

Admiral Swansea Bay 10k - Provisional Results V1

Overall Position	Race		Last Name	Gender	Club Name	Age Category	Category		
	Number	First Name					Position	Gun Time	Chip Time
	1	2 ELIAS KIPTOO	KEMBOI	M	RUN FAST / KENYA	Senior Male	1	00:28:20	00:28:19
	2	1 DEWI	GRIFFITHS	M	SWANSEA HARRIERS	Senior Male	2	00:28:28	00:28:27
	3	4 PETER	HUCK	M	RUN FAST	Senior Male	3	00:30:00	00:29:59
	4	3 MATTHEW	CLOWES	M	CARDIFF AAC	Senior Male	4	00:30:07	00:30:07
	5	6 EOGHAN JOSEPH	TOTTEN	M	OXFORD UNI AC	Senior Male	5	00:30:39	00:30:38
	6	3373 CARWYN	JONES	M	CARDIFF AAC	Senior Male	6	00:30:46	00:30:45
	7	993 ABED	TEWELDEBRHAN	M	NEWPORT HARRIERS	Senior Male	7	00:31:00	00:30:59
	8	7 JONATHAN	HOPKINS	M	SWANSEA HARRIERS	Senior Male	8	00:31:17	00:31:16
	9	5 DANAL	DESTA	M	SWANSEA HARRIERS / ERITREA	Junior Male	1	00:31:36	00:31:35
	10	3364 PAUL	TOBIN	M	SWANSEA HARRIERS	Senior Male	9	00:31:58	00:31:57
	11	11 DORCAS JEPCHUMBA	KIMELI	F	RUN FAST / KENYA	Junior Female	1	00:32:14	00:32:13
	12	9 MATTHEW	HARVEY	M		Senior Male	10	00:32:16	00:32:14
	13	3816 BERIHU	HADERA	M	BRISTOL AND WEST AC	Senior Male	11	00:32:35	00:32:34
	14	12 CAROLINE NYANGUTHI	NYAGA	F	RUN FAST / KENYA	Senior Female	1	00:32:49	00:32:55
	15	2662 RICHARD	JACKSON-HOOKINS	M	PENARTH & DINAS RUNNERS	Senior Male	12	00:33:18	00:33:16
	16	3696 IAN	HARRIS	M	SWANSEA HARRIERS	Senior Male	13	00:33:31	00:33:31
	17	10 Gemma	Steel	F	Charnwood AC	Senior Female	2	00:33:48	00:33:47
	18	3841 MATTHEW	JACKLIN	M	ABERDARE VALLEY AAC	M40+	1	00:34:07	00:34:06
	19	4240 DAVID JOHN	WILLIAMS	M	LES CROUPIERS	Senior Male	14	00:34:07	00:34:06
	20	2473 LEE	AHERNE	M	PARC BRYN BACH RUNNING CLUB	M50+	1	00:34:10	00:34:09
	21	2073 EAMONN	KIRK	M	SWANSEA HARRIERS	M40+	2	00:34:27	00:34:26
	22	2851 NATHAN	FLEAR	M	3MS GORSEINON ROAD RUNNERS	Senior Male	15	00:34:32	00:34:32
	23	4101 JAMIE	PARRY	M	PARC BRYN BACH RUNNING CLUB	Senior Male	16	00:34:40	00:34:40
	24	4116 MATTHEW	EVANS	M		Senior Male	17	00:34:41	00:34:41
	25	2545 EDWARD	DONOVAN	M	LES CROUPIERS	Senior Male	18	00:34:49	00:34:47
	26	3791 LUKE	WILLIAMS	M	SAN DOMENICO RRC	Senior Male	19	00:35:05	00:35:05
	27	2826 NATHAN	JONES	M	HIGHAM HARRIERS	Senior Male	20	00:35:06	00:35:06
	28	2591 ERIC	BILBREY	M	CLAPHAM CHASERS	Senior Male	21	00:35:13	00:35:12
	29	1911 MARK	JAMES	M	CHELTENHAM & COUNTY HARRIERS	M40+	3	00:35:13	00:35:12
	30	3688 STUART	CREES	M	LES CROUPIERS	Senior Male	22	00:35:15	00:35:14
	31	4146 RICHARD	JONES	M		M40+	4	00:35:26	00:35:26
	32	2937 ALEX	PRICE	M	SWANSEA HARRIERS	Junior Male	2	00:35:35	00:35:35
	33	565 BRADLEY	COURTNEY-PINN	M	TRURO RUNNING CLUB	Senior Male	23	00:35:35	00:35:35
	34	1147 MICHAEL	RIX	M	FITTLEWORTH FLYERS	M40+	5	00:35:35	00:35:34

35	3625	GERAINT	WILLIAMS	M	SWANSEA HARRIERS	Senior Male	24	00:35:40	00:35:38
36	4172	NICK	WOOD	M	DARTFORD HARRIERS AC	Senior Male	25	00:35:43	00:35:42
37	3673	WAYNE	BOWEN	M	SWANSEA HARRIERS	M40+	7	00:35:53	00:35:52
38	4266	EMYR	MORGAN	M	LES CROUPIERS	M40+	6	00:35:53	00:35:52
39	761	ALEX	PEYTON-JONES	M	PLYMOUTH HARRIERS	Senior Male	26	00:35:54	00:35:53
40	2142	BEN	WILLIAMS	M		Senior Male	27	00:35:54	00:35:53
41	2497	PETER	COLLINS	M	PORTSMOUTH JOGGERS	M40+	8	00:36:00	00:36:00
42	4109	GARETH	AYRES	M	PORT TALBOT HARRIERS	Senior Male	28	00:36:02	00:36:01
43	2493	ROBERT	PRADY	M		Senior Male	29	00:36:06	00:36:06
44	2804	MARC	DAVIES	M		M40+	9	00:36:10	00:36:09
45	2000	STEPHEN	BARTLETT	M		M40+	10	00:36:13	00:36:11
46	2803	SCOTT	JENKINS	M		Senior Male	30	00:36:37	00:36:35
47	1452	CAMERON	WALES	M		Junior Male	3	00:36:45	00:36:43
48	3667	DAVE	JAMES	M	LES CROUPIERS	M50+	2	00:36:47	00:36:47
49	1913	NICK	GRIFFITHS	M	AMMAN VALLEY HARRIERS	M40+	11	00:36:55	00:36:55
50	457	MARK	HIDDLESTONE	M	PORT TALBOT HARRIERS	M40+	12	00:36:59	00:36:57
51	3838	JASON	PRICE	M	LLANELLI AC	M40+	13	00:37:13	00:37:11
52	1925	PAUL	MARKE	M		Senior Male	31	00:37:19	00:37:17
53	3908	ANDREW	BLAIR	M	LES CROUPIERS	M50+	3	00:37:20	00:37:19
54	3915	TONY	DAVIES	M		Senior Male	32	00:37:22	00:37:22
55	1323	RICHARD	GREEN	M		Senior Male	33	00:37:30	00:37:23
56	2441	DAVID	MOORE	M	BRACKLA HARRIERS	M40+	14	00:37:31	00:37:31
57	3379	CERI	TAPPER	M	PONTYPRIDD ROADENTS AC	M40+	15	00:37:31	00:37:27
58	4054	NATHAN	DANIEL	M	NEATH HARRIERS	Senior Male	34	00:37:34	00:37:33
59	2911	RAUL	REISMANN	M	SWANSEA HARRIERS	M40+	16	00:37:41	00:37:40
60	612	GARY	JAMES	M		Senior Male	35	00:37:45	00:37:40
61	1206	CHRISTOPHER	FRANCIS	M	3MS GORSEINON ROAD RUNNERS	Senior Male	36	00:37:45	00:37:44
62	354	SIMON	REES	M	LLANELLI AC	Senior Male	37	00:37:45	00:37:44
63	3643	MATTHEW	REYNOLDS	M	PORT TALBOT HARRIERS	Senior Male	38	00:37:47	00:37:43
64	3811	STEPHEN	EVANS	M		Senior Male	39	00:37:49	00:37:46
65	15	RACHEL	DOHERTY	F	HIGHAM HARRIERS	Senior Female	3	00:37:49	00:37:49
66	472	DAMIAN	WILLIAMS	M	PARC BRYN BACH RUNNING CLUB	M50+	4	00:37:50	00:37:49
67	2729	KEVIN	O'SULLIVAN	M		Senior Male	40	00:37:52	00:37:23
68	2969	RICHARD	WILDER	M	SAN DOMENICO RRC	M40+	17	00:37:53	00:37:53
69	4108	HUGH	JANNEY	M	AMMAN VALLEY HARRIERS	M40+	18	00:37:54	00:37:49
70	938	MICHAEL	BLACKLOCK	M		Senior Male	41	00:38:00	00:37:55
71	747	ATTILA	GARAI	M		M40+	19	00:38:00	00:37:56
72	1551	ADRIAN	COPP	M		M40+	20	00:38:07	00:38:01

73	2112 JAMIE	NOBBS	M	3MS GORSEINON ROAD RUNNERS	Senior Male	42	00:38:09	00:38:06
74	3461 RICHARD	BULLEN	M	LES CROUPIERS	M50+	5	00:38:10	00:38:01
75	3183 SIMON	DAVIES	M		Senior Male	43	00:38:12	00:38:11
76	1579 IAN	WEBB	M	LLANELLI AC	M60+	1	00:38:12	00:38:12
77	4090 RYAN	WILKINS	M		Senior Male	44	00:38:17	00:37:57
78	2024 GABRIELIUS	STUOKUS	M	LES CROUPIERS	Senior Male	45	00:38:22	00:38:22
79	2361 BENJAMIN	BOWEN	M		Senior Male	46	00:38:24	00:38:13
80	2078 DANIEL	COPE	M		Senior Male	47	00:38:25	00:38:25
81	2329 DAVID	HODGINS	M		M40+	21	00:38:27	00:38:25
82	878 DAFYDD	LAMBETH	M		M40+	22	00:38:32	00:38:29
83	3645 SCOTT	MORRIS	M		Senior Male	48	00:38:38	00:38:37
84	4003 DAVID	JONES	M		M40+	23	00:38:42	00:38:34
85	13 Fiona	Clark	F		F35+	1	00:38:45	00:38:44
86	2061 SUZANNE	LEWIS	F		F35+	2	00:38:50	00:38:46
87	396 ALISON	THOMAS	F		F35+	3	00:38:51	00:38:48
88	762 AMI	YETTON	F	PLYMOUTH HARRIERS	F35+	4	00:38:53	00:38:50
89	4031 CORY	SHERWIN	M	FOREST OF DEAN AC	Junior Male	4	00:38:54	00:38:49
90	4007 MARTIN	FLEAR	M	LLANELLI AC	Senior Male	49	00:38:57	00:38:55
91	3885 NICK	REID	M		Senior Male	50	00:38:58	00:38:52
92	2285 JACK	FLEET	M	FOREST OF DEAN AC	Junior Male	5	00:39:01	00:38:56
93	2486 RYAN	GOVIER	M		Senior Male	51	00:39:02	00:38:57
94	3258 ALUN	DAVIES	M	LES CROUPIERS	Senior Male	52	00:39:03	00:39:02
95	3257 STUART	BOOKER	M	LUDLOW RUNNERS	Senior Male	53	00:39:09	00:39:04
96	1578 MIKE	GLEESON	M	SWANSEA HARRIERS	M40+	24	00:39:10	00:39:06
97	843 ANTHONY	DIVETTA	M		Senior Male	54	00:39:13	00:39:12
98	641 KRISTIAN	WALTERS	M	PONTYPRIDD ROADENTS AC	Senior Male	55	00:39:14	00:39:10
99	2747 KRIS	DAVIES	M		Senior Male	56	00:39:15	00:39:02
100	3415 NIGEL	PHILLIPS	M		M40+	25	00:39:20	00:39:15
101	3616 STEVEN	SMITH	M	ABERDARE VALLEY AAC	M40+	26	00:39:22	00:39:14
102	1508 ELIO	LEPORE	M		M60+	2	00:39:23	00:39:22
103	2362 ORI	BOWEN	M		Senior Male	57	00:39:26	00:39:16
104	2827 ANDREW	HUNT	M		Senior Male	58	00:39:29	00:39:27
105	2351 ANDREW	DWYER	M		M40+	27	00:39:33	00:39:28
106	2566 ROBERT	REES	M	NEATH HARRIERS	M40+	28	00:39:36	00:39:25
107	2782 GAIR	MCADIE	M		M40+	29	00:39:37	00:39:30
108	3195 MATTHEW	DAVIES	M	RUN4ALL RUNNING CLUB	Senior Male	59	00:39:38	00:39:35
109	1188 LLYR	JONES	M		M40+	30	00:39:39	00:39:32
110	4200 JOHN	BURRIDGE	M	OGMORE PHOENIX RUNNERS	Senior Male	60	00:39:39	00:39:30

111	3919 ANDREW	CRACE-CALVERT	M	STROUD & DISTRICT AC	M50+	6	00:39:40	00:39:37
112	40 ASHLEY	PASCOE	M	3MS GORSEINON ROAD RUNNERS	M40+	31	00:39:42	00:39:39
113	4243 RICHARD	MARKS	M	SARN HELEN	M60+	3	00:39:42	00:39:35
114	978 SIMON	BREWER	M	SWANSEA HARRIERS	M40+	32	00:39:45	00:39:39
115	1653 NIGEL	DAVIES	M	SARN HELEN	M40+	33	00:39:46	00:39:39
116	112 MARK	BOWEN	M	ADMIRAL	Senior Male	61	00:39:46	00:39:45
117	3695 FABIAN	YEO	M		Senior Male	62	00:39:48	00:39:44
118	2699 CRAIG	FOLEY	M	PORT TALBOT HARRIERS	Senior Male	63	00:39:48	00:39:37
119	3589 STEVEN	BENNETT	M		M40+	34	00:39:48	00:39:40
120	2392 STEPHEN	RAIKES	M		Senior Male	64	00:39:49	00:39:46
121	3557 BRYN	MARKHAM-JONES	M		Senior Male	65	00:39:49	00:39:46
122	635 RYAN	EVANS	M		Senior Male	66	00:39:49	00:39:47
123	2728 SAMUEL	RICHARDS	M	PONTYPRIDD ROADENTS AC	Senior Male	67	00:39:49	00:39:44
124	3927 SALLY	WILDER	F	SAN DOMENICO RRC	F35+	5	00:39:51	00:39:49
125	466 DAVID	BENNETT	M	PORTHCAWL RUNNERS	M40+	35	00:39:53	00:39:51
126	3847 EMYR	JONES	M		M40+	36	00:39:53	00:39:48
127	2079 HYWEL	LONGMAN	M		Senior Male	68	00:39:54	00:39:49
128	3970 SARAH	WORLEY	F	SWANSEA HARRIERS	Senior Female	4	00:39:54	00:39:50
129	3877 ANDERSON	HIRST	M		M50+	7	00:39:56	00:39:51
130	864 GERAINT	CUDDIHY	M	YSTRAD MYNACH RUNNING CLUB	Senior Male	69	00:39:57	00:39:49
131	1339 BEN	HUBBARD	M		Senior Male	70	00:39:58	00:39:47
132	2685 KRIS	HEDGES	M		Senior Male	71	00:39:58	00:39:56
133	2811 DANIEL	TOTTERDALE	M	LLANELLI AC	Senior Male	72	00:40:01	00:39:54
134	4027 GERAINT	JONES	M	AMMAN VALLEY HARRIERS	Senior Male	73	00:40:02	00:39:58
135	1139 GARETH	PARRY	M	3MS GORSEINON ROAD RUNNERS	Senior Male	74	00:40:05	00:40:01
136	3341 DICKIE	HUDD	M	CHEPSTOW HARRIERS	M40+	37	00:40:05	00:39:59
137	1714 CRIESPIN JAYASEELAN NOA	JAYASEELAN	M		Senior Male	75	00:40:06	00:40:00
138	1681 JAMES	O'Callaghan	M		M40+	38	00:40:10	00:40:07
139	2459 LEIGH	JAMES	F	LONDON HEATH SIDE	Senior Female	5	00:40:11	00:40:11
140	3206 MARTYN	CARRUTHERS	M	FOREST OF DEAN AC	M40+	39	00:40:17	00:40:10
141	2579 ROBERT	EVANS	M	EBBW VALE RC	M50+	8	00:40:21	00:40:15
142	4053 TIMOTHY	SLACK	M		Senior Male	76	00:40:22	00:40:18
143	2675 JIM	CHAPMAN	M		Senior Male	77	00:40:25	00:40:13
144	1250 THOMAS	WHITE	M		Senior Male	78	00:40:25	00:39:47
145	3583 DARREN	STEVENS	M	MERTHYR RUNNING CLUB	M40+	40	00:40:28	00:40:21
146	1638 ANDREW	BRASINGTON	M	EBBW VALE RC	M50+	9	00:40:30	00:40:20
147	3072 HUGO	THOMPSON	M		M50+	10	00:40:32	00:40:23
148	2671 PETER	MALOUGH	M		Senior Male	79	00:40:35	00:40:27

149	3561 DEAN	COX	M		Senior Male	80	00:40:35	00:40:28
150	1923 RHYS	GRAVELLE	M		Senior Male	81	00:40:38	00:40:31
151	2641 PHILIP	MARTIN	M		Senior Male	82	00:40:39	00:40:05
152	580 LEE	HARRIS	M		Senior Male	83	00:40:40	00:40:26
153	2340 MARK	CHANNER	M	FOREST OF DEAN AC	M40+	41	00:40:41	00:40:32
154	1872 DREW	WEBBER	M	BRACKLA HARRIERS	M40+	42	00:40:42	00:40:37
155	3167 HUW	DAVIES	M	CARMARTHEN AND DISTRICT HAR	M40+	43	00:40:49	00:40:45
156	1535 ALUN	JONES	M		Senior Male	84	00:40:51	00:40:42
157	4205 MATTHEW	THOMAS	M		Senior Male	85	00:40:51	00:40:33
158	3161 SIMON	CRANE	M		Senior Male	86	00:40:52	00:40:38
159	3962 EDWARD	REES	M	BRIDGEND AC	Senior Male	87	00:40:54	00:40:50
160	100 MARK	GOSNEY	M	3MS GORSEINON ROAD RUNNERS	Senior Male	88	00:40:57	00:40:52
161	824 STEPHEN	BRIDGES	M		M50+	11	00:40:59	00:40:50
162	4277 GARETH	AKERS	M	ADMIRAL	Senior Male	89	00:41:00	00:40:44
163	1682 MICHELLE	COLE	F		F35+	6	00:41:00	00:40:57
164	3532 NICHOLAS	MERRONY	M	TROTS	M50+	12	00:41:05	00:41:02
165	1804 SIMON	VAUGHAN	M	3MS GORSEINON ROAD RUNNERS	M40+	44	00:41:06	00:41:02
166	2889 NICOLA	JUKES	F	PARC BRYN BACH RUNNING CLUB	F45+	1	00:41:07	00:41:05
167	3535 MIKE	RIDD	M	LLISWERRY RUNNERS	Senior Male	90	00:41:09	00:41:03
168	2686 TREVOR	HEDGES	M		Senior Male	91	00:41:14	00:41:11
169	2790 DARRAGH	HANLEY-CROFTS	M	PEGASUS RC	Senior Male	92	00:41:15	00:41:04
170	3587 JON	SARRIEGUI	M		Senior Male	93	00:41:17	00:41:12
171	4121 COLIN	MCQUEEN	M	BRACKLA HARRIERS	M50+	13	00:41:19	00:40:53
172	885 CALVIN	HOLD	M	SWANSEA HARRIERS	M40+	45	00:41:20	00:41:17
173	3471 HUW	ROBERTS	M	BRIDGEND AC	M60+	4	00:41:21	00:41:18
174	1106 CHRIS	LLOYD	M	ISLWYN RC	Senior Male	94	00:41:22	00:41:07
175	3444 SARAH	DAVIES	F	OXFORD CITY AC	F35+	7	00:41:24	00:41:09
176	1361 STEVEN	FLEET	M		Senior Male	95	00:41:26	00:41:11
177	1140 ELIZABETH	PARRY-JAMES	F		F35+	8	00:41:26	00:41:20
178	3256 THOMAS	WALTERS	M		Senior Male	96	00:41:27	00:41:18
179	645 CAROLINE	RIMMER	F		Senior Female	6	00:41:28	00:41:20
180	1841 EVAN	WYNNE	M		Senior Male	97	00:41:29	00:41:13
181	4374 MATTHEW	BOUND	M	HOME FROM HOME	M40+	46	00:41:31	00:41:20
182	952 PAUL	KEHL	M		M50+	14	00:41:31	00:41:22
183	1477 CARL	WALSH	M	RHONDDA VALLEY RUNNERS	M40+	47	00:41:32	00:41:22
184	4046 SAM	HOPKINS	M		Senior Male	98	00:41:32	00:41:13
185	2942 TOM	WRIGHT	M		Junior Male	6	00:41:34	00:41:28
186	1856 SHAREEN	BENTLEY	F	CWM OGWR RUNNING CLUB	Senior Female	7	00:41:35	00:41:26

187	3044 TRYSTAN	LEECH	M	CARMARTHEN AND DISTRICT HAR	Junior Male	7	00:41:37	00:41:22
188	4079 NEIL	MARKE	M		M50+	15	00:41:37	00:41:36
189	2438 LLOYD	HARRIS	M		Senior Male	99	00:41:40	00:41:30
190	605 MARI	ROWLANDS	F		F35+	9	00:41:40	00:41:33
191	3275 STEPHEN	JENKINS	M		Senior Male	100	00:41:40	00:41:32
192	3889 GAVIN	EVANS	M		Senior Male	101	00:41:40	00:41:34
193	2319 RHYS	LANE	M		Senior Male	102	00:41:41	00:41:35
194	2195 DAVID	ROBERTS	M		Senior Male	103	00:41:42	00:41:30
195	788 DAVID	WATERS	M	ISLWYN RC	M40+	48	00:41:42	00:41:33
196	487 BRYAN	MEREDITH	M	RHONDDA VALLEY RUNNERS	M50+	16	00:41:43	NULL
197	4088 KURTIS	MORGAN	M		Senior Male	104	00:41:45	00:41:17
198	1484 JONATHAN	GALLUCCI	M	BINGLEY HARRIERS AC	Senior Male	105	00:41:47	00:41:37
199	3414 JESSICA	STACEY	F	RHONDDA VALLEY RUNNERS	Senior Female	8	00:41:53	00:41:44
200	3056 SAMUEL	JACKSON	M	PARC BRYN BACH RUNNING CLUB	Junior Male	8	00:41:54	00:41:52
201	1866 SUSAN	WATSON	F	LES CROUPIERS	F45+	2	00:41:55	00:41:46
202	2825 JEZ	MCCLUSKEY	M		M40+	49	00:41:56	00:41:35
203	3372 STEPHEN	ARNOLD	F	PAUL POPHAM RUNNING CLUB	F35+	10	00:41:57	00:41:46
204	1048 KATE	MITCHELL	F		F35+	11	00:41:58	00:41:44
205	1091 MELANIE	CAREY	F		F45+	3	00:41:58	00:41:55
206	2719 LUKE	DAVIES	M		Junior Male	9	00:41:58	00:41:51
207	2987 HARRY	GOFORTH	M		Junior Male	10	00:41:59	00:41:56
208	3740 SUSANNAH	BOLT	F		Senior Female	9	00:42:00	00:41:45
209	1443 TERRY	O'BRIEN	M		M60+	5	00:42:02	00:41:33
210	3428 KEVIN	RAYMOND	M	RUN4ALL RUNNING CLUB	M50+	17	00:42:03	00:41:47
211	2263 HELEN-MARIE	DAVIES	F	SWANSEA HARRIERS	F35+	12	00:42:11	00:42:00
212	3362 DEBBIE	ELLIOTT	F		F35+	13	00:42:13	00:42:07
213	3650 EMILY	MARCHANT	F	SWANSEA HARRIERS	Senior Female	10	00:42:13	00:42:05
214	3772 HEATH	BRETT	M	SWANSEA HARRIERS	M40+	50	00:42:15	00:42:07
215	3261 PAUL	ROBBINS	M	LLANELLI AC	M40+	51	00:42:15	00:42:04
216	2970 SALLY	MUNRO	F		F35+	14	00:42:17	00:42:08
217	3801 GARETH	MORGAN	M		M40+	52	00:42:19	00:42:03
218	1727 GAIL	DUCKWORTH	F	LEIGHTON BUZZARD ATHLETIC CLIF	F55+	1	00:42:20	00:42:15
219	3750 JAMIE	LEWIS	M	PORT TALBOT HARRIERS	Senior Male	106	00:42:22	00:42:11
220	790 OWEN	DAVIES	M		Senior Male	107	00:42:25	00:42:12
221	532 REVIS	CROWLE	F	EAST CORNWALL HARRIERS	F55+	2	00:42:29	00:42:14
222	2885 GREG	NASH	M	FOREST OF DEAN AC	M40+	53	00:42:29	00:42:21
223	99 JAMIE	GEORGE	M	ACTIVE SWANSEA	Senior Male	108	00:42:30	00:42:26
224	3239 TOM	BACON	M		Senior Male	109	00:42:31	00:42:19

225	2508 CHRISTOPHER	LEWIS	M	RUN4ALL RUNNING CLUB	Senior Male	110	00:42:34	00:42:28
226	3603 WAYNE	HAYHURST	M	OGMORE PHOENIX RUNNERS	Senior Male	111	00:42:36	00:42:27
227	319 MARK	TAYLOR	M	PORT TALBOT HARRIERS	M40+	54	00:42:37	00:42:26
228	1590 HYWEL	MORGAN	M	PONTYPRIDD ROADENTS AC	Senior Male	112	00:42:38	00:42:31
229	1358 OLIVER	HUGHES	M		Senior Male	113	00:42:40	00:42:34
230	2083 PETER	JONES	M		M60+	6	00:42:42	00:42:38
231	3203 MATHEW	JAMES	M		Senior Male	114	00:42:43	00:42:06
232	2036 ROBERT	KESTIN	M		Senior Male	115	00:42:44	00:42:27
233	353 JONATHAN	HANCOCK	M		M40+	55	00:42:45	00:42:35
234	2325 DELMIE	DAVIES	M		M40+	56	00:42:45	00:42:35
235	2481 DREWETT	RICHARD	M		M50+	18	00:42:46	00:42:42
236	2452 LUKE	BRAIDWOOD	M		Senior Male	116	00:42:49	00:42:26
237	4250 ALEX	WEBB	M		Senior Male	117	00:42:50	00:42:45
238	3977 DARREN	KIPPEST	M	PARC BRYN BACH RUNNING CLUB	M40+	57	00:42:53	00:42:50
239	815 MARTYN	WEST	F	WINCHESTER & DISTRICT AC	F55+	3	00:42:54	00:42:44
240	3051 MIKE	LANE	M	BLACK PEAR JOGGERS	Senior Male	118	00:42:54	00:42:43
241	2110 SCOTT	EVANS	M		Senior Male	119	00:42:55	00:42:33
242	3411 JUSTIN	SHOWELL	M	MARCH AC	M40+	58	00:42:55	00:42:47
243	3162 ANDREW	GEMMELL	M		M40+	59	00:42:56	00:42:42
244	3544 REBECCA	ROTHWELL	F	LLISWERRY RUNNERS	F35+	15	00:42:57	00:42:51
245	1821 CRAIG	ELLERY	M		Senior Male	120	00:42:57	00:42:43
246	200 TIM	PHILLIPS	M	ADMIRAL	M40+	60	00:42:58	00:42:54
247	2511 ROBIN	EDWARDS	M		M40+	61	00:42:59	00:42:53
248	3351 DANIEL	HENWOOD	M		Senior Male	121	00:43:01	00:42:36
249	510 PAUL	LANDEK	M		M40+	62	00:43:04	00:42:38
250	1825 TONY	CASEY	M	RUNNYMEADE RUNNERS	M60+	7	00:43:06	00:43:02
251	566 IAN	JOHN	M		M50+	19	00:43:06	00:43:01
252	3612 OWEN	GIBSON	M		Senior Male	122	00:43:09	00:42:56
253	3898 MARK	CARROLL	M		Senior Male	123	00:43:10	00:42:41
254	3620 ANDY	FARRELL	M	SWANSEA HARRIERS	Senior Male	124	00:43:13	00:43:09
255	3443 GARETH	DAVIES	M	OXFORD CITY AC	M40+	63	00:43:13	00:42:48
256	2943 ROY	PANNELL	M		Senior Male	125	00:43:16	00:42:27
257	2034 CERI	DURKE	M		Senior Male	126	00:43:19	00:43:05
258	2429 DAVID	BEMBO	M		M50+	20	00:43:21	00:43:08
259	1036 NIGEL	MORSE	M		M40+	64	00:43:22	00:43:14
260	2060 STEVE	LEWIS	M		Senior Male	127	00:43:23	00:43:10
261	2056 GARETH	MEARDON	M		Senior Male	128	00:43:23	00:43:08
262	2075 ROD	HARRIS	M		M50+	21	00:43:24	00:43:05

263	3462 MARK	TERRY	M	TROTS	M60+	8	00:43:26	00:43:16
264	2310 GARETH	HILL	M		M40+	65	00:43:28	00:43:15
265	456 GARETH	DANTER HILL	M	CORNELLY STRIDERS AC	Senior Male	129	00:43:28	00:43:17
266	4206 JAIME	LOWNDES	M		M40+	66	00:43:28	00:43:11
267	1243 GARETH	HOPKINS	M		Senior Male	130	00:43:29	00:43:11
268	1768 RAY	GREENHOUSE	M	EBBW VALE RC	M50+	22	00:43:31	00:43:20
269	4180 DANIELLE	PHILLIPS	F	PARC BRYN BACH RUNNING CLUB	Senior Female	11	00:43:35	00:43:22
270	4354 MATHEW	GILES	M	COASTAL HOUSING	Senior Male	131	00:43:38	00:43:31
271	653 STEPHEN	LISK	M	3MS GORSEINON ROAD RUNNERS	M40+	67	00:43:39	00:43:26
272	3787 MARK	MCKAY	M		M40+	68	00:43:40	00:43:20
273	3284 PHIL	SMITH	M		Senior Male	132	00:43:41	00:43:25
274	3088 ANTHONY	DOUGLAS	M		Senior Male	133	00:43:44	00:43:32
275	3290 MICHAEL	STRANGE	M	FOREST OF DEAN AC	M60+	9	00:43:44	00:43:36
276	2506 SIMON	ROBERTS	M		Senior Male	134	00:43:45	00:43:18
277	624 CADAN	CROWLE	M		Senior Male	135	00:43:46	00:43:30
278	2456 JIM	SMITH	M		M40+	69	00:43:49	00:43:39
279	4135 STEVE	JAMES	M		Senior Male	136	00:43:49	00:43:15
280	210 DARREN	RICHIE	M	ADMIRAL	Senior Male	137	00:43:51	00:43:31
281	943 MORGAN	SLATE	M		Senior Male	138	00:43:51	00:43:15
282	213 MARK	ROCHE	M	ADMIRAL	M40+	70	00:43:52	00:43:30
283	3396 DANIEL	MORGAN	M	BRIDGEND AC	M40+	71	00:43:53	00:43:43
284	3242 HELEN	JONES	F	PORT TALBOT HARRIERS	F45+	4	00:43:54	00:43:41
285	2953 GAVIN	MOORE	M		Senior Male	139	00:43:54	00:43:46
286	3115 MARY	BOWEN-REES	F	TROTS	F55+	4	00:43:55	00:43:42
287	2912 KEVIN	HALMKAN	M		Senior Male	140	00:43:56	00:43:41
288	3556 PHILIP	WELLS	M	RUN4ALL RUNNING CLUB	Senior Male	141	00:43:56	00:43:43
289	1608 DANIEL	ANDERSON	M		Senior Male	142	00:43:56	00:43:21
290	2058 DEB	GOULE	F	PORTHCAWL RUNNERS	F45+	5	00:43:56	00:43:48
291	3252 DAVID	LONGDEN	M		M50+	23	00:43:56	00:43:43
292	3039 GARETH	JONES	M		Senior Male	143	00:43:57	00:43:29
293	3786 SIMON	WILLIAMS	M	OGMORE PHOENIX RUNNERS	M50+	24	00:43:59	00:43:46
294	2927 MARK	EAKINS	M	3MS GORSEINON ROAD RUNNERS	M40+	72	00:44:00	00:43:48
295	2197 DUSTY	KENNEDY	M	SWANSEA HARRIERS	M40+	73	00:44:01	00:43:39
296	2464 REBECCA	NEWTON	F	OGMORE PHOENIX RUNNERS	Senior Female	12	00:44:02	00:43:50
297	484 SHERYL	EVANS	F	HEREFORD COURIERS	F45+	6	00:44:02	00:43:52
298	14 Anita	Sherman	F		F55+	5	00:44:04	00:44:02
299	3174 MICHAEL	WARNER	M		M50+	25	00:44:04	00:43:40
300	4147 CHRIS	LLOYD	M	RUN4ALL RUNNING CLUB	Senior Male	144	00:44:06	00:43:59

301	3035 CHRIS	JONES	M		Senior Male	145	00:44:07	00:43:53
302	1944 MATHEW	GREEN	M		Senior Male	146	00:44:11	00:43:44
303	1028 TIM	WASHBROOK	M		Senior Male	147	00:44:12	00:43:47
304	4375 TOM	DENHAM	M	HOME FROM HOME	Senior Male	148	00:44:13	00:44:03
305	178 SIMON	LOCKE	M	ADMIRAL	Senior Male	149	00:44:14	00:44:00
306	3666 CATHERINE	STEPHENS	F	BRIDGEND AC	F35+	16	00:44:17	00:44:09
307	179 STUART	LUKINS	M	ADMIRAL	M40+	74	00:44:18	00:44:01
308	3785 RUTH	CANN	F	PENARTH & DINAS RUNNERS	F35+	17	00:44:19	00:44:06
309	4184 JOHN	YOUNG	M	PORT TALBOT HARRIERS	M40+	75	00:44:23	00:44:10
310	3209 MICHAEL	BYNG	M		Senior Male	150	00:44:26	00:44:08
311	3004 DANIEL	LORD	M		Junior Male	11	00:44:27	00:44:09
312	4159 JILL	WALTERS	F		F45+	7	00:44:27	00:44:05
313	1597 RHYS	WIGLEY	M		Senior Male	151	00:44:31	00:43:46
314	3112 RHODRI	JONES	M	AMMAN VALLEY HARRIERS	Senior Male	152	00:44:31	00:44:04
315	4166 LEIGH	RISELEY	M		Senior Male	153	00:44:31	00:44:16
316	4262 ANDREW	DRISCOLL	M		Senior Male	154	00:44:34	00:44:15
317	2309 PHILIP	OSMOND	M		M50+	26	00:44:34	00:44:20
318	4284 ROBERT	COOK	M	ADMIRAL	Senior Male	155	00:44:35	00:44:07
319	1119 KELVIN	DAVIES	M	PONTARDAWE RUNNING CLUB	Senior Male	156	00:44:37	00:44:21
320	2196 PENNY	KENNEDY	F	SWANSEA HARRIERS	F45+	8	00:44:39	00:44:17
321	4097 DARREN	HARRIS	M	PONTARDAWE RUNNING CLUB	M40+	76	00:44:40	00:44:24
322	4098 DYLAN	HARRIS	M		Junior Male	12	00:44:41	00:44:25
323	2934 IAN	LEWIS	M		M40+	77	00:44:43	00:44:26
324	2870 JONATHAN	PALMER	M		Senior Male	157	00:44:44	00:44:19
325	4139 RICHARD	LEARY	M		M40+	78	00:44:44	00:44:13
326	2188 SIMON	ROBERTS	M		Senior Male	158	00:44:44	00:44:19
327	2712 WARREN	WILLIAMS	M		M40+	79	00:44:45	00:44:29
328	2256 GARETH	TOMOS	M		Senior Male	159	00:44:45	00:44:26
329	553 DANIEL	MITCHARD	M		Senior Male	160	00:44:45	00:44:04
330	255 JOHN	HUNT	M		Senior Male	161	00:44:45	00:44:00
331	2371 ABIGAYLE	GOODRICK-LATHAM	F	SWANSEA HARRIERS	Junior Female	2	00:44:45	00:44:35
332	3332 BEN	ARTUS	M		Junior Male	13	00:44:46	00:44:21
333	2839 NEIL	BEYNON	M	PARC BRYN BACH RUNNING CLUB	M40+	80	00:44:49	00:44:47
334	437 PHILIP	ROBINSON	M		M50+	27	00:44:50	00:44:32
335	1721 MARC	BATCUP	M		Senior Male	162	00:44:50	00:44:29
336	4386 MARI	WATKINS	F	ST JOSEPHS SCHOOL	Junior Female	3	00:44:50	00:44:31
337	2972 TANYA	WIGLEY	F		Senior Female	13	00:44:51	00:44:39
338	196 RACHEL	PASCOE	M	ADMIRAL	Senior Male	163	00:44:51	00:44:04

339	530 CHRIS	PENNY	M		M60+	10	00:44:51	00:44:46
340	916 CRAIG	HUGHES	M		Senior Male	164	00:44:52	00:44:47
341	1732 GARY	PROVEN	M		M50+	28	00:44:52	00:44:39
342	2720 SIMON	REES	M		M40+	81	00:44:53	00:43:48
343	2816 SCOTT	JONES	M		Senior Male	165	00:44:53	00:44:45
344	779 CAMERON	STEER	M		Senior Male	167	00:44:53	00:44:38
345	2871 DANIEL	JONES	M		Senior Male	166	00:44:53	00:44:37
346	2141 LUKE	DANIEL	M		Senior Male	168	00:44:54	00:44:30
347	3542 RACHEL	EVANS	F	RUN4ALL RUNNING CLUB	F45+	9	00:44:55	00:44:43
348	3778 ANDREW	MOODY	M		Senior Male	169	00:44:55	00:44:36
349	1472 ROB	HOME	M		M40+	82	00:44:56	00:44:42
350	2118 MANDY	MORRIS	F	PORT TALBOT HARRIERS	F35+	18	00:44:56	00:44:43
351	1910 LIAM	BRYSON	M	CAERPHILLY RUNNERS	M40+	83	00:44:57	00:44:39
352	184 DOMANIC	MELVILLE	M	ADMIRAL	M40+	84	00:44:58	00:44:41
353	2317 CALLUM	SCHOFIELD	M	PARC BRYN BACH RUNNING CLUB	Junior Male	14	00:44:58	00:44:56
354	1536 GARY	SAWDON	M	MUMBLES MILERS	M50+	29	00:45:00	00:44:42
355	3120 ANDREW	WILD	M		M50+	30	00:45:03	00:44:33
356	2608 VANESSA	HARRAGAN	F	SWANSEA HARRIERS	F35+	19	00:45:06	00:44:54
357	2991 CLIVE	OSMOND	M	LES CROUPIERS	M50+	31	00:45:06	00:44:58
358	4363 MARTIN	FURNESS	M	BRECON CARREG	M50+	32	00:45:06	00:44:50
359	3614 BEN	HAIGH	M		Junior Male	15	00:45:07	00:44:25
360	45 CHRISTOPHER	SIMONS	M	3MS GORSEINON ROAD RUNNERS	Junior Male	16	00:45:07	00:44:52
361	3447 ROB	APPLEBY	M		M40+	85	00:45:10	00:44:52
362	3721 CHRISTOPHER	ARRAN	M	3MS GORSEINON ROAD RUNNERS	Senior Male	170	00:45:12	00:44:59
363	2624 EDWARD	CULLEN	M		Senior Male	171	00:45:13	00:45:05
364	524 LINDA ALEXANDRA	WOODLAND	F	PORT TALBOT HARRIERS	F55+	6	00:45:14	00:45:02
365	2879 JOHN	GEORGE	M		Senior Male	172	00:45:15	00:44:43
366	391 MIKE	PRASAD	M	3MS GORSEINON ROAD RUNNERS	M50+	33	00:45:15	00:44:57
367	3413 JEFFREY	HANSON	M	RHONDDA AAC	M50+	34	00:45:17	00:45:06
368	706 KATHRYN	MORTON	F	STROUD & DISTRICT AC	F55+	7	00:45:18	00:45:01
369	3054 SEB	COTTON	M		Senior Male	173	00:45:19	00:44:50
370	2360 ROSS	ANDERSON	M		Senior Male	174	00:45:20	00:44:58
371	130 NATHAN	DAVIES	M	ADMIRAL	Senior Male	175	00:45:21	00:44:56
372	2479 PAUL	WARREN	M		Senior Male	176	00:45:23	00:44:27
373	4103 MARK	FAULKNER	M	LLISWERRY RUNNERS	M50+	35	00:45:24	00:44:58
374	3969 SUE	PETERS	F	NEW FOREST RUNNERS	F55+	8	00:45:25	00:45:02
375	2960 ROBERT	STEPHENS	M		M40+	86	00:45:25	00:44:45
376	105 SIMON	BALESTRA	M	ADMIRAL	Senior Male	177	00:45:25	00:44:53

377	397 ALAN	ROBERTSON	M	FOREST OF DEAN AC	M60+	11	00:45:27	00:44:51
378	4084 WILLIAM BENJAMIN	WILLIAMS	M		Senior Male	178	00:45:28	00:45:09
379	1527 DAVID	JOHNSON	M		M40+	87	00:45:29	00:44:45
380	3003 MARK	HANFORD	M		Senior Male	179	00:45:30	00:45:16
381	2273 LEE	JAMES	M		M40+	88	00:45:31	00:45:03
382	4093 CALLUM	GRAVES	M		Senior Male	180	00:45:31	00:45:02
383	901 PETE	SMITH	M		Senior Male	181	00:45:32	00:45:19
384	3531 ANTHONY	WILKINSON	M		M40+	89	00:45:33	00:45:07
385	1882 STEPHEN	LLEWELLYN	M		Senior Male	182	00:45:34	00:45:01
386	2531 ANDY	SMITH	M		M40+	90	00:45:35	00:44:48
387	4132 IAN	HALES	M		Senior Male	183	00:45:36	00:45:16
388	2338 CLIVE	DENTON	M	RHONDDA VALLEY RUNNERS	M50+	36	00:45:36	00:45:23
389	2876 MATTHEW	FOLIGNO	M		Senior Male	184	00:45:38	00:45:19
390	2131 JAMES	THOMAS	M		Senior Male	185	00:45:38	00:45:21
391	4300 NATASHA	HARDING	F	ADMIRAL	Junior Female	4	00:45:40	00:45:10
392	3513 JOANNE	RYAN	F	RHONDDA VALLEY RUNNERS	F35+	20	00:45:41	00:45:21
393	3236 PAUL	MORRIS	M	LES CROUPIERS	M50+	37	00:45:42	00:45:21
394	3019 LLOYD	EBDEN	M		Senior Male	186	00:45:44	00:45:16
395	3420 NIGEL	CRAWFORD	M		M50+	38	00:45:44	00:45:27
396	1756 DAVID	THOMAS	M	SARN HELEN	M50+	39	00:45:44	00:45:26
397	837 MIKE	DONNELLY	M		M40+	91	00:45:48	00:45:32
398	4020 ALBAN	POTERAT	M		M40+	92	00:45:51	00:45:04
399	2437 MICHAEL	PRICE	M	MARLOW STRIDERS	Senior Male	187	00:45:51	00:44:50
400	2071 HEATHER	ROBSON	F		F35+	21	00:45:51	00:45:35
401	2929 NINA	BROCKLEBANK	F		F45+	10	00:45:51	00:45:39
402	2580 PAUL	RIDGWAY	M		Senior Male	188	00:45:52	00:45:30
403	2166 LUKE	DAVIES	M		Senior Male	189	00:45:52	00:45:08
404	3796 LEE	LLEWELLYN	M	RUN4ALL RUNNING CLUB	Senior Male	190	00:45:54	00:45:29
405	707 CHRIS	THOMAS	M		Senior Male	191	00:45:54	00:45:03
406	2800 MICHAEL H	DAVIES	M	LES CROUPIERS	M60+	12	00:45:54	00:45:32
407	266 ROGER	CAPPER	M		M40+	93	00:45:57	00:45:33
408	705 GRANT	WAKEMAN	M	ISLWYN RC	M40+	94	00:45:58	00:45:41
409	1251 ANNE	EVANS	F		F35+	22	00:45:59	00:45:28
410	3401 WAYNE	EDWARDS	M		M50+	40	00:45:59	00:45:38
411	3017 THOMAS	WILLIAMS	M		Senior Male	192	00:46:00	00:45:13
412	4005 KARL	JOHNSON	M	OGMORE PHOENIX RUNNERS	Senior Male	193	00:46:01	00:45:43
413	2848 JULIAN	GRIFFITHS	M		M50+	41	00:46:02	00:45:29
414	4338 CHRIS	WILLIAMSON	M	ADMIRAL	M60+	13	00:46:03	00:45:41

415	3298 CERI	GWILLIAM	F		F35+	23	00:46:03	00:45:48
416	1415 JENNY	MARTIN	F	LES CROUPIERS	F35+	24	00:46:06	00:45:40
417	965 DAMIAN	WILKINSON	M		M40+	95	00:46:06	00:44:48
418	2192 JAMES	ROUTLIFF	M		Senior Male	194	00:46:07	00:45:15
419	1123 NICOLA	PERRY-GOWER	F		F35+	25	00:46:08	00:45:48
420	1728 ANDREW	MEADOWS	M	PARC BRYN BACH RUNNING CLUB	Senior Male	195	00:46:09	00:46:08
421	4279 OLIVER	ASSIRATTI	M	ADMIRAL	Senior Male	196	00:46:10	00:45:21
422	4263 ROB	BEVAN	M		M40+	96	00:46:11	00:45:26
423	2445 NAOMI	THOMAS	F		Senior Female	14	00:46:12	00:45:58
424	3470 TOM	DEAKIN	M		Junior Male	17	00:46:12	00:45:01
425	763 TIM	FOWLER	M		Senior Male	197	00:46:12	00:45:39
426	1258 DOMINIC	SHIELDS	M	SAN DOMENICO RRC	M50+	42	00:46:13	00:46:11
427	2194 SEAN	PILES	M		Senior Male	198	00:46:14	00:45:39
428	3177 KENNETH	DAVIES	M		M60+	14	00:46:14	00:45:45
429	3387 PADDY	MALONEY	M		M50+	43	00:46:14	00:46:07
430	1795 PAUL	EMERY	M		M40+	97	00:46:15	00:46:01
431	2358 KELLY	FELSTEAD	F	ISLWYN RC	F35+	26	00:46:18	00:46:00
432	3026 DOM	WILLIAMS	M		Senior Male	199	00:46:19	00:45:48
433	3814 BRENT	LOWSON	M	WYE VALLEY RUNNERS	M50+	44	00:46:19	00:45:37
434	3213 JAMES	EVANS	M		Senior Male	200	00:46:21	00:43:53
435	2568 CARL	STOCKDEN	M		M40+	98	00:46:22	00:46:03
436	3933 JONATHAN	ELIAS	F		Senior Female	15	00:46:25	00:45:39
437	3006 ALISTAIR	MURRAY	M		M60+	15	00:46:25	00:46:05
438	3585 HARVEY	MILLER	M		Senior Male	201	00:46:27	00:46:13
439	3608 ADRIAN	BYTHEWAY	M		M40+	99	00:46:28	00:46:06
440	4124 NATHAN	WATKINS	M		Senior Male	202	00:46:32	00:46:09
441	2432 ANDREW	LAWTON	M		Senior Male	203	00:46:33	00:46:03
442	2663 DARREN	BEDDOWS	M		Senior Male	204	00:46:33	00:45:56
443	2700 ROBERT	MALOUGH	M		M40+	100	00:46:33	00:46:03
444	3505 JOHN	WHITE	M		M60+	16	00:46:34	00:46:12
445	2092 ANTHONY	KEYES	M	PORTISHEAD RC	M50+	45	00:46:34	00:46:19
446	907 CALLUM	JAMES	M		Junior Male	18	00:46:34	00:45:20
447	1749 STEVEN	WILLIAMS	M		M40+	101	00:46:35	00:46:00
448	1855 MARIA	BEEVERS	F		F35+	27	00:46:36	00:46:06
449	1144 DELASH	PATEL	M		Senior Male	205	00:46:37	00:45:56
450	2707 RHYS	WILLIAMS	M		Senior Male	206	00:46:37	00:45:51
451	4193 LIAM	MURPHY	M		Senior Male	207	00:46:37	00:46:18
452	587 RICHARD	TREADGOLD	M		M60+	17	00:46:38	00:46:09

453	2306 JOSEPH	IVINS	M		Senior Male	208	00:46:41	00:46:19
454	545 IAN	CROWLE	M		M50+	46	00:46:41	00:46:26
455	2985 MATTHEW	HILLARD	M		M40+	102	00:46:41	00:46:17
456	2013 STEPHEN	GRAHAM	M	EAST HILL HARRIERS & AC	M60+	18	00:46:42	00:46:35
457	2560 GRAEME	ROBERTS	M		M40+	103	00:46:42	00:46:16
458	82 JOSHUA	SUMNER	M		Junior Male	19	00:46:43	00:46:39
459	2334 DANA	BEASLEY	F		F35+	28	00:46:45	00:46:28
460	2178 ANDY	MCCALL	M		Senior Male	209	00:46:46	00:46:22
461	4001 STEVE	NASH	M		M40+	104	00:46:47	00:45:48
462	286 PETER	ROBERTS	M		M40+	105	00:46:49	00:46:39
463	2253 JODIE	JENKINS	M		Senior Male	210	00:46:50	00:46:12
464	4057 LEWIS	MAGGS	M		Senior Male	211	00:46:50	00:46:30
465	2966 ROGER	THOMAS	M		Senior Male	212	00:46:51	00:46:25
466	3844 EMILY	CHRISTOPHER	F		Junior Female	5	00:46:51	00:46:34
467	3254 THOMAS	COLLINS	M		Senior Male	213	00:46:52	00:46:37
468	1899 JOHN	SCULLION	M		M60+	19	00:46:52	00:46:26
469	250 ALEX	WOTMAN	M	ADMIRAL	Senior Male	214	00:46:52	00:46:13
470	3854 ANDREW	THOMAS	M		Senior Male	215	00:46:54	00:46:07
471	2106 CHRISTOPHER	BABER	M		Junior Male	20	00:46:55	00:46:45
472	3856 DAVID	WILLIAMS	M		Senior Male	216	00:46:56	00:46:26
473	3235 TERRY	CAVENEY	M	LES CROUPIERS	M50+	47	00:46:57	00:46:32
474	888 DAVID	ROSSER	M		Senior Male	217	00:47:00	00:46:44
475	3534 FFION	WILLIAMS	F		Senior Female	16	00:47:00	00:46:45
476	1893 MIKE	JAMES	M	PORT TALBOT HARRIERS	M40+	106	00:47:01	00:46:44
477	3660 SIONED	HOWELLS	F		Senior Female	17	00:47:02	00:46:38
478	696 MARK	GOVIER	M		Senior Male	218	00:47:03	00:46:48
479	593 STEVEN	HOLMES	M	SARN HELEN	M40+	107	00:47:04	00:44:07
480	3759 SIMON	COOMBES	M		M40+	108	00:47:05	00:46:38
481	248 KELLI	WINTER	F	ADMIRAL	Senior Female	18	00:47:05	00:46:23
482	2104 SOPHIE	ARMSTRONG	F		Junior Female	6	00:47:07	00:46:43
483	3960 TOMAS	MORGAN	M		Senior Male	219	00:47:07	00:46:38
484	3076 DAVE	WILLIAMS	M		M40+	109	00:47:08	00:46:37
485	3810 MATTHEW	BOWLER	M		Senior Male	220	00:47:10	00:46:48
486	202 RACHEL	RAWLINGS	F	ADMIRAL	Senior Female	19	00:47:10	00:46:09
487	2664 ANDY	BOWSHER	M		M40+	110	00:47:11	00:46:57
488	1330 JAMES	PROSSER	M		Senior Male	221	00:47:12	00:46:02
489	3902 EDWIN	HANLY	M		M50+	48	00:47:12	00:46:51
490	2857 JOHN	BIBBY	M		M50+	49	00:47:14	00:47:02

491	3654 JANE	GRIFFITHS	F		F35+	29	00:47:14	00:46:38
492	220 CASSIDY	SKINNER	F	ADMIRAL	Senior Female	20	00:47:15	00:46:30
493	3706 SARAH	BEAMES	F		Senior Female	21	00:47:15	00:47:05
494	2954 ALWYN	WILLIAMS	M		M40+	111	00:47:16	00:45:56
495	1914 STEPHANIE	RADFORD	F		F35+	30	00:47:17	00:46:20
496	1086 DALE	MORGAN	M		M40+	112	00:47:17	00:47:05
497	1341 ALED	SCHIAVONE	M		Senior Male	222	00:47:18	00:46:46
498	1531 GUY	MATHIESON	M		M40+	113	00:47:19	00:46:55
499	1849 DAN	SMART	M		Senior Male	223	00:47:20	00:46:58
500	2565 SEAN	CLAYTON	M		Junior Male	21	00:47:20	00:46:45
501	3105 PETER	BROWN	M		M40+	114	00:47:21	00:46:48
502	197 MATT	PATERSON	M	ADMIRAL	M40+	115	00:47:21	00:46:44
503	3267 GRANT	DUNCAN	M	PONTARDAWE RUNNING CLUB	M50+	50	00:47:21	00:46:53
504	2961 JON	BIRTS	M		Senior Male	224	00:47:22	00:44:42
505	1583 MATTHEW	HUDSON	M		Senior Male	225	00:47:23	00:46:37
506	2690 LEIGH	COOPER	M		Senior Male	226	00:47:24	00:45:57
507	1165 TRACY	HUGHES	F		F35+	31	00:47:27	00:47:10
508	2347 JULIE	SCHOLEY	F	LES CROUPIERS	F55+	9	00:47:28	00:47:14
509	622 BRENDA	REMEDIOS-LEWIS	F		F45+	11	00:47:28	00:47:02
510	517 STEVE	MCLELLAND	M	3MS GORSEINON ROAD RUNNERS	M60+	20	00:47:29	00:47:16
511	2892 RHI	GRIFFIN	F	PARC BRYN BACH RUNNING CLUB	F35+	32	00:47:29	00:47:19
512	2176 KATE	PENQUET	F		Senior Female	22	00:47:30	00:47:13
513	348 LUCIANO	PELUSI	M		M50+	51	00:47:30	00:46:40
514	3045 ADRIAN	HAWKINS	M		M40+	116	00:47:34	00:47:08
515	3681 JOHN	REES	M		M40+	117	00:47:37	00:47:26
516	939 IWAN	WILLIAMS-EVANS	M		M40+	118	00:47:37	00:46:32
517	3635 OLIVER	EDWARDS	M		Junior Male	22	00:47:37	00:46:36
518	1336 BERNARD	MURPHY	M		M40+	119	00:47:38	00:47:18
519	3763 DEAN	WILLIAMS	M		Senior Male	227	00:47:38	00:47:10
520	1566 GRAHAM	COLVIN	M	PONTARDAWE RUNNING CLUB	M50+	52	00:47:39	00:47:09
521	1942 BEN	WILLIAMS	M		Senior Male	228	00:47:39	00:47:06
522	4040 JENNY	MCADIE	F		F35+	33	00:47:40	00:47:15
523	3475 DAFYDD	WEAVER	M		Junior Male	23	00:47:40	00:46:46
524	1354 JAMES	ROBERTS	M		Senior Male	229	00:47:40	00:46:42
525	231 MATTHEW	TUMBERR	M	ADMIRAL	Senior Male	230	00:47:41	00:46:28
526	2518 ANNA	PARSONS	F	PORT TALBOT HARRIERS	F45+	12	00:47:42	00:47:22
527	2226 BYRON	NICHOLAS	M		M40+	120	00:47:42	00:47:03
528	2673 ALAN	JOHN	M		M40+	121	00:47:44	00:47:21

529	4361 CHRIS	WOOD	M	HEART RADIO	M40+	122	00:47:44	00:47:27
530	4171 ANDY	REES	M		M50+	53	00:47:46	00:47:10
531	1826 HEULWEN	VAUGHAN	F		Senior Female	23	00:47:47	00:47:34
532	3197 KOSTAS	KALABOKAS	M		Junior Male	24	00:47:49	00:46:45
533	2085 RACHEL	HAIGH	F		Senior Female	24	00:47:50	00:47:23
534	4321 IAN	MORT	M	ADMIRAL	M40+	123	00:47:50	00:47:04
535	3510 STEVEN	WILLIAMS	M	LLISWERRY RUNNERS	M40+	124	00:47:53	00:47:28
536	318 PHIL	JONES	M		M40+	125	00:47:53	00:47:22
537	1025 CERI	HUGHES	M		M40+	126	00:47:55	00:47:28
538	3829 FIONA	DAVIES	F	PONTYPRIDD ROADENTS AC	F55+	10	00:47:56	00:47:38
539	4153 ANGEL	GABEROV	M		Junior Male	25	00:47:57	00:47:50
540	4351 MATTHEW	SLEIGHT	M	COASTAL HOUSING	Senior Male	231	00:47:57	00:47:30
541	2627 JAMES	GWILT	M		Senior Male	232	00:47:58	00:46:51
542	3193 LAURA	THOMAS	F		Senior Female	25	00:47:59	00:47:36
543	382 GARETH	JOHN	M		Senior Male	233	00:47:59	00:46:16
544	3945 JENNIFER	CROUCHER	F		F45+	13	00:48:00	00:47:10
545	3277 CATHERINE	OLIVANT	F		F35+	34	00:48:01	00:47:30
546	2760 MARK	MORGAN	M		M40+	127	00:48:01	00:47:45
547	4377 MEILYR	PASSMORE	M	HOME FROM HOME	Senior Male	234	00:48:05	00:47:12
548	700 TIM	ROBINSON	M		Senior Male	235	00:48:05	00:46:42
549	195 RICHARD	PANNIERS	M	ADMIRAL	Senior Male	236	00:48:08	00:47:03
550	2528 KEVIN	RIDGWAY	M		Senior Male	237	00:48:08	00:47:21
551	349 LEIGH	WALLIS	M	CORNELLY STRIDERS AC	Senior Male	238	00:48:09	00:47:45
552	897 RICHARD	ELLIS	M		Senior Male	239	00:48:10	00:47:24
553	4245 MATTHEW	PHILLIPS	M		Senior Male	240	00:48:11	00:47:26
554	3296 PAUL	HOWARD	M		M40+	129	00:48:14	00:47:36
555	3820 OWEN	LEWIS	M		M40+	128	00:48:14	00:47:33
556	272 BRIAN		M		M50+	54	00:48:14	00:47:43
557	2523 GEMMA	LOCKWOOD	F		Senior Female	26	00:48:16	00:47:55
558	3580 LAYLA	GIBBINS	F		Junior Female	7	00:48:17	00:47:55
559	3457 KRISTIAN	EVANS	M		Senior Male	241	00:48:20	00:48:06
560	4004 BEN	PRICE	M		Senior Male	242	00:48:21	00:47:12
561	3662 JOEL	GIUFFRIDA	M		Senior Male	243	00:48:24	00:47:43
562	4392 ETHAN	CONDON	M	ST JOSEPHS SCHOOL	Junior Male	26	00:48:24	00:47:01
563	4391 LLOYD	HARRIS	M	ST JOSEPHS SCHOOL	Junior Male	27	00:48:24	00:47:00
564	3717 TAIWO	OKENEYE	M		Senior Male	244	00:48:24	00:47:51
565	2532 RHIANNON	SMITH	F		Junior Female	8	00:48:24	00:47:38
566	222 LUKE	STEPHENS	M	ADMIRAL	Senior Male	245	00:48:25	00:47:59

567	550 ANTON	HARVEY	M		Senior Male	246	00:48:25	00:47:44
568	252 MARTIN	HIGNELL	M		M40+	130	00:48:26	00:48:10
569	103 JESSE	ANDREWS	F	ADMIRAL	F35+	35	00:48:26	00:47:56
570	3818 PAUL	EVANS	M		Senior Male	247	00:48:27	00:47:21
571	3207 RICHARD	MAINWARING	M		Senior Male	249	00:48:28	00:48:08
572	4150 CARLTON	ROBINSON	M		Senior Male	248	00:48:28	00:48:01
573	2149 STEVE	EVANS	M		M40+	131	00:48:28	00:48:01
574	3218 BOB	WOOLTERTON	M		M60+	21	00:48:29	00:48:21
575	2422 TENNESSEE	RANDALL	F		Junior Female	9	00:48:30	00:47:18
576	2170 MATT	TOOZE	M		M40+	132	00:48:31	00:47:57
577	459 PAUL	ABRAHAM	M		Senior Male	250	00:48:32	00:48:08
578	2578 LOUISE	EVANS	F	EBBW VALE RC	F45+	14	00:48:32	00:47:51
579	1307 BETHAN	WILLIAMS	F		Senior Female	27	00:48:32	00:47:47
580	1790 RANDAL	JONES	M	LLISWERRY RUNNERS	M50+	55	00:48:33	00:48:09
581	167 IAN	JONES	M	ADMIRAL	Senior Male	251	00:48:33	00:48:03
582	3659 ROBERT	CAMPION	M	LLANELLI AC	M40+	133	00:48:34	00:47:42
583	3405 RYAN	DERRY	M		Junior Male	28	00:48:34	00:47:43
584	123 RYAN	CORK	M	ADMIRAL	Senior Male	252	00:48:34	00:46:37
585	3525 RHYDIAN	JONES	M		Senior Male	253	00:48:36	00:48:25
586	4399 STEPHEN	MURPHY	M		M50+	56	00:48:36	00:48:23
587	3283 LUCY	JANES	F		Senior Female	28	00:48:37	00:48:09
588	2668 ANDY	FISHER	M	BRACKLA HARRIERS	M50+	57	00:48:39	00:48:13
589	4356 STEPHEN	YANCEK	M	COASTAL HOUSING	Senior Male	254	00:48:43	00:48:16
590	1968 GWYN	PALFREY	M	PARC BRYN BACH RUNNING CLUB	M50+	58	00:48:43	00:48:01
591	1692 SIAN	DAVIES	F		F45+	15	00:48:43	00:47:58
592	2964 EMMA	WHEELER	F		F45+	16	00:48:47	00:48:27
593	2965 THOMAS	WHEELER	M		Junior Male	29	00:48:47	00:48:27
594	244 SARA	WILLIAMS	F	ADMIRAL	F35+	36	00:48:47	00:48:12
595	820 MICHAEL	GRANT	M	ROAD RUNNERS CLUB	M60+	22	00:48:48	00:48:35
596	2695 SUZANNE	BEVAN	F		F45+	17	00:48:48	00:48:05
597	534 CRAIG	EVANS	M		Senior Male	255	00:48:50	00:47:39
598	3451 MARK	BAMFORD	M	3MS GORSEINON ROAD RUNNERS	M40+	134	00:48:50	00:48:37
599	800 ROBERT	JENKINS	M	PORTHCAWL RUNNERS	M50+	59	00:48:50	00:48:16
600	2336 JAMES	DAVIES	M	3MS GORSEINON ROAD RUNNERS	M40+	135	00:48:50	00:48:27
601	3365 NATHAN	WILLIAMS	M	ABERDARE VALLEY AAC	Senior Male	256	00:48:51	00:48:14
602	509 ROBERT LLOYD	EVANS	M	FAIRLANDS VALLEY SPARTANS	M40+	136	00:48:51	00:47:26
603	4360 MICHAELA	SIMMONDS RENOUF	F	HEART RADIO	F45+	18	00:48:51	00:48:34
604	3320 ADAM	SHORE	M		Senior Male	257	00:48:52	00:48:14

605	1837 KEVIN	WESLEY	M		M50+	60	00:48:54	00:48:15
606	249 ANTHONY	WITCOMBE	M	ADMIRAL	M40+	137	00:48:54	00:48:40
607	486 JADE	BAZYLKIEWICZ COATES	F		Senior Female	29	00:48:54	00:48:00
608	2381 GAWAIN	BARNARD	M	LES CROUPIERS	M40+	138	00:48:54	00:48:24
609	1122 KIRSTY	PERRY-GOWER	F		F35+	37	00:48:55	00:47:47
610	3068 PAUL	WILLIAMS	M		Senior Male	258	00:48:55	00:47:45
611	688 HALEY	LAWTON	F		Senior Female	30	00:48:56	00:48:39
612	1767 DEAN	HUGHES	M		M40+	139	00:48:56	00:48:09
613	1489 PAUL MICHAEL	THOMAS	M		M40+	140	00:48:57	00:47:31
614	590 DAVID	SULLIVAN	M		M50+	61	00:48:58	00:48:32
615	1738 ADAM	JONES	M		Senior Male	259	00:48:58	00:47:32
616	2469 REZA	MIREHSAN	M		Senior Male	260	00:48:59	00:48:36
617	3884 ANDREW	DAVIES	M		M40+	141	00:48:59	00:48:09
618	2404 TOM	VENN	M		Junior Male	30	00:49:00	00:47:54
619	2974 JULIE	WEBSTER	F		F45+	19	00:49:01	00:48:49
620	2774 KENNETH	JOHN	M		Senior Male	261	00:49:02	00:48:01
621	4092 KYLE	GRAVES	M		Senior Male	262	00:49:05	00:48:36
622	1568 STEVEN	BURTON	M	3MS GORSEINON ROAD RUNNERS	M40+	142	00:49:07	00:48:39
623	3022 GETHIN	WILCOX	M		Senior Male	263	00:49:08	00:48:35
624	1212 SIMON	CLIFT	M		M50+	62	00:49:08	00:48:36
625	2830 RHYS	EDMUNDS-JONES	M		Junior Male	31	00:49:09	00:48:00
626	4313 RICHARD	KENDALL	M	ADMIRAL	Senior Male	264	00:49:09	00:47:47
627	1592 PHILIP	PLEASS	M		M50+	63	00:49:10	00:48:33
628	1788 GRAEME	SPANNER	M		M40+	143	00:49:10	00:48:04
629	2055 STUART	CHIDGEY	M		M50+	64	00:49:12	00:48:24
630	3033 ASHLEY	MORRIS	M		Senior Male	265	00:49:12	00:48:25
631	2976 DAVID	HARRISON	M		M40+	144	00:49:14	00:48:43
632	4156 THOMAS	DAVIES	M		Senior Male	266	00:49:14	00:48:43
633	2989 ANGELA	DAVIES	F		F35+	38	00:49:14	00:48:34
634	1117 GAVIN	DAVIES	M		Senior Male	267	00:49:15	00:48:46
635	2955 HYWEL	PROTHEROE- JONES	M		Junior Male	32	00:49:15	00:48:06
636	2687 ZOE	TUCKER	F		Senior Female	31	00:49:15	00:48:26
637	3287 HAZEL	DAVIES	F	CARDIGAN RC	F55+	11	00:49:15	00:48:44
638	3422 DENNIS	MARSH	M		M40+	145	00:49:16	00:48:41
639	320 ALEX	HUMPHREYS	M		M40+	146	00:49:17	00:48:19
640	101 STEPHEN	AGNEW	M	ADMIRAL	Senior Male	268	00:49:18	00:48:47
641	3604 BRIAN	GOUGH	M	PONTYPRIDD ROADENTS AC	M60+	23	00:49:19	00:49:11
642	3011 SIAN	PHILLIPS	F	SWANSEA HARRIERS	F55+	12	00:49:19	00:49:03

643	2946 VINCE	PRICE	M		M40+	147	00:49:19	NULL
644	2522 LEE	RICHARDS	M	NEWPORT HARRIERS	Senior Male	269	00:49:19	00:47:24
645	744 DAVID	BOUCHER	M		M60+	24	00:49:21	00:48:42
646	118 SOPHIE	CHRISTIE	F	ADMIRAL	Senior Female	32	00:49:22	00:48:35
647	4342 ANDREW	HELLIER	M		M50+	65	00:49:22	00:48:30
648	3560 MARTIN	FOSTER	M	BOURNEVILLE HARRIERS	M60+	25	00:49:23	00:48:49
649	2755 RHYS	MORGAN	M		M40+	148	00:49:24	00:48:41
650	1828 CHRISTOPHET	SMITH	M		M40+	149	00:49:24	00:48:45
651	2806 PETER	CHOWDHURY	M		M40+	150	00:49:24	00:48:46
652	3809 DEREK	HEGARTY	M		M50+	66	00:49:25	00:48:44
653	218 MATTHEW	SIGGINS	M	ADMIRAL	Senior Male	270	00:49:25	00:48:25
654	3694 SAMUEL	MARSH	M		Senior Male	271	00:49:27	00:48:33
655	3111 PAUL	BOXER	M		M40+	151	00:49:28	00:48:53
656	2187 CATHERINE	ROBERTS	F		F35+	39	00:49:30	00:48:50
657	1200 CHARLOTTE	GREEN	F		F35+	40	00:49:30	00:49:02
658	3496 MIKE	FOOTMAN	M		M40+	152	00:49:30	00:48:47
659	1847 BETH	JONES	F	PARC BRYN BACH RUNNING CLUB	Junior Female	10	00:49:31	00:49:06
660	721 PAUL	EVANS	M		M40+	153	00:49:32	00:49:02
661	2168 AINSLEY	JACKSON	M		Senior Male	272	00:49:33	00:48:25
662	3397 JULIAN	HAWKINS	M		M50+	67	00:49:34	00:49:02
663	3374 SIMON	MEYRICK	M		Senior Male	273	00:49:35	00:49:04
664	2455 KERI	HOPKINS	M		Senior Male	274	00:49:36	00:49:05
665	2268 KIRK	MCNALLY	M		Junior Male	33	00:49:37	00:47:06
666	3503 RACHEL	BAILEY	F	CARDIGAN RC	F35+	41	00:49:37	00:49:17
667	2346 RACHEL	DAVIES	F		Senior Female	33	00:49:38	00:49:16
668	1279 KIERAN	MCGLYNN	M		Senior Male	275	00:49:39	00:48:53
669	4309 MICHAEL	JOHN	M	ADMIRAL	Senior Male	276	00:49:40	00:49:13
670	2732 JOE	KELSHAW	M		Senior Male	277	00:49:41	00:48:39
671	2488 AIMEE	WILLIAMS	F		Senior Female	34	00:49:42	00:48:53
672	1315 COLIN	ROWLEY	M	MALVERN JOGGERS	M60+	26	00:49:42	00:49:10
673	666 ALUN	WILLIAMS	M		M50+	68	00:49:43	00:48:53
674	4276 THOMAS	ABBOTT	M	ADMIRAL	Senior Male	278	00:49:43	00:49:00
675	3305 TIM	STEWART	M		M50+	69	00:49:44	00:49:38
676	1454 JOHN	REES	M		M50+	70	00:49:44	00:49:38
677	723 JAMIE	BOYLE	M		Senior Male	279	00:49:45	00:49:09
678	1491 DOMINIC	JOHNSON	M	PORT TALBOT HARRIERS	M40+	154	00:49:45	00:49:09
679	2155 DANIEL	JOHN JONES	M		Senior Male	280	00:49:47	00:48:32
680	414 OWEN	SHADICK	M		Senior Male	281	00:49:47	00:49:13

681	1601 ALEX	MORGAN	M		Senior Male	282	00:49:48	00:48:29
682	3533 PHILLIP	SAYCE	M		Senior Male	283	00:49:48	00:49:12
683	875 KARL	FORD	M		Senior Male	284	00:49:48	00:49:34
684	3169 MARCUS	SMITH	M	PARC BRYN BACH RUNNING CLUB	M40+	155	00:49:48	00:49:45
685	2475 TIM	HUBBARD	M		M40+	156	00:49:49	00:48:25
686	3526 JAMES	CALNON	M		Senior Male	285	00:49:50	NULL
687	1712 RHIDIAN	MCCANN	M		Senior Male	286	00:49:51	00:49:30
688	225 ANDREW	TAYLOR	M	ADMIRAL	Senior Male	287	00:49:52	00:48:49
689	2897 STEWART	CLEAVER	M		M40+	158	00:49:52	00:49:28
690	3000 IAN	EVANS	M		M40+	157	00:49:52	00:49:03
691	1534 LESLEY	COLMAN	F	CHIPPENHAM HARRIERS	F45+	20	00:49:52	00:49:20
692	3601 STEPHEN	QUARMBY	M	SWANSEA HARRIERS	M50+	71	00:49:53	00:48:49
693	1949 CARYS	EDWARDS	F		Senior Female	35	00:49:54	00:49:28
694	3859 VARDY	VICTORIA	F		Senior Female	36	00:49:54	00:49:08
695	3931 MORGAN	BROWN	M		Senior Male	288	00:49:54	00:48:50
696	1952 ELERI	LOUGHER	F	BOURNEVILLE HARRIERS	Senior Female	37	00:49:58	00:49:26
697	2291 TIM	SOAR	M		M50+	72	00:49:58	00:49:04
698	619 JACK	REES	M		Junior Male	34	00:49:59	00:49:38
699	3971 CHRIS	MORGAN	M		Senior Male	289	00:50:00	00:49:05
700	1494 DANIEL	MARLEY	M		M40+	159	00:50:01	00:49:24
701	3761 WILLIAM	EDWARDS	M		Senior Male	290	00:50:01	00:49:06
702	3521 DEMELZA	SMITH	F		F35+	42	00:50:02	00:49:43
703	3185 ROSS	WILLIAMS	M		Senior Male	291	00:50:06	00:49:35
704	4376 MARK	DENHAM	M	HOME FROM HOME	M50+	73	00:50:06	00:49:12
705	2550 ANDREW	BROWN	M		M40+	160	00:50:06	00:49:10
706	4080 LINDA	EASTMOND	F		F45+	21	00:50:06	00:49:42
707	2136 MARK	DAVIES	M		M50+	74	00:50:06	00:48:31
708	830 SARAH	FISH	F		F45+	22	00:50:07	00:49:36
709	1972 LORNA	JOHNSON	F		F45+	23	00:50:08	00:49:11
710	3715 GERAINT	HARCOMBE	M		Senior Male	292	00:50:08	00:49:32
711	4308 ALEEM	JAVED	M	ADMIRAL	Senior Male	293	00:50:08	00:49:21
712	1474 BEN	JONES	M		Senior Male	294	00:50:09	00:48:57
713	4141 DENIS	BAKER	M		Senior Male	295	00:50:09	00:49:42
714	4140 JAYNE	LEARY	F		F45+	24	00:50:09	00:49:17
715	3040 JOANNE	JONES	F		Senior Female	38	00:50:10	00:49:42
716	4035 DANIEL	GINN	M		Senior Male	296	00:50:11	00:49:08
717	3084 MEGAN	CLEMENTS	F	SWANSEA HARRIERS	Senior Female	39	00:50:12	00:49:52
718	3123 GARY	STEPHENS	M		Senior Male	297	00:50:13	00:49:27

719	529	STEPHEN	MANSELL	M		Senior Male	298	00:50:13	00:48:53
720	111	ANDREW	BOUCHERON	M	ADMIRAL	Senior Male	299	00:50:14	00:49:26
721	1852	CHRISTOPHER	WILLIAMS	M		M40+	161	00:50:14	00:48:56
722	33	Cam	Lewis	M		Junior Male	35	00:50:17	00:48:50
723	2688	JOHN	MARTIN	M		M40+	162	00:50:17	00:47:25
724	2539	CONNOR	ESMONDE	M		Junior Male	36	00:50:17	00:49:12
725	4271	PHIL	EDWARDS	M		Senior Male	300	00:50:17	00:48:53
726	3707	JERI-LYNNE	GRABHAM	F	NEATH HARRIERS	Junior Female	11	00:50:18	00:49:53
727	3574	ANDREW	MILLIN	M		Senior Male	301	00:50:18	00:49:29
728	2090	KATE	TOWNEND	F		F35+	43	00:50:18	00:48:27
729	4269	JOHN	PIPER	M		Senior Male	302	00:50:19	00:49:05
730	777	ANDREW	WALSH	M		Senior Male	303	00:50:19	00:49:53
731	2622	DANIEL	BINKS	M	WHITE ROCK RUNNERS	Senior Male	304	00:50:20	00:49:12
732	2270	JOHN	GRIFFITHS	M		Senior Male	305	00:50:21	00:49:34
733	1894	LAWRENCE	MEAKINS	M		M40+	163	00:50:22	00:49:56
734	3929	OWEN	PEARSE	M		Senior Male	306	00:50:23	00:49:36
735	1640	GARETH	DAVIES	M	BRIDGEND AC	M40+	164	00:50:23	00:50:15
736	138	CLARE	EGAN	F	ADMIRAL	F35+	44	00:50:24	00:49:57
737	160	DAVID	JASPER	M	ADMIRAL	Senior Male	307	00:50:25	00:49:01
738	4110	MARKIE	URSO	F		Senior Female	40	00:50:25	00:49:53
739	4162	RHYS	MUMFORD	M		Senior Male	308	00:50:26	00:49:22
740	198	TOM	PENDLEBURY	M	ADMIRAL	Senior Male	309	00:50:26	00:49:34
741	2995	RICHARD	SHEPHERD	M		Senior Male	310	00:50:26	00:49:31
742	3498	RICHARD	MANNING	M		M40+	165	00:50:27	00:48:39
743	3034	COLIN	MORRIS	M		M50+	75	00:50:28	00:49:40
744	1422	REBECCA	WITHERSPOON	F		Senior Female	41	00:50:28	00:49:06
745	2330	MICHAEL	BEWS	M		M40+	166	00:50:28	00:49:08
746	2279	CHRIS	BARNACAL	M		Senior Male	311	00:50:28	00:49:29
747	2231	MARY-JAYNE	GRANVILLE	F	PENCOED PANTHERS	Senior Female	42	00:50:30	00:49:21
748	552	NEIL	THOMAS	M		M60+	27	00:50:30	00:49:49
749	448	ALICE MAY	THOMAS	F		Senior Female	43	00:50:31	00:49:44
750	1801	KIMBERLEY	PRICE	F	PARC BRYN BACH RUNNING CLUB	F35+	45	00:50:31	00:49:22
751	496	ARWYN	THOMAS	M	AMMAN VALLEY HARRIERS	M40+	167	00:50:32	00:49:18
752	3855	ANDREW	EDDY	M		Senior Male	312	00:50:32	00:50:02
753	2537	KYLE	ESMONDE	M		Senior Male	313	00:50:33	00:49:28
754	3638	JORDAN	CURRAN	M		Senior Male	314	00:50:34	00:49:54
755	1280	DANE	PHELPS	M		Senior Male	315	00:50:34	00:49:49
756	1956	MARK	GABB	M	RUN4ALL RUNNING CLUB	M40+	168	00:50:35	00:49:31

757	207 DAVID	RENDELL	M	ADMIRAL	Senior Male	316	00:50:35	00:49:15
758	1832 PAUL	JENKINS	M		M40+	169	00:50:35	00:49:30
759	4009 AIDAN	DAVIES	M	ISLWYN RC	Senior Male	317	00:50:36	00:50:20
760	2992 JANE	HARWOOD	F	PORT TALBOT HARRIERS	Senior Female	44	00:50:37	00:49:41
761	2370 SARAH	GIBBY	F		Senior Female	45	00:50:38	00:49:25
762	561 ALAN	ROCKLIFFE	M		M50+	77	00:50:38	00:50:06
763	3611 ROBIN	GIBSON	M		M50+	76	00:50:38	00:49:16
764	2766 JOSH	DAVIES	M		Senior Male	318	00:50:39	00:49:30
765	674 IAIN	MORLEY	M		Senior Male	319	00:50:40	00:49:52
766	2701 VICKI	HOLLEY-ROWE	F		Senior Female	46	00:50:41	00:49:48
767	2436 ADRIAN	EVANS	M		M40+	170	00:50:42	00:49:35
768	988 JANE	HUDDLESTON	F	SWANSEA HARRIERS	F45+	25	00:50:42	00:49:27
769	1377 NICHOLAS	DAVIES	M		M40+	171	00:50:42	00:50:01
770	50 RICHARD	WEBSTER	M	3MS GORSEINON ROAD RUNNERS	M60+	28	00:50:42	00:49:53
771	1675 KATY	GIRDLER	F		F45+	26	00:50:43	00:50:06
772	258 MARK	DAVIES	M		M40+	172	00:50:43	00:50:11
773	150 SCOTT	HAMILTON-SHAW	M	ADMIRAL	Senior Male	320	00:50:43	00:50:13
774	3248 LEE	TAYLOR	M		Senior Male	321	00:50:44	00:49:37
775	3636 HUW	WILLIAMS	M	RHONDDA VALLEY RUNNERS	Senior Male	322	00:50:45	00:49:38
776	204 OLIVER	REDFERN	M	ADMIRAL	Senior Male	323	00:50:46	00:49:29
777	1820 PAUL	PRITCHARD	M		M50+	78	00:50:48	00:50:31
778	703 CRAIG	WILLIAMS	M		M40+	173	00:50:48	00:49:50
779	3623 RORY	EVANS	M		Senior Male	324	00:50:49	00:49:47
780	2225 CERI	ROBERTS	M		M40+	174	00:50:50	00:49:45
781	3545 BRENDAN	MORGAN	M		Senior Male	325	00:50:51	00:49:25
782	283 ELIN	PRICE	F		F35+	46	00:50:51	00:49:48
783	3913 BRIAN	JENKINS	M		M40+	175	00:50:52	00:49:57
784	2630 DAVID	REES	M		M60+	29	00:50:52	00:49:59
785	1510 TANYA	GUEST	F	PORT TALBOT HARRIERS	F35+	47	00:50:53	00:50:16
786	273 STUART	POWELL	M		M40+	176	00:50:54	00:50:00
787	4123 ROB	JOHN	M		Senior Male	326	00:50:54	00:49:44
788	814 DAVID	PHILLIPS	M		Senior Male	327	00:50:55	00:49:49
789	3964 STEVE	WILLIAMS	M		M40+	177	00:50:55	00:49:43
790	2691 CAROLINE	HARRIS	F		F45+	27	00:50:55	00:50:36
791	2722 DAVID	REDFERN	M		Senior Male	328	00:50:56	00:49:19
792	2893 RACHEL	PRANGLEY	F	ISLWYN RC	F35+	48	00:50:56	00:50:05
793	3598 RHIANWEN	DANIEL	F		Senior Female	47	00:50:56	00:50:17
794	1900 NEIL	BENTLEY	M		M40+	178	00:50:57	00:49:11

795	278 JON	MORGAN	M		M50+	79	00:50:57	00:50:28
796	2204 ADRIAN	HEARNE	M		M40+	179	00:50:58	00:50:17
797	3342 JOSH	HUDD	M	CHEPSTOW HARRIERS	Junior Male	37	00:50:59	00:50:13
798	2163 KATH	MEREDITH	F		F35+	49	00:50:59	00:49:47
799	4320 DANIEL	MCDUGALL	M	ADMIRAL	Senior Male	329	00:50:59	00:49:42
800	2509 KEITH	HAWKINS	M		M40+	180	00:51:00	00:50:01
801	341 DAVID	LLOYD-HAWKSHAW	M		M40+	181	00:51:02	00:49:44
802	3771 MARC	LOGAN	M		Senior Male	330	00:51:03	00:50:15
803	313 PAUL	HANCOX	M		M50+	80	00:51:03	00:50:08
804	1439 EDWARD	SWEBY	M		Senior Male	331	00:51:05	00:50:02
805	1328 SAM	GILLETT	M		Senior Male	332	00:51:06	00:49:55
806	306 ANDREW	CORNFORD	M		M50+	81	00:51:08	00:50:04
807	3720 CHRISTOPHER	DAVIE	M		M40+	182	00:51:09	00:50:35
808	3674 JACQUELINE	GREEN	F	FOREST OF DEAN AC	F55+	13	00:51:09	00:50:27
809	4330 ANDREW	SNOW	M	ADMIRAL	Senior Male	333	00:51:10	00:50:12
810	547 DAVID	MEREDITH	M		M40+	183	00:51:10	00:50:26
811	1752 ANNE	CHINNICK	F		Senior Female	48	00:51:11	00:50:05
812	2637 DYLAN	JONES	M		M40+	184	00:51:12	00:50:53
813	3172 JUSTIN	JONES	M	PONTYPRIDD ROADENTS AC	M40+	185	00:51:12	00:50:04
814	2069 RICHARD	HEXT	M		Senior Male	334	00:51:14	00:50:24
815	1635 KIM	MCSHANE	F		F35+	50	00:51:15	00:50:15
816	54 Nick	Warchal	M		Senior Male	335	00:51:16	00:49:55
817	2706 KEALAN	CONNOLLY	M		Senior Male	336	00:51:16	00:50:30
818	2148 LOUISE	UDIAWAR	F	PONTARDAWE RUNNING CLUB	F35+	51	00:51:17	00:49:54
819	1456 RICHARD	ADAMS	M		Senior Male	337	00:51:17	00:50:25
820	2887 ASHLEIGH	JOHNSON	F		Junior Female	12	00:51:17	00:50:32
821	4157 JONATHAN	MICHAEL	M		Senior Male	338	00:51:18	00:49:23
822	232 JAMES	VECK	M	ADMIRAL	Senior Male	339	00:51:19	00:50:01
823	1700 CRAIG	DAVIES	M		Senior Male	340	00:51:19	00:50:18
824	3555 CAROLINE	POLLOCK	F		F35+	52	00:51:19	00:50:15
825	3564 CRAIG	GARDINER	M		M50+	82	00:51:19	00:51:11
826	3642 COLLETTE	JOHNSON	F	CAERPHILLY RUNNERS	Senior Female	49	00:51:19	00:51:01
827	920 LEIGHTON	WEBB	M	LLANELLI AC	Senior Male	341	00:51:23	00:50:56
828	2403 HYWEL	MAIDMENT	M		Junior Male	38	00:51:24	00:50:12
829	3539 EDWARD	DAVIES	F	3MS GORSEINON ROAD RUNNERS	F45+	28	00:51:24	00:51:01
830	2376 IAN	WILLIAMS	M		Senior Male	342	00:51:25	00:50:36
831	2128 RACHAEL	HUGHES	F		F35+	53	00:51:25	00:50:05
832	1018 MATTHEW	FRANCIS	M	SWANSEA HARRIERS	M40+	186	00:51:26	00:50:40

833	1326 CYRIL	WILLIAMS	M	PARC BRYN BACH RUNNING CLUB	M60+	30	00:51:26	00:50:46
834	3494 GARETH	EVANS	M	PORT TALBOT HARRIERS	Senior Male	343	00:51:28	00:50:55
835	1269 NICHOLAS	MCGINN	M		M40+	187	00:51:28	00:50:39
836	503 PAULA	WILFORT	F	CORNELLY STRIDERS AC	F45+	29	00:51:29	00:50:06
837	1577 STEWART	COLLINS	M		M40+	188	00:51:29	00:50:36
838	1619 CALLUM	DREW	M		Junior Male	39	00:51:29	00:48:19
839	2219 TOMAS	HUGHES-WHELAN	M		Junior Male	40	00:51:30	00:51:15
840	265 CAYMAN	WYKE-LITTLE	M		Junior Male	41	00:51:32	00:50:36
841	3486 MALCOLM	HILL	M	CORNELLY STRIDERS AC	M50+	83	00:51:33	00:50:33
842	732 SARAH	BARHAM	F	3MS GORSEINON ROAD RUNNERS	F45+	30	00:51:33	00:50:32
843	2634 ROSS	GRIBBLE	M	3MS GORSEINON ROAD RUNNERS	Senior Male	344	00:51:33	00:51:01
844	2635 CHARLIE	JAMES	F	3MS GORSEINON ROAD RUNNERS	Senior Female	50	00:51:34	00:51:02
845	3990 KAI	GREEN	M		Junior Male	42	00:51:36	00:49:52
846	2867 JOHN	BURA	M		M60+	31	00:51:37	00:50:33
847	3822 STEWART	MONTGOMERY	M		Senior Male	345	00:51:37	00:50:53
848	2559 SHAUN	COTTER	M		M50+	84	00:51:38	00:50:42
849	1941 CHRIS	ROGERS	M		Senior Male	346	00:51:41	00:51:05
850	2638 MIKE	MOORE	M		M40+	189	00:51:42	00:50:21
851	4152 ANNA	ZASHEVA	F		Senior Female	51	00:51:42	00:51:35
852	1023 MARK	ELLIS	M		M40+	190	00:51:42	00:51:14
853	2066 KEVIN	DAVIES	M		M50+	85	00:51:43	00:51:17
854	2810 ROXANNE	TURNER	F		Senior Female	52	00:51:44	00:51:20
855	3946 LINZI	PALMER	F		F35+	54	00:51:44	00:50:53
856	3664 MARTIN	EVANS	M		M50+	86	00:51:44	00:51:19
857	1040 JONATHAN MILES	HEADINGTON	M		Senior Male	347	00:51:45	00:51:23
858	2654 DEREK	RAINBIRD	M	PARC BRYN BACH RUNNING CLUB	M60+	32	00:51:45	00:50:49
859	219 LAIN	SIMMONS	M	ADMIRAL	M40+	191	00:51:48	00:50:24
860	1953 ANDREW	BURROWS	M		M40+	192	00:51:49	00:50:55
861	2235 LYNNE	PARK	F	FOREST OF DEAN AC	F55+	14	00:51:49	00:51:10
862	1363 JULIA	ADAIR	F		F35+	55	00:51:53	00:50:30
863	2421 LIAM	JENKINS	M		Senior Male	348	00:51:53	00:50:41
864	2395 CRAIG	WARD	M		Senior Male	349	00:51:54	00:50:45
865	2921 ROB	JENKINS	M		M40+	193	00:51:54	00:49:35
866	1867 ANDREW	THOMAS	M		M40+	194	00:51:54	00:51:28
867	3459 JOY	LANGAN	F		F55+	15	00:51:56	00:51:14
868	3117 MARK	CALLINGHAM	M		Senior Male	350	00:51:57	00:50:40
869	1766 OWEN	WESTON	M		Senior Male	351	00:51:57	00:50:40
870	2227 VICKI	DYER	F		Senior Female	53	00:51:58	00:50:48

871	1679 CHRISTOPHER	DYER	M		M60+	33	00:51:59	00:51:31
872	2899 MARK	HALL	M		M50+	87	00:51:59	00:51:36
873	3966 PHIL	THOMAS	M		M50+	88	00:51:59	00:50:42
874	3307 HELEN	HUGHESDON	F		F55+	16	00:52:00	00:51:40
875	2510 THIERRY	MAFFEIS	M		M40+	195	00:52:00	00:51:32
876	549 KAREN	GRUNHUT	F		F45+	31	00:52:01	00:51:16
877	3106 JOSHUA	KYTE	M		Senior Male	352	00:52:01	00:51:17
878	2355 GARETH	DAVIES	M		Senior Male	353	00:52:02	00:50:03
879	2859 PHIL	KETTLEY	M		M40+	196	00:52:05	00:51:01
880	2794 ALAN	JORDON	M		M50+	89	00:52:08	NULL
881	3568 MALCOLM	HARRHY	M		M50+	90	00:52:09	00:51:46
882	4149 DARREN	EVANS	M		M40+	197	00:52:09	00:51:49
883	3060 MARTIN	ESMONDE	M		M50+	91	00:52:10	00:51:05
884	3547 SIOBHAN	WILD	F		Senior Female	54	00:52:10	00:51:29
885	822 ANDREW	DOYLE	M		Senior Male	354	00:52:11	00:51:20
886	2206 NIGEL	JAMES	M		M40+	198	00:52:12	00:50:34
887	770 DYLAN	RUDDLING	M		Junior Male	43	00:52:13	00:51:03
888	577 IWAN SION	ALLSUP	M		Senior Male	355	00:52:13	00:51:15
889	2680 BERWYN	LEWIS	M		M40+	199	00:52:13	00:51:31
890	3655 HOWARD	ROBERTS	M		M50+	92	00:52:15	00:51:22
891	3497 MICHAEL	SMITH	M		M40+	200	00:52:16	00:50:58
892	1945 KAREN	LEWIS	F	CAERPHILLY RUNNERS	F45+	32	00:52:20	00:51:43
893	1385 MARK	DAVIES	M		M40+	201	00:52:22	00:51:06
894	1905 JON	MORRIS	M		Senior Male	356	00:52:23	00:51:41
895	4122 RHYS	COOPER	M		Senior Male	357	00:52:23	00:51:44
896	2958 TIM	CROSS	M		Senior Male	358	00:52:24	00:51:25
897	1465 EMILY	LAWTON	F		Senior Female	55	00:52:24	00:52:09
898	2247 GARETH	THOMAS	M		Senior Male	359	00:52:24	00:51:49
899	1620 HARRY	DREW	M		Junior Male	44	00:52:24	00:49:17
900	174 MATTHEW	LANE	M	ADMIRAL	Senior Male	360	00:52:25	00:50:47
901	3934 OWEN	DAVIES	M	SWANSEA HARRIERS	M40+	202	00:52:25	00:52:13
902	3935 DIANE	BROWNHILL	F	SWANSEA HARRIERS	F45+	33	00:52:25	00:52:13
903	3520 EMMA	PAYNE	F		F35+	56	00:52:25	00:52:00
904	2625 GERAINT	GRIFFITHS	M		Senior Male	361	00:52:27	00:50:39
905	3303 LEE	CHANNER	M		Senior Male	362	00:52:27	00:50:41
906	2693 GARETH	JOHN	M		M40+	203	00:52:28	00:51:26
907	2694 GEORGIA	BEVAN	F		Senior Female	56	00:52:28	00:51:32
908	1035 KIRSTEN	COTTAM	F		Senior Female	57	00:52:28	00:50:52

909	158 LEWIS	HUZZEY	M	ADMIRAL	Senior Male	363	00:52:30	00:51:45
910	1378 WAYNE	CANIFF	M		M60+	34	00:52:33	00:51:25
911	2413 DAVID	REES	M		Senior Male	364	00:52:34	00:51:23
912	4260 JUHEL	MIAH	M		Senior Male	365	00:52:35	00:52:00
913	3130 ALISON	HOLTON	F	PARC BRYN BACH RUNNING CLUB	F45+	34	00:52:35	00:51:44
914	4216 RHIAN	HUGHES	F		F35+	57	00:52:35	00:52:01
915	2154 CAMERON	HOPKINS	M		Senior Male	366	00:52:36	00:51:24
916	2477 CHARMAINE	BRUNT	F		F35+	58	00:52:37	00:51:40
917	2618 SAM	BROWN	M		Senior Male	367	00:52:38	00:48:11
918	2087 ANDREW	LLOYD	M	AMMAN VALLEY HARRIERS	Senior Male	368	00:52:39	00:51:03
919	3127 KARA	LYNCH	F		Senior Female	58	00:52:39	00:51:39
920	2938 ALICE	GODDING	F		Senior Female	59	00:52:39	00:51:21
921	2414 TOM	ROBLIN	M		Senior Male	369	00:52:39	00:51:20
922	3126 ESPEN	BOWEN	M		Senior Male	370	00:52:39	00:51:39
923	290 ALAN	SMITH	M		M50+	93	00:52:40	00:50:58
924	1754 RHODRI	BELL	M		Senior Male	371	00:52:40	00:52:07
925	4130 ISTVAN	CSOBAN	M		Senior Male	372	00:52:41	00:51:31
926	1359 STEVEN	EVANS	M		M40+	204	00:52:41	00:51:48
927	2957 SARAH	CROSS	F		F35+	59	00:52:43	00:51:44
928	242 MELISSA	WILLIAMS	F	ADMIRAL	Senior Female	60	00:52:44	00:51:40
929	2939 EMLYN	EVANS	M		M50+	94	00:52:45	00:51:11
930	3358 CATHERINE	SINGLETON	F		F35+	60	00:52:46	00:51:35
931	1774 DAVID	COTTRELL	M		Senior Male	373	00:52:48	00:51:24
932	3989 DANIEL	FOLIGNO	M		Senior Male	374	00:52:48	00:51:04
933	3075 EMYR	JONES	M		M40+	205	00:52:48	00:51:09
934	3939 OONA	CRAWFORD	F	TROTS	F55+	17	00:52:49	00:51:38
935	601 MICHAEL	FARROW	M		M60+	35	00:52:49	00:51:23
936	961 GARETH	MORGAN	M		M40+	206	00:52:49	00:51:44
937	1735 LIAM	LINEHAN	M		M40+	207	00:52:50	00:51:12
938	1237 HANNAH	REES	F		F35+	61	00:52:50	00:51:59
939	944 SIAN	ADEY	F	ISLWYN RC	F35+	62	00:52:50	00:51:07
940	1685 BETH	LEWIS	F		Senior Female	61	00:52:51	00:51:47
941	1135 CHRIS	WAYGOOD	M		Senior Male	375	00:52:51	00:51:43
942	1684 RHODRI	DAVIES	M		M40+	208	00:52:51	00:51:48
943	4337 GRAHAM	WILLIAMS	M	ADMIRAL	Senior Male	376	00:52:51	00:51:46
944	2017 GEORGIA	THOMAS	F		Senior Female	62	00:52:52	00:51:48
945	3348 ALUN	EVANS	M		Senior Male	377	00:52:52	00:51:45
946	4390 ELLIS	SOUTHALL	M	ST JOSEPHS SCHOOL	Junior Male	45	00:52:52	00:51:29

947	2609 DARREN	ROGERS	M		M40+	209	00:52:52	00:51:17
948	3558 RHIANNON	SIMMS	F		Senior Female	63	00:52:53	00:52:05
949	802 ALUN	WYLDE	M	OGMORE PHOENIX RUNNERS	M40+	210	00:52:53	00:51:41
950	338 ERNEST	CLIFT	M		M60+	36	00:52:53	00:51:58
951	1627 PIPPA	WILSON	F		F35+	63	00:52:53	00:52:09
952	501 BEN	MORGAN	M		Junior Male	46	00:52:54	00:50:35
953	1230 ABI	PITTARD	F		Senior Female	64	00:52:56	00:51:39
954	3474 PAUL	STEPHENS	M		M40+	211	00:52:57	00:51:47
955	859 RICHARD	REEVES	M		Senior Male	378	00:52:57	00:51:29
956	3590 KATE	BROWN	F		F35+	64	00:52:58	00:51:06
957	3549 GILES	WAKEFORD	M		Senior Male	379	00:52:59	00:51:13
958	1174 DAVID	RODERICK	M		Senior Male	380	00:52:59	00:51:06
959	3633 ALEX	JAMES	M		Senior Male	381	00:53:00	00:52:19
960	3018 KATIE	EBDEN	F		Senior Female	65	00:53:00	00:51:20
961	2736 RICHARD	HAZELL	M	CAERPHILLY RUNNERS	Senior Male	382	00:53:01	00:52:26
962	454 RHYS	LEWIS	M		Senior Male	383	00:53:01	00:52:40
963	3220 NATALIE LOUISE	JONES	F	LLANELLI STROLLERS	Senior Female	66	00:53:03	00:51:42
964	3164 JOANNA	REID	F		F35+	65	00:53:03	00:51:54
965	1166 SHAUN	THOMAS	M		Senior Male	384	00:53:04	00:51:09
966	4349 RHYS	EVANS	M	COASTAL HOUSING	Senior Male	385	00:53:04	00:52:06
967	3388 JAMES	LITTLE	M		Senior Male	386	00:53:05	00:52:03
968	2027 MR BRIAN ARTHUR	GRIFFITHS	M	ELLESMERE PORT RC	M60+	37	00:53:06	00:52:37
969	3790 PAUL	GOATLEY	M		M40+	212	00:53:07	00:52:09
970	1574 CHRISTOPHER	JONES	M		Senior Male	387	00:53:07	00:51:46
971	3499 LEANNE	MORRIS	F	PORT TALBOT HARRIERS	F45+	35	00:53:08	00:52:15
972	3736 LAURA	WILLIAMS	F		Junior Female	13	00:53:08	00:51:59
973	3591 ELLIE	MCDYER	F		Junior Female	14	00:53:09	00:51:16
974	1781 STEVE	JONES	M		M50+	95	00:53:09	00:52:01
975	1796 ADAM	COLLINS	M		Senior Male	388	00:53:10	00:52:18
976	1383 ROBIN	THOMAS	M		M40+	213	00:53:11	00:51:49
977	2223 PAUL	GLOVER	M		Senior Male	389	00:53:11	00:51:56
978	2434 JANE	MORRIS	F		F35+	66	00:53:11	00:52:13
979	3361 DAMIAN	TYRRELL	M		Senior Male	390	00:53:12	00:51:19
980	4167 FIONA	COLWILL	F		F45+	36	00:53:12	00:52:18
981	4286 BYRON	DAVIES	M	ADMIRAL	M40+	214	00:53:13	00:52:10
982	3729 SIMON	HURFORD	M	3MS GORSEINON ROAD RUNNERS	Senior Male	391	00:53:14	NULL
983	1699 MARGRETT	MONK	F	PARC BRYN BACH RUNNING CLUB	F55+	18	00:53:15	00:52:35
984	477 EMMA	FORTUNE	F		F35+	67	00:53:16	00:51:53

985	2002 CLAIRE	DUNBAR-BOWEN	F	CWM OGWR RUNNING CLUB	F35+	68	00:53:17	00:52:26
986	3440 DAVID	WAY	M		M40+	215	00:53:18	00:52:44
987	505 HELEN	CARROLL	F		F35+	69	00:53:18	00:51:47
988	1504 NICHOLAS	FOX	M		Senior Male	392	00:53:20	00:52:09
989	3030 DAI	CARPENTER	M		Senior Male	393	00:53:20	00:52:15
990	1125 JACK	PRICE	M		Senior Male	394	00:53:20	00:52:07
991	482 CHRISTOPHER	WILLIAMS	M	PORT TALBOT HARRIERS	M40+	216	00:53:22	00:52:54
992	1643 BETHAN	HUGHES	F		F35+	70	00:53:22	00:52:44
993	3880 ALLEN	BEVAN	M		M60+	38	00:53:22	00:52:18
994	246 ASHLEY	WILLIS	M	ADMIRAL	Senior Male	395	00:53:23	00:51:23
995	390 MICHAEL	TABBERER	M		M40+	217	00:53:23	00:52:34
996	1916 DAVID	EDWARDS	M		M40+	218	00:53:24	00:51:56
997	1955 MACIEJ	FORTUNIAK	M		Senior Male	396	00:53:24	00:52:18
998	3541 EDWARD	HARRIS	M		M40+	219	00:53:24	00:52:47
999	125 CHLOE	CROSS	F	ADMIRAL	Senior Female	67	00:53:24	00:52:59
1000	4292 HALEY	FORD	F	ADMIRAL	Senior Female	68	00:53:24	00:52:53
1001	2035 JENNIE	LANG	F		Senior Female	69	00:53:26	00:52:27
1002	2303 STEPHEN	NEW	M	CAERPHILLY RUNNERS	M50+	96	00:53:27	00:51:50
1003	3321 RALPH	DAVEY	M	LES CROUPIERS	M60+	39	00:53:27	00:52:17
1004	1674 TINA	GABB	F		F35+	71	00:53:28	00:52:22
1005	1517 ALYS	COOTES	F		Senior Female	70	00:53:28	00:52:29
1006	3615 DAVID	DOHERTY	M	3MS GORSEINON ROAD RUNNERS	M60+	40	00:53:29	00:52:40
1007	1190 HELEN	EVANS	F		Senior Female	71	00:53:30	00:52:33
1008	3691 FRANCES	HOWARD	F		F35+	72	00:53:31	00:52:35
1009	2524 CLAIRE	WILLIAMS	F	PONTARDAWE RUNNING CLUB	F55+	19	00:53:31	00:52:08
1010	3686 CLAIRE	WALTERS	F		F35+	73	00:53:31	00:52:19
1011	3103 HEFIN	LLOYD	M		M40+	220	00:53:35	00:52:08
1012	3158 CORDELIA	LOUGHLIN	F		F35+	74	00:53:36	00:52:38
1013	3897 HOLLY	BILLINGTON	F		Senior Female	72	00:53:37	00:52:38
1014	478 EUGENE	PROUT	M		Junior Male	47	00:53:38	00:51:59
1015	3465 SIAN	STEPHENS	F		F35+	75	00:53:38	00:52:15
1016	4113 OWAIN	WILLIAMS	M	RUN4ALL RUNNING CLUB	Senior Male	397	00:53:38	00:52:16
1017	3479 STEVEN	WILLIAMS	M		M40+	221	00:53:39	00:52:04
1018	180 GARY	MASTERTSON	M	ADMIRAL	Senior Male	398	00:53:39	00:51:56
1019	3178 MARIE	DAVIES	F		Senior Female	73	00:53:41	00:53:06
1020	573 ANDREW	MORRIS	M		M50+	97	00:53:42	00:52:48
1021	1948 MATTHEW	BENNETT	M		M40+	222	00:53:43	00:51:28
1022	146 KIM	GREY	F	ADMIRAL	Senior Female	74	00:53:44	00:52:46

1023	2756 JO	BETTY	F	OGMORE PHOENIX RUNNERS	F35+	76	00:53:44	00:52:33
1024	2025 CATHRYN	JENKINS	F	RUN4ALL RUNNING CLUB	F35+	77	00:53:45	00:53:09
1025	3419 TENNIEL	O'BRIEN	M		Senior Male	399	00:53:46	00:51:59
1026	3537 GARETH	CALDECOTT	M		Senior Male	400	00:53:46	00:52:19
1027	2352 GILLIAN	MURPHY	F	LES CROUPIERS	F55+	20	00:53:46	00:53:20
1028	2353 MICHAEL	MURPHY	M	LES CROUPIERS	M60+	41	00:53:47	00:53:21
1029	3524 JENNY	TANNER	F		Senior Female	75	00:53:47	00:52:29
1030	1975 HEIDI	BROWN	F		F35+	78	00:53:48	00:51:55
1031	3951 ALEX	WILLIAMS	M		Junior Male	48	00:53:52	00:52:18
1032	2379 MARK	EMMS	M		M40+	223	00:53:52	00:52:30
1033	3991 ADRIAN	MILLER	M		Senior Male	401	00:53:52	00:52:48
1034	840 PAUL	EDWARDS	M		M40+	224	00:53:55	00:52:16
1035	2077 PAUL	DUGGAN	M		Senior Male	402	00:53:55	00:53:33
1036	846 IAN	PARFITT	M		M40+	225	00:53:55	00:52:56
1037	3599 ALICE	SULLIVAN	F	3MS GORSEINON ROAD RUNNERS	F35+	79	00:53:56	00:52:23
1038	4294 SANDEEP	GILL	M	ADMIRAL	M40+	226	00:53:57	00:52:34
1039	2507 ABBY	COUSINS	F	YSTRAD MYNACH RUNNING CLUB	Senior Female	76	00:53:57	00:52:47
1040	3553 ALLISON	LLOYD-JONES	F		F45+	37	00:53:57	00:53:00
1041	4247 NATHAN	KING	M		Senior Male	403	00:53:57	00:52:56
1042	162 EMMA	JENKINS	F	ADMIRAL	Senior Female	77	00:53:58	00:53:12
1043	4014 MAT	SALMON	M		Senior Male	404	00:53:58	00:53:13
1044	2817 GILL	EDWARDS	F	CARMARTHEN AND DISTRICT HAR	F45+	38	00:54:00	00:52:35
1045	726 GAVIN	MATTHEWS	M		Senior Male	405	00:54:00	00:52:15
1046	451 JASON	TAYLOR	M		M40+	227	00:54:00	00:52:44
1047	4013 MATTHEW	BANKS	M		Senior Male	406	00:54:00	00:53:14
1048	3231 RHIAN	GATES	F		F45+	39	00:54:00	00:53:02
1049	896 PIPPA	CLARK	F	CWM OGWR RUNNING CLUB	F35+	80	00:54:00	00:53:09
1050	3597 SHAUN	MORGANS	M		Junior Male	49	00:54:01	00:53:55
1051	1850 MIKE	WOOLEY	M	DARTH COASTAL RUNNERS	M40+	228	00:54:02	00:52:56
1052	3273 WILLIAM	THOMAS	M	RUN4ALL RUNNING CLUB	M40+	229	00:54:02	00:52:26
1053	4265 ABIGAIL	SHEMILT	F		Junior Female	15	00:54:03	00:53:11
1054	1324 CHRISTOPHER	FRENCH	M		Senior Male	407	00:54:03	00:52:46
1055	3957 CHRISTIE	COLEMAN	M	OGMORE PHOENIX RUNNERS	M50+	98	00:54:03	00:53:29
1056	861 BETHAN	THOMAS	F		F35+	81	00:54:04	00:53:07
1057	449 SARAH	RENESTO	F		F35+	82	00:54:05	00:52:47
1058	2516 PETER	DAVIES	M	RUN4ALL RUNNING CLUB	M50+	99	00:54:05	00:52:30
1059	1411 RHIAN	JOHN	F		Senior Female	78	00:54:05	00:52:43
1060	193 RORY	O'BRIEN	M	ADMIRAL	Senior Male	408	00:54:05	00:52:05

1061	3903 PAUL	SMITH	M		Senior Male	409	00:54:06	00:52:24
1062	1677 JOSHUA	MUNDY	M		Senior Male	410	00:54:06	00:52:05
1063	3446 LIZ	REES	F		F35+	83	00:54:06	00:53:00
1064	1376 DEREK	BALSDON	M		M60+	42	00:54:06	00:53:23
1065	3136 KIRSTY	KERSWELL	F		Senior Female	79	00:54:07	00:52:52
1066	3824 ALUN	JONES	M	RUN4ALL RUNNING CLUB	M50+	100	00:54:07	00:52:29
1067	2447 YVONNE	WILLIAMS	F	PENARTH & DINAS RUNNERS	F55+	21	00:54:07	00:53:12
1068	3295 GEMMA	SAVAGE	F		Senior Female	80	00:54:08	00:52:16
1069	4019 PJ	GARDINER	M		Senior Male	411	00:54:08	00:53:03
1070	3896 ANDY	DAVIES	M		Senior Male	412	00:54:08	00:53:09
1071	172 HANNAH	KING	F	ADMIRAL	Senior Female	81	00:54:09	00:53:24
1072	894 STEPHEN	ELLIS	M		Senior Male	413	00:54:09	00:52:46
1073	1753 SEAN	RUGGIERI	M		Senior Male	414	00:54:10	00:53:16
1074	3297 LIAM	LYNCH	M		Senior Male	416	00:54:10	00:52:19
1075	3948 PETER	HARRIS	M		Senior Male	415	00:54:10	00:53:21
1076	1521 ANDREW	WORTHINGTON	M		M60+	43	00:54:10	00:52:47
1077	4274 GARETH	MOLE	M	PORTHCAWL RUNNERS	M40+	230	00:54:11	00:53:36
1078	3783 JAYNE	STONE	F		F35+	84	00:54:11	00:53:05
1079	4268 DEAN	PARRY	M		Senior Male	417	00:54:12	00:53:02
1080	4210 SIMON	BURDALL	M		Senior Male	418	00:54:12	00:53:20
1081	2882 BRINLEY	AHERNE	M		M60+	44	00:54:12	00:52:49
1082	1087 HEDD-WYN	JONES	M		Senior Male	419	00:54:13	00:52:06
1083	4325 LAILA	QUATTRINI	F	ADMIRAL	F35+	85	00:54:14	00:53:17
1084	2125 RUTH	DAVIES	F	PARC BRYN BACH RUNNING CLUB	F35+	86	00:54:14	00:52:54
1085	3665 RHYS	DAVIES	M		Senior Male	420	00:54:15	00:53:29
1086	1612 ANDREW	THOMAS	M		M50+	101	00:54:15	00:51:47
1087	3543 ANDY	EVANS	M		M50+	102	00:54:15	00:53:32
1088	1869 CARL	GILBERT	M		M40+	231	00:54:16	00:52:37
1089	1148 ALEX	WILLIAMS	M	PORT TALBOT HARRIERS	M40+	232	00:54:17	00:53:27
1090	3391 JACK	LITTLE	M		Junior Male	50	00:54:17	00:52:55
1091	1676 CHRISSY	HARRISON	F		F35+	87	00:54:17	00:53:41
1092	3656 GABOR	SZABO	M		Senior Male	421	00:54:20	00:53:13
1093	3466 MICHELLE	MAINWARING	F		Senior Female	82	00:54:20	00:53:59
1094	1710 TAMSIN	LEECH	F		F35+	88	00:54:21	00:53:05
1095	2704 HARRY	BADDOCK	M		Senior Male	422	00:54:21	00:51:15
1096	4278 GARETH	ALBAN	M	ADMIRAL	Senior Male	423	00:54:21	00:52:57
1097	652 SHEREEN	LISK	F	3MS GORSEINON ROAD RUNNERS	F35+	89	00:54:23	00:52:34
1098	787 BETHAN	WATERS	F		F35+	90	00:54:24	00:53:40

1099	4352 CHERYL	PARHOUSE	F	COASTAL HOUSING	F35+	91	00:54:24	00:53:26
1100	3575 STEPHEN	PRIDAY	M		M50+	103	00:54:24	00:53:13
1101	3452 SIAN	EVANS	F	AMMAN VALLEY HARRIERS	Senior Female	83	00:54:24	00:53:18
1102	2983 JESSICA	MACKEEN	F		F35+	92	00:54:25	00:52:54
1103	140 JADE	EVANS	F	ADMIRAL	Senior Female	84	00:54:25	00:53:16
1104	3600 RICHARD	PELLOW	M		Senior Male	424	00:54:25	00:52:28
1105	490 LEAH	EYNON	F		Senior Female	85	00:54:25	00:53:53
1106	1533 DEBORAH	SOUTHGATE	F	ANGELS RC	F55+	22	00:54:26	00:52:44
1107	2252 ADAM	ARMSTON	M		M40+	233	00:54:27	00:52:24
1108	4006 DANI	WOOD	M		Senior Male	425	00:54:29	00:52:52
1109	3331 ALAN	RYLAND	M	BUILTH & DISTRICT	M60+	45	00:54:32	00:53:13
1110	3833 RHIDIAN	WILCOX	M		Senior Male	426	00:54:32	00:52:32
1111	2542 ASHLEY	REES	M		Senior Male	427	00:54:32	00:53:43
1112	427 MATHEW	LANCEY	M		Senior Male	428	00:54:32	00:53:42
1113	1017 RHIANNON	HURLEY	F		Senior Female	86	00:54:33	00:54:13
1114	1014 EMMA	TASHARA	F		Senior Female	87	00:54:34	00:54:14
1115	2994 HARRY	TATE	M		Senior Male	429	00:54:34	00:52:56
1116	3861 KIRSTY	SMITH	F		Senior Female	88	00:54:34	00:53:27
1117	1133 MICHAEL	BRITTON	M		Senior Male	430	00:54:35	00:53:45
1118	3065 SUZANNE	PETERS	F	FOREST OF DEAN AC	F45+	40	00:54:35	00:53:02
1119	407 REV PETE	ORPHAN	M		M40+	234	00:54:35	00:52:23
1120	2984 LOUISE	MORGAN	F		F35+	93	00:54:36	00:53:40
1121	1937 SHARON	CARTER	F		F35+	94	00:54:36	00:52:59
1122	2377 LYNSEY	HITT	F		Senior Female	89	00:54:37	00:52:47
1123	4323 MATHEW	PICTON	M	ADMIRAL	Senior Male	431	00:54:37	00:54:07
1124	1814 HAYLEY	MARSHALLSAY	F		F35+	95	00:54:37	00:53:44
1125	1486 STUART	JAMES	M		M50+	104	00:54:38	00:54:05
1126	1299 EMMA	CARRO	F		F45+	41	00:54:39	00:53:41
1127	2554 LUCY	JONES	F	PAUL POPHAM RUNNING CLUB	Senior Female	90	00:54:41	00:53:21
1128	1922 SOPHIA	DENIEFFE	F		Senior Female	92	00:54:42	00:52:59
1129	4353 MICHELLE LOUISE	COFFEY	F	COASTAL HOUSING	Senior Female	91	00:54:42	00:53:44
1130	2086 AMBER	HARDING	F		F35+	96	00:54:43	00:53:01
1131	1334 CHLOE	DAVIES	F		Junior Female	16	00:54:44	00:53:26
1132	2186 CHRIS	COLE	M		Senior Male	432	00:54:44	00:53:17
1133	3278 HEATHER	THOMAS	F		F35+	97	00:54:44	00:53:21
1134	3281 MARTIN	HILLIER	M	RUN4ALL RUNNING CLUB	M60+	46	00:54:44	00:53:21
1135	479 CHRISTOPHER	BEVAN	M		M40+	235	00:54:45	00:53:49
1136	3506 MARK	WHITTAKER	M	DARTH COASTAL RUNNERS	Senior Male	433	00:54:45	00:53:18

1137	2161 MEGAN	LEWIS	F		Senior Female	93	00:54:46	00:53:21
1138	2383 LOUISE	DRAYCOTT	F		F45+	42	00:54:46	00:53:45
1139	2764 JOSEFF	REES	M		Senior Male	434	00:54:47	00:53:18
1140	1259 JOHN	BYRNES	M		M40+	236	00:54:47	00:52:16
1141	4096 DAVID	HUTCHINSON	M		M50+	105	00:54:48	00:54:22
1142	2822 RACHEL	ADAMS	F		F45+	43	00:54:49	00:53:27
1143	1589 GARETH	NICHOLAS	M		M50+	106	00:54:50	00:53:27
1144	3842 CRAIG	PETHERBRIDGE	M		Senior Male	435	00:54:51	00:53:19
1145	426 STEPHEN	LANCEY	M		M50+	107	00:54:52	00:54:01
1146	4178 ANDREW	THOMAS	M		Senior Male	436	00:54:54	00:53:20
1147	1758 JUSTIN	THOMAS	M		M40+	237	00:54:54	NULL
1148	786 PAUL	LEWIS	M		Senior Male	437	00:54:54	00:52:09
1149	902 EMMA	GREY	F		Senior Female	94	00:54:55	00:53:38
1150	1044 CARL	GABRIELSEN	M		Senior Male	438	00:54:56	00:53:56
1151	3116 JON	PUGH	M		M40+	238	00:54:56	00:52:47
1152	3354 PAUL	WILSON	M		M50+	108	00:54:56	00:53:01
1153	2789 NICOLE	THOMAS	F		F35+	98	00:54:56	00:54:01
1154	2788 STEFFAN	PROBERT	M		M40+	239	00:54:57	00:54:01
1155	425 MATTHEW	WADDS	M		M40+	240	00:54:57	00:52:48
1156	2791 DEBORAH	SPIERS	F	RUN4ALL RUNNING CLUB	F35+	99	00:54:57	00:53:21
1157	1335 NANCY	DAVIES	F		F45+	44	00:54:57	00:53:39
1158	3128 CAMERON	BEYNON	M		Junior Male	51	00:54:58	00:53:47
1159	2696 SIMON	BATES	M		M40+	241	00:54:58	00:53:44
1160	53 Nick	Jones	M		Senior Male	439	00:54:59	00:52:36
1161	3406 KEVIN	BUTTON	M		M40+	242	00:55:00	00:53:18
1162	1537 PHIL	MATTHEWS	M		M50+	109	00:55:00	00:54:01
1163	4239 STEVE	KERN	M		M40+	243	00:55:00	00:53:47
1164	3369 LISA	ARNOLD	F	PAUL POPHAM RUNNING CLUB	F35+	100	00:55:00	00:53:40
1165	3329 TREVOR	VAUGHAN	M		M60+	47	00:55:00	00:53:40
1166	2610 MICHAEL	HALSALL	M	LLANELLI AC	M40+	244	00:55:01	00:54:42
1167	3216 JULIAN	HUNT	M		M40+	245	00:55:01	00:54:41
1168	2944 REBECCA	BOWERS	F		F35+	101	00:55:01	00:54:11
1169	849 SUSAN	THOMAS	F		F45+	45	00:55:01	00:53:10
1170	3347 MARK	DAVIES	M		M50+	110	00:55:01	00:53:14
1171	3360 LEVI-JOE	KNIGHT	M		Junior Male	52	00:55:02	00:54:09
1172	2866 CRAIG	SKIDMORE	M		Senior Male	440	00:55:03	00:54:02
1173	3698 CHRISTOPHER	WILLIAMS	M		M40+	246	00:55:04	00:53:12
1174	2863 SARA	MORGAN	F	VILLAGE VIPERS	F35+	102	00:55:05	00:54:09

1175	3002 JESSICA	JOHNSON	F		Senior Female	95	00:55:05	00:53:13
1176	4332 JENNI	THOMAS	F	ADMIRAL	Senior Female	96	00:55:05	00:53:51
1177	1776 BETHAN	COOPER	F		F35+	103	00:55:05	00:53:04
1178	3478 MATTHEW	JONES	M		Senior Male	441	00:55:06	00:54:20
1179	1298 JEFF	ADLAM	M		M60+	48	00:55:06	00:54:08
1180	1765 CHLOE	ASPLAND	F		Senior Female	97	00:55:07	00:53:49
1181	2890 LUKE	BENSON	M		Junior Male	53	00:55:07	00:52:21
1182	2190 ROBERT	GRIFFITHS	M		Senior Male	442	00:55:08	00:53:51
1183	2880 ELLIS	HOPKINS	M		M50+	111	00:55:08	00:53:19
1184	3872 ROB	LEONG	M		M40+	247	00:55:09	00:52:45
1185	3476 KERI	DAVIES	M		M50+	112	00:55:09	00:54:25
1186	1408 JOHN	MORGAN	M		M40+	248	00:55:10	00:51:55
1187	608 SAMANTHA	LLOYD	F	AMMAN VALLEY HARRIERS	Senior Female	98	00:55:10	00:53:35
1188	1694 STEPHEN	DELL	F		Senior Female	99	00:55:12	00:51:51
1189	2105 LAURA	TUCKER	F		F35+	104	00:55:13	00:53:08
1190	228 ADAM	THOMAS	M	ADMIRAL	Senior Male	443	00:55:14	00:53:51
1191	3714 IAN	HARCOMBE	M		M50+	113	00:55:15	00:54:40
1192	3840 MATTHEW	PARRY	M		Senior Male	444	00:55:18	00:53:30
1193	4220 DAN	GROVES	M		M40+	249	00:55:18	00:53:59
1194	1920 SUE	LOVELOCK	F		F45+	46	00:55:19	00:53:38
1195	476 HELEDD	BINGHAM	F		F35+	105	00:55:20	00:54:08
1196	4100 SARAH	WOOD	F		Senior Female	100	00:55:21	00:53:45
1197	3780 MARK	FERMANDEL	M		M40+	250	00:55:22	00:54:42
1198	3952 ROY	LEWIS	M		M50+	114	00:55:22	00:53:24
1199	3010 RONAN	LEWIS	M		Junior Male	54	00:55:23	00:52:51
1200	1192 BRETTI	PAXTON	F	PONTYPRIDD ROADENTS AC	Senior Female	101	00:55:24	00:54:22
1201	1980 EVA	COOK	F		F55+	23	00:55:24	00:54:32
1202	3926 ANTHONY	BARRON	M		M40+	251	00:55:24	00:54:37
1203	1320 DERIAN	EVANS	M		M40+	252	00:55:24	00:54:18
1204	2918 WILLIAM	DANIELS	M		Senior Male	445	00:55:25	00:54:01
1205	70 Huw	Lewis	M		Senior Male	446	00:55:28	00:53:36
1206	3781 PAUL	RAY	M		M50+	115	00:55:29	00:53:27
1207	1449 MICHAEL	RUTTER	M		Senior Male	447	00:55:30	00:54:19
1208	3438 JOICE	BANDOQUILLO-SHOWE	F		F35+	106	00:55:30	00:53:31
1209	818 KATHRYN	AYRES	F		F35+	107	00:55:30	00:53:57
1210	69 Ffion	Davies	F		F35+	108	00:55:30	00:53:38
1211	1660 RICHARD	HOLBOROW	M		Senior Male	448	00:55:30	00:54:33
1212	798 PHILLIP	THOMAS	M		Senior Male	449	00:55:31	00:53:31

1213	3409 RHIAN	JONES	F		Senior Female	102	00:55:32	00:53:45
1214	1860 MATTHEW	GORMAN	M		Senior Male	450	00:55:33	00:53:31
1215	1266 CHRIS	LEDDEN	M		Senior Male	451	00:55:34	00:51:39
1216	3137 NICOLA	ROWE	F		F45+	47	00:55:34	00:52:51
1217	1277 ANDREW	EVANS	M		Senior Male	452	00:55:35	00:54:04
1218	2003 EMMA	LOYNS	F	CWM OGWR RUNNING CLUB	F35+	110	00:55:35	00:54:23
1219	2849 EMMA	WILLIAMS	F	OGMORE PHOENIX RUNNERS	F35+	109	00:55:35	00:54:22
1220	1958 CLAIRE	MORGAN	F		F35+	111	00:55:35	00:54:30
1221	2068 STEPHEN	GEORGE	M		Senior Male	453	00:55:36	00:54:53
1222	2234 JAMES	RADFORD	M		Senior Male	454	00:55:38	00:52:15
1223	2494 BEVERLEY	SIME	F		F45+	48	00:55:38	00:54:34
1224	644 ANDREW	MILLER	M	PONTARDAWE RUNNING CLUB	M40+	253	00:55:38	00:54:11
1225	3246 BETHUN	SWANKIE	F		Senior Female	103	00:55:40	00:54:46
1226	2042 SAMANTHA	HYETT	F		F35+	112	00:55:41	00:54:35
1227	2936 FRANCESCA	NEWMAN	F		F45+	49	00:55:42	00:54:42
1228	1853 PATRICK	MORGAN	M		Senior Male	455	00:55:43	00:54:50
1229	951 DUNCAN	SMITH	M		M40+	254	00:55:43	00:55:33
1230	1096 BRYONY	BROWN	F		F35+	113	00:55:43	00:54:24
1231	233 TOBY	WARREN	M	ADMIRAL	Senior Male	456	00:55:44	00:54:39
1232	583 MATTHEW	CARTER	M		Senior Male	457	00:55:45	00:53:36
1233	632 ANDREW	ROBBINS	M		M40+	255	00:55:45	00:54:05
1234	3357 CLAIRE	TOPPER	F		F35+	114	00:55:46	00:53:57
1235	2793 MICHELA	FINNIS	F		Senior Female	104	00:55:48	00:54:50
1236	2894 CATHERINE	WILKINS	F		F35+	115	00:55:49	00:54:30
1237	3093 MARK	DAVIES	M	PAUL POPHAM RUNNING CLUB	M50+	116	00:55:49	00:53:53
1238	3168 LIZ	DAVIES	F	CARMARTHEN AND DISTRICT HAR	F45+	50	00:55:50	00:54:28
1239	234 JENI	WARREN	F	ADMIRAL	Senior Female	105	00:55:51	00:54:25
1240	3725 STEVEN	ISON	M		M40+	256	00:55:51	00:54:14
1241	2640 NICK	ENGLISH	M		M50+	117	00:55:51	00:54:47
1242	2076 BARRY	JOHN	M		M40+	257	00:55:52	00:54:13
1243	2678 RICHARD	MORGAN	M		M40+	258	00:55:52	00:54:35
1244	2679 ELIZABETH	MORGAN	F		F45+	51	00:55:52	00:54:35
1245	1398 JOSHUA	COOK	M		Senior Male	458	00:55:52	00:53:59
1246	1432 GERAINT	JONES	M		Senior Male	459	00:55:56	00:54:48
1247	957 CHRISTIAN	REES	M		M40+	260	00:55:57	00:52:30
1248	2261 RICHARD	LUCAS	M		M40+	259	00:55:57	00:53:31
1249	2262 SARAH	LUCAS-JONES	F		F45+	52	00:55:57	00:53:31
1250	838 SHARN	THOMAS	F		F45+	53	00:55:57	00:54:06

1251	305 DAWN	HOPKINS	F	CWM OGWR RUNNING CLUB	F35+	116	00:55:58	00:54:41
1252	4350 DONNA	DAVIES	F	COASTAL HOUSING	F45+	54	00:55:58	00:53:33
1253	209 DAVID	RIDDERHOF	M	ADMIRAL	Senior Male	460	00:55:58	00:53:59
1254	4144 CHARLOTTE	BETHELL	F	PEGASUS RC	Senior Female	106	00:55:58	00:54:09
1255	3837 EMMA	DUMMER	F	RUN4ALL RUNNING CLUB	F35+	117	00:55:59	00:54:34
1256	3538 SARAH	DAVIES	F		Senior Female	107	00:56:00	00:55:35
1257	2821 CYRIL	WALTERS	M	TROTS	M60+	49	00:56:00	00:55:31
1258	3777 MARK	HOLLOWAY	M		M40+	261	00:56:01	00:54:35
1259	1757 NATHAN	HARPER	M	PARC BRYN BACH RUNNING CLUB	Senior Male	461	00:56:01	00:54:51
1260	383 JAMES	CHAMBERS	M		M40+	262	00:56:01	00:55:11
1261	2331 ALAN	KIRTON	M		M50+	118	00:56:02	00:54:35
1262	1621 MICHAEL	DREW	M		M40+	263	00:56:03	00:52:58
1263	3244 DENNIE	MAINWARING	F	PORTHCAWL RUNNERS	Senior Female	108	00:56:03	00:55:28
1264	2650 GARETH	WILLIAMS	M		Senior Male	462	00:56:04	00:54:17
1265	3271 FRANCESCA	FAIR	F		Senior Female	109	00:56:04	00:54:35
1266	4203 LEANNE	BRAKE	F		Senior Female	110	00:56:08	00:54:54
1267	1792 SIMON	WHITE	M		M40+	264	00:56:09	00:54:11
1268	3641 SCOTT	EDWARDS	M		Senior Male	463	00:56:09	00:54:49
1269	411 IAN	TYLER	M		M40+	265	00:56:10	00:55:02
1270	2126 SHAUN	AMPHLETT	M		Senior Male	464	00:56:10	00:55:08
1271	4281 CHRIS	BERRY	M	ADMIRAL	M40+	266	00:56:13	00:55:17
1272	3097 LOUISE	STEER	F		F35+	118	00:56:14	00:54:08
1273	3363 LEANNE	WINSTON	F		Senior Female	111	00:56:15	00:55:29
1274	998 KATHLEEN	BRADBURY	F	AMMAN VALLEY HARRIERS	F55+	24	00:56:16	00:54:25
1275	4192 JACK	RUDMAN	M		Senior Male	465	00:56:20	00:56:00
1276	2909 TIAGO	MIL-HOMENS	M		Senior Male	466	00:56:22	00:54:23
1277	1094 ROB	RIST	M		M40+	267	00:56:22	00:55:41
1278	2831 STEPHEN	JONES	M		M50+	119	00:56:23	00:55:05
1279	797 PHIL	MARSHALL	M		M40+	268	00:56:24	00:53:37
1280	2727 ALEXANDER	WALLACE	M		Senior Male	467	00:56:25	00:54:14
1281	4120 FRANCESCA	O'BRIEN	F		Senior Female	112	00:56:26	00:55:09
1282	3753 KATRINA	BROWN	F		Senior Female	113	00:56:27	00:55:27
1283	2838 JENNY-ANN	NEWMAN	F		Senior Female	114	00:56:29	00:55:09
1284	2520 GARETH	WILLIAMS	M	PAUL POPHAM RUNNING CLUB	Senior Male	468	00:56:30	00:55:10
1285	4087 OLIVER	TENNANT	M		Senior Male	469	00:56:31	00:56:02
1286	2026 DAVID	GEORGE	M	LES CROUPIERS	M40+	269	00:56:32	00:55:28
1287	935 SOPHIE	HOPKINS	F		Senior Female	115	00:56:33	00:54:40
1288	1693 CATHY	LISTON	F		Senior Female	116	00:56:33	00:53:11

1289	3487 LAURA	CRADDOCK	F		F35+	119	00:56:34	00:55:04
1290	631 ALISON	ROBBINS	F		F45+	55	00:56:34	00:54:54
1291	941 DAVID	BRAKE	M		M50+	120	00:56:35	00:56:24
1292	1163 ZANA	BRYAN	F	AMMAN VALLEY HARRIERS	F35+	120	00:56:36	00:55:31
1293	1848 SEAN	LANCEY	M		Senior Male	470	00:56:36	00:55:46
1294	151 IAN	HANFORD	M	ADMIRAL	Senior Male	471	00:56:36	00:54:28
1295	3703 NEIL	DALLIMORE	M		Senior Male	472	00:56:37	00:55:11
1296	4002 LAURA	LAWSON	F		F35+	121	00:56:38	00:55:30
1297	2130 CERI	CASWELL	F	PARC BRYN BACH RUNNING CLUB	F35+	122	00:56:41	00:55:31
1298	2652 ZACH	DENTON	M		Senior Male	473	00:56:44	00:54:31
1299	2359 GEMMA	ANDERSON	F		F35+	123	00:56:45	00:56:22
1300	4264 ROB	SIMS	M		M40+	270	00:56:46	00:55:36
1301	1558 STUART	CRICHTON	M		M60+	50	00:56:47	00:54:19
1302	2485 NICOLE	CRICHTON	F		Senior Female	117	00:56:49	00:55:37
1303	2420 JOANNE	MURPHY	F		Senior Female	118	00:56:49	00:55:35
1304	3432 SIMON	MORGAN	M		M50+	121	00:56:51	00:56:07
1305	2172 THOMAS	PHILLIPS	M	SWANSEA HARRIERS	Junior Male	55	00:56:52	00:55:12
1306	1196 MICHAEL	CLEMENT	M		M50+	122	00:56:53	00:55:18
1307	3339 VINCE	LOVELL	M		M50+	123	00:56:53	00:54:41
1308	247 STEPHEN	WILLMETT	M	ADMIRAL	Senior Male	474	00:56:54	00:54:41
1309	2476 DEAN	LOWER	M		Senior Male	475	00:56:55	00:56:05
1310	2297 IZELLE	COLLIER	F		Senior Female	119	00:56:56	00:55:55
1311	4039 RODNEY	LAUGHARNE	M		M40+	271	00:56:56	00:55:22
1312	997 JAMES	BRADBURY	M		M50+	124	00:56:56	00:55:03
1313	4030 ANDREA	HALPIN	F		F45+	56	00:56:56	00:56:00
1314	4382 DONALD	PROSSER	M	ST JOSEPHS SCHOOL	M50+	125	00:56:56	00:55:02
1315	1158 STEVE	HENSHALL	M		Senior Male	476	00:56:57	00:55:26
1316	3563 GARY	WALDEN	M		M40+	272	00:56:58	00:55:44
1317	3708 DIANNA	TUDOR	F	CORNELLY STRIDERS AC	F35+	124	00:56:58	00:55:35
1318	2478 LOUISE	WARREN	F		F35+	125	00:56:59	00:56:02
1319	1921 ELINOR	KING	F	PAUL POPHAM RUNNING CLUB	Senior Female	120	00:57:01	00:55:21
1320	1831 JUSTINE	ROCHE	F		F45+	57	00:57:02	00:55:28
1321	1001 CAROLE	MORGAN	F		F45+	58	00:57:03	00:56:29
1322	2175 DAVID	EDWARDS	M		M40+	273	00:57:03	00:55:36
1323	1495 COLLETTE	TAYLOR	F		F35+	126	00:57:04	00:55:07
1324	2862 JOANNE	COYNE	F		F35+	127	00:57:04	00:55:26
1325	637 MIKE	DANIELS	M		Senior Male	477	00:57:06	00:55:04
1326	2344 KEV	FITZGERALD	M		M60+	51	00:57:06	00:55:31

1327	1010 DAFYDD	MADDOCK	M		Senior Male	478	00:57:06	00:55:39
1328	3463 ALISON	TERRY	F	TROTS	F55+	25	00:57:07	00:55:23
1329	2276 BIEN	FONTARUM	M		Senior Male	479	00:57:07	00:55:33
1330	2451 CARLY	BRAIDWOOD	F		Senior Female	121	00:57:07	00:56:05
1331	720 TOM	RICHARDS	M		Junior Male	56	00:57:08	00:54:47
1332	4256 TIM	DAVIES	M		M50+	126	00:57:09	00:55:09
1333	554 MURIEL	GARDNER	F		F55+	26	00:57:10	00:55:56
1334	3887 MELANIE	DANIELS	F		F35+	128	00:57:11	00:55:46
1335	331 MICHAEL	GLOVER	M		M40+	274	00:57:11	00:54:53
1336	2855 CARYS	PARR	F	CAERPHILLY RUNNERS	F35+	129	00:57:12	00:55:23
1337	1245 KEIRAN	VONK	M		Senior Male	480	00:57:12	00:53:29
1338	1267 SIMON	THOMAS	M		M40+	275	00:57:12	00:55:23
1339	1930 KEVIN	THOMAS	M		M50+	127	00:57:13	00:54:56
1340	3142 PAUL	HOPKINS	M		M50+	128	00:57:13	00:56:43
1341	1755 FFION	DAVIES	F		Senior Female	122	00:57:13	00:56:39
1342	765 THOMAS	JONES	M		Senior Male	481	00:57:13	00:55:35
1343	3849 HUGH	THOMAS	M		M50+	129	00:57:14	00:55:03
1344	4222 JAMES	DAVIES	M		M40+	276	00:57:15	00:55:25
1345	562 KIM	ROCKLIFFE	F		F55+	27	00:57:16	00:55:54
1346	3584 QUMRUN	NAHAR	F	PEMBROKESHIRE HARRIERS	F35+	130	00:57:16	00:55:38
1347	149 SAMANTHA	GROVE	F	ADMIRAL	F45+	59	00:57:17	00:55:46
1348	2772 RACHEL	WOODS	F		Senior Female	123	00:57:18	00:55:33
1349	201 RYAN	RANDALL	M	ADMIRAL	Senior Male	482	00:57:19	00:56:40
1350	3784 RACHEL	COLE	F		F35+	131	00:57:19	00:55:57
1351	1842 TRACEY	WYNNE	F		F45+	60	00:57:20	00:55:33
1352	2945 ALEX	BRUTON	M		Senior Male	483	00:57:20	00:54:54
1353	2540 KEIRAN	HOWELLS	M		Senior Male	484	00:57:20	00:55:35
1354	3160 NATALIE	CRANE	F		F35+	132	00:57:20	00:56:42
1355	3540 RACHEL	CAREY	F		Junior Female	17	00:57:21	00:55:23
1356	4201 KATIE	MORGAN	F	RUN4ALL RUNNING CLUB	F35+	133	00:57:21	00:55:23
1357	4105 KEVIN	CHUA	M		Senior Male	485	00:57:22	00:55:48
1358	3565 ERIN	THOMAS	F		F35+	134	00:57:22	00:55:26
1359	759 JOHN	REES	M		M60+	52	00:57:23	00:56:30
1360	4073 ALED	DAVIES	M		M40+	277	00:57:23	00:55:31
1361	2801 DALE	WILLIAMS	M		Senior Male	486	00:57:24	00:55:20
1362	1256 JACK	THOMAS	M	BUCKLEY RC	M60+	53	00:57:24	00:56:38
1363	1750 MARK	HEYCOCK	M		Senior Male	487	00:57:27	00:56:01
1364	144 SIMON	GARRATT	M	ADMIRAL	M40+	278	00:57:27	00:54:07

1365	3672 KAREN	DAVIES	F		F35+	135	00:57:28	00:56:11
1366	4310 LEIGHTON	JOHNSON	M	ADMIRAL	Senior Male	488	00:57:29	00:55:57
1367	3879 MARY	JONES	F		Junior Female	18	00:57:29	00:55:24
1368	4075 MATTHEW	PETERS	M		Junior Male	57	00:57:29	00:55:13
1369	3238 CARL	JOSEPH	M		Senior Male	489	00:57:30	00:56:35
1370	117 CLAIRE	CHARLTON	F	ADMIRAL	F35+	136	00:57:31	00:55:20
1371	3337 KATRINA	DOLMAN	F		F45+	61	00:57:32	00:56:18
1372	3338 NEIL	DOLMAN	M		M40+	279	00:57:32	00:56:19
1373	109 CHRISTOPHER	BOLLOM	M	ADMIRAL	Senior Male	490	00:57:35	00:55:09
1374	3617 EMMA	SMITH	F		F45+	62	00:57:35	00:56:39
1375	1347 MICHAEL	VEASEY	M		Senior Male	491	00:57:36	00:55:54
1376	2681 GRANT	SHORTHOUSE	M		M50+	130	00:57:36	00:55:42
1377	2639 CLAIRE	AHERNE	F		F45+	63	00:57:36	00:56:16
1378	3198 HANNAH	GALE	F		Senior Female	124	00:57:37	00:57:14
1379	4311 SANDRA	JONES	F	ADMIRAL	F35+	137	00:57:37	00:56:45
1380	4314 TOM	KENNEDY	M	ADMIRAL	Senior Male	492	00:57:37	00:55:37
1381	3472 DARREN	DOUGHTY	M		M40+	280	00:57:37	00:55:45
1382	3251 JORDAN	MULLINS	M		Senior Male	493	00:57:38	00:55:49
1383	2606 DANIEL	ROBERTS	M		Senior Male	494	00:57:39	00:55:50
1384	2065 MARIO	SALINI	M		M50+	131	00:57:40	00:54:37
1385	2865 TAMMY	HUGHES	F		Senior Female	125	00:57:41	00:56:18
1386	3550 ASHLEY	DAVIES	M		Senior Male	495	00:57:41	00:56:22
1387	2632 DAISY	MITCHELL	F		Senior Female	126	00:57:41	00:55:51
1388	1260 ANDREW	DAVID	M	RUN4ALL RUNNING CLUB	Senior Male	497	00:57:42	00:55:10
1389	4319 JOSHUA	MAHER	M	ADMIRAL	Senior Male	496	00:57:42	00:57:03
1390	237 DANIEL	WHITE	M	ADMIRAL	Senior Male	498	00:57:42	00:57:20
1391	1880 CAROL	NAYLOR	F		F45+	64	00:57:43	00:55:56
1392	2483 ROB	LARKINS	M		M60+	54	00:57:43	00:55:59
1393	3102 JOHN	MEREDITH	M		Senior Male	499	00:57:43	00:55:44
1394	3023 PHILIP	WILCOX	M		M60+	55	00:57:44	00:57:10
1395	3507 SIAN	WHITTAKER	F		F35+	138	00:57:44	00:56:16
1396	262 SUZI	JONES	F		F35+	139	00:57:46	00:56:41
1397	3077 VICTORIA	THOMAS	F		Senior Female	127	00:57:47	00:55:28
1398	3450 SANDRA	REES	F	3MS GORSEINON ROAD RUNNERS	F45+	65	00:57:47	00:56:14
1399	261 AARON	JONES	M		M40+	281	00:57:48	00:56:43
1400	926 ALEX	EVANS	M		Senior Male	500	00:57:49	00:57:12
1401	1657 JOSEPH	KIDD	M		Senior Male	501	00:57:50	00:55:30
1402	3595 RHYS	LLOYD	M		Junior Male	58	00:57:51	00:56:39

1403	2467 CARYS	LYALL	F		Junior Female	19	00:57:52	00:55:58
1404	4252 GARETH	THOMAS	M		M50+	132	00:57:53	00:55:42
1405	3756 JORDAN	CAZIER	F		Senior Female	128	00:57:55	00:55:59
1406	2364 WAYNE	MILES	M		M50+	133	00:57:56	00:57:03
1407	1793 SHARON	KIRBY	F		F45+	66	00:57:57	00:56:30
1408	2583 JILL	MATTHEWS	F	PARC BRYN BACH RUNNING CLUB	F55+	28	00:57:58	00:56:15
1409	2999 DANIEL	MASON	M		Senior Male	502	00:57:58	00:57:01
1410	1366 AMIE	FLAY	F		Senior Female	129	00:57:58	00:55:41
1411	2852 DEAN	JENNINGS	M		Senior Male	503	00:57:59	00:54:58
1412	2378 KIRSTY	SHELLARD	F	DRAGONS RUNNING CLUB	Senior Female	130	00:58:00	00:57:08
1413	3675 GRAHAM	WALKER	M		M40+	282	00:58:00	00:57:23
1414	976 BETHANY	LLOYD	F		Senior Female	132	00:58:01	00:55:34
1415	3826 LAUREN	BRIGGS	F	PENCOED PANTHERS	Senior Female	131	00:58:01	00:56:50
1416	2450 STEWART	DAVIES	M		Senior Male	504	00:58:02	00:55:46
1417	1706 NICK	LORD	M		M40+	283	00:58:02	00:56:07
1418	514 CATHERINE	GWYNN	F		Senior Female	133	00:58:04	00:55:40
1419	119 ANDREW	COGHLIN	M	ADMIRAL	Senior Male	505	00:58:05	00:57:03
1420	1524 RYAN	DAVIES	M		Junior Male	59	00:58:06	00:55:56
1421	4226 RAYMOND	JAMES	M		M50+	134	00:58:06	00:56:18
1422	803 ANDREW	CROSS	M		M50+	135	00:58:08	00:56:47
1423	3063 SAMUEL	ROWLANDS	M		Senior Male	506	00:58:08	00:56:43
1424	3228 DARREN	RENWICK	M		M40+	284	00:58:09	00:54:34
1425	2280 KELLY	CARMODY	F		F35+	140	00:58:09	00:56:00
1426	2705 SOPHIE	BRUNT	F		Senior Female	134	00:58:10	00:57:23
1427	3229 CLAYTON	TOLLAND	M		M50+	136	00:58:11	00:54:36
1428	217 JAMES	SHANNON	M	ADMIRAL	M40+	285	00:58:12	00:54:52
1429	1095 JAYNE	RIST	F		F45+	67	00:58:13	00:56:53
1430	817 ANDREW	SILK	M		Senior Male	507	00:58:13	00:56:04
1431	3634 MARK	EDWARDS	M		M50+	137	00:58:13	00:55:38
1432	3954 DAVID	BIRD	M		M50+	138	00:58:13	00:55:38
1433	443 ALED	JONES	M		Senior Male	508	00:58:14	00:56:18
1434	2815 SARAH	BARRELL	F		F35+	141	00:58:14	00:57:11
1435	2723 ROGER	MORRELL	M		M50+	139	00:58:14	00:56:52
1436	312 NIKKI	HANCOX	F		F45+	68	00:58:14	00:57:20
1437	342 CHRISTOPHER	HARRIS	M		Senior Male	509	00:58:15	00:56:19
1438	2962 JULIE-ANN	VIDLER	F		Senior Female	135	00:58:16	00:56:34
1439	1374 LAURA	MASON	F		F35+	142	00:58:16	00:56:31
1440	2884 MARK	WELSFORD	M		M50+	140	00:58:16	00:56:29

1441	1983 DAMIAN	HOLT	M		M40+	286	00:58:17	00:57:32
1442	43 Amy	Rowland	F		Senior Female	136	00:58:17	00:56:21
1443	2167 SIMON	DAVIES	M		M50+	141	00:58:17	00:56:05
1444	2908 SARAH	POWELL	F		Senior Female	137	00:58:18	00:56:49
1445	4190 CERI	WILSON	F		F45+	69	00:58:18	00:54:49
1446	3828 ANDREW	SMITH	M		Senior Male	510	00:58:19	00:54:20
1447	500 YASMIN	ORAM	F		Junior Female	20	00:58:20	00:57:29
1448	2472 KELLY	CHRISTOPHER	F		F35+	143	00:58:20	00:57:29
1449	4188 LLOYD	WILLIAMS	M		M40+	287	00:58:21	00:56:16
1450	3268 BARBARA	TATE	F	PONTARDAWE RUNNING CLUB	F55+	29	00:58:21	00:56:05
1451	3094 NICOLA	DAVIES	F	PAUL POPHAM RUNNING CLUB	F45+	70	00:58:22	00:56:25
1452	3618 STEVE	ROBSON	M		M60+	56	00:58:22	00:56:33
1453	2660 RICHARD	ATCHERLEY	M		M40+	288	00:58:23	00:55:26
1454	1316 SARAH	IRVING	F	PAUL POPHAM RUNNING CLUB	Senior Female	138	00:58:23	00:57:24
1455	3085 JOANNA	RODERICK	F		F35+	144	00:58:24	00:56:19
1456	4312 JOSHUA	JONES	M	ADMIRAL	Senior Male	511	00:58:24	00:56:23
1457	2735 GARETH	COLLINS	M		M40+	289	00:58:24	00:56:33
1458	3086 EIRLYS	PUGH	F		Senior Female	139	00:58:24	00:56:19
1459	4371 GARETH	LEWIS	M	GRAND HOTEL	Senior Male	512	00:58:25	00:57:13
1460	3999 GARY	DAVIES	M		M50+	142	00:58:25	00:56:30
1461	1045 ANNA	GRIFFITHS	F		F35+	145	00:58:26	00:56:42
1462	908 STEPHEN	JAMES	M		Senior Male	513	00:58:26	00:57:13
1463	3071 EMILY	MEDWAY	F		F35+	146	00:58:26	00:55:50
1464	2724 JOSHUA	LITTLEJOHN	M		Senior Male	514	00:58:27	00:56:09
1465	3189 CAROL	EVANS	F		F45+	71	00:58:27	00:55:53
1466	3188 DARREN	JAMES	F		F45+	72	00:58:28	00:57:57
1467	1827 REBECCA	ANDREWS-WALKER	F		Senior Female	140	00:58:30	00:57:15
1468	3839 KATIE LIL	BALL	F		Senior Female	141	00:58:30	00:56:43
1469	2114 PAUL	BARNFIELD	M		Senior Male	515	00:58:32	00:55:53
1470	4038 SUSAN	ROGERS	F		F45+	73	00:58:32	00:56:34
1471	969 ELEANOR	JOHNS	F		Senior Female	143	00:58:33	00:57:43
1472	974 NICOLA	RICHARDS	F		Senior Female	142	00:58:33	00:57:43
1473	1209 GLEN	LLOYD	M		M40+	290	00:58:34	00:57:21
1474	1731 SIAN	OWEN	F	EMLYN RUNNERS	F45+	74	00:58:34	00:57:22
1475	3119 MARTIN	CARTER-THOMAS	M		Senior Male	516	00:58:36	00:56:26
1476	268 LINTAO	ZHANG	M		Senior Male	517	00:58:38	00:55:31
1477	2536 KAREN	NEWBURY	F		F45+	75	00:58:39	00:57:48
1478	3416 GRAHAME	VINER	M	CAERLEON RC	M50+	143	00:58:40	00:57:17

1479	3417 RACHEL	WEST	F		Senior Female	144	00:58:40	00:57:18
1480	1707 PAUL	TURNER	M	FOREST OF DEAN AC	M50+	144	00:58:40	00:56:44
1481	1862 SAMANTHA	STEDMAN-JONES	F	BUNGAY BLACK DOG RC	F45+	76	00:58:40	00:56:25
1482	1532 RHODRI	COSTELLO	M		Senior Male	518	00:58:41	00:56:56
1483	3803 ROSE	LOWSON	F		F45+	77	00:58:41	00:56:06
1484	4198 MARK	DOUGLAS	M	PONTYPRIDD ROADENTS AC	Senior Male	519	00:58:41	00:57:23
1485	3454 JASON	GRIFFITHS	F		F45+	78	00:58:42	00:57:02
1486	4010 DAVID	HENRY	M		M50+	145	00:58:42	00:57:34
1487	468 JOANNE	JULIFF	F	PORT TALBOT HARRIERS	F35+	147	00:58:42	00:57:40
1488	2444 BETH	KNIGHT	F		Senior Female	145	00:58:42	00:57:17
1489	4383 MARK	KING	M		M50+	146	00:58:43	00:57:16
1490	4148 DEAN	LLEWELLYN	M		M40+	291	00:58:43	00:56:40
1491	4229 CURTIS	WILLISTON	M		Senior Male	520	00:58:43	00:56:45
1492	4187 RICHARD	MICHAEL	M		M40+	292	00:58:44	00:56:43
1493	1079 ANNE	LEWIS	F	PONTARDAWE RUNNING CLUB	F45+	79	00:58:44	00:57:17
1494	4228 CHRISTIAN	FAULKNER	M		Senior Male	521	00:58:44	00:56:46
1495	4253 SARAH	THOMAS	F		Senior Female	146	00:58:45	00:58:21
1496	334 SARAH	TUCKER	F		F45+	80	00:58:45	00:56:17
1497	1549 CARL	EVANS	M		M40+	293	00:58:45	00:56:17
1498	1392 CERI	JONES	M		M40+	294	00:58:46	00:58:02
1499	3812 ISABELLE	LOWSON	F		Junior Female	21	00:58:46	00:56:11
1500	1340 CHRIS	FINCHER	M		Senior Male	522	00:58:46	00:58:02
1501	4227 JOSHUA	TUMBRIDGE	M		Senior Male	523	00:58:46	00:56:46
1502	1542 IVAN	LAZIC	M		Senior Male	524	00:58:47	00:57:41
1503	4288 GETHIN	DOWN	M	ADMIRAL	Senior Male	525	00:58:49	00:55:47
1504	1467 MATTHEW	ROGERS	M		Junior Male	60	00:58:49	00:53:54
1505	4258 PHIL	JAMES	M		M40+	295	00:58:50	00:56:55
1506	895 SIAN	HUGHES	F		F35+	148	00:58:51	00:57:01
1507	4078 CHRIS	MONK	M		Senior Male	526	00:58:51	00:56:31
1508	934 BRONWEN	WILLIAMS	F		F35+	149	00:58:51	00:57:32
1509	1943 MICHELLE	WILLIAMS	F		F35+	150	00:58:52	00:57:56
1510	2907 RHYS	MORGAN	M		Senior Male	527	00:58:53	00:57:23
1511	1563 LEIGH	BESLEY	M		Senior Male	528	00:58:54	00:58:39
1512	439 SIMON	LEWIS	M		M40+	296	00:58:55	00:57:46
1513	2883 MATT	EVANS	M		Senior Male	529	00:58:57	00:57:10
1514	2824 ARON	JONES	M	3MS GORSEINON ROAD RUNNERS	Senior Male	530	00:58:59	00:58:10
1515	2070 CHRIS	TERBLANCHE	M		M50+	147	00:58:59	00:57:42
1516	2823 EIRI	EVANS	F	3MS GORSEINON ROAD RUNNERS	F35+	151	00:58:59	00:58:10

1517	175 EMILY	LEWIS	F	ADMIRAL	Senior Female	147	00:59:00	00:57:16
1518	4043 CLAIRE	MORRIS	F		F35+	152	00:59:02	00:56:49
1519	2460 ROB	GIBSON	M		Senior Male	531	00:59:02	00:56:38
1520	2990 HAZEL	LOCKHART-JONES	F		Senior Female	148	00:59:02	00:57:18
1521	3315 ALAN	BOTTRELL	M		M60+	57	00:59:02	00:56:43
1522	1304 ELINOR	PHILLIPS	F	LLISWERRY RUNNERS	Senior Female	149	00:59:03	00:55:37
1523	2978 RHONA	LAYLAND	F		Senior Female	150	00:59:03	00:57:30
1524	1427 ANDREW	WATERS	M		M40+	297	00:59:04	00:57:38
1525	3453 DEMI	GRIFFITHS	F		Senior Female	151	00:59:04	00:57:24
1526	1951 RHIAN	BERESFORD	F	PAUL POPHAM RUNNING CLUB	F45+	81	00:59:05	00:57:44
1527	475 MARI	STEVENS	F		F35+	153	00:59:06	00:57:54
1528	4066 HELEDD	DAVIES	F		F45+	82	00:59:06	00:56:13
1529	2094 MARK	CORCORAN	M		Senior Male	532	00:59:06	00:55:12
1530	186 SAMANTHA	MOHAJER	F	ADMIRAL	Senior Female	152	00:59:09	00:55:27
1531	3107 LISA	KYTE	F	RHONDDA VALLEY RUNNERS	F45+	83	00:59:09	00:57:21
1532	4251 JOE	TOWNS	M		Senior Male	533	00:59:09	00:57:59
1533	3594 GREG	LLOYD	M		M40+	298	00:59:10	00:56:38
1534	229 JOSH	THOMPSON	M	ADMIRAL	Senior Male	534	00:59:12	00:55:57
1535	1102 WAYNE	NEAL	M		M40+	299	00:59:12	00:57:06
1536	277 JAMES	CARTER	M		M50+	148	00:59:12	00:55:45
1537	89 BEN	GILLIOT	M	ACTIVE SWANSEA	Senior Male	535	00:59:13	00:57:42
1538	93 BENJAMIN	JENKINS	M	ACTIVE SWANSEA	Senior Male	536	00:59:13	00:57:42
1539	2373 AMY	HORRIGAN	F		Senior Female	153	00:59:14	00:57:08
1540	1890 OLIVER	SHINGLER	M		Senior Male	537	00:59:15	00:56:50
1541	3731 EMMA	WEAVER	F		F35+	155	00:59:15	00:56:23
1542	4076 GINA	SOUTHAM	F	3MS GORSEINON ROAD RUNNERS	F35+	154	00:59:15	00:57:43
1543	2576 MATTHEW	EVANS	M		Senior Male	538	00:59:18	00:56:10
1544	640 ALED	THOMAS	M		Senior Male	539	00:59:18	00:57:10
1545	2366 CLAIRE	PETERS	F		F45+	84	00:59:19	00:57:03
1546	4335 HELEN	WILLIAMS	F	ADMIRAL	F35+	156	00:59:19	00:58:18
1547	499 JUDITH	JEEVES	F		F55+	30	00:59:21	00:57:21
1548	3029 LUCY	SKELLY	F		Senior Female	154	00:59:21	00:57:54
1549	3249 GERAINT	HYWEL	M		M40+	300	00:59:21	00:55:46
1550	4069 JONATHAN	EVANS	M		Senior Male	540	00:59:22	00:58:20
1551	498 CLARE	SIM	F	PORT TALBOT HARRIERS	Senior Female	155	00:59:22	00:58:20
1552	154 SHANE	HOOK	M	ADMIRAL	Senior Male	541	00:59:22	00:57:51
1553	1154 CRAIG	PLENDY	M		Senior Male	542	00:59:24	00:57:12
1554	1155 EMMA	PLENDY	F		Senior Female	156	00:59:24	00:57:12

1555	1648 CHRIS	TEW	M		M50+	149	00:59:25	00:57:36
1556	3014 EMMA	WALFORD	F		F35+	157	00:59:26	00:58:05
1557	2692 AMY	JOHN	F		Senior Female	157	00:59:26	00:58:24
1558	2754 LIZ	O'DONNELL	F		F45+	85	00:59:27	00:57:52
1559	4221 REBECCA	CLARKSON	F		Senior Female	158	00:59:27	00:57:03
1560	2286 SHARLA	FLEET	F	FOREST OF DEAN AC	F35+	158	00:59:28	00:57:55
1561	3573 GARETH	REES	M		M40+	301	00:59:30	00:56:23
1562	1897 EMMA	BROPHY	F		F35+	159	00:59:30	00:58:25
1563	1282 CATHY	SIVAK	F		F45+	86	00:59:30	00:56:11
1564	1283 DAN	SIVAK	M		M40+	302	00:59:30	00:56:11
1565	3027 LIANNE	PARKINSON	F		F45+	87	00:59:30	00:57:55
1566	4011 DARCIÉ	RAVENHILL	F		Junior Female	22	00:59:31	00:57:37
1567	3509 HELEN	ELWARD	F		F45+	88	00:59:31	00:58:16
1568	2657 KATE	DONEGAN	F		Senior Female	159	00:59:32	00:59:07
1569	816 NICOLA	GARNON	F		F35+	160	00:59:32	00:57:26
1570	581 ANDREW	FORRESTER	M		M50+	150	00:59:33	00:57:13
1571	2603 PHILLIP	HEELEY	M		M50+	151	00:59:33	00:58:19
1572	1138 YASMIN	MORRIS	F		Senior Female	160	00:59:33	00:57:50
1573	1777 GARETH	COOPER	M		Senior Male	543	00:59:34	00:57:32
1574	4029 SIÔN	ROCKLEY	M		Junior Male	61	00:59:35	00:57:47
1575	463 LUCY	ROCHE	F		Junior Female	23	00:59:36	00:58:45
1576	1013 IAN	JAMES	M	FOREST OF DEAN AC	M60+	58	00:59:36	00:57:41
1577	3265 JANE	BEER	F		F55+	31	00:59:37	00:57:59
1578	4186 TONY	BARRY	M		Senior Male	544	00:59:37	00:57:35
1579	2348 HANNAH	PARRY	F		Senior Female	161	00:59:38	00:58:46
1580	3225 ANTHONY	WILSON	M		M50+	152	00:59:40	00:58:01
1581	3819 TRUDI	MORGAN	F		F45+	89	00:59:43	00:57:18
1582	625 MARK	LUCAS	M		M50+	153	00:59:44	00:56:58
1583	2977 JULIA	HARRISON	F		F35+	161	00:59:44	00:58:13
1584	346 LAUREN	WILLIAMS	F		F35+	162	00:59:44	00:57:41
1585	996 GARETH WYN	JONES	M		Senior Male	545	00:59:45	00:58:13
1586	3995 ELIZABETH	WEATHERUP	F		F55+	32	00:59:46	00:57:52
1587	4291 MARTIN	EVANS	M	ADMIRAL	M40+	303	00:59:46	00:57:34
1588	1570 MATTHEW	EDWARDS	M		Senior Male	546	00:59:47	00:57:59
1589	2072 PETER	PERDUE	M		M50+	154	00:59:47	00:57:11
1590	2775 LAURA	ROSE	F		Senior Female	162	00:59:47	00:57:49
1591	1528 WENDY	JOHNSON	F		F35+	163	00:59:47	00:59:01
1592	2717 MARTIN	BOWEN JONES	M		M50+	155	00:59:48	00:57:53

1593	737 DEBRA	LEWIS	F		F45+	90	00:59:48	00:59:02
1594	2505 MARIE	CASEY	F	RUN4ALL RUNNING CLUB	F35+	164	00:59:48	00:59:03
1595	2007 MATTHEW	FRASER	M		Senior Male	547	00:59:48	00:58:01
1596	423 DEAN	PRICE	M		M40+	304	00:59:48	00:59:04
1597	2776 MIKE	ROSE	M		M50+	156	00:59:48	00:57:48
1598	2410 SIAN	WATKINS	F		Senior Female	163	00:59:48	00:58:50
1599	2356 COLIN	BARRETT	M		Senior Male	548	00:59:48	00:57:40
1600	1429 BEN	WILKINS	F		F35+	165	00:59:49	00:57:14
1601	2037 HILARY	MAGGS	F		F35+	166	00:59:50	00:58:46
1602	2628 LINDZI	GWILT	F		Senior Female	164	00:59:50	00:58:42
1603	805 VICKY	NORTON	F		F45+	91	00:59:50	00:57:46
1604	3701 NAOMI	GUEST	F		Senior Female	165	00:59:51	00:57:17
1605	2613 STEVE	CROWTHER	M		M50+	157	00:59:53	00:57:17
1606	2947 ROBERT	WOOLLACOTT	M		M40+	305	00:59:53	00:59:17
1607	729 KARL	HEVIZI	M		M50+	158	00:59:53	00:58:08
1608	465 STEVE	RICHARDSON	M		M60+	59	00:59:54	00:57:39
1609	2350 HEATHER	REES	F		Senior Female	166	00:59:55	00:58:32
1610	569 GREGORY	HENDRICKS	M		Senior Male	549	00:59:55	00:56:51
1611	2424 GARETH	JONES	M		M50+	159	00:59:56	00:58:27
1612	2174 CHRISTOPHER	REES	M		M40+	306	00:59:56	00:57:02
1613	1863 KEITH	JORDAN	M		M60+	60	00:59:57	00:57:38
1614	1851 JAMES	RIDGEWAY	M		Senior Male	550	00:59:57	00:59:03
1615	1644 RHYS	WILLIAMS	M		Senior Male	551	00:59:58	00:57:32
1616	3734 DANIEL	LUGG	M		M40+	307	00:59:58	00:57:39
1617	3975 DENNIS	CATTELL	M		M50+	160	00:59:58	00:57:22
1618	1672 ALI	ARZAGHILASHGARI	M		M50+	161	00:59:59	00:57:33
1619	947 EMMANOUIL	RODITAKIS	M		M40+	308	00:59:59	00:57:36
1620	1734 MICHAEL	ASTON	M	LEAMINGTON CYCLING & ATHLETIC	M60+	61	00:59:59	00:59:25
1621	1024 ROSS	BAMSEY	M	PORT TALBOT HARRIERS	Senior Male	552	01:00:00	00:57:42
1622	2466 P	LEE	M		M40+	309	01:00:00	00:57:46
1623	2615 SIMON	HEATMAS	M		M50+	162	01:00:00	00:58:21
1624	3972 ALISON	HOPKINS	F		Senior Female	167	01:00:02	00:58:48
1625	3956 SAMANTHA	JAMES	F		Senior Female	168	01:00:02	00:58:49
1626	1604 DEWI	EVANS	M		Senior Male	553	01:00:03	00:57:02
1627	3300 LAURA	STEPHENS	F		Senior Female	169	01:00:03	00:57:35
1628	212 STEFANIE	ROBIN	F	ADMIRAL	Senior Female	170	01:00:04	00:58:26
1629	724 SUSAN	BOYLE	F		F45+	92	01:00:04	00:58:19
1630	2582 THOMAS	ROGERS	M		Senior Male	554	01:00:04	00:55:08

1631	686 ELIZABETH	GRIFFITHS	F		F35+	168	01:00:04	00:57:48
1632	4177 LEIGH	KING	F		F35+	167	01:00:04	00:57:48
1633	2711 STACY	CAPNER	F		Senior Female	171	01:00:05	00:57:54
1634	743 MARGARET	CLEVERLY	F		F55+	33	01:00:05	00:57:48
1635	872 WAYNE	BEST	M		Senior Male	555	01:00:05	00:58:28
1636	2301 ELIZABETH	NEW	F		Senior Female	172	01:00:05	00:58:28
1637	1759 KEIRAN	ABRAHAM	M		Senior Male	556	01:00:06	00:58:45
1638	3653 MAS	MINOU	F		F35+	169	01:00:06	00:59:24
1639	4041 MEGAN	PAYNE	F		Senior Female	173	01:00:07	00:57:21
1640	3588 DIANE	RIDGEWAY	F		F45+	93	01:00:08	00:58:40
1641	240 DAVID	WILLIAMS	M	ADMIRAL	M40+	310	01:00:09	00:57:23
1642	3647 LEANNE	BURRIDGE	F		F35+	170	01:00:09	00:58:15
1643	3646 CARL	BURRIDGE	M		M40+	311	01:00:09	00:58:13
1644	3150 STACEY	LEWIS	F		F35+	171	01:00:12	00:57:28
1645	2433 MELISSA	DIXON	F		F35+	172	01:00:12	00:58:04
1646	2039 JEREMY	ASHDOWN	M		M40+	312	01:00:13	00:59:33
1647	936 DANIEL	JOHN	M		Senior Male	557	01:00:16	00:58:23
1648	3709 EMMA	JONES	F	PAUL POPHAM RUNNING CLUB	Senior Female	174	01:00:17	00:58:55
1649	2117 GARETH	STILWELL	M		Senior Male	558	01:00:17	00:58:55
1650	1967 WAYNE	DAVIES	M		Senior Male	559	01:00:18	00:57:10
1651	3245 ADRIAN	DAVIES	M		M50+	163	01:00:20	00:58:57
1652	3807 JAC	MORGAN	M		Junior Male	62	01:00:20	00:59:38
1653	1297 GEMMA	JONES	F	PONTARDAWE RUNNING CLUB	Senior Female	175	01:00:22	00:58:06
1654	3607 CHARLIE	COLLIER	M		Senior Male	560	01:00:23	00:57:25
1655	4104 KATE	BARONA	F		Senior Female	176	01:00:23	00:58:49
1656	1661 JOY	CREASER-THOMAS	F		Senior Female	177	01:00:23	00:59:15
1657	3449 GEMMA	PHILLIPS	F		Senior Female	178	01:00:24	00:58:34
1658	2282 KELSIE	ORMOND	F		Senior Female	179	01:00:25	00:58:15
1659	3313 REBECCA	ROBERTS	F		F35+	173	01:00:26	00:56:34
1660	2369 DAVID	GIBBY	M		M60+	62	01:00:27	00:59:14
1661	2412 CHRIS	KEHOE	M		Senior Male	561	01:00:28	00:58:10
1662	3755 WAYNE	EVANS	M		M40+	313	01:00:28	00:58:39
1663	794 PHILIP	ARUNDEL	M		M50+	164	01:00:28	00:58:14
1664	1043 ADELE	HARRIS	F		Senior Female	180	01:00:29	00:59:31
1665	518 CHARLIE	EARLE	F		Senior Female	181	01:00:29	00:58:53
1666	114 JONATHAN	BURKE TERSON	M	ADMIRAL	Senior Male	562	01:00:30	00:58:04
1667	3024 WYN	WILLIAMS	M		M50+	165	01:00:30	00:56:37
1668	1225 CHARLES	LAVENDER	M		M40+	314	01:00:30	00:57:34

1669	2198 CAROLYN	WAITES	F	RUN4ALL RUNNING CLUB	F45+	94	01:00:30	00:57:18
1670	2244 SAMANTHA	GREENFIELD	F		Senior Female	182	01:00:31	00:57:37
1671	1858 ANWEN	REYNOLDS	F	EMLYN RUNNERS	F45+	95	01:00:31	00:58:55
1672	2401 LIZ	BROWN	F		F35+	174	01:00:31	00:58:20
1673	999 JAFAR	GHALAMKARY	M		M50+	166	01:00:33	01:00:22
1674	51 Spare	Chip	M	NULL	Senior Male	563	01:00:33	00:59:30
1675	3613 PHILIPPA	DIX	F		F45+	96	01:00:34	00:59:04
1676	3743 ATLANTA	REPETTI	F		Senior Female	183	01:00:34	00:58:40
1677	3181 KIM	DANTER-HILL	F		Senior Female	184	01:00:35	00:58:21
1678	3582 CATHERINE	LLEWELLYN	F	MERTHYR RUNNING CLUB	F45+	97	01:00:35	01:00:01
1679	492 LYDIA	SMITH	F		F45+	98	01:00:35	00:58:42
1680	3719 OWAIN	HARCOMBE	M		Senior Male	564	01:00:37	01:00:01
1681	3904 NAFISEH	BADIEI	F		F45+	99	01:00:37	00:59:56
1682	3473 SARAH	HALPIN	F		F35+	175	01:00:37	00:58:45
1683	4033 RICHARD	BOND	M		Senior Male	565	01:00:37	00:58:54
1684	4183 TARA	ROCHE	F		F35+	176	01:00:38	00:59:30
1685	1713 PHIL	JONES	M		M50+	167	01:00:38	00:58:10
1686	1197 NATASHA	JONES	F		Senior Female	185	01:00:38	00:58:05
1687	3910 ANDREW	LUSTIG	M		M40+	315	01:00:39	00:58:27
1688	68 Melanie	David	M		Senior Male	566	01:00:40	00:59:28
1689	2416 JORDAN	LEWIS	M		Senior Male	567	01:00:41	00:58:28
1690	4036 RUTH	WILLIAMS	F		F45+	100	01:00:42	00:59:36
1691	1226 ALICE	MCPHEE	F		Senior Female	186	01:00:43	00:58:54
1692	2201 SUE	DONOVAN	F		F55+	34	01:00:43	00:59:05
1693	3619 LEANNE	MORRIS	F		F35+	177	01:00:43	00:58:38
1694	3108 RUSSELL	HALL	M	RHONDDA VALLEY RUNNERS	M50+	168	01:00:44	00:58:56
1695	1917 CHARLOTTE	COLLINS	F		Senior Female	187	01:00:45	00:59:00
1696	3109 DAWNE	MEYNELL-WESTERN	F	RHONDDA VALLEY RUNNERS	F35+	178	01:00:45	00:58:56
1697	1021 KELLY	WARD	F		F35+	179	01:00:45	00:57:51
1698	2281 RHIAN	DAVIES	F		F35+	180	01:00:45	00:58:35
1699	3144 LIAM	STOCKDEN	M		Junior Male	63	01:00:45	00:58:56
1700	2302 EMILY	NEW	F		Junior Female	24	01:00:45	00:59:09
1701	3621 RACHEL	GIST	F		F35+	181	01:00:46	00:57:55
1702	3221 NIGAL LEIGHTON	JONES	M	LLANELLI STROLLERS	M60+	63	01:00:47	00:59:17
1703	1873 CHLOE	DUGGAN	F		Senior Female	188	01:00:47	00:58:17
1704	4065 ANGELA	SHARP	F		F45+	101	01:00:47	00:58:03
1705	453 SIAN	LEWIS	F		F35+	182	01:00:48	00:58:48
1706	3480 RHODRI	REES	M		Junior Male	64	01:00:48	00:56:50

1707	1737 ANDREW	WILLIAMS	M		Senior Male	568	01:00:48	00:57:06
1708	2677 JAMES	NORRIS	M		Senior Male	569	01:00:48	00:56:29
1709	1401 ALISTAIR	KIRK	M		Senior Male	570	01:00:49	00:58:04
1710	3983 KERRY	OWEN	F		Senior Female	189	01:00:50	00:58:39
1711	1974 HUW	COONEY	M		Senior Male	571	01:00:52	00:59:43
1712	4208 KAI	WOODLAND	M		Senior Male	572	01:00:52	00:58:23
1713	2586 COURTNEY	POWER	F		Junior Female	25	01:00:53	00:59:57
1714	2718 CATHERINE	HARPER	F		F55+	35	01:00:54	00:59:11
1715	2797 SHARON	HOBBS	F		F35+	183	01:00:55	00:59:01
1716	2796 MARK	HOBBS	M		M40+	316	01:00:55	00:59:01
1717	2390 CHRISTINA	DEIAS	F		Senior Female	190	01:00:56	00:56:49
1718	1373 RICHARD	HARRIS	M		Senior Male	573	01:00:56	00:59:15
1719	1861 MALCOLM	STEDMAN-JONES	M	BUNGAY BLACK DOG RC	M50+	169	01:00:56	00:58:43
1720	2731 JANE	GRIFFITHS	F		F35+	184	01:00:57	00:59:12
1721	2730 RHIAN	DAVIES	F		F35+	185	01:00:57	00:59:12
1722	3066 ALEX	THOMAS	F	PARC BRYN BACH RUNNING CLUB	Senior Female	191	01:00:57	00:58:50
1723	3741 PETER	BOLT	M		M50+	170	01:00:58	00:59:37
1724	1901 SUZANNE	BENTLEY	F		F35+	186	01:00:58	00:59:15
1725	4115 JODY	LI	F		Senior Female	192	01:00:58	00:59:42
1726	1416 JON	MARTIN	M	LES CROUPIERS	M40+	317	01:00:58	00:59:49
1727	3302 LLINOS	DAVIES	F		Senior Female	193	01:00:58	00:59:56
1728	3657 DARIUS	BURROWS	M		Senior Male	574	01:00:59	00:56:42
1729	2986 LINDA	EDWARDS	F		F45+	102	01:01:01	00:59:16
1730	2215 ANDREW	CALDWELL	M		M40+	318	01:01:02	00:57:30
1731	3968 PETER	HIRE	M		Senior Male	575	01:01:03	00:57:11
1732	603 JOY	THOMAS	F		F45+	103	01:01:04	00:59:47
1733	3628 FFION	EVANS	F		Senior Female	194	01:01:05	00:59:28
1734	4050 RYAN	HAYCOCK	M		Senior Male	576	01:01:05	00:59:00
1735	3639 RICK	NUGENT	M		M50+	171	01:01:06	00:59:51
1736	2998 DAVID	POLLARD	M		Senior Male	577	01:01:07	01:00:11
1737	3280 CHRISTOPHER	JENKINS	M		Senior Male	578	01:01:09	00:58:19
1738	1430 TRUDY	BRYANT	F		F35+	187	01:01:09	00:59:50
1739	2048 CHARLOTTE	WARD	F		Senior Female	195	01:01:09	00:57:28
1740	4372 SARAH	FLOWER	F	215 ATC	Senior Female	196	01:01:10	00:59:05
1741	1764 WENDY	MORGAN	F		F45+	104	01:01:10	00:59:53
1742	260 AMY	DUNNINGHAM	F		Senior Female	197	01:01:12	00:58:12
1743	1284 GARETH	STEPHENS	M		Senior Male	579	01:01:12	00:57:54
1744	3831 GERAINT	WILCOX	M		Senior Male	580	01:01:14	00:58:47

1745	34 Katy	Morgan	F		F45+	105	01:01:14	00:59:20
1746	3410 KIRSTY	FARMER	F		Senior Female	198	01:01:16	00:59:08
1747	591 LEIGH	FORRESTER	M		M50+	172	01:01:17	00:58:58
1748	1957 ANTHONY	JONES	M		M40+	319	01:01:17	00:59:45
1749	1063 DOMINIC	BOOTHROYD	M		M50+	173	01:01:17	00:59:02
1750	3723 JORDAN	QUINN	M		Senior Male	581	01:01:17	00:58:47
1751	678 ALAN	WALLHEAD	M		M40+	320	01:01:18	00:58:14
1752	2948 NATALIE	ADAMS	F		F35+	188	01:01:18	00:59:13
1753	1599 GINA	GLAVE	F		F45+	106	01:01:18	00:58:35
1754	819 BEN	RISEBOROUGH	M		Senior Male	582	01:01:18	00:58:19
1755	1839 ANNIE	GOH	F		Senior Female	199	01:01:19	00:58:25
1756	2818 ANNA	SZEWCZYK	F		Senior Female	200	01:01:19	00:59:45
1757	3269 ROGER	STEIN	M		M60+	64	01:01:19	01:00:43
1758	3802 JACQUELINE	KING	F		F45+	107	01:01:20	00:59:30
1759	4257 REA	PUGH DAVIES	F	PORT TALBOT HARRIERS	Senior Female	201	01:01:21	00:58:29
1760	2648 JEFFREY R G	JONES	M		M50+	174	01:01:22	00:59:53
1761	4185 KATHRYN	EVANS	F		F55+	36	01:01:23	01:00:10
1762	1084 INDIA	GREENSLADE	F		Junior Female	26	01:01:23	00:59:02
1763	3626 JENNY	MANUEL	F		F35+	189	01:01:23	00:59:43
1764	1085 SAMUEL	PRYTHERCH	M		Junior Male	65	01:01:24	00:59:02
1765	2856 HANNAH	BIBBY	F		Senior Female	202	01:01:24	00:59:48
1766	263 PAUL	SCANLON	M		M40+	321	01:01:26	01:00:53
1767	2874 KEVIN	EYNON	M		M50+	175	01:01:26	00:58:53
1768	400 FRANK NEIL	GRIFFITHS	M		M60+	65	01:01:27	00:58:47
1769	2592 ANDREW	WALMSLEY	M		M40+	322	01:01:27	00:59:37
1770	2465 ANDREW	TROTMAN	M		M40+	323	01:01:28	00:59:14
1771	655 SARA	GLOVER THOMAS	F		Senior Female	203	01:01:29	00:59:40
1772	2254 STEPHEN	BLACK	M		Senior Male	583	01:01:31	00:59:26
1773	979 DYLAN	JOHN	M		Junior Male	66	01:01:31	00:59:05
1774	4249 LOREDANA	CATARAMA	F		Senior Female	204	01:01:33	00:59:41
1775	385 DEWI	THOMAS	M		M60+	66	01:01:33	00:59:05
1776	3578 JACK	MOUNTFIELD	M		Senior Male	584	01:01:34	00:59:34
1777	4334 RACHEL	WILCOX	F	ADMIRAL	Senior Female	205	01:01:34	01:00:08
1778	159 ELIZABETH	JAMES-MAHONEY	F	ADMIRAL	F35+	190	01:01:36	01:00:31
1779	2858 LOUISE	BIBBY	F		F45+	108	01:01:38	01:00:02
1780	3776 MOLLY	WILLIAMS	F		Junior Female	27	01:01:38	00:58:59
1781	3201 KELLY	MACKENNALL	F		F35+	191	01:01:39	00:59:24
1782	1027 TOM	LEWIS	M		Senior Male	585	01:01:39	00:58:46

1783	1992 DANIEL	WILLIAMS	M		Senior Male	586	01:01:40	00:59:31
1784	168 MATTHEW	JONES	M	ADMIRAL	Senior Male	587	01:01:44	00:58:30
1785	3581 ELLIE	GOSS	F		Junior Female	28	01:01:45	00:59:21
1786	3264 JON	MERREY	M		M40+	324	01:01:45	00:58:58
1787	402 ALED	PHILLIPS	M		Senior Male	588	01:01:46	00:58:42
1788	2440 AMANDA	MOORE	F	BRACKLA HARRIERS	F35+	192	01:01:46	01:00:01
1789	2703 YVONNE	HORVATH	F		F45+	109	01:01:46	01:00:58
1790	2054 NICOLA	CHIDGEY	F	DRAGONS RUNNING CLUB	F45+	110	01:01:46	01:00:57
1791	704 NORMAN	SPENCER	M		M60+	67	01:01:47	00:58:50
1792	523 LOUISE	JAMES	F	PORTHCAWL RUNNERS	F45+	111	01:01:48	01:00:30
1793	2492 WILLIAM	DAVIES	M		Senior Male	589	01:01:48	00:58:38
1794	352 CATHERYN	HANCOCK	F		F45+	112	01:01:49	01:00:04
1795	2491 BEN	SIMPSON	M		Senior Male	590	01:01:49	00:58:40
1796	3867 NICK	SHIELS	M		Senior Male	591	01:01:51	00:59:10
1797	1012 BEV	JAMES	F	FOREST OF DEAN AC	F55+	37	01:01:52	01:00:22
1798	879 JACKIE	LAMBETH	F		F45+	113	01:01:52	00:59:30
1799	576 DEBORAH	LEWIS	F	MUMBLES MILERS	F45+	115	01:01:53	00:59:40
1800	2290 SIRIOL	JONES	F		F45+	114	01:01:53	00:59:30
1801	2798 CATHERINE	LINNIE - GODDEN	F		Senior Female	206	01:01:54	00:59:23
1802	754 JASON	MCGARRIGLE	M		M40+	325	01:01:55	00:59:41
1803	3848 RICH	COLWILL	M		Senior Male	592	01:01:56	00:59:00
1804	2332 PATRICIA	GODFREY	F	AMPTHILL & FLITWICK FLYERS RC	F55+	38	01:01:57	01:01:18
1805	2246 KIM	DAVIES	F		Senior Female	207	01:01:59	01:00:23
1806	4341 JONATHAN	FRANCIS	M		Senior Male	593	01:01:59	00:58:29
1807	3272 TOM	JONES	M		Senior Male	594	01:02:00	01:01:07
1808	2229 JACKIE	WHEATLEY	F		F45+	116	01:02:00	00:59:50
1809	2230 MARTIN	WHEATLEY	M		M50+	176	01:02:01	00:59:51
1810	1998 JOHNNY	JONES	M		M50+	177	01:02:01	01:01:08
1811	2697 NATHAN	WILLIAMS	M		M40+	326	01:02:01	00:59:39
1812	1546 K	HOLLEY	M		M40+	327	01:02:01	00:59:47
1813	2159 GLESNI	EVANS	F		F35+	193	01:02:02	01:00:03
1814	3992 LEANNE	BLACKKWELL-PUNTER	F		F35+	194	01:02:02	00:59:41
1815	75 Nicola	Jones	F		F35+	195	01:02:03	01:01:05
1816	2046 GRAHAM	BINGHAM	M	PONTYPRIDD ROADENTS AC	M50+	178	01:02:03	00:58:25
1817	536 NATHAN	BOARDMAN	M		Senior Male	595	01:02:03	01:00:20
1818	4347 DAMIAN	EVANS	M	COASTAL HOUSING	M40+	328	01:02:03	00:57:53
1819	4067 ERIC	EVANS	M		M60+	68	01:02:03	01:01:01
1820	537 REBECCA	JONES	F		Senior Female	208	01:02:03	01:00:20

1821	2001 STACEY	JONES	F		Senior Female	209	01:02:03	00:59:17
1822	1895 BRIONY	HUNT	F		Senior Female	210	01:02:03	00:59:27
1823	2146 STACEY	YUEN	F		Senior Female	212	01:02:03	01:01:03
1824	2156 SARAH	SLOANE-LUCAS	F		Senior Female	211	01:02:03	01:01:03
1825	1854 MARK	BEEVERS	M		Senior Male	596	01:02:03	00:58:36
1826	3890 NICOLE	LINDO	F		Senior Female	213	01:02:04	00:59:23
1827	3230 BETHAN	GREANEY	F		Senior Female	214	01:02:05	00:58:29
1828	3445 SIMONE	EVANS	F	PAUL POPHAM RUNNING CLUB	F45+	117	01:02:05	01:00:45
1829	4235 SIAN	EVANS	F		Senior Female	215	01:02:07	01:00:10
1830	679 MARK	FOULKES	M		Senior Male	597	01:02:08	01:00:49
1831	2904 MARK	MARTIN	M		M50+	179	01:02:08	01:00:29
1832	1160 JOANNA	JONES	F		F35+	196	01:02:08	01:00:01
1833	3858 ANDREW	O'BRIEN	M		M40+	329	01:02:09	00:59:04
1834	1110 SIAN	MORGAN	F		Senior Female	216	01:02:10	01:00:13
1835	1865 JAMES	JONES	M		Senior Male	598	01:02:10	00:58:26
1836	3868 ANNA	SHIELS	F		F35+	197	01:02:11	00:59:30
1837	302 DAVE	PEARCE	M		M40+	330	01:02:11	01:01:45
1838	781 CARLY	JACKSON	F		Senior Female	217	01:02:12	01:01:01
1839	1811 ADELE	OWEN-GODDARD	F		F55+	39	01:02:12	01:00:26
1840	1810 TRACEY	HUGHES-JENKINS	F		F45+	118	01:02:13	01:00:26
1841	2932 DAVID	EVANS	M		M50+	180	01:02:14	01:00:30
1842	2931 ALISON	EVANS	F		F45+	119	01:02:14	01:00:31
1843	1702 STEPHANIE	DAVIES	F		F35+	198	01:02:16	00:58:23
1844	169 GERAINT	JONES	M	ADMIRAL	M40+	331	01:02:16	01:00:34
1845	791 CERIAN	JONES	F		Senior Female	218	01:02:16	01:00:34
1846	1074 CLARE	JAMES	F		F45+	120	01:02:17	00:59:29
1847	2513 GARETH	JONES	M		M50+	181	01:02:17	00:59:02
1848	3886 PHILIP	WILLIAMS	M		M40+	332	01:02:18	01:00:54
1849	1252 SAMANTHA	JOHN	F		Senior Female	219	01:02:18	01:00:36
1850	1448 ANN	JOHN	F	PENCOED PANTHERS	F45+	121	01:02:19	00:59:56
1851	2845 JONNY	BIRD	M		Senior Male	599	01:02:19	00:58:55
1852	4202 ANDREW	THOMAS	M		M50+	182	01:02:19	00:59:32
1853	551 CATHERINE	SELLICK	F		F45+	122	01:02:21	01:00:34
1854	570 SARAH	WEBSTER	F		F35+	199	01:02:21	00:59:17
1855	1520 MIKE	CLINCH	M		M50+	183	01:02:22	00:59:33
1856	2847 BECKY	GORE	F		Senior Female	220	01:02:22	00:59:49
1857	3492 CATH	HANCOX	F		F45+	123	01:02:22	01:00:18
1858	4215 JAMES	MORGANS	M		Senior Male	600	01:02:22	01:00:09

1859	4218 OWEN	RICHARDS	M		Senior Male	601	01:02:22	01:00:09
1860	4217 CLAIRE	LEWIS	F		Senior Female	221	01:02:23	01:00:10
1861	4068 SANDRA	BIRT	F	PAUL POPHAM RUNNING CLUB	F35+	200	01:02:23	01:00:36
1862	1539 WILLIAM	TRIMBY	M		Senior Male	602	01:02:24	00:59:19
1863	3179 MRS	PARKER-JONES	F		F35+	201	01:02:25	01:00:56
1864	2049 MICHELLE	DAVIES	F	PAUL POPHAM RUNNING CLUB	F55+	40	01:02:25	01:00:39
1865	4000 LAURENCE	CHRISTMAS	M		M40+	333	01:02:25	00:59:43
1866	3718 KATHRYN	HILL	F		Senior Female	222	01:02:26	01:01:02
1867	3353 DAWN	DAVIS	F		F35+	202	01:02:27	01:00:08
1868	3407 PATRICK	MURRAY	M		M40+	334	01:02:27	01:01:08
1869	3669 STEVE	HOLMES	M		M40+	335	01:02:27	00:59:26
1870	4285 KENDRA	DANAHER	F	ADMIRAL	Senior Female	223	01:02:27	01:00:31
1871	2067 VICKY	DAVIES	F		F45+	124	01:02:27	01:00:28
1872	845 GEMMA	WILLIAMS	F		Senior Female	224	01:02:28	00:58:26
1873	2030 ANDREW	ROACH	M		Senior Male	603	01:02:28	01:00:10
1874	2045 SUSAN	OWEN	F		F35+	203	01:02:28	00:59:35
1875	3883 STEVE	ROBERTS	M		M50+	184	01:02:28	00:59:27
1876	4091 ROSS	GRAVES	M		Senior Male	604	01:02:28	01:01:58
1877	447 NATALIE	WILLIAMS	F		F35+	204	01:02:28	01:00:57
1878	2287 JADE	KNIGHT	F		Senior Female	225	01:02:29	01:00:49
1879	2289 SCOTT	PHILLIPS	M		M40+	336	01:02:29	01:00:49
1880	460 LAUREN	JOSEPH	F		Senior Female	226	01:02:29	01:00:58
1881	1993 PAULA	WILLIAMS	F	SOSPAN ROAD RUNNERS	F35+	205	01:02:29	00:59:39
1882	2778 SARAH JAYNE	EVANS	F		Senior Female	227	01:02:29	01:01:29
1883	3697 SIMON	JONES	M		Senior Male	605	01:02:29	00:58:06
1884	1671 SOPHIE	BLATCHFORD	F		F35+	206	01:02:30	00:59:45
1885	62 Jamie	Mclaughlan	M		Senior Male	607	01:02:30	00:59:59
1886	2670 SOPHIE	PURCELL	M		Senior Male	606	01:02:30	01:01:15
1887	1223 TAMMY	BESHELLA	F		F35+	207	01:02:31	00:59:49
1888	4045 AMELIA	COBNER	F		Senior Female	228	01:02:31	00:59:46
1889	2442 BENJAMIN	WILLIAMS	M		Senior Male	608	01:02:31	01:00:40
1890	1996 ANDREW	HARPER	M		Senior Male	609	01:02:31	01:00:11
1891	444 LIAM	MANLEY	M		Senior Male	610	01:02:33	00:59:29
1892	3328 JEFFREY	ASTON	M	LES CROUPIERS	M60+	69	01:02:33	01:00:19
1893	2741 JONATHAN	DAVIES	M		Senior Male	611	01:02:33	01:02:17
1894	3490 ANDREW	DAVIES	M		Senior Male	612	01:02:34	01:01:09
1895	3901 PATRICA	MORRIS	F		F45+	125	01:02:34	01:00:35
1896	4295 JO	GRIFFITHS	F	ADMIRAL	F35+	208	01:02:34	01:01:34

1897	245 STEVEN	WILLIAMS-JONES	M	ADMIRAL	Senior Male	614	01:02:34	01:01:06
1898	4211 ANDREW	CHAPMAN	M		Senior Male	613	01:02:34	01:00:05
1899	310 CAROL	GUNN	F		F55+	41	01:02:35	01:01:24
1900	4070 LUC	EVANS	M		Senior Male	615	01:02:36	01:01:29
1901	461 KINGA	FEKETE	F		F35+	209	01:02:36	01:00:51
1902	4071 LAURA	SAMS	F		Senior Female	229	01:02:36	01:01:29
1903	3121 PETRINA	ROCHESTER	F		F45+	126	01:02:37	01:00:53
1904	1829 DAVID	ROCHE	M		Senior Male	616	01:02:37	01:00:37
1905	2819 ROBERT	LAWRENCE	M		Senior Male	617	01:02:37	00:58:05
1906	3566 ANGELA	LYNCH	F		F45+	127	01:02:39	01:00:27
1907	1748 DAVID	THOMSON	M		Senior Male	618	01:02:39	01:01:13
1908	2308 CHRIS	APLIN	M		M40+	337	01:02:39	00:58:50
1909	1371 TONI	BING	F		Senior Female	230	01:02:39	01:00:30
1910	1550 MICHELLE	EVANS	F		F35+	210	01:02:40	00:59:58
1911	3138 ALISON	KNEEN	F		F55+	42	01:02:40	01:00:06
1912	2449 DARRAN	REES	M	RUN4ALL RUNNING CLUB	M40+	338	01:02:40	01:00:06
1913	1049 JANE	FLETCHER	F		F45+	128	01:02:41	01:00:23
1914	3113 JULIA	JARVIS	F		F45+	129	01:02:41	01:02:01
1915	2702 JOSE	LOFT	F		Senior Female	231	01:02:41	00:59:43
1916	669 SHELLEY	NEWPORT	F		F45+	130	01:02:42	01:00:26
1917	558 STEPHANIE	PREEDY	F		Senior Female	232	01:02:43	01:00:51
1918	164 SARAH	JONEA	F	ADMIRAL	Senior Female	233	01:02:43	01:01:16
1919	2384 NIALL	HUGHES	M		M40+	339	01:02:43	00:59:50
1920	3262 DEAN	FLETCHER	M		M50+	185	01:02:43	00:59:54
1921	3504 SALLY	HARTLEY	F		F35+	212	01:02:44	01:00:33
1922	3554 HARRIET	FLETCHER	F		F35+	211	01:02:44	01:00:33
1923	1616 STEPHEN	DAVIES	M		Senior Male	619	01:02:44	01:00:15
1924	94 RHYS	PAGE-WALKER	M	ACTIVE SWANSEA	Senior Male	620	01:02:44	01:01:13
1925	3270 HANNA	CULVERHOUSE	F		Senior Female	234	01:02:44	01:01:29
1926	2604 GARETH	HARRIS	M		M40+	340	01:02:44	00:59:27
1927	1780 BEV	JONES	F		F55+	43	01:02:45	01:00:19
1928	4199 SARAH	GRANT	F		F35+	213	01:02:47	00:59:50
1929	91 ANDREA	MCANDREW	F	ACTIVE SWANSEA	F35+	214	01:02:47	01:01:16
1930	3166 EMILY	LEWIS	F		Senior Female	235	01:02:47	00:59:30
1931	3845 EMMA	DOOLAN	F	3MS GORSEINON ROAD RUNNERS	F35+	215	01:02:48	01:00:27
1932	2562 LYDIA	CAWSEY	F		Senior Female	236	01:02:48	00:59:08
1933	3439 KERRIN	ROBERTS	F		F35+	216	01:02:50	01:01:42
1934	4393 WILLIAM	BRIZ-WATERS	M	ST JOSEPHS SCHOOL	Junior Male	67	01:02:50	01:01:26

1935	3064 JENNIFER	HOSKINS	F		F35+	217	01:02:51	01:01:11
1936	527 JAMES	PANNETT	M		M40+	341	01:02:51	00:59:24
1937	1187 CORRINA	BUCHANAN	F		Senior Female	237	01:02:52	00:59:54
1938	4298 TIM	HARDING	M	ADMIRAL	M40+	342	01:02:52	01:01:58
1939	1859 CATRIN	REYNOLDS	F		Senior Female	238	01:02:52	01:01:17
1940	1976 NIA	DICKIE	F		F45+	131	01:02:53	00:59:20
1941	49 TIM	DAVIES	M		M40+	343	01:02:53	01:00:14
1942	3938 LINDA	DOYLE	F		F35+	218	01:02:54	01:00:15
1943	60 PAUL	HARRIS	M	3MS GORSEINON ROAD RUNNERS	M40+	344	01:02:54	01:00:13
1944	687 GILLIAN	ALDERDICE	F		F35+	219	01:02:55	01:01:07
1945	3092 AMY	RILEY	F		Senior Female	239	01:02:55	01:00:41
1946	3850 SARAH	FOXALL	F		F35+	220	01:02:56	01:00:32
1947	3817 SARI	YASUDA	F		Senior Female	240	01:03:00	01:01:53
1948	2841 JOE	BALDWIN	M		Senior Male	621	01:03:00	00:58:58
1949	1525 CERYS	DAVIES	F		Junior Female	29	01:03:01	01:00:53
1950	847 EMMA	BUTCHER	F		Senior Female	241	01:03:02	00:59:58
1951	1526 TINA	DAVIES	F		F35+	221	01:03:02	01:00:55
1952	235 MARK	WATERS	M	ADMIRAL	M40+	345	01:03:03	00:59:34
1953	4151 TRACEY	NEWMAN	F	LES CROUPIERS	F45+	132	01:03:05	01:00:51
1954	3110 JOANNE	JONES	F		F45+	133	01:03:06	01:00:12
1955	3340 CLAIRE	MORGAN	F		Senior Female	242	01:03:06	01:00:38
1956	3312 TOM	BLACKLER	M		Senior Male	622	01:03:06	01:00:39
1957	772 HELEN	MEAD	F		Senior Female	243	01:03:07	01:00:32
1958	945 AMANDA	BEBB	F		F45+	134	01:03:08	01:00:57
1959	3082 TOM	LONGDEN	M		Senior Male	623	01:03:09	01:01:27
1960	4158 TERESA	APREA-MORGAN	F		F35+	222	01:03:10	01:01:54
1961	3202 CATRIN	SMITH	F		Senior Female	244	01:03:10	00:59:53
1962	4283 ZOE	CLAYTON	F	ADMIRAL	Senior Female	245	01:03:10	01:01:13
1963	2745 JAYNE	BISSMIRE	F		Senior Female	246	01:03:11	01:01:19
1964	3702 MELANIE	THOMAS	F	OGMORE PHOENIX RUNNERS	F45+	135	01:03:12	01:00:46
1965	3294 CYRIL	HARTSON	M		M60+	70	01:03:12	01:02:09
1966	2840 ELIZABETH	BEYNON	M	PARC BRYN BACH RUNNING CLUB	M40+	346	01:03:12	01:01:52
1967	2243 KERRY	GREENFIELD	M		M60+	71	01:03:14	01:00:21
1968	2418 ANDREA	HARRIS	F		F35+	223	01:03:15	01:01:19
1969	3773 VIVIENNE	VENTRESS	F		F35+	224	01:03:16	01:00:56
1970	3993 NEIL	POULTON	M		M40+	347	01:03:16	01:02:06
1971	4301 KRISTIAN	HARRIS	M	ADMIRAL	Senior Male	624	01:03:16	01:02:09
1972	2419 IAN	HARRIS	M		M40+	348	01:03:17	01:01:18

1973	4059 KATIE	O'DONNELL	F		F35+	225	01:03:18	01:01:10
1974	3028 NICOLA	HILL	F		Senior Female	247	01:03:18	01:01:19
1975	4176 SARAH	PRICE	F		Senior Female	248	01:03:19	01:00:55
1976	2900 MALCOLM	CALLENDER	M		M60+	72	01:03:19	01:01:51
1977	61 Craig	Lewis Edwards	M		Senior Male	625	01:03:20	00:59:12
1978	3596 SEAN	CHARLOTTE	F		F45+	136	01:03:20	01:00:35
1979	792 JOSEPHINE	ROGERS	F		F35+	226	01:03:22	01:01:06
1980	3425 ELLIOT	CAPARROS	M		M50+	186	01:03:22	01:00:37
1981	1115 SOPHIE	LACEY	F		Senior Female	249	01:03:22	01:00:17
1982	2940 TONY	EVANS	M		M50+	187	01:03:22	01:01:48
1983	841 PAULA	BURGESS	F		F35+	227	01:03:22	01:00:56
1984	3383 NICHOLAS	NEWTON	M		M40+	349	01:03:23	00:59:02
1985	4016 LESLEY	WILLIAMS	F		Senior Female	250	01:03:23	00:59:37
1986	3100 JULIAN	RIDGEWAY	M		M40+	350	01:03:23	00:59:53
1987	3905 REBECCA	PARKER	F		F35+	228	01:03:24	00:58:34
1988	3906 ANDREW	PARKER	M		M50+	188	01:03:25	00:58:35
1989	3376 JASON	GRIFFITHS	M		M40+	351	01:03:25	01:02:16
1990	157 GRACE	HUGHES	F	ADMIRAL	Senior Female	251	01:03:26	01:00:55
1991	774 STEPHEN	WILLIAMS	M	PORT TALBOT HARRIERS	M40+	352	01:03:26	01:01:07
1992	2651 ELISE	DENTON	F		Senior Female	252	01:03:26	01:01:12
1993	4164 ALEXANDRA	WALTERS	F		Senior Female	253	01:03:26	01:00:55
1994	3194 JANE	LLEWELLYN	F		F55+	44	01:03:27	01:01:18
1995	1483 CERI	GALLUCCI	F		Senior Female	254	01:03:28	01:00:53
1996	693 VICTORIA	CLARKE-HEDGES	F		F35+	229	01:03:28	01:01:13
1997	4282 ROSS	BURT	M	ADMIRAL	M40+	353	01:03:28	01:01:12
1998	1673 DAN	MCAULAY	M		Senior Male	626	01:03:29	01:01:21
1999	730 DAVID	BARHAM	M	3MS GORSEINON ROAD RUNNERS	M50+	189	01:03:30	01:00:50
2000	3255 JIMMY	GRAHAM	M		M40+	354	01:03:30	00:58:51
2001	3399 KAREN	HAWKINS	F		F45+	137	01:03:31	01:00:51
2002	497 RUTH	COURTNEY	F		F35+	230	01:03:31	01:01:20
2003	2406 SCOTT	CHARLES	M		M40+	355	01:03:31	01:02:36
2004	2405 GEORGIA	CHARLES	F		Junior Female	30	01:03:32	01:02:39
2005	485 ANNE	THOMAS	F		F35+	231	01:03:32	01:01:44
2006	1447 CRAIG	REES	M		Senior Male	627	01:03:33	01:02:22
2007	2809 DAVID	BRUNSDON	M		M60+	73	01:03:35	01:01:12
2008	3310 JESSICA	BEVAN	F		Senior Female	255	01:03:35	01:01:14
2009	962 SALLY	MORGAN	F		F35+	232	01:03:35	01:00:39
2010	2713 CLARE	JOHNSON	F	LES CROUPIERS	F55+	45	01:03:35	01:01:22

2011	2914 MARTIN	BEARD	M		Senior Male	628	01:03:35	01:01:33
2012	3389 JOANNA	WILKINS	F		Junior Female	31	01:03:35	01:02:15
2013	1658 JULIE	STENLAKE	F		F35+	233	01:03:37	01:01:33
2014	1743 SIAN	SPENCER	F	EMLYN RUNNERS	Senior Female	256	01:03:38	01:02:00
2015	1744 EIRIAN	SPENCER	F	EMLYN RUNNERS	F45+	138	01:03:38	01:02:00
2016	3874 ANNA	BOLTON	F		F35+	234	01:03:39	01:00:41
2017	3843 ELIN	CONNOR	F		F45+	139	01:03:39	01:02:41
2018	2973 HELEN	LUTLEY	F		F55+	46	01:03:39	01:02:00
2019	2396 CHERYL	VINES	F		F35+	235	01:03:39	01:02:23
2020	1775 NATASHA	JORDAN	F		F35+	236	01:03:39	01:00:10
2021	1815 HANNAH	ROBERTS	F		Senior Female	257	01:03:43	01:00:52
2022	1015 LINDSAY	SULLIVAN	F	MERTHYR RUNNING CLUB	F35+	237	01:03:43	01:02:30
2023	4378 JOSH	ROBERTS	M	HOME FROM HOME	Senior Male	629	01:03:44	01:02:47
2024	42 Joe	Cadwallader	M		Junior Male	68	01:03:45	01:02:15
2025	3134 ADAM	JONES	M		Senior Male	630	01:03:46	01:02:31
2026	4131 EMMA	JONES	M		Senior Male	631	01:03:46	01:02:30
2027	166 HUW	JONES	M	ADMIRAL	M50+	190	01:03:47	01:00:28
2028	1987 JULIE	GIBSON	F	LLISWERRY RUNNERS	F45+	140	01:03:49	01:01:46
2029	3131 KIM	BENSON	F		Senior Female	258	01:03:50	01:01:05
2030	3705 KAREN	EVANS	F		F45+	141	01:03:50	01:02:25
2031	3182 KATIE	DAVIES	F		Senior Female	259	01:03:50	01:01:34
2032	1248 CATHERINE	BURR	F		F35+	238	01:03:50	01:00:31
2033	780 MARK	STEER	M		M40+	356	01:03:51	01:00:23
2034	1039 LISA	EVANS	F		F35+	240	01:03:52	01:02:19
2035	3349 SARAH	HUNT	F	PAUL POPHAM RUNNING CLUB	F35+	239	01:03:52	01:01:16
2036	3403 ELAINE	MORRIS	F		F45+	142	01:03:52	01:00:53
2037	3404 STEVE	MORRIS	M		M50+	191	01:03:52	01:00:53
2038	3704 LEE	LOVERING	M		M50+	192	01:03:52	01:02:27
2039	2316 MIKE	COLLINS	M	PORTSMOUTH JOGGERS	M60+	74	01:03:53	01:01:24
2040	502 PAUL	MORGAN	M		M40+	357	01:03:54	01:01:36
2041	2812 STEVEN	WOODWARD	M		M40+	358	01:03:54	01:00:55
2042	507 KEVIN	ISAAC	M		M40+	359	01:03:54	01:01:36
2043	2453 GEMMA	DYER	F		Senior Female	261	01:03:55	01:01:18
2044	3782 FRANCESCA	RAY	F		Senior Female	260	01:03:55	01:01:18
2045	1235 HELEN	JONES	F		F35+	241	01:03:55	01:02:12
2046	3319 AMY	PRINCE	F		Senior Female	262	01:03:55	01:02:22
2047	3163 ALEXANDRA	CALADO	F		F45+	143	01:03:55	00:59:47
2048	1070 JONATHON	TALBOT	M		Senior Male	632	01:03:56	01:00:41

2049	165 ELIZABETH	JONES	F	ADMIRAL	Senior Female	263	01:03:56	01:02:15
2050	955 GARY	MASON	M		M40+	360	01:03:57	01:00:35
2051	3823 VANESSA	SHARKEY	F		F35+	242	01:03:58	01:02:42
2052	1372 ANDREW	HARRIS	M		M40+	361	01:03:58	01:02:17
2053	1808 LAURA	AVERY	F		F35+	243	01:03:59	01:01:26
2054	4231 BEVAN	MURPHY	M		Senior Male	633	01:03:59	01:01:59
2055	1696 LEAH	HINTON	F		Senior Female	264	01:03:59	01:01:26
2056	3036 HELEN	JONES	F		F35+	244	01:03:59	01:03:21
2057	1969 HELEN	GREENWAY	F		Senior Female	265	01:04:02	01:02:31
2058	3562 RICHARD	TOPCZYLKO-EVANS	M	MERTHYR RUNNING CLUB	Senior Male	634	01:04:02	01:00:57
2059	1180 IAN	BARRETT	M		Senior Male	635	01:04:02	01:00:45
2060	1875 MELODY	ABBOTT	F		F35+	245	01:04:03	01:03:42
2061	2500 CARYS	BENNETT	F		Junior Female	32	01:04:04	01:03:19
2062	227 CARYS	THOMAS	F	ADMIRAL	F35+	246	01:04:05	01:02:56
2063	2165 GRACE	HENNELL	F		Senior Female	266	01:04:07	01:01:18
2064	3394 CAITLYN	DENSHAM	F		Junior Female	33	01:04:07	01:01:23
2065	2758 TONY	JOHN	M		M50+	193	01:04:09	01:02:39
2066	3528 NICOLA	BATE	F		F45+	144	01:04:10	01:01:57
2067	3640 HANNAH	HOLLIDAY	F		F35+	247	01:04:11	01:01:29
2068	633 HELEN	JENKINS	F		F35+	248	01:04:12	01:01:19
2069	606 HUGH	GRIFFITHS	M		M60+	75	01:04:12	01:00:02
2070	3327 STEVE	TWIGG	M		M40+	362	01:04:13	01:01:49
2071	3005 PETER	EVANS	M		Senior Male	636	01:04:14	01:00:15
2072	2888 SUSIE	GURNER	F	CAERPHILLY RUNNERS	F35+	249	01:04:14	01:02:25
2073	1375 PHILIP	LENTHALL	M		M50+	194	01:04:14	01:02:25
2074	1327 SAMANTHA	KARBOUN	F		F35+	250	01:04:15	01:01:51
2075	4128 SARAH	PATTERSON	F		Senior Female	267	01:04:15	01:03:01
2076	1816 LEE	ALLEN	M		M40+	363	01:04:15	01:01:55
2077	4017 LISA	SLEE	F		F35+	251	01:04:16	01:00:30
2078	4304 LAURIE	HOOPER	F	ADMIRAL	Senior Female	268	01:04:16	01:03:02
2079	4127 LEE	PATTERSON	M		Senior Male	637	01:04:16	01:03:03
2080	2160 LEIGHTON	JAMES	M		M40+	364	01:04:16	01:02:18
2081	3997 SUZANNE	THOMAS	F		F45+	145	01:04:17	01:00:59
2082	3441 SION	WAY	M		Junior Male	69	01:04:18	01:03:31
2083	3685 LORRAINE	MOLD	F		F35+	252	01:04:19	01:03:06
2084	3677 KATHRYN	DAVIES	F		F45+	146	01:04:19	01:02:54
2085	776 CATH	BRADFORD	F		F45+	147	01:04:19	01:03:07
2086	3749 LEANNE	GREENWAY	F		F35+	253	01:04:19	01:03:07

2087	170 DAN	KEEN	M	ADMIRAL	Senior Male	638	01:04:20	01:01:33
2088	3920 EMMA	MORGAN	F		F45+	148	01:04:22	01:01:46
2089	276 PAUL	HOWELLS	M		M40+	365	01:04:22	01:01:16
2090	2278 ALAN	STRAWBRIDGE	M		M60+	76	01:04:22	01:00:56
2091	1982 THOMAS	LYNCH	M		Senior Male	639	01:04:23	01:00:56
2092	4179 CAROLE	PHILLIPS	F		F45+	149	01:04:23	01:01:20
2093	3392 STEPHEN	SULLIVAN	M		M40+	366	01:04:23	01:00:59
2094	3467 ANDREW	DEAKIN	M		M40+	367	01:04:24	01:01:51
2095	2898 NIA	EVANS	F		Senior Female	269	01:04:24	01:04:01
2096	1169 Spare	Chip	M	NULL	Senior Male	640	01:04:24	01:01:31
2097	1981 HANNAH	LYNCH	F		Senior Female	270	01:04:25	01:00:58
2098	2129 ANNA	HOWELL	F		F35+	254	01:04:25	01:01:08
2099	205 DEBORAH	REES	F	ADMIRAL	F45+	150	01:04:25	01:03:26
2100	2535 SOPHIE	POULTNEY	F		Junior Female	34	01:04:26	01:01:32
2101	3371 OLIVIA	ARNOLD	F		Junior Female	35	01:04:27	01:02:34
2102	330 ELIZABETH	DAVIES	F		F35+	255	01:04:29	01:01:19
2103	3768 KAY	LAWLESS	F		F55+	47	01:04:29	01:01:51
2104	886 GAVYN	THOMAS	M		Senior Male	641	01:04:30	01:01:41
2105	1099 GWION	JONES	M		Junior Male	70	01:04:30	01:01:09
2106	2751 SUSAN	LAWRENCE	F	PONT Y PWL & DISTRICT RUNNERS	F55+	48	01:04:31	01:01:48
2107	2612 DEBBIE	HANNAH	F		F35+	256	01:04:31	01:02:13
2108	1878 RUTH	IRVINE	F		F45+	151	01:04:33	01:02:40
2109	3481 ANDREW	REES	M		M40+	368	01:04:33	01:00:38
2110	3155 ELIZABETH	LAWRENCE	F		F35+	257	01:04:34	01:00:23
2111	515 HELEN	STIRLING	F		F35+	258	01:04:34	01:01:31
2112	4028 ANDREW	ROCKLEY	M		M50+	195	01:04:34	01:02:48
2113	728 HELYN	LATIMER	F		F45+	152	01:04:35	01:02:43
2114	2659 CATRIN	DAVIES	F		F35+	259	01:04:37	01:02:03
2115	1802 LUCY	ROWLANDS	F		F35+	260	01:04:38	01:01:40
2116	887 ROBERT	JAMES	M		M60+	77	01:04:38	01:03:58
2117	3853 REBECCA	HURST	F	RUN4ALL RUNNING CLUB	F35+	261	01:04:38	01:01:27
2118	1321 LOUISE	BATCHELOR	F	CAERPHILLY RUNNERS	Senior Female	271	01:04:38	01:02:17
2119	1803 STEVE	ROWLANDS	M		M40+	369	01:04:38	01:01:41
2120	3881 LAURA	COOMBES	F	LES CROUPIERS	F35+	262	01:04:38	01:02:09
2121	1424 CHRIS	WHITWORTH	M		M40+	370	01:04:38	01:01:35
2122	3987 HELEN	GEORGE	F		F55+	49	01:04:39	01:02:16
2123	298 WENDY	WRIGHT	F		F55+	51	01:04:42	01:01:41
2124	3949 CHRISTINE	HURDIDGE	F	3MS GORSEINON ROAD RUNNERS	F55+	50	01:04:42	01:03:08

2125	3355 GARETH	CLARK	M		M40+	371	01:04:42	01:01:20
2126	958 LEE	SMITH	M		M40+	372	01:04:43	01:01:18
2127	3408 CLAIRE	RAWLE	F	DRAGONS RUNNING CLUB	F35+	263	01:04:43	01:03:51
2128	3860 ANNA	WILAMOWSKI	F		Senior Female	272	01:04:44	01:00:41
2129	1898 FIONA	SCULLION	F		F55+	52	01:04:44	01:00:42
2130	1573 LAURA	HEEKIN	F		Senior Female	273	01:04:47	01:01:53
2131	1205 JESSICA	LEWIS	F		Senior Female	274	01:04:47	01:02:05
2132	592 JANE	HOLMES	F	SARN HELEN	F45+	153	01:04:48	01:01:51
2133	3944 ROBERT	MCEWAN-COOK	M		M40+	373	01:04:48	01:00:33
2134	115 JAMES	CARMICHAEL	M	ADMIRAL	Senior Male	642	01:04:48	01:02:00
2135	2853 SOPHIE	BOWEN	F		Senior Female	275	01:04:48	01:02:07
2136	1686 ROBERT HUW	GRIFFITHS	M		M40+	374	01:04:48	01:02:27
2137	1582 VICTORIA	SHINGLER	F		F35+	264	01:04:49	01:02:25
2138	102 NATHAN	ALEXANDER	M	ADMIRAL	Senior Male	643	01:04:50	01:01:56
2139	599 SIAN	VELARDO	F		Senior Female	276	01:04:50	01:02:31
2140	3488 RICHARD	GRAHAM	M		M60+	78	01:04:51	01:01:51
2141	4018 LUCY	BARBER	F	EMLYN RUNNERS	Senior Female	277	01:04:51	01:03:16
2142	1817 ALISON	COLDERICK	F		F45+	154	01:04:52	01:01:51
2143	4395 JO	RYAN	M	ST JOSEPHS SCHOOL	Junior Male	71	01:04:52	01:03:28
2144	1463 PAUL	CLAYTON	M		M50+	196	01:04:52	01:02:38
2145	3370 AMBER	BRUNDLE	F	PAUL POPHAM RUNNING CLUB	F35+	265	01:04:52	01:01:12
2146	3259 ALEXANDRA	DAVIES	F	LES CROUPIERS	Senior Female	278	01:04:52	01:01:47
2147	3208 KELLI	BYNG	F		Senior Female	279	01:04:54	01:04:35
2148	1723 BARBARA	PRIDDEY	F		F35+	266	01:04:54	01:03:16
2149	192 CRISTINA	NESTARES	F	ADMIRAL	F35+	267	01:04:55	01:01:07
2150	3712 DANIEL	BRADLEY	M		Senior Male	644	01:04:55	01:01:27
2151	4367 REBECCA	DAVIES	F	GRAND HOTEL	Senior Female	280	01:04:55	01:02:10
2152	3143 NIA	EVANS	F	EMLYN RUNNERS	F45+	155	01:04:56	01:03:20
2153	1008 LAURA	JOSEPH	F		F35+	268	01:04:56	01:02:08
2154	3330 JO	ROBBINS	F	PAUL POPHAM RUNNING CLUB	F35+	269	01:04:58	01:03:12
2155	2304 JULIE	HEAL	F		F35+	270	01:04:58	01:02:04
2156	4049 JOS	O'SULLIVAN	M	PAUL POPHAM RUNNING CLUB	M60+	79	01:04:59	01:01:45
2157	1202 AMY	EVANS	F		Senior Female	281	01:05:01	01:03:09
2158	1453 AMANDA	EDWARDS	F		F45+	156	01:05:02	01:03:05
2159	3815 ELOISE	LOWSON	F		Junior Female	36	01:05:03	01:02:28
2160	832 RHIANNON	HOWELLS	F		F35+	271	01:05:03	01:02:29
2161	3147 ANGHARAD	BOOTH	F		Senior Female	282	01:05:04	01:03:45
2162	3400 MANDY	THOMAS	F	TROTS	F35+	272	01:05:04	01:01:13

2163	3516 MITCHELL	WILLIAMS	M		Senior Male	645	01:05:05	01:01:37
2164	4366 CATHERINE AMY	HARRIES	F	BRECON CARREG	Senior Female	283	01:05:06	01:01:19
2165	1565 DAI	SMITH	M		M40+	375	01:05:07	01:02:55
2166	1588 CERI	NICHOLAS	F		Senior Female	284	01:05:07	01:01:39
2167	4125 ANDREA	NORTHEY	F		F45+	157	01:05:08	01:02:12
2168	3293 VICTORIA	HARTSON DEVULGT	F		Senior Female	285	01:05:08	01:04:04
2169	1966 CATHRYN	WILLIAMS	F		Senior Female	286	01:05:09	01:03:38
2170	1964 SOPHIE	BURGESS	F		Senior Female	287	01:05:09	01:03:38
2171	3754 DANIEL	BOWDEN	M		Senior Male	646	01:05:10	01:04:09
2172	4219 ROB	CLARK	M	TAMAR TROTTERS	M50+	197	01:05:11	01:00:56
2173	831 CLAIRE	MORRIS	F		F45+	158	01:05:11	01:02:48
2174	829 HAYLEY	BURROWS	F		F35+	273	01:05:11	01:02:48
2175	3485 MARIA	HUGHES	F		F35+	274	01:05:14	01:03:03
2176	3745 JAMES	WILLIAMS	M		Senior Male	647	01:05:14	01:03:03
2177	795 OLLY	PENN	M		Senior Male	648	01:05:15	01:02:27
2178	370 RACHEL	EVANS	F		F45+	159	01:05:15	01:01:57
2179	4114 AMY	SAUNDERS	F		F35+	275	01:05:16	01:03:05
2180	3073 LINDY	EYNON	F	TROTS	F55+	53	01:05:16	01:03:28
2181	3724 ELIZABETH	BURKE	F		Senior Female	288	01:05:16	01:02:23
2182	58 Steve	Tierney	M		M40+	376	01:05:18	01:02:05
2183	1912 CAROLINE	KNIGHT	F		F35+	276	01:05:18	01:02:51
2184	2457 MICHELLE	LONG	F		F45+	160	01:05:19	01:02:46
2185	1634 CLAIRE	WATKINS	F		Senior Female	289	01:05:20	01:01:24
2186	3551 ISABEL	EVANS	F		F45+	161	01:05:22	01:04:03
2187	1302 MARGATET	EVANS	F		F45+	162	01:05:22	01:03:27
2188	2018 CHRISTOPHER	RICHARDS	M		Senior Male	649	01:05:25	01:03:24
2189	3794 SEAMUS	EDNEY	M		M50+	198	01:05:25	01:03:14
2190	3857 DEBBIE	DAVIES	F		F45+	163	01:05:25	01:02:48
2191	3367 REBECCA	CADDY	F		Senior Female	290	01:05:25	01:01:33
2192	2864 JOANNE	FAIRGRAY	F		F45+	164	01:05:25	01:02:50
2193	2023 MARK	SELLARS	M		M40+	377	01:05:26	01:03:06
2194	121 CERI	COLLINS	F	ADMIRAL	Senior Female	291	01:05:26	01:04:14
2195	4388 LEANNE	BOSE	F	ST JOSEPHS SCHOOL	Junior Female	37	01:05:27	01:02:20
2196	2080 CONNY	ROTH	F		Senior Female	292	01:05:27	01:02:10
2197	4191 RHYS	THOMAS	M		Senior Male	650	01:05:27	01:03:53
2198	3095 LEIGHANNE	PALMER	F		F35+	277	01:05:28	01:02:57
2199	1434 TARA	NICKERSON	F		F35+	278	01:05:28	01:02:32
2200	3637 KATE	BROWN	F		F45+	165	01:05:29	01:01:41

2201	1198 RACHEL	FLOYD	F		Senior Female	293	01:05:31	01:04:18
2202	413 CHRISTOPHER	O'LEARY	M		Senior Male	651	01:05:31	01:02:33
2203	1309 EDWINA	STOKER	F		F55+	54	01:05:32	01:04:19
2204	1356 DELIA	PUDNEY	F	3MS GORSEINON ROAD RUNNERS	F35+	279	01:05:32	01:02:14
2205	1199 PAUL	MATTHEWS	M		Senior Male	652	01:05:32	01:04:18
2206	3311 DELMIE	DAVIES	M		M40+	378	01:05:33	01:02:19
2207	1357 ELLEN	WINTLE	F		F35+	280	01:05:33	01:02:15
2208	4259 CHARLES	KING	M		M60+	80	01:05:33	01:02:35
2209	2757 EMMA	BAILEY	F		Senior Female	294	01:05:34	01:03:43
2210	1367 PHILLIPPA	TREDWELL	F		Senior Female	295	01:05:35	01:03:17
2211	3572 JULIE	CROSSMAN	F		F45+	166	01:05:36	01:02:45
2212	648 SARA	SKINNER	F		F35+	281	01:05:37	01:02:54
2213	2139 ABBY	FORSTER	F	PONTYPRIDD ROADENTS AC	Senior Female	296	01:05:38	01:02:38
2214	2140 HILARY	FORSTER	F		F55+	55	01:05:38	01:02:39
2215	1946 ADAM	JONES	M		Senior Male	653	01:05:39	01:01:44
2216	2239 REBECCA	TEAGUE	F	RUN4ALL RUNNING CLUB	F35+	282	01:05:40	01:02:27
2217	2349 LISA	WALTERS	F		F35+	283	01:05:41	01:02:30
2218	2389 BONI	DEIAS	F		F55+	56	01:05:42	01:01:35
2219	2047 NICOLA	COOKE	F		Senior Female	297	01:05:43	01:04:22
2220	3602 SUZANNE	LANDER	F		Senior Female	298	01:05:45	01:01:39
2221	3928 ANNA	EVANS	F		F35+	284	01:05:45	01:01:51
2222	1989 CHRISTOPHER	CARPENTER	M		Senior Male	654	01:05:45	01:03:16
2223	1561 SIAN	HARRISON	F		F45+	167	01:05:46	01:05:06
2224	2074 KEIRON	OWEN	M		Senior Male	655	01:05:46	01:05:07
2225	4223 ADELE	JONES	F		F35+	285	01:05:46	01:02:33
2226	4234 HELEN	DAVIES	F		Senior Female	299	01:05:47	01:03:00
2227	3325 LUCY	RATHKEY	F		Junior Female	38	01:05:48	01:03:31
2228	3343 KAT	RIDGWAY	F		Senior Female	300	01:05:48	01:02:04
2229	1557 SHARON	CRICHTON	F		F55+	57	01:05:49	01:01:49
2230	2655 HANNAH	GEORGE	F		Senior Female	301	01:05:50	01:04:35
2231	4161 CAROL-JANE	JENNINGS	F		F55+	58	01:05:50	01:02:56
2232	1687 CHARMAINE	CLINCH	F		F45+	168	01:05:51	01:02:59
2233	1740 AMY	CLINCH	F		Senior Female	302	01:05:51	01:02:58
2234	3748 ALEXANDRA	HARRINGTON	F		Senior Female	303	01:05:51	01:03:58
2235	64 David	Lowe	M		M60+	81	01:05:52	01:02:27
2236	2265 SARAH	JENKINS	F		Senior Female	304	01:05:54	01:04:59
2237	2407 TOMOS	WILLIAMS	M		Senior Male	656	01:05:54	01:04:59
2238	1050 SIMON	PURDY	M		Senior Male	657	01:05:55	01:02:59

2239	3274 CHLOE	JONES	F		Senior Female	305	01:05:55	01:03:44
2240	3423 PAUL	RUNDLE	M		M50+	199	01:05:56	01:03:44
2241	4106 VICKY	LOTT	F		F35+	286	01:05:56	01:02:56
2242	2008 KELLY	HIGMAN	F		F35+	287	01:05:57	01:02:12
2243	3335 STEVEN	POWELL	M		Senior Male	658	01:05:58	01:04:12
2244	1181 EMILY	COOK	F		Senior Female	306	01:05:58	01:03:25
2245	2052 JEAN	ARCHER	F		F55+	59	01:05:58	01:04:30
2246	3994 CERI	POULTON	F		F35+	288	01:05:59	01:03:32
2247	3334 STEVEN	WILKS	M		Senior Male	659	01:06:00	01:04:12
2248	628 MICHELLE	UNSWORTH	F	LLISWERRY RUNNERS	F45+	169	01:06:00	01:04:02
2249	1926 KELLY	MCNEISH	F		F35+	289	01:06:01	01:04:22
2250	2031 SARAH	GRANT	F		F35+	290	01:06:01	01:05:09
2251	2587 RUTH	WALTERS	F		F45+	170	01:06:02	01:04:29
2252	2474 SARAH	HUBBARD	F		F35+	291	01:06:04	01:02:42
2253	3735 ARTURO	SANORJO JR	M		Senior Male	660	01:06:05	01:04:05
2254	548 STACEY	MEREDITH	F		F35+	292	01:06:07	01:03:28
2255	2952 KATE	GREENFIELD	F		F35+	293	01:06:07	01:02:21
2256	2152 CHLOË	MCCALL	F		Senior Female	307	01:06:08	01:05:11
2257	2496 TIM	MACDERMOTT	M		M50+	200	01:06:09	01:01:13
2258	4056 CAT	MAYES	M		Senior Male	661	01:06:09	01:02:21
2259	807 ANDREW	BRANFORD	M		M50+	201	01:06:09	01:03:08
2260	1518 GARETH	KEYTE	M		M40+	379	01:06:10	01:05:32
2261	4055 STEPHEN	SARGEANT	M		Senior Male	662	01:06:10	01:02:19
2262	1057 CATHY	JOHNSON	F		F45+	171	01:06:10	01:04:40
2263	2487 KAREN	DUSGATE	F		F45+	172	01:06:11	01:01:16
2264	851 JOE	PARKER	M		Senior Male	663	01:06:13	01:04:45
2265	3762 ANNE	ROSZKOWSKI	F		F55+	60	01:06:15	01:03:05
2266	1064 FAITH	BARCROFT	F		F35+	294	01:06:16	01:03:07
2267	2315 JANE	COLLINS	F	PORTSMOUTH JOGGERS	F55+	61	01:06:19	01:03:50
2268	1932 ABIGAIL	BRADLEY	F		Senior Female	308	01:06:20	01:03:56
2269	1431 HELEN	THOMAS	F		F35+	295	01:06:20	01:05:00
2270	3099 LINDA	WILLIAMS	F		F35+	296	01:06:20	01:02:35
2271	3687 CARYS	DAVIES	F	EMLYN RUNNERS	F35+	297	01:06:20	01:04:43
2272	3689 EMMA	BALLARDIE	F		F35+	298	01:06:20	01:03:38
2273	428 CARYL	STOKES	F		F35+	299	01:06:21	01:04:11
2274	854 SIMON	GUTIERREZ	M		Senior Male	664	01:06:21	01:03:13
2275	1291 TOM	LONG	M		M50+	202	01:06:21	01:04:27
2276	3722 LAURA	PENRY	F		Senior Female	309	01:06:22	01:03:38

2277	1082 TOMOS	JONES	M		Senior Male	665	01:06:22	01:00:24
2278	2109 KATE	SPEED	F		F35+	300	01:06:22	01:03:39
2279	1114 MARK	LACEY	M		M50+	203	01:06:23	01:03:18
2280	2744 BRETT	PHIPPEN	M		M40+	380	01:06:23	01:03:22
2281	695 RACHEL	PUGH	F		Senior Female	310	01:06:24	01:03:35
2282	533 MARK	ROWLAND	M		M50+	204	01:06:25	01:04:27
2283	3663 ALAN	ROSE	M		M60+	82	01:06:26	01:04:07
2284	98 JESSICA LAUREN	MORRIS	F	ACTIVE SWANSEA	Junior Female	39	01:06:26	01:04:58
2285	1990 KELLY	CARPENTER	F		F35+	301	01:06:26	01:03:56
2286	2311 CERI	WILLSON	F		Senior Female	311	01:06:26	01:02:50
2287	46 Deborah	Brown	F		F45+	173	01:06:27	01:03:32
2288	2933 DEBBIE	BENNION	F	OGMORE PHOENIX RUNNERS	F55+	62	01:06:27	01:04:10
2289	2397 VICTORIA	HALL	F		F35+	302	01:06:28	01:05:00
2290	2053 ANNE	STUMPF	F		Senior Female	312	01:06:28	01:04:06
2291	2959 PETER J	CHAPLIN	M		Senior Male	666	01:06:29	01:04:06
2292	2103 CLARE	ARMSTRONG	F		F35+	303	01:06:30	01:02:43
2293	1344 CATHERINE	DOYLE	F		F45+	174	01:06:31	01:05:29
2294	173 ASHLEY	LACEY	M	ADMIRAL	Junior Male	72	01:06:32	01:03:34
2295	4246 GAIL	REES	F		F35+	304	01:06:33	01:04:11
2296	4044 KATE	JAY	F		F35+	305	01:06:34	01:04:22
2297	654 AMANDA	DAVIES	M		Senior Male	667	01:06:36	01:04:45
2298	4197 KATIE	WILLIAMS	F		Junior Female	40	01:06:37	01:03:02
2299	3795 MARGARET	EDNEY	F		F55+	63	01:06:37	01:04:27
2300	1348 SONIA	DAVID	F		F35+	306	01:06:38	01:04:15
2301	1902 STEPHEN	DALLOW	M		M60+	83	01:06:39	01:04:31
2302	2611 MICHAEL	DAVIES	M		M40+	381	01:06:41	01:04:22
2303	3593 LOUISE	LLOYD	F		F35+	307	01:06:42	01:04:21
2304	2981 ALISON	PRITCHARD	F	PEGASUS RC	Senior Female	313	01:06:43	01:04:03
2305	782 PHILIP	WATERS	M		M50+	205	01:06:47	01:04:17
2306	1281 REBECCA	PICTON-JAMES	F		Senior Female	314	01:06:48	01:03:31
2307	369 NIKKI	NOBLE	F		F35+	308	01:06:48	01:04:14
2308	3222 ALISON	WILLIAMS	F		F35+	309	01:06:48	01:02:33
2309	1397 MANON	JAMES	F		F35+	310	01:06:48	01:03:53
2310	1343 CATHERINE	JONES	F		Senior Female	315	01:06:49	01:03:35
2311	3159 BETHAN	STURROCK	F	EMLYN RUNNERS	Senior Female	316	01:06:49	01:05:13
2312	3089 LISA	DAVIES	F		F45+	175	01:06:49	01:03:24
2313	3658 MYRFYN	MARKS	M		Senior Male	668	01:06:49	01:03:22
2314	3091 COLIN	PALACIO	M		M60+	84	01:06:50	01:03:25

2315	594 ANNIE	EVANS	F		F35+	311	01:06:50	01:03:52
2316	848 PATRICK	LILLY	M		M40+	382	01:06:50	01:03:46
2317	930 PAUL	SCANLON	M		M40+	383	01:06:51	01:06:18
2318	615 GILES DOMINIC	HOLT	M		Senior Male	669	01:06:51	01:03:04
2319	1272 TANIA	HILL	F		F45+	176	01:06:52	01:03:34
2320	2820 NEIL	SMITH	M		Senior Male	670	01:06:53	01:05:06
2321	2715 STEPHEN	LEWIS	M		Senior Male	671	01:06:53	01:05:12
2322	3733 BEN	WILLIAMS	M		Junior Male	73	01:06:53	01:04:35
2323	2345 K	SUTTON	F		Senior Female	317	01:06:54	01:04:47
2324	2137 ANDREW	GOUGH	M		Senior Male	672	01:06:54	01:03:46
2325	4133 DAVID	BIVENS	M		M40+	384	01:06:54	01:04:59
2326	1425 ALISO	ALLFREE	F		F45+	177	01:06:59	01:05:32
2327	2098 MICHAEL	RYAN	M		Senior Male	673	01:07:00	01:03:34
2328	291 JANET	SMITH	F		F45+	178	01:07:00	01:03:42
2329	494 TIM	DEEKS	M		Senior Male	674	01:07:02	01:04:18
2330	756 NICK	GREGORY	M		Senior Male	675	01:07:02	01:04:18
2331	2365 KRYSTELLE	BOYCE	F		Senior Female	318	01:07:04	01:05:26
2332	2689 SASHA	MARTIN	F		F35+	312	01:07:04	01:04:13
2333	3381 CLAIRE	TAPPER	F		F45+	179	01:07:04	01:05:47
2334	4089 NICOLA	TASKER	F	PAUL POPHAM RUNNING CLUB	Senior Female	319	01:07:04	01:05:20
2335	2567 JENNY	BAKER	F		F35+	313	01:07:05	01:04:46
2336	2949 REBECCA	MELBOURNE - THOMAS	F		F35+	314	01:07:05	01:03:39
2337	1818 DAVID	COODE	M		M40+	385	01:07:05	01:03:47
2338	4355 STEPHEN	THOMAS	F	COASTAL HOUSING	F35+	315	01:07:05	01:05:05
2339	422 RYAN	OWENS	M		Junior Male	74	01:07:05	01:04:11
2340	3384 ALYSON	DAVEY	F	LES CROUPIERS	F35+	316	01:07:05	01:04:36
2341	419 AMY	OWENS	F		Senior Female	320	01:07:05	01:04:11
2342	1156 MARK	ARNOLD	M		M50+	206	01:07:06	01:06:35
2343	3827 ADAM	WALTON	M		M40+	386	01:07:08	01:04:14
2344	2489 CATRIONA	SCOTT	F		Senior Female	321	01:07:08	01:03:47
2345	251 ANDREA	BALE	F		F45+	180	01:07:09	01:04:41
2346	4032 SAMMY	LEIU	F		Senior Female	322	01:07:09	01:03:35
2347	199 MARK	PETERS	M	ADMIRAL	M50+	207	01:07:09	01:04:15
2348	634 WENDY	JENKINS	F	PORT TALBOT HARRIERS	F45+	181	01:07:09	01:04:09
2349	1303 ANN	THOMAS	F		F55+	64	01:07:09	01:04:00
2350	4230 LUKE	VASEY	M		Senior Male	676	01:07:10	01:05:10
2351	2498 CAROLINE	MORGAN	F		F45+	182	01:07:10	01:02:16
2352	1300 BEV	HUGHES	F		F45+	183	01:07:11	01:03:15

2353	275 MRS	BARRETT	F		F35+	317	01:07:12	01:04:38
2354	2504 KATIE	WARNER	F		Senior Female	323	01:07:13	01:05:35
2355	1189 KATHRYN	SHAW	F		F35+	318	01:07:14	01:04:10
2356	1215 RHIAN	THOMAS	F		F35+	319	01:07:14	01:04:10
2357	2409 ALISSA	BEVAN	F		Senior Female	324	01:07:14	01:05:05
2358	3336 JANE	COLE	F		F45+	184	01:07:14	01:04:44
2359	2499 ALISTAIR	BENNETT	M		M50+	208	01:07:16	01:06:31
2360	3346 CARL	VONK	M		M40+	387	01:07:16	01:03:34
2361	697 SARAH	GOVIER	F		F35+	320	01:07:16	01:03:53
2362	1962 MIKAELA	BURGESS	F		Senior Female	325	01:07:17	01:05:45
2363	2941 SHARON	PRITCHARD	F	OGMORE PHOENIX RUNNERS	F45+	185	01:07:17	01:05:00
2364	3104 KRISHAN	KAWOL	M		M40+	388	01:07:18	01:03:29
2365	1794 IAN	LUMSDAINE	M		M50+	209	01:07:19	01:03:25
2366	1353 GEOFF	ROBERTS	M		M50+	210	01:07:20	01:03:26
2367	2251 MEGAN	PARRY	F		Junior Female	41	01:07:21	01:05:02
2368	2341 CERI	EDWARDS	F		F45+	186	01:07:23	01:03:35
2369	956 STEPHEN	PROSSER	M		M40+	389	01:07:24	01:04:01
2370	2786 PHIL	WILLIAMS	M		M50+	211	01:07:24	01:06:52
2371	3984 NICOLA	GOSNEY	F		Senior Female	326	01:07:24	01:05:04
2372	659 GARY	BARTRAM	M		M40+	390	01:07:25	01:04:38
2373	660 SARAH	BARTRAM	F		Senior Female	327	01:07:25	01:04:40
2374	4365 NEIL	GLADWIN	M	BRECON CARREG	M40+	391	01:07:25	01:05:05
2375	4062 LEIGH	WALLACE	F		F45+	187	01:07:25	01:05:01
2376	1515 ROGER	HARDING	M		M50+	212	01:07:26	01:04:25
2377	57 Christian	Moruzzi	M		Senior Male	677	01:07:26	01:03:06
2378	2191 VICKY	ASHFORD	F		Senior Female	328	01:07:26	01:06:33
2379	1464 GERALDINE	CLAYTON	F		F45+	188	01:07:27	01:05:12
2380	2222 TRACEY	BURDER	F		F45+	189	01:07:27	01:03:13
2381	1991 MATTHEW	EVANS	M		Senior Male	678	01:07:27	01:05:19
2382	2038 KATE	MARTIN	F		Senior Female	329	01:07:28	01:06:27
2383	2548 SIAN	THOMAS	F		F35+	321	01:07:28	01:04:01
2384	2551 AMY	HEARD	F	LES CROUPIERS	Senior Female	330	01:07:30	01:05:00
2385	579 DEBBIE	SMITH	F		F35+	322	01:07:30	01:04:46
2386	3080 SALLY	PURCHASE	F		Senior Female	331	01:07:30	01:05:38
2387	731 ELIN	BARHAM	F		Senior Female	332	01:07:31	01:03:50
2388	699 MARTYN	COLE	M		Senior Male	679	01:07:32	01:04:52
2389	1177 JAMES	LISTON	M		Senior Male	680	01:07:35	01:04:13
2390	3153 SARAH	WHITBY	F		F45+	190	01:07:36	01:05:03

2391	3170 JOANNA	MORGAN	F		F35+	323	01:07:36	01:05:04
2392	1715 NATHAN	JACKSON	M		Senior Male	681	01:07:36	01:03:14
2393	833 JANE	GEORGE	F		Junior Female	42	01:07:38	01:04:37
2394	834 GILLIAN	SPENCER	F		F55+	65	01:07:38	01:04:36
2395	4136 SAMANTHA	THOMAS	F		F35+	324	01:07:40	01:05:46
2396	4293 KERRY	GILL	M	ADMIRAL	M40+	392	01:07:41	01:05:34
2397	4026 CATHERINE	STALLARD	F		F35+	325	01:07:42	01:03:11
2398	2919 GUY	ROBINSON	M		M40+	393	01:07:44	01:03:29
2399	753 MIKE	HUNTER	M		M40+	394	01:07:46	01:04:28
2400	3548 SALLY	REES	F		F45+	191	01:07:47	01:03:59
2401	2032 IEUAN	THORNE	M		Junior Male	75	01:07:47	01:04:33
2402	2115 CHARLOTTE	STILWELL	F		Senior Female	333	01:07:48	01:04:07
2403	3074 MENNA	REES	F		F45+	192	01:07:48	01:04:57
2404	2240 SIAN	PACKHAM	F		F45+	193	01:07:48	01:04:07
2405	1051 JULIA	HERBERT	F	PONTYPRIDD ROADENTS AC	F35+	326	01:07:48	01:05:29
2406	2905 LUCY	STONE	F		Senior Female	334	01:07:48	01:04:09
2407	2906 CHRISTOPHER	STONE	M		Senior Male	682	01:07:49	01:04:09
2408	2093 LOUISA	HALLIDAY	F		F35+	327	01:07:49	01:03:37
2409	3057 JACK	MARSH	M		Senior Male	683	01:07:50	01:04:47
2410	3058 TAYLOR	MORGAN	F		Senior Female	335	01:07:50	01:04:47
2411	3832 GEMMA	HANDS	F	EMLYN RUNNERS	Senior Female	336	01:07:50	01:06:16
2412	3586 JENNY	DAFYDD	F		F35+	328	01:07:52	01:03:51
2413	2121 BERNADETTE	STRATFORD	F		F45+	194	01:07:52	01:03:52
2414	2495 IAN	COUSINS	M		Senior Male	684	01:07:53	01:05:22
2415	711 GAYNA	COOK	F		F45+	195	01:07:53	01:05:50
2416	2661 TELERI	WILLIAMS	F		F45+	196	01:07:53	01:05:13
2417	2169 MAL	ROWSON	F	LES CROUPIERS	F55+	66	01:07:54	01:04:37
2418	4042 SOPHIE	PERRY	F		Senior Female	337	01:07:55	01:05:09
2419	4237 JONATHAN	LEWIS	M		M40+	395	01:07:55	01:05:39
2420	2394 MARY	DONNELLY	F		F55+	67	01:07:55	01:05:39
2421	203 DANIEL	READ	M	ADMIRAL	Senior Male	685	01:07:57	01:04:26
2422	2241 KATHRYN	JOHN	F		F55+	68	01:07:58	01:05:10
2423	2171 ANDREA	POWELL	F		F55+	69	01:07:58	01:05:10
2424	4085 DAVID HUW	WILLIAMS	F		F55+	70	01:08:00	01:06:33
2425	3079 BETSY	THOMAS	F		Junior Female	43	01:08:00	01:04:43
2426	3434 EMILY	POWELL	F		Junior Female	44	01:08:00	01:05:05
2427	3716 MORWENNA ANN	STEPHENS	F		F55+	71	01:08:01	01:03:08
2428	3435 PHILLIP	POWELL	M		M40+	396	01:08:01	01:05:05

2429	3851 RICHARD	JONES	M		M50+	213	01:08:02	01:07:32
2430	1426 SARAH	EVANS	F		F35+	329	01:08:02	01:06:35
2431	3078 JOANNE	EASTER-THOMAS	F		F35+	330	01:08:02	01:04:46
2432	2143 ALFRYN	EASTER	M	3MS GORSEINON ROAD RUNNERS	M60+	85	01:08:03	01:04:46
2433	284 THOMAS	SPOWART	M		Senior Male	686	01:08:03	01:03:55
2434	2274 SIAN	JAMES	F		F45+	197	01:08:03	01:06:13
2435	4060 DAMIAN	DALEY	M		M40+	397	01:08:04	01:05:53
2436	1598 ANNA	ROBERTS	F		F35+	331	01:08:04	01:04:28
2437	4272 CLAIRE	BEAL	F		F35+	332	01:08:04	01:04:50
2438	1176 NICOLAS	JACCARD	M		Senior Male	687	01:08:04	01:04:40
2439	4061 LESLEY	PIERPOINT-DALEY	F		F45+	198	01:08:05	01:05:57
2440	2101 ABIGAIL	OWEN	F		F35+	333	01:08:06	01:05:23
2441	1175 ABBYGAIL	JACCARD	F		Senior Female	338	01:08:06	01:04:42
2442	560 RICHARD	THOMAS	M		Senior Male	688	01:08:07	01:05:19
2443	1970 KAREN	ADAMS	F		F45+	199	01:08:08	01:05:57
2444	2740 JOHN	ROSSER	M		M40+	398	01:08:11	01:04:59
2445	3852 SIAN	JOHNSON	F	ISLWYN RC	F35+	334	01:08:11	01:05:06
2446	1332 CLAIRE	GEORGE	F	LES CROUPIERS	F45+	200	01:08:11	01:07:08
2447	3309 JULIE	RANSOM	F	OGMORE PHOENIX RUNNERS	F35+	335	01:08:12	01:05:45
2448	3483 CLAIRE	SULLIVAN	F		F35+	336	01:08:12	01:06:29
2449	1516 ALAN	MORGAN	M		M50+	214	01:08:12	01:05:21
2450	2183 KELSEY	SMITH	F		Senior Female	339	01:08:13	01:06:26
2451	1514 CAROLINE	HOBSON	F		F35+	337	01:08:14	01:05:22
2452	2784 MARK	GREIG	M		Senior Male	689	01:08:14	01:06:54
2453	4346 IAN	SWANSON	M	PORT TALBOT HARRIERS	M60+	86	01:08:15	01:05:36
2454	2785 SIAN	GREIG	F		Senior Female	340	01:08:15	01:06:53
2455	3912 CAROL	GREEN	F		F55+	72	01:08:15	01:07:07
2456	2335 SARAH	BOOTHBY	F	PONTYPRIDD ROADENTS AC	Senior Female	341	01:08:15	01:07:14
2457	1711 LYNDA	THOMAS	F		F35+	338	01:08:15	01:07:08
2458	3911 LUCY	GREEN	F		Senior Female	342	01:08:15	01:07:08
2459	4236 SUSAN	HART-LEWIS	F		F35+	339	01:08:16	01:06:00
2460	1487 RUTH	BENNETT	F		F35+	340	01:08:17	01:05:20
2461	3025 RACHEL	STONE	F		Senior Female	343	01:08:17	01:05:39
2462	1421 PAULA	SMITH	F		F45+	201	01:08:17	01:05:33
2463	1697 KIM	EVANS	F		F55+	73	01:08:19	01:05:06
2464	1409 IDRIS	HANMER	M		Senior Male	690	01:08:19	01:03:24
2465	1903 SHAWN	CULLEN	M	CWM OGWR RUNNING CLUB	M40+	399	01:08:19	01:05:53
2466	3864 MARTIN	NICHOLLS	M		M40+	400	01:08:21	01:04:37

2467	2979 ALISON	KINSEY	F	EMLYN RUNNERS	F55+	74	01:08:21	01:05:00
2468	1345 HELEN	POOLE	F		F45+	202	01:08:23	01:07:20
2469	2530 MARK	HUGHES	M		Senior Male	691	01:08:25	01:05:54
2470	86 STEPHEN	BURGESS	M	ACTIVE SWANSEA	M50+	215	01:08:26	01:06:54
2471	3576 NICOLA	PITMAN	F		F45+	203	01:08:26	01:07:04
2472	2588 LEE	WALTERS	M		M50+	216	01:08:27	01:06:54
2473	2097 SHARON	GRIFFITHS	F		F45+	204	01:08:28	01:05:54
2474	2387 CLARE	DYSON	F		F35+	341	01:08:28	01:04:14
2475	3437 GARETH	YEOMAN	M		Senior Male	692	01:08:29	01:04:47
2476	3700 JENNY	GRIFFITHS	F		Senior Female	344	01:08:30	01:04:25
2477	2216 GARETH	HUGHES	M		M40+	401	01:08:31	01:06:44
2478	801 RHIANNON	WHITELEY	F	OGMORE PHOENIX RUNNERS	Senior Female	345	01:08:31	01:06:04
2479	2645 SADIE	NORTH	F		F35+	342	01:08:32	01:04:38
2480	1211 ESTHER	CLIFT	F		F45+	205	01:08:32	01:05:53
2481	1630 HELEN	GILLAN	F		F35+	343	01:08:33	01:05:33
2482	1109 PAUL	MORT	M		M50+	217	01:08:33	01:05:11
2483	636 FILIPPA	DANIELS	F		F35+	344	01:08:34	01:05:13
2484	2829 LLINOS	EDMUNDS-JONES	F		Junior Female	45	01:08:34	01:06:01
2485	3737 GEORGIE	GARRY	F		Senior Female	346	01:08:36	01:06:26
2486	932 KAREN	WILLIAMS	F		F35+	345	01:08:36	01:06:25
2487	1490 EMMA	DAVIES	F		F35+	346	01:08:36	01:08:01
2488	2519 JESSICA	LAWSON	F		Senior Female	347	01:08:39	01:04:53
2489	3083 LINDSEY	FEWINGS	F		F35+	347	01:08:39	01:05:57
2490	3212 WILLIAM	MORGAN	M		M50+	218	01:08:39	01:05:41
2491	185 ANDREW	MERRICK	M	ADMIRAL	Senior Male	693	01:08:40	01:07:13
2492	1029 LOUISE	AUSTIN	F		Senior Female	348	01:08:40	01:07:44
2493	1132 SARAH	WILLIAMS	F		F35+	348	01:08:41	01:05:11
2494	1134 CAROLINE	MATTHEWS	F	PARC BRYN BACH RUNNING CLUB	F45+	206	01:08:42	01:05:12
2495	281 MATTHEW	LEWIS	M		Senior Male	694	01:08:44	01:04:36
2496	959 STEPHEN	SMITHERS	M		M40+	402	01:08:44	01:05:21
2497	1564 RICHY	BESLEY	M		M50+	219	01:08:45	01:06:34
2498	3605 CATHERINE	JONES	F		F45+	207	01:08:46	01:05:55
2499	2842 PAUL	WHEELER	M		M50+	220	01:08:47	01:05:30
2500	4074 ALEXA	PARRY	F		F35+	349	01:08:47	01:05:08
2501	685 TONI	HARRIS	F		Senior Female	349	01:08:47	01:06:06
2502	4327 ABIGAIL	REES	F	ADMIRAL	Senior Female	350	01:08:49	01:05:49
2503	3746 CATHERINE	ISAAC	F		F45+	208	01:08:49	01:03:56
2504	362 CLARE	FENCOTT	F		F35+	350	01:08:50	01:05:54

2505	2956 EMMA	PERKINS	F		F35+	351	01:08:51	01:05:01
2506	4086 LEANNE	MALOUGH	F	RUN4ALL RUNNING CLUB	F35+	352	01:08:52	01:05:51
2507	438 TRACEY	ROBINSON	F		F45+	209	01:08:54	01:05:59
2508	2769 JEREMY	HAYNES	M		M40+	403	01:08:54	01:06:13
2509	942 CHRISTINE	JONES	F		F35+	353	01:08:55	01:06:16
2510	3511 TRACEY	BARRINGTON	F	LLISWERRY RUNNERS	F45+	210	01:08:58	01:05:33
2511	1954 PETER	CLEMENT	M		M50+	221	01:08:59	01:07:30
2512	2238 LARA	HOOPER	F		Senior Female	351	01:09:00	01:07:30
2513	904 NICK	DAVIES	M		Senior Male	695	01:09:00	01:06:00
2514	3199 EMMA	DAVIES	F		Senior Female	352	01:09:02	01:05:35
2515	1006 ELEANOR	ARTHUR	F		Senior Female	353	01:09:02	01:06:34
2516	968 STEVE	KENT	M		M50+	222	01:09:03	01:05:19
2517	1365 REBECCA	EAGLE	F		F35+	354	01:09:03	01:06:46
2518	4315 ALI	KHAN	M	ADMIRAL	Senior Male	696	01:09:04	01:05:45
2519	2850 JOHN	LOVEGROVE	M		M40+	404	01:09:04	01:04:17
2520	2854 SIAN	EVANS	F		F45+	211	01:09:04	01:04:19
2521	3098 CATRIN	MORRIS	F		Senior Female	354	01:09:05	01:05:03
2522	3863 LEANNE	STEPHENS	F		F35+	355	01:09:05	01:05:00
2523	4189 ROGER	NELMES	M		M60+	87	01:09:06	01:05:30
2524	3456 GILL	GUBBINGS	F		F55+	75	01:09:07	01:06:17
2525	4077 GARETH PAUL	DAVIES	M		M40+	405	01:09:07	01:06:34
2526	2971 SCOTT	CANN	M		Senior Male	697	01:09:09	01:05:20
2527	3288 NICOLA	PARRY	F		F45+	212	01:09:10	01:05:23
2528	977 SIAN	KILLA	F		F35+	356	01:09:10	01:05:15
2529	2598 PETER	NICHOLS	M		M50+	223	01:09:11	01:05:38
2530	2543 BETHAN	DAVIES	F		Senior Female	355	01:09:12	01:06:49
2531	2759 PAMELA	DAVIES	F		F45+	213	01:09:12	01:06:49
2532	1179 ROBERTA	SHAW	F		Senior Female	356	01:09:12	01:05:48
2533	1689 LISA	MORGAN	F		F35+	357	01:09:13	01:06:19
2534	3253 WENDY	COTTER	F		F45+	214	01:09:13	01:06:27
2535	3282 SARAH	GARLAND	F		F35+	358	01:09:13	01:06:27
2536	3916 JESS	STORER	F		Senior Female	357	01:09:14	01:06:49
2537	4094 ELLIE	WAITE	F		F35+	359	01:09:15	01:04:53
2538	4165 BETH	WALTERS	F		F35+	360	01:09:16	01:06:36
2539	4370 KATY	THOMAS	F	GRAND HOTEL	Senior Female	358	01:09:17	01:06:33
2540	2682 LEZLEY	SHORTHOUSE	F		F45+	215	01:09:18	01:07:25
2541	4134 SARA	BASS	F		F45+	216	01:09:21	01:06:43
2542	1142 NEIL	BEYNON	M		Senior Male	698	01:09:23	01:05:13

2543	2182 SOPHIA	MOLYVDA	F		F35+	361	01:09:23	01:06:30
2544	350 SOPHIE	WALLIS	F	CORNELLY STRIDERS AC	Senior Female	359	01:09:23	01:05:31
2545	651 LUCY	WILLIAMS	F		F35+	362	01:09:23	01:06:18
2546	2605 NICOLA	HARRIS	F		F45+	217	01:09:24	01:06:07
2547	3032 RHIAN	PIPPINS	F		F35+	363	01:09:25	01:05:49
2548	2354 JULIE	EVANS	F		F45+	218	01:09:27	01:07:10
2549	1745 SANDRA	BROWNE	F		F45+	219	01:09:29	01:05:39
2550	1641 JANET	DAVIES	F		F45+	220	01:09:29	01:06:37
2551	2950 SIAN	MASON	F		F35+	364	01:09:30	01:05:45
2552	2895 TRACY	JERMIN	F		F45+	221	01:09:30	01:06:05
2553	113 ALEX	BROWN	M	ADMIRAL	Senior Male	699	01:09:31	01:05:25
2554	2005 ABBY	THOMAS	F		Senior Female	360	01:09:33	01:06:24
2555	1868 SARAH	JONES	F		F35+	365	01:09:34	01:06:36
2556	2917 NICOLE	DANIELS	F		Senior Female	361	01:09:34	01:06:38
2557	4214 CLAIRE	THOMAS	F		F35+	366	01:09:35	01:07:10
2558	1886 JOHN	DAVIES	M	RUN4ALL RUNNING CLUB	M60+	88	01:09:35	01:06:24
2559	709 EUGENE	BATTINI	M		M50+	224	01:09:36	01:06:35
2560	79 VICTORIA	SIMEONIDES	F		Senior Female	362	01:09:36	01:08:38
2561	3914 ALISON	RICHARDS	F		F45+	222	01:09:39	01:05:52
2562	2616 AMANDA	THOMPSON	F	LES CROUPIERS	F55+	76	01:09:39	01:08:30
2563	224 REBECCA	SYKES	F	ADMIRAL	Senior Female	363	01:09:39	01:05:38
2564	1931 CATRIN	JONES	F		F45+	223	01:09:40	01:05:49
2565	600 DAVID	WILLIAMS	M		M50+	225	01:09:42	01:05:43
2566	4289 BETHAN	EDWARDS	F	ADMIRAL	Senior Female	364	01:09:43	01:07:54
2567	495 GRACE	COLLINS	F		Senior Female	365	01:09:44	01:07:26
2568	2150 NATALIE	MAYS	F		Senior Female	366	01:09:45	01:08:47
2569	1746 GINA	SZAFRANSKI	F		F55+	77	01:09:46	01:05:57
2570	4012 SIAN	JONES	F		F35+	367	01:09:47	01:08:06
2571	857 REBECCA	CLEMENTS	F		F35+	368	01:09:47	01:05:46
2572	2162 ANGELINA	LEWIS	F	PORT TALBOT HARRIERS	F45+	224	01:09:48	01:06:00
2573	474 VICKY	MAHONEY	F		F35+	369	01:09:49	01:06:01
2574	2091 CHIKAKO	TAMAMUSHI	F		F35+	370	01:09:50	01:05:31
2575	2602 RHIANNON	SANDLES	F		Senior Female	367	01:09:52	01:08:10
2576	1787 RHIAN	POLE	F		F35+	371	01:09:52	01:09:08
2577	1786 DAVID	POLE	M		M40+	406	01:09:53	01:09:09
2578	163 CARLY	JONES	F	ADMIRAL	Senior Female	368	01:09:53	01:08:41
2579	153 CHRIS	HAWKINS	M	ADMIRAL	Senior Male	700	01:09:53	01:08:41
2580	927 DAVID	BAILYES	M		M50+	226	01:09:54	01:06:08

2581	3830 RHIAN	MORGAN	F		F35+	372	01:09:54	01:06:08
2582	1152 ESYLLT	RICHARDS	F		F35+	373	01:09:54	01:06:09
2583	2116 NICKY	ELFORD	F		F45+	225	01:09:54	01:06:59
2584	2653 ROSIE	DAVIES	F		Senior Female	369	01:09:55	01:07:27
2585	3979 FELICITY	JONES	F		Senior Female	370	01:09:55	01:07:28
2586	1441 JONATHAN	GRIFFIN	M		M40+	407	01:09:55	01:06:36
2587	1322 NIA	WEST	F	CAERPHILLY RUNNERS	Senior Female	372	01:09:56	01:06:10
2588	1985 ANDREW	CLEMENT	M		M50+	227	01:09:56	01:07:27
2589	2742 LAUREN	JENSEN	F		Senior Female	371	01:09:56	01:07:30
2590	3925 ALEXIS	SAUNDERS	F		Senior Female	373	01:09:57	01:06:15
2591	880 PETER	DEMERY	M		Senior Male	701	01:09:57	01:09:39
2592	430 ANDREW	SMITH	M		Senior Male	702	01:10:00	01:06:17
2593	718 GERAINT	RICHARDS	M		M40+	408	01:10:01	01:07:40
2594	2924 JILL	LUCKWELL	F		F55+	78	01:10:03	01:05:58
2595	910 JESS	SMITH	F		Senior Female	374	01:10:04	01:06:03
2596	35 Teresa	White	F		F45+	226	01:10:05	01:08:26
2597	269 AMY	TALBOYS	F		Senior Female	375	01:10:05	01:07:16
2598	3798 SAMANTHA	ROBERTS	F		F45+	227	01:10:05	01:08:27
2599	3940 PAULINE	THOMAS	F	TROTS	F55+	79	01:10:07	01:08:27
2600	3682 CHRISTIE	SQUIRES	F	TROTS	F35+	374	01:10:07	01:06:25
2601	2180 PAUL	BUCKLE	M		M40+	409	01:10:09	01:07:27
2602	1933 JOANNE	PETERS	F		Senior Female	376	01:10:10	01:05:33
2603	925 ANDREW	MORGAN	M		M40+	410	01:10:11	01:08:17
2604	420 NASTASSJA	LEAMON	F		Senior Female	377	01:10:11	01:06:09
2605	2708 RUTH	JONES	F		F45+	228	01:10:12	01:07:52
2606	3684 JULIE	DAVIES	F	3MS GORSEINON ROAD RUNNERS	F55+	80	01:10:12	01:08:37
2607	2802 KATRINA	WILLIAMS	F		F35+	375	01:10:12	01:07:53
2608	3517 CERYS	EDWARDS	F		Senior Female	378	01:10:13	01:08:47
2609	1846 DONNA	HENDERSON	F		F45+	229	01:10:13	01:07:47
2610	2607 MICAYLA	TIDD	F		Senior Female	379	01:10:15	01:06:47
2611	1918 GEORGIA	KELLY	F		Senior Female	380	01:10:15	01:07:44
2612	1919 KIM	SPARGO	F		F35+	376	01:10:15	01:07:44
2613	2512 CATRIN	JONES	F	PORTHCAWL RUNNERS	F45+	230	01:10:16	01:07:51
2614	3493 CAROL	HUGHES	F		F55+	81	01:10:16	01:08:12
2615	3630 JOHN	SPANSWICK	M		M50+	228	01:10:16	01:07:14
2616	881 CLAIRE	LAVENDER	F	FOREST OF DEAN AC	F35+	377	01:10:16	01:07:23
2617	3502 FRANKIE	HARRIS	F		F55+	82	01:10:17	01:06:21
2618	3942 GEORGY	GOULD	M		Junior Male	76	01:10:19	01:06:22

2619	3514 DAVID	LLOYD	M		Senior Male	703	01:10:19	01:06:50
2620	1939 JEMMA	PUGSLEY	F		Senior Female	381	01:10:20	01:07:27
2621	2792 ANDREW	BUTTERY	M		M40+	411	01:10:21	01:06:21
2622	1042 SUZANNE	BELLEW	F	WELSH ANGLO ATHLETICS	F45+	231	01:10:23	01:07:16
2623	2807 GEMMA	WALTERS	F		Senior Female	382	01:10:23	01:07:00
2624	572 SARAH	MARTIN	F		Senior Female	383	01:10:25	01:06:42
2625	1997 DANIELLE	O'NEILL	F		Senior Female	384	01:10:27	01:08:21
2626	3873 VAUGHAN	HOLDING	M		Senior Male	704	01:10:27	01:07:43
2627	3836 EMYR	EVANS	M	LLANELLI AC	Senior Male	705	01:10:30	01:08:40
2628	2869 ANNE-MARIE	JONES	F		F45+	232	01:10:30	01:07:06
2629	2177 FFION	KEHREIN	F		Senior Female	385	01:10:31	01:06:18
2630	3941 ANTHONY	GOULD	M		M40+	412	01:10:31	01:06:35
2631	1273 GRAHAM	SOLOMON	M		Senior Male	707	01:10:31	01:06:19
2632	1286 RHYS	WILLIAMS	M		Senior Male	706	01:10:31	01:05:48
2633	2901 SARAH-JANE	HUGHES	F		F35+	378	01:10:33	01:07:09
2634	682 ANGELA	PARRY	F	CWM OGWR RUNNING CLUB	F55+	83	01:10:34	01:08:07
2635	2875 SAM	BOWEN	F		F45+	233	01:10:34	01:07:09
2636	2726 SARAH	VINING	F		F35+	379	01:10:35	01:09:26
2637	716 FINOLA	PRYDE	F		Senior Female	386	01:10:35	01:06:53
2638	3191 ELIZABETH	HUMPHRIES	F		F35+	380	01:10:35	01:06:47
2639	3805 DARREN	TUCKER	M		Senior Male	708	01:10:35	01:08:34
2640	3804 RHIA	TUCKER	F		Senior Female	387	01:10:35	01:08:34
2641	424 CARL	MAY	M		M40+	413	01:10:36	01:09:45
2642	4163 VIKKI	JONES	F		F35+	381	01:10:36	01:06:22
2643	1615 ELLIE	ANDERSON	F		Junior Female	46	01:10:36	01:07:46
2644	4394 OBAN	CROSSMAN	M	ST JOSEPHS SCHOOL	Junior Male	77	01:10:37	01:08:36
2645	1178 CAROL	SHAW	F		F55+	84	01:10:40	01:07:18
2646	946 MICHAEL	COTTLE	M		M40+	414	01:10:41	01:07:51
2647	2127 ERIN	DYMOND	F		F35+	382	01:10:42	01:07:33
2648	3559 JONATHAN	FELLOWS	M		Senior Male	709	01:10:42	01:05:52
2649	2814 SARAH	FELLOWS	F		Senior Female	388	01:10:42	01:05:51
2650	2813 MATTHEW	FELLOWS	M		Senior Male	710	01:10:43	01:05:50
2651	2059 CARLA	THOMAS	F		Senior Female	389	01:10:43	01:07:52
2652	4181 PHILIP	EVANS	M		Senior Male	711	01:10:44	01:07:24
2653	4182 RHIANNON	EVANS	F		F35+	383	01:10:44	01:07:24
2654	1799 LISA	FABB	F		F45+	234	01:10:44	01:07:25
2655	1141 GARETH	LEWIS	M		M40+	415	01:10:44	01:06:58
2656	1423 GEORGINA	MCCANN	F		Senior Female	390	01:10:44	01:09:36

2657	1609 NATALIE	ANDERSON	F		Senior Female	391	01:10:45	01:07:55
2658	3515 REBECCA	LLOYD	F		Senior Female	392	01:10:48	01:07:21
2659	1778 SIAN	WILLIAMS	F		F35+	384	01:10:48	01:07:28
2660	3788 DEXTER	SULLIVAN	M		Junior Male	78	01:10:50	01:07:27
2661	4111 KATE	MORGAN	F		F45+	235	01:10:50	01:07:36
2662	796 BETH	TEMPLETON	F		F35+	385	01:10:50	01:09:08
2663	3122 LEIGH	POTTS	M		Senior Male	712	01:10:51	01:07:24
2664	3402 PEGGY	EDWARDS	F		F45+	236	01:10:53	01:07:53
2665	2980 FAYE	JONES	F		F35+	386	01:10:55	01:09:53
2666	4023 CHERYL	COPESTAKE	F		F45+	237	01:10:55	01:09:14
2667	1915 ANNA	REES	F		F35+	387	01:10:56	01:08:06
2668	1126 SALLY-ANN	MORGAN	F		F45+	238	01:10:57	01:08:51
2669	1698 BERNARD	MONK	M	PARC BRYN BACH RUNNING CLUB	M60+	89	01:10:57	01:09:13
2670	65 Lisa	Bowen	F		F45+	239	01:10:57	01:06:45
2671	308 SHARRON	BURRIDGE	F		F45+	240	01:10:58	01:06:41
2672	2323 SARA	HEWITT	F		F35+	388	01:11:00	01:08:08
2673	742 GARETH	DAVIES	M		Senior Male	713	01:11:00	01:07:26
2674	3012 ALEXIS	ROSE	F		Senior Female	393	01:11:00	01:09:35
2675	339 EMMA-JAYNE	TWISSELL	F		F35+	389	01:11:01	01:09:24
2676	2320 LOUISE	ATKINSON	F		F45+	241	01:11:02	01:06:51
2677	3135 KATY	KERSWELL	F		Senior Female	394	01:11:02	01:09:47
2678	2342 DEBBIE	GREEN	F		F45+	242	01:11:06	01:07:08
2679	858 PETER	DAVIES	M		Senior Male	714	01:11:06	01:06:43
2680	2217 SIAN	HUGHES	F		F35+	390	01:11:06	01:09:20
2681	613 BARBARA	KINGMAN	F		F45+	243	01:11:06	01:08:11
2682	614 ANGHARAD	DAVIES	F		F45+	244	01:11:07	01:08:11
2683	3891 RACHAEL	THOMAS	F		Senior Female	395	01:11:07	01:08:26
2684	3016 JASON	FIRKINS	M		Senior Male	715	01:11:07	01:09:43
2685	3154 NICOLA	BARCLAY	F		F35+	391	01:11:07	01:08:34
2686	3157 ALEXANDRA	DOUGLAS	F		F35+	392	01:11:08	01:08:35
2687	2575 SIAN-ELERI	FUDGE	F		F35+	393	01:11:08	01:09:36
2688	2636 EMMA	ALI	F		F35+	394	01:11:09	01:09:36
2689	4242 CAMERON	FERMANDEL	M		Junior Male	79	01:11:09	01:07:57
2690	804 LEE	BROWN	M		Senior Male	716	01:11:11	01:05:56
2691	1081 STEVE	MAGUIRE	M		M40+	416	01:11:11	01:06:52
2692	3649 JOSEPHINE	SHIRLEY	F	PORTHCAWL RUNNERS	F45+	245	01:11:11	01:08:46
2693	1396 SIAN	DYER	F		Senior Female	396	01:11:11	01:09:56
2694	2828 MEINIR	EDMUNDS	F		F45+	246	01:11:12	01:07:12

2695	3455 JANE	ENGLISH	F	PORTHCAWL RUNNERS	F45+	247	01:11:12	01:08:47
2696	3464 ALISON	DEAKIN	F		F45+	248	01:11:14	01:08:52
2697	3038 JON	EYNON	M		Senior Male	717	01:11:15	01:06:19
2698	3233 DARREN	CARPENTER	M		M40+	417	01:11:16	01:06:52
2699	647 LAINE	SKINNER	M		M40+	418	01:11:16	01:08:29
2700	223 DARYL	SUMMERHAYES	M	ADMIRAL	Senior Male	718	01:11:16	01:08:14
2701	3390 SARAH	LITTLE	F		F45+	249	01:11:19	01:07:46
2702	621 ANGHARAD	JONES	F		F35+	395	01:11:20	01:08:15
2703	2521 RACHEL	WILLIAMS	F		Senior Female	397	01:11:22	01:08:02
2704	891 NICOLA	HOPKINS	F		F35+	396	01:11:22	01:08:22
2705	2153 DEANNE	REBANE	F		F55+	85	01:11:23	01:07:51
2706	4194 STEPHEN	BLAKE	M	PEGASUS RC	M40+	419	01:11:23	01:08:43
2707	1791 MARTIN	TURVEY	M		M40+	420	01:11:23	01:06:42
2708	3648 REBECCA	PERRY	F		Senior Female	398	01:11:23	01:08:21
2709	3770 ROSE	CLINCH	F		Senior Female	399	01:11:25	01:08:33
2710	2750 NICOLA	DAVIS	F		F45+	250	01:11:25	01:07:39
2711	3458 HEIDY	DAVIES	F		F45+	251	01:11:26	01:07:22
2712	3013 SAMUEL	WALE	M		Senior Male	719	01:11:26	01:10:02
2713	3961 OWEN	GRIFFITHS	M		M40+	421	01:11:27	01:09:00
2714	2408 NICOLA	RUSLING	F		F35+	397	01:11:27	01:08:24
2715	1771 AIMEE	MORRIS	F		Senior Female	400	01:11:27	01:07:14
2716	771 DALE	MEAD	M		Senior Male	720	01:11:28	01:08:53
2717	3921 JOANNE	SWEET	F		Senior Female	401	01:11:28	01:09:05
2718	2546 GERALD	DOCHERTY	M		M50+	229	01:11:29	01:08:14
2719	3050 FRANCESCA	PROIETTI	F		F35+	398	01:11:30	01:07:43
2720	1067 CATHERINE	CROSS	F		F45+	252	01:11:30	01:08:10
2721	1496 MARK	THODAY	M		M50+	230	01:11:31	01:09:17
2722	3668 SAM	DANIELS	M		Junior Male	80	01:11:31	01:06:36
2723	1887 VIVIENNE	HENDERSON	F	RUN4ALL RUNNING CLUB	F35+	399	01:11:31	01:08:22
2724	522 CAROLYN	FOLEY	F	PORT TALBOT HARRIERS	F55+	86	01:11:31	01:07:43
2725	1909 NICOLA	BAILEY	F	PORT TALBOT HARRIERS	F35+	400	01:11:32	01:07:44
2726	351 LIZ	DENTITH	F		F45+	253	01:11:33	01:08:40
2727	4232 GETHIN	DANIEL	M		Senior Male	721	01:11:33	01:07:38
2728	521 RICHARD	JONES	M		M40+	422	01:11:36	01:09:37
2729	3529 CATH	BALL	F		F45+	254	01:11:36	01:08:50
2730	333 KATHARINE	POWELL	F		F35+	401	01:11:37	01:08:33
2731	2398 LESLEY	JONES	F		F55+	87	01:11:38	01:10:11
2732	4358 ANGELA	MORGAN	F	COASTAL HOUSING	F55+	88	01:11:39	01:08:59

2733	3765 JOANNA	COGHLIN	F		Senior Female	402	01:11:40	01:10:39
2734	3579 MATTHEW	JACKSON	M		M40+	423	01:11:42	01:09:18
2735	3518 KELLY	OWEN	F		F35+	402	01:11:43	01:10:17
2736	1576 NATALIE	BLYTT JORDENS	F		F45+	255	01:11:44	01:09:19
2737	2574 SUE	PHILLIPS	F		F45+	256	01:11:45	01:07:39
2738	1874 CAITLIN	GLEW	F		Senior Female	403	01:11:46	01:09:56
2739	769 ROWAN	DURRANT	F		Junior Female	47	01:11:46	01:07:57
2740	4248 HAZEL	POWELL	F		F45+	257	01:11:48	01:09:26
2741	4331 LEE	THOMAS	M	ADMIRAL	Senior Male	722	01:11:48	01:08:37
2742	4302 GEORGE	HINDE	M	ADMIRAL	Senior Male	723	01:11:49	01:08:37
2743	4357 JENNIE	LANG	F	COASTAL HOUSING	Senior Female	404	01:11:54	01:07:44
2744	2044 PAUL	BRAIN	M		M60+	90	01:11:54	01:07:42
2745	2861 CLAIR	WILLIAMS	F		F35+	403	01:11:54	01:07:43
2746	3345 TAMMY	RICE	F		F35+	404	01:12:00	01:08:09
2747	1249 JOY	WILLIAMS	F		F45+	258	01:12:00	01:08:00
2748	3955 TRACEY	MATTHEWS	F		Senior Female	405	01:12:01	01:09:13
2749	2725 VICTORIA	WILLIAMS	M		M40+	424	01:12:02	01:09:44
2750	37 David	Williams	M		Senior Male	724	01:12:03	01:08:18
2751	55 Cerys	Sheridan	F		Junior Female	48	01:12:04	01:09:36
2752	912 PAUL	CORNISH	M		M50+	231	01:12:04	01:09:29
2753	3965 AMANDA	KNIGHT	F		F45+	259	01:12:04	01:08:22
2754	4270 GEORGINA	BULLOCK	F		Senior Female	406	01:12:04	01:09:02
2755	3622 SHARON	JONES	F		F35+	405	01:12:04	01:08:13
2756	868 RHIAN	HARRIS	F		Senior Female	407	01:12:06	01:09:11
2757	1896 CHELSIE	EDWARDS	F		Senior Female	408	01:12:07	01:08:04
2758	3046 CARLE	ELLIS	M		Senior Male	725	01:12:10	00:59:08
2759	985 RACHEL	BAYLISS	F		F35+	406	01:12:10	01:10:05
2760	3726 SUE	WINSTONE	F		F35+	407	01:12:12	01:10:18
2761	3214 KELLY	NEWTH	F		F35+	408	01:12:13	01:07:14
2762	1233 MOIRA	JONES	F		F35+	409	01:12:17	01:10:14
2763	3888 SARAH	MILNER	F		Senior Female	409	01:12:18	01:08:28
2764	238 JONATHAN	WILLIAMS	M	ADMIRAL	Senior Male	726	01:12:19	01:08:08
2765	4345 MICHAEL	GRIFFITHS	M		M60+	91	01:12:19	01:08:52
2766	3624 LEAH	SAMUEL	F		Senior Female	410	01:12:20	01:08:52
2767	1069 RACHEL	WESTACOTT	F		F35+	410	01:12:22	01:09:03
2768	2514 OLUGBENGA	FAKANDE	M		M50+	232	01:12:22	01:10:31
2769	2684 ALICE	FOUNTAIN	F		Senior Female	411	01:12:24	01:08:42
2770	28 JOHN	LOVELL	M		M60+	92	01:12:25	01:10:17

2771	1310 ROSIE	DYER	F		Senior Female	412	01:12:26	01:08:30
2772	773 CHRISTINA	MORRIS	F		Senior Female	413	01:12:26	01:09:53
2773	3190 MARK	EVANS	M		M50+	233	01:12:28	01:09:41
2774	406 MARIA	LALIC	F	CWM OGWR RUNNING CLUB	F55+	89	01:12:28	01:08:29
2775	417 CLARE	JOHNS	F		F35+	411	01:12:28	01:08:38
2776	1733 HEATHER	ASTON	F		F45+	260	01:12:29	01:10:44
2777	418 MARK	JOHNS	M		M40+	425	01:12:31	01:08:41
2778	3165 EMMA	PENNEY	F		F45+	261	01:12:35	01:08:34
2779	741 DEBORAH	BROWN	F		F45+	262	01:12:37	01:09:03
2780	2307 INGRID	JONES	F		F45+	263	01:12:38	01:09:00
2781	1203 LISA	JAMES	F		F45+	264	01:12:39	01:09:19
2782	3306 REBECCA	HOWE	F		Senior Female	414	01:12:40	01:09:09
2783	1417 EMMA	GARRY	F		Senior Female	415	01:12:40	01:10:30
2784	47 Emma	Martin Jewell	F		F35+	412	01:12:40	01:10:18
2785	3834 KAREN	DAWSON	F		F45+	265	01:12:43	01:09:18
2786	2399 ELIZABETH	EVANS	F		Senior Female	416	01:12:45	01:08:38
2787	1585 JUDITH	TANNER	F		F45+	266	01:12:46	01:09:57
2788	3223 LAURA	CLUTTERBUCK	F		Senior Female	417	01:12:46	01:09:09
2789	2868 ANNMARIE	FOLIGNO	F		Senior Female	418	01:12:47	01:09:10
2790	3870 NICOLA	SPENCER	F		Senior Female	419	01:12:48	01:09:49
2791	610 VALERIE	HUMPHREYS	F		F35+	413	01:12:49	01:08:34
2792	3460 DAWN	BRACE	F		F45+	267	01:12:50	01:09:13
2793	662 JONATHAN	BOURNE	M		M40+	426	01:12:50	01:08:20
2794	2185 RYAN	SMITH	M		M40+	427	01:12:52	01:11:05
2795	2184 KIERAN	SMITH	M		Senior Male	727	01:12:54	01:11:06
2796	2400 CARI	POWELL	F		Senior Female	420	01:12:54	01:08:47
2797	4137 MELANIE	ROBINSON	F	PAUL POPHAM RUNNING CLUB	F35+	414	01:12:55	01:10:18
2798	108 JON	BENNETT	M	ADMIRAL	Senior Male	728	01:12:56	01:09:43
2799	1720 TOM	MORRIS	M	PAUL POPHAM RUNNING CLUB	M60+	93	01:12:56	01:10:20
2800	311 GRAHAM	GUNN	M		M60+	94	01:12:56	01:08:43
2801	4328 LESLEY	REES	F	ADMIRAL	F35+	415	01:12:56	01:10:20
2802	2656 DONNA	SMALLBONES	F		F35+	416	01:12:57	01:09:12
2803	3237 PAUL	BECKETT	M		M40+	428	01:12:57	01:08:52
2804	78 Hazel	Morgan	F		F45+	268	01:12:58	01:10:18
2805	4225 GERAINT	WILLIAMS	M		M40+	429	01:12:59	01:10:27
2806	4048 YVONNE	O'SULLIVAN	F	PAUL POPHAM RUNNING CLUB	F45+	269	01:13:00	01:09:20
2807	4224 VICTORIA	GRIFFITHS	F		Senior Female	421	01:13:00	01:10:29
2808	1591 CATHERINE	PLEASS	F		Senior Female	422	01:13:00	01:08:50

2809	3081 RHIAN	DAVIES	F		F35+	417	01:13:01	01:11:19
2810	3536 DEBORAH	LEWIS	F		F35+	418	01:13:02	01:08:13
2811	1301 SAMANTHA	BECKETT	F		F35+	419	01:13:03	01:08:57
2812	710 LEANNE	MCBETH	F		F35+	420	01:13:08	01:09:17
2813	713 Spare	Chip	M	NULL	Senior Male	729	01:13:08	01:09:25
2814	2569 KATHY	DAWKINS	F		F45+	270	01:13:08	01:10:00
2815	2572 ANGELA	JONES	F		F35+	421	01:13:09	01:10:01
2816	568 ANTHONY	HARVEY	M		M60+	95	01:13:10	01:10:30
2817	3140 CELYN	JUKES	F		Senior Female	423	01:13:11	01:08:59
2818	4241 ANDREW	EVANS	M		Senior Male	730	01:13:13	01:09:11
2819	3114 HELEN	JONES	F	ABERDARE VALLEY AAC	F35+	422	01:13:14	01:09:29
2820	3610 LINDA	OWENS	F	3MS GORSEINON ROAD RUNNERS	F55+	90	01:13:14	01:10:33
2821	602 MARK	PEARCE	M		M50+	234	01:13:14	01:12:22
2822	2259 COLIN	THOMAS	M		Senior Male	731	01:13:15	01:10:13
2823	3152 JOSHUA	WRIGHT	M		Senior Male	732	01:13:16	01:10:31
2824	3243 JOHN	VINE	M		M60+	96	01:13:17	01:10:21
2825	315 RHYANNON	SMITH	F		F35+	423	01:13:17	01:09:54
2826	1097 LUCY	DAVIES	F		Senior Female	424	01:13:17	01:09:02
2827	316 GARY	SMITH	M		M60+	97	01:13:17	01:09:54
2828	2873 TOM	BREWER	M		Senior Male	733	01:13:19	01:09:21
2829	3609 SIAN	JENKINS	F		Senior Female	425	01:13:20	01:09:58
2830	2837 MALCOLM	BULLOUGH	M		M60+	98	01:13:24	01:09:17
2831	378 MARTYN	WILLETTS	M		M40+	430	01:13:24	01:09:18
2832	2743 JESS	JONES	M		Senior Male	734	01:13:26	01:11:00
2833	981 RICHARD	JOHN	M		Senior Male	735	01:13:26	01:11:00
2834	379 SALLY	WILLETTS	F		F35+	424	01:13:27	01:09:21
2835	3692 ELAURA	BISHOP	F		Senior Female	426	01:13:27	01:10:35
2836	3693 CHRIS	BAILEY	M		Senior Male	736	01:13:28	01:10:33
2837	3821 HAYLEY	BLYTH	F		F35+	425	01:13:29	01:10:18
2838	2260 FFION	REEVES	F		Senior Female	427	01:13:30	01:09:17
2839	1438 EMMA	DAVIES	F		F35+	426	01:13:31	01:10:24
2840	1559 EMMA	BROWN	F		Senior Female	428	01:13:33	01:10:58
2841	1098 NOEL	DAVIES	M		Senior Male	737	01:13:34	01:09:19
2842	2357 TIRION	JONES	F		Senior Female	429	01:13:35	01:10:32
2843	3882 MAUREEN	DYCHITAN	F		F35+	427	01:13:38	01:11:38
2844	575 JOANNE	DORGAN	F		F45+	271	01:13:39	01:12:03
2845	136 EMILY	DUNNINGHAM	F	ADMIRAL	Senior Female	430	01:13:39	01:11:43
2846	340 AMANDA	BRIDLE	F		F45+	272	01:13:39	01:10:09

2847	1218 CAROLINE	DAVID	F		F35+	428	01:13:39	01:09:53
2848	3899 NIKOLA	SMITH	F		F35+	429	01:13:39	01:09:33
2849	924 CALLUM	MANNING	M		Senior Male	738	01:13:40	01:09:47
2850	923 SAMANTHA	BROOKMAN	F		Senior Female	431	01:13:41	01:09:47
2851	4021 RACHEL	HARRIS	F		Junior Female	49	01:13:41	01:08:59
2852	3909 FRAN	CURNOW	F		F45+	273	01:13:42	01:09:22
2853	1934 TANYA	JOHNSON	F		Senior Female	432	01:13:43	01:10:48
2854	2249 SIAN	PURSEY	F		F35+	430	01:13:43	01:09:53
2855	2181 TRACY	BUCKLE	F	PEGASUS RC	F45+	274	01:13:43	01:10:58
2856	1884 RHIAN	NOLAN	F	CWM OGWR RUNNING CLUB	F35+	431	01:13:43	01:10:49
2857	2799 SAMANTHA	WILLIAMS	F		Senior Female	433	01:13:44	01:09:58
2858	3699 JANE	COPPARD	F		F55+	91	01:13:44	01:09:50
2859	4047 VICKY	PACHECO	F		Senior Female	434	01:13:45	01:09:52
2860	3491 MARCUS	GOLDSWORTHY	M		M40+	431	01:13:48	01:11:21
2861	1128 NICOLA	GRIFFITHS	F		Senior Female	435	01:13:50	01:10:41
2862	2245 SIONED MAIR	REES	F		Junior Female	50	01:13:51	01:10:59
2863	1502 ANNIE	O'MEARA	F		F45+	275	01:13:51	01:12:49
2864	2367 ANDREW	JENKINS	M		M50+	235	01:13:55	01:10:06
2865	2368 VANESSA	LEWIS-JENKINS	F		F45+	276	01:13:55	01:10:06
2866	1785 CLAIRE	HOSKISON	F		F45+	277	01:13:58	01:09:56
2867	986 STEPHEN	REES	M		M60+	99	01:13:59	01:09:51
2868	1305 LIBBY	CHANCER	F		Senior Female	436	01:14:00	01:10:00
2869	2157 ALEXANDRA	LERVY	F		Junior Female	51	01:14:01	01:09:49
2870	2158 AMANDA	LERVY	F		F35+	432	01:14:01	01:09:50
2871	2601 SARAH	STEADMAN	F		F35+	433	01:14:01	01:09:40
2872	3260 ANDREW	HOPKIN	M		M40+	432	01:14:03	01:11:21
2873	1405 RICHARD	JONES	M		Senior Male	739	01:14:03	01:10:22
2874	3132 VICTORIA	EVANS	F		F35+	434	01:14:03	01:10:30
2875	1718 LAURA	DAVIES	F		F45+	278	01:14:04	01:09:56
2876	1719 JODY	WILLIAMS	F		Senior Female	437	01:14:04	01:09:56
2877	4305 GEMMA	HOPKIN-EVANS	F	ADMIRAL	F35+	435	01:14:05	01:10:52
2878	876 LEIGH-ANNE	VOWLES	F		Senior Female	438	01:14:05	01:12:10
2879	1164 ANDREA	KNIFE	F		F35+	436	01:14:07	01:11:37
2880	3930 DION	JAMES	M		Senior Male	740	01:14:09	01:09:14
2881	1410 LYNN	LOCKWOOD	F		F55+	92	01:14:10	01:12:02
2882	1157 GLYN	GEORGE	M		M50+	236	01:14:11	01:09:17
2883	1404 HOLLY	BEDDOWS	F		Senior Female	439	01:14:11	01:10:30
2884	1511 NICOLA	WARD	F	PORTHCAWL RUNNERS	F35+	437	01:14:12	01:10:16

2885	3069 IAN	CLARKE	M		M50+	237	01:14:12	01:11:37
2886	760 ANDREA	PARKER	F	PONTARDAWE RUNNING CLUB	F45+	279	01:14:13	01:10:39
2887	1170 KELLY	BRAIN	F		F35+	438	01:14:14	01:11:44
2888	324 JANE	PRITCHARD	F		F55+	93	01:14:16	01:11:19
2889	2448 KATE	MORGAN	F		F35+	439	01:14:16	01:12:15
2890	3742 JULIA	HARRIES	F		F45+	280	01:14:17	01:10:15
2891	3049 SIAN	RIDD	F		F35+	440	01:14:17	01:10:53
2892	1470 BETHAN	THOMAS	F		Senior Female	440	01:14:17	01:12:34
2893	1100 TRUDIE	JONES	F		F45+	281	01:14:18	01:10:58
2894	889 CARYS	GALLAGHER	F		Senior Female	441	01:14:19	01:10:20
2895	890 SAM	GALLAGHER	M		Senior Male	741	01:14:19	01:10:20
2896	1285 GEORGIA	SWEET	F		Junior Female	52	01:14:19	01:11:02
2897	1773 REBECCA	MASON	F		F35+	441	01:14:19	01:12:31
2898	3048 LYNN	GOWER	F		F45+	282	01:14:20	01:10:55
2899	663 ZOE	HARAN	F		F35+	442	01:14:20	01:10:29
2900	919 HANNAH	BISHOP	F		Senior Female	442	01:14:20	01:10:37
2901	1034 THOMAS	PERRETT	M		Senior Male	742	01:14:20	01:10:53
2902	1469 PAUL	PHILLIPS	M		M50+	238	01:14:21	01:12:38
2903	1033 NICOLA	DEACON	F		Senior Female	443	01:14:21	01:10:53
2904	1772 PAUL	MASON	M		Senior Male	743	01:14:22	01:12:33
2905	214 REBECCA	RYAN	F	ADMIRAL	Senior Female	444	01:14:22	01:10:01
2906	1552 LEWIS	ABLETT	M		Senior Male	744	01:14:22	01:10:39
2907	1444 PETER	BANKS	M		Senior Male	745	01:14:22	01:10:55
2908	106 SAMUEL	BARNES	M	ADMIRAL	Senior Male	746	01:14:23	01:10:24
2909	3052 TERESA	BAKER	F		Senior Female	445	01:14:24	01:11:41
2910	3314 DANIELLE	BIDDER	F		Senior Female	446	01:14:24	01:13:08
2911	1031 RACHEL	EVANS	F		F45+	283	01:14:25	01:10:11
2912	2683 KRISTIAN	EVANS	M		Senior Male	747	01:14:26	01:10:41
2913	2833 REBECCA	CLARK	F		Senior Female	447	01:14:26	01:09:38
2914	2968 KYLEIGH	DAVIES	F		Senior Female	448	01:14:26	01:09:38
2915	3062 EMMA	BEASLEY	F		F35+	443	01:14:27	01:10:08
2916	2547 RACHEL	KENDALL	F		Senior Female	449	01:14:28	01:10:25
2917	1318 SHARON	KITE	M		M40+	433	01:14:28	01:12:44
2918	4143 MICHELLE	COLE	F	RUN4ALL RUNNING CLUB	Senior Female	450	01:14:28	01:09:35
2919	59 Gemma May	O'Connell	F		Senior Female	451	01:14:29	01:09:35
2920	2343 TRACY	LOWE	F		F45+	284	01:14:29	01:11:23
2921	1812 SIMON	MERRIFIELD	M		M40+	434	01:14:32	01:10:26
2922	684 CHARLOTTE	LITCHFIELD	F		F35+	444	01:14:34	01:11:38

2923	940 JUDE	ISAAC	F		Senior Female	452	01:14:35	01:10:45
2924	2781 HEATHER	AITCHISON	F		F45+	285	01:14:35	01:12:50
2925	734 SUSAN	ROUND	F	PORTHCAWL RUNNERS	F45+	286	01:14:36	01:09:48
2926	4359 NICOLA	SMITH	F		F35+	445	01:14:36	01:12:04
2927	1088 CERYS	RAND	F		Senior Female	453	01:14:37	01:12:30
2928	1395 ANDREW	RHODES	M		Senior Male	748	01:14:37	01:10:35
2929	2997 RACHAEL	PHILLIPS	F		F35+	446	01:14:39	01:10:43
2930	1747 CLARE	WILLIAMS	F		F45+	287	01:14:40	01:12:00
2931	1512 RACHEL	MARCARIAN	F	PORTHCAWL RUNNERS	F35+	447	01:14:40	01:10:42
2932	1007 CARUWYN	JONES	F		F35+	448	01:14:41	01:11:53
2933	1161 HELEN	NOTT	F		F35+	449	01:14:42	01:12:13
2934	4343 GARETH	WILLIAMS	M		Senior Male	749	01:14:46	01:10:42
2935	1130 ROSALIND	JONES	F		F45+	288	01:14:49	01:11:29
2936	3501 DEBBIE	ROBERTS	F		Senior Female	454	01:14:49	01:11:35
2937	3247 ELLEN	LLOYD	F		Senior Female	455	01:14:50	01:10:43
2938	586 ASHLEY	CUDE	M		Senior Male	750	01:14:50	01:11:09
2939	389 EDWARD	TABBERER	M		M60+	100	01:14:53	01:14:05
2940	2428 GABRIELLE	ROBBINS	F		F45+	289	01:14:54	01:12:58
2941	44 Owen	Ellis	M		Senior Male	751	01:14:55	01:10:51
2942	3436 GAYNOR	JONES	F		F55+	94	01:14:55	01:12:06
2943	1950 JOHN	DAVIES	M		M60+	101	01:14:57	01:11:31
2944	3932 CHARLOTTE	ELIAS	F		Senior Female	456	01:14:59	01:11:19
2945	2669 SHARON	OWEN	F		F35+	450	01:15:02	01:10:57
2946	3424 ALYSON	BRAY	F		F45+	290	01:15:02	01:11:49
2947	288 SARA	SOUTHWELL	F		Senior Female	457	01:15:05	01:12:27
2948	1387 ANGELA	PRICE	F	ISLWYN RC	F35+	451	01:15:05	01:12:32
2949	295 HELEN	WILLIAMS	F		F35+	452	01:15:07	01:12:27
2950	1999 SOPHIE	MURRAY	F		Senior Female	458	01:15:08	01:13:01
2951	2538 ADRIAN	BAILEY	M		M50+	239	01:15:09	01:12:35
2952	141 BEVERLEY	EVANS	F	ADMIRAL	Senior Female	459	01:15:11	01:11:10
2953	1129 LOUISE	ALDRIDGE	F		F35+	453	01:15:12	01:12:40
2954	2714 STACEY	WILLIAMS	F		Senior Female	460	01:15:13	01:12:35
2955	4015 KELLY	PREECE	F		F35+	454	01:15:15	01:11:03
2956	1836 ABIGAIL	MORGAN	F		Senior Female	461	01:15:17	01:11:33
2957	3426 ANGHARAD	WILLIAMS	F		F35+	455	01:15:17	01:11:04
2958	3527 JANE	RICHARDS	F		F45+	291	01:15:18	01:12:35
2959	3775 HARRY	JACKSON	M		Junior Male	81	01:15:20	01:11:51
2960	3378 NICOLA	JENKINS	F		F35+	456	01:15:22	01:12:56

2961	215 CLAIRE	SALISBURY	F	ADMIRAL	F35+	457	01:15:23	01:11:40
2962	3380 NICOLA	JENKINS	F		F35+	458	01:15:24	01:13:00
2963	2967 RHIAN	MASON	F		F35+	459	01:15:30	01:11:37
2964	4063 EMMA	WALLACE	F		F35+	460	01:15:30	01:13:06
2965	546 GERAINT	WILLIAMS	M		Senior Male	752	01:15:31	01:11:24
2966	1274 LEANNE	SOLOMON	F		Senior Female	462	01:15:33	01:11:21
2967	1030 BYRON	DOVER-WADE	M		Senior Male	753	01:15:37	01:12:42
2968	3779 ALLYSON	ALLMAN	F		F55+	95	01:15:39	01:12:07
2969	3477 SALLIE	WEST	F		F45+	292	01:15:41	01:11:16
2970	4326 LLOYD	REES	M		Senior Male	754	01:15:41	01:11:16
2971	2621 CARLY	MCQUAID	F		Senior Female	463	01:15:42	01:12:34
2972	1437 JO	GRIFFITHS	F		Senior Female	464	01:15:43	01:11:38
2973	4129 PAULA	HOPKINSON	F		F35+	461	01:15:43	01:11:38
2974	4126 RACHAEL	HILL	F		F35+	462	01:15:43	01:11:39
2975	574 CHERYL	BERRY	F		Senior Female	465	01:15:44	01:11:22
2976	4082 BETHAN	DAVIES	F		Senior Female	466	01:15:46	01:12:10
2977	506 HOLLY	MORGAN	F		Senior Female	467	01:15:47	01:13:30
2978	241 JESCA	WILLIAMS	F	ADMIRAL	Senior Female	468	01:15:48	01:12:29
2979	4254 CERI	WESTCOTT	M		Senior Male	755	01:15:49	01:11:39
2980	4255 ABI	EDWARDS	F		Senior Female	469	01:15:49	01:11:40
2981	752 CHARLOTTE	BLOODWORTH	F		F35+	463	01:15:49	01:12:33
2982	4138 TINA	FENN	F		F35+	464	01:15:50	01:11:40
2983	1936 ANGIE	PUNCHARD	F		F45+	293	01:15:51	01:13:25
2984	1388 DELYTH	DAVIES	F		Senior Female	470	01:15:52	01:11:41
2985	2881 SUZANNA	COOKE	F		F35+	465	01:15:52	01:12:56
2986	3433 LORNA	POWELL	F		F45+	294	01:15:52	01:12:56
2987	1352 BETHAN	ROBERTS	F		Senior Female	471	01:15:53	01:11:58
2988	1355 RHIANNON	ROBERTS	F		Senior Female	472	01:15:53	01:11:58
2989	855 CLAIRE	JENKINS	F		Senior Female	473	01:15:54	01:12:46
2990	1940 LINDA	HOSKINS	F		F45+	295	01:15:54	01:13:11
2991	436 GABRIELA	TIBIL	F		F35+	466	01:15:54	01:15:07
2992	435 EIFION	REES	M		M40+	435	01:15:54	01:15:06
2993	434 BETHAN	REES	F		F35+	467	01:15:55	01:15:07
2994	2214 DIONNE	DAVIES	F		Senior Female	474	01:15:55	01:12:45
2995	2490 MIKE	SCOTT	M		M50+	240	01:15:57	01:12:36
2996	2571 MARTIN	WOODFIELD	M		M50+	241	01:16:02	01:12:25
2997	2570 ELENA	CLEMENT	F		Senior Female	475	01:16:04	01:12:27
2998	1705 AWEN	JONES	F		F35+	468	01:16:04	01:12:13

2999	2257 KATHRYN	TOMOS	F		Senior Female	476	01:16:07	01:13:28
3000	2913 LAURA	BEARD	F		F35+	469	01:16:07	01:14:06
3001	4034 MAIRWEN	RICHARDS	F		F35+	470	01:16:08	01:12:15
3002	1650 NATALIE	VANDERLINDEN	F		F45+	296	01:16:09	01:13:28
3003	1652 LORRAINE	DAVIES	F		F35+	471	01:16:09	01:12:04
3004	1769 KATE	LOVELUCK	F		Senior Female	477	01:16:09	01:12:44
3005	1606 GRAEME	HUGHES	M		M40+	436	01:16:10	01:13:09
3006	1221 KELLY	GRIFFITHS	F		F35+	472	01:16:11	01:12:25
3007	1384 BETH	ORAM	F		F35+	473	01:16:15	01:11:31
3008	1522 IAN	RAVENSCROFT	M		Senior Male	756	01:16:15	01:13:01
3009	1871 SAMANTHA	PALMER	F		F35+	474	01:16:15	01:14:59
3010	156 REBEKAH	HUGHES	F	ADMIRAL	Senior Female	478	01:16:18	01:12:06
3011	915 ADAM	THOMAS	M		Senior Male	757	01:16:19	01:12:24
3012	3421 TANYA	HESKINS	F	RUN4ALL RUNNING CLUB	F35+	475	01:16:19	01:13:05
3013	458 JOANNA	HOLLOWAY	F		F45+	297	01:16:20	01:12:14
3014	3895 ASHLEY	THOMAS	F		Senior Female	479	01:16:21	01:12:59
3015	280 GERAINT	JONES	M		Senior Male	758	01:16:21	01:12:08
3016	1261 NICOLA	HOPKINS	F		Senior Female	480	01:16:21	01:13:06
3017	4364 BEVERLEY	LOGAN	F	BRECON CARREG	F35+	476	01:16:23	01:13:09
3018	3738 JEAN	CAMPBELL	F	RUN4ALL RUNNING CLUB	F55+	96	01:16:23	01:13:10
3019	1254 RHIAN	CHECKLAND	F		F35+	477	01:16:23	01:12:17
3020	343 ELIZABETH	TANGUAY	F		F35+	478	01:16:24	01:12:17
3021	1255 RICH	HART	M		Senior Male	759	01:16:24	01:12:15
3022	429 RHIAN	STOKES-THOMAS	F		F45+	298	01:16:29	01:14:19
3023	1403 LARA	ACOTT	F		Senior Female	481	01:16:29	01:12:49
3024	3998 TOM	DAVIES	M		Junior Male	82	01:16:30	01:12:48
3025	1647 STEVEN	MATTHEWS	M		M40+	437	01:16:30	01:12:26
3026	2585 SEANA	POWER	F		Junior Female	53	01:16:31	01:15:00
3027	95 DAVID MARCUS	DAVIES	M	ACTIVE SWANSEA	M50+	242	01:16:31	01:15:00
3028	2205 JAYNE	JAMES	F		F35+	479	01:16:35	01:14:56
3029	4145 ROSIE	KNEWSTUBB	F		F45+	299	01:16:35	01:13:53
3030	493 ALEX	DEEKS	F		Senior Female	482	01:16:36	01:13:52
3031	329 SUE	RIDDING	F		F45+	300	01:16:36	01:13:29
3032	4155 ANGHARAD	EDWARDS	F		F35+	480	01:16:37	01:13:51
3033	4154 LEE	JONES	M		Senior Male	760	01:16:37	01:13:51
3034	1637 SOPHIE	DAVIES	F		Junior Female	54	01:16:38	01:12:34
3035	126 GEMMA	DACEY	F	ADMIRAL	Senior Female	483	01:16:39	01:13:39
3036	4072 MATTHEW	COLLINS	M		M50+	243	01:16:39	01:13:55

3037	1329 RACHEL	PHILLIPS	F		Senior Female	484	01:16:40	01:13:55
3038	871 KAYLEIGH	BEST	F		Senior Female	485	01:16:40	01:12:59
3039	3752 CHRISTIAN	PARSLEY	M		Senior Male	761	01:16:40	01:12:04
3040	504 ALEXANDER	BROWN	M		Senior Male	762	01:16:40	01:12:20
3041	4196 SANDRA	CAVENEY	F	LES CROUPIERS	F45+	301	01:16:41	01:12:19
3042	4195 HANNAH	CAVENEY	F		F35+	481	01:16:41	01:12:21
3043	2737 JAYNE	BRIDGES	F		F45+	302	01:16:43	01:14:22
3044	2748 JO	MOUNTJOY	F		F35+	482	01:16:43	01:14:23
3045	2762 JULIA	VARNEY	F		Senior Female	486	01:16:46	01:14:02
3046	1823 GLYNIS	APPLEBY	F		F55+	97	01:16:47	01:12:40
3047	1068 RUTH	YANDLE	F		F45+	303	01:16:47	01:13:28
3048	2063 ELISE	SALINI	F		Junior Female	55	01:16:48	01:13:47
3049	1107 EMMA	OLIVER	F		F35+	483	01:16:48	01:12:58
3050	2022 CLARE	PRITCHARD	F		F35+	484	01:16:51	01:12:15
3051	3546 KATIE	PADFIELD	F		Senior Female	487	01:16:51	01:13:40
3052	1636 LYNWEN	DAVIES	F		F35+	485	01:16:52	01:12:49
3053	1629 KIM	DAVIES	F		F45+	304	01:16:52	01:12:48
3054	1451 LYN	THOMPSON	M		M60+	102	01:16:52	01:12:35
3055	2043 CHRISTI	HOPKINSON	F		F45+	305	01:16:54	01:13:19
3056	271 ANDREW	KEEN	M		Senior Male	763	01:16:55	01:12:08
3057	1268 RHIAN	MILLIDGE	F		F55+	98	01:16:55	01:12:38
3058	3350 HELEN	EVANS	F		Senior Female	488	01:16:56	01:13:45
3059	712 Spare	Chip	M	NULL	Senior Male	764	01:16:56	01:13:14
3060	4267 REBECCA	THOMAS	F		Senior Female	489	01:16:57	01:12:55
3061	1473 KAREN	JONES	F		F35+	486	01:16:57	01:12:40
3062	3322 DANIELLE	GUESS	F		Senior Female	490	01:17:00	01:15:55
3063	3323 GAGE	SINGH	M		Senior Male	765	01:17:00	01:15:53
3064	1195 MATT	SMITH	M		M40+	438	01:17:05	01:12:51
3065	3865 MAUREEN	MORGAN	F	RUN4ALL RUNNING CLUB	F55+	99	01:17:05	01:13:51
3066	3053 JULIE	PARRY	F		F35+	487	01:17:06	01:14:24
3067	3015 RUTH	DAVIES-HUGHES	F		F35+	488	01:17:06	01:12:33
3068	4008 NEIL	FIRTH	M		M50+	244	01:17:07	01:12:33
3069	3276 HANNAH	SMITH	F		F35+	489	01:17:07	01:12:33
3070	3552 NICK	DAVIES	M	CAERPHILLY RUNNERS	M50+	245	01:17:12	01:13:25
3071	893 LISA	JENKINS	F	CWM OGWR RUNNING CLUB	F35+	490	01:17:12	01:14:42
3072	3279 DANIEL	WILLIAMS	M		Senior Male	766	01:17:12	01:13:01
3073	1406 SHANNON	PURDEY	F		Senior Female	491	01:17:12	01:14:13
3074	4368 SHAMIMA	BIBI	F	GRAND HOTEL	Senior Female	492	01:17:13	01:14:29

3075	2015 MERERID	GOVIER	F		F35+	491	01:17:14	01:14:54
3076	2014 GARETH	GOVIER	M		M40+	439	01:17:14	01:14:54
3077	4397 CHRIS	PINNINGTON	M	ST JOSEPHS SCHOOL	Senior Male	767	01:17:15	01:13:00
3078	4168 CATHERINE	HILL	F		F45+	306	01:17:15	01:14:47
3079	3963 SIAN	DAVIES	F		F35+	492	01:17:15	01:12:18
3080	733 ROBERT	GARDNER	M	PORTHCAWL RUNNERS	M50+	246	01:17:18	01:12:30
3081	1963 SCOTT	BURGESS	M		Senior Male	768	01:17:19	01:15:48
3082	1567 CHRISTINA	BRANNIGAN	F		F45+	307	01:17:27	01:12:45
3083	2982 MICHAELA	COLE	F		F45+	308	01:17:28	01:13:39
3084	1928 JULIE	BROWN	F		Senior Female	493	01:17:28	01:15:32
3085	2767 JESSICA	DAVIES	F		Senior Female	494	01:17:31	01:13:05
3086	937 NAVEED	IQBAL	M		Senior Male	769	01:17:33	01:12:41
3087	1055 JUDITH	GABB	F		F55+	100	01:17:39	01:13:33
3088	4307 JOSHUA	HUNT	M	ADMIRAL	Senior Male	770	01:17:39	01:13:14
3089	3210 HANNAH	GARCIA	F		Senior Female	495	01:17:40	01:13:40
3090	442 WENDY	SULLIVAN	F		F45+	309	01:17:42	01:13:34
3091	2502 ELIZABETH	ROBERTS	F		Senior Female	496	01:17:46	01:13:52
3092	1450 LIZ	THOMPSON	F		F55+	101	01:17:48	01:13:31
3093	3205 LYNETTE	CARRUTHERS	F		F45+	310	01:17:51	01:13:31
3094	3204 CASSEY	CARRUTHERS	F		Junior Female	56	01:17:51	01:13:32
3095	1325 STEPHEN	LOVELL	M		M50+	247	01:17:51	01:13:00
3096	4233 SHELLEY	ABLADE	F		Senior Female	497	01:17:52	01:15:05
3097	1333 MARIO	MORUZZI	M	PAUL POPHAM RUNNING CLUB	M40+	440	01:17:53	01:15:55
3098	1984 JO	HILBORNE	F		F45+	311	01:17:54	01:13:50
3099	1247 MARCELLA	EVANS	F		F35+	493	01:17:55	01:15:51
3100	1642 GAYNOR	DAVIES	F		F45+	312	01:17:56	01:15:21
3101	767 FRANCESCA	ORMENO	F		Senior Female	498	01:17:57	01:13:42
3102	3866 DEBRA	HURLEY	F		F35+	494	01:17:57	01:13:53
3103	3366 REBECCA	DAVIES	F		F35+	495	01:17:59	01:14:05
3104	4169 HANNAH	KNIGHT	F		Junior Female	57	01:18:00	01:15:32
3105	3368 MICHELLE	JAMES	F		F35+	496	01:18:01	01:14:07
3106	2577 NICOLA	THORNTON	F		F35+	497	01:18:02	01:13:55
3107	1739 HELEN	BESLEY	F	PAUL POPHAM RUNNING CLUB	Senior Female	499	01:18:06	01:13:56
3108	3878 JASMINE	GILL	F		Senior Female	500	01:18:06	01:15:44
3109	4099 JENNY	POUFFIER	F		Senior Female	501	01:18:07	01:14:41
3110	1605 TRACY	HADDOCK	F		Senior Female	502	01:18:09	01:15:06
3111	1603 EMILY	CLARKE	F		Senior Female	503	01:18:09	01:15:07
3112	3936 CARRIE	DOWLING	F		Senior Female	504	01:18:09	01:15:21

3113	3953 EMMA	JONES	F		F35+	499	01:18:10	01:15:00
3114	3986 KAREN	SAUNDERS	F		F35+	498	01:18:10	01:15:00
3115	2124 MICHELLE	THOMAS	F		F45+	313	01:18:10	01:13:23
3116	3059 SAMANTHA	GLADSTONE	F		F45+	314	01:18:10	01:14:10
3117	3171 NADINE	GRIFFITHS	F		Senior Female	505	01:18:11	01:14:11
3118	1807 GARY	AVERY	M		M40+	441	01:18:12	01:15:40
3119	4083 JULIE	COQUIL	F		Junior Female	58	01:18:12	01:14:47
3120	3900 HELEN	BOLT	F		F35+	500	01:18:13	01:14:06
3121	1513 MARIA	THOMAS	F		F45+	315	01:18:17	01:13:23
3122	480 JULIE	HIGGINS	F		F45+	316	01:18:18	01:13:26
3123	2599 RHODRI	NICHOLS	M		Senior Male	771	01:18:21	01:14:52
3124	1492 JOANNA	JAMES	F		F35+	501	01:18:25	01:15:30
3125	467 NINO	GATTI	M	PORT TALBOT HARRIERS	Senior Male	772	01:18:25	01:15:57
3126	405 ANNE	LALIC	F	CWM OGWR RUNNING CLUB	F55+	102	01:18:27	01:14:28
3127	404 RUTH	BARLOW	F		F55+	103	01:18:27	01:14:28
3128	1342 MICHELLE	WILLIAMS	F		Senior Female	506	01:18:27	01:14:22
3129	3907 KELLY	WINTER	F		Senior Female	507	01:18:28	01:15:46
3130	1569 HEATHER	BOND	F		Senior Female	508	01:18:29	01:15:38
3131	2771 RACHEL	ISAAC	F		F45+	317	01:18:30	01:14:24
3132	4333 GEMMA	WALKER	F	ADMIRAL	Senior Female	509	01:18:31	01:15:20
3133	3352 KARA	BOWEN	F		Senior Female	510	01:18:32	01:16:07
3134	1016 LAURA	HEWITT	F		Senior Female	511	01:18:32	01:15:37
3135	1844 KATHERINE	THOMPSON	F		F35+	502	01:18:32	01:15:43
3136	1078 ANN	MORGAN	F		F45+	318	01:18:38	01:16:02
3137	2534 STACEY	MARLOG	F		Senior Female	512	01:18:40	01:15:46
3138	571 SARAH JAYE	BROWN	F		Senior Female	513	01:18:40	01:14:57
3139	2872 GEMMA	BREWER	F		Senior Female	514	01:18:45	01:14:48
3140	698 JANE	HAINES	F		F45+	319	01:18:48	01:14:57
3141	1041 LEE	HEADINGTON	M		M50+	248	01:18:53	01:17:42
3142	133 MICHELLE	DEEN	F	ADMIRAL	F35+	503	01:18:54	01:14:41
3143	2337 EMMA	ROBINSON	F		F35+	504	01:18:58	01:14:54
3144	2295 CLAIRE	JONES	F		F35+	505	01:18:59	01:14:51
3145	1428 ANGHARAD	WILKINS	F		Senior Female	515	01:19:00	01:16:26
3146	77 JAMES	FARRELL	M		Senior Male	773	01:19:00	01:18:19
3147	785 EMMA	WILLIAMS	F		Senior Female	516	01:19:02	01:15:48
3148	1523 JASMINE	RAVENS CROFT	F		F35+	506	01:19:03	01:15:48
3149	450 JOAN	GILBERT	F		F55+	104	01:19:03	01:16:10
3150	768 STEVEN	WEST	M		Senior Male	774	01:19:03	01:14:10

3151	751 REBECCA	DAVIES	F		Senior Female	517	01:19:08	01:15:25
3152	948 NEIL	DAVIES	M		M60+	103	01:19:10	01:15:09
3153	1618 TOM	DAVIES	M		Senior Male	775	01:19:12	01:15:11
3154	1481 ALICE	BARRINGTON	F		Junior Female	59	01:19:13	01:15:38
3155	1482 LISA	BARRINGTON	F		F35+	507	01:19:13	01:15:38
3156	1228 STEVEN	JONES	M		M40+	442	01:19:21	01:17:19
3157	1116 JAMIE	DAVIES	M		M40+	443	01:19:21	01:18:23
3158	1227 HAROLD	DEWSBURY	M		M60+	104	01:19:21	01:17:19
3159	1761 SOPHIE	RUSSELL	F		Senior Female	518	01:19:23	01:15:10
3160	2020 TONI-MARIE	NORMAN	F		Senior Female	519	01:19:26	01:14:41
3161	445 ELIZABETH	MARSHALL	F		F45+	320	01:19:26	01:14:34
3162	3569 EMILY	WILLIAMS	F		Senior Female	520	01:19:28	01:14:46
3163	1364 NEIL	JARVIS	M		M50+	249	01:19:30	01:15:26
3164	2019 ANDREW	NORMAN	M		Senior Male	776	01:19:31	01:14:46
3165	1319 ANGHARAD	COLINESE	F		Senior Female	521	01:19:34	01:15:41
3166	3808 CHARLIE	BEYNON	F		Senior Female	522	01:19:40	01:16:22
3167	2698 DAVID	COOKE	M		M40+	444	01:19:41	01:16:44
3168	1231 SIAN	RABI-LALEH	F		F35+	508	01:19:46	01:15:53
3169	963 ELIZABETH	BEYNON	F		F45+	321	01:19:47	01:15:40
3170	3292 LAUREN	HOWELLS	F		Senior Female	523	01:19:48	01:15:17
3171	964 SIAN	HART	F		F45+	322	01:19:48	01:15:42
3172	4297 LISA	HANNEY	F	ADMIRAL	Senior Female	524	01:19:54	01:17:11
3173	190 LOREN	MULLAN	F	ADMIRAL	Senior Female	525	01:19:54	01:17:12
3174	2930 DOLORES	MARTIN	F		F45+	323	01:19:55	01:15:46
3175	2935 ELAINE	THOMPSON	F		F35+	509	01:19:55	01:15:45
3176	2108 HEDDWYN	WILLIAMS	M		M60+	105	01:20:00	01:16:23
3177	3950 LEANNA	GRIFFITHS	F		Senior Female	526	01:20:04	01:15:59
3178	3947 MIKINDA	HAWKINS	F		F35+	510	01:20:11	01:16:14
3179	2526 MARK	CARLEY	M		M50+	250	01:20:17	01:15:50
3180	134 AMY	DENMAN	F	ADMIRAL	Senior Female	527	01:20:17	01:16:56
3181	2391 RHIAN	EVANS	F		F35+	511	01:20:23	01:17:23
3182	2768 JANET	WEBB	F		F55+	105	01:20:23	01:15:58
3183	627 SABINA	TUCKETT	F		Senior Female	528	01:20:25	01:17:25
3184	1435 JONATHAN	CRADDOCK	M		Senior Male	777	01:20:25	01:17:19
3185	520 SALLY	BLOOMFIELD	F		F45+	324	01:20:27	01:17:46
3186	3200 DOMINIC	QUIRK	M		M40+	445	01:20:28	01:15:31
3187	1575 CLAIRE	LEWIS	F	PAUL POPHAM RUNNING CLUB	F35+	512	01:20:28	01:16:34
3188	3211 MARIA	BONACINI	F		F35+	513	01:20:29	01:15:31

3189	1455 CHRISTOPHER	ROBERTS	M		Senior Male	778	01:20:31	01:18:36
3190	3629 CIARON	JACKSON	M		Senior Male	779	01:20:31	01:17:27
3191	949 EMMA	RADFORD	F		Senior Female	529	01:20:31	01:16:23
3192	3156 CLARE	NOLAN	F		F35+	514	01:20:32	01:16:01
3193	3522 NATALIE	GEDRYCH	F	PAUL POPHAM RUNNING CLUB	F35+	515	01:20:32	01:16:39
3194	3187 BETHAN	JAMES	F		F45+	325	01:20:32	01:19:40
3195	2614 GINA	GODDARD	F		F55+	106	01:20:33	01:17:55
3196	2209 ROSIE	LOWETH	F		Junior Female	60	01:20:34	01:15:38
3197	1414 SARA	LEE	F		Senior Female	530	01:20:35	01:16:26
3198	3184 REBECCA	BLACKMORE	F		F35+	516	01:20:36	01:16:43
3199	188 ASHLEIGH	MORRIS	F	ADMIRAL	Senior Female	531	01:20:42	01:17:20
3200	236 SUSAN	WATT	F	ADMIRAL	F35+	517	01:20:43	01:16:29
3201	1412 DANIELLE	THEOPHILUS	F		Senior Female	532	01:20:44	01:16:34
3202	1413 CLAIRE	QUICK	F		F35+	518	01:20:44	01:16:35
3203	36 Lyndon	Lewis	M		M50+	251	01:20:45	01:17:15
3204	470 CHRIS	TIDY	F	RUN4ALL RUNNING CLUB	F55+	107	01:20:45	01:19:15
3205	471 EMMA	TIDY	F		Senior Female	533	01:20:46	01:19:17
3206	1380 SARAH	DEWSBURY	F		F35+	519	01:20:48	01:16:06
3207	1622 CHRISTOPHER	REES	M		Senior Male	780	01:20:53	01:17:44
3208	4112 GWYNETH	JONES	F	FETCH EVERYONE	F55+	108	01:20:53	01:16:56
3209	1389 KATIE	WILLIAMS	F		Senior Female	534	01:20:58	01:16:47
3210	1381 THERESE	SHADBOLT	F		F45+	326	01:20:58	01:16:16
3211	675 CHARLOTTE	JONES	F		Senior Female	535	01:21:03	01:16:21
3212	1646 LISA	MATTHEWS	F		F35+	520	01:21:04	01:17:03
3213	2193 RHIANNON	SMITH	F		Senior Female	536	01:21:05	01:16:52
3214	56 Leanne	Dower	F		F35+	521	01:21:12	01:18:42
3215	2284 CLARE	JAMES	F		F35+	522	01:21:12	01:16:46
3216	584 ABIGAIL	HEWITT	F		F35+	523	01:21:12	01:17:20
3217	1172 LEANNE	POWELL	F		F35+	524	01:21:12	01:18:42
3218	1554 SIONED	CURRAN	F		F35+	525	01:21:13	01:17:21
3219	73 Gwennan	Oakes	F		F35+	526	01:21:14	01:17:22
3220	1136 RHIAN	WAYGOOD	F		Senior Female	537	01:21:15	01:18:22
3221	1270 HAYLEY	PHILLIPS	F		F35+	527	01:21:15	01:18:23
3222	336 CLAIRE	JAMES	F		F35+	528	01:21:20	01:17:40
3223	337 LEIGH	JAMES	M		M50+	252	01:21:20	01:17:41
3224	856 DONNA	REES	F		F45+	327	01:21:22	01:18:13
3225	1960 CLARE	CRIBB	F		F45+	328	01:21:23	01:17:30
3226	1961 GRAHAM	DAVIES	M		M50+	253	01:21:23	01:17:33

3227	2200 ANNETTE	DAVIES	M		M40+	446	01:21:27	01:16:31
3228	1662 CHRIS	CLARK	M		M50+	254	01:21:28	01:17:13
3229	1995 MARK	WARD	M		Senior Male	781	01:21:32	01:17:46
3230	2676 JOHN	EDWARDS	M		M50+	255	01:21:34	01:19:48
3231	1262 KAREN	WRIGHT	F		F35+	529	01:21:35	01:18:20
3232	1994 LORNA	SMITH	F		Senior Female	538	01:21:36	01:17:48
3233	513 NAOMI	WEBBORN	F		F35+	530	01:21:36	01:17:46
3234	1623 DAVID	REES	M		M60+	106	01:21:37	01:18:26
3235	3316 KACIE	D'ANGELI	F		Junior Female	61	01:21:37	01:20:21
3236	2993 SARAH	HANFORD	F		Senior Female	539	01:21:38	01:17:44
3237	3318 TAYLAH	WEBB	F		Junior Female	62	01:21:38	01:20:22
3238	3943 DEBBIE	MCEWAN-COOK	F		F45+	329	01:21:38	01:17:24
3239	2232 JUSTIN	FULWOOD	M		M40+	447	01:21:40	01:18:16
3240	1770 MATHEW	HAYWARD	M		Senior Male	782	01:21:42	01:19:15
3241	3289 JESSICA	STOKES	F		Senior Female	540	01:21:46	01:17:41
3242	3869 RHIANNON	TAYLOR	F		Senior Female	541	01:21:48	01:17:16
3243	1587 LUKE	TANNER	M		Senior Male	783	01:21:49	01:18:54
3244	2210 RUSSELL	MORTON	M		Senior Male	784	01:21:50	01:16:54
3245	270 STEVEN	DITCHFIELD	M		M40+	448	01:21:50	01:17:03
3246	1386 RHIAN	JOSEPH-MORGAN	F		Senior Female	542	01:21:55	01:17:44
3247	3020 CRAIG	PHILLIPS	M		M40+	449	01:21:55	01:17:02
3248	3301 LISA	CLARE	F		F35+	531	01:21:56	01:18:56
3249	3304 SARAH	PHILLIPS	F		F45+	330	01:21:57	01:18:57
3250	321 DAVID	HARRISON	M		Senior Male	785	01:21:58	01:17:55
3251	2016 SUZANNE	GRANGER	F		F45+	331	01:21:58	01:17:50
3252	2525 NICKY	LEWIS	F	NEWPORT HARRIERS	F35+	532	01:21:58	01:18:07
3253	1052 LYNDA	CHIPPERFIELD	F		F45+	332	01:21:58	01:17:35
3254	1022 ALEXANDRA	THOMAS	F		F35+	533	01:21:58	01:17:36
3255	3981 CHARLOTTE	MURRAY	F		Senior Female	543	01:21:58	01:19:01
3256	416 MARC	JONES	M		Senior Male	786	01:22:00	01:18:11
3257	2458 MICHELLE	CULWICK	F		F35+	534	01:22:01	01:18:09
3258	4373 CATLIN ELIZABETH	ROMANIW	F	215 ATC	Senior Female	544	01:22:02	01:19:57
3259	719 SARA	RICHARDS	F		F35+	535	01:22:03	01:19:41
3260	717 FFION	RICHARDS	F		Junior Female	63	01:22:03	01:19:42
3261	806 LOUISE	BEVAN	F		F45+	333	01:22:09	01:19:30
3262	828 SARA	MORGAN	F		Senior Female	545	01:22:15	01:17:33
3263	74 Sonia	Miles	F		F45+	334	01:22:21	01:17:37
3264	322 BEVERLEY	SOLLY	F		Senior Female	546	01:22:23	01:18:23

3265	960 RHIANNON	PROSSER	F		Senior Female	547	01:22:30	01:18:27
3266	1509 CHLOE	GUEST	F		Junior Female	64	01:22:33	01:20:02
3267	3799 JOHNATHON	LLOYD	M		Senior Male	787	01:22:34	01:21:22
3268	4238 KIRSTEN	LEARY	F		Senior Female	548	01:22:36	01:18:22
3269	2029 RYAN	JARVIS	M		M40+	450	01:22:39	01:17:43
3270	2028 GEMMA	JARVIS	F		F35+	536	01:22:40	01:17:43
3271	161 JADE	JEMSON	F	ADMIRAL	Senior Female	549	01:22:40	01:17:49
3272	2555 DEBBIE	EDWARDS	F	RUN4ALL RUNNING CLUB	Senior Female	550	01:22:44	01:18:42
3273	2556 PAUL	EDWARDS	M	RUN4ALL RUNNING CLUB	Senior Male	788	01:22:44	01:18:42
3274	401 ROWAN	DAVIES	M		Senior Male	789	01:22:44	01:19:40
3275	4118 KAREN	PRICE	F		F35+	537	01:22:46	01:22:27
3276	3835 MELANIE	CORBETT	F		F45+	335	01:22:47	01:18:50
3277	898 NICOLA	ALLEN	F	CWM OGWR RUNNING CLUB	F35+	538	01:22:56	01:20:27
3278	147 JOANNE	GRIFFIN	F	ADMIRAL	F35+	539	01:22:57	01:22:38
3279	1077 VICTORIA	BRAKE	F		F35+	540	01:22:57	01:20:20
3280	3285 ASHLEIGH	PARRY	F		Senior Female	551	01:23:00	01:19:17
3281	3286 LIAM	BUTLER	M		Senior Male	790	01:23:00	01:19:17
3282	3744 ROBERT	JELLEY	M		M40+	451	01:23:00	01:18:10
3283	3893 HANNAH	PRICE	F		Senior Female	552	01:23:04	01:19:44
3284	3730 CARLY	REES	F		Senior Female	553	01:23:06	01:20:19
3285	585 REBECCA	JELLEY	F		Senior Female	554	01:23:08	01:20:07
3286	623 ANN	WILLIAMS	F	PORT TALBOT HARRIERS	F35+	541	01:23:08	01:20:07
3287	2081 OLIVIA	LAMB	F		Senior Female	555	01:23:13	01:19:01
3288	2082 HANNAH	WILLIAMS	F		Senior Female	556	01:23:13	01:19:00
3289	844 CERI	WILLCOX	F		Senior Female	557	01:23:17	01:20:14
3290	2272 SUZANNE	LONGMAN	F		F35+	542	01:23:18	01:19:24
3291	431 Spare	Chip	M	NULL	Senior Male	791	01:23:18	01:19:34
3292	90 ANDREW	MILES	M	ACTIVE SWANSEA	M50+	256	01:23:24	01:21:51
3293	1580 NATALIE	JOPLING	F		Senior Female	558	01:23:27	01:18:33
3294	588 STEVE	GROTHER	M	CAERPHILLY RUNNERS	M40+	452	01:23:29	01:19:41
3295	2471 HELEN	LAWLEY	F		F35+	543	01:23:30	01:20:46
3296	2064 JOY	SALINI	F		F45+	336	01:23:34	01:20:28
3297	2062 JANE	APPERLEY	F		F45+	337	01:23:35	01:20:29
3298	1445 ROB	LUCKWELL	M		M40+	453	01:23:39	01:20:12
3299	1061 ELIN	HOLLY	F		Senior Female	559	01:23:42	01:19:21
3300	862 AMANDA	TAPSCOTT	F		F35+	544	01:23:43	01:18:50
3301	714 JAYNE	TAPSCOTT	F		F35+	545	01:23:45	01:18:53
3302	1183 MELANIE	JONES	F		F45+	338	01:23:47	01:22:40

3303	1184 SUSAN	VAUGHAN	F		F45+	339	01:23:47	01:22:40
3304	2144 MIKE	HART	M		M50+	257	01:23:47	01:19:14
3305	38 Kristen	Winterbourne	F		Senior Female	560	01:23:53	01:19:32
3306	299 KERRY-LYNNE	PYKE	F		Senior Female	561	01:23:56	01:19:37
3307	3747 ZOE	WILLIAMS	F		Senior Female	562	01:23:57	01:19:28
3308	3627 LYNSY	MCKEOWN	F		Senior Female	563	01:23:57	01:19:29
3309	1870 AMY	FRASER	F		Senior Female	564	01:23:58	01:20:03
3310	1633 RICHARD	LAVIS	M		M40+	454	01:24:04	01:20:40
3311	1632 REBECCA	LAVIS	F		F35+	546	01:24:04	01:20:40
3312	531 KRISTIAN	PAYNE	M		Senior Male	792	01:24:07	01:20:58
3313	516 LIANNE	PAYNE	F		Senior Female	565	01:24:07	01:20:58
3314	377 SIAN	BROWN	F		F55+	109	01:24:10	01:19:49
3315	4160 CHLOE	COLE	F		Senior Female	566	01:24:11	01:20:51
3316	4362 ANDREW	SCANNELL	M	BRECON CARREG	M50+	258	01:24:12	01:20:12
3317	3980 ASHTON	OLIVER	F		Senior Female	567	01:24:13	01:21:16
3318	3711 VICTORIA	WOODWARD	F		F35+	547	01:24:14	01:20:19
3319	1506 WAYNE	BOSWELL	M		M40+	455	01:24:16	01:20:17
3320	41 Nikki	Whitlow	F		Senior Female	568	01:24:16	01:20:18
3321	67 Jenna	Davies	F		Senior Female	569	01:24:17	01:19:34
3322	4398 FIONA	ROBSON	F		F45+	340	01:24:17	01:21:08
3323	3710 REBECCA	WENGER	F		Senior Female	570	01:24:18	01:21:09
3324	1488 WILLIAM AINSLEY	DAVIES	M		M40+	456	01:24:18	01:19:49
3325	3393 CLAIRE	DENSHAM	F		F45+	341	01:24:20	01:21:38
3326	1271 CHRIS	HILL	M		M40+	457	01:24:23	01:20:59
3327	4317 SIMON	LEWIS	M	ADMIRAL	Senior Male	793	01:24:26	01:20:11
3328	142 KATE	EVANS	F	ADMIRAL	Senior Female	571	01:24:26	01:19:33
3329	243 REBECCA	WILLIAMS	F	ADMIRAL	F45+	342	01:24:26	01:19:33
3330	2271 LUCY	HIGGINS	F		F35+	548	01:24:26	01:20:32
3331	617 STEVE	DAVIES	M	PORT TALBOT HARRIERS	M50+	259	01:24:29	01:24:04
3332	2672 MICHELE	RAITHBY	F		F55+	110	01:24:32	01:21:16
3333	2595 HANNAH	AMBLER	F		Senior Female	572	01:24:33	01:21:00
3334	2597 MARY	NICHOLS	F		F45+	343	01:24:33	01:21:00
3335	4387 LEAH	HENDERSON	F	ST JOSEPHS SCHOOL	Junior Female	65	01:24:35	01:22:41
3336	1611 STUART	ANDERSON	M		M50+	260	01:24:35	01:21:45
3337	2600 SALI	NICHOLS	F		Junior Female	66	01:24:36	NULL
3338	778 KATIE	REES	F		Senior Female	573	01:24:46	01:21:17
3339	2461 NATALIE	DAVIES	F		F35+	549	01:24:47	01:21:20
3340	4173 GILLIAN	MATTHEWS	F		F45+	344	01:24:50	01:22:42

3341	3713 PETER	ANDERSON	M		M40+	458	01:24:57	01:22:31
3342	2454 ZOE	DAVIES	F		Senior Female	574	01:25:00	01:20:27
3343	4329 CARLY	SMITH	F	ADMIRAL	Senior Female	575	01:25:01	01:20:28
3344	918 LOUISA	EVANS	F		F35+	550	01:25:05	01:23:14
3345	1278 DEBORAH	MARSHALL	M		M40+	459	01:25:06	01:22:07
3346	1276 DANIEL	BARRABY	M		Senior Male	794	01:25:06	01:22:07
3347	2293 JESSICA	HOWELLS	F		Junior Female	67	01:25:07	01:21:05
3348	2294 SIMON	HOWELLS	M		M40+	460	01:25:07	01:21:05
3349	3118 KATY	MATHER NICHOLSON	F		F45+	345	01:25:13	01:20:18
3350	2787 ALUN	POWELL	M		M60+	107	01:25:14	01:20:27
3351	2549 GARETH	SETTER	M		M40+	461	01:25:18	01:21:29
3352	835 KATY	BRIDGES	F	MERTHYR RUNNING CLUB	Senior Female	576	01:25:20	01:20:28
3353	825 LYNNE	MARSHALL	F		F45+	346	01:25:20	01:20:28
3354	823 DAWN	BRIDGES	F		F45+	347	01:25:20	01:20:29
3355	3263 MARK	WEBB	M		M40+	462	01:25:21	01:21:31
3356	3757 LESLEY	LEWIS	F		F45+	348	01:25:22	01:21:49
3357	1480 KATHRYN	JOHNSTONE	F		F35+	551	01:25:22	01:21:31
3358	668 POPPY	REYNOLDS	F		Senior Female	577	01:25:25	01:21:25
3359	1442 JAN	WILLIAMS	F		F55+	111	01:25:28	NULL
3360	812 JESSIE	COWARD	F		Senior Female	578	01:25:35	01:20:41
3361	813 ANDREW	SPOWART	M		Senior Male	795	01:25:35	01:20:42
3362	398 JOSIE	O'SHEA	F		Senior Female	579	01:25:38	01:23:28
3363	399 THOMAS	O'SHEA	M		Senior Male	796	01:25:39	01:23:29
3364	1436 NICOLA	LLEWELYN	F		F35+	552	01:25:40	01:22:42
3365	1690 KERRY	BLOOR	F		Senior Female	580	01:25:47	01:24:26
3366	3175 SARAH	BRIDGEMAN	F		F35+	553	01:25:47	01:21:59
3367	3982 JO	STEPHENS	F		F35+	554	01:25:53	01:20:55
3368	1382 CLAUDIA	PUTZIEN	F		F35+	555	01:26:04	01:22:49
3369	1877 KATIE	MURPHY	F		Senior Female	581	01:26:16	01:22:04
3370	1232 HANNAH	COX	F		Senior Female	582	01:26:22	01:21:59
3371	2529 ANWEN	BONAR	F		Senior Female	583	01:26:24	01:22:10
3372	66 Sarah	Cronin	F		F45+	349	01:26:29	01:22:17
3373	239 REBECCA	WYATT	F	ADMIRAL	F35+	556	01:26:32	01:23:14
3374	2339 ALISON	BRAVIN	F		F35+	557	01:26:36	01:23:18
3375	191 SARA	NABIALEK	F	ADMIRAL	F35+	558	01:26:37	01:23:21
3376	1503 ELIZABETH	FOX	F		Senior Female	584	01:26:51	01:23:48
3377	3141 EIRA	JUKES	F		F45+	350	01:26:53	01:22:41
3378	1026 JULIAN	DAY	M		M50+	261	01:26:57	01:24:04

3379	3500 LEANNE	FLOWER	F		F45+	351	01:26:59	01:22:15
3380	3570 LISA	WILLIAMS	M		M40+	463	01:26:59	01:22:17
3381	3661 ALEXANDRA	THOMAS	F		F35+	559	01:26:59	01:22:16
3382	1080 JOANNE	MAGUIRE	F		F45+	352	01:27:00	01:22:41
3383	2527 JAYNE	WILLIAMS	F		F45+	353	01:27:04	01:22:46
3384	883 KATHRYN	DAVIES	F		F45+	354	01:27:06	01:25:23
3385	3219 PATRICIA	WEBB	F		F45+	355	01:27:07	01:25:23
3386	973 TONY	WILLIAMS	M		M50+	262	01:27:13	01:25:08
3387	371 TERESA	WHATTY	F		F35+	560	01:27:15	01:22:25
3388	953 RACHEL LOUISE	JONES	F		Senior Female	585	01:27:16	01:22:25
3389	971 GWYN	THOMAS	M		M50+	263	01:27:16	01:25:09
3390	3489 CLAIRE	GOLDSWORTHY	F	OGMORE PHOENIX RUNNERS	F45+	356	01:27:21	01:22:28
3391	39 Helen	Langlois	F		F35+	561	01:27:23	01:22:31
3392	3333 JAYNE	GREGORY	F		F45+	357	01:27:23	01:23:10
3393	736 LEE	DOUGLAS	M		Senior Male	797	01:27:30	01:23:56
3394	3442 LAUREN	FORD	F		Junior Female	68	01:27:41	01:26:24
3395	694 SIMON	POULTEN	M		M40+	464	01:27:41	01:24:19
3396	2012 LEANNE	ROBERTS	F		Senior Female	586	01:27:52	01:22:54
3397	3430 COURTNEY	DAVIS	F		Junior Female	69	01:27:53	01:26:37
3398	1173 SHAZIA	RIAZ	F		F35+	562	01:27:57	01:25:08
3399	1782 HELEN	HURST	F		F45+	358	01:28:03	01:24:35
3400	2951 JOHN	GREENFIELD	M		M60+	108	01:28:05	01:23:40
3401	2220 COLETTE	HENWOOD	F		Senior Female	587	01:28:11	01:24:16
3402	2221 TOM	HENWOOD	M		Senior Male	798	01:28:11	01:24:16
3403	3009 SHEILA	CARDY	F		F45+	359	01:28:13	01:24:30
3404	3007 JASON	CARDY	M		M40+	465	01:28:13	01:24:29
3405	2903 PETRA	HOLLAND	F		Senior Female	588	01:28:13	01:24:15
3406	658 PAUL	CUMMINS	M		M40+	466	01:28:14	01:27:29
3407	3008 LOGAN	CARDY	M		Senior Male	799	01:28:14	01:24:29
3408	194 CHELSEA	O'DRISCOLL	F	ADMIRAL	Senior Female	589	01:28:15	01:24:07
3409	4037 NATHAN	SANDERS	M		Senior Male	800	01:28:16	01:26:27
3410	1809 ELOISE	MATTHEWS	F		Senior Female	590	01:28:32	01:24:53
3411	3001 JUSTIN	BIDDLE	M		Senior Male	801	01:28:36	01:25:39
3412	2902 PAUL	HOLLAND	M		M40+	467	01:28:55	01:24:57
3413	596 CLARE	BENTLEY	F	RUN4ALL RUNNING CLUB	F45+	360	01:28:57	01:25:45
3414	2004 JOANNE	GRIFFITHS	F	RUN4ALL RUNNING CLUB	F45+	361	01:28:57	01:25:44
3415	2388 CHLOE	O'CONNOR	F		Senior Female	591	01:29:00	01:24:49
3416	132 CHARLENE	DEANS	F	ADMIRAL	Senior Female	592	01:29:10	01:24:23

3417	1234 EVE	JEFFERY	F		F35+	563	01:29:16	01:25:19
3418	3186 APRIL MAY	KITCHENER	F		F55+	112	01:29:17	01:24:24
3419	1543 PHILIPPA	BOLTON	F	PONTARDAWE RUNNING CLUB	F35+	564	01:29:27	01:25:53
3420	863 ALISON	SHEPHERD	F	PONTARDAWE RUNNING CLUB	F45+	362	01:29:27	01:25:53
3421	1655 CARYS	ROSE	F		F35+	565	01:29:32	01:25:26
3422	2844 EMMA	EVANS	F		F35+	566	01:29:54	01:24:58
3423	92 NEIL	SMALE	M	ACTIVE SWANSEA	M40+	468	01:29:56	01:28:28
3424	2834 MARNY	MAINWARING	F	PORTHCAWL RUNNERS	F45+	363	01:29:57	01:27:35
3425	2557 BEN	ALLEN	M		Senior Male	802	01:29:59	01:25:36
3426	2558 SERRA	MUKHTAR	F		Senior Female	593	01:29:59	01:25:35
3427	2783 MANDY	DUMAGNEE	F	PORTHCAWL RUNNERS	F45+	364	01:30:01	01:27:39
3428	2321 BEVERLEY	MOORE	F		F45+	365	01:30:04	01:25:23
3429	1667 HELEN	MORGAN	F		F45+	366	01:30:07	01:25:15
3430	1666 TRACEY	EVANS	F		F45+	367	01:30:09	01:25:17
3431	3180 SUSAN	JONES	F		F55+	113	01:30:13	01:25:21
3432	1519 SHARON	LITTLEHALES	F		F55+	114	01:30:13	01:26:10
3433	3937 SIMON	HUGHES	M		M50+	264	01:30:36	01:25:42
3434	810 CHARIS N	JONES	F		F35+	567	01:30:50	01:26:05
3435	309 NICHOLA	THOMAS	F		F45+	368	01:31:02	01:27:30
3436	839 CAROLINE	PHILLIPS	F		F35+	568	01:31:05	01:27:44
3437	3978 DONNA	HUSSELL	F		Senior Female	594	01:31:19	01:26:19
3438	1751 VICKI	HEYCOCK	F		F35+	569	01:31:19	01:26:19
3439	911 FFION	GARDINER	F		Senior Female	595	01:31:32	01:27:30
3440	368 JING	ZHOU	F		Senior Female	596	01:31:36	01:28:20
3441	2552 RHIANNON	ROBERTS	F		Junior Female	70	01:31:41	01:28:08
3442	2553 RICHARD	ROBERTS	M		M50+	265	01:31:41	01:28:08
3443	670 COLIN	DUNCAN	M		M60+	109	01:31:52	01:27:59
3444	671 SALLY	SIMS	F		F55+	115	01:31:52	01:27:58
3445	1888 JOANNE	HORTON	F		F35+	570	01:32:22	01:28:34
3446	1724 SHIRLEY	PARKER	F		F45+	369	01:32:24	01:28:34
3447	1891 KRYS	WILLIAMS	F		F55+	116	01:32:25	01:28:10
3448	1475 LEIGHTON	SPOONER	M		M40+	469	01:32:26	01:30:19
3449	1476 THOMAS	SPOONER	M		Junior Male	83	01:32:29	01:30:24
3450	1193 VANESSA	BARKER	F		F45+	370	01:32:30	01:28:25
3451	87 RACHEL	CLARKE	F	ACTIVE SWANSEA	F35+	571	01:32:37	01:31:01
3452	88 SAMANTHA	TAY	F	ACTIVE SWANSEA	Senior Female	597	01:32:37	01:31:05
3453	1370 KEITH	SKEGGS	M		M40+	470	01:32:41	01:27:47
3454	2010 DANIEL	POOLE	M		Senior Male	803	01:32:42	01:28:03

3455	292 KATE	JOHNSON	F		F35+	572	01:32:44	01:27:56
3456	2011 EMMA	POOLE	F		Senior Female	598	01:32:46	01:28:07
3457	2385 COLLINS	LEE	M		Senior Male	804	01:32:52	01:28:21
3458	2386 PAMELA	COLLINS	F		F35+	573	01:32:52	01:28:22
3459	1350 HELEN	SULLIVAN	F		F45+	371	01:33:21	01:28:34
3460	1351 IAIN	SULLIVAN	M		M50+	266	01:33:23	01:28:36
3461	2277 MAE	TABUDLONG	F		Senior Female	599	01:33:30	01:31:56
3462	702 EMMA	PEARCE	F		F45+	372	01:33:46	01:29:45
3463	464 SAMANTHA	ROCHE	F		F35+	574	01:34:20	01:30:09
3464	462 MICHELLE	POWELL	F		F45+	373	01:34:20	01:30:10
3465	3317 ROBERT	LATHAM	M		M60+	110	01:34:20	01:32:22
3466	3727 GARETH	JONES	M		Senior Male	805	01:34:38	01:31:43
3467	1244 REBECCA	COCHRANE	F		F35+	575	01:34:38	01:30:15
3468	1390 ELLEN	HINTON	F		F35+	576	01:34:39	01:29:55
3469	607 CHRISTINE	WILLIAMS	F		F55+	117	01:34:45	01:30:34
3470	253 DIANE	NEWMAN-JENKINS	F		F45+	374	01:35:20	01:31:35
3471	3299 DARREN	YOUNG	M		Senior Male	806	01:36:37	01:32:36
3472	3571 SOPHIE	REES	F		Senior Female	600	01:36:47	01:35:30
3473	300 JEN	WILLIAMS	F	CAERPHILLY RUNNERS	Senior Female	601	01:36:56	01:33:09
3474	3632 SARAH	LEWIS	F		Senior Female	602	01:36:56	01:33:09
3475	1194 RACHAEL	JENKINS	F		F35+	577	01:36:59	01:32:44
3476	3758 BEVERLEY	BROOKS	F		F55+	118	01:37:17	01:33:44
3477	3764 LISA	MAYNE	F		F35+	578	01:37:29	01:35:11
3478	1725 EMMA	WILLIAMS	F		Senior Female	603	01:37:31	01:33:13
3479	954 CAROLINE	NEWBY	F		F45+	375	01:37:35	01:33:26
3480	2138 MARY	WHEATLEY	F		Senior Female	604	01:37:37	01:33:23
3481	3043 EMMA	SMITH	M		M40+	471	01:37:41	01:33:23
3482	395 CLARE	HAYTHORNTHWAITE	F		F35+	579	01:38:01	01:34:26
3483	3894 RACHEL	BOWDIDGE	F		Senior Female	605	01:38:22	01:35:01
3484	1213 EMMA-JAYNE	WILLIAMS	F		Senior Female	606	01:39:15	01:34:24
3485	71 Victoria	Harley	F		Senior Female	607	01:39:16	01:34:25
3486	76 Lorna	Davies	F		F55+	119	01:39:30	01:34:47
3487	274 GLYN	DAVIES	M		Senior Male	807	01:39:49	01:37:57
3488	393 ANN	SHERWOOD	F		F55+	120	01:39:57	01:35:08
3489	2666 RACHEL	RICHARDS	F		F45+	376	01:40:03	01:35:59
3490	3234 JULIE	HOLMES	F		F45+	377	01:40:08	01:36:20
3491	821 SUSAN	DAVIES	F		F45+	378	01:40:09	01:36:21
3492	2033 JORDAN	JONES	M		Junior Male	84	01:41:03	01:36:43

3493	2988 EMMA	NOCK	F	Junior Female	71	01:41:45	01:38:26
3494	301 SARAH	AULTON	F	F45+	379	01:42:14	01:38:44
3495	296 DEBORAH	PROTHEROE	F	F45+	380	01:42:15	01:38:43
3496	1394 EMMA	DAVIES	F	F35+	580	01:42:46	01:38:43
3497	2749 LOUISE	MAYNE	M	M40+	472	01:43:03	01:39:38
3498	884 RICHARD	WILLIAMS	M	M40+	474	01:45:24	01:42:08
3499	3676 RICHARD	WILLIAMS	M	M40+	473	01:45:24	01:42:11
3500	1151 LEANNE	BAILEY	F	Senior Female	608	01:46:02	01:41:13
3501	3606 SHELLY	OWEN	F	F35+	581	01:46:23	NULL
3502	2113 JOANNE	MATTHEWS	F	F35+	582	01:46:27	01:43:19
3503	2647 JANET	LEAHY	F	F45+	381	01:47:06	01:42:58
3504	1407 JANET	ISAACS	F	F45+	382	01:47:16	01:43:52
3505	3308 CHRISTOPHER	DAVIS	M	Senior Male	808	01:47:19	01:45:27
3506	1253 STEVE	GODRICH	M	M40+	475	01:48:40	01:44:48
3507	1819 LUKE	COODE	M	Junior Male	85	01:52:00	01:48:42
3508	3923 KIRSTY	JONES	F	Senior Female	609	01:52:17	01:47:33
3509	3924 RICHARD	HUBALL	M	Senior Male	809	01:52:17	01:47:33
3510	3813 CARLY	JONES	F	Senior Female	610	01:52:22	01:47:39
3511	2120 AMANDA	ROBINSON	F	F45+	383	01:52:23	01:47:39
3512	2119 SIAN	POWPREEK	F	F35+	583	01:52:23	01:47:40
3513	2122 AISLING	THOMAS	F	Senior Female	611	01:53:18	01:48:32
3514	2770 CERY S	ISAAC	F	Junior Female	72	01:55:07	01:50:46
3515	2963 JUSTIN	FISHWICK	M	M40+	476	02:02:38	01:57:38
3516	2111 WENDY	MCBRIDE	F	F35+	584	02:02:41	01:59:33
3518	2208 HEATHER	LOWETH	F	F45+	385	02:03:41	01:58:42
3517	2202 DELYTH	EVANS	F	F45+	384	02:03:41	01:58:43