 | 00:31:12 | 00:31:12 | |
| 9 | 69 | FINN | MCNALLY | Senior Male | 8 | BRIGHTON PHOENIX | 1 | 00:31:20 | 00:31:21 | |
| 10 | 5 | Guy | Smith | Senior Male | 9 | Swansea Harriers | 2 | 00:31:25 | 00:31:26 | |
| 11 | 16 | Paul | Molyneux | Senior Male | 10 | Combined Services/Army/Springfield Striders | 1 | 00:31:27 | 00:31:26 | |
| 12 | 1823 | BEN | COLE | Senior Male | 11 | TONBRIDGE AC | 1 | 00:31:27 | 00:31:27 | |
| 13 | 30 | Christian | Lovatt | Junior Male | 2 | Wales/Swansea Harriers | 2 | 00:31:52 | 00:31:53 | |
| 14 | 15 | Sam | Mitchel | Senior Male | 12 | Combined ServicesNotts AC | 1 | 00:31:53 | 00:31:52 | |
| 15 | 33 | Chris | Carpanini | Senior Male | 13 | Wales/Swansea Harriers | 3 | 00:32:02 | 00:32:02 | |
| 16 | 32 | Josh | Dixon | Senior Male | 14 | Wales/Stroud & District | 1 | 00:32:10 | 00:32:10 | |
| 17 | 10 | Oliver | Mott | Senior Male | 15 | Midlands / Cheltenham | 1 | 00:32:14 | 00:32:15 | |
| 18 | 3790 | ANGUS | MACLEAN | Senior Male | 16 | SWANSEA HARRIERS | 3 | 00:32:29 | 00:32:30 | |
| 19 | 4045 | MATTHEW | REES | Senior Male | 17 | SWANSEA HARRIERS | 4 | 00:32:32 | 00:32:31 | |
| 20 | 19 | Dave | Westbury | Senior Male | 18 | Combined Services/ Darby AC | 1 | 00:32:49 | 00:32:50 | |
| 21 | 3892 | IAN | HARRIS | Senior Male | 19 | | | 00:32:51 | 00:32:49 | |
| 22 | 9 | Matt | Williams | Senior Male | 20 | Midlands /Notts AC | 1 | 00:32:52 | 00:32:51 | |
| 23 | 34 | Katrina | Wootton | Senior Femal | 1 | Midlands/Coventry Godiva | 1 | 00:32:54 | 00:32:54 | |
| 24 | 7 | Jack | Millar | Junior Male | 3 | Midlands/ Bristol & west | 2 | 00:32:54 | 00:32:54 | |
| 25 | 6 | Winfridah | Moraa Mosel | Junior Femal | 1 | Run-Fast / Kenya | 3 | 00:32:59 | 00:32:59 | |
| 26 | 3815 | PAUL | GRAHAM | Senior Male | 21 | PONTYPRIDD ROADENTS AC | 1 | 00:33:07 | 00:33:06 | |
| 27 | 11 | Scott | Hazell | Senior Male | 22 | Midlands/ Coventry Godiva | 1 | 00:33:44 | 00:33:44 | |
| 28 | 18 | Jack | Riley | Senior Male | 23 | Combined Services/ Bridgend | 1 | 00:33:46 | 00:33:48 | |
| 29 | 8 | Paddy | Clark | Senior Male | 24 | Midlands / Notts Ac | 1 | 00:33:48 | 00:33:48 | |
| 30 | 2905 | MATTHEW | RALLISON | Senior Male | 25 | | | 00:34:02 | 00:34:01 | |
| 31 | 42 | Rachel | Felton | F35+ | 5 | Midlands/ Shaftesbury Barnet | 1 | 00:34:11 | 00:34:11 | |
| 32 | 869 | JOHN | SCOTT | M50+ | 1 | | | 00:34:14 | 00:34:13 | |
| 33 | 17 | Steve | Frear | Senior Male | 26 | Combined Services/ Woodstock Harriers | 1 | 00:34:16 | 00:34:16 | |
| 34 | 2821 | ALEX | BAMPTON | Senior Male | 27 | | | 00:34:29 | 00:34:28 | |
| 35 | 40 | Ruth | Barnes | F35+ | 6 | Midlands/Avon Valley Runners | 1 | 00:34:34 | 00:34:34 | |
| 36 | 2362 | IAN | OWEN | Senior Male | 29 | SAN DOMENICO RRC | 1 | 00:34:41 | 00:34:41 | |
| 37 | 31 | Tom | Griffiths | Senior Male | 28 | Wales/Guildford & Godalming AC | 1 | 00:34:41 | 00:34:42 | |
| 38 | 3943 | MATTHEW | JACKLIN | M40+ | 1 | ABERDARE VALLEY AAC | 1 | 00:34:44 | 00:34:43 | |
| 39 | 3142 | MATTHEW | EVANS | Senior Male | 30 | ABERDARE VALLEY AAC | 2 | 00:34:50 | 00:34:48 | |
| 40 | 1005 | CHARLIE | LOWTHER | Senior Male | 31 | EDEN RUNNERS | 1 | 00:35:07 | 00:35:07 | |
| 41 | 1870 | NEIL | EVANS | Senior Male | 32 | LLISWERRY RUNNERS | 1 | 00:35:09 | 00:35:08 | |
| 42 | 367 | BRADLEY | COURTNEY-P | Senior Male | 33 | TRURO RUNNING CLUB | 1 | 00:35:25 | 00:35:22 | |
| 43 | 3846 | MARK | JAMES | Senior Male | 34 | CHELTENHAM & COUNTY HARRIERS | 1 | 00:35:26 | 00:35:25 | |
| 44 | 3118 | CHRIS | FULCHER | M40+ | 2 | NEATH HARRIERS | 1 | 00:35:29 | 00:35:27 | |
| 45 | 3291 | STEPHEN | PATERSON | Senior Male | 35 | LES CROUPIERS | 1 | 00:35:42 | 00:35:42 | |
| 46 | 36 | Clara | Evans | Senior Femal | 2 | Wales/Pontypridd Roadents | 1 | 00:35:42 | 00:35:41 | |
| 47 | 958 | KEN | CAULKETT | Senior Male | 36 | SARN HELEN | 1 | 00:35:43 | 00:35:41 | |
| 48 | 3902 | GARETH | AYRES | Senior Male | 37 | PORT TALBOT HARRIERS | 1 | 00:35:44 | 00:35:42 | |
| 49 | 1878 | STEVEN | FLOWERS | Senior Male | 38 | WYE VALLEY RUNNERS | 1 | 00:35:44 | 00:35:43 | |
| 50 | 2749 | DANIEL | TRIGGS | Senior Male | 39 | NEATH HARRIERS | 2 | 00:35:52 | 00:35:50 | |
| 51 | 2750 | COLIN | WELLSTEAD | M50+ | 2 | | | 00:35:58 | 00:35:57 | |
| 52 | 3347 | ALED | JENKINS | Senior Male | 40 | | | 00:36:00 | 00:35:59 | |
| 53 | 2396 | RACHEL | DOHERTY | Senior Femal | 3 | HIGHAM HARRIERS | 1 | 00:36:04 | 00:36:03 | |
| 54 | 28 | Alaw | Beynon-Thon | Senior Femal | 4 | Swansea Harriers | 5 | 00:36:06 | 00:36:04 | |
| 55 | 3973 | STEPHEN | BARTLETT | M40+ | 3 | PONTYPRIDD ROADENTS AC | 2 | 00:36:08 | 00:36:06 | |
| 56 | 2736 | IFAN | LLOYD | M50+ | 3 | SWANSEA HARRIERS | 6 | 00:36:14 | 00:36:13 | |
| 57 | 2657 | ANDREW | BLAIR | M50+ | 4 | LES CROUPIERS | 2 | 00:36:21 | 00:36:19 | |
| 58 | 2741 | PETER | COLES | M50+ | 5 | PONTYPRIDD ROADENTS AC | 3 | 00:36:23 | 00:36:21 | |
| 59 | 38 | Helen | Buller | F35+ | 7 | Wales/Worthing & District | 1 | 00:36:29 | 00:36:27 | |
| 60 | 946 | STEPHANIE | FOULKES-MC | F35+ | 8 | PONTYPRIDD ROADENTS AC | 4 | 00:36:30 | 00:36:29 | |
| 61 | 1001 | JAMES | HEAD | M40+ | 4 | GLOUCESTER AC | 1 | 00:36:30 | 00:36:26 | |
| 62 | 637 | LEIGHTON | WEBB | Senior Male | 41 | GRIFFITHSTOWN HARRIERS | 1 | 00:36:31 | 00:36:29 | |
| 63 | 3653 | RICHARD | WILDER | M40+ | 5 | SAN DOMENICO RRC | 2 | 00:36:32 | 00:36:30 | |
| 64 | 2845 | STEPHEN | THOMAS | M40+ | 6 | ABERDARE VALLEY AAC | 3 | 00:36:39 | 00:36:37 | |
| 65 | 2636 | WAYNE | BOWEN | M40+ | 7 | SWANSEA HARRIERS | 7 | 00:36:48 | 00:36:43 | |
| 66 | 3234 | MICHAEL | DURY | M40+ | 8 | ISLWYN RC | 1 | 00:36:53 | 00:36:51 | |
| 67 | 1234 | ALEX | SCOTT | Senior Male | 42 | SWANSEA HARRIERS | 8 | 00:36:56 | 00:36:53 | |
| 68 | 2488 | KIERAN | GILFEDDER | Senior Male | 43 | WYCOMBE PHOENIX HARRIERS | 1 | 00:37:01 | 00:37:01 | |
| 69 | 2329 | ANDREW | CHARLES | Senior Male | 44 | PORT TALBOT HARRIERS | 2 | 00:37:03 | 00:36:58 | |
| 70 | 2874 | MARCUS | BENNETTO | Senior Male | 45 | FOREST OF DEAN AC | 1 | 00:37:04 | 00:37:02 | |
| 71 | 2833 | MARTIN | WILLIAMS | M50+ | 6 | | | 00:37:05 | 00:37:03 | |
| 72 | 594 | JACK | FLEET | Junior Male | 4 | FOREST OF DEAN AC | 2 | 00:37:07 | 00:37:06 | |
| 73 | 35 | Carys | Hughes | Senior Femal | 5 | Cardiff AC | 3 | 00:37:09 | 00:37:08 | |
| 74 | 2985 | RAUL | REISMANN | M40+ | 9 | SWANSEA HARRIERS | 9 | 00:37:11 | 00:37:07 | |

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| 75 | 3998 SEAN | TAYLOR | M40+ | 10 PONT Y PWL & DISTRICT RUNNERS | 1 | 00:37:19 | 00:37:17 |
| 76 | 2400 JOHNNY | LAM | M40+ | 11 SAN DOMENICO RRC | 3 | 00:37:38 | 00:37:35 |
| 77 | 3544 STEVE | SANDERS | M40+ | 12 ADMIRAL | 1 | 00:37:41 | 00:37:36 |
| 78 | 2907 IAN | SAMPSON | M50+ | 7 | | 00:37:42 | 00:37:38 |
| 79 | 2805 NIGEL | PHILLIPS | M40+ | 13 SOSPAN ROAD RUNNERS | 1 | 00:37:44 | 00:37:39 |
| 80 | 3441 ANDREW | BRAIN | M40+ | 14 RUN4ALL RUNNING CLUB | 1 | 00:37:44 | 00:37:42 |
| 81 | 1466 MICHAEL | RIX | M40+ | 15 | | 00:37:46 | 00:37:45 |
| 82 | 3867 GERAINT | LEWIS | Senior Male | 46 PORTHCAWL RUNNERS | 1 | 00:37:47 | 00:37:43 |
| 83 | 2309 PHILIP | WILLIAMS | M40+ | 16 PONTYPRIDD ROADENTS AC | 5 | 00:37:48 | 00:37:46 |
| 84 | 1861 ANDREW | DE-CAMPS | Senior Male | 47 GLOUCESTER AC | 2 | 00:37:55 | 00:37:50 |
| 85 | 944 DAVID | HODGINS | M40+ | 17 | | 00:37:57 | 00:37:53 |
| 86 | 3961 ATTILA | GARAI | M40+ | 18 | | 00:38:01 | 00:37:58 |
| 87 | 508 MATTHEW | TURNER | Senior Male | 48 | | 00:38:04 | 00:37:55 |
| 88 | 978 PAUL | FLYNN | M40+ | 19 SWANSEA HARRIERS | 10 | 00:38:05 | 00:37:59 |
| 89 | 2456 ROB | DAVIES | Senior Male | 49 | | 00:38:06 | 00:37:57 |
| 90 | 2057 CHRISTOPHER | REES | Senior Male | 50 | | 00:38:06 | 00:38:00 |
| 91 | 2926 DAMIEN | CARROLL | Senior Male | 51 | | 00:38:07 | 00:38:00 |
| 92 | 873 NICK | MACKAY | Senior Male | 52 SWANSEA HARRIERS | 11 | 00:38:10 | 00:38:09 |
| 93 | 3452 DAVID | ROWLAND | M40+ | 20 EBBW VALE RC | 1 | 00:38:11 | 00:38:08 |
| 94 | 1283 GAVIN | GATES | Senior Male | 53 BRIDGEND AC | 1 | 00:38:12 | 00:38:11 |
| 95 | 3903 ROBERT | DAVIES | M40+ | 21 | | 00:38:17 | 00:38:14 |
| 96 | 1099 DAVID | RICHARDSON | Senior Male | 54 PONT Y PWL & DISTRICT RUNNERS | 1 | 00:38:17 | 00:38:13 |
| 97 | 3858 STEPHEN | EVANS | Senior Male | 55 | | 00:38:18 | 00:38:12 |
| 98 | 1703 GARETH | POSTON | Senior Male | 56 PORT TALBOT HARRIERS | 3 | 00:38:19 | 00:38:15 |
| 99 | 2816 ANDREW | POSTON | Senior Male | 57 | | 00:38:19 | 00:38:16 |
| 100 | 1209 ALEX | LEA | Senior Male | 58 | | 00:38:26 | 00:38:17 |
| 101 | 2304 JOHN | RUSSELL | M40+ | 22 FOREST OF DEAN AC | 3 | 00:38:27 | 00:38:24 |
| 102 | 2807 MARTIN | COLE | M40+ | 23 RUN4ALL RUNNING CLUB | 2 | 00:38:28 | 00:38:25 |
| 103 | 2311 DAVID | HUGHES | M50+ | 8 ALTRINCHAM & DISTRICT ATHLETIC CLUB | 1 | 00:38:30 | 00:38:27 |
| 104 | 2737 CHARLES | WALSH | M40+ | 24 SWANSEA HARRIERS | 12 | 00:38:30 | 00:38:22 |
| 105 | 2869 JOHN | MORAN | Senior Male | 59 SWANSEA HARRIERS | 13 | 00:38:31 | 00:38:24 |
| 106 | 3244 MARTIN | FLEAR | Senior Male | 60 | | 00:38:34 | 00:38:30 |
| 107 | 3725 RICHARD | DAVIES | Senior Male | 61 PORT TALBOT HARRIERS | 4 | 00:38:35 | 00:38:32 |
| 108 | 3503 ADAM | MORTON | Senior Male | 62 ADMIRAL | 2 | 00:38:35 | 00:38:33 |
| 109 | 2792 DANIEL | MORGAN | Senior Male | 63 WINDSOR SLOUGH ETON AND HOUNSLOW A | 1 | 00:38:37 | 00:38:30 |
| 110 | 874 JONATHAN | HATFIELD | M40+ | 25 CAERPHILLY RUNNERS | 1 | 00:38:39 | 00:38:34 |
| 111 | 924 ANGHARAD | MAIR | F55+ | 1 LES CROUPIERS | 3 | 00:38:40 | 00:38:40 |
| 112 | 788 NINA | REES | Senior Femal | 6 | | 00:38:42 | 00:38:36 |
| 113 | 1989 FRANKIE | WARD | M40+ | 26 | | 00:38:53 | 00:38:38 |
| 114 | 3663 HUGH | JANNEY | M40+ | 27 AMMAN VALLEY HARRIERS | 1 | 00:38:53 | 00:38:45 |
| 115 | 3597 JOHN | BRESLIN | Senior Male | 64 SWANSEA HARRIERS | 14 | 00:38:54 | 00:38:49 |
| 116 | 1805 SIMON | REES | Senior Male | 65 LLANELLI AC | 1 | 00:39:00 | 00:38:55 |
| 117 | 903 PAUL | HAYWARD | Senior Male | 66 ISLWYN RC | 2 | 00:39:00 | 00:38:57 |
| 118 | 1196 CAYO | ARRAN | Senior Male | 67 3MS GORSEINON ROAD RUNNERS | 1 | 00:39:01 | 00:38:55 |
| 119 | 2848 NEIL | BEZODIS | Senior Male | 68 | | 00:39:05 | 00:38:58 |
| 120 | 1129 ELIO | LEPORE | M60+ | 1 LES CROUPIERS | 4 | 00:39:07 | 00:39:05 |
| 121 | 3818 PETER | OSBORNE | M50+ | 9 LLANELLI AC | 2 | 00:39:09 | 00:39:05 |
| 122 | 625 DAN | HALL | Junior Male | 5 | | 00:39:12 | 00:39:07 |
| 123 | 1376 NATHANIAL | HARRIES | M40+ | 28 | | 00:39:19 | 00:39:17 |
| 124 | 2834 CRAIG | OTTOLINI | M40+ | 29 MARKET DRAYTON RC | 1 | 00:39:21 | 00:39:13 |
| 125 | 1482 ALUN | JONES | Senior Male | 69 | | 00:39:21 | 00:39:06 |
| 126 | 2964 JEFF | THOMAS | M50+ | 10 BRIDGEND AC | 2 | 00:39:22 | 00:39:19 |
| 127 | 3028 ANDREW | DWYER | M40+ | 30 | | 00:39:25 | 00:39:20 |
| 128 | 2703 DEAN | HOUSE | M50+ | 11 PEGASUS RC | 1 | 00:39:25 | 00:39:22 |
| 129 | 1571 ADAM | COOKE | M40+ | 31 | | 00:39:26 | 00:39:20 |
| 130 | 3222 EMYR | JONES | M40+ | 32 | | 00:39:28 | 00:39:20 |
| 131 | 3784 FRAZER | RICHARDS | Senior Male | 70 CAERPHILLY RUNNERS | 2 | 00:39:29 | 00:39:25 |
| 132 | 1821 CHRISTOPHER | FRANCIS | Senior Male | 71 3MS GORSEINON ROAD RUNNERS | 2 | 00:39:33 | 00:39:25 |
| 133 | 1190 CAMERON | WALES | Junior Male | 6 | | 00:39:33 | 00:39:23 |
| 134 | 3957 GAVIN | PATTERSON | Senior Male | 72 PARC BRYNBACH RUNNING CLUB | 1 | 00:39:36 | 00:39:34 |
| 135 | 1243 KNEATH | PHILIPPART | M50+ | 12 SWANSEA HARRIERS | 15 | 00:39:36 | 00:39:30 |
| 136 | 954 STEVEN | HOOPER | M50+ | 13 PONTYPRIDD ROADENTS AC | 6 | 00:39:40 | 00:39:37 |
| 137 | 3059 SANDY | JOHNSTON | M60+ | 2 LES CROUPIERS | 5 | 00:39:44 | 00:39:40 |
| 138 | 1977 IAN | BIRD | Senior Male | 73 PORT TALBOT HARRIERS | 5 | 00:39:45 | 00:39:32 |
| 139 | 2274 KEVIN | PLANK | M40+ | 33 SAN DOMENICO RRC | 4 | 00:39:46 | 00:39:41 |
| 140 | 1679 DAVID | MOORE | M40+ | 34 BRACKLA HARRIERS | 1 | 00:39:48 | 00:39:43 |
| 141 | 3775 ANN-MARIE | SMITH | F35+ | 9 COVENTRY GODIVA HARRIERS | 1 | 00:39:49 | 00:39:47 |
| 142 | 640 ALISTAIR | JOSE | M40+ | 35 | | 00:39:50 | 00:39:46 |
| 143 | 3841 STEVEN | BENNETT | M40+ | 36 | | 00:39:51 | 00:39:44 |
| 144 | 3633 SEAN | THOMASSON | Senior Male | 74 PARC BRYNBACH RUNNING CLUB | 2 | 00:39:51 | 00:39:48 |
| 145 | 3257 GEOFFREY | ROBINSON | M50+ | 14 SWANSEA HARRIERS | 16 | 00:39:51 | 00:39:45 |
| 146 | 21 Liam | Lloyd | Senior Male | 75 Swansea Harriers | 17 | 00:39:53 | 00:39:53 |
| 147 | 3319 DANIEL | THRIFT | Senior Male | 76 CAERPHILLY RUNNERS | 3 | 00:39:54 | 00:39:48 |
| 148 | 1298 SCOTT | MORRIS | Senior Male | 77 | | 00:39:54 | 00:39:50 |
| 149 | 2236 KEVIN | O'SULLIVAN | Senior Male | 78 | | 00:39:59 | 00:39:42 |
| 150 | 2831 BEN | FARAG | M50+ | 15 LES CROUPIERS | 6 | 00:40:00 | 00:39:57 |
| 151 | 1169 CERI | DAVIES | M40+ | 37 SAN DOMENICO RRC | 5 | 00:40:02 | 00:39:59 |

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| 152 | 3686 HAYDN | HARTNELL | M50+ | 16 ISLWYN RC | 3 | 00:40:07 | 00:40:04 |
| 153 | 3749 JULIAN | BOON | M40+ | 38 FOREST OF DEAN AC | 4 | 00:40:07 | 00:40:05 |
| 154 | 3229 RICHARD | REES | Senior Male | 79 | | 00:40:07 | 00:40:05 |
| 155 | 2078 TREVOR | HEDGES | Senior Male | 80 | | 00:40:08 | 00:40:02 |
| 156 | 3077 NICOLA | GETHING | F45+ | 1 PARC BRYNBACH RUNNING CLUB | 3 | 00:40:13 | 00:40:12 |
| 157 | 1410 DREW | WEBBER | Senior Male | 81 BRACKLA HARRIERS | 2 | 00:40:14 | 00:40:09 |
| 158 | 20 Roanna | Vickers | Senior Femal | 7 Combined Services/ Unattached | 1 | 00:40:17 | 00:40:16 |
| 159 | 756 MARK | HAYMAN | M40+ | 39 | | 00:40:17 | 00:39:59 |
| 160 | 658 KEVIN ANTH(JONES | | M50+ | 17 LES CROUPIERS | 7 | 00:40:18 | 00:40:09 |
| 161 | 3000 JANET | HOLMES | F35+ | 10 LES CROUPIERS | 8 | 00:40:20 | 00:40:13 |
| 162 | 3901 JOHN | GEORGE | Senior Male | 82 | | 00:40:21 | 00:40:08 |
| 163 | 3090 SIMON | BREWER | M40+ | 40 SWANSEA HARRIERS | 18 | 00:40:22 | 00:40:17 |
| 164 | 3294 CHRIS | LLOYD | Senior Male | 83 RUN4ALL RUNNING CLUB | 3 | 00:40:23 | 00:40:18 |
| 165 | 2655 LUIGI | FEDERICI | Senior Male | 84 | | 00:40:29 | 00:40:18 |
| 166 | 2721 JONATHAN | CARTER | M40+ | 41 CHEPSTOW HARRIERS | 1 | 00:40:29 | 00:40:28 |
| 167 | 3144 DICKIE | HUDD | M40+ | 42 CHEPSTOW HARRIERS | 2 | 00:40:30 | 00:40:28 |
| 168 | 3545 STEVEN | TAYLOR | Senior Male | 85 ADMIRAL | 3 | 00:40:35 | 00:40:28 |
| 169 | 2715 MICHAEL | STRANGE | M60+ | 3 FOREST OF DEAN AC | 5 | 00:40:36 | 00:40:29 |
| 170 | 3611 SAMUEL | TUCKER | Senior Male | 86 RUN4ALL RUNNING CLUB | 4 | 00:40:37 | 00:40:23 |
| 171 | 3084 FRANCIS | LEWIS | Junior Male | 7 SWANSEA HARRIERS | 19 | 00:40:38 | 00:40:31 |
| 172 | 2637 LLOYD | BEVAN | M50+ | 18 SERPENTINE RC | 1 | 00:40:40 | 00:40:38 |
| 173 | 1979 GERAIN | WILLIAMS | Senior Male | 87 | | 00:40:41 | 00:40:35 |
| 174 | 3535 MARK | MARRIN | Senior Male | 88 ADMIRAL | 4 | 00:40:45 | 00:40:33 |
| 175 | 1493 SARAH | DAVIES | F35+ | 11 OXFORD CITY AC | 1 | 00:40:48 | 00:40:39 |
| 176 | 2071 NIKI | MORGAN | F45+ | 2 CHEPSTOW HARRIERS | 3 | 00:40:48 | 00:40:46 |
| 177 | 2887 DARREN | STEVENS | M40+ | 43 MERTHYR RUNNING CLUB | 1 | 00:40:48 | 00:40:40 |
| 178 | 2165 RYAN | EVANS | Senior Male | 89 | | 00:40:50 | 00:40:44 |
| 179 | 2451 TOM | RIDDINGTON | M40+ | 44 CHEPSTOW HARRIERS | 4 | 00:40:52 | 00:40:50 |
| 180 | 2578 GARETH | REES | Senior Male | 90 | | 00:40:55 | 00:40:49 |
| 181 | 277 CAROLINE | RICKARDS | F35+ | 12 FOREST OF DEAN AC | 6 | 00:40:56 | 00:40:49 |
| 182 | 2800 SIMON | CRANE | Senior Male | 91 | | 00:40:57 | 00:40:38 |
| 183 | 2018 ROBERT | EVANS | M60+ | 4 LES CROUPIERS | 9 | 00:40:58 | 00:40:51 |
| 184 | 510 MICHAEL | GLEESON | M40+ | 45 SWANSEA HARRIERS | 20 | 00:40:59 | 00:40:54 |
| 185 | 2879 MICHAEL | MURPHY | M60+ | 5 LES CROUPIERS | 10 | 00:41:00 | 00:40:57 |
| 186 | 2342 ROB | BEVES | M50+ | 19 CHEPSTOW HARRIERS | 5 | 00:41:00 | 00:40:59 |
| 187 | 2728 JESSICA | STACEY | Senior Femal | 8 | | 00:41:01 | 00:40:48 |
| 188 | 3780 NATHAN | REEKS | Senior Male | 92 CALDICOT RUNNING CLUB | 1 | 00:41:01 | 00:40:55 |
| 189 | 3101 SHARON | LEECH | F45+ | 3 CARMARTHEN AND DISTRICT HARRIERS | 1 | 00:41:06 | 00:41:00 |
| 190 | 2711 ROBIN | EDWARDS | M40+ | 46 | | 00:41:07 | 00:41:00 |
| 191 | 530 ANDREW | FRASER-COLE | M40+ | 47 | | 00:41:12 | 00:41:02 |
| 192 | 1945 PHIL | RICHARDSON | Senior Male | 93 | | 00:41:17 | 00:41:06 |
| 193 | 2476 LYNDON | THOMAS | Senior Male | 94 | | 00:41:18 | 00:41:11 |
| 194 | 100 MARK | GOSNEY | Senior Male | 95 3MS GORSEINON ROAD RUNNERS | 3 | 00:41:18 | 00:41:01 |
| 195 | 3236 MICHAEL | RODERICK | Senior Male | 96 | | 00:41:24 | 00:41:19 |
| 196 | 516 JONATHAN | HANCOCK | M40+ | 48 TROTS | 1 | 00:41:27 | 00:41:23 |
| 197 | 1336 NED | GILL | Senior Male | 97 | | 00:41:27 | 00:41:09 |
| 198 | 1814 BEN | HUBBARD | Senior Male | 98 | | 00:41:28 | 00:41:10 |
| 199 | 2716 SUSAN | WATSON | F45+ | 4 LES CROUPIERS | 11 | 00:41:31 | 00:41:25 |
| 200 | 3143 LAUREN | COOPER | Senior Femal | 9 PARC BRYNBACH RUNNING CLUB | 4 | 00:41:32 | 00:41:30 |
| 201 | 1827 WILLIAM | FERGUSON | M50+ | 20 | | 00:41:33 | 00:41:22 |
| 202 | 452 HYWEL | LONGMAN | Senior Male | 99 | | 00:41:37 | 00:41:30 |
| 203 | 3852 LUKE | ROBERS | Senior Male | 100 | | 00:41:39 | 00:41:13 |
| 204 | 709 HAYLEY | WINTERS | Senior Femal | 10 GLOUCESTER AC | 3 | 00:41:40 | 00:41:32 |
| 205 | 451 MATHEW | GILES | Senior Male | 101 RUN4ALL RUNNING CLUB | 5 | 00:41:41 | 00:41:28 |
| 206 | 3159 MARTIN | GRAVES | M40+ | 49 | | 00:41:43 | 00:41:33 |
| 207 | 1468 MARK | CHANNER | M40+ | 50 FOREST OF DEAN AC | 7 | 00:41:44 | 00:41:33 |
| 208 | 3759 STEVIE | JENKINS | Senior Male | 102 | | 00:41:46 | 00:41:34 |
| 209 | 3351 LEIGH | FENNELL | M40+ | 51 SWANSEA HARRIERS | 21 | 00:41:47 | 00:41:40 |
| 210 | 1172 JAMIE | RICHMOND | Senior Male | 103 | | 00:41:47 | 00:41:42 |
| 211 | 2371 DAN | GIBSON | Senior Male | 104 | | 00:41:48 | 00:41:40 |
| 212 | 3803 RYAN | BARTLETT | Senior Male | 105 | | 00:41:48 | 00:41:27 |
| 213 | 1503 JONATHAN | FOLIGNO | Senior Male | 106 | | 00:41:51 | 00:41:48 |
| 214 | 2669 MICHAEL | WILLIAMS | M40+ | 52 SWANSEA HARRIERS | 22 | 00:41:51 | 00:41:43 |
| 215 | 3446 GEMMA | ROCHE-CLAR | Senior Femal | 11 BRIDGEND AC | 3 | 00:41:51 | 00:41:37 |
| 216 | 3923 WAYNE | BEVAN | Senior Male | 107 FOREST OF DEAN AC | 8 | 00:41:53 | 00:41:37 |
| 217 | 2723 RICHARD | BAKER | Senior Male | 108 PONTARDAWE RUNNING CLUB | 1 | 00:41:55 | 00:41:45 |
| 218 | 179 JOSHUA | DAVIES | Senior Male | 109 ADMIRAL | 5 | 00:41:56 | 00:41:36 |
| 219 | 2201 ROBERT | REES | M40+ | 53 NEATH HARRIERS | 3 | 00:42:00 | 00:41:49 |
| 220 | 4015 BEN | MCCREADIE | Senior Male | 110 | | 00:42:02 | 00:41:49 |
| 221 | 3042 NATHAN | JAMES | Senior Male | 111 | | 00:42:02 | 00:41:52 |
| 222 | 2630 HELEN-MARII | DAVIES | F35+ | 13 SWANSEA HARRIERS | 23 | 00:42:04 | 00:41:56 |
| 223 | 1135 JON | COUSINS | M40+ | 54 | | 00:42:06 | 00:41:56 |
| 224 | 1852 GARETH | LEWIS | Senior Male | 112 | | 00:42:06 | 00:41:55 |
| 225 | 3997 GAVIN | WILLIAMS | Senior Male | 113 | | 00:42:06 | 00:41:58 |
| 226 | 2707 CARWYN | JENKINS | M40+ | 55 3MS GORSEINON ROAD RUNNERS | 4 | 00:42:09 | 00:41:52 |
| 227 | 1678 RICHARD | DREWETT | M50+ | 21 | | 00:42:09 | 00:42:00 |
| 228 | 2644 GERARD | SHIEL | Senior Male | 114 | | 00:42:13 | 00:41:58 |

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| 229 | 2491 BRYN | MARKHAM-Jr | Senior Male | 115 | | 00:42:13 | 00:41:58 | |
| 230 | 3398 SIMON | EASTWOOD | M40+ | 56 | | 00:42:14 | 00:41:51 | |
| 231 | 3127 ARON | JONES | Senior Male | 116 | 3MS GORSEINON ROAD RUNNERS | 5 | 00:42:16 | 00:42:00 |
| 232 | 467 PETER | COOK | M40+ | 57 | READING ROAD RUNNERS | 1 | 00:42:18 | 00:41:55 |
| 233 | 4051 Joseph | Brook | Senior Male | 117 | | | 00:42:22 | 00:41:43 |
| 234 | 1895 DIMITRIS | AGRAFIOTIS | M40+ | 58 | | | 00:42:24 | 00:42:07 |
| 235 | 1916 IAN | SAUNDERS | Senior Male | 118 | | | 00:42:25 | 00:42:08 |
| 236 | 3718 DANIELLE | PHILLIPS | Senior Femal | 12 | PARC BRYNBACH RUNNING CLUB | 5 | 00:42:26 | 00:42:13 |
| 237 | 3695 DAVE | LUCAS | Senior Male | 119 | | | 00:42:28 | 00:41:16 |
| 238 | 1445 BETHAN | CREES | Junior Femal | 2 | | | 00:42:30 | 00:41:54 |
| 239 | 1157 TERRY | O'BRIEN | M50+ | 22 | | | 00:42:32 | 00:42:20 |
| 240 | 3616 LEE | WRIGHTSON | Senior Male | 120 | | | 00:42:32 | 00:42:22 |
| 241 | 2478 SHANE | WILLIAMS | Senior Male | 121 | | | 00:42:32 | 00:42:15 |
| 242 | 3850 DELMIE | DAVIES | M40+ | 59 | | | 00:42:34 | 00:42:30 |
| 243 | 3926 JOSEPH | PETERS | Senior Male | 122 | | | 00:42:35 | 00:42:20 |
| 244 | 1795 JUSTIN | SHOWELL | M40+ | 60 | MARCH AC | 1 | 00:42:41 | 00:42:24 |
| 245 | 1779 DAVID | BEMBO | M50+ | 23 | | | 00:42:46 | 00:42:35 |
| 246 | 2840 PHILIP | CUSHION | Senior Male | 123 | | | 00:42:46 | 00:42:27 |
| 247 | 3913 RICHARD | FOWLER | Senior Male | 124 | | | 00:42:47 | 00:42:31 |
| 248 | 503 OLIVER | RENNISON | Junior Male | 8 | FOREST OF DEAN AC | 9 | 00:42:47 | 00:42:39 |
| 249 | 248 MARK WESLE | BOWEN | Senior Male | 125 | ADMIRAL | 6 | 00:42:50 | 00:42:44 |
| 250 | 3320 CERI | COUSER | Senior Male | 126 | | | 00:42:50 | 00:42:37 |
| 251 | 2479 SCOTT | WILLIAMS | Senior Male | 127 | | | 00:42:51 | 00:42:34 |
| 252 | 3584 MARK | LAMORTE | M40+ | 61 | CAERPHILLY RUNNERS | 4 | 00:42:52 | 00:42:39 |
| 253 | 1239 HUW | DAVIES | M40+ | 62 | CARMARTHEN AND DISTRICT HARRIERS | 2 | 00:42:53 | 00:42:41 |
| 254 | 1494 GARETH | DAVIES | M40+ | 63 | OXFORD CITY AC | 2 | 00:42:53 | 00:42:45 |
| 255 | 737 LEE | ORRELLS | Senior Male | 128 | | | 00:42:55 | 00:42:46 |
| 256 | 167 JAMES | HART | Senior Male | 129 | ADMIRAL | 7 | 00:42:55 | 00:42:37 |
| 257 | 1241 RYAN | THOMAS | Senior Male | 130 | | | 00:42:57 | 00:42:46 |
| 258 | 2482 THOMAS | FREW | Senior Male | 131 | | | 00:42:59 | 00:42:45 |
| 259 | 1395 ANDREW | DAVIES | Senior Male | 132 | | | 00:42:59 | 00:42:44 |
| 260 | 2433 RACHEL | DAVIES | Senior Femal | 13 | | | 00:43:00 | 00:42:52 |
| 261 | 1946 ELIZABETH | RICHARDSON | Senior Femal | 14 | KENILWORTH RUNNERS | 1 | 00:43:00 | 00:42:50 |
| 262 | 3217 SARAH | WORLEY | Senior Femal | 15 | WORKSOP HARRIERS | 1 | 00:43:02 | 00:42:50 |
| 263 | 3108 ALUN | EVANS | M50+ | 24 | | | 00:43:03 | 00:42:57 |
| 264 | 1776 BRYAN | MEREDITH | M50+ | 25 | RHONDDA VALLEY RUNNERS | 1 | 00:43:03 | 00:42:49 |
| 265 | 2461 SIAN | POWELL | Junior Femal | 3 | | | 00:43:04 | 00:43:00 |
| 266 | 3742 JAMES | HOLLOWAY | Senior Male | 133 | | | 00:43:05 | 00:42:54 |
| 267 | 1904 STEPHEN | OWEN | M60+ | 6 | CHEPSTOW HARRIERS | 6 | 00:43:06 | 00:43:02 |
| 268 | 2389 ROD | HARRIS | M50+ | 26 | | | 00:43:06 | 00:42:56 |
| 269 | 1465 HEATH | BRETT | M40+ | 64 | | | 00:43:07 | 00:42:55 |
| 270 | 3099 MIKE | LANE | Senior Male | 134 | BLACK PEAR JOGGERS | 1 | 00:43:08 | 00:42:50 |
| 271 | 1454 ANDREW | KAYE | M50+ | 27 | FOREST OF DEAN AC | 10 | 00:43:09 | 00:42:57 |
| 272 | 2870 ANDREW | EVANS | Senior Male | 135 | RUN4ALL RUNNING CLUB | 6 | 00:43:13 | 00:42:59 |
| 273 | 2618 TOM | GRAHAM | Senior Male | 136 | | | 00:43:14 | 00:42:57 |
| 274 | 3176 LEWYS | ELVINS | Junior Male | 9 | | | 00:43:15 | 00:43:03 |
| 275 | 3825 DAVID | MILLER | Senior Male | 137 | BUILTH & DISTRICT | 1 | 00:43:15 | 00:42:54 |
| 276 | 2407 RICKY | LANGDON | Senior Male | 138 | | | 00:43:17 | 00:43:00 |
| 277 | 207 RACHEL | EVANS | F35+ | 14 | ADMIRAL | 8 | 00:43:18 | 00:42:47 |
| 278 | 3977 ANDREW | JONES | M40+ | 65 | PARC BRYNBACH RUNNING CLUB | 6 | 00:43:19 | 00:43:07 |
| 279 | 3880 RYAN | RICHARDS | Senior Male | 139 | ACTIVE SWANSEA | 1 | 00:43:20 | 00:42:39 |
| 280 | 45 Nick | Francis | Senior Male | 140 | Swansea Vale Runners | 1 | 00:43:21 | 00:43:14 |
| 281 | 3306 JODIE | JENKINS | Senior Male | 141 | | | 00:43:22 | 00:43:08 |
| 282 | 1477 JULIE | CASHELL | F35+ | 15 | PARC BRYNBACH RUNNING CLUB | 7 | 00:43:23 | 00:43:09 |
| 283 | 807 KATIE | HANSEL | Senior Femal | 16 | | | 00:43:25 | 00:43:16 |
| 284 | 3665 VICTORIA | HOBBS | Senior Femal | 17 | LLISWERRY RUNNERS | 2 | 00:43:25 | 00:43:16 |
| 285 | 3122 LLEWELYN | JAMES | Senior Male | 142 | | | 00:43:26 | 00:42:58 |
| 286 | 1206 LOUISE | JONES-EVAN | F45+ | 5 | | | 00:43:26 | 00:43:16 |
| 287 | 3563 GERARD | HOWELLS | M50+ | 28 | CHIPPENHAM HARRIERS | 1 | 00:43:27 | 00:43:20 |
| 288 | 1664 CRAIG PERCY | WALTERS | Senior Male | 143 | | | 00:43:28 | 00:42:59 |
| 289 | 3426 ANDY | HUNTER | M40+ | 66 | SWANSEA HARRIERS | 24 | 00:43:28 | 00:43:16 |
| 290 | 2256 DAVID | JOHNSON | M60+ | 7 | | | 00:43:29 | 00:43:06 |
| 291 | 3202 ANDREW | WALL | Senior Male | 144 | | | 00:43:30 | 00:43:01 |
| 292 | 2310 GARETH | MEARDON | Senior Male | 145 | 3MS GORSEINON ROAD RUNNERS | 6 | 00:43:31 | 00:42:57 |
| 293 | 811 HYWEL | REES | Senior Male | 146 | | | 00:43:31 | 00:43:28 |
| 294 | 3026 SHERYL | EVANS | F45+ | 6 | HEREFORD COURIERS | 1 | 00:43:31 | 00:43:15 |
| 295 | 460 SIMON | WALLER | M40+ | 67 | | | 00:43:32 | 00:43:28 |
| 296 | 1329 ROBERT | BAMSEY | M60+ | 8 | NEATH HARRIERS | 4 | 00:43:32 | 00:43:31 |
| 297 | 134 CLARISSA | FORBES | Senior Femal | 18 | ADMIRAL | 9 | 00:43:33 | 00:42:44 |
| 298 | 1205 PAUL | MORTON | Senior Male | 147 | PENARTH & DINAS RUNNERS | 1 | 00:43:34 | 00:43:18 |
| 299 | 3175 JASON | EVANS | Senior Male | 148 | | | 00:43:36 | 00:43:24 |
| 300 | 3254 NEIL | HORSLEY | M60+ | 9 | NEATH HARRIERS | 5 | 00:43:36 | 00:43:33 |
| 301 | 2621 TOM | JOHN | Junior Male | 10 | NEATH HARRIERS | 6 | 00:43:39 | 00:43:34 |
| 302 | 1670 RACHEL | EVANS | F35+ | 16 | RUN4ALL RUNNING CLUB | 7 | 00:43:39 | 00:43:27 |
| 303 | 2656 NICK | VENABLES | Senior Male | 149 | | | 00:43:42 | 00:43:21 |
| 304 | 3779 VINCENT | BRAIN | M40+ | 68 | | | 00:43:42 | 00:43:20 |
| 305 | 3396 SHAHIN | MEHRABAN | Senior Male | 150 | | | 00:43:44 | 00:43:18 |

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| 306 | 410 RABAB | RABAB | M40+ | 69 | | | 00:43:47 | 00:43:19 |
| 307 | 2858 MARK | SKIPPEN | Senior Male | 152 | SWANSEA HARRIERS | 25 | 00:43:48 | 00:43:38 |
| 308 | 3018 MATTHEW | THOMAS | Senior Male | 151 | | | 00:43:48 | 00:43:08 |
| 309 | 843 KRISTIAN | WALTERS | Senior Male | 153 | | | 00:43:51 | 00:43:40 |
| 310 | 626 IAN | CLARK | M40+ | 70 | | | 00:43:52 | 00:43:37 |
| 311 | 2385 LLOYD | HARRIS | Senior Male | 154 | | | 00:43:54 | 00:43:47 |
| 312 | 3561 RICHARD | POWELL | Senior Male | 155 | | | 00:43:54 | 00:43:04 |
| 313 | 3655 DANIEL | HENWOOD | Senior Male | 156 | | | 00:43:54 | 00:43:14 |
| 314 | 3760 MICHAEL | CRANWELL | M60+ | 10 | LES CROUPIERS | 12 | 00:43:56 | 00:43:41 |
| 315 | 44 Jacquie | Brace | F55+ | 2 | Bridgend | 1 | 00:43:57 | 00:43:54 |
| 316 | 2955 KELVIN | PHILLIPS | Senior Male | 157 | | | 00:43:59 | 00:43:16 |
| 317 | 587 ALEX | FERRARO | Senior Male | 158 | | | 00:44:03 | 00:43:24 |
| 318 | 2185 ROB | BENNETT | M40+ | 71 | PORTHCAWL RUNNERS | 2 | 00:44:03 | 00:43:48 |
| 319 | 579 JAN | STANTON | F55+ | 3 | | | 00:44:05 | 00:43:52 |
| 320 | 1356 JAMES | KENT | Senior Male | 159 | | | 00:44:06 | 00:43:33 |
| 321 | 1216 MICHAEL H | DAVIES | M60+ | 11 | LES CROUPIERS | 13 | 00:44:06 | 00:43:58 |
| 322 | 1817 BEN | TOMLINSON | M40+ | 72 | | | 00:44:07 | 00:43:51 |
| 323 | 3995 CHRIS | WILLIAMS | M40+ | 73 | | | 00:44:07 | 00:43:36 |
| 324 | 236 STUART | LUKINS | Senior Male | 160 | ADMIRAL | 10 | 00:44:07 | 00:43:38 |
| 325 | 3124 PATRICK | HOARE | M40+ | 74 | LLISWERRY RUNNERS | 3 | 00:44:07 | 00:43:38 |
| 326 | 3384 ROBERT | TUDHOPE | M40+ | 75 | LLISWERRY RUNNERS | 4 | 00:44:12 | 00:43:55 |
| 327 | 3889 ROBERT | LYNCH | Senior Male | 161 | ACTIVE SWANSEA | 2 | 00:44:16 | 00:43:36 |
| 328 | 3727 STEPHEN | FARMER | Senior Male | 162 | | | 00:44:20 | 00:44:07 |
| 329 | 2331 JAMES | MOON | Senior Male | 163 | | | 00:44:23 | 00:43:59 |
| 330 | 1106 DOMINIC | SHIELDS | M50+ | 29 | SAN DOMENICO RRC | 6 | 00:44:25 | 00:44:22 |
| 331 | 3714 SUSANNAH | BOLT | Senior Femal | 19 | | | 00:44:25 | 00:44:06 |
| 332 | 2060 LISA | THOMAS | F35+ | 17 | | | 00:44:28 | 00:44:17 |
| 333 | 3293 DARREN | CHAPPLE | M40+ | 76 | RUN4ALL RUNNING CLUB | 8 | 00:44:29 | 00:44:14 |
| 334 | 663 GERAINT | DAVIES | Senior Male | 164 | | | 00:44:31 | 00:44:22 |
| 335 | 675 SHERRYL | HALL | F45+ | 7 | FOREST OF DEAN AC | 11 | 00:44:32 | 00:44:21 |
| 336 | 3495 IAN | GLADWIN | M40+ | 77 | | | 00:44:32 | 00:44:24 |
| 337 | 1704 WIM | HOLLEBRANC | M40+ | 78 | | | 00:44:36 | 00:44:18 |
| 338 | 2551 LEE | LLEWELLYN | Senior Male | 165 | RUN4ALL RUNNING CLUB | 9 | 00:44:36 | 00:44:22 |
| 339 | 2724 GRANT | WEIR | Senior Male | 166 | | | 00:44:37 | 00:44:10 |
| 340 | 969 CARITAS | ADERE | Senior Male | 167 | | | 00:44:38 | 00:43:50 |
| 341 | 708 ROB | CLARKE | M40+ | 79 | CALDICOT RUNNING CLUB | 2 | 00:44:40 | 00:44:28 |
| 342 | 1507 WAYNE | HAYHURST | Senior Male | 168 | | | 00:44:41 | 00:44:16 |
| 343 | 2301 ANDREW | WALSH | Senior Male | 169 | | | 00:44:43 | 00:44:31 |
| 344 | 3406 MARTIN | TURTON | M50+ | 30 | | | 00:44:43 | 00:44:21 |
| 345 | 2500 CHRIS | WILLIAMS | M40+ | 80 | | | 00:44:45 | 00:44:29 |
| 346 | 2306 TIM | WILLIAMS | Senior Male | 170 | | | 00:44:45 | 00:44:10 |
| 347 | 3822 ABINAV | KHADKA | Senior Male | 171 | | | 00:44:45 | 00:41:21 |
| 348 | 2742 LEIGH | RISELEY | Senior Male | 172 | | | 00:44:46 | 00:44:29 |
| 349 | 3510 CHRIS | WILLIAMSON | M60+ | 12 | ADMIRAL | 11 | 00:44:46 | 00:44:12 |
| 350 | 3321 GARETH | JONES | Senior Male | 173 | | | 00:44:47 | 00:44:34 |
| 351 | 3972 RICHARD | HAZELL | Senior Male | 174 | CAERPHILLY RUNNERS | 5 | 00:44:48 | 00:44:37 |
| 352 | 2324 LISA | JEFFREY | F45+ | 8 | CHEPSTOW HARRIERS | 7 | 00:44:48 | 00:44:45 |
| 353 | 3281 DAVID | ROBERTS | Senior Male | 175 | | | 00:44:50 | 00:44:27 |
| 354 | 3392 ANDREW | PROCTOR | Senior Male | 176 | | | 00:44:50 | 00:44:29 |
| 355 | 3744 DEWI | WEST | M50+ | 31 | 3MS GORSEINON ROAD RUNNERS | 7 | 00:44:51 | 00:44:21 |
| 356 | 1255 CATHERINE | HOPKINS | Senior Femal | 20 | | | 00:44:51 | 00:44:45 |
| 357 | 3365 SAM | CORFIELD | Senior Male | 177 | | | 00:44:51 | 00:44:32 |
| 358 | 1119 IWAN | TOMOS | Junior Male | 11 | | | 00:44:52 | 00:44:42 |
| 359 | 2497 LIZ | ROBBINS | Senior Femal | 21 | | | 00:44:52 | 00:44:40 |
| 360 | 1262 CRAIG | TINDAL | Senior Male | 178 | 3MS GORSEINON ROAD RUNNERS | 8 | 00:44:54 | 00:44:24 |
| 361 | 3840 STEVEN | TYLER | Senior Male | 179 | | | 00:44:54 | 00:44:33 |
| 362 | 1518 GRAHAM | HILLMAN | Senior Male | 180 | | | 00:44:54 | 00:44:30 |
| 363 | 3930 LIAM | WILLIAMS | Senior Male | 181 | | | 00:44:55 | 00:44:46 |
| 364 | 1873 RHYS | DOYLE | Senior Male | 182 | | | 00:45:00 | 00:44:25 |
| 365 | 4053 BETHAN | HARRIS | Junior Femal | 4 | | | 00:45:01 | 00:44:51 |
| 366 | 1973 ANTHONY | DOUGLAS | Senior Male | 183 | | | 00:45:02 | 00:44:41 |
| 367 | 860 DUSTY | KENNEDY | M40+ | 81 | SWANSEA HARRIERS | 26 | 00:45:02 | 00:44:39 |
| 368 | 173 JESSICA | HOLOHAN | F35+ | 18 | ADMIRAL | 12 | 00:45:02 | 00:44:24 |
| 369 | 364 PAUL | MORRIS | M50+ | 32 | LES CROUPIERS | 14 | 00:45:02 | 00:44:53 |
| 370 | 2988 LEE | MORRIS | Senior Male | 184 | | | 00:45:04 | 00:45:00 |
| 371 | 3589 JAMES | EDY | Senior Male | 185 | | | 00:45:06 | 00:44:29 |
| 372 | 3133 ALEXANDER | HUTTON-LEV | Senior Male | 186 | | | 00:45:07 | 00:44:45 |
| 373 | 3569 JUSTIN | BAILEY | M40+ | 82 | | | 00:45:08 | 00:44:47 |
| 374 | 3036 LINDY | EYNON | F55+ | 4 | TROTS | 2 | 00:45:09 | 00:44:59 |
| 375 | 3019 JAMIE | LOWNDES | M40+ | 83 | | | 00:45:09 | 00:44:29 |
| 376 | 3370 PAUL | MCNEILL | M40+ | 84 | | | 00:45:09 | 00:44:50 |
| 377 | 928 JASON | TURNER | M40+ | 85 | SWANSEA HARRIERS | 27 | 00:45:10 | 00:45:01 |
| 378 | 3900 CHRIS | PREECE | Senior Male | 187 | | | 00:45:10 | 00:44:55 |
| 379 | 2939 ANDREW | THOMAS | Senior Male | 188 | | | 00:45:10 | 00:44:38 |
| 380 | 1576 DEB | GOULE | F35+ | 19 | | | 00:45:12 | 00:44:56 |
| 381 | 2265 MICHAEL | RIMMER | M60+ | 13 | | | 00:45:13 | 00:44:37 |
| 382 | 3537 MICHAEL | REEVES | Senior Male | 189 | ADMIRAL | 13 | 00:45:14 | 00:44:26 |

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| 383 | 3870 DORIAN | WATERS | M50+ | 33 | | | 00:45:15 | 00:44:57 |
| 384 | 2758 TERRY | VAUGHAN | M40+ | 86 | PARC BRYNBACH RUNNING CLUB | 8 | 00:45:17 | 00:44:51 |
| 385 | 3656 PETER | WALSH | Senior Male | 190 | | | 00:45:17 | 00:44:51 |
| 386 | 3832 MARK | GRIFFITHS | M40+ | 87 | RHONDDA VALLEY RUNNERS | 2 | 00:45:18 | 00:45:06 |
| 387 | 3342 PHIL | ROBINSON | M40+ | 88 | | | 00:45:19 | 00:44:50 |
| 388 | 3671 CHRISTIAN | REES | M40+ | 89 | | | 00:45:20 | 00:45:00 |
| 389 | 502 PATRICK | RENNISON | M50+ | 34 | FOREST OF DEAN AC | 12 | 00:45:21 | 00:44:50 |
| 390 | 981 MARK | BAMFORD | M40+ | 90 | 3MS GORSEINON ROAD RUNNERS | 9 | 00:45:21 | 00:44:51 |
| 391 | 972 PENNY | KENNEDY | F45+ | 9 | SWANSEA HARRIERS | 28 | 00:45:23 | 00:45:01 |
| 392 | 1654 GRAHAM | MACKLEWOF | M40+ | 91 | | | 00:45:26 | 00:44:57 |
| 393 | 2647 BEN | BRADDOCK | Senior Male | 191 | | | 00:45:26 | 00:45:06 |
| 394 | 99 CERI | ISAAC | Senior Male | 192 | 3MS GORSEINON ROAD RUNNERS | 10 | 00:45:27 | 00:44:59 |
| 395 | 1713 SUZ | WEST | F35+ | 20 | BOURNEVILLE HARRIERS | 1 | 00:45:29 | 00:45:16 |
| 396 | 2277 BRIAN | FRANCIS | M50+ | 35 | FOREST OF DEAN AC | 13 | 00:45:29 | 00:44:57 |
| 397 | 3587 ANDREW | STONEMAN | Senior Male | 193 | | | 00:45:33 | 00:45:17 |
| 398 | 1235 RYAN | MINARD | Senior Male | 194 | ABERDARE VALLEY AAC | 4 | 00:45:34 | 00:45:04 |
| 399 | 3060 ALICE | JOHNSTON | Senior Femal | 22 | LES CROUPIERS | 15 | 00:45:34 | 00:45:26 |
| 400 | 3729 ROSS | HAWKINS | Senior Male | 195 | | | 00:45:36 | 00:45:06 |
| 401 | 2447 ANDREW | JONES | M40+ | 92 | | | 00:45:38 | 00:45:25 |
| 402 | 116 ANDREW | WILSON | Senior Male | 196 | ADMIRAL | 14 | 00:45:39 | 00:45:19 |
| 403 | 2425 IFAN | THORNE | Senior Male | 197 | SWANSEA HARRIERS | 29 | 00:45:41 | 00:45:28 |
| 404 | 2617 HYWEL | JONES | Senior Male | 198 | | | 00:45:43 | 00:45:31 |
| 405 | 1452 TIM | WASHBROOK | Senior Male | 199 | | | 00:45:44 | 00:45:32 |
| 406 | 3150 MATTHEW | BUNCE | M40+ | 93 | BRACKLA HARRIERS | 3 | 00:45:45 | 00:45:19 |
| 407 | 2379 TERENCE | HART | Senior Male | 200 | | | 00:45:46 | 00:45:31 |
| 408 | 2722 ALEX | CARTER | Junior Male | 12 | CHEPSTOW HARRIERS | 8 | 00:45:46 | 00:45:44 |
| 409 | 2489 THOMAS | WILLIAMS | Senior Male | 201 | | | 00:45:47 | 00:45:28 |
| 410 | 1727 SION | CREES | Senior Male | 202 | | | 00:45:49 | 00:45:31 |
| 411 | 2784 GARETH | MORGAN | Senior Male | 203 | | | 00:45:49 | 00:45:28 |
| 412 | 2783 GARETH | TREMAIN | Senior Male | 204 | | | 00:45:49 | 00:45:29 |
| 413 | 1767 THOMAS | WALTERS | Senior Male | 205 | | | 00:45:50 | 00:45:05 |
| 414 | 1641 HELEN | ANDREWS | F45+ | 10 | BRIDGEND AC | 4 | 00:45:51 | 00:45:24 |
| 415 | 796 GERAINT | JENKINS | M40+ | 94 | AMMAN VALLEY HARRIERS | 2 | 00:45:52 | 00:45:31 |
| 416 | 1187 JOHN | BIBBY | M40+ | 95 | | | 00:45:53 | 00:45:38 |
| 417 | 358 ALEX | WILLIAMS | M40+ | 96 | | | 00:45:53 | 00:45:44 |
| 418 | 3419 STEVE | CHADWELL | M40+ | 97 | | | 00:45:55 | 00:45:21 |
| 419 | 1217 CLIVE | DENTON | M40+ | 98 | RHONDDA VALLEY RUNNERS | 3 | 00:45:56 | 00:45:29 |
| 420 | 1666 SCOTT | WILLIAMS | Senior Male | 206 | | | 00:45:56 | 00:44:56 |
| 421 | 1285 RICHARD | STEELE | Senior Male | 207 | BRACKLA HARRIERS | 4 | 00:45:56 | 00:45:41 |
| 422 | 3677 MARK | JONES | M50+ | 36 | | | 00:45:57 | 00:45:29 |
| 423 | 1043 DAREN | SMITH | M50+ | 37 | FOREST OF DEAN AC | 14 | 00:45:57 | 00:45:47 |
| 424 | 1404 MELINDA | RUCK | F45+ | 11 | FOREST OF DEAN AC | 15 | 00:45:59 | 00:45:49 |
| 425 | 3739 BETHAN | MARKS | F35+ | 21 | | | 00:45:59 | 00:45:45 |
| 426 | 1096 DAN | GRAHAM | Senior Male | 208 | | | 00:46:01 | 00:45:44 |
| 427 | 501 JOHN | REES | M50+ | 38 | | | 00:46:02 | 00:45:35 |
| 428 | 212 RHYS | LILLEY | Senior Male | 209 | ADMIRAL | 15 | 00:46:04 | 00:45:21 |
| 429 | 3620 RYAN | DUNCAN | Junior Male | 13 | | | 00:46:07 | 00:45:31 |
| 430 | 2813 TIM | STEWART | M50+ | 39 | | | 00:46:07 | 00:45:40 |
| 431 | 3091 DAVID | PHILLIPS | M40+ | 99 | LLISWERRY RUNNERS | 5 | 00:46:08 | 00:45:51 |
| 432 | 3958 CASSANDRA | MILES | Senior Femal | 23 | | | 00:46:11 | 00:45:50 |
| 433 | 3936 MARIA | RICHARDS | F35+ | 22 | PONT Y PWL & DISTRICIT RUNNERS | 2 | 00:46:11 | 00:45:57 |
| 434 | 2537 KEITH | VERHEYDEN | M50+ | 40 | FETCH EVERYONE | 1 | 00:46:12 | 00:45:53 |
| 435 | 471 CHRISTOPHEI | JONES | M40+ | 100 | 3MS GORSEINON ROAD RUNNERS | 11 | 00:46:12 | 00:45:55 |
| 436 | 907 FERN | DAVIES | Senior Femal | 24 | | | 00:46:14 | 00:46:03 |
| 437 | 1604 RYAN | WOODWARD | Senior Male | 210 | | | 00:46:14 | 00:45:36 |
| 438 | 3621 MATTHEW | REES | Senior Male | 211 | | | 00:46:15 | 00:45:17 |
| 439 | 3549 RYAN | CORK | Senior Male | 212 | ADMIRAL | 16 | 00:46:16 | 00:45:45 |
| 440 | 3359 MOLLY | DAVIS | Senior Femal | 25 | | | 00:46:17 | 00:45:48 |
| 441 | 3669 DOUGLAS | FERRY | M40+ | 101 | | | 00:46:18 | 00:45:36 |
| 442 | 1591 GAVIN | DAVIES | Senior Male | 213 | | | 00:46:18 | 00:45:57 |
| 443 | 1256 DANIEL | POOLE | Senior Male | 214 | | | 00:46:19 | 00:45:51 |
| 444 | 3860 MARK | WILLIAMSON | M50+ | 41 | | | 00:46:19 | 00:45:48 |
| 445 | 3925 BRIAN | LONERGAN | Senior Male | 216 | | | 00:46:20 | 00:45:51 |
| 446 | 3978 MICHAEL | WILLIAMS | Senior Male | 215 | | | 00:46:20 | 00:45:40 |
| 447 | 3600 JAMES | MOSTON | Senior Male | 218 | | | 00:46:21 | 00:46:00 |
| 448 | 3747 IOAN | DAVIES | Senior Male | 217 | | | 00:46:21 | 00:45:47 |
| 449 | 3283 NILS | SWINDELL | Senior Male | 219 | | | 00:46:21 | 00:45:26 |
| 450 | 3976 DAVID PAUL | REES | Senior Male | 220 | | | 00:46:22 | 00:46:04 |
| 451 | 1355 MICHELLE | GREY | F35+ | 23 | PORT TALBOT HARRIERS | 6 | 00:46:24 | 00:46:15 |
| 452 | 2506 CHRIS | MOORE | M60+ | 14 | FOREST OF DEAN AC | 16 | 00:46:26 | 00:45:55 |
| 453 | 2963 JOHN | REES | M60+ | 15 | | | 00:46:27 | 00:46:17 |
| 454 | 1088 PAUL | SOUTHARD | Senior Male | 221 | | | 00:46:29 | 00:45:21 |
| 455 | 1312 CHRISTOPHEI | SIMONS | Senior Male | 222 | | | 00:46:29 | 00:45:55 |
| 456 | 2714 NATHANIEL | SAMPSON | Junior Male | 14 | | | 00:46:31 | 00:46:12 |
| 457 | 2908 JONATHAN | MAINWARIN | Senior Male | 223 | | | 00:46:32 | 00:45:57 |
| 458 | 3098 TOM | GRIFFITHS | Junior Male | 15 | | | 00:46:34 | 00:46:09 |
| 459 | 2246 JOHN | SZULIK | Senior Male | 224 | | | 00:46:40 | 00:46:16 |

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| 460 | 3475 JUNE | AVERY | F55+ | 5 HASTINGS RUNNERS | 1 | 00:46:44 | 00:46:33 |
| 461 | 2493 DAVID | MOYLE | Senior Male | 225 | | 00:46:45 | 00:46:30 |
| 462 | 417 SAM | MORGAN | Senior Male | 226 | | 00:46:45 | 00:46:15 |
| 463 | 495 PHIL | JONES | M40+ | 103 | | 00:46:45 | 00:46:24 |
| 464 | 3058 ANDREW | GRINT | M40+ | 102 | | 00:46:45 | 00:46:38 |
| 465 | 1171 ROGER | CAPPER | M40+ | 104 | | 00:46:46 | 00:46:24 |
| 466 | 301 RICHARD | CROCKER | Senior Male | 227 | | 00:46:47 | 00:46:22 |
| 467 | 545 KEVIN | WESLEY | M50+ | 42 | | 00:46:47 | 00:46:34 |
| 468 | 1371 OSCAR | NYATANGA | Senior Male | 228 | | 00:46:48 | 00:45:45 |
| 469 | 4039 KAYHLAN | NORNGROVE | Junior Female | 5 | | 00:46:49 | 00:46:22 |
| 470 | 2837 CARL | JOHNSON | M40+ | 105 ISLWYN RC | 4 | 00:46:51 | 00:46:23 |
| 471 | 3204 JOHN | REES | M40+ | 106 | | 00:46:55 | 00:46:48 |
| 472 | 1575 PAUL | HOWARD | M40+ | 107 | | 00:46:56 | 00:46:42 |
| 473 | 2795 CLIVE | OSMOND | M50+ | 43 LES CROUPIERS | 16 | 00:46:56 | 00:46:28 |
| 474 | 1969 ROSS | GRIBBLE | Senior Male | 229 3MS GORSEINON ROAD RUNNERS | 12 | 00:46:57 | 00:46:40 |
| 475 | 3379 HANNAH | JONES | Senior Female | 26 | | 00:46:57 | 00:46:18 |
| 476 | 3812 HANNAH | DAVIES | F35+ | 24 | | 00:46:58 | 00:46:25 |
| 477 | 1939 BRIAN | GOUGH | M60+ | 16 PONTYPRIDD ROADENTS AC | 7 | 00:46:59 | 00:46:53 |
| 478 | 1381 LLOYD | WEST | M50+ | 44 CWM OGWR RUNNING CLUB | 1 | 00:47:00 | 00:46:29 |
| 479 | 2975 JASON | SMEETH | Senior Male | 230 | | 00:47:01 | 00:46:18 |
| 480 | 2838 CHRIS | WEBB | F35+ | 25 SWANSEA HARRIERS | 30 | 00:47:03 | 00:46:40 |
| 481 | 2291 MICHAEL | BYNG | Senior Male | 231 | | 00:47:04 | 00:46:25 |
| 482 | 2504 HELEN | LIPSCOMB | F35+ | 26 FOREST OF DEAN AC | 17 | 00:47:04 | 00:46:33 |
| 483 | 307 JULIAN | GRIFFITHS | M40+ | 108 | | 00:47:05 | 00:46:29 |
| 484 | 2896 GARETH | WILLIAMS | M50+ | 45 | | 00:47:06 | 00:46:25 |
| 485 | 3166 PAUL | BRAITHWAIT | M40+ | 109 | | 00:47:08 | 00:46:46 |
| 486 | 3212 NAJEEB | SUGHAYER | M40+ | 110 | | 00:47:09 | 00:46:47 |
| 487 | 3990 TUDOR | MILES | M50+ | 46 RUN4ALL RUNNING CLUB | 10 | 00:47:13 | 00:46:53 |
| 488 | 2835 DAVID | ELLIS | M40+ | 111 | | 00:47:14 | 00:46:45 |
| 489 | 1204 SHARON | HARRIS | F35+ | 27 | | 00:47:15 | 00:46:42 |
| 490 | 664 SHARON | EVANS | F35+ | 28 | | 00:47:16 | 00:46:45 |
| 491 | 851 KELLY | FELSTEAD | F35+ | 29 ISLWYN RC | 5 | 00:47:17 | 00:46:39 |
| 492 | 3761 ANDREW | EVANS | M50+ | 47 | | 00:47:18 | 00:46:53 |
| 493 | 2463 ADRIAN | LUCKMAN | M50+ | 48 | | 00:47:18 | 00:46:59 |
| 494 | 3522 JOSHUA | RODERICK | Senior Male | 232 ADMIRAL | 17 | 00:47:18 | 00:47:00 |
| 495 | 3904 EMMA | COLWILL | Senior Female | 27 | | 00:47:19 | 00:47:00 |
| 496 | 578 ALAIN | THOMAS | M60+ | 17 | | 00:47:20 | 00:46:48 |
| 497 | 1898 DEAN | HUGHES | M40+ | 112 | | 00:47:20 | 00:46:52 |
| 498 | 261 MIKE | EVANS | M60+ | 18 CHEPSTOW HARRIERS | 9 | 00:47:21 | 00:46:56 |
| 499 | 2892 LEE | OSBORNE | M40+ | 113 FOREST OF DEAN AC | 18 | 00:47:22 | 00:47:07 |
| 500 | 2457 ANDREW | O'LEARY | Senior Male | 233 | | 00:47:22 | 00:45:31 |
| 501 | 741 RICHARD | FORTT | F55+ | 6 | | 00:47:24 | 00:47:09 |
| 502 | 1215 ANDY | REES | M50+ | 49 | | 00:47:24 | 00:47:03 |
| 503 | 2525 STEVEN | FLEET | Senior Male | 234 | | 00:47:25 | 00:46:24 |
| 504 | 1120 GARETH | WILLIAMS | M40+ | 114 | | 00:47:27 | 00:46:54 |
| 505 | 1696 LOUISE | REES JAMES | F35+ | 30 | | 00:47:28 | 00:47:14 |
| 506 | 2002 ANDY | FISHER | M50+ | 50 BRACKLA HARRIERS | 5 | 00:47:29 | 00:46:28 |
| 507 | 1479 MARCUS | GOLDSWORT | M40+ | 115 | | 00:47:30 | 00:47:00 |
| 508 | 3382 RHYS | ROBERTS | Senior Male | 235 | | 00:47:30 | 00:47:05 |
| 509 | 3937 MEGAN | WITHERS | Senior Female | 28 PEMBROKESHIRE HARRIERS | 1 | 00:47:31 | 00:47:22 |
| 510 | 2174 RICHARD | EVANS | Senior Male | 236 | | 00:47:31 | 00:46:55 |
| 511 | 2474 BYRON | JONES | M40+ | 116 DRAGONS RUNNING CLUB | 1 | 00:47:31 | 00:47:04 |
| 512 | 2472 GRANT | WAKEMAN | M40+ | 117 ISLWYN RC | 6 | 00:47:35 | 00:47:06 |
| 513 | 3859 Spare | Chip | | 1 | | 00:47:35 | 00:46:39 |
| 514 | 2875 DANIEL | GILLMAN | Senior Male | 237 | | 00:47:35 | 00:46:53 |
| 515 | 3231 PAUL | GRIFFITHS | M40+ | 118 | | 00:47:35 | 00:46:44 |
| 516 | 416 HOWARD | COOLE | M40+ | 119 | | 00:47:36 | 00:47:05 |
| 517 | 2966 CHRIS | RAMSELL | Senior Male | 238 | | 00:47:37 | 00:46:27 |
| 518 | 2422 ROB | APPLEBY | Senior Male | 239 | | 00:47:38 | 00:47:13 |
| 519 | 2851 SHAUN | DOLPHIN | Senior Male | 240 | | 00:47:39 | 00:46:31 |
| 520 | 2950 ALUN | WILLIAMS | Senior Male | 241 | | 00:47:39 | 00:47:00 |
| 521 | 2600 KEITH | COLEMAN | M40+ | 120 CWM OGWR RUNNING CLUB | 2 | 00:47:39 | 00:47:07 |
| 522 | 3917 MATHEW | GOLDSWORT | Junior Male | 16 | | 00:47:40 | 00:47:11 |
| 523 | 3918 WILL | MORRIS | Junior Male | 17 | | 00:47:40 | 00:47:11 |
| 524 | 1609 ALAN | GLAZZARD | M50+ | 51 | | 00:47:41 | 00:47:13 |
| 525 | 3125 ALED | JONES | Senior Male | 242 | | 00:47:41 | 00:47:19 |
| 526 | 630 CRAIG | HUGHES | Senior Male | 243 | | 00:47:41 | 00:46:49 |
| 527 | 1471 ALUN | JOB | M40+ | 121 | | 00:47:42 | 00:47:08 |
| 528 | 3047 LISA | WILLIAMS | F35+ | 31 3MS GORSEINON ROAD RUNNERS | 13 | 00:47:42 | 00:47:22 |
| 529 | 1115 MICHAEL | MARKS | M40+ | 122 FOREST OF DEAN AC | 19 | 00:47:44 | 00:46:53 |
| 530 | 3556 STUART | KENDALL | M40+ | 123 | | 00:47:46 | 00:47:14 |
| 531 | 3895 CHRIS | ADAMS | M40+ | 124 | | 00:47:46 | 00:47:12 |
| 532 | 243 Luke | Trigg | Junior Male | 18 ADMIRAL | 18 | 00:47:47 | 00:46:50 |
| 533 | 2305 LEIGH | WILLIAMS | Senior Male | 245 | | 00:47:47 | 00:47:12 |
| 534 | 3579 PAUL | RIDGWAY | Senior Male | 244 | | 00:47:47 | 00:47:10 |
| 535 | 652 ANTHONY | MURPHY | M50+ | 52 | | 00:47:47 | 00:47:07 |
| 536 | 3209 JOHN | WHITE | M60+ | 19 | | 00:47:48 | 00:47:10 |

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| 537 | 1835 RICHARD | ACE | Senior Male | 246 | | | 00:47:48 | 00:47:21 |
| 538 | 1982 DARREN | MOULD | Senior Male | 247 | | | 00:47:49 | 00:46:47 |
| 539 | 3661 IAN | BAMFORD | M40+ | 125 | 3MS GORSEINON ROAD RUNNERS | 14 | 00:47:49 | 00:47:31 |
| 540 | 803 ANDY | SMITH | Senior Male | 248 | | | 00:47:50 | 00:47:26 |
| 541 | 820 GARY | JEFFORD | Senior Male | 249 | | | 00:47:51 | 00:47:13 |
| 542 | 1331 DANIEL | EDY | Senior Male | 250 | | | 00:47:51 | 00:47:14 |
| 543 | 766 CLARE | EVERETT | F35+ | 32 | | | 00:47:52 | 00:47:16 |
| 544 | 1770 GARETH | JONES | M60+ | 20 | CHEPSTOW HARRIERS | 10 | 00:47:54 | 00:47:29 |
| 545 | 695 GERAINT | EVANS | M40+ | 126 | | | 00:47:55 | 00:47:08 |
| 546 | 1460 KEVIN | DAVIES | Senior Male | 251 | | | 00:47:57 | 00:47:06 |
| 547 | 2780 DAVID | SANDERS | M40+ | 127 | | | 00:47:58 | 00:47:16 |
| 548 | 2070 MARK | HARVEY | M50+ | 53 | CHEPSTOW HARRIERS | 11 | 00:47:58 | 00:47:04 |
| 549 | 3277 KATY | LUFF | F35+ | 33 | CALDICOT RUNNING CLUB | 3 | 00:47:58 | 00:47:36 |
| 550 | 1233 RYAN | PRIDMORE | Senior Male | 252 | | | 00:47:59 | 00:47:40 |
| 551 | 2213 MIKE | JAMES | M40+ | 128 | PORT TALBOT HARRIERS | 7 | 00:47:59 | 00:47:33 |
| 552 | 1152 BEN | WEIR | Senior Male | 253 | | | 00:47:59 | 00:47:21 |
| 553 | 3012 LUKE | BROWN | Junior Male | 19 | | | 00:48:00 | 00:46:08 |
| 554 | 3358 BERWYN | LEWIS | M40+ | 129 | | | 00:48:01 | 00:47:34 |
| 555 | 2893 MARTYN | BRETT | Senior Male | 254 | | | 00:48:03 | 00:47:06 |
| 556 | 2859 VICTORIA | WILLIAMS | F35+ | 34 | | | 00:48:03 | 00:47:29 |
| 557 | 1481 MIKE | PRASAD | M40+ | 130 | 3MS GORSEINON ROAD RUNNERS | 15 | 00:48:05 | 00:47:46 |
| 558 | 180 SARA | WILLIAMS | Senior Femal | 29 | ADMIRAL | 19 | 00:48:05 | 00:47:55 |
| 559 | 3292 KEITH | PATERSON | M60+ | 21 | SAN DOMENICO RRC | 7 | 00:48:06 | 00:47:58 |
| 560 | 2930 PAUL | WILLIAMS | Senior Male | 255 | | | 00:48:06 | 00:47:37 |
| 561 | 3339 DYLAN | HARRIS | Junior Male | 20 | PONTARDAWE RUNNING CLUB | 2 | 00:48:07 | 00:47:49 |
| 562 | 242 TOM | RAINS | Senior Male | 256 | ADMIRAL | 20 | 00:48:11 | 00:47:34 |
| 563 | 1211 STEVE | JAMES | M40+ | 131 | | | 00:48:13 | 00:47:52 |
| 564 | 3868 CHRISTOPHE | NORLING | Senior Male | 257 | | | 00:48:13 | 00:47:44 |
| 565 | 759 REECE | FARLEY | Junior Male | 21 | | | 00:48:15 | 00:47:33 |
| 566 | 1997 STUART | WILLIAMS | M40+ | 132 | | | 00:48:15 | 00:47:51 |
| 567 | 1739 KEVIN | BRADFIELD | M50+ | 54 | PARC BRYNBACH RUNNING CLUB | 9 | 00:48:15 | 00:47:43 |
| 568 | 2563 DAVID | WAY | M40+ | 133 | | | 00:48:17 | 00:47:46 |
| 569 | 276 MATHEW | THOMAS | Senior Male | 258 | | | 00:48:17 | 00:47:32 |
| 570 | 2804 SCOTT | MACLEAN | Senior Male | 259 | | | 00:48:18 | 00:47:43 |
| 571 | 3380 HAYLEY | COBURN | F35+ | 35 | BRIDGEND AC | 5 | 00:48:19 | 00:48:04 |
| 572 | 1158 RICHARD | TREADGOLD | M60+ | 22 | | | 00:48:19 | 00:47:46 |
| 573 | 589 JOSH | JONES | Senior Male | 260 | | | 00:48:21 | 00:47:41 |
| 574 | 482 NEIL | THOMAS | M60+ | 23 | | | 00:48:24 | 00:48:05 |
| 575 | 1952 CHRISTOPHE | BRYANT | Senior Male | 261 | | | 00:48:24 | 00:47:09 |
| 576 | 2386 CAROLINE | HARRIS | F45+ | 12 | | | 00:48:25 | 00:48:05 |
| 577 | 2754 ROSS | BIGGAR | Junior Male | 22 | | | 00:48:27 | 00:47:28 |
| 578 | 3590 BERNARD | EASLING | Senior Male | 262 | | | 00:48:28 | 00:46:37 |
| 579 | 3696 VANESSA | HARRAGAN | F35+ | 36 | SWANSEA HARRIERS | 31 | 00:48:29 | 00:48:16 |
| 580 | 4056 C | Bowring | Senior Femal | 30 | | | 00:48:29 | 00:48:16 |
| 581 | 2702 ADRIAN | BYTHEWAY | M40+ | 134 | | | 00:48:30 | 00:47:58 |
| 582 | 1388 KATE | PENQUET | Senior Femal | 31 | | | 00:48:30 | 00:48:04 |
| 583 | 2863 RACHAEL | BAYONA | Senior Femal | 32 | CORNELLY STRIDERS AC | 1 | 00:48:30 | 00:47:52 |
| 584 | 287 JOHN | HUNT | Senior Male | 263 | | | 00:48:31 | 00:47:16 |
| 585 | 2718 DELME | WILLIAMS | Senior Male | 264 | | | 00:48:31 | 00:48:04 |
| 586 | 3555 ROSS LLOYD | POINER | M40+ | 135 | 3MS GORSEINON ROAD RUNNERS | 16 | 00:48:31 | 00:47:56 |
| 587 | 3806 BEN | SMITH | Senior Male | 265 | | | 00:48:32 | 00:48:08 |
| 588 | 2214 CHRIS | GLANFIELD | Senior Male | 266 | HAYWARDS HEATH HARRIERS | 1 | 00:48:32 | 00:48:01 |
| 589 | 1758 SAM | CLEMMETT | Senior Male | 267 | | | 00:48:33 | 00:47:21 |
| 590 | 1948 AUDREY | ALIES | F35+ | 37 | | | 00:48:34 | 00:47:57 |
| 591 | 3824 JOHN | MARSON | M40+ | 136 | LLANELLI AC | 3 | 00:48:35 | 00:48:14 |
| 592 | 1259 JAMES | KOSTROMIN | Senior Male | 268 | | | 00:48:38 | 00:47:42 |
| 593 | 3287 DARREN | HARRIS | M40+ | 137 | PONTARDAWE RUNNING CLUB | 3 | 00:48:39 | 00:48:21 |
| 594 | 1068 IAN | LEWIS | M50+ | 55 | | | 00:48:39 | 00:47:51 |
| 595 | 965 MARTIN | CROSHAW | M40+ | 138 | | | 00:48:40 | 00:48:20 |
| 596 | 3851 LAURIE | KIDMAN | Senior Male | 269 | | | 00:48:40 | 00:48:14 |
| 597 | 2915 DAVID | GRIFFITHS | M40+ | 139 | | | 00:48:40 | 00:48:12 |
| 598 | 2764 JENNY | MCADIE | F35+ | 38 | | | 00:48:41 | 00:48:06 |
| 599 | 2626 ANDREW | ARRAN | Senior Male | 270 | 3MS GORSEINON ROAD RUNNERS | 17 | 00:48:41 | 00:48:22 |
| 600 | 2393 HANNAH | SWAIN | Junior Femal | 6 | | | 00:48:41 | 00:48:05 |
| 601 | 1574 SHELLEY | SMITHSON | Senior Femal | 33 | | | 00:48:41 | 00:48:18 |
| 602 | 1628 AMANDA | JOHN | F45+ | 13 | AMMAN VALLEY HARRIERS | 3 | 00:48:41 | 00:48:29 |
| 603 | 2824 BRADLEY | ABRAHAM | Junior Male | 23 | | | 00:48:42 | 00:47:44 |
| 604 | 162 IAN | MORT | Junior Male | 24 | | | 00:48:42 | 00:48:07 |
| 605 | 214 RICHARD | LEWIS | Senior Male | 271 | ADMIRAL | 21 | 00:48:42 | 00:47:26 |
| 606 | 3456 GARETH | JOHN | M60+ | 24 | LES CROUPIERS | 17 | 00:48:44 | 00:48:18 |
| 607 | 3625 TIM | PADFIELD | M50+ | 56 | | | 00:48:45 | 00:48:18 |
| 608 | 1469 STEVE | MCLELLAND | M60+ | 25 | 3MS GORSEINON ROAD RUNNERS | 18 | 00:48:48 | 00:48:31 |
| 609 | 3994 IAN | MORGAN | Senior Male | 272 | FOREST OF DEAN AC | 20 | 00:48:51 | 00:48:41 |
| 610 | 973 DEAN | EVANS | Senior Male | 273 | | | 00:48:52 | 00:47:52 |
| 611 | 3322 MARC | JONES | Senior Male | 274 | | | 00:48:53 | 00:48:40 |
| 612 | 3208 JAMES | KEMP | Senior Male | 275 | | | 00:48:54 | 00:48:33 |
| 613 | 2131 VICTORIA | VELLACOTT | F35+ | 39 | | | 00:48:54 | 00:48:21 |

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| 614 | 1559 | CHRISTOPHE | WILLIAMS | M40+ | 140 | PORT TALBOT HARRIERS | 8 | 00:48:56 | 00:48:36 |
| 615 | 572 | RAY | MAJER | M60+ | 26 | SOSPAN ROAD RUNNERS | 2 | 00:48:57 | 00:48:12 |
| 616 | 2682 | CHRIS | MORGAN | Senior Male | 276 | | | 00:48:58 | 00:48:43 |
| 617 | 3662 | HELEN | JANNEY | F45+ | 14 | AMMAN VALLEY HARRIERS | 4 | 00:48:59 | 00:48:39 |
| 618 | 379 | DANIEL | HEARD | Senior Male | 277 | | | 00:49:00 | 00:48:26 |
| 619 | 228 | SCOTT | HAMILTON-S | Senior Male | 278 | ADMIRAL | 22 | 00:49:03 | 00:48:40 |
| 620 | 411 | MARK | EVANS | Senior Male | 279 | | | 00:49:03 | 00:48:37 |
| 621 | 2340 | LLINOS | EVANS | F45+ | 15 | | | 00:49:05 | 00:48:22 |
| 622 | 2866 | PAUL | CUMMINS | M40+ | 141 | | | 00:49:07 | 00:48:30 |
| 623 | 878 | ALEX | MORGAN | Senior Male | 280 | | | 00:49:07 | 00:48:04 |
| 624 | 1545 | HUW | HAMER | Senior Male | 281 | | | 00:49:08 | 00:48:32 |
| 625 | 1608 | KAREN | ELVERS | F35+ | 40 | CHEPSTOW HARRIERS | 12 | 00:49:08 | 00:48:43 |
| 626 | 3177 | PHIL | LEYSHON | M40+ | 142 | | | 00:49:09 | 00:48:15 |
| 627 | 3568 | RACHEL | BAILEY | F35+ | 41 | CARDIGAN RC | 1 | 00:49:09 | 00:48:47 |
| 628 | 1672 | CALLUM | MCPHEE | Senior Male | 282 | | | 00:49:13 | 00:48:46 |
| 629 | 4001 | KATY | WAIN | Senior Femal | 34 | | | 00:49:14 | 00:48:42 |
| 630 | 1941 | LEWIS | COOPER | Senior Male | 283 | | | 00:49:14 | 00:46:45 |
| 631 | 2712 | BARRIE | EDWARDS | Senior Male | 284 | | | 00:49:15 | 00:47:56 |
| 632 | 1930 | JACQUI | WYNDS | F55+ | 7 | FOREST OF DEAN AC | 21 | 00:49:17 | 00:48:43 |
| 633 | 3708 | DANIELLE | ROBERTS | Senior Femal | 35 | | | 00:49:17 | 00:48:53 |
| 634 | 2990 | GARY | BODMAN | M50+ | 57 | | | 00:49:18 | 00:49:01 |
| 635 | 195 | MICHAEL | JOHN | Senior Male | 285 | ADMIRAL | 23 | 00:49:19 | 00:48:36 |
| 636 | 2983 | ROBERT | LEWIS | M60+ | 27 | | | 00:49:21 | 00:48:56 |
| 637 | 1183 | MARK | FAULKNER | M50+ | 58 | LLISWERRY RUNNERS | 6 | 00:49:21 | 00:48:45 |
| 638 | 1648 | REBEKAH | BROOM | F35+ | 42 | | | 00:49:22 | 00:48:13 |
| 639 | 3512 | CRAIG | MERCHANT | Senior Male | 286 | ADMIRAL | 24 | 00:49:22 | 00:48:41 |
| 640 | 3203 | HAZEL | DAVIES | F55+ | 8 | CARDIGAN RC | 2 | 00:49:24 | 00:48:25 |
| 641 | 3376 | PHIL | MORGAN | M40+ | 143 | | | 00:49:24 | 00:48:40 |
| 642 | 3434 | MARTIN | SHACKELL | Senior Male | 287 | | | 00:49:25 | 00:48:34 |
| 643 | 2787 | TOM | JAMES | Senior Male | 288 | | | 00:49:25 | 00:48:20 |
| 644 | 1697 | CHRISTIAN | BISHOP | Senior Male | 289 | | | 00:49:25 | 00:48:38 |
| 645 | 782 | ROBBIE | LEWIS | Senior Male | 290 | | | 00:49:26 | 00:48:11 |
| 646 | 1845 | ED | DULAKE | Junior Male | 25 | | | 00:49:26 | 00:48:55 |
| 647 | 1953 | GARY | STADDON | Senior Male | 291 | | | 00:49:26 | 00:48:12 |
| 648 | 960 | DAVID | BOUCHER | M60+ | 28 | | | 00:49:28 | 00:48:51 |
| 649 | 139 | CONOR | DOWNES | Senior Male | 292 | ADMIRAL | 25 | 00:49:28 | 00:48:26 |
| 650 | 2665 | ROSS | WILLIAMS | Senior Male | 293 | | | 00:49:29 | 00:48:43 |
| 651 | 4034 | KIM | PRICE | F35+ | 43 | PARC BRYNBACH RUNNING CLUB | 10 | 00:49:31 | 00:49:06 |
| 652 | 1825 | JASON | GHALAMKAR | Senior Male | 294 | | | 00:49:32 | 00:48:45 |
| 653 | 2937 | GARETH | EVANS | Senior Male | 295 | | | 00:49:33 | 00:48:51 |
| 654 | 2679 | CONNOR | ROBERTS | Junior Male | 26 | | | 00:49:33 | 00:48:01 |
| 655 | 398 | DANIEL | WILLS | Senior Male | 296 | | | 00:49:34 | 00:48:34 |
| 656 | 286 | MARTIN | PRING | M40+ | 144 | | | 00:49:34 | 00:49:09 |
| 657 | 3553 | SOPHIE | CHRISTIE | Senior Femal | 36 | ADMIRAL | 26 | 00:49:34 | 00:48:11 |
| 658 | 2683 | RICHARD | MORGAN | Senior Male | 297 | | | 00:49:35 | 00:49:20 |
| 659 | 3381 | EDWARD | HARRIS | M40+ | 145 | | | 00:49:35 | 00:49:10 |
| 660 | 870 | IAN | JONES | M40+ | 146 | | | 00:49:36 | 00:49:21 |
| 661 | 3116 | GARETH | LEWIS | Senior Male | 298 | | | 00:49:36 | 00:49:09 |
| 662 | 146 | NATASHA | HARDING | Junior Femal | 7 | ADMIRAL | 27 | 00:49:36 | 00:49:21 |
| 663 | 2421 | DEBORAH | WOOD | F35+ | 44 | LLISWERRY RUNNERS | 7 | 00:49:36 | 00:49:09 |
| 664 | 2694 | OLLIE | WINCHESTER | Junior Male | 27 | | | 00:49:36 | 00:48:52 |
| 665 | 520 | ANDREW | DAVIES | M40+ | 147 | | | 00:49:37 | 00:49:03 |
| 666 | 444 | ROSS | BAGLOW | Senior Male | 299 | | | 00:49:37 | 00:49:25 |
| 667 | 2980 | SIMON | COOK | Senior Male | 300 | | | 00:49:38 | 00:48:42 |
| 668 | 3855 | COURTNEY | TAYLOR | M60+ | 29 | SAN DOMENICO RRC | 8 | 00:49:39 | 00:48:52 |
| 669 | 563 | EMMA | EYNON | Senior Femal | 37 | | | 00:49:40 | 00:49:02 |
| 670 | 3619 | ADAM | DUNCAN | M40+ | 148 | | | 00:49:40 | 00:49:02 |
| 671 | 1154 | KEVIN | HALMKAN | Senior Male | 301 | | | 00:49:40 | 00:49:14 |
| 672 | 2972 | SIAN | PHILLIPS | F55+ | 9 | SWANSEA HARRIERS | 32 | 00:49:42 | 00:49:12 |
| 673 | 3147 | GARETH | BARTLEY | M40+ | 149 | | | 00:49:43 | 00:48:40 |
| 674 | 3197 | BEN | WILLIAMS | Senior Male | 302 | | | 00:49:43 | 00:48:40 |
| 675 | 1066 | MALCOLM | HILL | M50+ | 59 | | | 00:49:43 | 00:48:53 |
| 676 | 3707 | DAVID | DARLINGTON | M40+ | 150 | | | 00:49:45 | 00:49:20 |
| 677 | 923 | BRENDA | AVERY | F55+ | 10 | CHEPSTOW HARRIERS | 13 | 00:49:46 | 00:49:32 |
| 678 | 3348 | ABBIE | WATERS | Senior Femal | 38 | | | 00:49:46 | 00:49:24 |
| 679 | 3248 | CHARLOTTE | HAZELWOOD | Senior Femal | 39 | | | 00:49:46 | 00:49:24 |
| 680 | 3974 | JUSTIN | JONES | M40+ | 151 | PONTYPRIDD ROADENTS AC | 8 | 00:49:46 | 00:48:28 |
| 681 | 3981 | SHAUN | HOWELLS | Senior Male | 303 | | | 00:49:46 | 00:48:39 |
| 682 | 682 | ANDREW | WILD | M50+ | 60 | | | 00:49:47 | 00:47:45 |
| 683 | 974 | MARC | LOGAN | Senior Male | 304 | | | 00:49:48 | 00:48:59 |
| 684 | 2865 | MARK | BRIDGENS | M40+ | 152 | | | 00:49:48 | 00:49:26 |
| 685 | 2090 | MICHAEL | POWELL | Senior Male | 305 | | | 00:49:49 | 00:49:22 |
| 686 | 419 | STEVEN | HALL | Senior Male | 306 | | | 00:49:50 | 00:49:09 |
| 687 | 2112 | JOE | WALTERS | Senior Male | 307 | | | 00:49:52 | 00:48:36 |
| 688 | 2719 | OWAIN | WILLIAMS | Senior Male | 308 | | | 00:49:52 | 00:48:45 |
| 689 | 1914 | PHILIP | TREHARNE | M50+ | 61 | | | 00:49:52 | 00:49:27 |
| 690 | 3805 | EMMA | TRACEY | Senior Femal | 40 | CALDICOT RUNNING CLUB | 4 | 00:49:52 | 00:49:30 |

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| 691 | 3394 DAVID | WILLIAMS | Senior Male | 309 RUN4ALL RUNNING CLUB | 11 | 00:49:54 | 00:49:21 |
| 692 | 3854 MARK | PENNY | Senior Male | 310 | | 00:49:55 | 00:49:09 |
| 693 | 821 JAMES | AUSTIN | Senior Male | 311 | | 00:49:56 | 00:49:01 |
| 694 | 3237 ERIC | DAVEY | M60+ | 30 LLANELLI AC | 4 | 00:49:56 | 00:49:49 |
| 695 | 435 OWEN | PEARSE | Senior Male | 312 | | 00:49:57 | 00:49:41 |
| 696 | 4021 STEPHEN | WOOD | Senior Male | 313 PEGASUS RC | 2 | 00:49:57 | 00:49:34 |
| 697 | 3214 NATALIE | HOLBOROW | Senior Femal | 41 | | 00:49:57 | 00:48:48 |
| 698 | 3097 CHRISTOPHE | DAVIE | M40+ | 153 | | 00:49:57 | 00:49:17 |
| 699 | 2531 ALICE | WARREN | Junior Femal | 8 | | 00:49:58 | 00:49:19 |
| 700 | 4020 PAULA | ALLEN | F35+ | 45 PEGASUS RC | 3 | 00:49:58 | 00:49:35 |
| 701 | 2570 STEPHEN | MURPHY | M50+ | 62 | | 00:49:58 | 00:49:25 |
| 702 | 1728 DAFYDD | REES | Senior Male | 314 | | 00:49:58 | 00:49:16 |
| 703 | 2496 DANIEL | MASON | Senior Male | 315 | | 00:49:59 | 00:49:25 |
| 704 | 1721 NATHANIEL | CASEY | Senior Male | 316 | | 00:49:59 | 00:49:50 |
| 705 | 784 STEVEN | PHILLIPS | M40+ | 154 ISLWYN RC | 7 | 00:50:00 | 00:49:30 |
| 706 | 2339 KERI | HOPKINS | Senior Male | 317 | | 00:50:00 | 00:49:12 |
| 707 | 1198 ALDO | RINALDI | M40+ | 155 | | 00:50:00 | 00:49:43 |
| 708 | 2641 WILLIAM | REES | Senior Male | 318 | | 00:50:00 | 00:48:44 |
| 709 | 723 SIMON | DORKEN | Senior Male | 319 | | 00:50:00 | 00:49:22 |
| 710 | 541 DAVID | MORGAN | M50+ | 63 | | 00:50:01 | 00:49:16 |
| 711 | 2932 LUCY | MORGAN | F35+ | 46 | | 00:50:01 | 00:49:42 |
| 712 | 2028 RYAN | CORDING | Junior Male | 28 | | 00:50:02 | 00:49:02 |
| 713 | 259 CHRIS | GIBBS | Senior Male | 320 | | 00:50:02 | 00:49:21 |
| 714 | 4057 Josh | Davies | M40+ | 156 | | 00:50:03 | 00:49:28 |
| 715 | 2383 RYAN | CROSS | Senior Male | 321 | | 00:50:03 | 00:49:53 |
| 716 | 1749 FFION | GEORGE | Junior Femal | 9 | | 00:50:03 | 00:49:29 |
| 717 | 3680 VINCE | PRICE | M40+ | 157 | | 00:50:04 | 00:49:17 |
| 718 | 326 PAUL | ABRAHAM | Senior Male | 322 | | 00:50:04 | 00:49:16 |
| 719 | 3367 ANDY | WILLIAMS | M50+ | 64 | | 00:50:04 | 00:49:04 |
| 720 | 2281 NATHAN | WILLIAMS | Senior Male | 323 DRAGONS RUNNING CLUB | 2 | 00:50:04 | 00:49:36 |
| 721 | 953 CHRISTOPHE | ROBERTS | Senior Male | 324 | | 00:50:05 | 00:49:39 |
| 722 | 2477 DANIEL | POWELL | Senior Male | 325 | | 00:50:06 | 00:48:59 |
| 723 | 1720 CALLUM | SCHOFIELD | Junior Male | 29 BLAENAU GWENT ATHLETIC | 1 | 00:50:06 | 00:49:44 |
| 724 | 2678 DAVID | BOWN | M40+ | 158 | | 00:50:07 | 00:49:40 |
| 725 | 2648 MICHAEL | JONES | Senior Male | 326 | | 00:50:07 | 00:49:17 |
| 726 | 2338 DAVID | GORWILL | Senior Male | 327 | | 00:50:08 | 00:49:19 |
| 727 | 2599 PAUL | WARREN | Senior Male | 328 | | 00:50:08 | 00:48:14 |
| 728 | 3896 CHRIS | BERESFORD | M40+ | 159 | | 00:50:08 | 00:49:34 |
| 729 | 3298 RHODRI | PHILLIPS | Senior Male | 329 | | 00:50:09 | 00:49:08 |
| 730 | 3072 ALAN | LANGDON | Senior Male | 330 | | 00:50:09 | 00:49:39 |
| 731 | 867 IAN | BRICE | M50+ | 65 | | 00:50:09 | 00:49:11 |
| 732 | 2934 HUW | LITTLEWOOD | Senior Male | 331 | | 00:50:09 | 00:42:07 |
| 733 | 2033 MELANIE | WELLS | F35+ | 47 | | 00:50:09 | 00:49:10 |
| 734 | 3206 STEVE | HUDD | M40+ | 160 | | 00:50:09 | 00:49:06 |
| 735 | 893 VIV | JONES | F35+ | 48 | | 00:50:10 | 00:49:23 |
| 736 | 3581 RACHEL | MORGAN | Senior Femal | 42 | | 00:50:11 | 00:49:27 |
| 737 | 702 MARTIN | HOLLAND | M50+ | 66 | | 00:50:11 | 00:49:30 |
| 738 | 1519 VICTORIA | HILLMAN | Senior Femal | 43 | | 00:50:11 | 00:49:32 |
| 739 | 3375 GARETH | DAVIES | Senior Male | 332 | | 00:50:11 | 00:49:34 |
| 740 | 446 JAMES | MATTHEWS | Senior Male | 333 | | 00:50:11 | 00:48:31 |
| 741 | 1347 RICHARD | PUGH | M50+ | 67 | | 00:50:12 | 00:49:41 |
| 742 | 2720 VICTORIA | VARDY | Senior Femal | 44 | | 00:50:12 | 00:49:26 |
| 743 | 2652 HANNAH | WILLIAMS | Senior Femal | 45 | | 00:50:14 | 00:49:23 |
| 744 | 431 MICHAEL | EWINS | Senior Male | 334 | | 00:50:14 | 00:49:50 |
| 745 | 204 PETER | ELLISON | M40+ | 161 ADMIRAL | 28 | 00:50:15 | 00:49:35 |
| 746 | 3905 JAMIE | WILLIAMS-AT | Senior Male | 335 | | 00:50:15 | 00:48:58 |
| 747 | 1968 CHARLIE | JAMES | Senior Femal | 46 3MS GORSEINON ROAD RUNNERS | 19 | 00:50:16 | 00:49:05 |
| 748 | 795 AILEEN | MCNALLY | F35+ | 49 | | 00:50:16 | 00:49:12 |
| 749 | 3946 PETER | HEWITT | Senior Male | 336 FOREST OF DEAN AC | 22 | 00:50:16 | 00:49:40 |
| 750 | 1308 SHARON | TRIVETT | F45+ | 16 | | 00:50:16 | 00:49:03 |
| 751 | 2032 MARTIN | FOSTER | M60+ | 31 BOURNEVILLE HARRIERS | 2 | 00:50:17 | 00:50:00 |
| 752 | 771 LISA | FOREY | F35+ | 50 ISLWYN RC | 8 | 00:50:18 | 00:49:28 |
| 753 | 442 DAVID | HUTCHINSON | M50+ | 68 | | 00:50:18 | 00:49:58 |
| 754 | 356 ALAN | GITSHAM | Senior Male | 337 | | 00:50:19 | 00:49:17 |
| 755 | 1420 CHARLES | MUSSELWHITE | M40+ | 162 | | 00:50:19 | 00:49:21 |
| 756 | 2763 KARL | JOHNSON | Senior Male | 338 | | 00:50:20 | 00:49:55 |
| 757 | 186 CRAIG | REES | M40+ | 163 ADMIRAL | 29 | 00:50:20 | 00:49:24 |
| 758 | 97 RICHARD | WEBSTER | M60+ | 32 3MS GORSEINON ROAD RUNNERS | 20 | 00:50:22 | 00:49:37 |
| 759 | 1844 MARTYN | DULAKE | M40+ | 164 | | 00:50:22 | 00:49:52 |
| 760 | 2049 LIAM | BROWN | Senior Male | 339 | | 00:50:22 | 00:49:28 |
| 761 | 3401 NATASHA | LOUCA-JONE | F35+ | 51 | | 00:50:23 | 00:49:43 |
| 762 | 3996 ROBERT | CAMPION | M40+ | 165 | | 00:50:24 | 00:48:57 |
| 763 | 3874 ANDY | DAVIES | Senior Male | 340 | | 00:50:26 | 00:49:34 |
| 764 | 256 CLAIRE | DUNBAR-BO | F35+ | 52 CWM OGWR RUNNING CLUB | 3 | 00:50:29 | 00:49:56 |
| 765 | 2505 ANDY | MORGAN | M40+ | 166 | | 00:50:31 | 00:49:58 |
| 766 | 1908 LEAH | TREHARNE | Senior Femal | 47 | | 00:50:32 | 00:49:40 |
| 767 | 2373 BETHAN | POWELL | Senior Femal | 48 PONT Y PWL & DISTRICIT RUNNERS | 3 | 00:50:34 | 00:49:49 |

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| 768 | 1328 CARWYN | PRITCHARD | Senior Male | 341 | | 00:50:36 | 00:48:59 | |
| 769 | 3770 JOHN | DAVIES | M50+ | 69 | | 00:50:36 | 00:49:59 | |
| 770 | 2022 DARREN | TAYLOR | Senior Male | 342 | | 00:50:36 | 00:49:47 | |
| 771 | 983 RICHARD | AMOS | Senior Male | 343 | | 00:50:38 | 00:49:37 | |
| 772 | 1439 ERWIN | TADIAR | M50+ | 70 | | 00:50:39 | 00:49:47 | |
| 773 | 1301 MARY | BEECH | F45+ | 17 | BRACKLA HARRIERS | 6 | 00:50:42 | 00:49:59 |
| 774 | 646 ANDREW | WILLIAMS | M40+ | 167 | | 00:50:43 | 00:50:02 | |
| 775 | 1112 JOHN | SHEEHY | M60+ | 33 | | 00:50:43 | 00:49:57 | |
| 776 | 1756 STUART | POWELL | Senior Male | 344 | | 00:50:46 | 00:50:01 | |
| 777 | 1809 AIMEE | PINK | Senior Femal | 49 | | 00:50:46 | 00:50:01 | |
| 778 | 935 ZANA | BRYAN | F35+ | 53 | | 00:50:47 | 00:50:13 | |
| 779 | 1747 SCOTT | TAYLOR | Senior Male | 345 | | 00:50:48 | 00:49:09 | |
| 780 | 3959 MELISSA | HERRING | Senior Femal | 50 | | 00:50:48 | 00:49:53 | |
| 781 | 1889 STEWART | MONTGOME | Senior Male | 346 | | 00:50:48 | 00:50:09 | |
| 782 | 2054 RHYS | DAVIES | Junior Male | 30 | NEATH HARRIERS | 7 | 00:50:48 | 00:50:47 |
| 783 | 2653 CHRIS | WILLIAMS | Senior Male | 347 | | 00:50:49 | 00:49:57 | |
| 784 | 3022 SIMON | DAVIES | Senior Male | 348 | | 00:50:49 | 00:49:36 | |
| 785 | 2864 PAUL | BAYONA | Senior Male | 349 | | 00:50:49 | 00:50:10 | |
| 786 | 1470 DAVE | HEBBES | M60+ | 34 | | 00:50:51 | 00:50:17 | |
| 787 | 801 PHILIP | PLEASS | M50+ | 71 | | 00:50:51 | 00:50:15 | |
| 788 | 1221 SIMON | HURFORD | Senior Male | 350 | | 00:50:51 | | |
| 789 | 3364 HELEN | BEYNON | Senior Femal | 51 | | 00:50:52 | 00:49:48 | |
| 790 | 3731 ROBERT | LEONG | M40+ | 168 | | 00:50:52 | 00:49:50 | |
| 791 | 657 ELERI | LOUGHER | Senior Femal | 52 | BOURNEVILLE HARRIERS | 3 | 00:50:54 | 00:49:29 |
| 792 | 3250 NIA | MORGAN | F45+ | 18 | | 00:50:54 | 00:49:18 | |
| 793 | 3539 NICOLA | BOWMAN | F45+ | 19 | ADMIRAL | 30 | 00:50:55 | 00:50:14 |
| 794 | 1964 MARC | BATCUP | Senior Male | 351 | | 00:50:55 | 00:50:01 | |
| 795 | 2564 SION | WAY | Junior Male | 31 | | 00:50:56 | 00:50:24 | |
| 796 | 3052 LIZZY | KIVELL | Senior Femal | 53 | | 00:50:58 | 00:50:05 | |
| 797 | 877 DENNIS | COLLINS | M50+ | 72 | | 00:50:59 | 00:50:02 | |
| 798 | 4052 ALEX | O'BRIEN | Senior Male | 352 | | 00:51:00 | 00:50:48 | |
| 799 | 1024 TIMOTHY | SOAR | M50+ | 73 | | 00:51:01 | 00:50:21 | |
| 800 | 1993 ALISTAIR | MURRAY | Senior Male | 353 | | 00:51:04 | 00:49:26 | |
| 801 | 1931 JULIET | AMNER | F55+ | 11 | CWM OGWR RUNNING CLUB | 4 | 00:51:05 | 00:49:59 |
| 802 | 3305 JAMES | TREVISO | Senior Male | 354 | | 00:51:05 | 00:50:16 | |
| 803 | 3173 TOM | SNELGROVE | Senior Male | 355 | | 00:51:07 | 00:50:18 | |
| 804 | 102 ADAM | THOMAS | Senior Male | 356 | ADMIRAL | 31 | 00:51:07 | 00:50:24 |
| 805 | 2609 MATTHEW | REWBRIDGE | Senior Male | 357 | | 00:51:08 | 00:49:52 | |
| 806 | 3914 JEZZ | PALMER | M40+ | 169 | | 00:51:08 | 00:49:44 | |
| 807 | 1333 SCOTT | CAPLIN | M50+ | 74 | | 00:51:09 | 00:50:42 | |
| 808 | 2624 RICHARD | VELARDO | Senior Male | 358 | | 00:51:09 | 00:49:39 | |
| 809 | 385 GARETH | SULLIVAN | Senior Male | 359 | MUMBLES MILERS | 1 | 00:51:10 | 00:50:45 |
| 810 | 1564 HAYLEY | GREEN | Senior Femal | 54 | | 00:51:11 | 00:50:27 | |
| 811 | 3927 CHRIS | BIGGS | F55+ | 12 | | 00:51:11 | 00:49:34 | |
| 812 | 1357 REBECCA | KENT | F35+ | 54 | | 00:51:12 | 00:50:39 | |
| 813 | 2243 GEMMA | VIVAN | Senior Femal | 55 | | 00:51:13 | 00:50:29 | |
| 814 | 3146 BEN | ARTUS | Junior Male | 32 | | 00:51:16 | 00:49:57 | |
| 815 | 3705 PAUL | ROWE | Senior Male | 360 | | 00:51:16 | 00:50:35 | |
| 816 | 1202 ALEXANDER | HEATON | Senior Male | 361 | | 00:51:17 | 00:50:09 | |
| 817 | 3123 MARTIN | SLUCUTT | Senior Male | 362 | SWANSEA HARRIERS | 33 | 00:51:18 | 00:50:43 |
| 818 | 3474 BOB | WOOLTERTO | M60+ | 35 | | 00:51:20 | 00:50:57 | |
| 819 | 2322 STEVE | WILLIAMS | M40+ | 170 | LLISWERRY RUNNERS | 8 | 00:51:21 | 00:50:53 |
| 820 | 414 LYNN | DAVIES | M40+ | 171 | | 00:51:23 | 00:50:12 | |
| 821 | 2286 JAKE | JOYCE | Senior Male | 363 | | 00:51:24 | 00:50:52 | |
| 822 | 2785 DAVID | LIMBRICK | M50+ | 75 | ISLWYN RC | 9 | 00:51:24 | 00:50:47 |
| 823 | 440 ANDREW | LLOYD | Senior Male | 364 | | 00:51:25 | 00:51:18 | |
| 824 | 3420 ANDREW | DRISCOLL | Senior Male | 365 | MERTHYR RUNNING CLUB | 2 | 00:51:26 | 00:50:38 |
| 825 | 1717 MOLLY | WELLINGTON | Junior Femal | 10 | | 00:51:27 | 00:51:02 | |
| 826 | 220 RYAN | SMITH | M40+ | 172 | ADMIRAL | 32 | 00:51:29 | 00:50:15 |
| 827 | 2251 ELINOR | LAWS | Senior Femal | 56 | | 00:51:29 | 00:50:30 | |
| 828 | 1506 STEVEN | EVANS | M50+ | 76 | RUN4ALL RUNNING CLUB | 12 | 00:51:30 | 00:50:33 |
| 829 | 1197 RUTH | TREHARNE | F45+ | 20 | ISLWYN RC | 10 | 00:51:30 | 00:50:42 |
| 830 | 1663 JASON | MASON | M40+ | 173 | | 00:51:30 | 00:50:25 | |
| 831 | 3040 SARAH | BARKER | F35+ | 55 | | 00:51:31 | 00:50:50 | |
| 832 | 2968 ANDREW | PROSSER | Senior Male | 366 | | 00:51:32 | 00:50:22 | |
| 833 | 2818 RHYS | PICTON | Senior Male | 367 | | 00:51:32 | 00:50:37 | |
| 834 | 3871 JENNI | THOMAS | Senior Femal | 57 | | 00:51:32 | 00:50:54 | |
| 835 | 3894 ANTHONY | RABAIOTTI | Senior Male | 368 | | 00:51:33 | 00:50:22 | |
| 836 | 3471 RAY | TILLEY | Senior Male | 369 | | 00:51:33 | 00:51:12 | |
| 837 | 3586 KEVIN | DAVIES | M40+ | 174 | | 00:51:34 | 00:51:07 | |
| 838 | 941 LOUISE | UDIAWAR | F35+ | 57 | PONTARDAWE RUNNING CLUB | 4 | 00:51:34 | 00:50:38 |
| 839 | 1859 LINSEY | HOLT | F35+ | 56 | | 00:51:34 | 00:50:42 | |
| 840 | 3472 OWEN | MSIMANGO | M40+ | 175 | BOSTON & DISTRICT AC | 1 | 00:51:35 | 00:50:33 |
| 841 | 156 EMMA | LEACH | Senior Femal | 58 | ADMIRAL | 33 | 00:51:36 | 00:50:44 |
| 842 | 3062 NEIL | BEYNON | M40+ | 176 | | 00:51:36 | 00:51:04 | |
| 843 | 1254 CARTER | SELLARS | Junior Male | 33 | | 00:51:37 | 00:50:34 | |
| 844 | 2752 KELLY | GIPSON | F45+ | 21 | | 00:51:37 | 00:51:03 | |

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| 845 | 3354 THOMAS | HAWKEN | Senior Male | 370 | | 00:51:37 | 00:50:48 | |
| 846 | 2924 CHRIS | WINDLEY | M40+ | 177 | | 00:51:40 | 00:49:59 | |
| 847 | 1087 BRIAN | MOGFORD | M50+ | 77 | AMMAN VALLEY HARRIERS | 5 | 00:51:41 | 00:51:21 |
| 848 | 1201 PATRICK | HEATON | M60+ | 36 | | | 00:51:41 | 00:50:34 |
| 849 | 2173 PETER | DAVIES | M50+ | 78 | RUN4ALL RUNNING CLUB | 13 | 00:51:42 | 00:51:09 |
| 850 | 3915 CYRIL | WILLIAMS | M60+ | 37 | PARC BRYNBACH RUNNING CLUB | 11 | 00:51:42 | 00:51:09 |
| 851 | 2217 ANNA | ZASHEVA | Senior Femal | 59 | | | 00:51:42 | 00:49:51 |
| 852 | 791 JAMES | BENNETT | Senior Male | 371 | | | 00:51:45 | 00:51:15 |
| 853 | 3410 LYN | EVANS | M50+ | 79 | PENARTH & DINAS RUNNERS | 2 | 00:51:45 | 00:50:59 |
| 854 | 2847 GARETH | JONES | M50+ | 80 | | | 00:51:46 | 00:50:43 |
| 855 | 3699 RICHARD | BARROW | M40+ | 178 | | | 00:51:47 | 00:51:04 |
| 856 | 1124 KERI | HILES | M40+ | 179 | | | 00:51:47 | 00:51:28 |
| 857 | 3688 MATTHEW | THOMAS | Senior Male | 372 | | | 00:51:47 | 00:49:48 |
| 858 | 3467 SIMON | THOMAS | M40+ | 180 | | | 00:51:48 | 00:51:16 |
| 859 | 235 STEPHEN | AGNEW | Senior Male | 373 | ADMIRAL | 34 | 00:51:49 | 00:50:53 |
| 860 | 2108 MARTIN | JOHN | Senior Male | 374 | | | 00:51:50 | 00:51:31 |
| 861 | 2940 CARYS | MORGAN | Senior Femal | 60 | DRAGONS RUNNING CLUB | 3 | 00:51:50 | 00:51:23 |
| 862 | 448 PHIL | HOBBS | M40+ | 181 | | | 00:51:52 | 00:50:53 |
| 863 | 260 PHILIPPA | WILSON | F35+ | 58 | | | 00:51:52 | 00:51:14 |
| 864 | 1203 MIKE | FOOTMAN | M40+ | 182 | | | 00:51:55 | 00:50:49 |
| 865 | 557 GRAHAM | BINGHAM | M50+ | 81 | PONTYPRIDD ROADENTS AC | 9 | 00:51:56 | 00:50:58 |
| 866 | 445 SAM | JONES | Senior Male | 375 | | | 00:51:57 | 00:50:24 |
| 867 | 1966 TIM | ALLEN | M40+ | 183 | | | 00:51:58 | 00:51:10 |
| 868 | 2258 NERYS | MONAGHAN | F45+ | 22 | | | 00:51:59 | 00:51:13 |
| 869 | 3801 GARETH | COPELY | Senior Male | 376 | | | 00:51:59 | 00:49:59 |
| 870 | 2128 KIRSTY ELIZABETH | EVANS | Senior Femal | 61 | CWM OGWR RUNNING CLUB | 5 | 00:51:59 | 00:51:22 |
| 871 | 1443 JON | CRECRAFT | Senior Male | 377 | | | 00:52:00 | 00:51:47 |
| 872 | 159 GARETH | ROBINSON | Senior Male | 378 | ADMIRAL | 35 | 00:52:00 | 00:51:21 |
| 873 | 3710 AARON | REES | Junior Male | 34 | | | 00:52:00 | 00:49:32 |
| 874 | 3777 ANDREW | MEADOWS | Senior Male | 379 | BRECON AC | 1 | 00:52:01 | 00:51:26 |
| 875 | 3833 RHYS | WILKINS | Senior Male | 380 | | | 00:52:02 | 00:50:13 |
| 876 | 3838 RICHIE | WILLIAMS | Senior Male | 381 | | | 00:52:03 | 00:51:20 |
| 877 | 292 STEVE | BURTON | M40+ | 184 | | | 00:52:04 | 00:51:05 |
| 878 | 1358 DAVID | JENKINS | M40+ | 185 | | | 00:52:04 | 00:51:03 |
| 879 | 1621 JOHN | NEWMAN | Senior Male | 382 | | | 00:52:04 | 00:50:27 |
| 880 | 654 DEREK | BALSDON | M60+ | 38 | | | 00:52:07 | 00:51:08 |
| 881 | 3360 DANIEL | RODDE | Senior Male | 383 | | | 00:52:07 | 00:51:18 |
| 882 | 730 KEITH | STARR | M60+ | 39 | | | 00:52:07 | 00:51:16 |
| 883 | 1836 SIMON | HUDSON | M40+ | 186 | | | 00:52:07 | 00:51:46 |
| 884 | 3092 KIERAN | CULLINAN | Junior Male | 35 | | | 00:52:08 | 00:51:04 |
| 885 | 2748 JULIE | SCHOLEY | F55+ | 13 | LES CROUPIERS | 18 | 00:52:09 | 00:51:57 |
| 886 | 3272 TOM | MOSTON | Senior Male | 384 | | | 00:52:11 | 00:51:50 |
| 887 | 3247 JANE | MORRIS | F35+ | 59 | | | 00:52:11 | 00:51:32 |
| 888 | 2492 RHIANNON | SIMMS | Senior Femal | 62 | | | 00:52:12 | 00:51:38 |
| 889 | 3735 JEMMA | GREGORY | Senior Femal | 63 | | | 00:52:13 | 00:51:13 |
| 890 | 3703 LEIGHTON | GARDNER | M50+ | 82 | | | 00:52:13 | 00:49:29 |
| 891 | 3598 MACIEJ | FORTUNIAK | Senior Male | 385 | | | 00:52:15 | 00:50:39 |
| 892 | 1432 NICOLA | LOCKHART | F35+ | 60 | | | 00:52:16 | 00:50:59 |
| 893 | 2517 GAYNOR | EVANS | F45+ | 23 | | | 00:52:17 | 00:51:45 |
| 894 | 2245 LEE | GORVETT | M40+ | 187 | | | 00:52:18 | 00:51:49 |
| 895 | 4007 SARAH | GALLAGHER | Senior Femal | 64 | | | 00:52:18 | 00:51:43 |
| 896 | 641 GEOFF | MARKEY | M40+ | 188 | CALDICOT RUNNING CLUB | 5 | 00:52:19 | 00:51:50 |
| 897 | 2263 STEWART | LUCITT | M40+ | 189 | | | 00:52:23 | 00:51:38 |
| 898 | 3529 LEWIS | HUZZEY | Senior Male | 386 | ADMIRAL | 36 | 00:52:24 | 00:52:11 |
| 899 | 3864 CAI | WILLIAMS | Senior Male | 387 | RUN4ALL RUNNING CLUB | 14 | 00:52:25 | 00:50:43 |
| 900 | 469 RICHARD | LEAHY | M40+ | 190 | | | 00:52:25 | 00:50:57 |
| 901 | 3332 GONDAI | DHLIWAYO | Senior Male | 388 | | | 00:52:26 | 00:51:04 |
| 902 | 4018 CEIRION | BESSANT | Senior Male | 389 | | | 00:52:26 | 00:51:20 |
| 903 | 3541 ROB | GOLLEDGE | Senior Male | 390 | ADMIRAL | 37 | 00:52:26 | 00:51:37 |
| 904 | 3049 LEE | MATTHEWS | M40+ | 191 | | | 00:52:27 | 00:51:17 |
| 905 | 3909 DARREN | ATTEW | M40+ | 192 | | | 00:52:27 | 00:51:10 |
| 906 | 2163 MICHAEL | GLOVER | M40+ | 193 | | | 00:52:28 | 00:51:29 |
| 907 | 2202 PAULA | MORGAN | F45+ | 24 | | | 00:52:28 | 00:51:17 |
| 908 | 3087 JEMMA | BENNETT | Junior Femal | 11 | | | 00:52:29 | 00:51:01 |
| 909 | 2276 STEFANIE | FRANCIS | F45+ | 25 | FOREST OF DEAN AC | 23 | 00:52:30 | 00:51:50 |
| 910 | 1517 MICHAEL | PRITCHARD | M60+ | 40 | | | 00:52:33 | 00:51:49 |
| 911 | 2974 CHRISTOPHER | CAMP BELL | M40+ | 194 | | | 00:52:34 | 00:51:17 |
| 912 | 3424 JONATHAN | GREEN | M40+ | 195 | | | 00:52:34 | 00:52:11 |
| 913 | 1365 RHIAN | STENT | F35+ | 61 | | | 00:52:35 | 00:52:05 |
| 914 | 1168 WENDY | HOYLAND | F45+ | 26 | EMLYN RUNNERS | 1 | 00:52:35 | 00:51:58 |
| 915 | 959 JENNY | CAULKETT | F35+ | 62 | SARN HELEN | 2 | 00:52:36 | 00:51:37 |
| 916 | 3755 MORRISEY | DAVID | Senior Male | 391 | | | 00:52:37 | 00:51:43 |
| 917 | 2344 CHRIS | DENNIS | M40+ | 196 | | | 00:52:39 | 00:51:56 |
| 918 | 3753 SAM | DONALDSON | M40+ | 197 | | | 00:52:39 | 00:51:41 |
| 919 | 1877 GERAINT | GRIFFITHS | Senior Male | 392 | | | 00:52:39 | 00:51:02 |
| 920 | 1160 BERNA | CANTWELL | F45+ | 27 | CHEPSTOW HARRIERS | 14 | 00:52:40 | 00:51:23 |
| 921 | 3588 LLOYD | WELLS | Senior Male | 393 | | | 00:52:40 | 00:51:52 |

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| 922 | 3219 OONA | CRAWFORD | F55+ | 14 TROTS | 3 | 00:52:41 | 00:51:48 |
| 923 | 1353 ANDREW | BROWN | M40+ | 198 | | 00:52:41 | 00:52:05 |
| 924 | 3082 RICHARD | MORGAN | M50+ | 83 | | 00:52:44 | 00:51:26 |
| 925 | 822 ANDREW | DUNSCOMBE | M50+ | 84 | | 00:52:45 | 00:51:59 |
| 926 | 3804 ADAM | DIMENT | Senior Male | 394 | | 00:52:45 | 00:51:20 |
| 927 | 4059 Spare | Chip | Senior Male | 395 | | 00:52:46 | 00:52:04 |
| 928 | 4033 MICHELLE | GOOCH | F45+ | 28 PONT Y PWL & DISTRICT RUNNERS | 2 | 00:52:47 | 00:52:24 |
| 929 | 4061 Bethan | Williams | F35+ | 63 | | 00:52:51 | 00:51:56 |
| 930 | 3634 JULIE | ARCHER | F45+ | 29 | | 00:52:52 | 00:51:32 |
| 931 | 1339 GARETH | FUDGE | Senior Male | 396 | | 00:52:54 | 00:52:13 |
| 932 | 3732 BRINLEY | AHERNE | M60+ | 41 | | 00:52:57 | 00:52:17 |
| 933 | 213 RHYS | WARRILOW | Senior Male | 397 ADMIRAL | 38 | 00:52:57 | 00:52:49 |
| 934 | 904 CHARLOTTE | IVEY | Senior Femal | 65 | | 00:52:57 | 00:51:50 |
| 935 | 3113 DAVID | LEWIS | M50+ | 85 | | 00:52:59 | 00:50:30 |
| 936 | 396 KEVIN | LLOYD | M60+ | 42 | | 00:53:01 | 00:51:11 |
| 937 | 662 RYA | COWAN | F35+ | 64 | | 00:53:02 | 00:52:54 |
| 938 | 2867 SIAN | RENDELL | Senior Femal | 66 | | 00:53:03 | 00:52:19 |
| 939 | 1035 NICHOLAS | JENKINS | Senior Male | 398 | | 00:53:04 | 00:52:18 |
| 940 | 1887 MARK | PROBERT | Senior Male | 399 | | 00:53:05 | 00:52:51 |
| 941 | 1207 ANDY | NOWAK | Senior Male | 400 | | 00:53:05 | 00:52:33 |
| 942 | 3540 RICHARD | ROBERTS | M40+ | 199 ADMIRAL | 39 | 00:53:05 | 00:52:37 |
| 943 | 900 ANDY | GIBBS | Senior Male | 401 | | 00:53:05 | 00:52:30 |
| 944 | 2199 MICHAEL | TABBERER | M40+ | 200 | | 00:53:06 | 00:51:51 |
| 945 | 3088 ANDREW | DEANS | Senior Male | 402 | | 00:53:06 | 00:52:26 |
| 946 | 1955 SHAUN | COTTER | M50+ | 86 | | 00:53:06 | 00:52:38 |
| 947 | 3526 CATHERINE | JONES | Senior Femal | 67 ADMIRAL | 40 | 00:53:07 | 00:52:00 |
| 948 | 3787 TOM | DYER | Senior Male | 403 | | 00:53:07 | 00:48:41 |
| 949 | 2734 CRESSY | MORGAN | F45+ | 30 | | 00:53:08 | 00:52:23 |
| 950 | 413 KENNETH W | OLIVER | M50+ | 87 ISLWYN RC | 11 | 00:53:08 | 00:52:22 |
| 951 | 1815 CERI | STEPHENS | Senior Male | 404 | | 00:53:08 | 00:49:40 |
| 952 | 3921 JASON | GARRAHAN | M40+ | 201 CAERPHILLY RUNNERS | 6 | 00:53:08 | 00:52:18 |
| 953 | 728 PAUL | DAVIES | M40+ | 202 | | 00:53:09 | 00:52:00 |
| 954 | 3245 ALICE | SULLIVAN | F35+ | 65 3MS GORSEINON ROAD RUNNERS | 21 | 00:53:09 | 00:52:12 |
| 955 | 3712 PAUL | GOATLEY | M40+ | 203 | | 00:53:09 | 00:52:03 |
| 956 | 1427 MICHAEL | HUGHES | M40+ | 204 | | 00:53:10 | 00:52:39 |
| 957 | 599 PETER | COVINGTON- | M50+ | 88 FOREST OF DEAN AC | 24 | 00:53:10 | 00:52:19 |
| 958 | 2756 TINA | MORRIS | F35+ | 66 | | 00:53:10 | 00:51:59 |
| 959 | 2579 KAREN | BARNETT | F45+ | 31 FOREST OF DEAN AC | 25 | 00:53:10 | 00:52:19 |
| 960 | 1248 ROB | PRITCHARD | M40+ | 205 CWM OGWR RUNNING CLUB | 6 | 00:53:11 | 00:52:46 |
| 961 | 4008 CHRISTIE | COLEMAN | M40+ | 206 CWM OGWR RUNNING CLUB | 7 | 00:53:11 | 00:52:14 |
| 962 | 361 ALEX | HUMPHREYS | Senior Male | 405 | | 00:53:11 | 00:51:55 |
| 963 | 725 OLIVER | DICKIE | M40+ | 207 | | 00:53:13 | 00:51:59 |
| 964 | 4004 DAVID | LEWIS | M50+ | 89 | | 00:53:14 | 00:52:10 |
| 965 | 3105 TERRY | SHORE | M60+ | 43 | | 00:53:15 | 00:52:33 |
| 966 | 3201 JUSTYN | BLEWETT | M40+ | 208 | | 00:53:16 | 00:51:50 |
| 967 | 2520 GARETH | DENTON | M40+ | 209 RHONDDA VALLEY RUNNERS | 4 | 00:53:16 | 00:51:50 |
| 968 | 359 ALAN | KING | M40+ | 210 | | 00:53:16 | 00:52:02 |
| 969 | 2709 ANTONI | MAIELLO | Senior Male | 406 | | 00:53:16 | 00:52:08 |
| 970 | 3740 MARK | FERMANDEL | M40+ | 211 | | 00:53:17 | 00:52:59 |
| 971 | 2035 SION | HUGHES | Senior Male | 407 | | 00:53:18 | 00:52:31 |
| 972 | 3771 LIZ | REES | F35+ | 67 | | 00:53:19 | 00:52:29 |
| 973 | 1455 ALICE | TOMOS | Senior Femal | 68 | | 00:53:21 | 00:52:54 |
| 974 | 3955 LOUIS | KILEY | Junior Male | 36 | | 00:53:21 | 00:52:24 |
| 975 | 1076 KAYE | PROTHERO-J | F35+ | 68 | | 00:53:22 | 00:52:23 |
| 976 | 494 ERNIE | CLIFT | M60+ | 44 | | 00:53:23 | 00:52:25 |
| 977 | 3941 SIMON | MORGAN | M50+ | 90 | | 00:53:23 | 00:53:12 |
| 978 | 3318 HAYLEY | MARSHALLS | F35+ | 69 | | 00:53:23 | 00:52:40 |
| 979 | 3869 TERRI | LUCAS | Senior Femal | 69 RUN4ALL RUNNING CLUB | 15 | 00:53:26 | 00:52:11 |
| 980 | 3706 MICHELLE | JAMES | F45+ | 32 AMMAN VALLEY HARRIERS | 6 | 00:53:26 | 00:52:29 |
| 981 | 2244 JAMIE | CRANNY | M40+ | 212 | | 00:53:26 | 00:52:50 |
| 982 | 2193 SIMON | MALLEY | Senior Male | 408 | | 00:53:27 | 00:51:38 |
| 983 | 1314 LEON | EVANS | M40+ | 213 | | 00:53:32 | 00:52:58 |
| 984 | 377 EVA | FRISK COOK | F55+ | 15 | | 00:53:33 | 00:52:58 |
| 985 | 3165 IAN | COE | Senior Male | 409 FOREST OF DEAN AC | 26 | 00:53:33 | 00:52:33 |
| 986 | 3506 ANDREW | SNOW | Senior Male | 410 ADMIRAL | 41 | 00:53:34 | 00:52:54 |
| 987 | 536 ELIZABETH | GRIFFITHS | F35+ | 70 | | 00:53:35 | 00:52:41 |
| 988 | 126 BYRON | DAVIES | M40+ | 214 ADMIRAL | 42 | 00:53:35 | 00:52:27 |
| 989 | 3453 GARETH | MOLE | M40+ | 215 PORTHCRAWL RUNNERS | 3 | 00:53:36 | 00:52:43 |
| 990 | 3100 RHIANNON | WALLACE | Senior Femal | 70 | | 00:53:37 | 00:53:12 |
| 991 | 1149 GILL | EDWARDS | F45+ | 33 CARMARTHEN AND DISTRICT HARRIERS | 3 | 00:53:37 | 00:52:52 |
| 992 | 2658 DOMINIC | JOHNSON | M40+ | 216 | | 00:53:41 | 00:52:47 |
| 993 | 1200 ERIC | EVANS | M60+ | 45 | | 00:53:41 | 00:53:17 |
| 994 | 3521 JONATHAN | EVANS | Senior Male | 411 ADMIRAL | 43 | 00:53:41 | 00:52:38 |
| 995 | 1911 DAMIAN | HOLT | Senior Male | 412 | | 00:53:41 | 00:52:11 |
| 996 | 2247 CLIVE | SEARLE | M50+ | 91 | | 00:53:41 | 00:52:29 |
| 997 | 3580 JONATHAN | KINNEAR | M50+ | 92 | | 00:53:43 | 00:52:41 |
| 998 | 1430 LEIGH | BESLEY | Senior Male | 413 | | 00:53:43 | 00:53:23 |

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| 999 | 901 RICHARD | WILSON | M40+ | 217 | | 00:53:44 | 00:52:42 | |
| 1000 | 2948 RICHARD | DAVIES | Senior Male | 414 | | 00:53:44 | 00:52:27 | |
| 1001 | 2058 CAROLINE | RIMMER | Senior Femal | 71 | | 00:53:45 | 00:52:58 | |
| 1002 | 1698 MARGRETT | MONK | F55+ | 16 | PARC BRYNBACH RUNNING CLUB | 12 | 00:53:47 | 00:53:25 |
| 1003 | 1007 BARRY | ROBERTS | M50+ | 93 | | | 00:53:48 | 00:52:58 |
| 1004 | 3935 GEMMA | GIBBON | F35+ | 71 | DRAGONS RUNNING CLUB | 4 | 00:53:49 | 00:53:21 |
| 1005 | 1671 ANDY | EVANS | M50+ | 94 | | | 00:53:49 | 00:53:03 |
| 1006 | 1655 MATTHEW | WILSON | M40+ | 218 | | | 00:53:50 | 00:52:49 |
| 1007 | 1515 LEAH | BLACK | F35+ | 72 | | | 00:53:51 | 00:52:43 |
| 1008 | 2614 HANNAH | REES | F35+ | 73 | | | 00:53:51 | 00:52:54 |
| 1009 | 3024 LEIGHTON | JONES | M60+ | 46 | 3MS GORSEINON ROAD RUNNERS | 22 | 00:53:52 | 00:52:57 |
| 1010 | 3496 IAN | YORATH | Senior Male | 415 | | | 00:53:53 | 00:52:13 |
| 1011 | 1708 EMMA | LOVNS | F35+ | 74 | CWM OGWR RUNNING CLUB | 8 | 00:53:53 | 00:53:16 |
| 1012 | 2660 SARA | EAST-IVEY | F35+ | 75 | | | 00:53:54 | 00:52:47 |
| 1013 | 3086 GEMMA | HEWITT | Senior Femal | 72 | FOREST OF DEAN AC | 27 | 00:53:55 | 00:53:04 |
| 1014 | 2428 RHIANYDD | HAMPTON | Senior Femal | 73 | | | 00:53:55 | 00:53:11 |
| 1015 | 2612 LLOYD | HAMPTON | Senior Male | 416 | | | 00:53:55 | 00:53:11 |
| 1016 | 884 MARK | FRANCIS | M50+ | 95 | BRACKLA HARRIERS | 7 | 00:53:56 | 00:53:11 |
| 1017 | 644 DYLAN | JAMES | M40+ | 219 | | | 00:53:56 | 00:52:56 |
| 1018 | 2221 JAMES | DAVIES | M50+ | 96 | | | 00:53:57 | 00:53:21 |
| 1019 | 653 LUKE | PITSON | Senior Male | 417 | | | 00:53:57 | 00:52:47 |
| 1020 | 3191 JULIE | COUZENS | F45+ | 34 | BRACKLA HARRIERS | 8 | 00:53:57 | 00:53:13 |
| 1021 | 1010 STEVE | ROBERTS | M50+ | 97 | | | 00:53:58 | 00:52:44 |
| 1022 | 862 WAYNE | EDMOND | M60+ | 47 | | | 00:53:58 | 00:50:21 |
| 1023 | 2659 TANYA | GUEST | M40+ | 220 | | | 00:53:58 | 00:53:06 |
| 1024 | 2998 JULIAN | WAKE | M40+ | 221 | | | 00:54:00 | 00:52:39 |
| 1025 | 3898 PALVINDER | SINGH | M40+ | 222 | | | 00:54:01 | 00:53:00 |
| 1026 | 2580 GARRY | GRIFFITHS | M40+ | 223 | RHONDDA VALLEY RUNNERS | 5 | 00:54:01 | 00:53:03 |
| 1027 | 3968 ELLIE | CLARK | Junior Femalr | 12 | | | 00:54:03 | 00:52:21 |
| 1028 | 2146 MARK | BANKHEAD | Senior Male | 418 | CORNELLY STRIDERS AC | 2 | 00:54:04 | 00:52:46 |
| 1029 | 2440 MICHELLE | SHAPLAND | F45+ | 35 | LLISWERRY RUNNERS | 9 | 00:54:04 | 00:53:36 |
| 1030 | 3435 THOMAS | JACKSON | M40+ | 224 | | | 00:54:05 | 00:53:06 |
| 1031 | 3960 STEVEN | CLARK | M40+ | 225 | | | 00:54:05 | 00:52:23 |
| 1032 | 3071 ELIZABETH | BEYNON | F35+ | 76 | | | 00:54:06 | 00:53:35 |
| 1033 | 1773 IAN | JAMES | M60+ | 48 | FOREST OF DEAN AC | 28 | 00:54:07 | 00:53:04 |
| 1034 | 1957 WAYNE | BRENCHLEY | Senior Male | 419 | | | 00:54:07 | 00:52:56 |
| 1035 | 1826 KIRSTY | COOK | Senior Femal | 74 | | | 00:54:07 | 00:53:19 |
| 1036 | 3783 JOANNA | ZAK | Senior Femal | 75 | | | 00:54:07 | 00:52:37 |
| 1037 | 3479 NATALIE | JONES | Senior Femal | 76 | LLANELLI STROLLERS | 1 | 00:54:08 | 00:52:42 |
| 1038 | 2969 MARYANN | TOBIN | Senior Femal | 77 | | | 00:54:09 | 00:52:59 |
| 1039 | 3947 DONNA | SHEEN | F35+ | 77 | FOREST OF DEAN AC | 29 | 00:54:11 | 00:52:41 |
| 1040 | 1714 MARTIN | WILLIAMS | M40+ | 226 | PORT TALBOT HARRIERS | 9 | 00:54:13 | 00:53:14 |
| 1041 | 3924 ANNA | BEVAN | F35+ | 78 | FOREST OF DEAN AC | 30 | 00:54:14 | 00:52:44 |
| 1042 | 1396 CYRIL | WALTERS | M60+ | 49 | TROTS | 4 | 00:54:14 | 00:53:19 |
| 1043 | 1342 MORGAN | EVANS | Senior Male | 421 | | | 00:54:15 | 00:53:02 |
| 1044 | 3460 CHRISTOPHE | FIDO | Senior Male | 420 | | | 00:54:15 | 00:53:49 |
| 1045 | 363 PETER | CLEMENT | M50+ | 98 | | | 00:54:15 | 00:53:15 |
| 1046 | 3658 MATTHEW | JOHN | M40+ | 227 | | | 00:54:15 | 00:53:33 |
| 1047 | 2992 PAUL | MURRAY | Senior Male | 422 | | | 00:54:15 | 00:52:25 |
| 1048 | 2808 KIM | MCSHANE | F35+ | 79 | | | 00:54:15 | 00:53:27 |
| 1049 | 447 JONATHAN | HANCOCK | Senior Male | 423 | | | 00:54:16 | 00:53:22 |
| 1050 | 2337 ANDREW | LAWTON | Senior Male | 424 | | | 00:54:16 | 00:53:29 |
| 1051 | 742 DAFYDD | PRITCHARD | Senior Male | 425 | | | 00:54:17 | 00:52:39 |
| 1052 | 1766 RYAN | FARR | Senior Male | 426 | | | 00:54:18 | 00:53:28 |
| 1053 | 871 GOODING | JEFF | M40+ | 228 | | | 00:54:19 | 00:53:16 |
| 1054 | 2328 NICK | SMITH | M40+ | 229 | | | 00:54:19 | 00:52:14 |
| 1055 | 2661 LEE | SAMUEL | Senior Male | 427 | | | 00:54:20 | 00:53:26 |
| 1056 | 2872 REV PETE | ORPHAN | M40+ | 230 | | | 00:54:21 | 00:52:27 |
| 1057 | 3660 LYNDSEY | JONES | Senior Femal | 78 | | | 00:54:22 | 00:53:37 |
| 1058 | 624 DEAN | PRICE | M40+ | 231 | | | 00:54:23 | 00:53:16 |
| 1059 | 1170 JOSEPHINE | SULMAN | F35+ | 80 | | | 00:54:23 | 00:53:20 |
| 1060 | 1461 RICHARD | PHILLIPS | M40+ | 232 | | | 00:54:23 | 00:52:58 |
| 1061 | 3115 DAVID | WHERRY | Senior Male | 428 | | | 00:54:24 | 00:53:18 |
| 1062 | 546 NICHOLAS | DAVIES | Senior Male | 429 | | | 00:54:24 | 00:51:14 |
| 1063 | 1340 FRANCES | SAMUEL | Senior Femal | 79 | CWM OGWR RUNNING CLUB | 9 | 00:54:24 | 00:53:41 |
| 1064 | 768 STEVE | BARNETT | Senior Male | 430 | | | 00:54:25 | 00:53:48 |
| 1065 | 1013 RICHARD | ATCHERLEY | M40+ | 233 | | | 00:54:25 | 00:52:16 |
| 1066 | 1164 JONATHAN | WEST | Senior Male | 431 | | | 00:54:26 | 00:53:48 |
| 1067 | 1557 SIAN | REES | F45+ | 36 | | | 00:54:26 | 00:53:47 |
| 1068 | 1832 EMYR | DANIEL | M40+ | 234 | | | 00:54:27 | 00:52:56 |
| 1069 | 3667 LLOYD | JONES | Senior Male | 432 | | | 00:54:27 | 00:52:49 |
| 1070 | 3461 DARREN | PURCELL | M40+ | 235 | | | 00:54:28 | 00:53:56 |
| 1071 | 3089 HANNAH | DAVIES | Senior Femal | 80 | | | 00:54:29 | 00:53:49 |
| 1072 | 854 PAUL | DAVIES | Senior Male | 433 | | | 00:54:29 | 00:53:19 |
| 1073 | 534 NIGEL | HANNEY | M50+ | 99 | | | 00:54:30 | 00:53:37 |
| 1074 | 1165 FELICITY | CHURCH | Junior Femalr | 13 | | | 00:54:30 | 00:51:19 |
| 1075 | 2073 LLOYD | GRIFFITHS | Senior Male | 434 | | | 00:54:31 | 00:54:26 |

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| 1076 | 3948 ISABELLE KAT WILLIAMS | Senior Femal | 81 | | | 00:54:31 | 00:53:22 |
| 1077 | 3928 DAVID LLOYD-HAWK | M40+ | 236 | | | 00:54:32 | |
| 1078 | 1374 BRIAN ARTHUR GRIFFITHS | M60+ | 50 | ELLESMERE PORT RC | 1 | 00:54:32 | 00:53:56 |
| 1079 | 2839 JOANNA HUTCHINGS | F45+ | 37 | | | 00:54:33 | 00:52:52 |
| 1080 | 3458 TEJA MUHA | Senior Femal | 82 | | | 00:54:34 | 00:53:44 |
| 1081 | 3432 ZAKARY BIRD | Senior Male | 435 | | | 00:54:34 | 00:53:43 |
| 1082 | 1459 PHIL MATTHEWS | M50+ | 100 | | | 00:54:34 | 00:53:56 |
| 1083 | 2194 ANDREW BREEZE | M40+ | 237 | | | 00:54:34 | 00:53:59 |
| 1084 | 3853 NICK RICHARDS | M40+ | 238 | | | 00:54:35 | 00:53:32 |
| 1085 | 1718 EDWARD WELLINGTON | M50+ | 101 | | | 00:54:35 | 00:54:11 |
| 1086 | 1810 RHIANWEN CONDRON | F35+ | 81 | | | 00:54:36 | 00:53:08 |
| 1087 | 2663 TOM STEPHENS | Senior Male | 436 | | | 00:54:36 | 00:53:22 |
| 1088 | 1860 NICHOLAS HOLT | M40+ | 239 | | | 00:54:36 | 00:53:06 |
| 1089 | 1383 ADAM CULLEY | Senior Male | 437 | | | 00:54:36 | 00:53:22 |
| 1090 | 3138 IMOGEN SPECTOR | Senior Femal | 83 | | | 00:54:36 | 00:52:59 |
| 1091 | 833 IOAN JAMES | Senior Male | 438 | | | 00:54:38 | 00:53:19 |
| 1092 | 832 TRILBY JAMES | F35+ | 82 | | | 00:54:38 | 00:53:20 |
| 1093 | 2335 NATALIE DAY | F35+ | 83 | | | 00:54:38 | 00:53:34 |
| 1094 | 3189 NEIL MALIPHANT | Senior Male | 439 | | | 00:54:41 | 00:53:52 |
| 1095 | 1780 KIRSTY BOWEN | Senior Femal | 84 | | | 00:54:41 | 00:53:11 |
| 1096 | 2445 GRACIE LEWIS | Senior Femal | 85 | | | 00:54:42 | 00:53:48 |
| 1097 | 480 KATHERINE STROUD | F35+ | 84 | | | 00:54:43 | 00:52:52 |
| 1098 | 1804 LLOYD HOPKINS | Senior Male | 440 | | | 00:54:44 | 00:53:11 |
| 1099 | 3126 SAMUEL MARSH | Senior Male | 441 | | | 00:54:44 | 00:53:35 |
| 1100 | 3282 NATALIE SUMMERHILL | F35+ | 85 | | | 00:54:44 | 00:53:35 |
| 1101 | 3693 SARA-WYN WATKINS | Senior Femal | 86 | | | 00:54:46 | 00:53:31 |
| 1102 | 2127 PHIL SHERIDAN | Senior Male | 442 | | | 00:54:46 | 00:53:39 |
| 1103 | 3374 SIAN WHITTAKER | F35+ | 86 | | | 00:54:46 | 00:53:20 |
| 1104 | 2233 MARK CHANNER | M40+ | 240 | FOREST OF DEAN AC | 31 | 00:54:47 | 00:53:44 |
| 1105 | 3334 TIAGO MIL-HOMENS | Senior Male | 443 | | | 00:54:47 | 00:52:52 |
| 1106 | 2877 ALISON HOLTON | F45+ | 38 | PARC BRYNBACH RUNNING CLUB | 13 | 00:54:48 | 00:53:27 |
| 1107 | 3455 CHRIS TOWNSEND | M40+ | 241 | | | 00:54:49 | 00:53:38 |
| 1108 | 1942 JOSEPH COOPER | Senior Male | 444 | | | 00:54:51 | 00:52:21 |
| 1109 | 1352 NICK ENGLAND | Junior Male | 37 | | | 00:54:51 | 00:52:45 |
| 1110 | 1085 KATHRYN KEARNEY | F45+ | 39 | RUN4ALL RUNNING CLUB | 16 | 00:54:52 | 00:53:19 |
| 1111 | 2047 DAN JENKINS | Senior Male | 445 | | | 00:54:53 | 00:54:07 |
| 1112 | 194 MICHAEL DAVIES | Senior Male | 446 | ADMIRAL | 44 | 00:54:53 | 00:53:44 |
| 1113 | 1282 ANTHONY BARRON | M40+ | 242 | | | 00:54:53 | 00:54:21 |
| 1114 | 1803 SIAN HOPKINS | Senior Femal | 87 | | | 00:54:54 | 00:53:21 |
| 1115 | 192 MATTHEW LANE | Senior Male | 447 | ADMIRAL | 45 | 00:54:55 | 00:54:05 |
| 1116 | 380 CRAIG WILLIAMS | M40+ | 243 | | | 00:54:55 | 00:53:36 |
| 1117 | 3039 BRUCE MORGAN | M60+ | 51 | LLANELLI AC | 5 | 00:54:55 | 00:54:10 |
| 1118 | 409 PHIL BLACKLER | M50+ | 102 | | | 00:54:56 | 00:53:44 |
| 1119 | 1476 ROSIE BRISTOW | F35+ | 87 | PEGASUS RC | 4 | 00:54:57 | 00:53:35 |
| 1120 | 2643 DEAN REES | M40+ | 244 | | | 00:54:57 | 00:54:02 |
| 1121 | 3221 MAX BERGMANSK | M50+ | 103 | CAERPHILLY RUNNERS | 7 | 00:54:57 | 00:54:06 |
| 1122 | 3469 BOBBIE SWIFT | F35+ | 88 | PARC BRYNBACH RUNNING CLUB | 14 | 00:54:57 | 00:53:23 |
| 1123 | 1011 NICHOLAS CROMWELL | M40+ | 245 | | | 00:54:58 | 00:52:46 |
| 1124 | 3820 MARK DAVIES | M40+ | 246 | | | 00:54:58 | 00:53:34 |
| 1125 | 2902 MICHELA FINNIS | Senior Femal | 88 | | | 00:54:59 | 00:54:29 |
| 1126 | 639 CATHERINE CONDE | F35+ | 89 | | | 00:54:59 | 00:53:19 |
| 1127 | 1794 CLAIRE PRING | F35+ | 90 | | | 00:55:00 | 00:54:36 |
| 1128 | 3386 STEWART CLEAVER | Senior Male | 448 | | | 00:55:01 | 00:53:39 |
| 1129 | 1269 CHRIS WILLIAMS | Senior Male | 449 | | | 00:55:01 | 00:53:39 |
| 1130 | 3774 ALLEN BEVAN | M60+ | 52 | PONTYPRIDD ROADENTS AC | 10 | 00:55:01 | 00:54:07 |
| 1131 | 2936 IONA JONES-KENN | F35+ | 91 | | | 00:55:02 | 00:54:26 |
| 1132 | 3861 TOM WAKELING | Senior Male | 450 | | | 00:55:05 | 00:53:46 |
| 1133 | 3811 NICKY BENNETT | Senior Male | 451 | | | 00:55:05 | 00:53:48 |
| 1134 | 1937 DONALD WEIR | M50+ | 104 | | | 00:55:06 | |
| 1135 | 2560 CHRISTOPHER TODD JONES | M60+ | 53 | | | 00:55:06 | 00:54:41 |
| 1136 | 216 ROBERT COOK | Senior Male | 452 | ADMIRAL | 46 | 00:55:06 | 00:53:46 |
| 1137 | 187 Hannah Pascoe | Senior Femal | 90 | ADMIRAL | 47 | 00:55:06 | 00:54:41 |
| 1138 | 3517 JADE JEMSON | Senior Femal | 89 | ADMIRAL | 48 | 00:55:06 | 00:54:41 |
| 1139 | 891 SEAN MORGANS | M40+ | 247 | | | 00:55:08 | 00:53:28 |
| 1140 | 3451 RHYS VICKERY | Junior Male | 38 | | | 00:55:08 | 00:53:52 |
| 1141 | 2999 DAVID PERRY | M50+ | 105 | | | 00:55:09 | 00:54:00 |
| 1142 | 1103 EMMMA JANE MORRIS | Senior Femal | 91 | | | 00:55:10 | 00:54:20 |
| 1143 | 2404 ALI REES | F35+ | 92 | | | 00:55:10 | 00:53:29 |
| 1144 | 3984 KELLI REES-THOMP | F35+ | 93 | PONTARDAWE RUNNING CLUB | 5 | 00:55:10 | 00:53:40 |
| 1145 | 3425 SIMON COX | M50+ | 106 | | | 00:55:11 | 00:54:43 |
| 1146 | 2511 KEV FITZGERALD | M60+ | 54 | | | 00:55:12 | 00:54:27 |
| 1147 | 439 TIM CHRISTOPHER | Senior Male | 453 | | | 00:55:13 | 00:53:42 |
| 1148 | 841 STEVE MATTHEWS | Senior Male | 454 | | | 00:55:15 | 00:53:16 |
| 1149 | 344 KATHRYN DAVIES | F45+ | 40 | | | 00:55:15 | 00:54:29 |
| 1150 | 112 ANDREW BOUCHERON | Senior Male | 455 | ADMIRAL | 49 | 00:55:16 | 00:54:05 |
| 1151 | 3827 MARK WILSON | M40+ | 248 | | | 00:55:17 | 00:54:09 |
| 1152 | 3243 PHIL KILBURN | M50+ | 107 | | | 00:55:18 | 00:53:46 |

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| 1153 | 2190 SAMANTHA | LLOYD | Senior Femal | 92 AMMAN VALLEY HARRIERS | 7 | 00:55:18 | 00:54:21 |
| 1154 | 3053 LEE | MURPHY | Senior Male | 456 | | 00:55:19 | 00:54:40 |
| 1155 | 3179 MATTHEW | JONES | Senior Male | 457 | | 00:55:20 | 00:54:13 |
| 1156 | 2347 SIMON | PIKE | Senior Male | 458 | | 00:55:20 | 00:54:32 |
| 1157 | 3819 JAMES | DAVIES | M50+ | 108 | | 00:55:20 | 00:53:55 |
| 1158 | 312 CAMERON | HOPKINS | Senior Male | 459 | | 00:55:21 | 00:54:03 |
| 1159 | 3074 WAYNE | ISAAC | Senior Male | 460 | | 00:55:21 | 00:54:31 |
| 1160 | 191 MATTHEW | GAFFNEY | Senior Male | 461 ADMIRAL | 50 | 00:55:22 | 00:54:12 |
| 1161 | 2815 SIAN | STEPHENS | F35+ | 94 | | 00:55:22 | 00:54:00 |
| 1162 | 3183 ZOE | ELVER | F45+ | 41 PONT Y PWL & DISTRCIT RUNNERS | 4 | 00:55:22 | 00:54:24 |
| 1163 | 1335 JENNY | FIFIELD | F55+ | 17 SOSPAN ROAD RUNNERS | 3 | 00:55:23 | 00:54:35 |
| 1164 | 2733 ANTHONY | TURNER | M50+ | 109 | | 00:55:23 | 00:53:35 |
| 1165 | 450 GLAYNES | SIMPKINS | Senior Femal | 93 | | 00:55:24 | 00:54:06 |
| 1166 | 1813 SIMON | THOMAS | Senior Male | 462 | | 00:55:25 | 00:54:04 |
| 1167 | 2267 PHIL | KETTLEY | M40+ | 249 | | 00:55:25 | 00:54:40 |
| 1168 | 280 KELLY | O'LEARY | Senior Femal | 94 | | 00:55:26 | 00:53:28 |
| 1169 | 1366 ROBIN | WATT | M40+ | 250 | | 00:55:27 | 00:53:35 |
| 1170 | 3595 GARETH | JONES | M40+ | 251 | | 00:55:27 | 00:53:52 |
| 1171 | 3457 CARYS | PARR | F35+ | 95 | | 00:55:28 | 00:54:09 |
| 1172 | 2001 ADRIAN | DAVIES | Senior Male | 463 | | 00:55:28 | 00:53:54 |
| 1173 | 1134 DARREN | EVANS | M40+ | 252 | | 00:55:28 | 00:53:51 |
| 1174 | 3021 JACK | HOLLAND | Junior Male | 39 | | 00:55:29 | 00:54:15 |
| 1175 | 3493 DARREN | RENWICK | M40+ | 253 | | 00:55:29 | 00:53:50 |
| 1176 | 3278 PAIGE | LUFF | Junior Femal | 14 CALDICOT RUNNING CLUB | 6 | 00:55:29 | 00:55:04 |
| 1177 | 1354 CHLOE | POWLES | Senior Femal | 95 FOREST OF DEAN AC | 32 | 00:55:29 | 00:54:26 |
| 1178 | 2056 SARAH | RENESTO | F35+ | 96 | | 00:55:29 | 00:54:43 |
| 1179 | 1176 ELLIS | HOPKINS | M50+ | 110 | | 00:55:30 | 00:54:09 |
| 1180 | 3067 JULIE | TOY | F45+ | 42 MERTHYR RUNNING CLUB | 3 | 00:55:32 | 00:53:52 |
| 1181 | 1437 CHRISTOPHE | HOCKLEY | M40+ | 254 | | 00:55:33 | 00:54:35 |
| 1182 | 1244 RICHARD | CHUDLEIGH | M40+ | 255 | | 00:55:34 | 00:54:04 |
| 1183 | 3269 STEPHEN | JOHNSON | M50+ | 111 | | 00:55:34 | 00:54:26 |
| 1184 | 3492 MURAKAMI | KAZUTAKA | M50+ | 112 | | 00:55:36 | 00:53:55 |
| 1185 | 341 MARK | RICHARDS | M40+ | 256 | | 00:55:36 | 00:55:10 |
| 1186 | 812 JESSICA | WILLIAMS | Senior Femal | 96 | | 00:55:36 | 00:54:39 |
| 1187 | 2760 MIKAELA | GULLY | Senior Femal | 97 | | 00:55:36 | 00:53:41 |
| 1188 | 2632 STEFAN | CORTAZZI | M40+ | 257 | | 00:55:38 | 00:54:01 |
| 1189 | 593 LEYTON | FLEET | M40+ | 258 FOREST OF DEAN AC | 33 | 00:55:39 | 00:54:15 |
| 1190 | 1351 RICHARD | POWLES | M40+ | 259 FOREST OF DEAN AC | 34 | 00:55:39 | 00:54:15 |
| 1191 | 1489 RHODRI | BELL | Senior Male | 464 | | 00:55:40 | 00:54:59 |
| 1192 | 3843 JOSHUA | HITCHCOCK | Junior Male | 40 | | 00:55:40 | 00:54:09 |
| 1193 | 3240 SAM | JONES | Junior Male | 41 | | 00:55:40 | 00:54:17 |
| 1194 | 3666 LUKE E | BYE | Senior Male | 465 | | 00:55:40 | 00:55:17 |
| 1195 | 333 ANDREA | REYNOLDS-W | F45+ | 43 | | 00:55:41 | 00:55:03 |
| 1196 | 2886 GRAHAM | BENNETTO | M50+ | 113 FOREST OF DEAN AC | 35 | 00:55:41 | 00:54:16 |
| 1197 | 3617 AJING | JIPUR | Senior Male | 466 | | 00:55:41 | 00:55:30 |
| 1198 | 2024 CARL | EDGINGTON | M40+ | 260 LAWLEY RUNNING CLUB | 1 | 00:55:41 | 00:54:49 |
| 1199 | 4002 ANGHARAD | JAMES | Senior Femal | 98 | | 00:55:42 | 00:55:11 |
| 1200 | 982 BETHAN | AMOS | F35+ | 97 | | 00:55:43 | 00:54:41 |
| 1201 | 2080 LISA | WILLIAMS | F35+ | 98 | | 00:55:44 | 00:54:50 |
| 1202 | 540 SHARON | HAPLIN | F35+ | 99 | | 00:55:46 | 00:53:57 |
| 1203 | 1450 ISIS | THOMAS | Senior Femal | 99 | | 00:55:47 | 00:54:26 |
| 1204 | 3585 AMY | DAVIES | Senior Femal | 100 | | 00:55:49 | 00:54:30 |
| 1205 | 1300 GLYN | FOX | M50+ | 114 | | 00:55:49 | 00:54:21 |
| 1206 | 3599 PAUL | YOUNG | M40+ | 261 | | 00:55:49 | 00:54:09 |
| 1207 | 539 LEANNE | CASLEY | F45+ | 44 | | 00:55:50 | 00:54:01 |
| 1208 | 567 SIMON | FROBISHER | M50+ | 115 | | 00:55:50 | 00:54:09 |
| 1209 | 121 BEN | MORIARTY | Senior Male | 467 ADMIRAL | 51 | 00:55:51 | 00:55:07 |
| 1210 | 2494 ANDREW | HARRIS | Senior Male | 468 | | 00:55:52 | 00:54:45 |
| 1211 | 1544 HUW | BEYNON | Senior Male | 469 | | 00:55:53 | 00:55:17 |
| 1212 | 2933 OMAR | ALDALATI | Senior Male | 470 | | 00:55:53 | 00:54:22 |
| 1213 | 505 JOY | LANGAN | F55+ | 18 | | 00:55:54 | 00:54:54 |
| 1214 | 1991 ELERI | GEORGE | F35+ | 100 | | 00:55:55 | 00:54:39 |
| 1215 | 3631 BRIAN | FOX | M60+ | 55 SWANSEA HARRIERS | 34 | 00:55:55 | 00:54:42 |
| 1216 | 1261 ALUN | JONES | M40+ | 262 | | 00:55:55 | 00:54:41 |
| 1217 | 2538 SARA | MORGAN | F35+ | 101 VILLAGE VIPERS | 1 | 00:55:55 | 00:54:40 |
| 1218 | 3137 JAMES | WALTER | Senior Male | 471 | | 00:55:56 | 00:53:37 |
| 1219 | 2558 SOFIA | CONTE | Junior Femal | 15 | | 00:55:57 | 00:54:30 |
| 1220 | 3562 KATIE | EBDEN | Senior Femal | 101 | | 00:55:57 | 00:54:51 |
| 1221 | 1146 SAMANTHA | HYETT | F35+ | 102 | | 00:55:57 | 00:54:42 |
| 1222 | 629 JONATHAN | NEWMAN | Senior Male | 472 | | 00:55:58 | 00:54:56 |
| 1223 | 1755 JOSH | EYNON | Senior Male | 473 | | 00:55:59 | 00:52:29 |
| 1224 | 2735 JOANNE | VAN-LANDEV | F35+ | 103 | | 00:55:59 | 00:54:46 |
| 1225 | 3702 ANDREW | MUIRHEAD | M50+ | 116 | | 00:56:01 | 00:52:20 |
| 1226 | 2119 SIAN | REILLY | F35+ | 104 | | 00:56:05 | 00:54:41 |
| 1227 | 2170 STEPHEN | LEWIS | M40+ | 263 | | 00:56:06 | 00:55:04 |
| 1228 | 984 ANTHONY | WILLIAMS | Senior Male | 474 | | 00:56:06 | 00:54:46 |
| 1229 | 55 Emma | Martin Jewel | F35+ | 105 | | 00:56:07 | 00:55:55 |

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| 1230 | 470 SIMON | LEWIS | M40+ | 264 | | 00:56:07 | 00:55:19 |
| 1231 | 2471 LEE | DOW | Senior Male | 475 | | 00:56:08 | 00:54:20 |
| 1232 | 2512 CHLOE | HAVARD | Senior Femal | 102 | | 00:56:08 | 00:54:58 |
| 1233 | 1842 EDWARD | DAVIES | M50+ | 117 | | 00:56:08 | 00:55:23 |
| 1234 | 808 JAMES | HANSEL | Senior Male | 476 | | 00:56:09 | 00:54:49 |
| 1235 | 3831 PAUL | COKER | M40+ | 265 | | 00:56:09 | 00:55:12 |
| 1236 | 1428 RACHEL | LEWIS | Senior Femal | 103 | | 00:56:09 | 00:55:27 |
| 1237 | 113 ANDREW | COGHLIN | Senior Male | 477 ADMIRAL | 52 | 00:56:11 | 00:55:28 |
| 1238 | 1240 LIZ | DAVIES | F45+ | 45 | | 00:56:11 | 00:54:44 |
| 1239 | 3355 ADAM | GARDNER | M40+ | 266 | | 00:56:13 | 00:53:02 |
| 1240 | 2155 ALAN | MARSH | M60+ | 56 | | 00:56:13 | 00:54:51 |
| 1241 | 3772 NIGEL | REES | M40+ | 267 | | 00:56:13 | 00:55:08 |
| 1242 | 1992 PAUL | DUGGAN | Senior Male | 478 | | 00:56:13 | 00:54:37 |
| 1243 | 306 DENISE | BAILEY | F35+ | 106 | | 00:56:18 | 00:54:22 |
| 1244 | 4014 SARAH | GRONOW | F35+ | 107 | | 00:56:18 | 00:54:38 |
| 1245 | 3241 KIRSTY | JEFFRIES | Senior Femal | 104 | | 00:56:19 | 00:54:29 |
| 1246 | 2710 CERI | HUGHES | M40+ | 268 | | 00:56:20 | 00:54:49 |
| 1247 | 2944 HOWARD | ROBERTS | M50+ | 118 | | 00:56:20 | 00:55:23 |
| 1248 | 188 LEWIS | DOOLAN | Senior Male | 479 ADMIRAL | 53 | 00:56:20 | 00:55:32 |
| 1249 | 3362 OWEN | MORGAN | M40+ | 269 | | 00:56:21 | 00:54:34 |
| 1250 | 500 SIMON | REES | M40+ | 270 RUN4ALL RUNNING CLUB | 17 | 00:56:23 | 00:55:33 |
| 1251 | 1880 STUART | CRICHTON | M60+ | 57 | | 00:56:24 | 00:54:38 |
| 1252 | 2351 JEFFREY R G | JONES | M50+ | 119 | | 00:56:25 | 00:54:53 |
| 1253 | 2153 HANNAH | KING | Senior Femal | 105 | | 00:56:25 | 00:55:13 |
| 1254 | 2730 ANDREW | JONES | M40+ | 271 | | 00:56:27 | 00:54:42 |
| 1255 | 3646 PAUL | JOHNS | M40+ | 272 | | 00:56:28 | 00:55:50 |
| 1256 | 2634 GARETH | THOMAS | Senior Male | 480 | | 00:56:29 | 00:55:52 |
| 1257 | 3136 MATHEW | KENDALL | Senior Male | 481 | | 00:56:30 | 00:55:57 |
| 1258 | 922 DAVE | ANDREWS | M60+ | 58 CHEPSTOW HARRIERS | 15 | 00:56:31 | 00:55:36 |
| 1259 | 4023 JAMES | THOMAS | Senior Male | 482 | | 00:56:31 | 00:55:44 |
| 1260 | 2613 JAMES | DAVIES | Senior Male | 483 | | 00:56:32 | 00:54:46 |
| 1261 | 835 IAN | MORGAN | Senior Male | 484 | | 00:56:32 | 00:55:23 |
| 1262 | 3020 DEAN | JEFFERY | Senior Male | 485 | | 00:56:33 | 00:54:54 |
| 1263 | 3758 LEWIS | JAMES | Senior Male | 486 DRAGONS RUNNING CLUB | 5 | 00:56:33 | 00:56:06 |
| 1264 | 457 MARK | WORRALL | M50+ | 120 CWM OGWR RUNNING CLUB | 10 | 00:56:34 | 00:56:10 |
| 1265 | 1305 STEVE | ORRELLS | M60+ | 59 MALDWYN HARRIERS | 1 | 00:56:34 | 00:55:06 |
| 1266 | 3814 TOMOS | WHELTON | Senior Male | 487 | | 00:56:34 | 00:55:26 |
| 1267 | 3741 JONATHAN | TOWNEND | M50+ | 121 | | 00:56:35 | 00:55:57 |
| 1268 | 932 ANDREW | DOYLE | Senior Male | 488 | | 00:56:35 | 00:55:35 |
| 1269 | 2487 DAWN | HOPKINS | F35+ | 108 CWM OGWR RUNNING CLUB | 11 | 00:56:35 | 00:55:22 |
| 1270 | 2662 JOANNA | ETHERIDGE | Senior Femal | 106 AMMAN VALLEY HARRIERS | 8 | 00:56:36 | 00:55:39 |
| 1271 | 2685 ALED | WILLIAMS | M50+ | 122 | | 00:56:38 | 00:55:53 |
| 1272 | 1894 KEREN | BEARD | F45+ | 46 GRIFFITHSTOWN HARRIERS | 2 | 00:56:38 | 00:55:10 |
| 1273 | 1509 NATHAN | HAYHURST | Junior Male | 42 | | 00:56:38 | 00:55:37 |
| 1274 | 3623 MARTIN | EAMES | M40+ | 273 | | 00:56:39 | 00:54:59 |
| 1275 | 2567 JANET | WILLIAMS | F45+ | 47 | | 00:56:39 | 00:55:55 |
| 1276 | 828 JOHN | SCADDING | M50+ | 123 GREAT WESTERN RUNNERS | 1 | 00:56:40 | 00:55:28 |
| 1277 | 2574 CLAIRE | MEREDITH | Senior Femal | 107 | | 00:56:41 | 00:55:36 |
| 1278 | 3004 DAMIAN | JONES | M40+ | 274 | | 00:56:43 | 00:54:58 |
| 1279 | 1668 GARETH | GWYNN | Senior Male | 489 | | 00:56:43 | 00:55:18 |
| 1280 | 2881 WENDA | JAMES-ROWI | F45+ | 48 | | 00:56:44 | 00:55:46 |
| 1281 | 964 GARETH | PIPER | M40+ | 275 CWM OGWR RUNNING CLUB | 12 | 00:56:44 | 00:55:03 |
| 1282 | 2349 LEE | DANIEL | Senior Male | 490 | | 00:56:45 | 00:55:54 |
| 1283 | 2126 LUKE | SHACKLEY | Senior Male | 491 | | 00:56:46 | 00:55:28 |
| 1284 | 1431 NEIL | RAINEY | M50+ | 124 | | 00:56:47 | 00:55:43 |
| 1285 | 196 MICHAEL | JONES | M40+ | 276 ADMIRAL | 54 | 00:56:48 | 00:55:46 |
| 1286 | 3030 STEPHANIE | PRATT | F35+ | 109 | | 00:56:49 | 00:55:45 |
| 1287 | 4017 JON | WATKINS | Senior Male | 492 | | 00:56:51 | 00:55:44 |
| 1288 | 3215 DAVID | HENRY | M40+ | 277 | | 00:56:54 | 00:55:11 |
| 1289 | 1781 SARA | AL-MASRI | Senior Femal | 108 | | 00:56:54 | 00:55:19 |
| 1290 | 2880 GILLIAN | MURPHY | F55+ | 19 LES CROUPIERS | 19 | 00:56:55 | 00:56:00 |
| 1291 | 3821 KRISTINA | WILLIAMS | F35+ | 110 | | 00:56:56 | 00:56:21 |
| 1292 | 1796 JOICE | BANDOQUILL | Senior Femal | 109 MARCH AC | 2 | 00:56:56 | 00:55:00 |
| 1293 | 3228 RHODRI | OWENS | Senior Male | 493 | | 00:56:57 | 00:55:30 |
| 1294 | 2017 BETHAN | WATERS | F35+ | 111 | | 00:56:57 | 00:55:57 |
| 1295 | 2820 SHAHNAZ | SCULLY | F35+ | 112 | | 00:56:57 | 00:55:49 |
| 1296 | 436 ROBERT | CRABTREE | Senior Male | 494 | | 00:56:58 | 00:56:31 |
| 1297 | 3252 RICHARD | BEVAN | Senior Male | 495 | | 00:56:59 | 00:54:18 |
| 1298 | 863 CHRIS | MELLOR | M50+ | 125 | | 00:57:00 | 00:55:37 |
| 1299 | 3300 CHARLOTTE | HARRIES | Senior Femal | 110 CORNELLY STRIDERS AC | 3 | 00:57:00 | 00:55:41 |
| 1300 | 2778 DEREK | WALLACE | M50+ | 126 | | 00:57:01 | 00:56:18 |
| 1301 | 956 ROBERT | PORTER | Senior Male | 496 | | 00:57:02 | 00:56:24 |
| 1302 | 1223 CHRISTOPHEIAHERN | Senior Male | 497 | | | 00:57:03 | 00:55:23 |
| 1303 | 3601 KIRSTIE | WILLIAMS | Senior Femal | 111 | | 00:57:03 | 00:55:35 |
| 1304 | 2292 CATHERINE | LLEWELLYN | F45+ | 49 MERTHYR RUNNING CLUB | 4 | 00:57:05 | 00:56:49 |
| 1305 | 2697 NEIL | DAVIES | M40+ | 278 | | 00:57:05 | 00:56:05 |
| 1306 | 1867 CHRISTOPHEI | GRABHAM | Senior Male | 498 | | 00:57:05 | 00:56:36 |

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| 1307 | 2802 MARK | BEECH | Senior Male | 499 ROAD RUNNERS CLUB | 1 | 00:57:06 | 00:55:31 |
| 1308 | 1016 ANDREW | DRAGE | M50+ | 127 | | 00:57:06 | 00:55:06 |
| 1309 | 1027 KELVIN | WILLIAMS | M50+ | 128 | | 00:57:06 | 00:55:06 |
| 1310 | 466 JAFAR | GHALAMKAR | M50+ | 129 | | 00:57:07 | 00:56:43 |
| 1311 | 2803 DAVID | EDWARDS | M40+ | 279 | | 00:57:08 | 00:55:30 |
| 1312 | 3644 DENIS | BAKER | Senior Male | 500 | | 00:57:09 | 00:56:38 |
| 1313 | 2729 JENNA | DAVIES | Senior Femal | 112 RUN4ALL RUNNING CLUB | 18 | 00:57:10 | 00:55:30 |
| 1314 | 1387 EMMA | PURVIS | F35+ | 113 | | 00:57:10 | 00:55:56 |
| 1315 | 2559 IAIN | ROBERTSON | M40+ | 280 | | 00:57:10 | 00:55:59 |
| 1316 | 3614 EMMA | MELROSE | F35+ | 114 | | 00:57:11 | 00:55:39 |
| 1317 | 3603 SHAREEN | GEERS | F35+ | 115 | | 00:57:11 | 00:55:39 |
| 1318 | 2945 RICHARD | BOND | Senior Male | 501 | | 00:57:11 | 00:55:26 |
| 1319 | 223 SANDEEP | GILL | Senior Male | 502 ADMIRAL | 55 | 00:57:12 | 00:55:26 |
| 1320 | 2381 MARTIN | TURNER | M40+ | 281 | | 00:57:14 | 00:55:24 |
| 1321 | 1139 SCOTT | LEWIS | Senior Male | 503 | | 00:57:14 | 00:55:23 |
| 1322 | 1274 JOHN | EVANS | M50+ | 130 | | 00:57:15 | 00:55:46 |
| 1323 | 2317 DARREN | WILCOX | Senior Male | 504 | | 00:57:15 | 00:54:42 |
| 1324 | 2432 CHRISTOPHER | PHILLIPS | M40+ | 282 PONTARDAWE RUNNING CLUB | 6 | 00:57:16 | 00:55:48 |
| 1325 | 3488 BETHAN | GREANEY | Senior Femal | 113 | | 00:57:16 | 00:55:37 |
| 1326 | 3308 HELEN | CLANCY | F45+ | 50 CHEPSTOW HARRIERS | 16 | 00:57:17 | 00:55:33 |
| 1327 | 805 GILLIAN | HANSEL | F55+ | 20 | | 00:57:17 | 00:55:57 |
| 1328 | 2853 PHILLIP | HARRIS | Senior Male | 505 | | 00:57:17 | 00:55:53 |
| 1329 | 2757 MITCH | BOSSE | Senior Male | 506 | | 00:57:18 | 00:56:43 |
| 1330 | 2219 SARAH | STEVENS | F35+ | 116 | | 00:57:18 | 00:55:22 |
| 1331 | 2646 SARAH | JENKINS | Senior Femal | 114 | | 00:57:19 | 00:56:28 |
| 1332 | 4003 PHILL | CARLISLE | M50+ | 131 | | 00:57:20 | 00:56:30 |
| 1333 | 2797 ANDREW | WILKINS | M60+ | 60 BRACKLA HARRIERS | 9 | 00:57:20 | 00:56:37 |
| 1334 | 2627 MICHAEL | GIFFARD | Senior Male | 507 | | 00:57:20 | 00:55:53 |
| 1335 | 2459 RHYS | GWILLIAM | Junior Male | 43 | | 00:57:21 | 00:55:43 |
| 1336 | 2849 ANDREW | LUSTIG | Senior Male | 508 CELTIC TRI | 1 | 00:57:21 | 00:55:52 |
| 1337 | 586 IAN | PARFITT | M40+ | 283 | | 00:57:21 | 00:56:27 |
| 1338 | 3263 STUART | EADIE | Senior Male | 509 | | 00:57:21 | 00:55:56 |
| 1339 | 3178 RACHELLE | PROTHERO | Senior Femal | 115 WYE VALLEY RUNNERS | 2 | 00:57:22 | 00:56:35 |
| 1340 | 2546 CHRIS | WATKINS | Senior Male | 510 LLISWERRY RUNNERS | 10 | 00:57:23 | 00:56:54 |
| 1341 | 2798 SUSAN | WILKINS | F55+ | 21 BRACKLA HARRIERS | 10 | 00:57:23 | 00:56:40 |
| 1342 | 141 DANIEL | MCDOUGALL | Senior Male | 511 ADMIRAL | 56 | 00:57:23 | 00:55:35 |
| 1343 | 2882 JEREMY | ROWE | M40+ | 284 | | 00:57:24 | 00:56:27 |
| 1344 | 1064 ADRIAN | DAVIES | M50+ | 132 | | 00:57:25 | 00:56:36 |
| 1345 | 1114 MARTIN | BOWEN JONES | M50+ | 133 | | 00:57:26 | 00:56:09 |
| 1346 | 2796 MATTHEW | EDWARDS | Senior Male | 512 | | 00:57:26 | 00:56:08 |
| 1347 | 1724 RYAN | DAVIES | Junior Male | 44 | | 00:57:27 | 00:55:37 |
| 1348 | 3776 SIAN | EVANS | Senior Femal | 116 | | 00:57:27 | 00:56:28 |
| 1349 | 3267 JOEL | GIUFFRIDA | Senior Male | 513 | | 00:57:27 | 00:55:21 |
| 1350 | 3304 IAN | STADDON | M40+ | 285 | | 00:57:27 | 00:55:56 |
| 1351 | 3607 KIRSTY | KERSWELL | Senior Femal | 117 | | 00:57:28 | 00:55:35 |
| 1352 | 2601 JUNE | PARRY | F55+ | 22 CWM OGWR RUNNING CLUB | 13 | 00:57:29 | 00:56:15 |
| 1353 | 2717 NICOLE | FAULKNER | Senior Femal | 118 | | 00:57:29 | 00:56:11 |
| 1354 | 1382 LOUISE | RENGOZZI | Senior Femal | 119 | | 00:57:29 | 00:56:14 |
| 1355 | 3800 PAUL | JONES | M40+ | 286 | | 00:57:30 | 00:56:20 |
| 1356 | 3119 ELLIE | LING | F55+ | 23 | | 00:57:31 | 00:55:57 |
| 1357 | 3466 SARAH | GREEN | Senior Femal | 120 | | 00:57:32 | 00:56:26 |
| 1358 | 2987 LEYNIE | PEARN | Senior Femal | 121 | | 00:57:33 | 00:56:19 |
| 1359 | 2378 STEVE | LANIGAN | Senior Male | 514 | | 00:57:33 | 00:55:57 |
| 1360 | 716 EAMONN | MCGREEVY | M60+ | 61 | | 00:57:34 | 00:56:02 |
| 1361 | 3275 JULIE | COLE | F45+ | 51 | | 00:57:34 | 00:55:11 |
| 1362 | 3081 MIKE | RICHARDSON | Senior Male | 515 | | 00:57:36 | 00:56:24 |
| 1363 | 2605 JASON | RUSSELL | Senior Male | 516 ISLWYN RC | 12 | 00:57:36 | 00:55:46 |
| 1364 | 289 KATY | GIRDLER | F45+ | 52 | | 00:57:38 | 00:56:53 |
| 1365 | 489 BECKY | GOSNEY | Senior Femal | 122 | | 00:57:38 | 00:56:03 |
| 1366 | 1839 CHRISSEY | HARRISON | F35+ | 117 | | 00:57:39 | 00:55:41 |
| 1367 | 2921 JILL | MATTHEWS | F55+ | 24 PARC BRYNBACH RUNNING CLUB | 15 | 00:57:41 | 00:56:07 |
| 1368 | 3670 EMMA | WILLIAMS | F35+ | 118 BLAENAU GWENT ATHLETIC | 2 | 00:57:41 | 00:55:58 |
| 1369 | 1326 RICHARD | PURVIS | M40+ | 287 | | 00:57:42 | 00:56:27 |
| 1370 | 3842 DAVID | BRITTON | Senior Male | 517 | | 00:57:42 | 00:56:13 |
| 1371 | 2935 JANE | BEER | F55+ | 25 | | 00:57:43 | 00:56:14 |
| 1372 | 464 DARINA | DAVIES | Senior Femal | 123 | | 00:57:44 | 00:56:38 |
| 1373 | 815 HELEN | EYNON | F45+ | 53 | | 00:57:45 | 00:56:42 |
| 1374 | 816 KEVIN | EYNON | M50+ | 134 | | 00:57:45 | 00:56:43 |
| 1375 | 1321 HAYDEN | WILLIAMS | M40+ | 288 | | 00:57:46 | 00:57:18 |
| 1376 | 3418 KAREN | CHADWELL | F45+ | 54 LES CROUPIERS | 20 | 00:57:47 | 00:55:57 |
| 1377 | 2738 ANITA | PRICE | F35+ | 119 | | 00:57:47 | 00:56:34 |
| 1378 | 770 KERRY | MCGREEVY | Senior Femal | 124 | | 00:57:47 | 00:56:15 |
| 1379 | 3697 ROBERT | BATER | M40+ | 289 | | 00:57:48 | 00:56:07 |
| 1380 | 219 RUSS | BURT | Senior Male | 518 ADMIRAL | 57 | 00:57:48 | 00:56:07 |
| 1381 | 285 JOHN | FRY | M60+ | 62 FAIRWATER RUNNERS | 1 | 00:57:48 | 00:56:18 |
| 1382 | 3485 SARAH | BEYNON | Senior Femal | 125 | | 00:57:48 | 00:56:14 |
| 1383 | 3757 SARAH | PONTIN | F35+ | 120 ISLWYN RC | 13 | 00:57:49 | 00:56:13 |

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| 1384 | 2346 JON | MORGAN | M50+ | 135 | | 00:57:50 | 00:56:38 |
| 1385 | 2616 SAMUEL | EVISON | Senior Male | 519 | | 00:57:50 | 00:56:19 |
| 1386 | 2615 KATHERINE | HINDS | Senior Femal | 126 | | 00:57:50 | 00:56:19 |
| 1387 | 827 KING | REBECCA | Senior Femal | 127 | | 00:57:53 | 00:55:53 |
| 1388 | 3993 GETHYN | EVANS | M60+ | 63 | | 00:57:53 | 00:56:42 |
| 1389 | 2387 LUKE | HARRIS | Junior Male | 45 | | 00:57:54 | 00:56:25 |
| 1390 | 2731 LUKE | PERROTT | Senior Male | 520 | | 00:57:54 | 00:56:18 |
| 1391 | 623 JOHN | REES | M60+ | 64 | | 00:57:55 | 00:57:13 |
| 1392 | 246 WENDY | HOLLOWAY | Senior Femal | 128 ADMIRAL | 58 | 00:57:56 | 00:56:22 |
| 1393 | 2799 NATALIE | CRANE | F35+ | 121 | | 00:57:56 | 00:56:59 |
| 1394 | 2374 KATHRYN | VAUGHAN | Senior Femal | 129 | | 00:57:56 | 00:57:01 |
| 1395 | 3335 SUSIE | ACKROYD | F35+ | 122 | | 00:57:56 | 00:55:13 |
| 1396 | 1759 OWEN | SHADICK | Senior Male | 521 | | 00:57:57 | 00:57:40 |
| 1397 | 1760 LAUREN | SHURETY | Senior Femal | 130 | | 00:57:57 | 00:57:40 |
| 1398 | 1327 ROBERT LLOYD | EVANS | M40+ | 290 FAIRLANDS VALLEY SPARTANS | 1 | 00:57:57 | 00:56:35 |
| 1399 | 3951 JOE | KELLAND | Junior Male | 46 | | 00:57:58 | 00:54:45 |
| 1400 | 210 MARK | LUCAS | Senior Male | 522 ADMIRAL | 59 | 00:57:58 | 00:57:08 |
| 1401 | 2293 RUTH | ROBERTSON | F45+ | 55 SAN DOMENICO RRC | 9 | 00:57:59 | 00:56:18 |
| 1402 | 1497 KARL | WILLIAMS | Senior Male | 523 | | 00:58:00 | 00:57:03 |
| 1403 | 3713 JOANNE | POPHAM | F45+ | 56 | | 00:58:00 | 00:54:33 |
| 1404 | 2725 VICKY | WEIR | Senior Femal | 131 | | 00:58:01 | 00:56:25 |
| 1405 | 2394 LORRAINE | SWAIN | F55+ | 26 | | 00:58:01 | 00:57:01 |
| 1406 | 3912 NATALIE | PARSONS | F35+ | 123 | | 00:58:01 | 00:56:43 |
| 1407 | 3609 MARI | THOMAS | Senior Femal | 132 | | 00:58:04 | 00:56:34 |
| 1408 | 2747 MICHAEL | WILLIAMS | M50+ | 136 | | 00:58:05 | 00:55:51 |
| 1409 | 4022 LAURA | WHITTINGTO | Senior Femal | 133 | | 00:58:06 | 00:56:18 |
| 1410 | 3447 JEREMY | O'CALLAGHA | M40+ | 291 | | 00:58:07 | 00:55:36 |
| 1411 | 4049 Jan | Boxall | M50+ | 137 | | 00:58:07 | 00:56:53 |
| 1412 | 168 JAMES | PRICE | M40+ | 292 ADMIRAL | 60 | 00:58:08 | 00:56:16 |
| 1413 | 1912 RHIAN | JOHN | Senior Femal | 134 | | 00:58:09 | 00:56:16 |
| 1414 | 3592 LISA | ARNOLD | F35+ | 124 | | 00:58:10 | 00:55:43 |
| 1415 | 3210 NICOLE | THOMAS | F35+ | 125 | | 00:58:11 | 00:56:59 |
| 1416 | 3211 STEFFAN | PROBERT | M40+ | 293 | | 00:58:11 | 00:57:00 |
| 1417 | 3196 DAVID | WILLIAMS | M60+ | 65 | | 00:58:12 | 00:57:16 |
| 1418 | 1797 PAUL | SYKES | M40+ | 294 | | 00:58:12 | 00:57:26 |
| 1419 | 2888 OWAIN | WILLIAMS | Senior Male | 524 | | 00:58:12 | 00:56:12 |
| 1420 | 3816 GARETH | EVANS | Senior Male | 525 | | 00:58:13 | 00:57:02 |
| 1421 | 3235 SIMON | JONES | M40+ | 295 | | 00:58:13 | 00:56:06 |
| 1422 | 1084 RICH | COOK | Senior Male | 526 GRIFFITHSTOWN HARRIERS | 3 | 00:58:14 | 00:56:47 |
| 1423 | 118 ASHLEY | ALM | Senior Male | 527 ADMIRAL | 61 | 00:58:15 | 00:55:11 |
| 1424 | 3536 MICHAEL | FAULDS | Senior Male | 528 ADMIRAL | 62 | 00:58:15 | 00:56:36 |
| 1425 | 1141 LEWIS | HODGSON | Senior Male | 529 | | 00:58:16 | 00:56:36 |
| 1426 | 3065 DAWN | MORGAN | F35+ | 126 | | 00:58:17 | 00:55:54 |
| 1427 | 1113 STEVE | HUGHES | M50+ | 138 | | 00:58:18 | 00:56:46 |
| 1428 | 4000 ELIZABETH | SIM | F35+ | 127 CWM OGWR RUNNING CLUB | 14 | 00:58:18 | 00:57:40 |
| 1429 | 3164 ROGER | STEIN | M60+ | 66 | | 00:58:21 | 00:57:59 |
| 1430 | 2361 BRAD | JONES | Senior Male | 530 | | 00:58:21 | 00:55:55 |
| 1431 | 1798 RASA | PATASEVAITE | Senior Femal | 135 | | 00:58:21 | 00:57:35 |
| 1432 | 2486 KATHRYN | VAUGHAN | Senior Femal | 136 | | 00:58:22 | 00:57:26 |
| 1433 | 3953 MARK | HALL | M50+ | 139 | | 00:58:22 | 00:55:10 |
| 1434 | 1095 CHARLOTTE | WATKINS | F35+ | 128 PORTHCAWL HARRIERS | 1 | 00:58:24 | 00:57:01 |
| 1435 | 2483 NIGEL | DAVIES | M50+ | 140 | | 00:58:24 | 00:57:38 |
| 1436 | 160 HELEN | WILLIAMS | F35+ | 129 ADMIRAL | 63 | 00:58:25 | 00:56:51 |
| 1437 | 909 LESLEY | MCGROTTY | F45+ | 57 | | 00:58:25 | 00:58:07 |
| 1438 | 3112 DAVID | CURTIS | Senior Male | 531 | | 00:58:26 | 00:57:30 |
| 1439 | 1418 SARAH LOUIS | DAVIES | Junior Femal | 16 | | 00:58:27 | 00:57:42 |
| 1440 | 2350 LEIGH | POTTS | Senior Male | 532 | | 00:58:27 | 00:56:36 |
| 1441 | 3268 LIZ | VAUGHAN | F35+ | 130 | | 00:58:27 | 00:56:31 |
| 1442 | 4036 JASON | HARDWICKE | M40+ | 296 | | 00:58:27 | 00:56:37 |
| 1443 | 3428 SARAH | HALPIN | F35+ | 131 | | 00:58:29 | 00:55:54 |
| 1444 | 3429 DARREN | DOUGHTY | M40+ | 297 | | 00:58:29 | 00:55:54 |
| 1445 | 1303 PETER | ROBERTS | M40+ | 298 | | 00:58:30 | 00:57:32 |
| 1446 | 2280 CERI | CASWELL | F35+ | 132 PARC BRYNBACH RUNNING CLUB | 16 | 00:58:31 | 00:57:10 |
| 1447 | 927 CHRISTOPHE | BEVAN | M40+ | 299 | | 00:58:31 | 00:57:52 |
| 1448 | 3664 JASON | THOMAS | Senior Male | 533 | | 00:58:31 | 00:57:42 |
| 1449 | 365 DAVID | KEOGH | M40+ | 300 | | 00:58:32 | 00:57:10 |
| 1450 | 1032 DUNCAN | SMITH | M40+ | 301 | | 00:58:32 | 00:58:10 |
| 1451 | 2768 SARAH | LUCAS-JONES | F45+ | 58 | | 00:58:32 | 00:56:37 |
| 1452 | 3433 MICHAEL | WILLIAMS | M50+ | 141 | | 00:58:33 | 00:56:30 |
| 1453 | 265 KATIE | ROWLAND | F35+ | 133 RUN4ALL RUNNING CLUB | 19 | 00:58:34 | 00:56:55 |
| 1454 | 2791 NICK | DREW | M40+ | 302 | | 00:58:35 | 00:56:56 |
| 1455 | 2480 PAUL | DURBIN | Senior Male | 534 | | 00:58:35 | 00:58:20 |
| 1456 | 2943 JULIAN | WILDE | M40+ | 303 | | 00:58:36 | 00:57:14 |
| 1457 | 2911 MEINIR | COLLYER | F35+ | 134 | | 00:58:37 | 00:57:48 |
| 1458 | 3514 DANIEL | WHITE | Senior Male | 535 ADMIRAL | 64 | 00:58:38 | 00:57:20 |
| 1459 | 3826 PAUL | WILSON | M40+ | 304 | | 00:58:38 | 00:57:30 |
| 1460 | 2160 RYAN | LLOYD | Senior Male | 536 | | 00:58:39 | 00:56:39 |

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| 1461 | 1072 STEFFAN | DAVIES | Senior Male | 537 | | | 00:58:39 | 00:57:40 |
| 1462 | 1073 MELANIE | GREENLAND | Senior Femal | 137 | | | 00:58:40 | 00:57:39 |
| 1463 | 1346 DAVID | GIBBY | M60+ | 67 | | | 00:58:44 | 00:57:51 |
| 1464 | 2543 TORY | ROBINSON | F45+ | 59 | | | 00:58:45 | 00:56:22 |
| 1465 | 1498 CHARLOTTE | YEWMAN | Senior Femal | 138 | | | 00:58:45 | 00:57:17 |
| 1466 | 2767 ENFYS | NEEDHAM-JC | F35+ | 135 | | | 00:58:47 | 00:56:45 |
| 1467 | 3140 BEVERLEY | SMYTH | F45+ | 60 | | | 00:58:48 | 00:57:50 |
| 1468 | 2397 CARWYN | JONES | M40+ | 305 | | | 00:58:49 | 00:57:12 |
| 1469 | 3882 CARL | GILBERY | Senior Male | 538 | ACTIVE SWANSEA | 3 | 00:58:49 | 00:56:32 |
| 1470 | 3477 JULIANE | MORT | F35+ | 136 | PORTHCRAWL RUNNERS | 4 | 00:58:49 | 00:57:26 |
| 1471 | 1063 GERWYN | WATKINS | M40+ | 306 | | | 00:58:51 | 00:56:02 |
| 1472 | 3674 HUW | JONES | M50+ | 142 | | | 00:58:51 | 00:57:13 |
| 1473 | 2884 CHARLOTTE | PHILLIPS | Junior Femal | 17 | | | 00:58:54 | 00:57:01 |
| 1474 | 1610 SUE | GLAZZARD | F45+ | 61 | | | 00:58:54 | 00:57:22 |
| 1475 | 3546 STEVEN | WILLIAMS-JO | Senior Male | 539 | ADMIRAL | 65 | 00:58:56 | 00:54:41 |
| 1476 | 3296 VICTORIA | ELLIS | F35+ | 137 | | | 00:58:56 | 00:56:47 |
| 1477 | 3297 GEMMA | MORGAN | Senior Femal | 139 | | | 00:58:56 | 00:56:48 |
| 1478 | 3709 EMMA | DUMMER | F35+ | 138 | RUN4ALL RUNNING CLUB | 20 | 00:58:58 | 00:57:20 |
| 1479 | 1874 TRACY | DOYLE | F35+ | 139 | | | 00:58:58 | 00:56:48 |
| 1480 | 1281 TREVOR | VAUGHAN | M50+ | 143 | | | 00:58:58 | 00:57:06 |
| 1481 | 3111 GERALD | CURTIS | M60+ | 68 | | | 00:58:59 | 00:58:05 |
| 1482 | 2334 EURGAIN | BONELL | F35+ | 140 | | | 00:58:59 | 00:57:00 |
| 1483 | 425 HANNAH | MORGAN | F35+ | 141 | | | 00:58:59 | 00:57:01 |
| 1484 | 2010 RYAN | DAVIES | M50+ | 144 | | | 00:59:02 | 00:58:10 |
| 1485 | 4042 HUW | COLLINS | Junior Male | 47 | | | 00:59:02 | 00:56:34 |
| 1486 | 3971 PAUL | REID | Senior Male | 540 | DRAGONS RUNNING CLUB | 6 | 00:59:02 | 00:57:12 |
| 1487 | 1167 JOANNE | MARTIN | F45+ | 62 | | | 00:59:03 | 00:58:45 |
| 1488 | 3331 PETER | LUDBROOK | M50+ | 145 | | | 00:59:07 | 00:57:17 |
| 1489 | 733 ROBERT | JENKINS | M50+ | 146 | | | 00:59:08 | 00:58:37 |
| 1490 | 3239 CLARE | JONES | F45+ | 63 | | | 00:59:08 | 00:57:46 |
| 1491 | 3050 CLARE | SPILLER | F35+ | 142 | | | 00:59:08 | 00:57:22 |
| 1492 | 106 ALEX | KINDRED | Senior Femal | 140 | ADMIRAL | 66 | 00:59:10 | 00:58:10 |
| 1493 | 902 FIONA | LEONG | F35+ | 143 | | | 00:59:10 | 00:58:08 |
| 1494 | 1792 RICHARD | GRIFFITHS | M40+ | 307 | | | 00:59:10 | 00:57:12 |
| 1495 | 3480 NIGEL LEIGHTON | JONES | M60+ | 69 | LLANELLI STROLLERS | 2 | 00:59:12 | 00:57:45 |
| 1496 | 1219 ANDREW | HUGHES | M40+ | 308 | | | 00:59:12 | 00:57:27 |
| 1497 | 381 CAMERON | BEYNON | Junior Male | 48 | | | 00:59:13 | 00:57:36 |
| 1498 | 2501 STEPHEN | PALMER | M50+ | 147 | | | 00:59:14 | 00:57:23 |
| 1499 | 3518 JAMES | CARMICHAEL | Senior Male | 541 | ADMIRAL | 67 | 00:59:15 | 00:57:25 |
| 1500 | 2664 CERI | EVANS | M40+ | 309 | | | 00:59:16 | 00:57:28 |
| 1501 | 3498 STEPHANIE | HUDSON | Senior Femal | 141 | | | 00:59:16 | 00:57:37 |
| 1502 | 1309 LAURA | MELLIN | Senior Femal | 142 | | | 00:59:16 | 00:57:09 |
| 1503 | 2366 MELANIE | DANIELS | F35+ | 144 | | | 00:59:16 | 00:58:07 |
| 1504 | 1786 KAYLEIGH | WILLIAMS | Senior Femal | 143 | | | 00:59:17 | 00:58:12 |
| 1505 | 818 PHIL | KITE | M40+ | 310 | | | 00:59:17 | 00:57:58 |
| 1506 | 3701 NEIL | PHILLIPS | Senior Male | 542 | | | 00:59:18 | 00:57:51 |
| 1507 | 1224 DARREN | THOMAS | M40+ | 311 | | | 00:59:18 | 00:57:30 |
| 1508 | 1012 PAUL | TURNER | M50+ | 148 | | | 00:59:19 | 00:57:03 |
| 1509 | 3213 MATTHEW | JACOB | Senior Male | 543 | | | 00:59:19 | 00:57:02 |
| 1510 | 920 GEOFFREY | BAYLISS | M60+ | 70 | CHEPSTOW HARRIERS | 17 | 00:59:19 | 00:57:33 |
| 1511 | 1177 CLAIRE | JAMES | Senior Femal | 144 | | | 00:59:19 | 00:58:10 |
| 1512 | 976 HELEN | HOWELLS | F35+ | 145 | | | 00:59:20 | 00:57:43 |
| 1513 | 3063 GETHIN | WILCOX | Senior Male | 544 | | | 00:59:22 | 00:58:07 |
| 1514 | 1478 CLAIRE | GOLDSWORT | F45+ | 64 | | | 00:59:22 | 00:58:49 |
| 1515 | 842 DAVE | MATTHEWS | M40+ | 312 | | | 00:59:22 | 00:57:24 |
| 1516 | 3233 LIZA | LUDBROOK | F45+ | 65 | | | 00:59:22 | 00:57:35 |
| 1517 | 3481 STUART | THOMAS | Senior Male | 545 | | | 00:59:22 | 00:56:41 |
| 1518 | 1981 SHARON | CREWS | F45+ | 66 | | | 00:59:24 | 00:55:42 |
| 1519 | 170 JAMES | VECK | Senior Male | 546 | ADMIRAL | 68 | 00:59:25 | 00:57:35 |
| 1520 | 787 WAYNE | MILES | M40+ | 313 | | | 00:59:25 | 00:58:06 |
| 1521 | 3193 MARK | ROCHE | Senior Male | 547 | | | 00:59:26 | 00:58:57 |
| 1522 | 2154 KRISTIAN | ROBERTS | Senior Male | 548 | | | 00:59:27 | 00:58:21 |
| 1523 | 3980 LOUISE | HOGAN | F35+ | 146 | CORNELLY STRIDERS AC | 4 | 00:59:27 | 00:58:09 |
| 1524 | 1414 CATHERINE | NEWMAN | F35+ | 147 | | | 00:59:28 | 00:57:29 |
| 1525 | 2437 DENISE | EVANS | F45+ | 67 | CHEPSTOW HARRIERS | 18 | 00:59:29 | 00:57:44 |
| 1526 | 3954 BARRY | GREENOW | Senior Male | 549 | | | 00:59:29 | 00:58:15 |
| 1527 | 1903 BEN | ALLEN | Senior Male | 550 | | | 00:59:29 | 00:56:49 |
| 1528 | 2327 MARCUS | BENNETT | M50+ | 149 | | | 00:59:30 | 00:57:09 |
| 1529 | 677 ASHLEY | FARRELL | Senior Male | 551 | | | 00:59:31 | 00:58:05 |
| 1530 | 2516 PETER | ROGERS | M50+ | 150 | RUN4ALL RUNNING CLUB | 21 | 00:59:31 | 00:58:14 |
| 1531 | 1840 TINA | GABB | F35+ | 148 | | | 00:59:31 | 00:58:09 |
| 1532 | 2611 DAVE | WILLIAMS | Senior Male | 552 | | | 00:59:31 | 00:58:14 |
| 1533 | 1734 EMMA | WALFORD | F35+ | 149 | | | 00:59:32 | 00:58:17 |
| 1534 | 2068 JAMIE | SEYMOUR | Senior Male | 553 | | | 00:59:32 | 00:57:32 |
| 1535 | 1118 SIAN | TOMOS | F45+ | 68 | | | 00:59:32 | 00:57:23 |
| 1536 | 3668 LUCIE | BROMFIELD | F35+ | 150 | | | 00:59:33 | 00:57:51 |
| 1537 | 2023 EMMA | WEAVER/SAL | F35+ | 151 | | | 00:59:34 | 00:57:52 |

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| 1538 | 2789 | MARC | THOMAS | Senior Male | 554 | | 00:59:34 | 00:57:39 | |
| 1539 | 2077 | STUART | SANDY | Senior Male | 555 | | 00:59:34 | | |
| 1540 | 608 | BETHAN | FLETCHER | Senior Femal | 145 | | 00:59:35 | 00:56:56 | |
| 1541 | 2695 | STEPHANIE | ARNOLD | F35+ | 152 | | 00:59:39 | 00:58:34 | |
| 1542 | 308 | KELLY | DANIELS | Senior Femal | 146 | | 00:59:39 | 00:57:33 | |
| 1543 | 454 | JAFAR | OJRA | Senior Male | 556 | | 00:59:41 | 00:59:04 | |
| 1544 | 96 | SANDRA | REES | F45+ | 69 | 3MS GORSEINON ROAD RUNNERS | 23 | 00:59:42 | 00:58:09 |
| 1545 | 2082 | EMYR | REES | M40+ | 314 | | 00:59:43 | 00:58:50 | |
| 1546 | 2828 | BETHAN | EVANS | F35+ | 153 | | 00:59:43 | 00:59:00 | |
| 1547 | 1252 | LAUREN | THOMAS | Junior Femal | 18 | RUN4ALL RUNNING CLUB | 22 | 00:59:44 | 00:58:10 |
| 1548 | 2946 | CAROLYN | JAY | F45+ | 70 | | 00:59:44 | 00:58:40 | |
| 1549 | 3704 | LEE | TAYLOR | Senior Male | 557 | | 00:59:44 | 00:58:30 | |
| 1550 | 2704 | DAVID | MAWBY | Junior Male | 49 | | 00:59:45 | 00:58:37 | |
| 1551 | 2571 | REUBEN | ALLFREE | Senior Male | 558 | | 00:59:45 | 00:58:20 | |
| 1552 | 2572 | DAVID | ALLFREE | M50+ | 151 | | 00:59:45 | 00:58:20 | |
| 1553 | 3073 | CHRISTOPHE | EVANS | M40+ | 315 | | 00:59:45 | 00:59:15 | |
| 1554 | 1222 | DEBORAH | LEWIS | F45+ | 71 | MUMBLES MILERS | 2 | 00:59:46 | 00:58:26 |
| 1555 | 2443 | AMY | MULLETT | Junior Femal | 19 | | 00:59:46 | 00:57:58 | |
| 1556 | 2367 | PHILIP | WILLIAMS | M40+ | 316 | | 00:59:47 | 00:58:37 | |
| 1557 | 1046 | LOWRI | FRANCIS | F35+ | 154 | | 00:59:47 | 00:58:52 | |
| 1558 | 3035 | STUART | HOWELLS | M40+ | 317 | | 00:59:48 | 00:58:52 | |
| 1559 | 2677 | RAY | HAWKINS | M40+ | 318 | | 00:59:48 | 00:57:50 | |
| 1560 | 2110 | JOANNE | LOMBARDI | F35+ | 155 | | 00:59:48 | 00:58:15 | |
| 1561 | 2640 | CRAIG | WILLIAMS | Senior Male | 559 | | 00:59:49 | 00:58:15 | |
| 1562 | 135 | CHRIS | WELSBY | Senior Male | 560 | ADMIRAL | 69 | 00:59:51 | |
| 1563 | 1394 | JASON | MCGARRIGLE | M40+ | 319 | | 00:59:54 | 00:58:27 | |
| 1564 | 1178 | FFION | WILLIAMS | Senior Femal | 147 | | 00:59:54 | 00:58:45 | |
| 1565 | 1375 | JEAN-PAUL | NICHOLAS | Senior Male | 561 | | 00:59:55 | 00:55:51 | |
| 1566 | 3922 | NEAL | MATTHEWS | M50+ | 152 | | 00:59:55 | 00:58:44 | |
| 1567 | 1775 | GARETH WYN | JONES | Senior Male | 562 | | 00:59:57 | 00:58:24 | |
| 1568 | 4035 | HYWEL | REES | Senior Male | 563 | | 00:59:57 | 00:58:26 | |
| 1569 | 3873 | RICHARD | CAVACIUTI | Senior Male | 564 | | 00:59:58 | 00:57:50 | |
| 1570 | 1935 | LEE | GARRETT | Senior Male | 565 | | 00:59:58 | 00:57:49 | |
| 1571 | 1247 | HUGH | THOMAS | M50+ | 153 | | 00:59:58 | 00:58:25 | |
| 1572 | 2320 | LAUREN | HASSETT | Senior Femal | 148 | | 00:59:59 | 00:59:03 | |
| 1573 | 2925 | KATE | JONES | F35+ | 156 | | 01:00:00 | 00:58:17 | |
| 1574 | 3606 | SOPHIE | DARK | Senior Femal | 149 | | 01:00:00 | 00:58:30 | |
| 1575 | 1406 | GREGORY | OSBORNE | Senior Male | 566 | | 01:00:02 | 00:58:02 | |
| 1576 | 2713 | DAVID | DOHERTY | M60+ | 71 | | 01:00:03 | 00:58:26 | |
| 1577 | 3781 | GEMMA | REEKS | Senior Femal | 150 | CALDICOT RUNNING CLUB | 7 | 01:00:03 | 00:58:27 |
| 1578 | 2513 | ALED | WILLIAMS | Senior Male | 567 | | 01:00:04 | 00:58:39 | |
| 1579 | 1943 | KATJA | DAVIES | F35+ | 157 | | 01:00:05 | 00:58:26 | |
| 1580 | 2775 | NICHOLAS | TAGG | M40+ | 320 | | 01:00:07 | 00:58:13 | |
| 1581 | 2674 | HANNAH | DAVIES | Senior Femal | 151 | | 01:00:07 | 00:58:01 | |
| 1582 | 3632 | COLETTE | POWELL | Senior Femal | 152 | | 01:00:08 | 00:58:49 | |
| 1583 | 360 | MICHELLE | RIVETT | F45+ | 72 | LES CROUPIERS | 21 | 01:00:08 | 00:57:51 |
| 1584 | 1208 | CHRIS | OSIPOWICZ | Senior Male | 568 | | 01:00:09 | 00:59:59 | |
| 1585 | 2912 | HAYLEY | EDWARDS | Senior Femal | 153 | | 01:00:09 | 00:58:26 | |
| 1586 | 1210 | SAMANTHA | JENKINS | Senior Femal | 154 | | 01:00:09 | 00:58:26 | |
| 1587 | 666 | PAUL | RAY | M50+ | 154 | | 01:00:09 | 00:57:38 | |
| 1588 | 2989 | CARL | JOSEPH | Senior Male | 569 | | 01:00:10 | 00:58:58 | |
| 1589 | 1147 | TIM | COOPER | M40+ | 321 | | 01:00:10 | 00:57:54 | |
| 1590 | 2177 | GEORGINA | MASTERS | F35+ | 158 | | 01:00:10 | 00:57:57 | |
| 1591 | 2448 | JOE | TOBIN | Senior Male | 570 | | 01:00:11 | 00:58:12 | |
| 1592 | 2855 | BETHAN | HUMPHREYS | Senior Femal | 155 | | 01:00:11 | 00:58:02 | |
| 1593 | 3920 | SIAN | CRAIG | F35+ | 159 | | 01:00:11 | 00:57:57 | |
| 1594 | 3999 | JONATHAN | ATKINSON | M40+ | 322 | | 01:00:11 | 00:59:47 | |
| 1595 | 1920 | ANDREW | HARPER | Senior Male | 571 | | 01:00:12 | 00:59:08 | |
| 1596 | 2997 | PIERS | TUMETH | Senior Male | 572 | | 01:00:13 | 00:58:23 | |
| 1597 | 3577 | RICHARD | DONNE | M50+ | 155 | | 01:00:13 | 00:58:52 | |
| 1598 | 2744 | LORNA | JOHNSON | F35+ | 160 | | 01:00:13 | 00:58:30 | |
| 1599 | 1380 | JACOB | STONE | Junior Male | 50 | | 01:00:14 | 00:57:14 | |
| 1600 | 2873 | STAN | VOLEJNICEK | Senior Male | 573 | | 01:00:14 | 00:55:45 | |
| 1601 | 3513 | DAN | CAUNT | Senior Male | 574 | ADMIRAL | 70 | 01:00:15 | 00:58:23 |
| 1602 | 1086 | MICHAEL | KEARNEY | M50+ | 156 | RUN4ALL RUNNING CLUB | 23 | 01:00:16 | 00:58:42 |
| 1603 | 914 | JOANNE | DENDLE | F45+ | 73 | PONTYPRIDD ROADENTS AC | 11 | 01:00:16 | 00:58:26 |
| 1604 | 1875 | FRANK NEIL | GRIFFITHS | M60+ | 72 | | 01:00:17 | 00:58:29 | |
| 1605 | 3279 | DENNIS | CATTELL | M50+ | 157 | | 01:00:18 | 00:59:00 | |
| 1606 | 2705 | DIANE | RIDGEWAY | F45+ | 74 | | 01:00:18 | 00:59:19 | |
| 1607 | 3678 | MARLENA | SOBOLEWSKI | Senior Femal | 156 | | 01:00:19 | 00:58:05 | |
| 1608 | 3085 | SARAH | REES | F45+ | 75 | | 01:00:20 | 00:57:51 | |
| 1609 | 2596 | MARK | NICOL | M40+ | 323 | CHEPSTOW HARRIERS | 19 | 01:00:20 | 00:57:45 |
| 1610 | 3372 | EMILY | MEDWAY | Senior Femal | 157 | | 01:00:20 | 00:57:10 | |
| 1611 | 2316 | LAURA | WILCOX | Senior Femal | 158 | | 01:00:21 | 00:57:49 | |
| 1612 | 2782 | TOMOS | LANE | Junior Male | 51 | | 01:00:22 | 00:59:41 | |
| 1613 | 934 | RHODRI | JAMES | Senior Male | 575 | | 01:00:23 | 00:58:32 | |
| 1614 | 726 | KATHRYN | TINKER | F35+ | 161 | | 01:00:24 | 00:58:39 | |

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| 1615 | 1401 LAURA | HIRE | Senior Femal | 159 | | 01:00:25 | 00:58:51 |
| 1616 | 921 JANE | BAYLISS | F55+ | 27 CHEPSTOW HARRIERS | | 01:00:26 | 00:58:41 |
| 1617 | 670 KERRY | WORTHINGT | Senior Femal | 160 | 20 | 01:00:26 | 00:58:39 |
| 1618 | 1567 LINDSEY | SHARVILLE | Senior Femal | 161 | | 01:00:27 | 00:59:18 |
| 1619 | 1568 THOMAS | SHARVILLE | Senior Male | 576 | | 01:00:27 | 00:59:18 |
| 1620 | 200 NATALIE | PUSEY | Senior Femal | 162 ADMIRAL | | 01:00:27 | 00:57:40 |
| 1621 | 1782 SARAH | PEACH | F35+ | 162 | 71 | 01:00:27 | 00:58:02 |
| 1622 | 3795 REBECCA | WILLIAMS | Senior Femal | 163 | | 01:00:27 | 00:58:16 |
| 1623 | 2096 MATTHEW | FEAR | Senior Male | 577 | | 01:00:28 | 00:58:52 |
| 1624 | 2672 ALAN | RYLAND | M60+ | 73 BUILTH & DISTRICT | | 01:00:29 | 00:58:13 |
| 1625 | 2326 CLARE | BENNETT | F45+ | 76 | 2 | 01:00:29 | 00:58:09 |
| 1626 | 2812 PENNY | AUBREY | F35+ | 163 | | 01:00:30 | 00:58:57 |
| 1627 | 2587 MADLEN | RIDLER | F35+ | 164 | | 01:00:30 | 00:58:23 |
| 1628 | 3160 DAVID | WADLEY | Senior Male | 578 | | 01:00:30 | 00:58:05 |
| 1629 | 4013 SHARON | JEFFERSON | F35+ | 165 | | 01:00:31 | 00:57:51 |
| 1630 | 3128 EIRI | EVANS | F35+ | 166 3MS GORSEINON ROAD RUNNERS | | 01:00:31 | 01:00:00 |
| 1631 | 1029 DAVID | HUGHES | M50+ | 158 | 24 | 01:00:32 | 00:58:59 |
| 1632 | 1257 DANA | BEASLEY | F35+ | 167 | | 01:00:32 | 00:58:25 |
| 1633 | 1851 DAVID | SMITH | Senior Male | 579 | | 01:00:32 | 00:58:55 |
| 1634 | 321 GEMMA | SMITH | Senior Femal | 164 | | 01:00:32 | 00:58:55 |
| 1635 | 2429 ERIN | THOMAS | F35+ | 168 | | 01:00:34 | 00:57:52 |
| 1636 | 3194 ANTHONY | JONES | Senior Male | 580 | | 01:00:34 | 00:58:42 |
| 1637 | 3711 REBECCA | SPEAKMAN | Senior Femal | 165 MUMBLES MILERS | | 01:00:34 | 00:58:25 |
| 1638 | 1685 MATTHEW | JONES | Senior Male | 581 | 3 | 01:00:35 | 00:58:07 |
| 1639 | 2453 LAURA | STEPHENS | Senior Femal | 166 | | 01:00:37 | 00:58:49 |
| 1640 | 1788 NATALIE | BANFIELD | Senior Femal | 167 | | 01:00:38 | 00:59:33 |
| 1641 | 2557 MAS | MINOU | F35+ | 169 | | 01:00:38 | 00:59:42 |
| 1642 | 2095 SARAH | MONDAY | Senior Femal | 168 | | 01:00:38 | 00:59:02 |
| 1643 | 3148 BRIAN | SZAJDA | Senior Male | 582 | | 01:00:39 | 00:59:27 |
| 1644 | 1806 CHRISTIAN | EVANS | Senior Male | 583 | | 01:00:39 | 00:57:17 |
| 1645 | 3361 KERI | DAVIES | M50+ | 159 | | 01:00:40 | 00:59:33 |
| 1646 | 3694 RHIDIAN | DANIELS | Senior Male | 584 | | 01:00:42 | 00:59:27 |
| 1647 | 2642 ALEX | ALLEN | Junior Male | 52 | | 01:00:42 | 00:59:47 |
| 1648 | 3188 SIAN | DAVIES | Senior Femal | 169 | | 01:00:43 | 00:58:30 |
| 1649 | 2573 CARYS | BATE | Senior Femal | 170 | | 01:00:43 | 00:59:37 |
| 1650 | 3163 JENNI | BELL | F35+ | 170 | | 01:00:44 | 00:58:59 |
| 1651 | 3216 SARA | JONES | Senior Femal | 171 | | 01:00:44 | 00:58:11 |
| 1652 | 1272 RICHARD | CROOK | M50+ | 160 VEGETARIAN CYCLING & AC | | 01:00:44 | 00:58:45 |
| 1653 | 402 SARAH | NEWBURY | F35+ | 171 | 1 | 01:00:45 | 00:58:42 |
| 1654 | 2868 GEMMA | PULLEN | Senior Femal | 172 | | 01:00:45 | 00:59:53 |
| 1655 | 1467 VICTORIA | HOLMES | Junior Femal | 20 3MS GORSEINON ROAD RUNNERS | | 01:00:46 | 00:59:14 |
| 1656 | 3251 CATRIN | EVANS | Senior Femal | 173 | 25 | 01:00:46 | 00:59:01 |
| 1657 | 3076 KIRSTY | MCGOWAN | Senior Femal | 174 LES CROUPIERS | | 01:00:46 | 00:58:38 |
| 1658 | 2257 TRACY | LORD | F45+ | 77 FOREST OF DEAN AC | | 01:00:47 | 00:58:32 |
| 1659 | 3916 MARY | DAVIES | F55+ | 28 | 36 | 01:00:48 | 00:58:19 |
| 1660 | 3289 JANE | CREED | F35+ | 172 FOREST OF DEAN AC | | 01:00:48 | 00:58:32 |
| 1661 | 1558 TOM | HENWOOD | Senior Male | 585 | | 01:00:48 | 00:58:15 |
| 1662 | 2806 JOANNE | KING | Senior Femal | 175 | | 01:00:49 | 00:59:38 |
| 1663 | 2094 SOPHIE | WHEELER | Senior Femal | 176 | | 01:00:49 | 00:58:38 |
| 1664 | 154 EMMA | GALE | Senior Femal | 177 ADMIRAL | | 01:00:50 | 00:59:03 |
| 1665 | 724 LOUISE | REYNOLDS | F35+ | 173 | 72 | 01:00:51 | 00:59:05 |
| 1666 | 323 JAYNIE | RANCE | F45+ | 78 FETCH EVERYONE | | 01:00:52 | 00:59:13 |
| 1667 | 3615 DANNY | MEREDITH | Senior Male | 586 | 2 | 01:00:52 | 00:58:47 |
| 1668 | 3640 HANNAH | MATTHEWSC | F35+ | 174 PORTHCAWL RUNNERS | | 01:00:52 | 00:59:28 |
| 1669 | 3186 LINDA | JONES | Senior Femal | 178 | 5 | 01:00:53 | 01:00:06 |
| 1670 | 2566 HAZEL | JOHN | F35+ | 175 | | 01:00:53 | 01:00:33 |
| 1671 | 2403 LEANNE | PUNTER | Senior Femal | 179 | | 01:00:53 | 00:58:42 |
| 1672 | 2927 SEAN | THOMSON | Senior Male | 587 | | 01:00:53 | 00:58:26 |
| 1673 | 618 GENNA | JONES | Senior Femal | 180 | | 01:00:53 | 00:58:39 |
| 1674 | 3182 NATALIE | WILLIAMS | F35+ | 176 | | 01:00:54 | 00:59:55 |
| 1675 | 1661 LEON | BERRILL | Senior Male | 588 | | 01:00:55 | 00:59:26 |
| 1676 | 2575 TRACEY | RAVENSCEF | F45+ | 79 | | 01:00:55 | 00:59:49 |
| 1677 | 3721 ALISON | JONES | F35+ | 177 | | 01:00:55 | 00:58:50 |
| 1678 | 830 CATHERINE | OSBORNE | Senior Femal | 181 | | 01:00:55 | 00:59:54 |
| 1679 | 2645 ERIKA | HOLE | Senior Femal | 182 | | 01:00:56 | 00:59:50 |
| 1680 | 3055 EMYR | WILLIAMS | Senior Male | 589 | | 01:00:56 | 00:58:54 |
| 1681 | 1191 RICARDO | FONTINHE | Senior Male | 590 | | 01:00:57 | 00:57:50 |
| 1682 | 2971 JOSIE | WALTERS | Senior Femal | 183 | | 01:00:57 | 00:59:05 |
| 1683 | 3107 IAN | WILLIAMS | Senior Male | 591 | | 01:00:57 | 00:58:39 |
| 1684 | 2649 KIRSTY | MARTIN | Senior Femal | 184 | | 01:00:57 | 00:59:36 |
| 1685 | 2740 CHERYL | PIERCE | F35+ | 178 | | 01:00:57 | 00:58:46 |
| 1686 | 1504 DAVID | REES | M60+ | 74 | | 01:00:58 | 00:59:34 |
| 1687 | 2771 ROBERT | REES | Senior Male | 592 | | 01:00:58 | 00:59:34 |
| 1688 | 1253 MARK | SELLARS | M40+ | 324 | | 01:00:58 | 00:59:31 |
| 1689 | 856 SHAWN | CULLEN | M40+ | 325 CWM OGWR RUNNING CLUB | | 01:00:58 | 00:58:38 |
| 1690 | 1181 JULIE | TAYLOR | F35+ | 179 | 15 | 01:00:58 | 00:58:53 |
| 1691 | 1956 LYNSEY | BRENCHLEY | Senior Femal | 185 | | 01:00:59 | 00:59:45 |

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| 1692 | 865 VICKI | JONES | F35+ | 180 ISLWYN RC | 14 | 01:00:59 | 00:59:08 |
| 1693 | 1636 MELANIE | JEHU | F45+ | 80 | | 01:00:59 | 00:56:32 |
| 1694 | 1990 RHIAN | MANSEL | F35+ | 181 | | 01:01:00 | 00:59:43 |
| 1695 | 3624 AMY | SMITH | Senior Femal | 186 | | 01:01:01 | 00:59:39 |
| 1696 | 3309 LIZZIE | ROSHIER | F45+ | 81 | | 01:01:01 | 00:59:12 |
| 1697 | 2118 GARETH | WILLIAMS | Senior Male | 593 | | 01:01:01 | 00:58:18 |
| 1698 | 3310 ANDREW | MASON | M40+ | 326 | | 01:01:01 | 00:59:12 |
| 1699 | 2956 CATRIN | JONES | F35+ | 182 | | 01:01:01 | 00:59:06 |
| 1700 | 3069 KELLY | CROFTS | F35+ | 183 LES CROUPIERS | 23 | 01:01:01 | 00:58:53 |
| 1701 | 2842 GARY | MATTHEWS | Senior Male | 594 | | 01:01:02 | 00:58:59 |
| 1702 | 3383 PAUL | SCANLON | M40+ | 327 | | 01:01:02 | 00:59:55 |
| 1703 | 2676 KEVIN | DAVIS | M50+ | 161 | | 01:01:02 | 00:59:17 |
| 1704 | 2708 CAROLINE | PHILLIPS | F35+ | 184 | | 01:01:03 | 01:00:07 |
| 1705 | 3473 BETHAN | HOPKINS | F45+ | 82 | | 01:01:04 | 01:00:55 |
| 1706 | 1516 REBECCA | JONES | Senior Femal | 187 | | 01:01:04 | 00:58:59 |
| 1707 | 3344 JAMIE | LANNEN | Senior Male | 595 | | 01:01:05 | 01:00:12 |
| 1708 | 2352 LOUISE | HALL | F35+ | 185 | | 01:01:05 | 00:58:39 |
| 1709 | 2581 MATT | JONES | M40+ | 328 | | 01:01:05 | 00:59:16 |
| 1710 | 1053 BILL | RUMBLE | M60+ | 75 | | 01:01:05 | 01:00:31 |
| 1711 | 2442 LAURIE | HIGGINS | Senior Femal | 188 | | 01:01:06 | 00:58:58 |
| 1712 | 2638 ANGELA | ROBERTS | F35+ | 186 | | 01:01:07 | 00:59:33 |
| 1713 | 3487 ANNMARIE | FOLIGNO | Senior Femal | 189 | | 01:01:07 | 00:59:28 |
| 1714 | 2508 PETER | MORSE | Junior Male | 53 | | 01:01:07 | 00:58:32 |
| 1715 | 783 ROBERT | JONES | Senior Male | 596 | | 01:01:08 | 00:59:44 |
| 1716 | 1059 DARYL | WILLIAMS | Senior Male | 597 | | 01:01:08 | 00:59:17 |
| 1717 | 443 RICHARD | NUTH | M40+ | 329 | | 01:01:08 | 01:00:01 |
| 1718 | 1915 AMY | SAUNDERS | F35+ | 187 | | 01:01:09 | 01:00:22 |
| 1719 | 3145 JOSHUA | HUDD | Junior Male | 54 CHEPSTOW HARRIERS | 21 | 01:01:10 | 00:59:25 |
| 1720 | 2597 LOUISE | WARREN | F35+ | 188 | | 01:01:11 | 00:57:05 |
| 1721 | 3965 JOHN | BEVAN | M60+ | 76 FOREST OF DEAN AC | 38 | 01:01:11 | 00:58:55 |
| 1722 | 2109 LEISA | JONES | F45+ | 83 | | 01:01:12 | 00:59:38 |
| 1723 | 778 TONY ALBERT | PHIPPS | M50+ | 162 | | 01:01:13 | 00:58:41 |
| 1724 | 4005 RYAN | DAVIES | Senior Male | 598 | | 01:01:13 | 00:58:44 |
| 1725 | 1490 FFION | DAVIES | Senior Femal | 190 | | 01:01:14 | 01:00:34 |
| 1726 | 649 ANGHARAD | WILLIAMS | Senior Femal | 191 | | 01:01:14 | 00:59:35 |
| 1727 | 993 ALISON | MEREDITH-JC | F35+ | 189 | | 01:01:15 | 00:58:24 |
| 1728 | 2498 SIMON | NURSE | M40+ | 330 | | 01:01:15 | 00:59:55 |
| 1729 | 3402 DELYTH | LLOYD | F55+ | 29 | | 01:01:15 | 00:59:33 |
| 1730 | 2392 PAULA | PIPER | F35+ | 190 | | 01:01:16 | 00:58:22 |
| 1731 | 1487 CAROLE | MORGAN | F45+ | 84 | | 01:01:16 | 01:00:36 |
| 1732 | 3979 MARTIN | SUMMONS | M40+ | 331 | | 01:01:17 | 00:59:11 |
| 1733 | 311 ROBERT THO | MCKINLEY | Junior Male | 55 | | 01:01:17 | 00:59:05 |
| 1734 | 4037 GEORGIA | SHOARE | Senior Femal | 192 | | 01:01:17 | 00:59:47 |
| 1735 | 3184 KATRINA | DOLMAN | F45+ | 85 | | 01:01:19 | 00:59:22 |
| 1736 | 1662 NICKY | HAMLIN | Senior Male | 599 | | 01:01:19 | 00:58:51 |
| 1737 | 3185 NEIL | DOLMAN | M40+ | 332 | | 01:01:19 | 00:59:23 |
| 1738 | 3378 RACHEL | LASKARI | F45+ | 86 | | 01:01:20 | 00:58:42 |
| 1739 | 769 ELYSIA | COLWILL | Senior Femal | 193 | | 01:01:20 | 00:58:32 |
| 1740 | 939 SIAN | WATKINS | Senior Femal | 194 | | 01:01:21 | 00:59:28 |
| 1741 | 1994 HUW | WILLIAMS | M40+ | 333 | | 01:01:21 | 00:59:23 |
| 1742 | 1995 BETHAN | WILLIAMS | F35+ | 191 | | 01:01:22 | 00:59:23 |
| 1743 | 2299 RHYS | JONES | Senior Male | 600 | | 01:01:22 | 00:59:45 |
| 1744 | 1960 JANE | ROSTANT | F45+ | 87 | | 01:01:23 | 00:59:07 |
| 1745 | 2556 RICHARD | COLWILL | Senior Male | 601 | | 01:01:23 | 00:59:42 |
| 1746 | 750 MARTIN | CAMPBELL | M40+ | 334 | | 01:01:23 | 00:59:26 |
| 1747 | 3430 JAYNE | PERKINS | Senior Femal | 195 | | 01:01:24 | 00:59:13 |
| 1748 | 2585 WYN | MEREDITH | M40+ | 335 | | 01:01:24 | 01:00:07 |
| 1749 | 1607 DEB | GARNER | F45+ | 88 PEMBROKESHIRE HARRIERS | 2 | 01:01:26 | 00:59:26 |
| 1750 | 1159 BRIAN | MENABBE | M50+ | 163 | | 01:01:27 | 01:00:06 |
| 1751 | 3264 JESSICA | VICKERY | Senior Femal | 196 | | 01:01:27 | 01:00:11 |
| 1752 | 1006 SALLY | ROBERTS | F45+ | 89 | | 01:01:28 | 00:59:29 |
| 1753 | 3262 PHILIP | DAVIES | M50+ | 164 | | 01:01:29 | 00:59:18 |
| 1754 | 278 STEWART | WEBB | M40+ | 336 BRECON TRIATHLON | 1 | 01:01:29 | 00:59:19 |
| 1755 | 1391 PHILIP | WILLIAMS | M40+ | 337 | | 01:01:30 | 01:00:36 |
| 1756 | 3043 SUSAN | ROGERS | F45+ | 90 | | 01:01:30 | 01:00:00 |
| 1757 | 1360 KAREN | LEVERTON | F35+ | 192 | | 01:01:31 | 00:59:29 |
| 1758 | 3726 LEAH | CLARK | F35+ | 193 | | 01:01:31 | 00:59:57 |
| 1759 | 1789 CERI | ROBERTS | F35+ | 194 | | 01:01:32 | 01:00:19 |
| 1760 | 3728 THOMAS | FOREY | Senior Male | 602 | | 01:01:33 | 00:59:58 |
| 1761 | 3141 TONY | PULLEN | M60+ | 77 | | 01:01:33 | 00:59:38 |
| 1762 | 3929 SARAH | ALEXANDER | F35+ | 195 | | 01:01:33 | 00:59:19 |
| 1763 | 386 PHILIPPA | FRANCIS | F45+ | 91 | | 01:01:34 | 00:59:28 |
| 1764 | 437 AMANDA | EDWARDS | F45+ | 92 | | 01:01:34 | 00:59:40 |
| 1765 | 2620 TONY | JOHN | M50+ | 165 | | 01:01:34 | 01:00:23 |
| 1766 | 735 HALEY | LAWTON | Senior Femal | 197 | | 01:01:35 | 00:59:27 |
| 1767 | 2313 PIXIE | MACDONALD | F35+ | 196 | | 01:01:35 | 00:59:54 |
| 1768 | 3328 CATHERINE | CLARK | F45+ | 93 | | 01:01:35 | 00:59:16 |

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| 1769 | 2781 | CAROLYN | WALLACE | F45+ | 94 | | 01:01:36 | 01:00:54 | |
| 1770 | 789 | JAMES | MCGETTRICK | Senior Male | 603 | | 01:01:36 | 01:00:03 | |
| 1771 | 2499 | JOANNE | PRICE | F45+ | 95 | | 01:01:37 | 01:00:16 | |
| 1772 | 3037 | JODIE | DENNISS | F35+ | 197 | PONTARDAWE RUNNING CLUB | 7 | 01:01:37 | 00:59:56 |
| 1773 | 2675 | HANNAH | BIBBY | Junior Female | 21 | | 01:01:37 | 01:00:17 | |
| 1774 | 722 | BETHAN | WILLIAMS | Junior Female | 22 | | 01:01:38 | 00:59:20 | |
| 1775 | 115 | Spare | Chip | | 2 | | 01:01:38 | 00:58:31 | |
| 1776 | 226 | SARAH | BLACKER | Junior Female | 23 | ADMIRAL | 73 | 01:01:38 | 00:58:32 |
| 1777 | 1344 | GARY | MAAL | M40+ | 338 | | 01:01:39 | 00:59:57 | |
| 1778 | 1189 | DAVID | BRAKE | M50+ | 166 | | 01:01:39 | 01:01:16 | |
| 1779 | 2852 | KAREN | JONES | F35+ | 198 | | 01:01:41 | 01:00:29 | |
| 1780 | 3509 | CHRIS | BERRY | M40+ | 339 | ADMIRAL | 74 | 01:01:41 | 00:59:07 |
| 1781 | 2411 | JULIE | CLARK | F45+ | 96 | EMLYN RUNNERS | 2 | 01:01:42 | 00:59:59 |
| 1782 | 3064 | PHILIP | WILCOX | M60+ | 78 | | 01:01:44 | 01:00:31 | |
| 1783 | 2991 | SARAH | MURRAY | Senior Female | 198 | | 01:01:44 | 00:59:38 | |
| 1784 | 1379 | CRAIG | GUIITE | Senior Male | 604 | | 01:01:45 | 00:58:47 | |
| 1785 | 2294 | NICK | ROE | M60+ | 79 | PONTARDAWE RUNNING CLUB | 8 | 01:01:45 | 01:00:16 |
| 1786 | 1320 | LEAH | HINTON | Senior Female | 199 | | 01:01:46 | 00:59:44 | |
| 1787 | 98 | LAUREN | PIERCY | Senior Female | 200 | 3MS GORSEINON ROAD RUNNERS | 26 | 01:01:46 | 00:59:35 |
| 1788 | 1961 | NICKY | HACK | F45+ | 97 | | 01:01:47 | 00:59:30 | |
| 1789 | 2841 | CATHERINE | HARPER | F45+ | 98 | | 01:01:47 | 01:01:00 | |
| 1790 | 1025 | SIRIOL | JONES | F45+ | 99 | | 01:01:47 | 00:59:42 | |
| 1791 | 3403 | MATTHEW | FELLOWS | Senior Male | 605 | | 01:01:49 | 01:00:46 | |
| 1792 | 1865 | LUKE | DAVIES | Senior Male | 606 | | 01:01:49 | 01:00:19 | |
| 1793 | 2523 | ROBERT | MCKINLEY | M50+ | 167 | | 01:01:51 | 00:59:38 | |
| 1794 | 169 | JAMES | SHANNON | Senior Male | 607 | ADMIRAL | 75 | 01:01:52 | 01:00:03 |
| 1795 | 384 | CAROLINE | MORGAN | F45+ | 100 | SWANSEA HARRIERS | 35 | 01:01:52 | 00:59:54 |
| 1796 | 2195 | PAUL | SAMUEL | M50+ | 168 | | 01:01:53 | 01:00:00 | |
| 1797 | 1639 | SUZANNE | DAVIES | F35+ | 199 | | 01:01:53 | 00:59:51 | |
| 1798 | 831 | JENI | PRICE | F35+ | 200 | | 01:01:53 | 00:59:54 | |
| 1799 | 2569 | RHIAN | DAVIES | F35+ | 201 | | 01:01:54 | 01:00:25 | |
| 1800 | 2568 | JANE | GRIFFITHS | F35+ | 202 | | 01:01:54 | 01:00:25 | |
| 1801 | 335 | MARIA | BOWERS | F35+ | 203 | ITCHEN SPITFIRES RUNNING CLUB | 1 | 01:01:55 | 00:59:42 |
| 1802 | 119 | AVINASH | MEHROTRA | Senior Male | 608 | ADMIRAL | 76 | 01:01:55 | 01:01:46 |
| 1803 | 1892 | PAUL | SKINNER | M40+ | 340 | | 01:01:55 | 00:58:45 | |
| 1804 | 401 | MARIA | RICHARDS | F45+ | 101 | | 01:01:55 | 00:59:34 | |
| 1805 | 942 | LEIGHTON | JAMES | M40+ | 341 | | 01:01:58 | 01:00:15 | |
| 1806 | 1008 | LEANNE | CASLEY | F45+ | 102 | | 01:01:59 | 01:00:09 | |
| 1807 | 908 | PETER | LEE | M40+ | 342 | | 01:02:01 | 01:00:03 | |
| 1808 | 2297 | SOPHIE | HOPKINS | Junior Female | 24 | | 01:02:01 | 00:58:20 | |
| 1809 | 2189 | CLAIRE | SCOTT | Senior Female | 201 | LLISWERRY RUNNERS | 11 | 01:02:02 | 01:00:03 |
| 1810 | 3651 | SOPHIA | FARMER | Senior Female | 202 | | 01:02:02 | 01:01:42 | |
| 1811 | 283 | LUKE | WALLACE | Junior Male | 56 | | 01:02:02 | 01:00:16 | |
| 1812 | 155 | EMMA | JENKINS | Senior Female | 203 | ADMIRAL | 77 | 01:02:05 | 00:59:48 |
| 1813 | 3326 | REBECCA | GRIFFITHS | F35+ | 204 | | 01:02:05 | 01:01:05 | |
| 1814 | 2970 | CARYS | LODWICK | Senior Female | 204 | | 01:02:06 | 01:01:46 | |
| 1815 | 800 | JODIE | LEWIS | Senior Female | 205 | | 01:02:06 | 01:00:05 | |
| 1816 | 3450 | JULIAN | LEAK | Senior Male | 609 | | 01:02:06 | 00:59:44 | |
| 1817 | 758 | ANDREW | O'SULLIVAN | Senior Male | 610 | | 01:02:07 | 01:00:37 | |
| 1818 | 622 | KEVIN | BENNETT | M50+ | 169 | | 01:02:07 | 00:59:59 | |
| 1819 | 950 | DANIEL | PUGH | Junior Male | 57 | | 01:02:08 | 01:01:02 | |
| 1820 | 2957 | LOUISE | DAVIES | F45+ | 103 | | 01:02:09 | 01:00:08 | |
| 1821 | 355 | WAYNE | WALKLEY | | 3 | | 01:02:10 | 00:59:35 | |
| 1822 | 1023 | NEIL | POULTON | M40+ | 343 | | 01:02:10 | 01:00:47 | |
| 1823 | 1271 | RACHEL | HENWOOD | Senior Female | 206 | | 01:02:11 | 01:00:53 | |
| 1824 | 3226 | LINDA | WILLIAMS | F35+ | 205 | | 01:02:11 | 01:00:32 | |
| 1825 | 1409 | LAYTON JOHN | JONES | M50+ | 170 | | 01:02:12 | 01:00:22 | |
| 1826 | 3813 | LISA | ISAAC | Senior Female | 207 | | 01:02:13 | 01:01:03 | |
| 1827 | 1615 | SHARN | THOMAS | F45+ | 104 | | 01:02:13 | 00:59:46 | |
| 1828 | 2553 | AMANDA | BEBB | F45+ | 105 | | 01:02:17 | 01:00:45 | |
| 1829 | 875 | KAREN | DAVIES | F45+ | 106 | | 01:02:18 | 01:00:17 | |
| 1830 | 408 | GLESNI | EVANS | F35+ | 206 | | 01:02:19 | 01:00:36 | |
| 1831 | 3431 | GLEN | JONES | Senior Male | 611 | | 01:02:19 | 01:00:29 | |
| 1832 | 3560 | CRAIG | MORRIS | M40+ | 344 | | 01:02:19 | 01:00:29 | |
| 1833 | 1595 | ZOE | HOSKINS | Senior Female | 208 | | 01:02:20 | 00:59:07 | |
| 1834 | 2303 | KATHRYN | DAVIES | F45+ | 107 | | 01:02:20 | 01:01:33 | |
| 1835 | 3788 | ANN | DAVIES | F55+ | 30 | CWM OGWR RUNNING CLUB | 16 | 01:02:20 | 01:01:07 |
| 1836 | 1370 | MICHELLE | WHITTAL-WII | F35+ | 207 | | 01:02:20 | 00:59:36 | |
| 1837 | 2046 | DAVID | EVANS | Senior Male | 612 | | 01:02:22 | 01:00:07 | |
| 1838 | 2958 | VINCE | DAVIES | M40+ | 345 | | 01:02:22 | 01:00:20 | |
| 1839 | 3051 | ROB | HOPPING | M40+ | 346 | | 01:02:26 | 00:59:57 | |
| 1840 | 1097 | GED | WOOD | M60+ | 80 | | 01:02:27 | 01:01:10 | |
| 1841 | 1038 | JANE | ENGLAND | F45+ | 108 | | 01:02:31 | 01:00:26 | |
| 1842 | 703 | BEV | JAMES | F55+ | 31 | FOREST OF DEAN AC | 39 | 01:02:33 | 01:01:29 |
| 1843 | 3767 | HANNA | CULVERHOUSE | Senior Female | 209 | | 01:02:33 | 01:00:47 | |
| 1844 | 1616 | NEIL | TRACEY | M40+ | 347 | | 01:02:34 | 00:59:48 | |
| 1845 | 2687 | ANNABEL | TURNER | F35+ | 208 | | 01:02:35 | 01:01:26 | |

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| 1846 | 4009 JOANNA | PEARSON | F45+ | 109 CALDICOT RUNNING CLUB | 8 | 01:02:36 | 01:01:00 |
| 1847 | 1905 TONY | BARRY | Senior Male | 613 | | 01:02:38 | 01:01:26 |
| 1848 | 2259 ADRIAN | BEVAN | Senior Male | 614 | | 01:02:38 | 00:59:52 |
| 1849 | 775 CRAIG | WYATT | Senior Male | 615 | | 01:02:39 | 00:58:10 |
| 1850 | 2419 KATIE | STEWART | Senior Femal | 210 | | 01:02:39 | 01:00:40 |
| 1851 | 2535 JOSHUA | FELTRIN | Senior Male | 616 | | 01:02:40 | 00:59:57 |
| 1852 | 1757 JADE | CLEMMETT | Senior Femal | 211 | | 01:02:43 | 01:00:12 |
| 1853 | 554 IAN | PORTWAY | M50+ | 171 | | 01:02:43 | 00:59:59 |
| 1854 | 1289 MICHAEL | COPPARD | M40+ | 348 | | 01:02:43 | 01:01:04 |
| 1855 | 3253 SIAN | FISHER | Senior Femal | 212 | | 01:02:44 | 01:00:10 |
| 1856 | 1881 SHARON | CRICHTON | F55+ | 32 | | 01:02:44 | 01:00:10 |
| 1857 | 1188 LOUISE | BIBBY | F45+ | 110 | | 01:02:45 | 01:01:25 |
| 1858 | 2594 ANDREW | DAVID | Senior Male | 617 RUN4ALL RUNNING CLUB | 24 | 01:02:46 | 00:59:40 |
| 1859 | 2099 SIAN | SPENCER | Senior Femal | 213 | | 01:02:47 | 01:01:04 |
| 1860 | 3720 CATH | BOWEN | F45+ | 111 | | 01:02:48 | 01:00:14 |
| 1861 | 3719 MARK | RIPPIN | M40+ | 349 | | 01:02:48 | 01:00:14 |
| 1862 | 3743 DIANA | HEINSALU | Senior Femal | 214 | | 01:02:48 | 01:00:58 |
| 1863 | 269 KATHRYN | JONES | Senior Femal | 215 | | 01:02:49 | 01:01:09 |
| 1864 | 1897 JOHANNE | HUGHES-DOV | F45+ | 112 3MS GORSEINON ROAD RUNNERS | 27 | 01:02:50 | 01:01:17 |
| 1865 | 532 PAULA | BOUGHEY | F45+ | 113 | | 01:02:51 | 01:00:31 |
| 1866 | 813 DAWN | JAMES | F35+ | 209 | | 01:02:52 | 01:01:54 |
| 1867 | 1448 BETHAN | WAY | Senior Femal | 216 | | 01:02:52 | 01:00:45 |
| 1868 | 2759 ASHLEY | BISHOP | Senior Male | 618 | | 01:02:52 | 01:00:55 |
| 1869 | 2415 LISA JOANNE | DAVIES | F35+ | 210 | | 01:02:52 | 01:01:55 |
| 1870 | 3135 JULIE | BROWN | F55+ | 33 | | 01:02:55 | 01:01:36 |
| 1871 | 2210 NICOLA | JAMESON | F35+ | 211 | | 01:02:56 | 01:00:55 |
| 1872 | 2533 SOPHIE | DAVIES | Senior Femal | 217 | | 01:02:56 | 01:01:21 |
| 1873 | 2534 KIMBERLEY | DAVIES | Senior Femal | 218 | | 01:02:56 | 01:01:22 |
| 1874 | 1675 DYLAN | JONES | M40+ | 350 | | 01:02:57 | 01:00:28 |
| 1875 | 3676 ALICE | JAMES | F35+ | 212 | | 01:02:57 | 01:01:43 |
| 1876 | 2654 RACHAEL | FOWLER | Senior Femal | 219 | | 01:02:58 | 01:01:36 |
| 1877 | 2954 JASON | HESLOP | M40+ | 351 | | 01:03:00 | 01:01:29 |
| 1878 | 2005 KATIE | MORGAN | Senior Femal | 220 | | 01:03:01 | 01:01:35 |
| 1879 | 3910 CATHERINE | CAINES-LAZA | F35+ | 213 | | 01:03:01 | 01:00:40 |
| 1880 | 592 SHARLA | FLEET | F35+ | 214 FOREST OF DEAN AC | 40 | 01:03:03 | 01:00:47 |
| 1881 | 1049 WENDY | MORGAN | F45+ | 114 | | 01:03:05 | 01:00:21 |
| 1882 | 1229 CHRISTINE | HURDIDGE | F55+ | 34 3MS GORSEINON ROAD RUNNERS | 28 | 01:03:06 | 01:00:55 |
| 1883 | 2814 ALUN WYN | STEPHENS | M40+ | 352 | | 01:03:07 | 01:01:07 |
| 1884 | 227 SARAH | BOWEN | Senior Femal | 221 ADMIRAL | 78 | 01:03:08 | 01:02:08 |
| 1885 | 4010 DANIEL | HADLEY | Senior Male | 619 | | 01:03:08 | 01:02:08 |
| 1886 | 1090 ANDREW | MORRIS | M50+ | 172 | | 01:03:08 | 01:01:45 |
| 1887 | 751 RHODRI | EVANS | Senior Male | 620 | | 01:03:08 | 01:01:11 |
| 1888 | 3468 LEIGH | KING | F35+ | 215 | | 01:03:10 | 01:00:32 |
| 1889 | 239 TARA | WEIR | F35+ | 216 ADMIRAL | 79 | 01:03:12 | 01:00:37 |
| 1890 | 3413 CHRIS | EVANS | Senior Male | 621 | | 01:03:13 | 01:00:43 |
| 1891 | 2592 ALEX | MORRIS | Junior Male | 58 | | 01:03:13 | 00:59:39 |
| 1892 | 2949 RUTH | KNOYLE | F35+ | 217 DRAGONS RUNNING CLUB | 7 | 01:03:13 | 01:01:49 |
| 1893 | 1015 WENDY | JOHNSON | F35+ | 218 RUN4ALL RUNNING CLUB | 25 | 01:03:13 | 01:01:11 |
| 1894 | 3438 VANESSA | KIDWELL | Senior Femal | 222 | | 01:03:14 | 01:02:04 |
| 1895 | 303 SUZANNE | THOMAS | Senior Femal | 223 | | 01:03:14 | 01:00:53 |
| 1896 | 2810 LUKE | TANNER | Senior Male | 622 | | 01:03:14 | 01:01:11 |
| 1897 | 2045 RHODRI | MOSES NICH | Senior Male | 623 | | 01:03:14 | 01:00:05 |
| 1898 | 1882 MEREDUDD | JONES | Senior Male | 624 | | 01:03:15 | 00:59:14 |
| 1899 | 2332 KERI | BOWDEN | M40+ | 353 | | 01:03:16 | 01:01:16 |
| 1900 | 3844 RHIANNON | ROBERTS | Senior Femal | 224 | | 01:03:17 | 01:01:35 |
| 1901 | 3798 EMILY | HARRIS | Senior Femal | 225 | | 01:03:17 | 01:01:36 |
| 1902 | 3483 DANIEL | JONES | M40+ | 354 | | 01:03:17 | 01:03:12 |
| 1903 | 2481 OWEN | GRIFFITHS | M40+ | 355 | | 01:03:18 | 01:01:48 |
| 1904 | 1599 DAVID | PRICE | M40+ | 356 FOREST OF DEAN AC | 41 | 01:03:18 | 01:02:13 |
| 1905 | 1600 LEONA | PRICE | F35+ | 219 FOREST OF DEAN AC | 42 | 01:03:18 | 01:02:13 |
| 1906 | 665 KATY | LEWIS | Senior Femal | 226 | | 01:03:19 | 01:02:00 |
| 1907 | 1712 MARK | LEWIS | Senior Male | 625 | | 01:03:19 | 01:02:00 |
| 1908 | 2405 DAVID | SMITH | Senior Male | 626 | | 01:03:19 | 01:01:58 |
| 1909 | 1841 CATHERINE | DAVIES | F45+ | 115 | | 01:03:20 | 01:02:33 |
| 1910 | 3525 KRISTIAN | HARRIS | Senior Male | 627 ADMIRAL | 80 | 01:03:21 | 01:02:36 |
| 1911 | 2319 SHAUNA | WILLIAMS | Senior Femal | 227 | | 01:03:22 | 01:01:13 |
| 1912 | 1349 VICTORIA | REEDER | Senior Femal | 228 | | 01:03:22 | 01:00:53 |
| 1913 | 2452 LISA | RIDDINGTON | F35+ | 220 CHEPSTOW HARRIERS | 22 | 01:03:22 | 01:01:35 |
| 1914 | 3484 GERWYN | HARRIS | Senior Male | 628 | | 01:03:24 | 01:00:43 |
| 1915 | 2288 RUTH | DAVIES | F35+ | 221 PARC BRYN BACH RUNNING CLUB | 1 | 01:03:26 | 00:59:32 |
| 1916 | 3575 DANIELLE | VAUGHAN | Senior Femal | 229 | | 01:03:26 | 01:01:17 |
| 1917 | 2536 SUSAN | OWEN | Senior Femal | 230 RUN4ALL RUNNING CLUB | 26 | 01:03:28 | 01:00:49 |
| 1918 | 3530 LISA | HAWKINS | F35+ | 222 ADMIRAL | 81 | 01:03:29 | 01:01:33 |
| 1919 | 1579 DAVID | WILLIAMS | M50+ | 173 | | 01:03:30 | 01:00:19 |
| 1920 | 2689 IRENE | JOYCE | Senior Femal | 231 | | 01:03:30 | 01:00:08 |
| 1921 | 2727 MARK | MCNEISH | M40+ | 357 | | 01:03:30 | 01:01:20 |
| 1922 | 3883 LLOYD | JAMES | Senior Male | 629 ACTIVE SWANSEA | 4 | 01:03:30 | 01:01:24 |

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| 1923 | 288 | ANDREW | HAXTON | M40+ | 358 | | 01:03:31 | 01:02:12 | |
| 1924 | 1092 | CHELCE | PREECE | Senior Femal | 232 | | 01:03:32 | 01:01:52 | |
| 1925 | 2402 | ASHLEY | PUNTER | Senior Male | 630 | | 01:03:34 | 01:00:51 | |
| 1926 | 2984 | JO | BABIJ | F45+ | 116 | FOREST OF DEAN AC | 43 | 01:03:34 | 01:01:18 |
| 1927 | 334 | ALISON | THOMAS | F35+ | 223 | | 01:03:34 | 01:00:52 | |
| 1928 | 672 | KIM | EVANS | F55+ | 35 | | 01:03:35 | 01:01:00 | |
| 1929 | 847 | JOHN | MAINWARIN | M50+ | 174 | | 01:03:35 | 01:00:16 | |
| 1930 | 2228 | MYRFYN | MARKS | Senior Male | 631 | | 01:03:35 | 01:00:55 | |
| 1931 | 3754 | MICHELLE | MORRISSEY | F45+ | 117 | | 01:03:37 | 01:01:57 | |
| 1932 | 3845 | GEORGINA | MENZIES | Senior Femal | 233 | | 01:03:38 | 01:01:41 | |
| 1933 | 1121 | KATRINA | WHEADON | F35+ | 225 | ROYAL WOOTON BASSETT HOUNDS RC | 1 | 01:03:38 | 01:01:31 |
| 1934 | 1359 | PAUL | MASON | M50+ | 175 | | 01:03:38 | 01:01:40 | |
| 1935 | 1462 | CLARE | PHILLIPS | F35+ | 224 | | 01:03:38 | 01:01:30 | |
| 1936 | 2967 | CHRIS | REES | M50+ | 176 | PEMBROKESHIRE HARRIERS | 3 | 01:03:40 | 01:01:52 |
| 1937 | 3559 | LISA | PUGHSLEY | F45+ | 118 | PORT TALBOT HARRIERS | 10 | 01:03:40 | 01:01:29 |
| 1938 | 3170 | MOLLY | WILLIAMS | Junior Femal | 25 | | 01:03:42 | 01:01:39 | |
| 1939 | 3654 | KIMBERLEY | DAVIES | Senior Femal | 234 | CWM OGWR RUNNING CLUB | 17 | 01:03:43 | 01:01:23 |
| 1940 | 497 | LYDIA | SMITH | F45+ | 119 | | 01:03:43 | 01:01:45 | |
| 1941 | 3393 | KATI | MARTIN | Senior Male | 632 | | 01:03:43 | 01:02:23 | |
| 1942 | 2732 | CATRIN | ALLEN | Junior Femal | 26 | | 01:03:44 | 01:01:51 | |
| 1943 | 2468 | ALICE | THOMAS | Junior Femal | 27 | | 01:03:44 | 01:02:46 | |
| 1944 | 161 | HOLLY | MACHIN | F45+ | 120 | ADMIRAL | 82 | 01:03:46 | 01:01:29 |
| 1945 | 313 | JULIE | WILLIAMS | F45+ | 121 | ISLWYN RC | 15 | 01:03:46 | 01:01:55 |
| 1946 | 3158 | LEIGH | WALLACE | M40+ | 359 | | 01:03:47 | 01:01:08 | |
| 1947 | 3486 | GRAHAM | SINGER | M60+ | 81 | | 01:03:48 | 01:01:48 | |
| 1948 | 3963 | PATRICK | ANDERSON | M40+ | 360 | | 01:03:49 | 01:01:44 | |
| 1949 | 1258 | GAIL | PRITCHARD | F45+ | 123 | CWM OGWR RUNNING CLUB | 18 | 01:03:49 | 01:02:09 |
| 1950 | 3962 | ALYS | CARLISLE | F45+ | 122 | | 01:03:49 | 01:01:44 | |
| 1951 | 1918 | NATHAN | DAVIES | Senior Male | 633 | | 01:03:51 | 01:02:21 | |
| 1952 | 1919 | ELIZABETH | DAVIES | F55+ | 36 | | 01:03:51 | 01:02:21 | |
| 1953 | 2549 | DELWYN | TYLER | Senior Male | 634 | | 01:03:51 | 01:00:04 | |
| 1954 | 2172 | ELEN | HOWELLS | Senior Femal | 235 | | 01:03:51 | 01:01:46 | |
| 1955 | 3782 | EMMA | MUNKLEY | F35+ | 226 | | 01:03:51 | 01:02:11 | |
| 1956 | 971 | CLIVE | EVANS | M40+ | 361 | | 01:03:52 | 01:01:46 | |
| 1957 | 1857 | SUZANNE | GARTON | F35+ | 227 | | 01:03:52 | 01:02:24 | |
| 1958 | 3681 | ANDREW | GRAY | Senior Male | 635 | | 01:03:52 | 01:02:22 | |
| 1959 | 206 | LAILA | QUATTRINI | Senior Femal | 236 | ADMIRAL | 83 | 01:03:53 | 01:02:33 |
| 1960 | 4040 | SEAMUS | EDNEY | M50+ | 177 | | 01:03:55 | 01:01:32 | |
| 1961 | 3991 | KAY | MOUNTFIELD | F45+ | 124 | | 01:03:56 | 01:00:47 | |
| 1962 | 1225 | LINDA | OWENS | F55+ | 37 | 3MS GORSEINON ROAD RUNNERS | 29 | 01:03:56 | 01:02:21 |
| 1963 | 1054 | LEANNE | WINSTON | Senior Femal | 237 | | 01:03:57 | 01:01:29 | |
| 1964 | 580 | EMMA | ANYADIKE | F35+ | 228 | | 01:03:57 | 01:02:11 | |
| 1965 | 3622 | KAREN | DUSGATE | F45+ | 125 | | 01:03:57 | 01:01:59 | |
| 1966 | 952 | NIA | DICKIE | F45+ | 126 | | 01:03:58 | 01:02:17 | |
| 1967 | 2007 | QUMRUN | NAHAR | F35+ | 229 | | 01:03:58 | 01:02:17 | |
| 1968 | 2426 | SALLY | SEIGNOT | F35+ | 230 | CAERLEON RC | 1 | 01:03:58 | 01:00:11 |
| 1969 | 3388 | THOMAS | DAVIES | M40+ | 362 | | 01:03:58 | 01:00:29 | |
| 1970 | 2424 | DEBORAH | GRACE | F45+ | 127 | | 01:03:59 | 01:00:11 | |
| 1971 | 1722 | CHRIS | PIPPINS | Senior Male | 636 | | 01:03:59 | 01:03:11 | |
| 1972 | 3038 | ANGELA | KILLA | F35+ | 231 | | 01:03:59 | 01:00:11 | |
| 1973 | 4025 | IEUAN | TIBBS | M40+ | 363 | | 01:04:00 | 01:01:11 | |
| 1974 | 3618 | ADAM | JONES | Senior Male | 637 | | 01:04:00 | 01:02:06 | |
| 1975 | 2420 | LOUISE | JONES | F35+ | 232 | | 01:04:00 | 01:03:31 | |
| 1976 | 3738 | CHARLOTTE | LEIGH | F35+ | 233 | CAERLEON RC | 2 | 01:04:01 | 01:02:30 |
| 1977 | 694 | ANDREW | THOMAS | Senior Male | 638 | | 01:04:01 | 01:03:14 | |
| 1978 | 3673 | VICTORIA | GRIFFITHS | F35+ | 234 | | 01:04:02 | 01:01:22 | |
| 1979 | 602 | ALEX | ALDWORTH | Senior Male | 639 | CAERPHILLY RUNNERS | 8 | 01:04:02 | 01:02:22 |
| 1980 | 1442 | CARL | VONK | M40+ | 364 | | 01:04:03 | 01:00:34 | |
| 1981 | 3942 | DENISE | CUER | F45+ | 128 | NEWPORT HARRIERS | 1 | 01:04:03 | 01:01:51 |
| 1982 | 290 | BEN | HEATH | Senior Male | 640 | | 01:04:04 | 01:02:48 | |
| 1983 | 1021 | DAVID | WILLIAMS | Senior Male | 641 | | 01:04:05 | 01:01:15 | |
| 1984 | 3907 | FRANCES | BRENNAN-D | F35+ | 235 | GRIFFITHSTOWN HARRIERS | 4 | 01:04:06 | 01:01:53 |
| 1985 | 947 | SANDRA | DOUGLAS | F45+ | 129 | | 01:04:06 | 01:01:40 | |
| 1986 | 1694 | HAYLEY | OWEN | Senior Femal | 238 | | 01:04:07 | 01:02:37 | |
| 1987 | 3763 | KATE | BARONA | Senior Femal | 239 | | 01:04:07 | 01:00:28 | |
| 1988 | 3054 | JADE | LUNDIE | Senior Femal | 240 | | 01:04:08 | 00:59:57 | |
| 1989 | 2565 | KATE | THOMAS | Senior Femal | 241 | | 01:04:09 | 01:00:33 | |
| 1990 | 3078 | GERAINT | HYWEL | M40+ | 365 | | 01:04:10 | 00:59:41 | |
| 1991 | 3095 | SIMON | FOWLER | Senior Male | 642 | | 01:04:10 | 01:02:40 | |
| 1992 | 1174 | DIANE | CHAPMAN | F45+ | 130 | | 01:04:11 | 01:02:29 | |
| 1993 | 1263 | ALDO | PICEK | M40+ | 366 | | 01:04:12 | 01:02:27 | |
| 1994 | 2856 | TRACEY | NEWMAN | F45+ | 131 | LES CROUPIERS | 24 | 01:04:12 | 01:01:50 |
| 1995 | 743 | KEITH | JORDAN | M60+ | 82 | | 01:04:14 | 01:02:39 | |
| 1996 | 1417 | PAUL | LINDLEY | M50+ | 178 | | 01:04:15 | 01:02:08 | |
| 1997 | 294 | JORDAN | SHAMSAEE | Senior Male | 643 | | 01:04:17 | 01:02:40 | |
| 1998 | 2465 | ROWAN | LUCKMAN | Junior Male | 59 | | 01:04:17 | | |
| 1999 | 145 | DEBORAH | CHANDLER | Senior Femal | 242 | ADMIRAL | 84 | 01:04:19 | 01:01:57 |

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| 2000 | 3733 VICKY | LOTT | F35+ | 236 | | 01:04:19 | 01:02:11 |
| 2001 | 215 RICHARD | MARTIN | M40+ | 367 ADMIRAL | 85 | 01:04:20 | 01:00:37 |
| 2002 | 152 EMILY | LEWIS | Senior Femal | 243 ADMIRAL | 86 | 01:04:20 | 01:00:51 |
| 2003 | 3395 MATT | BARRY | Senior Male | 644 | | 01:04:20 | 01:02:45 |
| 2004 | 3847 HANNAH | PRICE | Senior Femal | 244 | | 01:04:20 | 01:01:46 |
| 2005 | 573 NICOLA | JONES | Senior Femal | 245 | | 01:04:21 | 01:00:03 |
| 2006 | 2539 KAREN | ADAMS | F45+ | 132 | | 01:04:24 | 01:02:19 |
| 2007 | 1938 LISA | HUGHES | Senior Femal | 246 | | 01:04:24 | 01:02:24 |
| 2008 | 329 NICOLA | GOULD | F35+ | 237 | | 01:04:25 | 01:01:46 |
| 2009 | 3793 NICOLA | COX | Senior Femal | 247 | | 01:04:27 | 01:03:19 |
| 2010 | 1425 JOANNA | COGLIN | Senior Femal | 248 | | 01:04:27 | 01:03:45 |
| 2011 | 3399 CHRISTOPHE | IDUFFIELD | Senior Male | 645 | | 01:04:27 | 01:02:57 |
| 2012 | 3548 NATASHA | DARE | Senior Femal | 249 ADMIRAL | 87 | 01:04:27 | 01:03:36 |
| 2013 | 2240 DAVID | GRANT | M50+ | 179 | | 01:04:28 | 01:02:46 |
| 2014 | 1098 GARETH | MILES | M40+ | 368 | | 01:04:29 | 01:02:17 |
| 2015 | 1988 JAYNE | JONES | F45+ | 133 ISLWYN RC | 16 | 01:04:29 | 01:02:20 |
| 2016 | 3422 TANYA | PEACE | Senior Femal | 250 | | 01:04:31 | 01:03:17 |
| 2017 | 318 SALLYANNE | GREENSLADE | F45+ | 134 | | 01:04:31 | 01:03:19 |
| 2018 | 137 CHRISTOPHE | HAWKINS | Senior Male | 646 ADMIRAL | 88 | 01:04:32 | 01:03:12 |
| 2019 | 2439 STEVE | TWIGG | M40+ | 369 | | 01:04:33 | 01:03:01 |
| 2020 | 1464 JANE | LLEWELLYN | F55+ | 38 | | 01:04:33 | 01:02:32 |
| 2021 | 2475 LEIGHTON | WILLIAMS | M50+ | 180 | | 01:04:33 | 01:03:24 |
| 2022 | 1830 ALFRYN | EASTER | M60+ | 83 3MS GORSEINON ROAD RUNNERS | 30 | 01:04:33 | 01:02:58 |
| 2023 | 2051 AMY | JONES | Senior Femal | 251 | | 01:04:34 | 01:02:53 |
| 2024 | 1058 LISA | EVANS | Senior Femal | 252 | | 01:04:34 | 01:01:23 |
| 2025 | 1110 ISAAC | WALTERS | Junior Male | 60 | | 01:04:35 | 01:01:24 |
| 2026 | 291 JULIE | KEMP | F45+ | 135 | | 01:04:35 | 01:02:43 |
| 2027 | 2773 ANGHARAD | TREHARNE | Senior Femal | 253 | | 01:04:35 | 01:02:29 |
| 2028 | 3400 JULIE | CROSSMAN | F45+ | 136 | | 01:04:36 | 01:03:21 |
| 2029 | 1745 KIRSTY | THOMAS | Senior Femal | 254 | | 01:04:37 | 01:03:41 |
| 2030 | 3764 KEVIN | CHUA | Senior Male | 647 | | 01:04:37 | 01:00:57 |
| 2031 | 1266 TIM | ANDREWES | Senior Male | 648 | | 01:04:38 | 01:03:02 |
| 2032 | 3130 PAUL | EVANS | M40+ | 370 | | 01:04:40 | 01:02:37 |
| 2033 | 2430 SUE | PETERS | F55+ | 39 | | 01:04:41 | 01:02:33 |
| 2034 | 2417 JEN | HOSKINS | F35+ | 238 | | 01:04:41 | 01:03:47 |
| 2035 | 1693 ALISON | JONES | F45+ | 137 | | 01:04:43 | 01:00:54 |
| 2036 | 3746 MALCOLM | CALLENDER | M60+ | 84 | | 01:04:43 | 01:02:36 |
| 2037 | 3225 NATASHA | HUGHES | Senior Femal | 255 | | 01:04:43 | 01:03:05 |
| 2038 | 3470 ADRIAN | DAVIES | M40+ | 371 | | 01:04:43 | 01:02:06 |
| 2039 | 1140 TOM | WHITE | Senior Male | 649 | | 01:04:43 | 01:03:14 |
| 2040 | 4060 Ben | Rose | Senior Male | 650 | | 01:04:43 | 01:02:05 |
| 2041 | 3224 MARK | WINTER | M40+ | 372 | | 01:04:44 | 01:02:46 |
| 2042 | 3207 NERYS | JONES | F35+ | 239 | | 01:04:46 | 01:03:51 |
| 2043 | 2266 YVONNE | DAVIES | Senior Femal | 256 TROTS | 5 | 01:04:47 | 01:03:43 |
| 2044 | 3956 SHARON | ROACH | F35+ | 240 | | 01:04:47 | 01:02:44 |
| 2045 | 1199 CHRIS | TERBLANCHE | M40+ | 373 | | 01:04:48 | 01:03:35 |
| 2046 | 697 PAUL | EVANS | Junior Male | 61 | | 01:04:49 | 01:00:37 |
| 2047 | 382 RACHEL | EVANS | Senior Femal | 257 | | 01:04:49 | 01:03:09 |
| 2048 | 2772 J. RHYS | DART | Senior Male | 651 | | 01:04:50 | 01:02:17 |
| 2049 | 2819 KELLY | MACKENNAL | F35+ | 241 | | 01:04:50 | 01:02:52 |
| 2050 | 2279 LISA | ADAMS | F35+ | 242 | | 01:04:50 | 01:02:17 |
| 2051 | 2278 NATALIE | ADAMS | F35+ | 243 | | 01:04:50 | 01:02:17 |
| 2052 | 1330 MARTIN | RICHARDS | M50+ | 181 | | 01:04:51 | 01:02:24 |
| 2053 | 2441 LUCY | JONES | Senior Femal | 258 | | 01:04:51 | 01:02:58 |
| 2054 | 3672 MATTHEW | ROBBINS | Senior Male | 652 | | 01:04:52 | 01:02:26 |
| 2055 | 2048 DEMI | HALLETT | Senior Femal | 259 | | 01:04:52 | 01:04:07 |
| 2056 | 3315 LAURA | COOMBES | F35+ | 244 LES CROUPIERS | 25 | 01:04:53 | 01:01:27 |
| 2057 | 1676 PAUL | CHANDLER | Senior Male | 653 | | 01:04:53 | 01:02:19 |
| 2058 | 1213 ANGHARAD | WILLIAMS | F35+ | 245 | | 01:04:55 | 01:01:46 |
| 2059 | 3558 TIM | MACDERMO | M50+ | 182 | | 01:04:56 | 01:02:57 |
| 2060 | 660 JEFFREY | THOMAS | M60+ | 85 | | 01:04:56 | 01:01:01 |
| 2061 | 3218 HELEN | WOODWARD | F45+ | 138 | | 01:04:57 | 01:03:03 |
| 2062 | 571 ANN | MAJER | F55+ | 40 | | 01:04:58 | 01:02:50 |
| 2063 | 337 PHIL | JONES | M50+ | 183 | | 01:04:59 | 01:03:04 |
| 2064 | 3887 DAVID | DAVIES | M40+ | 374 ACTIVE SWANSEA | 5 | 01:05:00 | 01:02:42 |
| 2065 | 2156 HELEN | EDWARDS | F35+ | 246 | | 01:05:01 | 01:03:30 |
| 2066 | 598 CEINWEN | EVANS | F45+ | 139 | | 01:05:03 | 01:02:56 |
| 2067 | 1656 NAGEENA | HUSSAIN | F35+ | 247 | | 01:05:03 | 01:00:33 |
| 2068 | 3416 GARY | EDWARDS | M50+ | 184 | | 01:05:03 | 01:02:49 |
| 2069 | 1944 SOPHIE | EVANS | F35+ | 248 | | 01:05:03 | 01:02:57 |
| 2070 | 2522 LAUREN | HARRIS | Senior Femal | 260 | | 01:05:04 | 01:03:14 |
| 2071 | 114 ANDREW | MERRICK | Senior Male | 654 ADMIRAL | 89 | 01:05:05 | 01:03:45 |
| 2072 | 374 JONATHAN | HUGHES | M40+ | 375 | | 01:05:06 | 01:02:32 |
| 2073 | 1999 ELLEN | PARKER-JONI | F35+ | 249 | | 01:05:06 | 01:04:04 |
| 2074 | 1846 NATHAN | HARPER | Senior Male | 655 | | 01:05:06 | 01:01:19 |
| 2075 | 817 CRAIG | THOMAS | Senior Male | 656 | | 01:05:07 | 01:02:04 |
| 2076 | 1179 NICOLA | JONES | F35+ | 250 DRAGONS RUNNING CLUB | 8 | 01:05:08 | 01:04:03 |

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| 2077 | 2226 LUCY | EVANS | Senior Femal | 262 DRAGONS RUNNING CLUB | 9 | 01:05:08 | 01:04:03 |
| 2078 | 3227 JOANNA | SHEARN | Senior Femal | 261 CHORLTON RUNNERS | 1 | 01:05:08 | 01:04:03 |
| 2079 | 1893 TOM | POWELL | Senior Male | 657 | | 01:05:08 | 01:02:05 |
| 2080 | 3516 HUW | JONES | M50+ | 185 ADMIRAL | 90 | 01:05:10 | 01:03:21 |
| 2081 | 838 RHIAN | BERESFORD | F45+ | 140 | | 01:05:11 | 01:01:45 |
| 2082 | 1936 ODETTE | WEIR | F45+ | 141 | | 01:05:11 | 01:02:34 |
| 2083 | 4063 Alex | Williams | Junior Male | 62 | | 01:05:11 | 01:03:57 |
| 2084 | 368 SARAH | MARKEY | F35+ | 251 CALDICOT RUNNING CLUB | 9 | 01:05:12 | 01:03:36 |
| 2085 | 767 SIAN | BARNETT | Senior Femal | 263 | | 01:05:12 | 01:04:36 |
| 2086 | 1214 LIAM | BENNETT | Senior Male | 658 | | 01:05:13 | 01:03:19 |
| 2087 | 1453 JAYNE | EVANS | F55+ | 41 | | 01:05:13 | 01:02:36 |
| 2088 | 342 REBECCA | HOPKINS | Senior Femal | 264 | | 01:05:14 | 01:02:04 |
| 2089 | 3730 GAVIN | COUSINS | Senior Male | 659 | | 01:05:14 | 01:02:04 |
| 2090 | 1287 NATALIE | MILBURN | Senior Femal | 265 | | 01:05:14 | 01:02:51 |
| 2091 | 1474 RACHEL | EVANS | F45+ | 142 | | 01:05:16 | 01:03:03 |
| 2092 | 3939 JESSICA | BEVAN | Senior Femal | 266 | | 01:05:16 | 01:03:11 |
| 2093 | 760 DEWI | EVANS | Senior Male | 660 | | 01:05:17 | 01:02:33 |
| 2094 | 799 SARA | HEWITT | F35+ | 252 | | 01:05:18 | 01:01:44 |
| 2095 | 2239 SOPHIE | BERESFORD | Senior Femal | 267 | | 01:05:18 | 01:01:51 |
| 2096 | 1534 GARETH | JONES | Senior Male | 661 | | 01:05:18 | 01:02:12 |
| 2097 | 4028 Lee | Cobley | M40+ | 376 | | 01:05:18 | 01:04:31 |
| 2098 | 2287 ANDREW | PAYNE | Senior Male | 662 | | 01:05:19 | 01:03:41 |
| 2099 | 2688 MIKE | SCOTT | M50+ | 186 | | 01:05:19 | 01:02:58 |
| 2100 | 3593 HAYLEY | DAVIES | F35+ | 253 | | 01:05:20 | 01:03:15 |
| 2101 | 3636 AMANDA | WILLIAMS | F35+ | 254 | | 01:05:20 | 01:03:15 |
| 2102 | 3554 BETH | EVANS | Senior Femal | 268 ADMIRAL | 91 | 01:05:21 | 01:03:57 |
| 2103 | 1132 HANNAH | BURTON | Senior Femal | 269 | | 01:05:22 | 01:03:02 |
| 2104 | 2518 CATRIN | EVANS-THOM | F35+ | 255 | | 01:05:22 | 01:02:10 |
| 2105 | 3010 MANDY | DAVIES | F45+ | 143 | | 01:05:23 | 01:01:53 |
| 2106 | 3313 NIA | TAYLOR | Senior Femal | 270 | | 01:05:23 | 01:04:07 |
| 2107 | 1405 RHIANNON | DANIEL | F35+ | 256 | | 01:05:24 | 01:03:09 |
| 2108 | 1634 ELAINE | DAVIES | F45+ | 144 PEMBROKESHIRE HARRIERS | 4 | 01:05:25 | 01:03:18 |
| 2109 | 1549 STEPHANIE | HARDING | Senior Femal | 271 | | 01:05:27 | 01:03:19 |
| 2110 | 120 BECA | COX | Senior Femal | 272 ADMIRAL | 92 | 01:05:27 | 01:03:45 |
| 2111 | 3722 MATTHEW | JAMES | Senior Male | 663 | | 01:05:27 | 01:03:57 |
| 2112 | 1521 SKWIREL | VINCENT | Senior Male | 664 | | 01:05:28 | 01:04:22 |
| 2113 | 1974 CARA | THOMAS | Senior Femal | 273 | | 01:05:29 | 01:03:40 |
| 2114 | 2914 STEPHEN | WILLIAMS | Senior Male | 665 | | 01:05:30 | 01:04:35 |
| 2115 | 3628 ELERI | TOSELL | Senior Femal | 274 | | 01:05:30 | 01:03:38 |
| 2116 | 798 CHRISTOPHE | BARNACAL | Senior Male | 666 | | 01:05:31 | 01:02:47 |
| 2117 | 1424 DAVID | COTTRELL | Senior Male | 667 | | 01:05:33 | 01:04:28 |
| 2118 | 2928 CHERYL | THOMSON | F35+ | 257 | | 01:05:34 | 01:03:07 |
| 2119 | 1538 JUSTIN | LEWIS | Senior Male | 668 | | 01:05:36 | 01:02:14 |
| 2120 | 892 CATHY | HOLLAND | F45+ | 145 | | 01:05:38 | 01:04:24 |
| 2121 | 133 CATHERINE | HOOK | Senior Femal | 275 ADMIRAL | 93 | 01:05:38 | 01:02:05 |
| 2122 | 1886 MARCO | DIULIO | Senior Male | 669 | | 01:05:39 | 01:04:14 |
| 2123 | 3377 CHRIS | STANLAKE | Senior Male | 670 CWM OGWR RUNNING CLUB | 19 | 01:05:40 | 01:03:10 |
| 2124 | 2323 RONI | MARGERISON | F35+ | 258 LLISWERRY RUNNERS | 12 | 01:05:41 | 01:03:45 |
| 2125 | 2829 STACEY | PRICE | M40+ | 377 | | 01:05:41 | 01:05:01 |
| 2126 | 2844 DAVID | OLIVER | Senior Male | 671 | | 01:05:42 | 01:05:02 |
| 2127 | 370 FAYE | CHAPMAN | Senior Femal | 276 | | 01:05:42 | 01:02:57 |
| 2128 | 1602 STEPHANIE | GRAVELL | F35+ | 259 RUN4ALL RUNNING CLUB | 27 | 01:05:43 | 01:04:39 |
| 2129 | 2249 JANE | MORGAN | F55+ | 42 | | 01:05:43 | 01:03:25 |
| 2130 | 1603 DARREN | GRAVELL | M40+ | 378 | | 01:05:43 | 01:04:40 |
| 2131 | 2377 KIRSTY | SHELLARD | Senior Femal | 277 | | 01:05:43 | 01:03:23 |
| 2132 | 957 SYDNEY | WHEELER | M60+ | 86 CHEPSTOW HARRIERS | 23 | 01:05:43 | 01:04:47 |
| 2133 | 486 ALISON | EVANS | F45+ | 146 | | 01:05:44 | 01:03:11 |
| 2134 | 298 DEMI | GRIFFITHS | Senior Femal | 278 | | 01:05:44 | 01:03:44 |
| 2135 | 3970 DAVE | MATTHEWS | M40+ | 379 | | 01:05:44 | 01:03:32 |
| 2136 | 3899 SUKHJINDER | KAUR | F35+ | 260 | | 01:05:45 | 01:03:43 |
| 2137 | 3421 MICHAEL | RICHARDS | Senior Male | 672 | | 01:05:46 | 01:05:02 |
| 2138 | 544 MARGARET | CLEVERLY | F55+ | 43 | | 01:05:47 | 01:05:31 |
| 2139 | 2365 SARAH | PARRY | Senior Femal | 279 | | 01:05:47 | 01:05:12 |
| 2140 | 458 CLAIRE | DELAMERE | F35+ | 261 LAWLEY RUNNING CLUB | 2 | 01:05:48 | 01:03:28 |
| 2141 | 3373 FIONA | JACKSON | F35+ | 262 | | 01:05:48 | 01:04:36 |
| 2142 | 2817 GARETH | WILLIAMS | Senior Male | 673 | | 01:05:48 | 01:05:12 |
| 2143 | 3181 KELLIE | WILLIAMS | Senior Femal | 280 | | 01:05:49 | 01:04:37 |
| 2144 | 1182 FFION | EVANS | Senior Femal | 281 | | 01:05:49 | 01:03:38 |
| 2145 | 679 NORMAN | SPENCER | M60+ | 87 | | 01:05:51 | 01:02:13 |
| 2146 | 2619 CORRINE | JONES | F35+ | 263 | | 01:05:51 | 01:03:38 |
| 2147 | 1896 PETER | HOPPING | M40+ | 380 | | 01:05:53 | 01:03:24 |
| 2148 | 3013 LEE | EVANS | M40+ | 381 | | 01:05:54 | 01:04:03 |
| 2149 | 3608 JENNIFER | PROCTOR | F35+ | 264 | | 01:05:54 | 01:04:18 |
| 2150 | 2953 GWYNFOR | DAVIES | M60+ | 88 | | 01:05:55 | 01:04:37 |
| 2151 | 1638 SHAUN | DAVIES | M40+ | 382 | | 01:05:56 | 01:03:54 |
| 2152 | 2942 ANDREW | JONES | M50+ | 187 | | 01:05:56 | 01:04:51 |
| 2153 | 1933 KATE | GREENFIELD | F35+ | 265 | | 01:05:57 | 01:02:46 |

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| 2154 | 2628 JOANNA | JONES | F35+ | 266 | | 01:05:57 | 01:04:04 | |
| 2155 | 990 ANDREW | KNOTT | Senior Male | 674 | FOREST OF DEAN AC | 44 | 01:05:57 | 01:03:41 |
| 2156 | 1268 HANNAH | CASTLE | F45+ | 147 | | | 01:05:57 | 01:02:46 |
| 2157 | 887 DELIA | PUDNEY | F35+ | 267 | | | 01:05:58 | 01:03:35 |
| 2158 | 1242 ISABEL | EVANS | F45+ | 148 | | | 01:05:58 | 01:05:04 |
| 2159 | 1036 JANET | WILLIAMS | F55+ | 44 | DRAGONS RUNNING CLUB | 10 | 01:05:59 | 01:04:04 |
| 2160 | 27 JOHN | LOVELL | M60+ | 89 | | | 01:05:59 | 01:04:04 |
| 2161 | 3875 PATRICK | MURRAY | M40+ | 383 | | | 01:06:00 | 01:04:20 |
| 2162 | 2000 STEPHANIE | GILL | Senior Femal | 283 | | | 01:06:03 | 01:03:29 |
| 2163 | 2074 ANNA | COLCLOUGH | Senior Femal | 282 | | | 01:06:03 | 01:04:28 |
| 2164 | 3338 ADELE | JONES | F35+ | 268 | | | 01:06:04 | 01:03:59 |
| 2165 | 2524 KELLY | BURSON | F35+ | 269 | | | 01:06:05 | 01:03:48 |
| 2166 | 203 PENNY | PHILLIPS-JON | F35+ | 270 | ADMIRAL | 94 | 01:06:05 | 01:03:01 |
| 2167 | 371 LISA-MARIE | EVANS | Senior Femal | 284 | | | 01:06:07 | 01:05:57 |
| 2168 | 1348 JADE | GOODWIN | Senior Femal | 285 | | | 01:06:10 | 01:03:01 |
| 2169 | 2746 HANNAH | WILLIAMS | Senior Femal | 286 | | | 01:06:11 | 01:03:56 |
| 2170 | 3791 EMMA | WINTER | Senior Femal | 287 | | | 01:06:12 | 01:04:32 |
| 2171 | 2066 LUCY | SMITH | Senior Femal | 288 | | | 01:06:13 | 01:04:17 |
| 2172 | 2122 JADE | LINES | Senior Femal | 289 | | | 01:06:13 | 01:04:10 |
| 2173 | 1175 RACHEL | CHAPMAN | Senior Femal | 290 | | | 01:06:14 | 01:04:32 |
| 2174 | 2167 JOHN | HEYCOCK | M40+ | 384 | | | 01:06:14 | 01:04:32 |
| 2175 | 383 BECKY | GORE | Senior Femal | 291 | | | 01:06:15 | 01:03:06 |
| 2176 | 3352 ALISON | COLDERICK | F45+ | 149 | | | 01:06:15 | 01:04:10 |
| 2177 | 3975 ANDREW | DAVIES | M40+ | 385 | | | 01:06:16 | 01:06:01 |
| 2178 | 894 ANNE-MARIE | MORGAN | F45+ | 150 | | | 01:06:17 | 01:02:45 |
| 2179 | 3829 COLIN | ISAAC | M60+ | 90 | | | 01:06:22 | 01:05:13 |
| 2180 | 3025 MORGAN | DOEL | Junior Male | 63 | | | 01:06:22 | 01:02:48 |
| 2181 | 897 EIRIAN | SPENCER | F45+ | 151 | | | 01:06:25 | 01:01:59 |
| 2182 | 1761 CLAIRE | WORTHINGT | Senior Femal | 292 | | | 01:06:27 | 01:03:16 |
| 2183 | 2919 ROWLANDS | LUCY | F35+ | 271 | | | 01:06:27 | 01:05:04 |
| 2184 | 2296 LAURA | MAIN | F35+ | 272 | | | 01:06:28 | 01:03:54 |
| 2185 | 2923 JENNIFER | HART | Senior Femal | 293 | | | 01:06:28 | 01:03:03 |
| 2186 | 2995 CHRISTOPHEI | TODD JONES | M60+ | 91 | | | 01:06:30 | 01:04:47 |
| 2187 | 1965 JILL | PEACOCK | F45+ | 152 | | | 01:06:30 | 01:03:12 |
| 2188 | 3983 MEREDITH | JONES | M40+ | 386 | | | 01:06:32 | 01:04:20 |
| 2189 | 4027 John | Rock | M40+ | 387 | | | 01:06:32 | 01:03:53 |
| 2190 | 3809 CLAIRE | MELBOURNE | F35+ | 273 | | | 01:06:34 | 01:05:07 |
| 2191 | 229 SEAN | GIBBS | Senior Male | 675 | ADMIRAL | 95 | 01:06:35 | 01:04:02 |
| 2192 | 2372 DAVID | JENKINSON | M50+ | 188 | | | 01:06:37 | 01:04:16 |
| 2193 | 3337 TINA | CHARLES | F35+ | 274 | | | 01:06:37 | 01:04:32 |
| 2194 | 1522 RYAN | BEYNON | Senior Male | 676 | | | 01:06:38 | 01:05:05 |
| 2195 | 1486 BRIAN | CHRISTENSEM | M40+ | 388 | | | 01:06:38 | 01:04:03 |
| 2196 | 1296 MICHAEL | GIBBONS | Senior Male | 677 | | | 01:06:38 | 01:04:10 |
| 2197 | 1052 SIMON | CURSIO | M40+ | 389 | | | 01:06:39 | 01:04:11 |
| 2198 | 858 HAZEL | MORGAN | F45+ | 153 | | | 01:06:39 | 01:05:12 |
| 2199 | 2809 LEA | TANNER | M40+ | 390 | | | 01:06:39 | 01:04:36 |
| 2200 | 504 LYNN | HICKMAN | F45+ | 154 | | | 01:06:42 | 01:03:57 |
| 2201 | 2826 CHRISTOPHEI | REES | Senior Male | 678 | | | 01:06:43 | 01:02:22 |
| 2202 | 2124 PAUL | WHEELER | M50+ | 189 | | | 01:06:43 | 01:04:44 |
| 2203 | 1980 OWEN | THOMAS | M40+ | 391 | | | 01:06:44 | 01:03:01 |
| 2204 | 762 NIGEL | JENKINS | M50+ | 190 | | | 01:06:45 | 01:04:02 |
| 2205 | 3949 VICTORIA | EVANS | F45+ | 155 | | | 01:06:49 | 01:03:20 |
| 2206 | 2941 VICKY | LEWIS | Senior Femal | 294 | | | 01:06:49 | 01:04:49 |
| 2207 | 3307 GERAINT | PAXTON-ROCM | M40+ | 392 | | | 01:06:51 | 01:04:24 |
| 2208 | 257 SALLY | TURNER | F45+ | 156 | | | 01:06:52 | 01:04:35 |
| 2209 | 2464 SAIRA | LUCKMAN | F45+ | 157 | | | 01:06:52 | 01:04:42 |
| 2210 | 2399 ASHLEIGH | FRANCIS | Senior Femal | 295 | | | 01:06:53 | 01:03:38 |
| 2211 | 2947 TANIA | HILL | F45+ | 158 | | | 01:06:56 | 01:02:35 |
| 2212 | 108 ALOK | YADAV | Senior Male | 679 | ADMIRAL | 96 | 01:06:57 | 01:06:48 |
| 2213 | 2187 BETHAN | BEGGS | F35+ | 275 | | | 01:06:57 | 01:04:47 |
| 2214 | 2186 NIC | BEGGS | M40+ | 393 | | | 01:06:57 | 01:04:47 |
| 2215 | 1910 CHERYL | COPESTAKE | F45+ | 159 | | | 01:06:59 | 01:03:26 |
| 2216 | 2238 CHRIS | JOSEY | Senior Male | 680 | | | 01:07:00 | 01:05:33 |
| 2217 | 1590 JOHN | TUCKER | Senior Male | 681 | | | 01:07:00 | 01:04:09 |
| 2218 | 4041 MARGARET | EDNEY | F55+ | 45 | | | 01:07:02 | 01:04:37 |
| 2219 | 2962 STEWART | WILLIAMS | M60+ | 92 | | | 01:07:02 | 01:05:01 |
| 2220 | 1279 SUZANNE | BELLEW | F45+ | 160 | WELSH ANGLO ATHLETICS | 1 | 01:07:03 | 01:05:17 |
| 2221 | 2745 EIRA | WILLIAMS | F45+ | 161 | | | 01:07:03 | 01:04:48 |
| 2222 | 3190 LOUISE | JAMES | F45+ | 162 | PORTHCAWL RUNNERS | 6 | 01:07:03 | 01:05:41 |
| 2223 | 2116 STEFFAN | GRIFFITHS | Senior Male | 682 | | | 01:07:04 | 01:05:38 |
| 2224 | 2135 SHELLEY | REES | F35+ | 276 | | | 01:07:04 | 01:05:37 |
| 2225 | 2635 KELLY MARTI | DAVIES | Senior Femal | 296 | | | 01:07:04 | 01:04:45 |
| 2226 | 779 BETHAN-LYN | PHIPPS | Senior Femal | 297 | | | 01:07:05 | 01:03:29 |
| 2227 | 2348 JEMMA | MORGAN | Senior Male | 683 | | | 01:07:05 | 01:04:56 |
| 2228 | 2123 LISA | CASEY | F35+ | 277 | | | 01:07:05 | 01:05:02 |
| 2229 | 3366 HELEN | RUSSELL | F45+ | 163 | | | 01:07:05 | 01:04:20 |
| 2230 | 628 JONATHAN | WILLIAMS | M40+ | 394 | | | 01:07:06 | 01:06:24 |

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| 2231 | 1107 | ROBERT | CHANNON | Senior Male | 684 | | 01:07:06 | 01:03:54 | |
| 2232 | 1532 | GAREY | DAVIES | M40+ | 395 | | 01:07:06 | 01:03:45 | |
| 2233 | 2284 | LLINOS | DAVIES | F35+ | 278 | | 01:07:06 | 01:04:57 | |
| 2234 | 1533 | SARAH | LEMON-DAVI | F35+ | 279 | | 01:07:08 | 01:03:45 | |
| 2235 | 2307 | SAMANTHA | WILLIAMS | F45+ | 164 | | 01:07:08 | 01:05:00 | |
| 2236 | 3411 | SONIA | BROWN | F35+ | 280 | KINGFISHER HARRIERS | 1 | 01:07:09 | 01:06:13 |
| 2237 | 826 | CERI | DANIEL | F35+ | 281 | | 01:07:11 | 01:04:39 | |
| 2238 | 3808 | GAVIN | SPEED | Senior Male | 685 | | 01:07:12 | 01:04:01 | |
| 2239 | 1458 | NON | PETTICAN | F45+ | 165 | | 01:07:15 | 01:05:12 | |
| 2240 | 1108 | ISOBEL | ACE | Junior Female | 28 | | 01:07:16 | 01:05:52 | |
| 2241 | 2673 | BETH | FLYNN | Senior Female | 298 | | 01:07:16 | 01:05:04 | |
| 2242 | 3031 | LILI | THOMPSON | Junior Female | 29 | | 01:07:16 | 01:03:49 | |
| 2243 | 2261 | MARTIN | NICHOLLS | M40+ | 396 | | 01:07:17 | 01:03:47 | |
| 2244 | 1787 | REBECCA | WILLIAMS | Senior Female | 299 | | 01:07:17 | 01:06:12 | |
| 2245 | 3778 | JACK | WHITE | Senior Male | 686 | | 01:07:18 | 01:05:48 | |
| 2246 | 930 | GERARD | GILROY | Senior Male | 687 | | 01:07:18 | 01:04:18 | |
| 2247 | 2223 | SARAH | THOMAS | F35+ | 282 | | 01:07:18 | 01:05:38 | |
| 2248 | 1105 | NAOMI | GUEST | Senior Female | 300 | | 01:07:19 | 01:03:29 | |
| 2249 | 2691 | BECKY | JONES | Senior Female | 301 | | 01:07:20 | 01:06:26 | |
| 2250 | 1398 | CLARE | FENCOTT | F35+ | 283 | | 01:07:20 | 01:04:54 | |
| 2251 | 2084 | ALEXANDRA | ANDERSON | F45+ | 166 | | 01:07:20 | 01:03:15 | |
| 2252 | 989 | MARK | STEPHENS | M50+ | 191 | | 01:07:20 | 01:03:27 | |
| 2253 | 3162 | KELLI | BYNG | Senior Female | 302 | | 01:07:21 | 01:06:42 | |
| 2254 | 182 | KATHARINA | GIL MAST | Senior Female | 303 | ADMIRAL | 97 | 01:07:24 | 01:04:10 |
| 2255 | 1226 | JULIE | GRAHAM | F45+ | 167 | | 01:07:25 | 01:03:41 | |
| 2256 | 3578 | LAURA | MURTON | Senior Female | 304 | | 01:07:28 | 01:05:31 | |
| 2257 | 2532 | SEAN | WILLIAMS | Senior Male | 688 | | 01:07:30 | 01:05:40 | |
| 2258 | 732 | GEMMA | JONES | Senior Female | 305 | | 01:07:32 | 01:04:00 | |
| 2259 | 3857 | IAN | WILCOX | Senior Male | 689 | | 01:07:32 | 01:07:02 | |
| 2260 | 2183 | TRACY | MACKEY | F35+ | 284 | | 01:07:33 | 01:04:57 | |
| 2261 | 2370 | KERRY | DARE-EDWAI | F45+ | 168 | PORTHCAWL RUNNERS | 7 | 01:07:34 | 01:06:10 |
| 2262 | 1967 | NICKY | GOSS | F45+ | 169 | | 01:07:34 | 01:04:23 | |
| 2263 | 1362 | LYNNE | EDWARDS | F55+ | 46 | | 01:07:36 | 01:05:26 | |
| 2264 | 2861 | ELIZABETH | BARCLAY | F45+ | 170 | | 01:07:40 | 01:03:17 | |
| 2265 | 2860 | STEPHEN | BARCLAY | M40+ | 397 | | 01:07:41 | 01:03:17 | |
| 2266 | 1748 | NICOLA LOUI | WILLIAMS | Senior Female | 306 | | 01:07:43 | 01:05:08 | |
| 2267 | 1125 | ROBERT | DAVIES | M50+ | 192 | ROYAL WOOTON BASSETT HOUNDS RC | 2 | 01:07:44 | 01:04:12 |
| 2268 | 1807 | HOWARD | SIMS | M40+ | 398 | | 01:07:45 | 01:03:55 | |
| 2269 | 1033 | CATHERINE | HARRIES | Senior Female | 307 | | 01:07:45 | 01:05:03 | |
| 2270 | 421 | TERINA | PUGH | F35+ | 285 | | 01:07:46 | 01:06:42 | |
| 2271 | 859 | ANGELA | MORGAN | F55+ | 47 | | 01:07:47 | 01:06:20 | |
| 2272 | 2903 | ANDREW | BUTTERY | M40+ | 399 | | 01:07:47 | 01:03:45 | |
| 2273 | 420 | ANDREW | PUGH | Senior Male | 690 | | 01:07:48 | 01:06:44 | |
| 2274 | 3932 | LOUISE | AHERN | F45+ | 171 | LLISWERRY RUNNERS | 13 | 01:07:48 | 01:04:26 |
| 2275 | 3079 | CAROLINE | LEWIS | F35+ | 286 | | 01:07:48 | 01:04:35 | |
| 2276 | 3436 | BRIONY | DANIEL | Senior Female | 308 | | 01:07:50 | 01:05:56 | |
| 2277 | 3698 | HEATHER | FEATON | F45+ | 172 | | 01:07:53 | 01:05:46 | |
| 2278 | 1275 | LISA | FABB | F45+ | 173 | | 01:07:53 | 01:05:47 | |
| 2279 | 2629 | NICOLA | JULIAN | F45+ | 174 | 3MS GORSEINON ROAD RUNNERS | 31 | 01:07:54 | 01:05:41 |
| 2280 | 1378 | BHUPINDER | SIDHU | M40+ | 400 | | 01:07:55 | 01:06:00 | |
| 2281 | 1144 | CARLY | SMITH | Senior Female | 309 | | 01:07:55 | 01:05:17 | |
| 2282 | 3169 | SARAH | GOLUNSKI | Senior Female | 310 | | 01:07:56 | 01:05:44 | |
| 2283 | 428 | LUKE | MILWARD | Senior Male | 691 | | 01:07:57 | 01:05:20 | |
| 2284 | 362 | JEMMA | BALLANTYNE | Senior Female | 311 | | 01:07:57 | 01:04:03 | |
| 2285 | 3630 | MANUELA | WILLIAMS | F35+ | 287 | | 01:08:00 | 01:05:48 | |
| 2286 | 2102 | MICHELLE | JESSETT-CUR | Senior Female | 312 | | 01:08:01 | 01:03:41 | |
| 2287 | 3340 | SARAH | HIGGS | F35+ | 288 | | 01:08:03 | 01:04:16 | |
| 2288 | 2836 | SIAN | JOHNSON | Senior Female | 313 | ISLWYN RC | 17 | 01:08:04 | 01:05:54 |
| 2289 | 2604 | VIKKI | JONES | F35+ | 289 | | 01:08:05 | 01:04:29 | |
| 2290 | 1390 | JASON | SELBY | M40+ | 401 | | 01:08:07 | 01:06:35 | |
| 2291 | 745 | MARTIN | STEVENSON | Senior Male | 692 | | 01:08:07 | 01:04:13 | |
| 2292 | 3881 | RACHEL | MARTIN | Senior Male | 693 | ACTIVE SWANSEA | 6 | 01:08:07 | 01:05:50 |
| 2293 | 1185 | NICOLA | SMITH | F35+ | 290 | | 01:08:09 | 01:05:59 | |
| 2294 | 986 | DUNCAN | OLIVIER | M40+ | 402 | | 01:08:09 | 01:03:56 | |
| 2295 | 861 | ROBERT | WILLIAMS | M40+ | 403 | | 01:08:10 | 01:06:18 | |
| 2296 | 250 | CARYS | IVEY | Junior Female | 30 | | 01:08:11 | 01:06:16 | |
| 2297 | 299 | DONNA | BROWN | Senior Female | 314 | | 01:08:11 | 01:05:53 | |
| 2298 | 1484 | CLAIRE | SULLIVAN | F35+ | 291 | | 01:08:12 | 01:05:38 | |
| 2299 | 3356 | JEAN | GARDNER | F45+ | 175 | | 01:08:12 | 01:05:02 | |
| 2300 | 2130 | RICHARD | VELLACOTT | M40+ | 404 | | 01:08:12 | 01:05:56 | |
| 2301 | 2960 | PHILLIP | WARREN | Senior Male | 694 | | 01:08:13 | 01:06:10 | |
| 2302 | 2105 | CHRIS | GARDNER | Senior Male | 695 | | 01:08:13 | 01:05:30 | |
| 2303 | 683 | SARAH | EDWARDS | F45+ | 176 | | 01:08:14 | 01:05:29 | |
| 2304 | 2036 | MICHELLE | DAVIES | F35+ | 292 | | 01:08:15 | 01:05:43 | |
| 2305 | 1710 | FRANCESCA | RAY | Senior Female | 315 | | 01:08:15 | 01:05:44 | |
| 2306 | 1111 | AMY | LLOYD | Junior Female | 31 | | 01:08:15 | 01:05:04 | |
| 2307 | 2298 | DAN | JOHN | Senior Male | 696 | | 01:08:17 | 01:04:36 | |

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| 2308 | 2548 CLAIRE | SHANAHAN | F35+ | 293 | | | 01:08:17 | 01:06:53 |
| 2309 | 3408 SIAN | LLEWELLYN-C | F35+ | 294 | CWM OGWR RUNNING CLUB | 20 | 01:08:18 | 01:05:59 |
| 2310 | 2142 BARRY | JOHN | M40+ | 405 | | | 01:08:19 | 01:06:41 |
| 2311 | 2668 RHYS | LANE | Senior Male | 697 | | | 01:08:19 | 01:06:20 |
| 2312 | 1876 CERI | WALSH | F45+ | 177 | | | 01:08:21 | 01:06:10 |
| 2313 | 3848 IAN | COLLINS | M40+ | 406 | | | 01:08:21 | 01:06:12 |
| 2314 | 3256 LAURA | WILLIAMS | Senior Femal | 316 | | | 01:08:22 | 01:04:56 |
| 2315 | 879 STEPHEN | REES | M60+ | 93 | | | 01:08:23 | 01:06:00 |
| 2316 | 3752 PHIL | VERGARA | M40+ | 407 | | | 01:08:24 | 01:05:54 |
| 2317 | 806 TREVOR | HANSEL | M60+ | 94 | | | 01:08:25 | 01:06:01 |
| 2318 | 1162 SARA | HUGHES | Senior Femal | 317 | | | 01:08:26 | 01:06:14 |
| 2319 | 3908 RHIANNON | TOBIN | F35+ | 295 | | | 01:08:26 | 01:06:14 |
| 2320 | 1913 LEE | POWELL | M40+ | 408 | | | 01:08:28 | 01:07:22 |
| 2321 | 2552 BARBIE | AHEARN | F35+ | 296 | RUN4ALL RUNNING CLUB | 28 | 01:08:30 | 01:05:08 |
| 2322 | 2044 PETER | NICHOLS | M50+ | 193 | | | 01:08:30 | 01:05:21 |
| 2323 | 1056 REBECCA | COOKSEY | F35+ | 297 | PARC BRYNBACH RUNNING CLUB | 17 | 01:08:31 | 01:06:07 |
| 2324 | 2252 STACEY | THOMAS | Senior Femal | 318 | | | 01:08:33 | 01:06:23 |
| 2325 | 1057 MELANIE | LLOYD | F35+ | 298 | PARC BRYNBACH RUNNING CLUB | 18 | 01:08:33 | 01:06:08 |
| 2326 | 2650 CARA | LEWIS | Senior Femal | 319 | | | 01:08:34 | 01:07:13 |
| 2327 | 459 HELEN | HARCOMBE-I | F45+ | 178 | | | 01:08:35 | 01:05:28 |
| 2328 | 992 TERENCE | SHUTTLEWOM | M60+ | 95 | ABERYSTWYTH AC | 1 | 01:08:35 | 01:05:27 |
| 2329 | 2876 CAMERON | COLES | Senior Male | 698 | | | 01:08:36 | 01:06:16 |
| 2330 | 1742 NICOLA | GORDON | Senior Femal | 320 | | | 01:08:37 | 01:06:06 |
| 2331 | 3576 JENNIFER | ROBINS | Senior Femal | 321 | | | 01:08:40 | 01:05:02 |
| 2332 | 3329 SIAN | VELARDO | Senior Femal | 322 | | | 01:08:41 | 01:06:05 |
| 2333 | 1109 NIA | WALTERS | F35+ | 299 | | | 01:08:42 | 01:05:31 |
| 2334 | 3944 HELEN | SAGE | M40+ | 409 | | | 01:08:43 | 01:04:42 |
| 2335 | 2395 EMMA | DAVIES | F45+ | 179 | | | 01:08:43 | 01:05:02 |
| 2336 | 109 AMY | ELY | F35+ | 300 | ADMIRAL | 98 | 01:08:43 | 01:05:26 |
| 2337 | 3350 KELLY | THOMAS | F35+ | 301 | | | 01:08:44 | 01:06:13 |
| 2338 | 1667 DAVID | COODE | M40+ | 410 | | | 01:08:45 | 01:04:49 |
| 2339 | 581 OBINNA | ANYADIKE | Senior Male | 699 | | | 01:08:46 | 01:07:01 |
| 2340 | 2591 LISA | MORRIS | F35+ | 302 | | | 01:08:47 | 01:05:13 |
| 2341 | 1588 BETHAN | HELLINGS | Senior Femal | 324 | | | 01:08:47 | 01:05:06 |
| 2342 | 3295 HAYLEY | PROSSER | Senior Femal | 323 | | | 01:08:47 | 01:05:07 |
| 2343 | 994 CHRISTINE | DAVIES | Senior Femal | 325 | | | 01:08:48 | |
| 2344 | 707 EMMA | BALLARDIE | F35+ | 303 | | | 01:08:49 | 01:06:08 |
| 2345 | 1774 TIMOTHY | PATTISON | Senior Male | 700 | | | 01:08:49 | 01:06:17 |
| 2346 | 3390 REBECCA | JONES | F45+ | 180 | | | 01:08:50 | 01:06:52 |
| 2347 | 3389 MICHELLE | DENE | F35+ | 304 | | | 01:08:50 | 01:06:53 |
| 2348 | 2854 SAMANTHA | HARRIS | F35+ | 305 | | | 01:08:50 | 01:06:06 |
| 2349 | 3817 DAVID | BERRY | Senior Male | 701 | | | 01:08:52 | 01:08:36 |
| 2350 | 681 ALISON | PRITCHARD | Senior Femal | 326 | | | 01:08:56 | 01:06:54 |
| 2351 | 1743 ALISE | JEREMIAH | Senior Femal | 327 | | | 01:08:56 | 01:06:54 |
| 2352 | 2255 CAROLANN | GRANT | F35+ | 306 | | | 01:08:57 | 01:06:39 |
| 2353 | 2111 FIONA | PRICE | F35+ | 307 | | | 01:08:57 | 01:06:22 |
| 2354 | 977 CLAIRE | GRIFFITHS | F35+ | 308 | CAERPHILLY RUNNERS | 9 | 01:08:58 | 01:05:43 |
| 2355 | 1592 CHRISTOPHE | BODLEY | Senior Male | 702 | | | 01:08:59 | 01:06:45 |
| 2356 | 2890 ANNA | HALE | Senior Femal | 328 | RUN4ALL RUNNING CLUB | 29 | 01:08:59 | 01:06:44 |
| 2357 | 1765 JOANNA | GRIFFITHS | F35+ | 309 | | | 01:08:59 | 01:06:54 |
| 2358 | 3717 MARK | JAMES | Senior Male | 703 | | | 01:09:00 | 01:05:48 |
| 2359 | 3716 HANNAH | THOMAS | Senior Femal | 329 | | | 01:09:01 | 01:05:49 |
| 2360 | 297 SIAN | BARKER | F35+ | 310 | MERTHYR RUNNING CLUB | 5 | 01:09:03 | 01:07:23 |
| 2361 | 2891 KELLY | JAMES | Senior Femal | 330 | | | 01:09:03 | 01:07:21 |
| 2362 | 4064 Martin | James | Senior Male | 704 | | | 01:09:04 | 01:07:22 |
| 2363 | 2633 CHLOE | PRIDMORE | Senior Femal | 331 | | | 01:09:05 | 01:07:37 |
| 2364 | 1130 VICTORIA | ABRAHAM | Senior Femal | 332 | | | 01:09:05 | 01:07:08 |
| 2365 | 1131 JAMIE | FOULSTON | Senior Male | 705 | | | 01:09:05 | 01:07:09 |
| 2366 | 3195 AMY | ASCOUGH | Senior Femal | 333 | | | 01:09:06 | 01:07:39 |
| 2367 | 2779 MICHAEL | LANE | M60+ | 96 | | | 01:09:07 | 01:08:24 |
| 2368 | 2408 STACEY | PRICE | Senior Femal | 334 | | | 01:09:07 | 01:07:19 |
| 2369 | 185 LARA | COX | Senior Femal | 335 | ADMIRAL | 100 | 01:09:08 | 01:07:18 |
| 2370 | 3532 LUIS | WALKER | Senior Male | 706 | ADMIRAL | 99 | 01:09:08 | 01:07:17 |
| 2371 | 1137 KAREN | SAUNDERS | F35+ | 311 | | | 01:09:08 | 01:05:32 |
| 2372 | 2503 EMMA | HAINES | Senior Femal | 336 | | | 01:09:09 | 01:08:01 |
| 2373 | 1412 MIRANDA | BURDETT | Senior Femal | 337 | | | 01:09:10 | 01:06:35 |
| 2374 | 2622 STEPHANIE | SWEETINGH | Senior Femal | 338 | | | 01:09:11 | 01:08:04 |
| 2375 | 3596 ELERI | LEWIS | Senior Femal | 339 | | | 01:09:13 | 01:05:34 |
| 2376 | 4065 Lauri | Evans | Senior Male | 707 | | | 01:09:13 | 01:06:44 |
| 2377 | 3440 NICOLA | GRIFFITHS | F35+ | 312 | | | 01:09:13 | 01:05:57 |
| 2378 | 322 GARETH | DAVIES | Senior Male | 708 | | | 01:09:14 | 01:05:30 |
| 2379 | 3685 REBECCA | BROOMFIELD | Senior Femal | 340 | | | 01:09:16 | 01:06:01 |
| 2380 | 596 MELISSA | MADDEN | Senior Femal | 341 | | | 01:09:17 | 01:05:56 |
| 2381 | 1040 CARLY | HAYWOOD | F35+ | 313 | | | 01:09:17 | 01:05:04 |
| 2382 | 1684 FFION | EVANS | Senior Femal | 342 | | | 01:09:18 | 01:06:50 |
| 2383 | 3330 NATALIE | STEVEN | Senior Femal | 343 | | | 01:09:19 | 01:06:50 |
| 2384 | 809 REBECCA | JONES | Senior Femal | 344 | | | 01:09:20 | 01:07:37 |

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| 2385 | 2157 | CHARLOTTE DAVIES | F35+ | 314 | | | 01:09:21 | 01:07:29 |
| 2386 | 3911 | KELLY GADD | F35+ | 315 | | | 01:09:22 | 01:07:02 |
| 2387 | 866 | AMY TOMKINS | Junior Female | 32 | | | 01:09:25 | 01:06:08 |
| 2388 | 526 | PAUL BRAIN | M60+ | 97 | | | 01:09:27 | 01:06:29 |
| 2389 | 4024 | LAURA TAMS | F35+ | 316 | ACTIVE SWANSEA | 7 | 01:09:27 | 01:07:20 |
| 2390 | 899 | KEVIN EVANS | M40+ | 411 | | | 01:09:27 | 01:08:18 |
| 2391 | 1322 | LUCY DELBRIDGE | F35+ | 317 | | | 01:09:27 | 01:07:24 |
| 2392 | 2089 | TINA COLEMAN | Senior Female | 345 | | | 01:09:28 | 01:06:50 |
| 2393 | 1028 | JEAN ARCHER | F55+ | 48 | | | 01:09:30 | 01:08:20 |
| 2394 | 3110 | GLENYS CURTIS | F55+ | 49 | | | 01:09:32 | 01:08:40 |
| 2395 | 542 | CHRIS LOW | M60+ | 98 | | | 01:09:32 | 01:06:16 |
| 2396 | 1022 | NATALIE TAYLOR | F45+ | 181 | | | 01:09:33 | 01:08:12 |
| 2397 | 515 | CATHERYN HANCOCK | F45+ | 182 | | | 01:09:33 | 01:08:32 |
| 2398 | 3591 | LEANNE SMITH | F35+ | 318 | | | 01:09:38 | 01:07:10 |
| 2399 | 1799 | JOY THOMAS | Senior Female | 346 | | | 01:09:39 | 01:06:33 |
| 2400 | 1440 | YASMIN JONES | Senior Female | 347 | | | 01:09:40 | 01:07:49 |
| 2401 | 3259 | REBECCA YOUNG | Senior Female | 348 | | | 01:09:42 | 01:06:48 |
| 2402 | 3807 | HANNAH MORTON | Senior Female | 349 | | | 01:09:43 | 01:07:16 |
| 2403 | 4048 | SIAN HUGHES | F35+ | 319 | PARC BRYNBACH RUNNING CLUB | 19 | 01:09:43 | 01:07:17 |
| 2404 | 2343 | JULIE DENNIS | F35+ | 320 | | | 01:09:44 | 01:06:25 |
| 2405 | 2013 | KEVIN HARRIS | M40+ | 412 | | | 01:09:44 | 01:07:48 |
| 2406 | 2521 | ALEX WILLIAMS | Senior Female | 350 | | | 01:09:45 | 01:08:01 |
| 2407 | 1338 | NEAL JONES | Senior Male | 709 | | | 01:09:45 | 01:08:12 |
| 2408 | 4012 | CRAIG LOCKWOOD | Senior Male | 710 | | | 01:09:45 | 01:07:05 |
| 2409 | 2545 | WILLIAM MORGAN | M50+ | 194 | | | 01:09:46 | 01:08:26 |
| 2410 | 1079 | IZELLE COLLIER | Senior Female | 351 | RUN4ALL RUNNING CLUB | 30 | 01:09:46 | 01:06:26 |
| 2411 | 453 | SAMANTHA POWELL | F35+ | 321 | | | 01:09:47 | 01:07:34 |
| 2412 | 2041 | SALI MOSES NICH | Junior Female | 33 | | | 01:09:49 | 01:06:43 |
| 2413 | 2794 | STEVE GROTH | M40+ | 413 | CAERPHILLY RUNNERS | 10 | 01:09:49 | 01:06:35 |
| 2414 | 2485 | LIZZIE KEYLOCK | Senior Female | 352 | | | 01:09:50 | 01:06:41 |
| 2415 | 2040 | HANNAH AMBLER | Senior Female | 353 | | | 01:09:50 | 01:06:44 |
| 2416 | 2115 | ELENA ROBERTS | Senior Female | 354 | | | 01:09:50 | 01:08:25 |
| 2417 | 2595 | GEMMA DAVID | Senior Female | 355 | | | 01:09:51 | 01:06:45 |
| 2418 | 3890 | BENJAMIN JENKINS | Senior Male | 711 | ACTIVE SWANSEA | 8 | 01:09:52 | 01:07:47 |
| 2419 | 2586 | KAREN JENKINS | F35+ | 322 | | | 01:09:54 | 01:06:05 |
| 2420 | 2593 | CLAIRE AHERNE | F35+ | 323 | | | 01:09:54 | 01:06:05 |
| 2421 | 2409 | SARAH WATTS | F45+ | 183 | | | 01:09:55 | 01:06:46 |
| 2422 | 507 | DAN GUTTERY | M40+ | 415 | | | 01:09:56 | 01:07:26 |
| 2423 | 3501 | LAURENCE CHRISTMAS | M40+ | 414 | | | 01:09:56 | 01:07:26 |
| 2424 | 2761 | ANNA EVANS | F35+ | 324 | | | 01:10:00 | 01:05:38 |
| 2425 | 2762 | EVAN EVANS | Senior Male | 712 | | | 01:10:00 | 01:05:38 |
| 2426 | 2138 | Nick Davies | | 4 | | | 01:10:01 | 01:08:01 |
| 2427 | 1791 | CLAIRE EDGELL | F35+ | 325 | | | 01:10:01 | 01:07:37 |
| 2428 | 3682 | NATALIE TAYLOR | F35+ | 326 | | | 01:10:03 | 01:06:45 |
| 2429 | 747 | DENISE APLIN | F45+ | 184 | | | 01:10:03 | 01:06:45 |
| 2430 | 2470 | TRACY JERMIN | F45+ | 185 | | | 01:10:04 | 01:07:23 |
| 2431 | 293 | KERRY ROCKEY | F35+ | 327 | | | 01:10:04 | 01:06:30 |
| 2432 | 198 | MICHELLE DEEN | Senior Female | 356 | ADMIRAL | 101 | 01:10:05 | 01:06:34 |
| 2433 | 997 | KATHERINE WILLIAMS | F45+ | 186 | | | 01:10:06 | 01:06:50 |
| 2434 | 1706 | FILIPPA DANIELS | F35+ | 329 | | | 01:10:07 | 01:06:40 |
| 2435 | 2446 | SIAN WILLIAMS | F35+ | 328 | | | 01:10:07 | 01:06:40 |
| 2436 | 3345 | RHIANNON EVANS | F35+ | 330 | | | 01:10:07 | 01:06:40 |
| 2437 | 3437 | JILLIAN DANIEL | F45+ | 187 | | | 01:10:08 | 01:08:13 |
| 2438 | 1719 | ANTHONY THOMAS | M60+ | 99 | | | 01:10:08 | 01:05:38 |
| 2439 | 890 | ELLEN JONES | Senior Female | 357 | | | 01:10:08 | 01:06:54 |
| 2440 | 2176 | MEL EVANS | F45+ | 188 | | | 01:10:08 | 01:07:36 |
| 2441 | 3856 | OLIVER NANCARROW | Junior Male | 64 | | | 01:10:08 | 01:07:36 |
| 2442 | 2175 | SUE CORCORAN | F55+ | 50 | | | 01:10:09 | 01:07:37 |
| 2443 | 706 | CLARE BRITTON | Senior Female | 358 | | | 01:10:09 | 01:09:19 |
| 2444 | 1050 | JO ALLISON | F45+ | 189 | | | 01:10:09 | 01:08:09 |
| 2445 | 2384 | GAIL REES | F35+ | 331 | | | 01:10:09 | 01:06:22 |
| 2446 | 1155 | SARAH PRICE | F35+ | 332 | DARTH COASTAL RUNNERS | 1 | 01:10:10 | 01:08:09 |
| 2447 | 802 | CATHERINE PLEASS | Senior Female | 359 | | | 01:10:10 | 01:06:28 |
| 2448 | 3967 | JEZ JAMES | M40+ | 416 | | | 01:10:10 | 01:07:27 |
| 2449 | 3659 | KATIE DANIEL | Senior Female | 360 | | | 01:10:10 | 01:08:16 |
| 2450 | 3966 | FRAN JAMES | F35+ | 333 | | | 01:10:10 | 01:07:28 |
| 2451 | 165 | JAKE LEWIS | Junior Male | 65 | ADMIRAL | 102 | 01:10:10 | 01:06:33 |
| 2452 | 2098 | EMILY THOMAS-HE | F35+ | 334 | | | 01:10:11 | 01:09:00 |
| 2453 | 1565 | HYWEL GREEN | Senior Male | 713 | | | 01:10:12 | 01:06:45 |
| 2454 | 667 | RACHEL MCCARTHY | F45+ | 190 | | | 01:10:13 | 01:06:10 |
| 2455 | 970 | STACEY MCINTYRE | F35+ | 335 | | | 01:10:13 | 01:06:13 |
| 2456 | 1018 | CATHERINE LEWIS | F45+ | 191 | | | 01:10:14 | 01:06:26 |
| 2457 | 3155 | JOHANNA WILES | F45+ | 192 | | | 01:10:15 | 01:06:22 |
| 2458 | 2561 | CERI MORGAN | Senior Female | 361 | | | 01:10:18 | 01:07:28 |
| 2459 | 2158 | SARAH HUNTER | Senior Female | 362 | | | 01:10:18 | 01:07:47 |
| 2460 | 127 | CANDICE VESELOVS | Senior Female | 363 | ADMIRAL | 103 | 01:10:18 | 01:06:50 |
| 2461 | 1030 | STEPHEN THOMAS | Senior Male | 714 | | | 01:10:19 | 01:06:49 |

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| 2462 | 1620 SUZANNE | OWENS | F35+ | 336 | | | 01:10:19 | 01:07:58 |
| 2463 | 3724 JENNIFER | CARROLL | F45+ | 193 | RUN4ALL RUNNING CLUB | 31 | 01:10:19 | 01:07:42 |
| 2464 | 1871 NICOLA | WILSON | F35+ | 337 | | | 01:10:20 | 01:07:02 |
| 2465 | 2184 CATHRYN | HARRIS | F45+ | 194 | | | 01:10:21 | 01:07:45 |
| 2466 | 3371 IAN | CLARKE | M50+ | 195 | | | 01:10:21 | 01:07:10 |
| 2467 | 2182 JANE | LEWIS | F35+ | 338 | | | 01:10:21 | 01:07:44 |
| 2468 | 193 MATTHEW | RICHARDS | Senior Male | 715 | ADMIRAL | 104 | 01:10:21 | 01:07:30 |
| 2469 | 2006 AMY | DAVIES | Senior Femal | 364 | | | 01:10:21 | 01:08:57 |
| 2470 | 638 SHONA | JOHNSON | Junior Femal | 34 | | | 01:10:22 | 01:08:45 |
| 2471 | 962 DAN | TUCKER | Senior Male | 716 | RUN4ALL RUNNING CLUB | 32 | 01:10:22 | 01:06:28 |
| 2472 | 1123 SONIA | DAVID | F35+ | 339 | | | 01:10:22 | 01:06:29 |
| 2473 | 2015 JONATHAN | BOURNE | M40+ | 417 | | | 01:10:24 | 01:07:08 |
| 2474 | 2951 KAREN | BENNETT-WI | F55+ | 51 | | | 01:10:27 | 01:08:38 |
| 2475 | 714 LESLEY | BEVAN | F45+ | 195 | | | 01:10:27 | 01:08:39 |
| 2476 | 519 HANNAH | WHITAKER | Senior Femal | 365 | | | 01:10:28 | 01:06:53 |
| 2477 | 1082 CAREN | TODD | F35+ | 340 | | | 01:10:29 | 01:06:31 |
| 2478 | 1317 CHERIE | COUGHLAN | F35+ | 341 | | | 01:10:30 | 01:08:15 |
| 2479 | 614 SARAH | MARTIN | Senior Femal | 366 | | | 01:10:30 | 01:07:21 |
| 2480 | 613 SARAH JAYE | BROWN | Senior Femal | 367 | | | 01:10:30 | 01:07:21 |
| 2481 | 3391 NICOLA | DAVIES | F45+ | 196 | | | 01:10:31 | 01:08:33 |
| 2482 | 2680 PAULA | PRICE | F45+ | 197 | BRECON AC | 2 | 01:10:31 | 01:07:20 |
| 2483 | 995 ROSE | ROONEY | F35+ | 342 | | | 01:10:32 | 01:07:18 |
| 2484 | 1232 JULIE | DAVIES | F55+ | 52 | 3MS GORSEINON ROAD RUNNERS | 32 | 01:10:32 | 01:08:19 |
| 2485 | 2081 NICOLA | DAVIES | F35+ | 343 | | | 01:10:32 | 01:06:44 |
| 2486 | 1083 KATHRYN | COOK | F35+ | 344 | | | 01:10:32 | 01:06:34 |
| 2487 | 885 JANICE | FRANCIS | F45+ | 198 | BRACKLA HARRIERS | 11 | 01:10:33 | 01:06:58 |
| 2488 | 3397 CARLY | ADEY | F35+ | 345 | | | 01:10:33 | 01:07:19 |
| 2489 | 2693 ALEXANDER | JONES | Senior Male | 717 | | | 01:10:34 | 01:06:56 |
| 2490 | 3769 DANI | ADEY | F35+ | 346 | | | 01:10:34 | 01:07:20 |
| 2491 | 2692 VICTORIA | JONES | Senior Femal | 368 | | | 01:10:34 | 01:06:56 |
| 2492 | 2300 WAYNE | LEWIS | Senior Male | 718 | | | 01:10:35 | 01:08:47 |
| 2493 | 1337 ANDREW | TROTMAN | M40+ | 418 | | | 01:10:35 | 01:08:37 |
| 2494 | 1019 CLAIRE | THOMAS | F35+ | 347 | | | 01:10:35 | 01:06:48 |
| 2495 | 1295 SAMANTHA | COPPLESTON | Senior Femal | 369 | | | 01:10:37 | 01:08:12 |
| 2496 | 2416 SAMANTHA | HART | Senior Femal | 370 | | | 01:10:37 | 01:06:46 |
| 2497 | 1138 KRISTINA | LEARY | Senior Femal | 371 | | | 01:10:37 | 01:06:47 |
| 2498 | 3490 BETHAN | DAVIES | Senior Femal | 372 | | | 01:10:38 | 01:08:25 |
| 2499 | 3168 MICHELLE | PERROTT | F35+ | 348 | | | 01:10:39 | 01:07:23 |
| 2500 | 2510 ALAN | MORGAN | M40+ | 419 | | | 01:10:40 | 01:07:40 |
| 2501 | 1148 CAROLINE | HOBSON | Senior Femal | 373 | | | 01:10:41 | 01:07:40 |
| 2502 | 2363 RACHEL | GOSS | F35+ | 349 | CWM OGWR RUNNING CLUB | 21 | 01:10:41 | 01:08:23 |
| 2503 | 2355 MICHAEL | DAVIES | M40+ | 420 | | | 01:10:41 | 01:09:16 |
| 2504 | 122 BETHAN | EDWARDS | Junior Femal | 35 | ADMIRAL | 105 | 01:10:44 | 01:10:02 |
| 2505 | 3242 DEBORAH | WELLINGTON | F45+ | 199 | RUN4ALL RUNNING CLUB | 33 | 01:10:44 | 01:07:23 |
| 2506 | 224 SANDRA | JONES | Senior Femal | 374 | ADMIRAL | 106 | 01:10:44 | 01:10:02 |
| 2507 | 1705 BEVERLEY | LOGAN | Senior Femal | 375 | | | 01:10:44 | 01:07:23 |
| 2508 | 1369 DEAN | JONES | M40+ | 421 | | | 01:10:46 | 01:07:20 |
| 2509 | 4046 Rian | Pippins | F35+ | 350 | | | 01:10:48 | 01:06:54 |
| 2510 | 2542 RUTH | BENNETT | F35+ | 351 | | | 01:10:49 | 01:08:57 |
| 2511 | 2739 ALAN | ROSE | M50+ | 196 | | | 01:10:49 | 01:08:34 |
| 2512 | 2107 CAROLINE | BIDDER | F35+ | 352 | | | 01:10:50 | 01:08:39 |
| 2513 | 2229 ANGHARAD | LAWRENCE | Senior Femal | 376 | | | 01:10:50 | 01:06:43 |
| 2514 | 2544 KIRSTY | ELLIS | Senior Femal | 377 | | | 01:10:51 | 01:09:26 |
| 2515 | 2562 SIAN | WILLIAMS | Senior Femal | 378 | | | 01:10:54 | 01:08:05 |
| 2516 | 2467 SARAH | REES | F35+ | 353 | | | 01:10:55 | 01:07:22 |
| 2517 | 3187 NATASHA | BROWN | F35+ | 354 | | | 01:10:56 | 01:07:27 |
| 2518 | 3274 SARAH | GRANT | Senior Femal | 379 | DRAGONS RUNNING CLUB | 11 | 01:10:56 | 01:09:45 |
| 2519 | 3768 JASON | MCNAUGHT | M40+ | 422 | | | 01:10:57 | 01:06:57 |
| 2520 | 929 ANDREW | JOHN | M50+ | 197 | | | 01:10:59 | 01:07:33 |
| 2521 | 3992 JODIE | GILMORE-JOI | F35+ | 355 | | | 01:11:00 | 01:07:32 |
| 2522 | 3647 KATE | THOMAS | Senior Femal | 380 | | | 01:11:00 | 01:10:36 |
| 2523 | 2235 CRAIG | FARRANT | Senior Male | 719 | | | 01:11:00 | 01:08:28 |
| 2524 | 2050 CAROL | JONES | F35+ | 356 | | | 01:11:00 | 01:09:06 |
| 2525 | 2843 CLAIRE | EDWARDS-M | F35+ | 357 | | | 01:11:00 | 01:09:06 |
| 2526 | 3574 ASHLEY | JONES | Senior Male | 720 | | | 01:11:00 | 01:08:51 |
| 2527 | 3192 BEN | HUGHES | Senior Male | 721 | | | 01:11:00 | 01:07:01 |
| 2528 | 3866 MIKE | EVANS | M50+ | 198 | | | 01:11:01 | 01:06:34 |
| 2529 | 4058 Kath | Evans | F45+ | 200 | | | 01:11:01 | 01:06:34 |
| 2530 | 3638 KYLE | MORGAN | Senior Male | 722 | | | 01:11:02 | 01:08:29 |
| 2531 | 498 RICHARD | JONES | M40+ | 423 | | | 01:11:04 | 01:07:38 |
| 2532 | 2460 CHRISTY | MAINWARIN | Junior Femal | 36 | | | 01:11:05 | 01:09:28 |
| 2533 | 3796 DOMINADOR | PULIDO | M40+ | 424 | | | 01:11:06 | 01:08:36 |
| 2534 | 1267 EMYR | EVANS | Senior Male | 723 | | | 01:11:06 | 01:07:07 |
| 2535 | 1869 JASMIN | JAYNES | Senior Femal | 381 | | | 01:11:07 | 01:08:19 |
| 2536 | 1505 MARK | ROWLAND | M50+ | 199 | | | 01:11:07 | 01:07:42 |
| 2537 | 158 GABRIELLE | LONERGAN | Senior Femal | 382 | ADMIRAL | 107 | 01:11:08 | 01:10:12 |
| 2538 | 855 JULIE | RANSOM | F35+ | 358 | CWM OGWR RUNNING CLUB | 22 | 01:11:09 | 01:08:49 |

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| 2539 | 2369 LAURA | PENRY | Senior Femal | 383 | | 01:11:10 | 01:07:16 | |
| 2540 | 430 BECKY | TAUNTON | Senior Femal | 384 | | 01:11:12 | 01:07:43 | |
| 2541 | 852 MARK | HAMMOND | M40+ | 425 | | 01:11:14 | 01:09:45 | |
| 2542 | 612 RHIAN | POLE | F35+ | 359 | | 01:11:17 | 01:10:16 | |
| 2543 | 611 DAVID | POLE | M40+ | 426 | | 01:11:18 | 01:10:16 | |
| 2544 | 3786 ABIGAIL | DYER | Senior Femal | 385 | | 01:11:18 | 01:06:52 | |
| 2545 | 3343 LINDSAY | DAVIES | F35+ | 360 | | 01:11:18 | 01:08:35 | |
| 2546 | 4055 LYNETTE | DAVIES | F45+ | 201 | | 01:11:19 | 01:09:07 | |
| 2547 | 2769 AIMEE | WILSON | Senior Femal | 386 | | 01:11:20 | 01:09:13 | |
| 2548 | 3080 OWEN | GENT | Senior Male | 724 | | 01:11:20 | 01:07:14 | |
| 2549 | 2053 HANNAH | PHILLIPS | Senior Femal | 387 | | 01:11:23 | 01:08:08 | |
| 2550 | 3096 KIM | THOMAS | F45+ | 202 | | 01:11:24 | 01:08:08 | |
| 2551 | 2743 FAYE | JONES | F35+ | 361 | | 01:11:24 | 01:08:27 | |
| 2552 | 3736 SAMAR | WAFI | F35+ | 362 | | 01:11:25 | 01:08:05 | |
| 2553 | 1278 SARA | EVANS | F35+ | 363 | | 01:11:26 | 01:08:07 | |
| 2554 | 688 CATHERINE | JOHNSON | F45+ | 203 | | 01:11:27 | 01:08:20 | |
| 2555 | 2230 SOPHIE | MILLER | Senior Femal | 388 | | 01:11:27 | 01:07:43 | |
| 2556 | 3407 EMILY | POMPEI | Senior Femal | 389 | | 01:11:28 | 01:07:08 | |
| 2557 | 2959 TRACEY | BURLEY | F45+ | 204 | | 01:11:28 | 01:09:27 | |
| 2558 | 3131 LINZI | MARGETSON | F35+ | 364 | | 01:11:30 | 01:08:07 | |
| 2559 | 2391 SARA LOUISE | BASS | F45+ | 205 | | 01:11:31 | 01:09:18 | |
| 2560 | 267 KERRY | EASTWOOD | F35+ | 365 | STYAL RUNNING CLUB | 1 | 01:11:32 | 01:07:52 |
| 2561 | 525 JENNIFER | MULHEARN | F35+ | 366 | READING ROAD RUNNERS | 2 | 01:11:32 | 01:07:52 |
| 2562 | 2003 HELEN | WESTON | F35+ | 367 | | 01:11:34 | 01:08:26 | |
| 2563 | 2204 CATRIN | JONES | Senior Femal | 390 | | 01:11:35 | 01:09:47 | |
| 2564 | 1687 MITCHELL | WILLIAMS | Senior Male | 725 | | 01:11:35 | 01:08:37 | |
| 2565 | 1848 NOELLE | BRYN | Senior Femal | 391 | ACTIVE SWANSEA | 9 | 01:11:38 | 01:09:20 |
| 2566 | 2515 WAYNE | EVANS | M40+ | 427 | | 01:11:38 | 01:08:00 | |
| 2567 | 3877 EMMA | LLOYD | Junior Femal | 37 | ACTIVE SWANSEA | 10 | 01:11:38 | 01:09:21 |
| 2568 | 3327 PAULA | PHILLIPS | F45+ | 206 | | 01:11:38 | 01:09:25 | |
| 2569 | 2295 JANE | ROE | F55+ | 53 | PONTARDAWE RUNNING CLUB | 9 | 01:11:39 | 01:09:57 |
| 2570 | 3094 CLARE | HARTNETT | F45+ | 207 | | 01:11:40 | 01:08:36 | |
| 2571 | 3044 RHIAN | PAYNE | Senior Femal | 392 | | 01:11:40 | 01:07:38 | |
| 2572 | 3280 CHLOE ROSE | BROWN | Senior Femal | 393 | | 01:11:42 | 01:09:16 | |
| 2573 | 1525 NICK | WINTER | Senior Male | 726 | | 01:11:43 | 01:08:41 | |
| 2574 | 2289 CERIANN | JENKINS | F35+ | 368 | LLISWERRY RUNNERS | 14 | 01:11:44 | 01:08:17 |
| 2575 | 1184 KAREN | PENNY | F45+ | 208 | LLISWERRY RUNNERS | 15 | 01:11:44 | 01:08:22 |
| 2576 | 2012 MICHELLE | HARRIS | F35+ | 369 | | 01:11:48 | 01:09:53 | |
| 2577 | 2589 MARK | LUCAS | M50+ | 200 | | 01:11:49 | 01:10:01 | |
| 2578 | 2590 PAM | LUCAS | F35+ | 370 | | 01:11:49 | 01:10:01 | |
| 2579 | 3952 NIA | HALL | Senior Femal | 394 | | 01:11:49 | 01:08:07 | |
| 2580 | 3478 OWEN | GEORGE | M60+ | 100 | | 01:11:52 | 01:09:28 | |
| 2581 | 1004 WENDY | COTTER | F45+ | 209 | | 01:11:52 | 01:08:47 | |
| 2582 | 1080 JOANNE | EVERSON | F35+ | 371 | | 01:11:53 | 01:07:54 | |
| 2583 | 1828 JAYNE | COX | F35+ | 372 | | 01:11:53 | 01:09:58 | |
| 2584 | 2898 DIANE | BENSON | F45+ | 210 | | 01:11:55 | 01:08:27 | |
| 2585 | 3271 ALISON | JONES | F45+ | 211 | | 01:11:55 | 01:09:34 | |
| 2586 | 2039 JAMIE | DOUGAN | M40+ | 428 | | 01:11:55 | 01:07:43 | |
| 2587 | 3270 LOWRI | BRYER | F35+ | 373 | | 01:11:55 | 01:09:34 | |
| 2588 | 1929 NATILIE | EDWARDS | Senior Femal | 395 | | 01:11:56 | 01:07:39 | |
| 2589 | 2072 RHYS | PHILLIPS | Senior Male | 727 | | 01:11:57 | 01:09:39 | |
| 2590 | 913 JAMES | LEY | M40+ | 429 | | 01:11:57 | 01:10:04 | |
| 2591 | 3404 CAITLYN | DENSHAM | Junior Femal | 38 | | 01:11:58 | 01:10:26 | |
| 2592 | 1527 MATT | O'KEEFE | Senior Male | 728 | | 01:11:59 | 01:08:57 | |
| 2593 | 752 GERALD | KEMP | M50+ | 201 | | 01:12:00 | 01:10:03 | |
| 2594 | 2087 EMMA | BATER | Senior Femal | 396 | | 01:12:02 | 01:08:17 | |
| 2595 | 1618 GRACE | COLLINS | Senior Femal | 397 | | 01:12:02 | 01:08:41 | |
| 2596 | 3835 REBECCA | LEWIS | Junior Femal | 39 | | 01:12:02 | 01:10:05 | |
| 2597 | 1707 ELLIOTT | HODGES | Junior Male | 66 | | 01:12:03 | 01:10:06 | |
| 2598 | 2132 KAREN | DAWSON | F45+ | 212 | | 01:12:03 | 01:09:32 | |
| 2599 | 1047 BARBARA | KINGMAN | F45+ | 213 | | 01:12:04 | 01:08:55 | |
| 2600 | 1048 ANGHARAD | DAVIES | F35+ | 374 | | 01:12:04 | 01:08:55 | |
| 2601 | 2250 LAURA | REES | F35+ | 375 | | 01:12:06 | 01:09:46 | |
| 2602 | 1949 TRACEY | BURDER | F45+ | 214 | | 01:12:07 | 01:09:29 | |
| 2603 | 1626 DEBORAH | WHITE | F45+ | 215 | FOREST OF DEAN AC | 45 | 01:12:10 | 01:09:43 |
| 2604 | 354 LAURA | POTTICARY | Senior Femal | 398 | | 01:12:11 | 01:09:52 | |
| 2605 | 1081 LYNNE | THOMAS | F45+ | 216 | | 01:12:12 | 01:08:14 | |
| 2606 | 2753 CHRISTOPHE | EVANS | M40+ | 430 | | 01:12:12 | 01:09:31 | |
| 2607 | 1284 NICHOLA | WILLIAMS | Senior Femal | 399 | | 01:12:17 | 01:07:53 | |
| 2608 | 2215 RYAN | SMITH | M40+ | 431 | | 01:12:21 | 01:10:30 | |
| 2609 | 2134 DANIELLE | THORPE | Senior Femal | 400 | | 01:12:21 | 01:11:38 | |
| 2610 | 2188 REBECCA | WILLIAMS | Senior Femal | 401 | | 01:12:23 | 01:09:42 | |
| 2611 | 2602 OLUGBENGA | FAKANDE | M50+ | 202 | | 01:12:23 | 01:09:39 | |
| 2612 | 1093 REBECCA | POWELL | Senior Femal | 402 | | 01:12:27 | 01:08:16 | |
| 2613 | 1094 JON | POWELL | Senior Male | 729 | | 01:12:27 | 01:08:16 | |
| 2614 | 174 JESSICA | HOOK | Senior Femal | 403 | ADMIRAL | 108 | 01:12:28 | 01:10:02 |
| 2615 | 2530 ABRAHAM | JOY | Senior Male | 730 | | 01:12:29 | 01:10:32 | |

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| 2616 | 868 LISA | CRONIN | F35+ | 376 | | 01:12:31 | 01:10:15 |
| 2617 | 2726 KELLY | MCNEISH | F35+ | 377 | | 01:12:31 | 01:08:24 |
| 2618 | 105 DEBBIE | REES | Junior Female | 40 ADMIRAL | 109 | 01:12:32 | 01:08:49 |
| 2619 | 2125 CERI | BEYNON | M40+ | 432 | | 01:12:33 | 01:08:43 |
| 2620 | 632 MARTYN | WILLETTS | M40+ | 433 | | 01:12:33 | 01:09:56 |
| 2621 | 633 SALLY | WILLETTS | F35+ | 378 | | 01:12:34 | 01:09:56 |
| 2622 | 1625 CLAIRE | LAVENDER | F35+ | 379 FOREST OF DEAN AC | 46 | 01:12:35 | 01:10:09 |
| 2623 | 1302 HELYN | LATIMER | F45+ | 217 | | 01:12:35 | 01:09:38 |
| 2624 | 1392 SEAN | ELY | Senior Male | 731 | | 01:12:37 | 01:09:29 |
| 2625 | 1393 SOPHIA | LOVERIDGE | F35+ | 380 | | 01:12:37 | 01:09:30 |
| 2626 | 2788 PABLO | ABRAHAMS | M40+ | 434 | | 01:12:38 | 01:09:22 |
| 2627 | 1740 MOHAMMED | AHMED | M40+ | 435 | | 01:12:39 | 01:10:24 |
| 2628 | 427 JANE | JOHNSON | F35+ | 381 | | 01:12:40 | 01:09:00 |
| 2629 | 4006 BEVERLY | OOSS | F55+ | 54 | | 01:12:41 | 01:09:23 |
| 2630 | 2356 ROBERT | ADAMS | Senior Male | 732 | | 01:12:42 | 01:10:32 |
| 2631 | 3637 LAURA | FERNS | Senior Female | 404 | | 01:12:44 | 01:08:51 |
| 2632 | 3950 JANET | KELLAND | F45+ | 218 | | 01:12:45 | 01:09:02 |
| 2633 | 2061 SARAH | MEE | F35+ | 382 | | 01:12:47 | 01:11:54 |
| 2634 | 2062 ANTONY | MEE | Senior Male | 733 | | 01:12:47 | 01:11:54 |
| 2635 | 2857 ANDREA | DAVIES | F35+ | 383 | | 01:12:47 | 01:11:02 |
| 2636 | 3154 LYNDSEY | JONES | F35+ | 384 | | 01:12:50 | 01:11:09 |
| 2637 | 3333 KATHRYN | FISHER | Senior Female | 405 | | 01:12:50 | 01:08:55 |
| 2638 | 3650 SARAH | MATTHEWS | Senior Female | 406 | | 01:12:50 | 01:08:56 |
| 2639 | 2965 MIRIAM | PARIS | F45+ | 219 FOREST OF DEAN AC | 47 | 01:12:50 | 01:10:35 |
| 2640 | 1002 VICTORIA | EARLS | Senior Female | 407 ANGELS RC | 1 | 01:12:52 | 01:10:16 |
| 2641 | 1163 CATH | JACKSON | F55+ | 55 | | 01:12:52 | 01:11:53 |
| 2642 | 3547 TIM | PHILLIPS | Senior Male | 734 ADMIRAL | 110 | 01:12:55 | 01:10:14 |
| 2643 | 3683 REBECCA | WOOD | F35+ | 385 | | 01:12:58 | 01:11:32 |
| 2644 | 3989 SIÂN | FILES | F45+ | 220 | | 01:12:59 | 01:09:51 |
| 2645 | 2162 EMILIA | URBANEK | F35+ | 386 | | 01:12:59 | 01:08:45 |
| 2646 | 1280 ANTHONY | PHILLIPS | Senior Male | 735 | | 01:13:00 | 01:09:44 |
| 2647 | 529 MARTYN | COLE | Senior Male | 736 | | 01:13:03 | 01:08:50 |
| 2648 | 2269 PAULA | JOHN | F45+ | 221 | | 01:13:07 | 01:10:48 |
| 2649 | 2271 KATHERINE | WILLIAMS | F35+ | 387 | | 01:13:07 | 01:10:48 |
| 2650 | 2268 KAREN | THOMAS | F35+ | 388 | | 01:13:08 | 01:10:48 |
| 2651 | 157 FANNY | LIMARE-WOL | Senior Female | 408 ADMIRAL | 111 | 01:13:09 | 01:08:55 |
| 2652 | 3220 PAULINE | THOMAS | F55+ | 56 TROTS | 6 | 01:13:10 | 01:10:50 |
| 2653 | 966 CAROL | EVANS | F45+ | 222 | | 01:13:11 | 01:09:03 |
| 2654 | 3045 SUE | DOWLE | F45+ | 223 FOREST OF DEAN AC | 48 | 01:13:13 | 01:10:57 |
| 2655 | 3070 EMMA | DAVIES | Senior Female | 409 | | 01:13:13 | 01:10:16 |
| 2656 | 3199 JACKIE | MARTIN | F45+ | 224 SOSPAN ROAD RUNNERS | 4 | 01:13:13 | 01:10:17 |
| 2657 | 1752 ELLIE | RANSOME | Junior Female | 41 | | 01:13:14 | 01:10:24 |
| 2658 | 2423 HUW | JONES | Senior Male | 737 | | 01:13:14 | 01:11:47 |
| 2659 | 823 ALEXA | PARRY | F35+ | 389 | | 01:13:15 | 01:11:10 |
| 2660 | 2133 LOWRI | PHILLIPS | F45+ | 225 | | 01:13:15 | 01:09:20 |
| 2661 | 479 JAMES | STROUD | Senior Male | 738 | | 01:13:15 | 01:13:06 |
| 2662 | 2502 CHLOE | HUCKER | Junior Female | 42 | | 01:13:18 | 01:09:23 |
| 2663 | 794 MARIA | LALIC | F55+ | 57 CWM OGWR RUNNING CLUB | 23 | 01:13:20 | 01:09:44 |
| 2664 | 620 ANNE | LALIC | F55+ | 58 | | 01:13:20 | 01:09:44 |
| 2665 | 943 SIAN | WILLIAMS | F45+ | 226 | | 01:13:21 | 01:11:33 |
| 2666 | 1127 KATRINA | HEWITSON | F35+ | 390 | | 01:13:22 | 01:09:11 |
| 2667 | 2412 CHERYL | HILL | F35+ | 391 | | 01:13:22 | 01:09:12 |
| 2668 | 857 NATALYA | ROMANIW | Senior Female | 410 | | 01:13:22 | 01:10:11 |
| 2669 | 1970 PAULA | HYDE | Senior Female | 411 | | 01:13:24 | 01:08:59 |
| 2670 | 1934 SIAN | MERRICK | Senior Female | 412 | | 01:13:24 | 01:10:15 |
| 2671 | 2952 DAVID | BOULD | M40+ | 436 | | 01:13:25 | 01:09:51 |
| 2672 | 3223 JULIE | GARNER | F45+ | 227 | | 01:13:26 | 01:11:27 |
| 2673 | 3414 MATTHEW | REES | Senior Male | 739 | | 01:13:26 | 01:10:56 |
| 2674 | 2382 SARAH | WARD | Senior Female | 413 | | 01:13:28 | 01:11:47 |
| 2675 | 1508 KATIE | COLE | Senior Female | 414 | | 01:13:30 | 01:12:28 |
| 2676 | 1584 DEAN | HAYHURST | Senior Male | 740 | | 01:13:30 | 01:12:29 |
| 2677 | 1928 SIAN | TYLER | F55+ | 59 | | 01:13:31 | 01:09:14 |
| 2678 | 3641 ALAN | LEWIS | M50+ | 203 | | 01:13:31 | 01:11:23 |
| 2679 | 400 DEBBIE | HANNAH | F35+ | 392 | | 01:13:34 | 01:12:09 |
| 2680 | 2444 KATIE | ROBERTS | Senior Female | 415 | | 01:13:36 | 01:10:11 |
| 2681 | 4062 Jade | Armstrong | Junior Female | 43 | | 01:13:36 | 01:11:52 |
| 2682 | 2063 SUZANNE | LONGMAN | F35+ | 393 | | 01:13:37 | 01:11:52 |
| 2683 | 2064 NICOLA | KINGDON | Senior Female | 416 | | 01:13:37 | 01:11:54 |
| 2684 | 3180 RUTH | JONES | F35+ | 394 | | 01:13:38 | 01:12:26 |
| 2685 | 886 PAUL | HAMBLY | M40+ | 437 | | 01:13:40 | 01:11:06 |
| 2686 | 1715 JILL | ERRIDGE | F45+ | 228 | | 01:13:42 | 01:10:22 |
| 2687 | 895 RUTH | JAMES | F45+ | 229 | | 01:13:43 | 01:12:12 |
| 2688 | 1783 TYRONE | PEACH | M40+ | 438 | | 01:13:44 | 01:11:18 |
| 2689 | 936 MALCOLM | BULLOUGH | M60+ | 101 | | 01:13:45 | 01:09:21 |
| 2690 | 1622 NATASHA | BOYCE | Senior Female | 417 | | 01:13:46 | 01:13:01 |
| 2691 | 2418 JOANNA | FURBER | F35+ | 395 | | 01:13:46 | 01:09:32 |
| 2692 | 1733 CHARLEY | LEMON | Senior Female | 419 | | 01:13:46 | 01:10:37 |

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| 2693 | 2113 LISA | GRINTER | Senior Femal | 418 | | | 01:13:46 | 01:10:36 |
| 2694 | 3830 ALAN | STRAWBRIDC | M60+ | 102 | | | 01:13:47 | 01:09:48 |
| 2695 | 2345 NEIL | JARVIS | M50+ | 204 | | | 01:13:48 | 01:10:35 |
| 2696 | 2232 LIANNE | OWEN | F35+ | 396 | | | 01:13:49 | 01:10:18 |
| 2697 | 3635 SHARON | BURFORD | F55+ | 60 | | | 01:13:51 | 01:11:53 |
| 2698 | 772 JONATHAN | FOREY | M40+ | 439 | | | 01:13:52 | 01:11:34 |
| 2699 | 3353 KATHERINE | WILLIAMS | F35+ | 397 | PARC BRYNBACH RUNNING CLUB | 20 | 01:13:52 | 01:11:27 |
| 2700 | 1373 PAUL | WARE | M40+ | 440 | | | 01:13:52 | 01:11:56 |
| 2701 | 3789 CHRISTOPHE | PLAICE | M60+ | 103 | | | 01:13:52 | 01:12:13 |
| 2702 | 2793 DEBBIE | PRICE | F35+ | 398 | | | 01:13:54 | 01:10:11 |
| 2703 | 2093 SAMANTHA | JOHN | Senior Femal | 420 | | | 01:13:55 | 01:09:54 |
| 2704 | 1583 JULIE | OWEN | Senior Femal | 421 | | | 01:13:55 | 01:10:17 |
| 2705 | 2200 EDWARD | TABBERER | M60+ | 104 | | | 01:13:55 | 01:12:38 |
| 2706 | 1416 HAYLEY | BLYTH | F35+ | 399 | | | 01:13:56 | 01:11:57 |
| 2707 | 1307 GERALD | DOCHERTY | M50+ | 205 | | | 01:13:57 | 01:11:44 |
| 2708 | 3982 CARLY | REES | Senior Femal | 422 | | | 01:13:57 | 01:11:37 |
| 2709 | 1524 GIDEON | HOOKWAY | Senior Male | 741 | | | 01:13:59 | 01:09:42 |
| 2710 | 107 ALEXANDRA | HAM | Senior Femal | 423 | ADMIRAL | 112 | 01:13:59 | 01:10:46 |
| 2711 | 132 CASSIDY | SKINNER | Senior Femal | 424 | ADMIRAL | 113 | 01:13:59 | 01:10:46 |
| 2712 | 845 MATT | BANKS | Senior Male | 742 | | | 01:13:59 | 01:10:46 |
| 2713 | 2164 BETHAN | LEAVER | Senior Femal | 425 | | | 01:14:00 | 01:10:47 |
| 2714 | 3303 CYRIL | HARTSON | M60+ | 105 | | | 01:14:00 | 01:13:09 |
| 2715 | 3172 LOUISE | SNELGROVE | Senior Femal | 426 | | | 01:14:00 | 01:13:09 |
| 2716 | 3836 NATALIE | HILLMAN | Senior Femal | 427 | | | 01:14:01 | 01:09:57 |
| 2717 | 3106 RICHARD | JONES | M40+ | 441 | | | 01:14:01 | 01:12:11 |
| 2718 | 4016 JOANNA | FISHER | Senior Femal | 428 | | | 01:14:01 | 01:12:19 |
| 2719 | 1237 KIMBERLY | WEST | Senior Femal | 429 | | | 01:14:02 | 01:10:15 |
| 2720 | 1582 NEIL | CHALCRAFT | Senior Male | 743 | | | 01:14:02 | 01:10:24 |
| 2721 | 2254 ABIGAIL | OWEN | F35+ | 400 | | | 01:14:02 | 01:09:53 |
| 2722 | 3454 SIWAN | JENKINS | Senior Femal | 430 | | | 01:14:03 | 01:10:26 |
| 2723 | 324 NATALIE | PARSONS | Senior Femal | 431 | PEGASUS RC | 5 | 01:14:05 | 01:11:06 |
| 2724 | 1304 JAMES | ROBERTS | Senior Male | 744 | | | 01:14:05 | 01:11:47 |
| 2725 | 3524 KIRSTY | MORGAN | Senior Femal | 432 | ADMIRAL | 114 | 01:14:06 | 01:12:05 |
| 2726 | 2161 SARAH | THEOBALD | F35+ | 401 | | | 01:14:06 | 01:09:52 |
| 2727 | 3571 ALISON | KINSEY | F55+ | 61 | | | 01:14:10 | 01:10:23 |
| 2728 | 2180 SARAH | EVANS | F35+ | 402 | | | 01:14:11 | 01:10:27 |
| 2729 | 1563 PETER | DAVIES | Senior Male | 745 | | | 01:14:11 | 01:11:39 |
| 2730 | 2519 RICHARD | ADAMS | Senior Male | 746 | | | 01:14:13 | 01:09:38 |
| 2731 | 2541 GABRIELLE | HUCKER | Senior Femal | 433 | | | 01:14:13 | 01:10:18 |
| 2732 | 3570 THEMBI | SIBANDA | Senior Male | 747 | | | 01:14:13 | 01:13:01 |
| 2733 | 1122 JEANETTE | D'AURIA | F35+ | 403 | | | 01:14:13 | 01:10:57 |
| 2734 | 1921 CHRIS | JENKINS | Senior Male | 748 | | | 01:14:14 | 01:10:11 |
| 2735 | 3687 RACHEL | MCDONALD | Senior Femal | 434 | | | 01:14:15 | 01:11:00 |
| 2736 | 2325 CERYS | THOMAS | Senior Femal | 435 | | | 01:14:17 | 01:10:15 |
| 2737 | 3645 NICOLA | JOHNS | F45+ | 230 | | | 01:14:18 | 01:10:02 |
| 2738 | 2786 YVONNE | O'SULLIVAN | F45+ | 231 | | | 01:14:18 | 01:10:27 |
| 2739 | 4030 CERI | POWELL | F55+ | 62 | | | 01:14:19 | 01:10:46 |
| 2740 | 4031 CLAIRE | POWELL | Senior Femal | 436 | | | 01:14:19 | 01:10:46 |
| 2741 | 1311 RHIANNON | BUCKLEY | Senior Femal | 437 | CWM OGWR RUNNING CLUB | 24 | 01:14:22 | 01:12:03 |
| 2742 | 3734 TERRY | FORD | Senior Male | 749 | | | 01:14:25 | 01:11:08 |
| 2743 | 2484 ROS | PRICE | F35+ | 404 | | | 01:14:29 | 01:11:21 |
| 2744 | 3750 JENNY | WHITE | F35+ | 405 | | | 01:14:30 | 01:12:04 |
| 2745 | 2929 MAIRWEN | RICHARDS | F35+ | 406 | | | 01:14:30 | 01:10:33 |
| 2746 | 3794 CLAIRE | JENKINS | Senior Femal | 438 | | | 01:14:31 | 01:12:49 |
| 2747 | 3938 JULIA | WITHERS | F45+ | 232 | | | 01:14:36 | 01:10:59 |
| 2748 | 3103 KATH | MEREDITH | F35+ | 407 | | | 01:14:36 | 01:12:32 |
| 2749 | 2410 CRAIG | LEAR | M40+ | 442 | | | 01:14:36 | 01:11:45 |
| 2750 | 3273 DANIELLE | GOODWIN | Senior Femal | 439 | | | 01:14:37 | 01:12:16 |
| 2751 | 548 KIRSTIE | DISTAZIO | F45+ | 233 | | | 01:14:38 | 01:13:19 |
| 2752 | 547 GABRIELLE | ROBBINS | F45+ | 234 | | | 01:14:38 | 01:13:20 |
| 2753 | 549 CHRISTIAN | HOLE | M40+ | 443 | | | 01:14:38 | 01:13:19 |
| 2754 | 898 KATHERINE | EVANS | F45+ | 235 | | | 01:14:39 | 01:13:29 |
| 2755 | 1031 FELICITY | GOUGH | Junior Femal | 44 | | | 01:14:40 | 01:10:46 |
| 2756 | 2466 WENDY | STAMP | F55+ | 63 | PEGASUS RC | 6 | 01:14:40 | 01:12:27 |
| 2757 | 1292 TERESA | WHATTY | F35+ | 408 | | | 01:14:42 | 01:10:59 |
| 2758 | 4050 LUCY | BROWN | Senior Femal | 440 | | | 01:14:45 | 01:10:53 |
| 2759 | 3349 STEPHEN | DUNN | Senior Male | 750 | | | 01:14:46 | 01:13:38 |
| 2760 | 3016 CARYL | STOKES | F35+ | 409 | | | 01:14:48 | 01:11:08 |
| 2761 | 3017 RHIAN | STOKES-THOI | F45+ | 236 | | | 01:14:48 | 01:11:09 |
| 2762 | 1060 SIAN | DAVIES | Senior Femal | 441 | | | 01:14:50 | 01:11:05 |
| 2763 | 1485 LEE | SULLIVAN | M40+ | 444 | | | 01:14:52 | 01:12:17 |
| 2764 | 3823 MENUKA | GURUNG | Senior Femal | 442 | | | 01:14:52 | 01:12:46 |
| 2765 | 721 CLARE | WILLIAMS | F45+ | 237 | | | 01:14:53 | 01:12:35 |
| 2766 | 1297 KAREN | ENGLISH | F45+ | 238 | | | 01:14:53 | 01:13:08 |
| 2767 | 3445 SUE | PHILLIPS | F45+ | 239 | | | 01:14:54 | 01:10:25 |
| 2768 | 2103 MATTHEW | LEWIS | Senior Male | 751 | | | 01:14:55 | 01:11:04 |
| 2769 | 2104 LORNA | LEWIS | Senior Femal | 443 | | | 01:14:55 | 01:11:05 |

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| 2770 | 937 SUZANNA | SMITH | Senior Femal | 444 | | | 01:14:57 | 01:12:35 |
| 2771 | 3940 GAYNOR | JONES | F55+ | 64 | | | 01:14:58 | 01:12:30 |
| 2772 | 2610 LINDA | MA | F35+ | 410 | | | 01:14:59 | 01:12:05 |
| 2773 | 1738 SHARON | FUNNELL | Senior Femal | 445 | | | 01:15:00 | 01:13:07 |
| 2774 | 2168 JANE | PAYNE | F45+ | 241 | | | 01:15:03 | 01:10:59 |
| 2775 | 2169 DAWN | GOODRIDGE | F45+ | 240 | | | 01:15:03 | 01:11:00 |
| 2776 | 392 LEANNE | EVANS | F35+ | 411 | | | 01:15:04 | 01:12:26 |
| 2777 | 2357 RHIAN | HOWELLS | Senior Femal | 446 | | | 01:15:07 | 01:12:57 |
| 2778 | 1963 DAVID | HODGES | M50+ | 206 | LES CROUPIERS | 26 | 01:15:08 | 01:11:22 |
| 2779 | 1403 JO | HODGES | F35+ | 412 | WOMEN RUNNING PENARTH | 1 | 01:15:08 | 01:11:22 |
| 2780 | 1864 REBECCA | MORGAN | Senior Femal | 447 | | | 01:15:08 | 01:11:38 |
| 2781 | 3837 JODIE | DAVIES | Senior Femal | 448 | | | 01:15:08 | 01:13:43 |
| 2782 | 2603 CAROL | BALE | F55+ | 65 | PONTARDAWE RUNNING CLUB | 10 | 01:15:09 | 01:13:15 |
| 2783 | 2454 ANDREA | BALE | F45+ | 242 | | | 01:15:11 | 01:11:37 |
| 2784 | 2577 PAUL | MICHAEL | M40+ | 445 | | | 01:15:13 | 01:13:19 |
| 2785 | 3594 HANNAH | JONES | Senior Femal | 449 | | | 01:15:15 | 01:13:11 |
| 2786 | 151 EMILY | DUNNINGHA | Senior Femal | 450 | ADMIRAL | 115 | 01:15:19 | 01:12:06 |
| 2787 | 764 TRACY | HADDOCK | Senior Femal | 451 | | | 01:15:19 | 01:12:36 |
| 2788 | 2576 KAYLEIGH | EVANS | Senior Femal | 452 | DRAGONS RUNNING CLUB | 12 | 01:15:21 | 01:13:35 |
| 2789 | 2318 CHARLOTTE | PAULTYN | Senior Femal | 453 | | | 01:15:22 | 01:12:57 |
| 2790 | 3341 LINDA | HIGGS | F35+ | 413 | | | 01:15:24 | 01:11:37 |
| 2791 | 1630 CONNOR | ABRAHAM | Junior Male | 67 | | | 01:15:26 | 01:11:29 |
| 2792 | 3737 BETHAN | CRIDLAND | Senior Femal | 454 | | | 01:15:26 | 01:12:05 |
| 2793 | 2608 MARTINA | EDDY | F55+ | 66 | | | 01:15:27 | 01:13:40 |
| 2794 | 348 JAN | LAWRENCE | F55+ | 67 | | | 01:15:27 | 01:13:41 |
| 2795 | 906 ANGELA | RICHARDSON | F35+ | 414 | | | 01:15:29 | 01:13:45 |
| 2796 | 2075 MARIE | CASEY | F35+ | 415 | RUN4ALL RUNNING CLUB | 34 | 01:15:30 | 01:12:08 |
| 2797 | 2150 JAMES | EVANS | Senior Male | 752 | | | 01:15:31 | 01:11:03 |
| 2798 | 2151 KELLY | NEWTH | F35+ | 416 | | | 01:15:31 | 01:11:03 |
| 2799 | 1045 NEIL | FRANCIS | M40+ | 446 | | | 01:15:32 | 01:14:06 |
| 2800 | 3862 SIAN | MORGAN | Senior Femal | 455 | | | 01:15:32 | 01:14:06 |
| 2801 | 3500 DARREN | CARPENTER | M40+ | 447 | | | 01:15:33 | 01:12:09 |
| 2802 | 533 CLAIRE | HANNEY | F45+ | 243 | | | 01:15:33 | 01:13:38 |
| 2803 | 606 PIERS | EASTWOOD | M40+ | 448 | | | 01:15:35 | 01:12:52 |
| 2804 | 998 JAMES | WILLIAMS | M50+ | 207 | | | 01:15:35 | 01:12:19 |
| 2805 | 1902 MIKE | MATTHEWS | M60+ | 106 | | | 01:15:36 | 01:11:28 |
| 2806 | 3066 AMY | COTTRELL | Senior Femal | 456 | | | 01:15:37 | 01:13:15 |
| 2807 | 2272 EMILY | JERVIS | Senior Femal | 457 | | | 01:15:37 | 01:13:26 |
| 2808 | 1843 CARWYN | EDWARDS | Senior Male | 753 | | | 01:15:37 | 01:11:46 |
| 2809 | 3700 ALEX | THOMAS | Senior Femal | 458 | | | 01:15:37 | 01:11:48 |
| 2810 | 790 JACKIE | LAYTON | F55+ | 68 | | | 01:15:40 | 01:11:49 |
| 2811 | 1249 CLARE | BOWN | F35+ | 417 | GRIFFITHSTOWN HARRIERS | 5 | 01:15:40 | 01:11:45 |
| 2812 | 429 TOM | JONES | M40+ | 449 | | | 01:15:41 | 01:11:49 |
| 2813 | 1555 CAROLINE NI.LAW | | Senior Femal | 459 | | | 01:15:41 | 01:12:31 |
| 2814 | 2555 RICHARD | WILLIAMS | M40+ | 450 | | | 01:15:42 | 01:14:13 |
| 2815 | 1313 CAROLINE | FLETCHER | F45+ | 244 | | | 01:15:43 | 01:13:37 |
| 2816 | 882 AIMEE | JONES | Senior Femal | 460 | | | 01:15:44 | 01:13:16 |
| 2817 | 3723 SUSAN | THOMAS | F55+ | 69 | | | 01:15:44 | 01:11:54 |
| 2818 | 3056 STEPHANIE | JONES | F35+ | 418 | | | 01:15:45 | 01:13:35 |
| 2819 | 3642 DEB | EVANS | F45+ | 245 | | | 01:15:45 | 01:13:37 |
| 2820 | 605 SIAN | EDWARDS | F35+ | 419 | | | 01:15:45 | 01:13:03 |
| 2821 | 3139 MICHELLE | BAILEY | F35+ | 420 | | | 01:15:48 | 01:13:39 |
| 2822 | 247 YOLANDA | LUETCHFORD | Senior Femal | 462 | ADMIRAL | 116 | 01:15:50 | 01:12:15 |
| 2823 | 1186 CATH | GAMMON | Senior Femal | 461 | | | 01:15:50 | 01:13:26 |
| 2824 | 142 DARREN | CURTIS | Senior Male | 755 | ADMIRAL | 117 | 01:15:50 | 01:13:56 |
| 2825 | 1288 JACK | LEWIS | Senior Male | 754 | | | 01:15:50 | 01:13:26 |
| 2826 | 3276 LOUISE | BENNETT | F35+ | 421 | CWM OGWR RUNNING CLUB | 25 | 01:15:51 | 01:11:33 |
| 2827 | 1310 ADAM | JONES | Senior Male | 756 | | | 01:15:53 | 01:14:28 |
| 2828 | 819 SHARON | KITE | F35+ | 422 | | | 01:15:55 | 01:13:28 |
| 2829 | 2698 MARICEL | JENKINS-BEL | Senior Femal | 463 | | | 01:15:56 | 01:12:09 |
| 2830 | 268 LOUISE | MELLIN | Senior Femal | 464 | | | 01:15:58 | 01:13:51 |
| 2831 | 1811 HELEN | RICHARDS | F35+ | 423 | | | 01:15:59 | 01:13:50 |
| 2832 | 915 LAURA | HOPKIN | Senior Femal | 465 | | | 01:16:06 | 01:12:35 |
| 2833 | 2931 HAYLEY | MORGAN | F35+ | 424 | | | 01:16:06 | 01:11:43 |
| 2834 | 3891 RHIANWEN | JONES | Junior Femal | 45 | | | 01:16:08 | 01:12:10 |
| 2835 | 2961 VANESSA | EDWICKER | F35+ | 425 | | | 01:16:10 | 01:14:07 |
| 2836 | 2341 GEMMA | COCKS | Senior Femal | 466 | | | 01:16:10 | 01:14:00 |
| 2837 | 2140 ISABELLE | NEUMANN | Junior Femal | 46 | | | 01:16:12 | 01:12:00 |
| 2838 | 2067 SARAH | DAVIES | Senior Femal | 467 | | | 01:16:13 | 01:14:18 |
| 2839 | 147 DIANA | ZAGORODNY | Senior Femal | 468 | ADMIRAL | 118 | 01:16:14 | 01:13:53 |
| 2840 | 648 RHIAN | EVANS | Senior Femal | 470 | | | 01:16:15 | 01:12:13 |
| 2841 | 1978 HANNAH | LECKIE | Senior Femal | 469 | | | 01:16:15 | 01:12:34 |
| 2842 | 3316 VICTORIA | SCOURFIELD | Senior Femal | 471 | | | 01:16:17 | 01:12:04 |
| 2843 | 319 LEANNE | CASEY | F35+ | 426 | | | 01:16:18 | 01:13:37 |
| 2844 | 426 ADAM | SAYNER | Senior Male | 757 | | | 01:16:19 | 01:15:03 |
| 2845 | 2141 CLARE | HOWARD | F35+ | 427 | | | 01:16:20 | 01:12:03 |
| 2846 | 2085 GRAHAM | WHEELER | M40+ | 451 | | | 01:16:22 | 01:13:48 |

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| 2847 | 2086 | KIRSTY | WHEELER | F35+ | 428 | | | 01:16:23 | 01:13:48 |
| 2848 | 1042 | SUSAN | SMITH | Senior Femal | 472 | | | 01:16:24 | 01:12:52 |
| 2849 | 1709 | SARAH-LOUISE | SPINKS | F35+ | 429 | | | 01:16:27 | 01:12:59 |
| 2850 | 1744 | ELIZABETH | MCCLOSKEY | F35+ | 430 | | | 01:16:27 | 01:12:59 |
| 2851 | 1173 | ANNE | BOWEN | F55+ | 70 | | | 01:16:28 | 01:14:20 |
| 2852 | 1901 | HEATHER | PAYTON | F55+ | 71 | | | 01:16:30 | 01:12:21 |
| 2853 | 3969 | HAYLEY | DAVIES | F35+ | 431 | | | 01:16:31 | 01:14:35 |
| 2854 | 3061 | REANNE | REFFELL | Senior Femal | 473 | | | 01:16:32 | 01:12:21 |
| 2855 | 3299 | PHOEBE GRA | BROWN | Junior Femal | 47 | | | 01:16:32 | 01:14:07 |
| 2856 | 1245 | BRYONY | BROWN | F35+ | 432 | | | 01:16:35 | 01:12:45 |
| 2857 | 2526 | TRACY | JAMES | F45+ | 246 | | | 01:16:36 | 01:13:57 |
| 2858 | 2528 | LISA | JONES | F35+ | 433 | | | 01:16:37 | 01:13:57 |
| 2859 | 1034 | MICHELLE | GREEN | Senior Femal | 474 | | | 01:16:37 | 01:12:46 |
| 2860 | 1909 | DAVID | GRIMSELL | M50+ | 208 | | | 01:16:37 | 01:15:54 |
| 2861 | 1847 | ANDREW | HARPER | M50+ | 209 | | | 01:16:40 | 01:12:52 |
| 2862 | 3357 | EMMA | BENNETT | Senior Femal | 475 | | | 01:16:40 | 01:12:52 |
| 2863 | 3363 | CARYS | JONES | Senior Femal | 476 | | | 01:16:40 | 01:12:52 |
| 2864 | 2550 | KILEY | TYLER | Senior Femal | 477 | | | 01:16:40 | 01:12:52 |
| 2865 | 3157 | EMMA | WALLACE | F35+ | 434 | | | 01:16:45 | 01:14:04 |
| 2866 | 266 | CATHERINE | BAIN | F35+ | 435 | | | 01:16:50 | 01:14:34 |
| 2867 | 916 | STUART | BAIN | Senior Male | 758 | | | 01:16:50 | 01:14:35 |
| 2868 | 3649 | CHRIS | WAYGOOD | Senior Male | 759 | | | 01:16:52 | 01:13:12 |
| 2869 | 3648 | RHIAN | WAYGOOD | Senior Femal | 478 | | | 01:16:52 | 01:13:13 |
| 2870 | 1983 | RIA | HALLIDAY | Senior Femal | 479 | | | 01:16:54 | 01:13:45 |
| 2871 | 304 | LISA | JONES | Senior Femal | 480 | | | 01:16:57 | 01:12:34 |
| 2872 | 305 | RYAN | JONES | Junior Male | 68 | | | 01:16:57 | 01:12:35 |
| 2873 | 3639 | RHIAN | CHECKLAND | F35+ | 436 | | | 01:17:01 | 01:14:19 |
| 2874 | 1133 | STEVE | KRIESCHER | M40+ | 452 | | | 01:17:06 | 01:16:33 |
| 2875 | 988 | RICHARD | RIGBY | Senior Male | 760 | | | 01:17:08 | 01:15:40 |
| 2876 | 1270 | NERYS | RIGBY | Senior Femal | 481 | | | 01:17:08 | 01:15:40 |
| 2877 | 1195 | TRACY | RIDD | F35+ | 437 | | | 01:17:09 | 01:14:38 |
| 2878 | 590 | MORGAN | GIBSON | Senior Femal | 482 | | | 01:17:09 | 01:13:04 |
| 2879 | 2224 | LISA | REES | F35+ | 438 | | | 01:17:10 | 01:13:33 |
| 2880 | 1433 | HANNAH | LOCKHART | Junior Femal | 48 | | | 01:17:13 | 01:13:09 |
| 2881 | 2206 | SAMANTHA | GILES | F35+ | 439 | | | 01:17:15 | 01:13:37 |
| 2882 | 678 | SALLY | BLOOMFIELD | F45+ | 247 | | | 01:17:18 | 01:14:05 |
| 2883 | 202 | NICOLA | COOKE | F45+ | 248 | ADMIRAL | 119 | 01:17:18 | 01:14:04 |
| 2884 | 332 | NICOLA | PARRY | F45+ | 249 | | | 01:17:19 | 01:14:44 |
| 2885 | 372 | CATHY | HANCOX | F45+ | 250 | | | 01:17:23 | 01:15:19 |
| 2886 | 905 | CAROL | HUGHES | F55+ | 72 | | | 01:17:23 | 01:15:21 |
| 2887 | 676 | SHELLEY | ALLEN | Senior Femal | 483 | | | 01:17:24 | 01:14:43 |
| 2888 | 2359 | LISA | HOWELLS | F35+ | 440 | | | 01:17:26 | 01:14:33 |
| 2889 | 2021 | LAUREN | BRADLEY | Junior Femal | 49 | | | 01:17:26 | 01:13:24 |
| 2890 | 1570 | GAVIN | OAK | M40+ | 453 | | | 01:17:29 | 01:14:46 |
| 2891 | 3265 | MICHAEL | HARRIS | Senior Male | 761 | | | 01:17:30 | 01:13:53 |
| 2892 | 3266 | LOWRI | HARRIS | F35+ | 441 | | | 01:17:31 | 01:13:53 |
| 2893 | 2588 | SIAN | SNELL | F35+ | 442 | | | 01:17:32 | 01:14:56 |
| 2894 | 3152 | CAMILLE | GRIFFITHS | F35+ | 443 | | | 01:17:32 | 01:14:56 |
| 2895 | 692 | HANNAH | VYSE | Senior Femal | 484 | | | 01:17:36 | 01:14:19 |
| 2896 | 1142 | LOWRI | BENNETT | Senior Femal | 485 | | | 01:17:38 | 01:13:36 |
| 2897 | 704 | DONNA | MILNE | F45+ | 251 | | | 01:17:42 | 01:14:24 |
| 2898 | 129 | CARLY | JONES | Senior Femal | 486 | ADMIRAL | 120 | 01:17:42 | 01:13:17 |
| 2899 | 615 | KAREN | DAVIES | F35+ | 444 | | | 01:17:51 | 01:14:43 |
| 2900 | 3288 | MELANIE | CARPENTER | F35+ | 445 | | | 01:17:51 | 01:14:43 |
| 2901 | 2751 | HAYLEY | PUGH | F35+ | 446 | PONTYPRIDD ROADENTS AC | 12 | 01:17:51 | 01:14:42 |
| 2902 | 1145 | MARI | ROBERTS | F35+ | 447 | | | 01:17:51 | 01:14:44 |
| 2903 | 2982 | JILL | LUCKWELL | F55+ | 73 | | | 01:17:52 | 01:14:16 |
| 2904 | 2043 | MATTHEW | AMBLER | Senior Male | 762 | | | 01:17:56 | 01:14:49 |
| 2905 | 3083 | LOUISE | ALDRIDGE | Senior Femal | 487 | | | 01:17:58 | 01:15:28 |
| 2906 | 3465 | GAVIN | BAILEY | Senior Male | 763 | | | 01:18:00 | 01:13:37 |
| 2907 | 2607 | GARRY | DAVIES | M40+ | 454 | | | 01:18:02 | 01:13:36 |
| 2908 | 2606 | DEMI | DAVIES | Senior Femal | 488 | | | 01:18:02 | 01:17:10 |
| 2909 | 3508 | CHARLENE | EVANS | Senior Femal | 489 | ADMIRAL | 121 | 01:18:03 | 01:14:19 |
| 2910 | 1071 | LYNWEN | DAVIES | F35+ | 448 | | | 01:18:05 | 01:14:27 |
| 2911 | 3412 | KIRSTEN | LEARY | Senior Femal | 490 | | | 01:18:05 | 01:15:24 |
| 2912 | 785 | AMY | DOLPHIN | F35+ | 449 | | | 01:18:09 | 01:11:50 |
| 2913 | 786 | SALEEM | AHMED | M40+ | 455 | | | 01:18:09 | 01:11:50 |
| 2914 | 493 | CHRIS | TIDY | F55+ | 74 | RUN4ALL RUNNING CLUB | 36 | 01:18:13 | 01:14:49 |
| 2915 | 3643 | DEBBIE | TIDY | Senior Femal | 491 | RUN4ALL RUNNING CLUB | 35 | 01:18:13 | 01:14:49 |
| 2916 | 3423 | SUZANNE | GREEN | F35+ | 450 | | | 01:18:14 | 01:15:20 |
| 2917 | 1345 | CATHERINE | DAVIES | F35+ | 451 | | | 01:18:17 | 01:13:58 |
| 2918 | 209 | REBECCA | WYATT | Senior Femal | 492 | ADMIRAL | 122 | 01:18:17 | 01:13:57 |
| 2919 | 1523 | SEAN | CHILCOTT | M40+ | 456 | | | 01:18:20 | 01:16:47 |
| 2920 | 2037 | RHIANNON | WILLIAMS | Junior Femal | 50 | | | 01:18:20 | 01:16:17 |
| 2921 | 3385 | LISA | REDMORE | F45+ | 252 | | | 01:18:23 | 01:14:57 |
| 2922 | 2450 | CARLY | MORRISON | Senior Femal | 493 | | | 01:18:24 | 01:16:40 |
| 2923 | 315 | ANGHARAD | BEER | Senior Femal | 494 | | | 01:18:25 | 01:16:20 |

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| 2924 | 2582 JULIE | EVANS | F35+ | 452 | | 01:18:25 | 01:16:42 |
| 2925 | 2885 NIDAL | SUMREIN | M40+ | 457 | | 01:18:25 | 01:15:55 |
| 2926 | 1150 ASHLEIGH | PARRY | Senior Femal | 495 | | 01:18:26 | 01:15:52 |
| 2927 | 244 TONY | WONG | M40+ | 458 ADMIRAL | 123 | 01:18:30 | 01:14:47 |
| 2928 | 2684 CATH | BALL | F35+ | 453 | | 01:18:31 | 01:15:01 |
| 2929 | 1277 SONIA | POLLAK | F35+ | 454 | | 01:18:32 | 01:16:05 |
| 2930 | 2777 JENNIFER | STEPHENS | F55+ | 75 | | 01:18:34 | 01:15:23 |
| 2931 | 797 MATHEW | PRITCHARD | Senior Male | 764 | | 01:18:36 | 01:14:32 |
| 2932 | 2031 REBECCA | BLACKMORE | Senior Femal | 496 | | 01:18:38 | 01:14:57 |
| 2933 | 734 NATALIE | THOMAS | F35+ | 455 | | 01:18:40 | 01:14:53 |
| 2934 | 2909 JULIE | PARRY | F35+ | 456 | | 01:18:41 | 01:14:55 |
| 2935 | 2690 VICKY | JONES | Senior Femal | 497 | | 01:18:44 | 01:15:07 |
| 2936 | 844 ANN | DINEEN | F45+ | 253 | | 01:18:45 | 01:16:51 |
| 2937 | 2290 SARAH | REES | F35+ | 457 | | 01:18:46 | 01:15:18 |
| 2938 | 1041 STACEY | JONES | Senior Femal | 498 | | 01:18:47 | 01:15:19 |
| 2939 | 2906 BETH | DANIELS | Senior Femal | 499 | | 01:18:49 | 01:14:39 |
| 2940 | 777 RHIAN-LYNN | PHIPPS | Senior Femal | 500 | | 01:18:52 | 01:15:16 |
| 2941 | 910 COLIN | LLOYD | M50+ | 210 | | 01:18:54 | 01:15:27 |
| 2942 | 975 JEMMA | PUGSLEY | Senior Femal | 501 | | 01:18:54 | 01:15:26 |
| 2943 | 2149 CHRISTOPHE | STONE | Senior Male | 765 | | 01:18:54 | 01:14:42 |
| 2944 | 2148 LUCY | STONE | Senior Femal | 502 | | 01:18:54 | 01:14:42 |
| 2945 | 1926 CERI | EDWARDS | F55+ | 76 | | 01:18:56 | 01:14:38 |
| 2946 | 889 JAYNE | LEWIS | F35+ | 458 MERTHYR RUNNING CLUB | 6 | 01:18:58 | 01:15:34 |
| 2947 | 738 SARANNE | DAVIES | F35+ | 459 | | 01:19:02 | 01:15:19 |
| 2948 | 284 KATHRYN | ILSLEY | Senior Femal | 503 | | 01:19:05 | 01:15:23 |
| 2949 | 2004 SIONED | MCBRIDE | Senior Femal | 504 | | 01:19:08 | 01:14:57 |
| 2950 | 509 EMMA-JAYNI | TWISSELL | F35+ | 460 | | 01:19:09 | 01:14:48 |
| 2951 | 2979 JOANNA | HOME | F35+ | 461 | | 01:19:10 | 01:17:01 |
| 2952 | 1891 MICHELLE | WILLIAMS | Senior Femal | 505 | | 01:19:11 | 01:15:58 |
| 2953 | 2019 LEE | POWELL | M40+ | 459 | | 01:19:12 | 01:17:21 |
| 2954 | 2431 CERI | DAVIES | Senior Femal | 506 | | 01:19:13 | 01:14:50 |
| 2955 | 3161 HELEN | LAWRENCE | F35+ | 462 | | 01:19:15 | 01:17:02 |
| 2956 | 357 DARRAN | REES | M40+ | 460 RUN4ALL RUNNING CLUB | 37 | 01:19:17 | 01:15:40 |
| 2957 | 1077 PHILLIP | JONES | Senior Male | 766 | | 01:19:27 | 01:15:32 |
| 2958 | 1547 STEFFAN | EVANS | Senior Male | 767 | | 01:19:30 | 01:16:02 |
| 2959 | 963 AYNLEY | CUMMINGS | Senior Femal | 507 PARC BRYN BACH RUNNING CLUB | 2 | 01:19:30 | 01:17:04 |
| 2960 | 1472 LUCY | KIFT | Senior Femal | 508 | | 01:19:30 | 01:16:02 |
| 2961 | 2026 MOIRA | JONES | F35+ | 463 | | 01:19:30 | 01:15:41 |
| 2962 | 3449 FFION | THOMAS-DYER | Junior Femal | 51 | | 01:19:34 | 01:16:19 |
| 2963 | 2801 ANWEN | GRIFFITH | F45+ | 254 | | 01:19:34 | 01:16:20 |
| 2964 | 3802 MELLISSA | GRIFFITHS | Senior Femal | 509 | | 01:19:35 | 01:16:21 |
| 2965 | 1151 JULIE | MILES | F45+ | 255 | | 01:19:36 | 01:16:21 |
| 2966 | 3657 LLINOS | THOMAS | F35+ | 464 MERTHYR RUNNING CLUB | 7 | 01:19:36 | 01:16:11 |
| 2967 | 1890 VANESSA | SHARKEY | M40+ | 461 | | 01:19:42 | 01:19:03 |
| 2968 | 245 VICTORIA | JOVCIC | Senior Femal | 510 ADMIRAL | 124 | 01:19:43 | 01:16:04 |
| 2969 | 390 CHARIS N | JONES | F35+ | 465 | | 01:19:44 | 01:15:38 |
| 2970 | 3879 JOANNE | MALPAS | F35+ | 466 ACTIVE SWANSEA | 11 | 01:19:46 | 01:17:27 |
| 2971 | 2825 DAVID | REES | M60+ | 107 | | 01:19:51 | 01:15:30 |
| 2972 | 2101 SAMANTHA | JESSETT | F45+ | 256 | | 01:19:52 | 01:15:32 |
| 2973 | 1637 ANGELA | PRICE | F35+ | 467 ISLWYN RC | 18 | 01:19:55 | 01:16:14 |
| 2974 | 325 EMMA JANE | VERRIER | F35+ | 468 | | 01:19:55 | 01:16:14 |
| 2975 | 3582 REBECCA | FIELD | Senior Femal | 511 | | 01:19:55 | 01:18:54 |
| 2976 | 3464 KATHRYN | LACEY | Senior Femal | 512 | | 01:19:56 | 01:16:22 |
| 2977 | 3314 KRISTY | HOLDER | Senior Femal | 513 | | 01:19:57 | 01:16:22 |
| 2978 | 896 PETER | JAMES | M40+ | 462 | | 01:19:59 | 01:18:28 |
| 2979 | 2136 BETHAN | THOMAS | F35+ | 469 | | 01:19:59 | 01:18:33 |
| 2980 | 645 HOLLY | MORGAN | Senior Femal | 514 | | 01:20:02 | 01:17:54 |
| 2981 | 673 JAMES | HEARD | Senior Male | 768 | | 01:20:02 | 01:16:35 |
| 2982 | 3041 ELIN | ZYCH | F35+ | 470 | | 01:20:04 | 01:16:14 |
| 2983 | 1526 KELLY | WINTER | Senior Femal | 515 | | 01:20:12 | 01:17:44 |
| 2984 | 2025 KARA | LEWIS | F35+ | 471 | | 01:20:13 | 01:17:00 |
| 2985 | 1251 CATHERINE | GRIFFITHS | F45+ | 257 | | 01:20:13 | 01:16:06 |
| 2986 | 483 SIAN | DYER | Senior Femal | 516 | | 01:20:15 | 01:18:50 |
| 2987 | 3557 CARYL | EVANS | F35+ | 472 | | 01:20:18 | 01:18:28 |
| 2988 | 1513 PATRICIA | WOODHOUS | F45+ | 258 | | 01:20:22 | 01:17:01 |
| 2989 | 631 JASON | WILLETTS | M40+ | 463 | | 01:20:28 | 01:17:52 |
| 2990 | 1650 SHAUN | HAZELL | F35+ | 473 | | 01:20:30 | 01:18:13 |
| 2991 | 272 CAITLIN | HICKS | Senior Femal | 517 | | 01:20:31 | 01:17:57 |
| 2992 | 3171 CRAIG | PHILLIPS | Senior Male | 769 | | 01:20:32 | 01:17:21 |
| 2993 | 231 SEAN | TAYLOR | Senior Male | 770 ADMIRAL | 125 | 01:20:34 | 01:16:59 |
| 2994 | 1624 HELEN | LLOYD JONES | F55+ | 77 PEGASUS RC | 7 | 01:20:36 | 01:18:27 |
| 2995 | 3014 GAYNOR | KENNEDY | F55+ | 78 | | 01:20:39 | 01:18:26 |
| 2996 | 2178 ALEX | PRIDMORE | Senior Male | 771 | | 01:20:40 | 01:17:09 |
| 2997 | 478 CRAIG | JOHN | Senior Male | 772 | | 01:20:40 | 01:17:03 |
| 2998 | 2042 MARY | MOSES NICHOLAS | F45+ | 259 | | 01:20:41 | 01:17:33 |
| 2999 | 1649 RAJ | PABILA | F35+ | 474 | | 01:20:43 | 01:18:27 |
| 3000 | 3884 AMY | FRASER | Senior Femal | 518 ACTIVE SWANSEA | 12 | 01:20:48 | 01:18:30 |

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| 3001 | 2216 LISA | VOISEY | F35+ | 475 | | 01:20:48 | 01:16:53 |
| 3002 | 2203 ALISON | HUGHES | F35+ | 476 | | 01:20:49 | 01:16:53 |
| 3003 | 2897 ADELLE | GOULDEN | F35+ | 477 | | 01:20:51 | 01:17:23 |
| 3004 | 3876 MICHAEL | DALLING | Senior Male | 773 ACTIVE SWANSEA | 14 | 01:20:56 | 01:18:39 |
| 3005 | 3878 NEIL | REES | Senior Male | 774 ACTIVE SWANSEA | 13 | 01:20:56 | 01:18:38 |
| 3006 | 4029 Andrew | Miles | M40+ | 464 Active Swansea | 15 | 01:21:07 | 01:18:49 |
| 3007 | 3888 MATTHEW | CHILVERS | Senior Male | 775 ACTIVE SWANSEA | 16 | 01:21:07 | 01:18:49 |
| 3008 | 3834 LAUREN | WILLIAMS | F35+ | 478 | | 01:21:09 | 01:17:39 |
| 3009 | 2670 MEGAN | EVANS | Junior Female | 52 | | 01:21:10 | 01:17:14 |
| 3010 | 199 MOLLIE | GOATSON | F35+ | 479 ADMIRAL | 126 | 01:21:11 | 01:18:37 |
| 3011 | 3002 KEVIN | THOMAS | Senior Male | 776 | | 01:21:13 | 01:17:13 |
| 3012 | 3068 KATHRYN | CUNNINGHAM | Senior Female | 519 | | 01:21:13 | 01:18:58 |
| 3013 | 496 MALCOLM | JONES | M60+ | 108 | | 01:21:13 | 01:18:11 |
| 3014 | 780 TONY GRAHAM | PHIPPS | Senior Male | 777 | | 01:21:17 | 01:17:40 |
| 3015 | 3828 CORINNE | JAKEWAY | Senior Female | 520 | | 01:21:19 | 01:19:56 |
| 3016 | 1633 KAREN | MARSH | F35+ | 480 | | 01:21:20 | 01:17:12 |
| 3017 | 781 SARA | NABIALEK | F35+ | 482 | | 01:21:21 | 01:17:46 |
| 3018 | 1631 SIAN | LOCKE | F35+ | 481 | | 01:21:21 | 01:17:12 |
| 3019 | 1632 JUDITH | EDMUNDS | F45+ | 260 | | 01:21:21 | 01:17:12 |
| 3020 | 1701 LAURA | BALL | Senior Female | 521 | | 01:21:23 | 01:17:39 |
| 3021 | 1286 FRANCESCA | WEIR | Senior Female | 522 | | 01:21:23 | 01:17:08 |
| 3022 | 1528 STACEY | DAVIES | Senior Female | 523 | | 01:21:24 | 01:20:31 |
| 3023 | 538 JADE | JONES | Senior Female | 524 | | 01:21:24 | 01:20:32 |
| 3024 | 1089 LYNETTE | JONES | F35+ | 483 | | 01:21:24 | 01:17:58 |
| 3025 | 1535 GEMMA | HALE | Senior Female | 525 | | 01:21:24 | 01:16:58 |
| 3026 | 3317 ALISTAIR | VECK | Senior Male | 778 | | 01:21:26 | 01:17:12 |
| 3027 | 4038 Barbara | Gough | F35+ | 484 | | 01:21:30 | 01:18:00 |
| 3028 | 1231 VIVIENNE | HENDERSON | F35+ | 485 | | 01:21:34 | 01:17:10 |
| 3029 | 1230 JOHN | DAVIES | M60+ | 109 RUN4ALL RUNNING CLUB | 38 | 01:21:34 | 01:17:09 |
| 3030 | 1764 CLAIRE | BEVAN | F35+ | 486 | | 01:21:36 | 01:18:18 |
| 3031 | 369 CARLEY | JONES | Senior Female | 526 | | 01:21:39 | 01:19:37 |
| 3032 | 2376 JO | DENNISS | F45+ | 261 | | 01:21:50 | 01:18:21 |
| 3033 | 3934 THOMAS | WESTWOOD | Senior Male | 779 | | 01:21:51 | 01:17:36 |
| 3034 | 3933 ELLA | JENKINS | Junior Female | 53 | | 01:21:52 | 01:17:36 |
| 3035 | 3104 CAROLINE | BROWN | F55+ | 79 | | 01:22:05 | 01:17:41 |
| 3036 | 2218 ADRIAN | PEARSON | M40+ | 465 | | 01:22:06 | 01:18:13 |
| 3037 | 2220 SHARON | THOMAS | F45+ | 262 | | 01:22:06 | 01:18:14 |
| 3038 | 1009 PAUL | DAVIES | M50+ | 211 | | 01:22:08 | 01:17:56 |
| 3039 | 4026 HELEN | WILLIAMS T3 | F35+ | 487 LES CROUPIERS | 27 | 01:22:10 | 01:19:57 |
| 3040 | 1104 LINDA | THOMAS | F45+ | 263 | | 01:22:16 | 01:19:59 |
| 3041 | 309 KELLY | CAVANAGH | F35+ | 488 | | 01:22:21 | 01:18:58 |
| 3042 | 2312 LAURA | JONES | Senior Female | 527 | | 01:22:22 | 01:18:39 |
| 3043 | 1017 SUSAN | RIDDING | F45+ | 264 | | 01:22:25 | 01:18:19 |
| 3044 | 2920 LORRAINE | MEREDITH | F55+ | 80 | | 01:22:26 | 01:20:23 |
| 3045 | 2375 NEIL | O'MAHONEY | Senior Male | 780 | | 01:22:30 | 01:18:23 |
| 3046 | 1220 REBECCA | EARLAND | Senior Female | 528 | | 01:22:31 | 01:18:23 |
| 3047 | 2514 LOUISE | JONES | F35+ | 489 | | 01:22:31 | 01:18:15 |
| 3048 | 2034 STEVEN | MUXWORTH | M40+ | 466 | | 01:22:34 | 01:21:34 |
| 3049 | 1866 PAULA | BREWER | F45+ | 265 | | 01:22:35 | 01:20:11 |
| 3050 | 3415 EMMA | THOMAS | Senior Female | 529 | | 01:22:37 | 01:20:07 |
| 3051 | 556 SARAH | WILLIAMS | F35+ | 490 | | 01:22:37 | 01:18:35 |
| 3052 | 555 RHIAN | WILLIAMS | F45+ | 266 | | 01:22:37 | 01:18:35 |
| 3053 | 3174 ALYS | GOLDING | Senior Female | 530 PONTARDAWE RUNNING CLUB | 11 | 01:22:40 | 01:20:59 |
| 3054 | 2755 RACHAEL | MORRIS | F35+ | 491 | | 01:22:42 | 01:20:00 |
| 3055 | 1605 ANN | PUGH | F55+ | 81 | | 01:22:46 | 01:20:18 |
| 3056 | 352 KAREN | HAWKINS | F45+ | 267 | | 01:22:48 | 01:20:24 |
| 3057 | 3232 LUCY | KERRY | F35+ | 492 | | 01:22:52 | 01:18:31 |
| 3058 | 103 ALANA | CHARLES | F35+ | 493 ADMIRAL | 127 | 01:22:55 | 01:21:08 |
| 3059 | 3033 ADAM | ALEXANDER | M40+ | 467 | | 01:23:03 | 01:12:58 |
| 3060 | 262 SAMANTHA | MINETT | Senior Female | 531 | | 01:23:03 | 01:19:27 |
| 3061 | 2938 BETHAN | EVANS | F35+ | 494 | | 01:23:03 | 01:20:39 |
| 3062 | 2159 HANA | MORRIS | Senior Female | 532 | | 01:23:04 | 01:20:40 |
| 3063 | 1669 ANWEN | GWYNN | F35+ | 495 | | 01:23:04 | 01:21:37 |
| 3064 | 2030 HEATHER | GIBBONS | F45+ | 268 | | 01:23:12 | 01:19:39 |
| 3065 | 1777 JESSICA | EVANS | Junior Female | 54 | | 01:23:21 | 01:20:49 |
| 3066 | 3255 EMILY | JANES | Senior Female | 533 | | 01:23:22 | 01:19:56 |
| 3067 | 3583 KATH | GAME | F35+ | 496 | | 01:23:25 | 01:21:30 |
| 3068 | 1677 KATY | JONES | Senior Female | 534 | | 01:23:29 | 01:22:29 |
| 3069 | 3491 DANIELLE | MCCUSKER | F35+ | 497 | | 01:23:32 | 01:21:17 |
| 3070 | 3612 LORRAE | JONES | F55+ | 82 | | 01:23:33 | 01:20:02 |
| 3071 | 3121 GARETH PAU | WORGAN | Senior Male | 781 | | 01:23:37 | 01:19:18 |
| 3072 | 3120 LAURA JAYNE | WORGAN | F35+ | 498 | | 01:23:37 | 01:19:16 |
| 3073 | 4047 THOMAS JOHN | EDWARDS | M40+ | 468 | | 01:23:38 | 01:21:40 |
| 3074 | 3260 TYRIAN | ROBBINS | Junior Female | 55 | | 01:23:38 | 01:20:12 |
| 3075 | 3567 JACK | DOYLE | Junior Male | 69 | | 01:23:41 | 01:20:57 |
| 3076 | 403 AMY | HOOKWAY | Senior Female | 535 | | 01:23:47 | 01:19:31 |
| 3077 | 577 STUART | HALL | M40+ | 469 | | 01:23:51 | 01:21:28 |

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| 3078 | 3751 RONIL | SALAVAR | M40+ | 470 | | | 01:23:53 | 01:21:24 |
| 3079 | 3027 KAREN | MEYRICK | F55+ | 83 | MERTHYR RUNNING CLUB | 8 | 01:23:54 | 01:22:30 |
| 3080 | 3715 SARAH | OWEN | Senior Femal | 536 | | | 01:24:02 | 01:20:55 |
| 3081 | 3324 DAWN | THOMAS | F35+ | 499 | | | 01:24:09 | 01:22:25 |
| 3082 | 3325 DEAN | THOMAS | M40+ | 471 | | | 01:24:09 | 01:22:25 |
| 3083 | 729 DEAN | CHAPMAN | M50+ | 212 | | | 01:24:14 | 01:19:59 |
| 3084 | 2065 LUCY | HIGGINS | F35+ | 500 | | | 01:24:14 | 01:22:30 |
| 3085 | 2106 HAF | RHYS | F35+ | 501 | | | 01:24:14 | 01:22:31 |
| 3086 | 456 JOE | DAVIES | Senior Male | 782 | | | 01:24:15 | 01:21:36 |
| 3087 | 1771 CARL | MILES | Senior Male | 783 | | | 01:24:30 | 01:21:57 |
| 3088 | 1585 RACHEL | BAYLISS | F35+ | 502 | | | 01:24:30 | 01:20:44 |
| 3089 | 3792 NATALIE | HUGHES | Senior Femal | 537 | | | 01:24:36 | 01:20:36 |
| 3090 | 1429 SHELLEY | OWEN | F35+ | 503 | | | 01:24:40 | 01:20:15 |
| 3091 | 3368 MICHELLE | JONES | F45+ | 269 | | | 01:24:44 | 01:23:21 |
| 3092 | 3369 MARTIN | O'CONNOR | M50+ | 213 | | | 01:24:44 | 01:23:21 |
| 3093 | 3246 BECKY | BRIGHT | Senior Femal | 538 | | | 01:24:45 | 01:20:34 |
| 3094 | 2231 SIMON | HUGHES | M50+ | 214 | | | 01:24:48 | 01:21:29 |
| 3095 | 979 JOHN | GREENFIELD | M60+ | 110 | | | 01:24:54 | 01:20:44 |
| 3096 | 2993 RHIANNON | CHURCHILL | F45+ | 270 | | | 01:24:58 | 01:20:40 |
| 3097 | 2222 JAYNE | JAMES | F35+ | 504 | | | 01:25:01 | 01:21:23 |
| 3098 | 1070 NICOLA | POWELL | F45+ | 271 | | | 01:25:05 | 01:21:12 |
| 3099 | 3129 SAMANTHA | PALMER | F35+ | 505 | | | 01:25:05 | 01:21:42 |
| 3100 | 3132 CARIAD | MARGETSON | Junior Femal | 56 | | | 01:25:05 | 01:21:41 |
| 3101 | 2904 DEBBIE | ELLIOTT | F35+ | 506 | | | 01:25:06 | 01:21:32 |
| 3102 | 172 JAMIE | REES | Senior Male | 784 | | | 01:25:07 | 01:23:04 |
| 3103 | 1501 BECKY | JOHNSTON | Senior Femal | 539 | | | 01:25:11 | 01:21:33 |
| 3104 | 3797 DEBBIE | JONES | F35+ | 507 | MERTHYR RUNNING CLUB | 9 | 01:25:12 | 01:21:58 |
| 3105 | 3117 JEANETTE | ROBINS | F45+ | 272 | | | 01:25:14 | 01:20:51 |
| 3106 | 1065 DENISE-ANW | MORGAN | F55+ | 84 | | | 01:25:16 | 01:21:31 |
| 3107 | 2910 TERESA | BAKER | Senior Femal | 540 | | | 01:25:18 | 01:21:32 |
| 3108 | 1238 DAWN | WILLIAMS | F45+ | 273 | | | 01:25:18 | 01:21:32 |
| 3109 | 3629 LOUISE | MACK | F35+ | 508 | MERTHYR RUNNING CLUB | 10 | 01:25:21 | 01:21:57 |
| 3110 | 4054 GEMMA | HOOPER | Senior Femal | 541 | | | 01:25:21 | 01:21:02 |
| 3111 | 876 RICHARD | GREY | Senior Male | 785 | | | 01:25:23 | 01:22:56 |
| 3112 | 1606 CHRIS | WILLIAMS | Senior Male | 786 | | | 01:25:23 | 01:23:24 |
| 3113 | 3494 KOTANI | KENJI | Senior Male | 787 | | | 01:25:24 | 01:21:52 |
| 3114 | 2701 CAITLIN | PHILLIPS | Junior Femal | 57 | | | 01:25:28 | 01:21:28 |
| 3115 | 2699 DAVID | DAVIES | M40+ | 472 | | | 01:25:29 | 01:21:30 |
| 3116 | 2700 CRAIG | PHILLIPS | M40+ | 473 | | | 01:25:29 | 01:21:29 |
| 3117 | 3057 CHRISTIAN | TRUMPER | Senior Male | 788 | | | 01:25:32 | 01:21:08 |
| 3118 | 739 RHIAN | ADAMS | F35+ | 509 | | | 01:25:32 | 01:21:34 |
| 3119 | 351 ROBERT | HOUSE | M40+ | 474 | | | 01:25:38 | 01:22:20 |
| 3120 | 3520 JENNIFER | ROSS | Senior Femal | 542 | ADMIRAL | 128 | 01:25:46 | 01:23:05 |
| 3121 | 1166 ELLIE | BISHOP | Junior Femal | 58 | | | 01:26:03 | 01:21:54 |
| 3122 | 2027 STEPHANIE | MUIR | F35+ | 510 | | | 01:26:13 | 01:24:03 |
| 3123 | 389 CERI | COLE | F35+ | 511 | | | 01:26:16 | 01:21:52 |
| 3124 | 3439 KATIE | ROBERTS | Senior Femal | 543 | | | 01:26:26 | 01:24:13 |
| 3125 | 1536 BETHAN | HALE | F35+ | 512 | | | 01:26:39 | 01:22:09 |
| 3126 | 3011 CLAIR | HOUSTON | F35+ | 513 | | | 01:27:07 | 01:24:00 |
| 3127 | 1350 MICHELLE | GALLEOZZIE | F35+ | 514 | | | 01:27:16 | 01:24:02 |
| 3128 | 3003 SHARRON | DAVIES | Senior Femal | 544 | | | 01:27:17 | 01:24:01 |
| 3129 | 967 MARK | EVANS | M50+ | 215 | | | 01:27:26 | |
| 3130 | 1619 SOPHIE | HODGSON | Senior Femal | 545 | | | 01:27:28 | 01:25:33 |
| 3131 | 254 ALISON | CASEY | F45+ | 274 | | | 01:27:28 | 01:25:32 |
| 3132 | 710 KATHRYN | MORGAN | Senior Femal | 546 | | | 01:27:29 | 01:23:39 |
| 3133 | 279 LORRAINE | ROGERS | F35+ | 515 | | | 01:27:30 | 01:23:39 |
| 3134 | 2899 JAIMIE | TOWNSEND | Senior Femal | 547 | | | 01:27:30 | 01:24:03 |
| 3135 | 2091 EMMA | STEPHENS | F35+ | 516 | | | 01:27:33 | 01:25:31 |
| 3136 | 3885 RHONNIE | OWENS | F45+ | 275 | ACTIVE SWANSEA | 17 | 01:27:37 | 01:26:48 |
| 3137 | 3886 CLAIRE | WALKER | Senior Femal | 548 | ACTIVE SWANSEA | 18 | 01:27:37 | 01:26:49 |
| 3138 | 2205 JAKE | HARVEY | Junior Male | 70 | | | 01:27:41 | 01:24:16 |
| 3139 | 3198 SAMANTHA | GOODE | Senior Femal | 549 | | | 01:27:41 | 01:23:41 |
| 3140 | 2977 ROBERT | EVANS | Senior Male | 789 | | | 01:27:42 | 01:23:19 |
| 3141 | 3290 STEVEN | HALL | Senior Male | 790 | | | 01:27:43 | 01:25:49 |
| 3142 | 1578 JOHN | SELBY | M50+ | 216 | | | 01:27:48 | 01:24:38 |
| 3143 | 3336 CLARE | DAVIES | F35+ | 517 | | | 01:27:48 | 01:23:59 |
| 3144 | 3985 ELAINE | WILDY | F55+ | 85 | | | 01:27:52 | 01:23:31 |
| 3145 | 3613 LIZ | THOMAS | F45+ | 276 | | | 01:27:55 | 01:24:04 |
| 3146 | 925 JANE | HUBBLE | F45+ | 277 | | | 01:27:57 | 01:23:29 |
| 3147 | 1940 ELIZABETH | SUTTON-SMITH | F55+ | 86 | | | 01:28:04 | 01:24:54 |
| 3148 | 918 HELEN | JONES | F35+ | 518 | | | 01:28:04 | 01:23:58 |
| 3149 | 917 CERI | JONES | F35+ | 519 | | | 01:28:05 | 01:23:57 |
| 3150 | 2179 NATHALIE | CHRISTOPHER | Senior Femal | 550 | | | 01:28:07 | 01:24:44 |
| 3151 | 3987 SUE | HOTCHKISS | F55+ | 87 | | | 01:28:07 | 01:23:46 |
| 3152 | 3986 TONY | WILDY | M60+ | 111 | | | 01:28:07 | 01:23:46 |
| 3153 | 2380 GILLIAN | MATTHEWS | F45+ | 278 | | | 01:28:08 | 01:24:53 |
| 3154 | 3032 LAMPHAN | JONES | F45+ | 279 | | | 01:28:14 | 01:24:20 |

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| 3155 | 985 CERIS | MCALLEN-OV | F35+ | 520 | | 01:28:19 | 01:24:26 | |
| 3156 | 148 ELINOR | PEARCE | Senior Femal | 551 | ADMIRAL | 129 | 01:28:22 | 01:26:12 |
| 3157 | 128 CANDY | WILLIAMS | F45+ | 280 | ADMIRAL | 130 | 01:28:35 | 01:24:56 |
| 3158 | 3001 ALISON | LEWIS | F45+ | 281 | MERTHYR RUNNING CLUB | 11 | 01:28:35 | 01:25:11 |
| 3159 | 3387 CATHRYN | WILLIAMS | F35+ | 521 | | | 01:28:36 | 01:25:22 |
| 3160 | 2766 DIANE | NEWMAN - JI | F45+ | 282 | | | 01:28:41 | 01:25:26 |
| 3161 | 3258 STEVEN | MATTHEWS | Senior Male | 791 | | | 01:28:47 | 01:25:56 |
| 3162 | 1923 JAMES | SATCHELL | Senior Male | 792 | | | 01:28:50 | 01:24:31 |
| 3163 | 438 SARAH | SMITH | Senior Femal | 552 | | | 01:28:58 | 01:25:07 |
| 3164 | 3872 KATRIN | EVANS | Senior Femal | 553 | | | 01:28:58 | 01:25:24 |
| 3165 | 2079 DELYTH | JACOBS | Senior Femal | 554 | | | 01:28:59 | 01:25:25 |
| 3166 | 2314 RUTH | LEVER | Senior Femal | 555 | | | 01:28:59 | 01:25:23 |
| 3167 | 1236 PAT | WORLOCK | F45+ | 283 | | | 01:29:02 | 01:25:16 |
| 3168 | 270 ENFYS | MERCIECA | F45+ | 284 | | | 01:29:12 | 01:24:43 |
| 3169 | 2598 SUSAN | WARREN | F55+ | 88 | | | 01:29:13 | 01:25:07 |
| 3170 | 1156 ALUN | POWELL | M60+ | 112 | | | 01:29:41 | 01:25:25 |
| 3171 | 111 ANDREA | GRIFFITHS | F35+ | 522 | ADMIRAL | 131 | 01:29:41 | 01:25:56 |
| 3172 | 477 CATRIN | REES | Junior Femal | 59 | | | 01:29:47 | 01:28:24 |
| 3173 | 476 ODETTE | REES | F45+ | 285 | | | 01:29:47 | 01:28:24 |
| 3174 | 2527 RACHAEL | PUGH | F45+ | 286 | | | 01:29:52 | 01:27:12 |
| 3175 | 2529 ANNA | GOUGH | F35+ | 523 | | | 01:29:53 | 01:27:12 |
| 3176 | 1361 TRACEY | EDWARDS | F35+ | 524 | | | 01:29:57 | 01:27:46 |
| 3177 | 1449 SIÂN | THOMAS | F45+ | 287 | | | 01:30:16 | 01:26:48 |
| 3178 | 2469 SARAH | MORRIS | Senior Femal | 556 | RUN4ALL RUNNING CLUB | 39 | 01:30:34 | 01:26:24 |
| 3179 | 3919 TINA | LEWIS | F45+ | 288 | | | 01:30:42 | 01:27:13 |
| 3180 | 2241 KIM | WARREN | Senior Femal | 557 | | | 01:30:45 | 01:26:59 |
| 3181 | 2830 BEVERLEY | SPEAR | F35+ | 525 | | | 01:31:06 | 01:27:14 |
| 3182 | 3156 CLAIRE | DENSHAM | F45+ | 289 | | | 01:31:28 | 01:29:55 |
| 3183 | 1594 SOPHIE | ESAW | Senior Femal | 558 | | | 01:31:29 | 01:28:16 |
| 3184 | 987 DONNA | REES | F45+ | 290 | | | 01:31:34 | 01:30:00 |
| 3185 | 153 EMILY | WELCH-DAVI | F35+ | 526 | ADMIRAL | 132 | 01:31:47 | 01:28:12 |
| 3186 | 3238 RACHEL | WATERS | F35+ | 527 | | | 01:31:54 | 01:29:00 |
| 3187 | 3527 LEANNE | MOLYNEUX | Senior Femal | 559 | ADMIRAL | 133 | 01:31:55 | 01:27:29 |
| 3188 | 717 JENNA-LEIGH | CASWELL | Senior Femal | 560 | | | 01:31:55 | 01:27:35 |
| 3189 | 449 LILLIAN | DOBBY | F55+ | 89 | | | 01:32:20 | 01:30:27 |
| 3190 | 1153 LAURA | SPARKES | Senior Femal | 561 | | | 01:32:26 | 01:28:20 |
| 3191 | 2197 SUSAN | LACEY | F45+ | 291 | | | 01:32:26 | 01:28:20 |
| 3192 | 2198 CHRISTOPHE | LACEY | Senior Male | 793 | | | 01:32:26 | 01:28:19 |
| 3193 | 2774 KAY | BEDFORD | F45+ | 292 | | | 01:32:46 | 01:29:32 |
| 3194 | 1447 ANDY | PHILLIPS | M40+ | 475 | | | 01:32:48 | 01:29:19 |
| 3195 | 829 JUSTINE | GRIFFITHS | F45+ | 293 | | | 01:32:54 | 01:29:20 |
| 3196 | 2986 ROBERT | LATHAM | M60+ | 113 | | | 01:32:57 | 01:30:53 |
| 3197 | 343 KIRSTY | POWELL | Senior Femal | 562 | | | 01:32:58 | 01:30:36 |
| 3198 | 1264 TRACY | MYHILL | F45+ | 294 | | | 01:33:14 | 01:29:13 |
| 3199 | 1265 DEE | CAMPBELL | F45+ | 295 | | | 01:33:14 | 01:29:13 |
| 3200 | 635 SANDRA | HAGGERTY | F55+ | 90 | | | 01:33:26 | 01:29:42 |
| 3201 | 3988 JUDE | GILLIGAN | F55+ | 91 | | | 01:33:29 | 01:29:07 |
| 3202 | 2889 ELEN | WILLIAMS | Senior Femal | 563 | | | 01:33:38 | 01:32:16 |
| 3203 | 559 SAMEENA | AHMED | F45+ | 296 | | | 01:33:57 | 01:31:41 |
| 3204 | 3448 DERRYL | THOMAS-DY | F45+ | 297 | MERTHYR RUNNING CLUB | 12 | 01:33:58 | 01:30:43 |
| 3205 | 1726 ALED | HOPTON | Senior Male | 794 | | | 01:34:24 | 01:31:44 |
| 3206 | 1725 BETHAN | THOMAS | F35+ | 528 | | | 01:34:25 | 01:31:44 |
| 3207 | 3626 ALEX | JACKSON | Junior Male | 71 | CARDIFF ARCHES | 1 | 01:34:32 | 01:31:38 |
| 3208 | 2996 ANGELA | JONES | F55+ | 92 | | | 01:34:38 | 01:31:21 |
| 3209 | 395 KATE | JOHNSON | F35+ | 529 | | | 01:34:39 | 01:30:26 |
| 3210 | 1754 KATH | PUGH | Senior Femal | 564 | | | 01:34:40 | 01:32:11 |
| 3211 | 3810 KATE | WOLSEY | F35+ | 530 | | | 01:34:48 | 01:30:32 |
| 3212 | 1593 EMMA | GRABHAM | Senior Femal | 565 | | | 01:35:05 | 01:31:51 |
| 3213 | 1062 CLAIRE | CLEMENT | F35+ | 531 | | | 01:35:18 | 01:30:55 |
| 3214 | 2686 SIAN | JONES | F35+ | 532 | | | 01:35:18 | 01:30:54 |
| 3215 | 1069 VAL | WHITING | F45+ | 298 | | | 01:35:24 | 01:31:23 |
| 3216 | 2302 RICHARD | WILLIAMS | M40+ | 476 | | | 01:35:31 | 01:31:30 |
| 3217 | 1422 POPPY | REYNOLDS | Senior Femal | 566 | | | 01:35:42 | 01:31:17 |
| 3218 | 264 LYNSEY | HALL | F35+ | 533 | | | 01:35:48 | 01:32:20 |
| 3219 | 3497 LISA | WILLIAMS | F35+ | 534 | | | 01:35:57 | 01:33:42 |
| 3220 | 481 STEVE | GODRICH | M40+ | 477 | | | 01:36:05 | 01:32:22 |
| 3221 | 4043 LOUISE | SHORT | Senior Femal | 568 | | | 01:36:21 | 01:32:04 |
| 3222 | 4044 HANNAH | JOHNSON | Senior Femal | 567 | | | 01:36:21 | 01:32:04 |
| 3223 | 2242 LAURA | COX | Senior Femal | 569 | | | 01:36:30 | 01:32:45 |
| 3224 | 881 HELEN | ABBERLEY | F45+ | 299 | | | 01:36:36 | 01:32:43 |
| 3225 | 552 RACHEL | EVANS | F35+ | 535 | | | 01:36:44 | 01:32:48 |
| 3226 | 3311 DIANE | HENRY | F45+ | 300 | | | 01:36:46 | 01:35:23 |
| 3227 | 3312 ADRIAN | THOMAS | M50+ | 217 | | | 01:36:46 | 01:35:23 |
| 3228 | 2211 KIRSTY | DONALDSON | Senior Femal | 570 | | | 01:36:48 | 01:32:24 |
| 3229 | 793 ANNA-MARIE | YOUNG | F35+ | 536 | | | 01:37:28 | 01:33:22 |
| 3230 | 339 DARREN | YOUNG | Senior Male | 795 | | | 01:37:28 | 01:33:23 |
| 3231 | 2207 GEMMA | ATWICK | Senior Femal | 572 | | | 01:37:38 | 01:34:12 |

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| 3232 | 2208 SORAYA | SHELBAIEH | Senior Femal | 571 | | 01:37:38 | 01:34:13 |
| 3233 | 110 AMY | WHITE | Senior Femal | 573 ADMIRAL | 134 | 01:37:42 | 01:34:11 |
| 3234 | 490 KEITH | SKEGGS | M40+ | 478 | | 01:37:44 | 01:34:26 |
| 3235 | 2020 CLODAGH | WIDLAKE | Junior Femal | 60 | | 01:37:58 | 01:33:55 |
| 3236 | 2458 SOPHIE | ROSE | Junior Femal | 61 | | 01:37:58 | 01:33:55 |
| 3237 | 2092 EVE | JEFFERY | F35+ | 537 | | 01:38:26 | 01:34:16 |
| 3238 | 996 JACKIE | GRANT | F45+ | 301 | | 01:38:33 | 01:35:49 |
| 3239 | 397 ANN | SHERWOOD | F55+ | 93 | | 01:38:47 | 01:34:33 |
| 3240 | 836 CAROLINE | HAND | F35+ | 538 | | 01:38:47 | 01:34:18 |
| 3241 | 655 MICHELLE | SPARROW | Senior Femal | 574 | | 01:38:51 | 01:35:03 |
| 3242 | 656 DONNA | CORY | F35+ | 539 | | 01:38:51 | 01:35:03 |
| 3243 | 565 GEORGIE | POTTICARY | Senior Femal | 575 | | 01:39:41 | 01:35:15 |
| 3244 | 564 DIANNE | POTTICARY | F55+ | 94 | | 01:39:42 | 01:35:14 |
| 3245 | 1423 MARGARET | HERBERT | F55+ | 95 | | 01:39:42 | 01:35:14 |
| 3246 | 366 KATE | EVANS | Senior Femal | 576 | | 01:40:02 | 01:35:52 |
| 3247 | 1126 SUSAN | MORGAN | F55+ | 96 | | 01:41:04 | 01:36:48 |
| 3248 | 1061 ELIZABETH | DAVIES | F55+ | 97 | | 01:41:05 | 01:36:49 |
| 3249 | 2212 SAMANTHA | RUTLEDGE | F45+ | 302 | | 01:41:36 | 01:37:13 |
| 3250 | 3134 AMY | BENDLE | Senior Femal | 577 | | 01:44:02 | 01:41:57 |
| 3251 | 551 TANYA | SPRIGGS | F45+ | 303 | | 01:44:03 | 01:40:51 |
| 3252 | 3346 JAYNE | TAPSCOTT | F35+ | 540 | | 01:44:22 | 01:39:48 |
| 3253 | 1260 TELERI | WILLIAMS | F45+ | 304 | | 01:45:09 | 01:41:21 |
| 3254 | 685 BETH LEVI | JENKINS | Junior Femal | 62 | | 01:45:09 | 01:41:21 |
| 3255 | 485 GAENOR | PRICE | F45+ | 305 | | 01:45:25 | 01:44:52 |
| 3256 | 691 ANN | WILLIAMS | Senior Femal | 578 | | 01:45:50 | 01:41:15 |
| 3257 | 1763 ANDREW | REILLY | Senior Male | 796 | | 01:45:51 | 01:41:15 |
| 3258 | 1091 BELINDA | CHANNING | F45+ | 306 LLISWERRY RUNNERS | 16 | 01:46:21 | 01:44:31 |
| 3259 | 1653 LAURA | CARRUTHERS | Senior Femal | 579 | | 01:47:07 | 01:43:04 |
| 3260 | 240 THERESA | GRIFFITHS | Senior Femal | 580 ADMIRAL | 135 | 01:47:23 | 01:42:55 |
| 3261 | 302 AMANDA | WHETTER | F45+ | 307 | | 01:47:23 | 01:42:55 |
| 3262 | 736 SUE | LEWIS | F45+ | 308 | | 01:50:27 | 01:46:10 |
| 3263 | 123 BETHAN | SMEDLEY | Senior Femal | 581 ADMIRAL | 136 | 01:50:50 | 01:47:14 |
| 3264 | 2706 ANDREA | PRICE-JONES | F45+ | 309 | | 02:00:59 | 01:56:48 |
| 3265 | 310 VAL | BARRY | F55+ | 98 | | 02:01:00 | 01:56:48 |