

| Bib  | Overall Position | Name                | Guntime  | Chiptime | Category | Category Position | Team / Club                    | Gender | Gender Position | Avg speed | Avg pace | Status   |
|------|------------------|---------------------|----------|----------|----------|-------------------|--------------------------------|--------|-----------------|-----------|----------|----------|
| 18   | 1                | Kieran Clements     | 00:29:57 | 00:29:57 | M5EN     |                   | Shaftesbury Barnet             | m      |                 | 20.03     | 03:00    | Finished |
| 3    | 2                | Abed Teweldebrhan   | 00:30:04 | 00:30:04 | M5EN     |                   | Newport/Eritrea                | m      |                 | 19.96     | 03:00    | Finished |
| 1    | 3                | Dewi Griffiths      | 00:30:12 | 00:30:12 | M5EN     |                   | Swansea Harriers               | m      |                 | 19.87     | 03:01    | Finished |
| 9    | 4                | Matthew Edwards     | 00:30:50 | 00:30:50 | M5EN     |                   | Cardiff                        | m      |                 | 19.46     | 03:05    | Finished |
| 6    | 5                | Josh Lunn           | 00:31:01 | 00:31:01 | M5EN     |                   | Cardiff                        | m      |                 | 19.34     | 03:06    | Finished |
| 7    | 6                | Remi Adebiyi        | 00:31:37 | 00:31:37 | MJ       |                   | Newport                        | m      |                 | 18.98     | 03:10    | Finished |
| 4    | 7                | James Hunt          | 00:32:00 | 00:32:00 | M5EN     |                   | Cardiff                        | m      |                 | 18.75     | 03:12    | Finished |
| 8    | 8                | Jonathan Butler     | 00:32:14 | 00:32:14 | M5EN     |                   | Swansea Harriers               | m      |                 | 18.61     | 03:13    | Finished |
| 99   | 9                | Michael Roderick    | 00:32:30 | 00:32:28 | M5EN     |                   | Tri Hard Harriers              | m      |                 | 18.48     | 03:15    | Finished |
| 13   | 10               | Milan Watson        | 00:32:42 | 00:32:42 | M35      |                   | Arena 80                       | m      |                 | 18.35     | 03:16    | Finished |
| 5    | 11               | Ciaran Lewis        | 00:32:47 | 00:32:47 | M5EN     |                   | Cardiff                        | m      |                 | 18.3      | 03:17    | Finished |
| 16   | 12               | Angus Maclean       | 00:32:57 | 00:32:57 | M40      |                   | Swansea Harriers               | m      |                 | 18.21     | 03:18    | Finished |
| 138  | 13               | Luke Mason          | 00:33:19 | 00:33:12 | MJ       |                   |                                | m      |                 | 18.07     | 03:19    | Finished |
| 104  | 14               | James Peters        | 00:33:21 | 00:33:19 | M35      |                   | Pontypridd Roadents AC         | m      |                 | 18.01     | 03:20    | Finished |
| 10   | 15               | Natasha Cockram     | 00:33:32 | 00:33:32 | F5EN     |                   | Micky Morris Runners RC        | f      |                 | 17.89     | 03:21    | Finished |
| 140  | 16               | James Hockin        | 00:33:39 | 00:33:36 | M35      |                   |                                | m      |                 | 17.86     | 03:22    | Finished |
| 157  | 17               | Craig Jones         | 00:33:58 | 00:33:55 | M35      |                   |                                | m      |                 | 17.69     | 03:23    | Finished |
| 227  | 18               | Adam Brown          | 00:33:59 | 00:33:56 | MJ       |                   | Merthyr Running Club           | m      |                 | 17.68     | 03:24    | Finished |
| 52   | 19               | Lee Drew            | 00:34:00 | 00:33:57 | M5EN     |                   | Llswerry Runners               | m      |                 | 17.67     | 03:24    | Finished |
| 68   | 20               | Richard Jones       | 00:34:03 | 00:34:00 | M45      |                   | Llswerry Runners               | m      |                 | 17.65     | 03:24    | Finished |
| 126  | 21               | Mark Harrison       | 00:34:10 | 00:34:07 | M35      |                   | Llanelli AC                    | m      |                 | 17.59     | 03:25    | Finished |
| 77   | 22               | Matt Jacklin        | 00:34:18 | 00:34:15 | M45      |                   | Aberdare Valley AAC            | m      |                 | 17.52     | 03:25    | Finished |
| 144  | 23               | Scott Williams      | 00:34:25 | 00:34:22 | M5EN     |                   | Neath Harriers                 | m      |                 | 17.46     | 03:26    | Finished |
| 143  | 24               | Shane Williams      | 00:34:27 | 00:34:23 | M5EN     |                   | Neath Harriers                 | m      |                 | 17.45     | 03:26    | Finished |
| 567  | 25               | Rhidian Wilcox      | 00:34:48 | 00:34:45 | M35      |                   |                                | m      |                 | 17.27     | 03:29    | Finished |
| 118  | 26               | Daniel Otteson      | 00:34:51 | 00:34:48 | M40      |                   |                                | m      |                 | 17.24     | 03:29    | Finished |
| 85   | 27               | Nick Griffiths      | 00:35:05 | 00:35:01 | M50      |                   | Amman Valley Harriers          | m      |                 | 17.13     | 03:30    | Finished |
| 72   | 28               | Craig Seaman        | 00:35:10 | 00:35:06 | M5EN     |                   |                                | m      |                 | 17.09     | 03:31    | Finished |
| 61   | 29               | Jacob Reynolds      | 00:35:12 | 00:35:09 | MJ       |                   | Cardiff Athletics              | m      |                 | 17.07     | 03:31    | Finished |
| 91   | 30               | Ifan Lloyd          | 00:35:13 | 00:35:08 | M60      |                   | Swansea Harriers               | m      |                 | 17.08     | 03:31    | Finished |
| 98   | 31               | Tom Waters          | 00:35:18 | 00:35:15 | M5EN     |                   | Cardiff Athletics              | m      |                 | 17.02     | 03:31    | Finished |
| 163  | 32               | Ollie George        | 00:35:22 | 00:35:18 | MJ       |                   |                                | m      |                 | 17        | 03:32    | Finished |
| 209  | 33               | Olivia Tsim         | 00:35:25 | 00:35:20 | F5EN     |                   | Cardiff Athletics              | f      |                 | 16.98     | 03:32    | Finished |
| 81   | 34               | Lloyd Manning-James | 00:35:27 | 00:35:25 | M5EN     |                   | Bridgend AC                    | m      |                 | 16.94     | 03:33    | Finished |
| 130  | 35               | Iwan White          | 00:35:28 | 00:35:25 | MJ       |                   |                                | m      |                 | 16.94     | 03:33    | Finished |
| 200  | 36               | Nicky Bennett       | 00:35:35 | 00:35:28 | M5EN     |                   | Ogmore Phoenix Runners         | m      |                 | 16.92     | 03:33    | Finished |
| 79   | 37               | Carl Cable          | 00:35:38 | 00:35:34 | M50      |                   | Aberdare Valley AAC            | m      |                 | 16.87     | 03:33    | Finished |
| 4076 | 38               | Rhys Gallivan       | 00:35:42 | 00:35:28 | M5EN     |                   |                                | m      |                 | 16.92     | 03:33    | Finished |
| 53   | 39               | Peter Burke         | 00:35:54 | 00:35:52 | M5EN     |                   | Llswerry Runners               | m      |                 | 16.73     | 03:35    | Finished |
| 70   | 40               | Sioned Howells      | 00:36:01 | 00:35:56 | F5EN     |                   | Amman Valley Harriers          | f      |                 | 16.7      | 03:36    | Finished |
| 11   | 41               | Rachel Doherty      | 00:36:09 | 00:36:08 | F5EN     |                   | Higham Harriers                | f      |                 | 16.61     | 03:37    | Finished |
| 180  | 42               | Chris Williams      | 00:36:21 | 00:36:17 | M40      |                   |                                | m      |                 | 16.54     | 03:38    | Finished |
| 193  | 43               | Edward Land         | 00:36:26 | 00:36:20 | M40      |                   | Aberystwyth AC                 | m      |                 | 16.51     | 03:38    | Finished |
| 150  | 44               | Megan Carter-Davies | 00:36:33 | 00:36:29 | F5EN     |                   | Swansea Harriers               | f      |                 | 16.45     | 03:39    | Finished |
| 4145 | 45               | Peter Morton        | 00:36:36 | 00:36:20 | M35      |                   |                                | m      |                 | 16.51     | 03:38    | Finished |
| 120  | 46               | David James         | 00:36:37 | 00:36:34 | M60      |                   | Les Croupiers                  | m      |                 | 16.41     | 03:39    | Finished |
| 62   | 47               | Andrew Reddy        | 00:36:38 | 00:36:33 | M40      |                   | Aberdare Valley AAC            | m      |                 | 16.42     | 03:39    | Finished |
| 154  | 48               | Duncan McLaughlan   | 00:36:40 | 00:36:34 | M40      |                   | Les Croupiers                  | m      |                 | 16.41     | 03:39    | Finished |
| 114  | 49               | Sam Hopkins         | 00:36:48 | 00:36:41 | M5EN     |                   |                                | m      |                 | 16.36     | 03:40    | Finished |
| 210  | 50               | Steven Taylor       | 00:36:54 | 00:36:49 | M35      |                   |                                | m      |                 | 16.3      | 03:41    | Finished |
| 105  | 51               | Andrew Cleverly     | 00:36:54 | 00:36:50 | M5EN     |                   | Swansea Harriers               | m      |                 | 16.29     | 03:41    | Finished |
| 69   | 52               | Lukasz Borysiuk     | 00:36:55 | 00:36:51 | M35      |                   |                                | m      |                 | 16.28     | 03:41    | Finished |
| 102  | 53               | Katrin Reischmann   | 00:36:58 | 00:36:55 | F5EN     |                   |                                | f      |                 | 16.25     | 03:41    | Finished |
| 113  | 54               | Tristan Hearsey     | 00:37:08 | 00:37:02 | M5EN     |                   | Tri Hard Harriers              | m      |                 | 16.2      | 03:42    | Finished |
| 58   | 55               | Steven Flowers      | 00:37:14 | 00:37:08 | M35      |                   | Wye Valley Runners             | m      |                 | 16.16     | 03:43    | Finished |
| 177  | 56               | Simon Brewer        | 00:37:19 | 00:37:15 | M50      |                   | Swansea Harriers               | m      |                 | 16.11     | 03:43    | Finished |
| 137  | 57               | Robert Prady        | 00:37:25 | 00:37:22 | M40      |                   |                                | m      |                 | 16.06     | 03:44    | Finished |
| 153  | 58               | Chris Tones         | 00:37:26 | 00:37:21 | M35      |                   |                                | m      |                 | 16.06     | 03:44    | Finished |
| 181  | 59               | Donna Morris        | 00:37:28 | 00:37:24 | F35      |                   | Builth & District              | f      |                 | 16.04     | 03:44    | Finished |
| 94   | 60               | Paul Morton         | 00:37:29 | 00:37:22 | M35      |                   | Penarth & Dinas Runners        | m      |                 | 16.06     | 03:44    | Finished |
| 54   | 61               | Chris Francis       | 00:37:33 | 00:37:29 | M5EN     |                   | 3M Gorseinon Road Runners      | m      |                 | 16.01     | 03:45    | Finished |
| 142  | 62               | Kristan Humphreys   | 00:37:34 | 00:37:30 | M45      |                   | Newport Harriers               | m      |                 | 16        | 03:45    | Finished |
| 174  | 63               | Tom Rankin          | 00:37:35 | 00:37:29 | M35      |                   |                                | m      |                 | 16.01     | 03:45    | Finished |
| 55   | 64               | Martin Norton       | 00:37:36 | 00:37:33 | M5EN     |                   | Llswerry Runners               | m      |                 | 15.98     | 03:45    | Finished |
| 219  | 65               | Peter Hartley-Green | 00:37:37 | 00:37:32 | M50      |                   |                                | m      |                 | 15.99     | 03:45    | Finished |
| 67   | 66               | Hugh Janney         | 00:37:47 | 00:37:41 | M50      |                   | Sospan Road Runners            | m      |                 | 15.92     | 03:46    | Finished |
| 117  | 67               | Damian Ciesielski   | 00:37:53 | 00:37:39 | M35      |                   |                                | m      |                 | 15.94     | 03:46    | Finished |
| 4138 | 68               | Runner 4138         | 00:38:12 | 00:38:07 | M5EN     |                   |                                | m      |                 | 15.74     | 03:49    | Finished |
| 146  | 69               | Lloyd Jones         | 00:38:13 | 00:37:59 | M5EN     |                   | Run4All Neath                  | m      |                 | 15.8      | 03:48    | Finished |
| 197  | 70               | Chris Cogan-Howe    | 00:38:14 | 00:38:07 | M5EN     |                   |                                | m      |                 | 15.74     | 03:49    | Finished |
| 424  | 71               | Neil Ridley         | 00:38:24 | 00:38:17 | M45      |                   | Rhondda Valley Runners         | m      |                 | 15.67     | 03:50    | Finished |
| 354  | 72               | Benjamin Sullivan   | 00:38:26 | 00:38:20 | MJ       |                   | Swansea Harriers               | m      |                 | 15.65     | 03:50    | Finished |
| 263  | 73               | Gareth Wyn Evans    | 00:38:28 | 00:38:13 | M5EN     |                   |                                | m      |                 | 15.7      | 03:49    | Finished |
| 109  | 74               | Christopher Rees    | 00:38:33 | 00:38:25 | M5EN     |                   |                                | m      |                 | 15.62     | 03:50    | Finished |
| 147  | 75               | David Clarke        | 00:38:34 | 00:38:21 | M40      |                   | Llanelli AC                    | m      |                 | 15.65     | 03:50    | Finished |
| 121  | 76               | Ken Caulkett        | 00:38:35 | 00:38:29 | M40      |                   | Sarn Helen                     | m      |                 | 15.59     | 03:51    | Finished |
| 87   | 77               | Isaac Ayres         | 00:38:38 | 00:38:32 | MJ       |                   | Carmarthen & District Harriers | m      |                 | 15.57     | 03:51    | Finished |
| 155  | 78               | John Perkins        | 00:38:40 | 00:38:36 | M40      |                   |                                | m      |                 | 15.54     | 03:52    | Finished |
| 375  | 79               | Fraser Watson       | 00:38:45 | 00:38:41 | M35      |                   |                                | m      |                 | 15.51     | 03:52    | Finished |
| 74   | 80               | Owen Davies         | 00:38:46 | 00:38:41 | M45      |                   | Swansea Harriers               | m      |                 | 15.51     | 03:52    | Finished |
| 116  | 81               | Paul Dodd           | 00:38:46 | 00:38:41 | M60      |                   | Chepstow Harriers              | m      |                 | 15.51     | 03:52    | Finished |
| 75   | 82               | Alan Davies         | 00:38:53 | 00:38:50 | M65      |                   | Llanelli AC                    | m      |                 | 15.45     | 03:53    | Finished |
| 164  | 83               | Tom Wright          | 00:38:58 | 00:38:50 | M5EN     |                   |                                | m      |                 | 15.45     | 03:53    | Finished |
| 170  | 84               | Michael Kelly       | 00:39:02 | 00:38:55 | M35      |                   |                                | m      |                 | 15.42     | 03:54    | Finished |
| 161  | 85               | Michael Houlding    | 00:39:07 | 00:38:52 | M40      |                   | Run4All Neath                  | m      |                 | 15.44     | 03:53    | Finished |
| 442  | 86               | Lewis Hackney       | 00:39:13 | 00:38:59 | M5EN     |                   |                                | m      |                 | 15.39     | 03:54    | Finished |
| 224  | 87               | Andrew Marvell      | 00:39:14 | 00:39:10 | M35      |                   |                                | m      |                 | 15.32     | 03:55    | Finished |
| 212  | 88               | Cory Sherwin        | 00:39:21 | 00:39:18 | M5EN     |                   | Forest of Dean AC              | m      |                 | 15.27     | 03:56    | Finished |
| 86   | 89               | Gareth Morgan       | 00:39:26 | 00:39:18 | M45      |                   |                                | m      |                 | 15.27     | 03:56    | Finished |
| 101  | 90               | Colin Bennett       | 00:39:26 | 00:39:09 | M55      |                   | Lewes AC                       | m      |                 | 15.33     | 03:55    | Finished |
| 270  | 91               | Philip Martin       | 00:39:27 | 00:39:13 | M35      |                   |                                | m      |                 | 15.3      | 03:55    | Finished |
| 125  | 92               | Adrian Weaver       | 00:39:29 | 00:39:20 | M40      |                   |                                | m      |                 | 15.25     | 03:56    | Finished |
| 462  | 93               | Darren Lewis        | 00:39:30 | 00:39:21 | M45      |                   |                                | m      |                 | 15.25     | 03:56    | Finished |
| 194  | 94               | David Butcher       | 00:39:35 | 00:39:12 | M45      |                   |                                | m      |                 | 15.31     | 03:55    | Finished |
| 156  | 95               | Simon Jones         | 00:39:36 | 00:39:30 | M35      |                   | 3M Gorseinon Road Runners      | m      |                 | 15.19     | 03:57    | Finished |
| 60   | 96               | Thomas Williams     | 00:39:40 | 00:39:32 | M5EN     |                   | Tri Hard Harriers              | m      |                 | 15.18     | 03:57    | Finished |
| 171  | 97               | Steve Smith         | 00:39:47 | 00:39:42 | M55      |                   | Swansea Harriers               | m      |                 | 15.11     | 03:58    | Finished |
| 108  | 98               | Simon Nichols       | 00:39:48 | 00:39:42 | M50      |                   | London Heathside               | m      |                 | 15.11     | 03:58    | Finished |
| 4003 | 99               | Steve Hogan         | 00:39:50 | 00:39:38 | M40      |                   | Cornelly Striders AC           | m      |                 | 15.14     | 03:58    | Finished |
| 4141 | 100              | Hana Blake          | 00:39:51 | 00:39:44 | F5EN     |                   |                                | f      |                 | 15.1      | 03:58    | Finished |
| 119  | 101              | Matt Thompson       | 00:39:54 | 00:39:49 | M5EN     |                   |                                | m      |                 | 15.07     | 03:59    | Finished |
| 422  | 102              | Matthew Blackmore   | 00:39:55 | 00:39:46 | M40      |                   | Port Talbot Harriers           | m      |                 | 15.09     | 03:59    | Finished |
| 199  | 103              | Sam Figgures        | 00:39:55 | 00:39:46 | M5EN     |                   | Port Talbot Harriers           | m      |                 | 15.09     | 03:59    | Finished |
| 92   | 104              | Anthony Jones       | 00:39:56 | 00:39:51 | M5EN     |                   |                                | m      |                 | 15.06     | 03:59    | Finished |
| 4001 | 105              | Mark Marrin         | 00:39:57 | 00:39:49 | M40      |                   |                                | m      |                 | 15.07     | 03:59    | Finished |
| 166  | 106              | Niki Morgan         | 00:39:59 | 00:39:54 | F50      |                   | Chepstow Harriers              | f      |                 | 15.04     | 03:59    | Finished |
| 12   | 107              | Fiona Clark         | 00:39:59 | 00:39:59 | F40      |                   | Crawley Harriers               | f      |                 | 15.01     | 04:00    | Finished |
| 151  | 108              | Steffan Davies      | 00:39:59 | 00:39:53 | MJ       |                   | Carmarthen & District Harriers | m      |                 | 15.04     | 03:59    | Finished |

|      |     |                     |          |          |      |                                |   |       |       |          |
|------|-----|---------------------|----------|----------|------|--------------------------------|---|-------|-------|----------|
| 360  | 109 | Phil Hodge          | 00:40:00 | 00:39:54 | M55  | Les Croupiers                  | m | 15.04 | 03:59 | Finished |
| 131  | 110 | Robert Rees         | 00:40:05 | 00:39:58 | M45  | Neath Harriers                 | m | 15.01 | 04:00 | Finished |
| 173  | 111 | Helen-Marie Davies  | 00:40:07 | 00:39:58 | F45  | Swansea Harriers               | f | 15.01 | 04:00 | Finished |
| 257  | 112 | Tom Bacon           | 00:40:11 | 00:40:01 | M5EN | Swansea Harriers               | m | 14.99 | 04:00 | Finished |
| 168  | 113 | Ian Bird            | 00:40:16 | 00:40:03 | M35  | Run4All Neath                  | m | 14.98 | 04:00 | Finished |
| 129  | 114 | Hugo Thompson       | 00:40:18 | 00:39:53 | M55  |                                | m | 15.04 | 03:59 | Finished |
| 111  | 115 | Cherry Fowler       | 00:40:21 | 00:40:15 | F50  | Chepstow Harriers              | f | 14.91 | 04:02 | Finished |
| 103  | 116 | Andrew Reed         | 00:40:30 | 00:40:27 | M55  | Lonely Goat RC                 | m | 14.83 | 04:03 | Finished |
| 201  | 117 | Martin Bennett      | 00:40:34 | 00:40:28 | M40  | 3M Gorseion Road Runners       | m | 14.83 | 04:03 | Finished |
| 187  | 118 | Nina Davies         | 00:40:35 | 00:40:30 | F45  | Aberdare Valley AAC            | f | 14.81 | 04:03 | Finished |
| 178  | 119 | Thomas Bestwick     | 00:40:37 | 00:40:29 | M5EN |                                | m | 14.82 | 04:03 | Finished |
| 97   | 120 | Simon Coombes       | 00:40:39 | 00:40:23 | M45  | Swansea Harriers               | m | 14.86 | 04:02 | Finished |
| 350  | 121 | John Doherty        | 00:40:42 | 00:40:38 | M35  |                                | m | 14.77 | 04:04 | Finished |
| 141  | 122 | Robin Spacie        | 00:40:44 | 00:40:39 | M35  |                                | m | 14.76 | 04:04 | Finished |
| 89   | 123 | James Dean          | 00:40:45 | 00:40:35 | M5EN |                                | m | 14.78 | 04:04 | Finished |
| 66   | 124 | Douglas Briggs      | 00:40:48 | 00:40:42 | M50  | Chepstow Harriers              | m | 14.74 | 04:04 | Finished |
| 196  | 125 | Gary Cairns         | 00:40:49 | 00:40:36 | M50  |                                | m | 14.78 | 04:04 | Finished |
| 441  | 126 | Owen Shadick        | 00:40:52 | 00:40:44 | M40  |                                | m | 14.73 | 04:04 | Finished |
| 475  | 127 | Wes Sheldon         | 00:40:55 | 00:40:46 | M40  |                                | m | 14.72 | 04:05 | Finished |
| 123  | 128 | Rob Davies          | 00:41:00 | 00:40:48 | M45  | Llanelli AC                    | m | 14.71 | 04:05 | Finished |
| 4134 | 129 | Owen Davies         | 00:41:02 | 00:40:52 | M5EN | Swansea Harriers               | m | 14.68 | 04:05 | Finished |
| 1037 | 130 | Stephen Robinson    | 00:41:03 | 00:40:57 | M35  |                                | m | 14.65 | 04:06 | Finished |
| 339  | 131 | David Howell        | 00:41:03 | 00:40:56 | M5EN |                                | m | 14.66 | 04:06 | Finished |
| 73   | 132 | Richard Steele      | 00:41:05 | 00:40:45 | M40  | Brackla Harriers               | m | 14.72 | 04:04 | Finished |
| 276  | 133 | John Hewson         | 00:41:08 | 00:40:57 | M40  |                                | m | 14.65 | 04:06 | Finished |
| 320  | 134 | Martin Carson       | 00:41:08 | 00:40:50 | M40  | Pontypridd Roadents AC         | m | 14.69 | 04:05 | Finished |
| 373  | 135 | Alun Jones          | 00:41:18 | 00:40:42 | M35  |                                | m | 14.74 | 04:04 | Finished |
| 4128 | 136 | Tegid Richards      | 00:41:21 | 00:41:04 | M5EN |                                | m | 14.61 | 04:06 | Finished |
| 386  | 137 | Dave Newton         | 00:41:22 | 00:41:11 | M55  | Oswestry Olympians             | m | 14.57 | 04:07 | Finished |
| 223  | 138 | Gavin Davies        | 00:41:35 | 00:41:28 | M55  | 3M Gorseion Road Runners       | m | 14.47 | 04:09 | Finished |
| 152  | 139 | Huw Davies          | 00:41:36 | 00:41:29 | M50  | Carmarthen & District Harriers | m | 14.46 | 04:09 | Finished |
| 364  | 140 | William Arnold      | 00:41:41 | 00:41:22 | MJ   |                                | m | 14.5  | 04:08 | Finished |
| 362  | 141 | Jeremy Thomas       | 00:41:44 | 00:41:38 | M60  | Les Croupiers                  | m | 14.41 | 04:10 | Finished |
| 398  | 142 | Mattias Jonsson     | 00:41:46 | 00:41:22 | M45  |                                | m | 14.5  | 04:08 | Finished |
| 478  | 143 | David Johnson       | 00:41:48 | 00:41:25 | M45  |                                | m | 14.49 | 04:09 | Finished |
| 440  | 144 | Richard Baker       | 00:41:52 | 00:41:43 | M40  | Clwb Rhedeg Pontardawe RC      | m | 14.38 | 04:10 | Finished |
| 296  | 145 | Rhydian George      | 00:41:55 | 00:41:35 | M40  |                                | m | 14.43 | 04:09 | Finished |
| 476  | 146 | Terry O'Brien       | 00:41:58 | 00:41:45 | M60  |                                | m | 14.37 | 04:11 | Finished |
| 399  | 147 | Abdul Miah          | 00:42:05 | 00:41:57 | M35  |                                | m | 14.3  | 04:12 | Finished |
| 96   | 148 | Elaina Gard         | 00:42:06 | 00:41:58 | F5EN | Bristol and West AC            | f | 14.3  | 04:12 | Finished |
| 232  | 149 | Dafydd Bowen        | 00:42:15 | 00:42:07 | M35  |                                | m | 14.25 | 04:13 | Finished |
| 290  | 150 | Sarah Howard        | 00:42:17 | 00:42:07 | F5EN |                                | f | 14.25 | 04:13 | Finished |
| 528  | 151 | Kai Scott           | 00:42:18 | 00:41:37 | MJ   |                                | m | 14.42 | 04:10 | Finished |
| 255  | 152 | Paul Jenkins        | 00:42:20 | 00:42:12 | M40  |                                | m | 14.22 | 04:13 | Finished |
| 208  | 153 | Jai Tsim            | 00:42:23 | 00:42:12 | M5EN |                                | m | 14.22 | 04:13 | Finished |
| 198  | 154 | Chris Lewis         | 00:42:26 | 00:42:17 | M45  | Port Talbot Harriers           | m | 14.19 | 04:14 | Finished |
| 304  | 155 | Joshua Grove        | 00:42:30 | 00:42:15 | M5EN |                                | m | 14.2  | 04:13 | Finished |
| 243  | 156 | Jessica Smith       | 00:42:30 | 00:42:21 | F5EN | Swansea Harriers               | f | 14.17 | 04:14 | Finished |
| 297  | 157 | Richard Marks       | 00:42:30 | 00:42:17 | M70  | Sarn Helen                     | m | 14.19 | 04:14 | Finished |
| 234  | 158 | Rhodri Jones        | 00:42:31 | 00:42:15 | M5EN |                                | m | 14.2  | 04:13 | Finished |
| 366  | 159 | Emma-Jane Morris    | 00:42:33 | 00:42:19 | F5EN | Ogmore Phoenix Runners         | f | 14.18 | 04:14 | Finished |
| 3455 | 160 | Gabrielius Stokus   | 00:42:33 | 00:42:29 | M5EN | Tri Hard Harriers              | m | 14.12 | 04:15 | Finished |
| 135  | 161 | Daniel Morgan       | 00:42:33 | 00:42:20 | M45  | Bridgend AC                    | m | 14.17 | 04:14 | Finished |
| 262  | 162 | Alex Thomas         | 00:42:35 | 00:42:17 | M45  |                                | m | 14.19 | 04:14 | Finished |
| 385  | 163 | Daniel Henwood      | 00:42:37 | 00:42:17 | M35  |                                | m | 14.19 | 04:14 | Finished |
| 427  | 164 | Matthew Flynn       | 00:42:38 | 00:42:27 | M5EN |                                | m | 14.13 | 04:15 | Finished |
| 308  | 165 | Chris Mackay        | 00:42:39 | 00:42:16 | M40  |                                | m | 14.2  | 04:14 | Finished |
| 235  | 166 | Ross Owen           | 00:42:39 | 00:42:19 | M35  |                                | m | 14.18 | 04:14 | Finished |
| 471  | 167 | Kevin Halmkan       | 00:42:44 | 00:42:24 | M5EN |                                | m | 14.15 | 04:14 | Finished |
| 246  | 168 | Chris Davies        | 00:42:44 | 00:42:35 | M45  |                                | m | 14.09 | 04:16 | Finished |
| 165  | 169 | Stephen Owen        | 00:42:49 | 00:42:40 | M65  | Chepstow Harriers              | m | 14.06 | 04:16 | Finished |
| 434  | 170 | Roy Lewis           | 00:42:50 | 00:42:35 | M55  |                                | m | 14.09 | 04:16 | Finished |
| 167  | 171 | Kristian Davies     | 00:42:50 | 00:42:40 | M40  |                                | m | 14.06 | 04:16 | Finished |
| 808  | 172 | Karis Montague      | 00:42:51 | 00:42:40 | M35  | Port Talbot Harriers           | m | 14.06 | 04:16 | Finished |
| 242  | 173 | Tim Davies          | 00:42:51 | 00:42:41 | M35  |                                | m | 14.06 | 04:16 | Finished |
| 82   | 174 | Rhodri Locke        | 00:43:06 | 00:42:48 | M5EN |                                | m | 14.02 | 04:17 | Finished |
| 400  | 175 | Gavin David         | 00:43:07 | 00:42:57 | M45  |                                | m | 13.97 | 04:18 | Finished |
| 699  | 176 | Darran Jones        | 00:43:11 | 00:42:36 | M5EN |                                | m | 14.08 | 04:16 | Finished |
| 323  | 177 | Gareth Hill         | 00:43:12 | 00:42:58 | M50  |                                | m | 13.96 | 04:18 | Finished |
| 431  | 178 | Kim Wehden          | 00:43:17 | 00:43:08 | M55  | Islwyn RC                      | m | 13.91 | 04:19 | Finished |
| 162  | 179 | Jason Dickinson     | 00:43:23 | 00:43:12 | M50  | Llanelli AC                    | m | 13.89 | 04:19 | Finished |
| 537  | 180 | Adrian Killa        | 00:43:26 | 00:42:44 | M45  |                                | m | 14.04 | 04:16 | Finished |
| 341  | 181 | Michelle Cole       | 00:43:35 | 00:43:28 | F40  | 3M Gorseion Road Runners       | f | 13.88 | 04:21 | Finished |
| 418  | 182 | Bryan Meredith      | 00:43:39 | 00:43:21 | M55  | Rhondda Valley Runners         | m | 13.84 | 04:20 | Finished |
| 278  | 183 | Richard Matthews    | 00:43:41 | 00:43:17 | M45  | Aberdare Valley AAC            | m | 13.86 | 04:20 | Finished |
| 281  | 184 | Tom Mahoney         | 00:43:46 | 00:43:34 | M5EN |                                | m | 13.77 | 04:21 | Finished |
| 381  | 185 | Rachel Bowen        | 00:43:47 | 00:43:29 | F40  | Liswerry Runners               | f | 13.8  | 04:21 | Finished |
| 1740 | 186 | Jamie O'Grady       | 00:43:47 | 00:39:45 | M45  |                                | m | 15.09 | 03:59 | Finished |
| 374  | 187 | Clint Welson        | 00:43:49 | 00:43:31 | M40  |                                | m | 13.79 | 04:21 | Finished |
| 300  | 188 | Matthew Cook        | 00:43:49 | 00:43:33 | M45  |                                | m | 13.78 | 04:21 | Finished |
| 252  | 189 | Darren Stevens      | 00:43:49 | 00:43:41 | M50  | Merthyr Running Club           | m | 13.74 | 04:22 | Finished |
| 342  | 190 | Steve Williams      | 00:43:56 | 00:43:48 | M60  | Neath Harriers                 | m | 13.7  | 04:23 | Finished |
| 447  | 191 | Clare Phillips      | 00:44:00 | 00:43:54 | F50  | Port Talbot Harriers           | f | 13.67 | 04:23 | Finished |
| 93   | 192 | Lee Morris          | 00:44:08 | 00:44:02 | M40  |                                | m | 13.63 | 04:24 | Finished |
| 189  | 193 | Adam Meyrick        | 00:44:09 | 00:43:48 | M5EN |                                | m | 13.7  | 04:23 | Finished |
| 314  | 194 | Rob Gibson          | 00:44:10 | 00:43:54 | M35  |                                | m | 13.67 | 04:23 | Finished |
| 527  | 195 | Dafydd Walters      | 00:44:10 | 00:43:32 | M5EN |                                | m | 13.78 | 04:21 | Finished |
| 1253 | 196 | Brian Jenkins       | 00:44:12 | 00:43:37 | M50  |                                | m | 13.76 | 04:22 | Finished |
| 377  | 197 | Gareth Darter-Hill  | 00:44:13 | 00:43:42 | M40  | Cornelly Striders AC           | m | 13.73 | 04:22 | Finished |
| 90   | 198 | Sophia Harrison     | 00:44:15 | 00:44:06 | FJ   |                                | f | 13.61 | 04:25 | Finished |
| 376  | 199 | Rhys Rogers         | 00:44:20 | 00:43:48 | M35  | Cornelly Striders AC           | m | 13.7  | 04:23 | Finished |
| 324  | 200 | Daniel Laycock      | 00:44:21 | 00:44:08 | M40  |                                | m | 13.6  | 04:25 | Finished |
| 244  | 201 | Lee Davies          | 00:44:24 | 00:44:06 | M35  |                                | m | 13.61 | 04:25 | Finished |
| 277  | 202 | Aron Jones          | 00:44:27 | 00:44:15 | M35  | 3M Gorseion Road Runners       | m | 13.56 | 04:26 | Finished |
| 1981 | 203 | David Flynn         | 00:44:28 | 00:44:23 | M65  |                                | m | 13.52 | 04:26 | Finished |
| 540  | 204 | Gareth Evans        | 00:44:34 | 00:44:01 | M35  | Port Talbot Harriers           | m | 13.63 | 04:24 | Finished |
| 251  | 205 | Victoria Vardy      | 00:44:36 | 00:44:19 | F5EN |                                | f | 13.54 | 04:26 | Finished |
| 1277 | 206 | Charles James       | 00:44:38 | 00:40:36 | M50  |                                | m | 14.78 | 04:04 | Finished |
| 316  | 207 | Simon Flaherty      | 00:44:40 | 00:44:21 | M50  |                                | m | 13.53 | 04:26 | Finished |
| 275  | 208 | Vanessa Lawson      | 00:44:42 | 00:44:29 | F45  | Chepstow Harriers              | f | 13.49 | 04:27 | Finished |
| 284  | 209 | Christopher Guy     | 00:44:42 | 00:44:24 | M45  | Liswerry Runners               | m | 13.51 | 04:26 | Finished |
| 256  | 210 | Rich Drewett        | 00:44:43 | 00:44:33 | M55  |                                | m | 13.47 | 04:27 | Finished |
| 321  | 211 | Heath Brett         | 00:44:45 | 00:44:27 | M50  | Swansea Harriers               | m | 13.5  | 04:27 | Finished |
| 466  | 212 | Julie Hartley-Green | 00:44:48 | 00:44:42 | F45  | Swansea Harriers               | f | 13.42 | 04:28 | Finished |
| 260  | 213 | Matthew Bunce       | 00:44:50 | 00:44:30 | M45  | Brackla Harriers               | m | 13.48 | 04:27 | Finished |
| 292  | 214 | Luke Davies         | 00:44:51 | 00:44:19 | M35  |                                | m | 13.54 | 04:26 | Finished |
| 619  | 215 | Martin Kearns       | 00:44:56 | 00:44:26 | M60  | Swansea Harriers               | m | 13.5  | 04:27 | Finished |
| 446  | 216 | Dewi Jones          | 00:44:56 | 00:44:49 | M35  |                                | m | 13.39 | 04:29 | Finished |
| 293  | 217 | Paul Williamson     | 00:44:58 | 00:44:48 | M40  |                                | m | 13.39 | 04:29 | Finished |

|      |     |                          |          |          |      |                               |   |       |       |          |
|------|-----|--------------------------|----------|----------|------|-------------------------------|---|-------|-------|----------|
| 185  | 218 | Owen Davies              | 00:45:06 | 00:44:56 | M35  |                               | m | 13.35 | 04:30 | Finished |
| 84   | 219 | Elinor Matthey           | 00:45:12 | 00:44:57 | F5EN |                               | f | 13.35 | 04:30 | Finished |
| 305  | 220 | Joanna Summerfiel-Taylor | 00:45:18 | 00:45:08 | F5EN | Parc Bryn Bach Running Club   | f | 13.29 | 04:31 | Finished |
| 756  | 221 | Mark Mckay               | 00:45:23 | 00:44:27 | M40  |                               | m | 13.5  | 04:27 | Finished |
| 286  | 222 | Tifanie Jones            | 00:45:25 | 00:45:16 | F5EN |                               | f | 13.25 | 04:32 | Finished |
| 712  | 223 | Kerri David              | 00:45:27 | 00:44:44 | F40  |                               | f | 13.41 | 04:28 | Finished |
| 523  | 224 | Joseph Warchal           | 00:45:28 | 00:44:11 | M35  |                               | m | 13.58 | 04:25 | Finished |
| 445  | 225 | Helen Jones              | 00:45:30 | 00:45:17 | F50  | Port Talbot Harriers          | f | 13.25 | 04:32 | Finished |
| 546  | 226 | Sean Morris              | 00:45:31 | 00:45:13 | M35  |                               | m | 13.27 | 04:31 | Finished |
| 4144 | 227 | James Richmond           | 00:45:34 | 00:44:34 | M35  |                               | m | 13.46 | 04:27 | Finished |
| 268  | 228 | Mike Wilde               | 00:45:35 | 00:45:27 | M35  |                               | m | 13.2  | 04:33 | Finished |
| 902  | 229 | Paul Morris              | 00:45:37 | 00:44:24 | M40  | Islwyn RC                     | m | 13.51 | 04:26 | Finished |
| 359  | 230 | Mick Tabor               | 00:45:40 | 00:45:25 | M65  | Les Croupiers                 | m | 13.21 | 04:33 | Finished |
| 370  | 231 | Peter Jones              | 00:45:40 | 00:45:17 | M60  |                               | m | 13.25 | 04:32 | Finished |
| 740  | 232 | Craig Hopkins            | 00:45:43 | 00:44:27 | M35  | Llanelli AC                   | m | 13.5  | 04:27 | Finished |
| 303  | 233 | Jim Storrar              | 00:45:44 | 00:45:35 | M60  | Forest of Dean AC             | m | 13.16 | 04:34 | Finished |
| 389  | 234 | Mike Griffiths           | 00:45:44 | 00:45:26 | M50  |                               | m | 13.21 | 04:33 | Finished |
| 635  | 235 | Nina Brocklebank         | 00:45:47 | 00:45:30 | F50  | Swansea Harriers              | f | 13.19 | 04:33 | Finished |
| 259  | 236 | Leigh Ayers              | 00:45:47 | 00:45:35 | M45  | Tri Hard Harriers             | m | 13.16 | 04:34 | Finished |
| 254  | 237 | Gareth Parry             | 00:45:48 | 00:45:36 | M40  | 3M Gorseion Road Runners      | m | 13.16 | 04:34 | Finished |
| 217  | 238 | Michael Lane             | 00:45:49 | 00:45:33 | M40  | Black Pear Joggers            | m | 13.17 | 04:33 | Finished |
| 500  | 239 | Ben Rogers               | 00:45:51 | 00:44:49 | M5EN |                               | m | 13.39 | 04:29 | Finished |
| 1278 | 240 | Ismay Fabre              | 00:45:54 | 00:44:57 | F5EN |                               | f | 13.35 | 04:30 | Finished |
| 1298 | 241 | Richard Lowe             | 00:45:56 | 00:45:22 | M45  | Port Talbot Harriers          | m | 13.23 | 04:32 | Finished |
| 414  | 242 | Deb Chick                | 00:45:57 | 00:45:42 | F55  | Amman Valley Harriers         | f | 13.13 | 04:34 | Finished |
| 266  | 243 | Irina Tatarinova         | 00:45:57 | 00:45:42 | F5EN |                               | f | 13.13 | 04:34 | Finished |
| 267  | 244 | Maxim Klimov             | 00:45:57 | 00:45:42 | M35  |                               | m | 13.13 | 04:34 | Finished |
| 723  | 245 | David Rees               | 00:45:58 | 00:44:25 | M35  | Llanelli AC                   | m | 13.51 | 04:26 | Finished |
| 236  | 246 | Kurtis Morgan            | 00:46:00 | 00:45:50 | M5EN |                               | m | 13.09 | 04:35 | Finished |
| 358  | 247 | Simon Bridges            | 00:46:00 | 00:45:38 | M45  |                               | m | 13.15 | 04:34 | Finished |
| 672  | 248 | Barry 40 Miles Race      | 00:46:03 | 00:45:48 | M65  | Les Croupiers                 | m | 13.1  | 04:35 | Finished |
| 369  | 249 | Matt Dawson              | 00:46:04 | 00:45:43 | M35  |                               | m | 13.12 | 04:34 | Finished |
| 368  | 250 | Haley Lawton             | 00:46:04 | 00:45:45 | F35  | 3M Gorseion Road Runners      | f | 13.11 | 04:34 | Finished |
| 460  | 251 | Michael Jones            | 00:46:07 | 00:45:37 | M35  |                               | m | 13.15 | 04:34 | Finished |
| 1252 | 252 | Mark Baker               | 00:46:08 | 00:45:28 | M50  | Pont-Y-Pwl & District Runners | m | 13.2  | 04:33 | Finished |
| 558  | 253 | Rhys Lloyd               | 00:46:09 | 00:45:09 | MJ   |                               | m | 13.29 | 04:31 | Finished |
| 172  | 254 | Sahar Khan               | 00:46:11 | 00:45:55 | F5EN | Pembrokeshire Harriers        | f | 13.07 | 04:36 | Finished |
| 419  | 255 | Lee Llewellyn            | 00:46:12 | 00:45:57 | M40  | RUN4ALL Running Club          | m | 13.06 | 04:36 | Finished |
| 789  | 256 | Tomasz Figurski          | 00:46:15 | 00:45:42 | M40  | Caerphilly Runners            | m | 13.13 | 04:34 | Finished |
| 791  | 257 | Dan Marley               | 00:46:15 | 00:44:48 | M45  |                               | m | 13.39 | 04:29 | Finished |
| 700  | 258 | Kevin Davies             | 00:46:17 | 00:44:15 | M40  |                               | m | 13.56 | 04:26 | Finished |
| 319  | 259 | Chris Vaughan            | 00:46:19 | 00:46:05 | M35  |                               | m | 13.02 | 04:36 | Finished |
| 239  | 260 | Matt Tooze               | 00:46:20 | 00:46:07 | M50  |                               | m | 13.01 | 04:37 | Finished |
| 2130 | 261 | Scott Sandbrook          | 00:46:24 | 00:46:09 | MJ   |                               | m | 13    | 04:37 | Finished |
| 238  | 262 | David Evans              | 00:46:24 | 00:46:03 | M50  |                               | m | 13.03 | 04:36 | Finished |
| 515  | 263 | Jonathan West            | 00:46:26 | 00:45:58 | M40  | Tri Hard Harriers             | m | 13.05 | 04:36 | Finished |
| 285  | 264 | Mike Schropfer           | 00:46:29 | 00:46:16 | M5EN |                               | m | 12.97 | 04:38 | Finished |
| 1232 | 265 | Gwen Smith               | 00:46:30 | 00:46:06 | F55  | 3M Gorseion Road Runners      | f | 13.02 | 04:37 | Finished |
| 679  | 266 | Louise Muteham           | 00:46:31 | 00:46:06 | F35  | Llswerry Runners              | f | 13.02 | 04:37 | Finished |
| 631  | 267 | Louise Mordue            | 00:46:34 | 00:46:01 | F40  | Porthcawl Runners             | f | 13.04 | 04:36 | Finished |
| 529  | 268 | Aled Hopton              | 00:46:36 | 00:45:00 | M5EN |                               | m | 13.33 | 04:30 | Finished |
| 730  | 269 | Owain Woodward           | 00:46:38 | 00:46:11 | M35  |                               | m | 12.99 | 04:37 | Finished |
| 347  | 270 | Phil Sheridan            | 00:46:39 | 00:46:16 | M5EN |                               | m | 12.97 | 04:38 | Finished |
| 549  | 271 | Richard Davies           | 00:46:42 | 00:46:20 | M35  |                               | m | 12.95 | 04:38 | Finished |
| 291  | 272 | Kelly Gipson             | 00:46:43 | 00:46:32 | F50  | Swansea Harriers              | f | 12.89 | 04:39 | Finished |
| 588  | 273 | Andrew Wathen            | 00:46:45 | 00:45:45 | M40  |                               | m | 13.11 | 04:34 | Finished |
| 590  | 274 | Chris Ramsell            | 00:46:47 | 00:43:24 | M5EN |                               | m | 13.82 | 04:20 | Finished |
| 498  | 275 | Jocelyn Tomlinson        | 00:46:51 | 00:46:12 | M5EN |                               | m | 12.99 | 04:37 | Finished |
| 3399 | 276 | Hannah Hoffman           | 00:46:56 | 00:46:19 | F5EN |                               | f | 12.95 | 04:38 | Finished |
| 536  | 277 | Jack Williams            | 00:46:59 | 00:45:53 | M35  |                               | m | 13.08 | 04:35 | Finished |
| 332  | 278 | Florence Taylor          | 00:46:59 | 00:46:44 | F5EN | Tri Hard Harriers             | f | 12.84 | 04:40 | Finished |
| 521  | 279 | Carwyn Evans             | 00:47:00 | 00:46:38 | M5EN |                               | m | 12.87 | 04:40 | Finished |
| 273  | 280 | Carley Carley Morgan     | 00:47:01 | 00:46:54 | F35  |                               | f | 12.79 | 04:41 | Finished |
| 272  | 281 | Thierry Gabriel Maffeis  | 00:47:02 | 00:46:35 | M45  |                               | m | 12.88 | 04:39 | Finished |
| 482  | 282 | Steven Duggan            | 00:47:03 | 00:46:14 | M35  |                               | m | 12.98 | 04:37 | Finished |
| 245  | 283 | Jake Browett             | 00:47:07 | 00:46:47 | M5EN |                               | m | 12.83 | 04:41 | Finished |
| 778  | 284 | Jonathan Pollinger       | 00:47:08 | 00:46:38 | M55  |                               | m | 12.87 | 04:40 | Finished |
| 4009 | 285 | Maria Richards           | 00:47:08 | 00:46:54 | F45  | Pont-Y-Pwl & District Runners | f | 12.79 | 04:41 | Finished |
| 655  | 286 | Garth Woodbridge         | 00:47:09 | 00:46:35 | M45  |                               | m | 12.88 | 04:39 | Finished |
| 1418 | 287 | Nicola Harvey            | 00:47:09 | 00:42:54 | F35  |                               | f | 13.99 | 04:17 | Finished |
| 680  | 288 | Jennifer Roberts         | 00:47:11 | 00:46:35 | F35  | Tri Hard Harriers             | f | 12.88 | 04:39 | Finished |
| 583  | 289 | Siôn Thomas              | 00:47:14 | 00:46:03 | M55  |                               | m | 13.03 | 04:36 | Finished |
| 887  | 290 | Jose Reyes               | 00:47:17 | 00:46:47 | M5EN |                               | m | 12.83 | 04:41 | Finished |
| 379  | 291 | Matthew Dainton          | 00:47:19 | 00:46:47 | M35  |                               | m | 12.83 | 04:41 | Finished |
| 309  | 292 | Cathryn Williams         | 00:47:19 | 00:47:09 | F5EN |                               | f | 12.73 | 04:43 | Finished |
| 397  | 293 | Runner 397               | 00:47:20 | 00:46:47 | M5EN |                               | m | 12.83 | 04:41 | Finished |
| 534  | 294 | Mark Morgan              | 00:47:21 | 00:46:27 | M35  |                               | m | 12.92 | 04:39 | Finished |
| 659  | 295 | Kimberley Price          | 00:47:24 | 00:45:57 | F40  | Parc Bryn Bach Running Club   | f | 13.06 | 04:36 | Finished |
| 4014 | 296 | Dominic Melville         | 00:47:25 | 00:46:32 | M45  |                               | m | 12.89 | 04:39 | Finished |
| 915  | 297 | Rhys Davies              | 00:47:26 | 00:47:17 | M5EN |                               | m | 12.69 | 04:44 | Finished |
| 4007 | 298 | Michael Lewis            | 00:47:26 | 00:47:04 | M40  |                               | m | 12.75 | 04:42 | Finished |
| 407  | 299 | Ben Miles                | 00:47:27 | 00:46:58 | M5EN |                               | m | 12.78 | 04:42 | Finished |
| 444  | 300 | David Bembo              | 00:47:28 | 00:47:07 | M55  |                               | m | 12.73 | 04:43 | Finished |
| 315  | 301 | Barri Jones              | 00:47:29 | 00:47:16 | M5EN | Tri Hard Harriers             | m | 12.69 | 04:44 | Finished |
| 1071 | 302 | Jon Howden-Evans         | 00:47:29 | 00:46:48 | M45  |                               | m | 12.82 | 04:41 | Finished |
| 346  | 303 | Tahir Altimimi           | 00:47:30 | 00:46:59 | M60  |                               | m | 12.77 | 04:42 | Finished |
| 348  | 304 | Ben Jenkins              | 00:47:30 | 00:47:10 | M5EN |                               | m | 12.72 | 04:43 | Finished |
| 541  | 305 | James Snaith             | 00:47:31 | 00:46:54 | M35  |                               | m | 12.79 | 04:41 | Finished |
| 559  | 306 | Chris Thomas             | 00:47:33 | 00:46:37 | M5EN |                               | m | 12.87 | 04:40 | Finished |
| 465  | 307 | Nichola Wilcox           | 00:47:37 | 00:47:09 | M45  | Port Talbot Harriers          | m | 12.73 | 04:43 | Finished |
| 3457 | 308 | Steph Wilcox             | 00:47:37 | 00:47:08 | M60  |                               | m | 12.73 | 04:43 | Finished |
| 878  | 309 | Matthew Burden           | 00:47:37 | 00:46:17 | M5EN |                               | m | 12.96 | 04:38 | Finished |
| 625  | 310 | Bernard Murphy           | 00:47:41 | 00:47:11 | M50  | Swansea Harriers              | m | 12.72 | 04:43 | Finished |
| 1892 | 311 | Elliot Carpenter         | 00:47:42 | 00:42:03 | M5EN |                               | m | 14.27 | 04:12 | Finished |
| 846  | 312 | Mark Davies              | 00:47:43 | 00:47:09 | M45  | Celtic Tri                    | m | 12.73 | 04:43 | Finished |
| 458  | 313 | Paul Lewis               | 00:47:44 | 00:47:19 | M40  |                               | m | 12.68 | 04:44 | Finished |
| 302  | 314 | Morgan Brown             | 00:47:46 | 00:47:20 | M5EN |                               | m | 12.68 | 04:44 | Finished |
| 620  | 315 | Geraint Jones            | 00:47:49 | 00:46:07 | M35  |                               | m | 13.01 | 04:37 | Finished |
| 703  | 316 | Dean Hughes              | 00:47:49 | 00:47:09 | M50  |                               | m | 12.73 | 04:43 | Finished |
| 492  | 317 | James Ball               | 00:47:49 | 00:46:14 | M40  | Run4All Neath                 | m | 12.98 | 04:37 | Finished |
| 589  | 318 | Gaurav Saha              | 00:47:54 | 00:46:58 | M5EN |                               | m | 12.78 | 04:42 | Finished |
| 4124 | 319 | Lisa Williams            | 00:47:56 | 00:47:40 | F35  |                               | f | 12.59 | 04:46 | Finished |
| 552  | 320 | Claire Dunbar-Bowen      | 00:47:58 | 00:47:20 | F45  | Ogmore Phoenix Runners        | f | 12.68 | 04:44 | Finished |
| 211  | 321 | Paul Abraham             | 00:47:59 | 00:47:44 | M55  |                               | m | 12.57 | 04:46 | Finished |
| 351  | 322 | Gavin Moore              | 00:48:00 | 00:47:51 | M35  |                               | m | 12.54 | 04:47 | Finished |
| 253  | 323 | Brian Law                | 00:48:02 | 00:47:45 | M60  | Penarth & Dinas Runners       | m | 12.57 | 04:47 | Finished |
| 241  | 324 | Marc Davies              | 00:48:03 | 00:47:56 | M35  |                               | m | 12.52 | 04:48 | Finished |
| 4018 | 325 | Gavin Petrelli           | 00:48:03 | 00:45:49 | M35  | CDF Runners                   | m | 13.1  | 04:35 | Finished |
| 862  | 326 | Adam Williams            | 00:48:06 | 00:47:11 | M5EN |                               | m | 12.72 | 04:43 | Finished |

|      |     |                      |          |          |      |   |       |       |          |
|------|-----|----------------------|----------|----------|------|---|-------|-------|----------|
| 393  | 327 | Matthew Siggins      | 00:48:07 | 00:47:43 | MSEN | m | 12.57 | 04:46 | Finished |
| 380  | 328 | Kate Penquet         | 00:48:10 | 00:48:03 | F35  | f | 12.49 | 04:48 | Finished |
| 215  | 329 | Simon Partridge      | 00:48:17 | 00:47:55 | M65  | m | 12.52 | 04:47 | Finished |
| 3225 | 330 | Stephanie Portway    | 00:48:18 | 00:47:17 | F40  | f | 12.69 | 04:44 | Finished |
| 941  | 331 | Shaun Amphlett       | 00:48:19 | 00:47:44 | MSEN | m | 12.57 | 04:46 | Finished |
| 976  | 332 | Mark Thomas          | 00:48:21 | 00:47:48 | M35  | m | 12.55 | 04:47 | Finished |
| 718  | 333 | Catherine Olivant    | 00:48:22 | 00:47:44 | F45  | f | 12.57 | 04:46 | Finished |
| 695  | 334 | Michael Marston      | 00:48:27 | 00:47:19 | MSEN | m | 12.68 | 04:44 | Finished |
| 2631 | 335 | Jon Reason           | 00:48:29 | 00:48:04 | M45  | m | 12.48 | 04:48 | Finished |
| 337  | 336 | Jacob Osborne        | 00:48:33 | 00:48:17 | MSEN | m | 12.43 | 04:50 | Finished |
| 330  | 337 | Damian Grinter       | 00:48:33 | 00:48:10 | MSEN | m | 12.46 | 04:49 | Finished |
| 334  | 338 | Alex Hackett         | 00:48:35 | 00:48:16 | M40  | m | 12.43 | 04:50 | Finished |
| 1081 | 339 | Matthew Foligno      | 00:48:35 | 00:47:55 | MSEN | m | 12.52 | 04:47 | Finished |
| 863  | 340 | Jacob Fredrickson    | 00:48:37 | 00:47:21 | MSEN | m | 12.67 | 04:44 | Finished |
| 438  | 341 | Karl Johns           | 00:48:39 | 00:48:33 | M45  | m | 12.36 | 04:51 | Finished |
| 282  | 342 | Stephen Arnold       | 00:48:41 | 00:46:18 | M45  | m | 12.96 | 04:38 | Finished |
| 249  | 343 | Thomas Kirtan        | 00:48:41 | 00:48:30 | MSEN | m | 12.37 | 04:51 | Finished |
| 331  | 344 | Charles Meaden       | 00:48:42 | 00:48:29 | M50  | m | 12.38 | 04:51 | Finished |
| 1968 | 345 | Emily Lewis          | 00:48:43 | 00:48:29 | F40  | f | 12.38 | 04:51 | Finished |
| 1044 | 346 | James Heale          | 00:48:43 | 00:47:26 | M40  | m | 12.65 | 04:45 | Finished |
| 4108 | 347 | Daisy Anderson       | 00:48:44 | 00:48:28 | FJ   | f | 12.38 | 04:51 | Finished |
| 782  | 348 | Michael Ransom       | 00:48:45 | 00:48:18 | M40  | m | 12.42 | 04:50 | Finished |
| 696  | 349 | Thomas Turner        | 00:48:46 | 00:48:18 | MSEN | m | 12.42 | 04:50 | Finished |
| 663  | 350 | Phil Smith           | 00:48:47 | 00:48:07 | M60  | m | 12.47 | 04:49 | Finished |
| 960  | 351 | Michael H Davies     | 00:48:48 | 00:48:24 | M70  | m | 12.4  | 04:50 | Finished |
| 392  | 352 | Olivia Glave         | 00:48:48 | 00:48:34 | FJ   | f | 12.35 | 04:51 | Finished |
| 561  | 353 | Tracy Baker          | 00:48:49 | 00:48:09 | F50  | f | 12.46 | 04:49 | Finished |
| 214  | 354 | Mark Neal            | 00:48:50 | 00:48:19 | M60  | m | 12.42 | 04:50 | Finished |
| 481  | 355 | Lyndsey Reddy        | 00:48:50 | 00:48:19 | F35  | f | 12.42 | 04:50 | Finished |
| 134  | 356 | Joshua Morgan        | 00:48:54 | 00:48:41 | MJ   | m | 12.32 | 04:52 | Finished |
| 641  | 357 | Eamonn Mcgreevy      | 00:48:54 | 00:48:33 | M65  | m | 12.36 | 04:51 | Finished |
| 605  | 358 | Simon Warren         | 00:48:58 | 00:48:13 | M45  | m | 12.44 | 04:49 | Finished |
| 4019 | 359 | David Sinclair       | 00:48:58 | 00:46:47 | M50  | m | 12.83 | 04:41 | Finished |
| 1033 | 360 | Eleanor Nichols-Grey | 00:49:02 | 00:48:29 | F35  | f | 12.38 | 04:51 | Finished |
| 788  | 361 | Dorian Waters        | 00:49:02 | 00:47:30 | M55  | m | 12.63 | 04:45 | Finished |
| 516  | 362 | Craig Ayers          | 00:49:06 | 00:48:28 | M40  | m | 12.38 | 04:51 | Finished |
| 258  | 363 | Richard Coombes      | 00:49:06 | 00:48:28 | M40  | m | 12.38 | 04:51 | Finished |
| 1179 | 364 | Matt Caffyn          | 00:49:06 | 00:46:23 | M40  | m | 12.94 | 04:38 | Finished |
| 616  | 365 | Gareth Bartley       | 00:49:06 | 00:48:06 | M50  | m | 12.47 | 04:49 | Finished |
| 711  | 366 | Isabel Matthews      | 00:49:07 | 00:48:24 | FJ   | f | 12.4  | 04:50 | Finished |
| 848  | 367 | Catherine Gascoigne  | 00:49:07 | 00:47:39 | F50  | f | 12.59 | 04:46 | Finished |
| 497  | 368 | Nathan Dimarco       | 00:49:09 | 00:46:26 | MJ   | m | 12.92 | 04:39 | Finished |
| 647  | 369 | Karl Cain            | 00:49:11 | 00:48:50 | M55  | m | 12.29 | 04:53 | Finished |
| 1045 | 370 | Naomi Heale          | 00:49:13 | 00:47:55 | F50  | f | 12.52 | 04:47 | Finished |
| 543  | 371 | Craig Hawker-Thomas  | 00:49:14 | 00:48:34 | M45  | m | 12.35 | 04:51 | Finished |
| 531  | 372 | Sophie Payne         | 00:49:15 | 00:47:34 | FJ   | f | 12.61 | 04:45 | Finished |
| 553  | 373 | Nico Vlaeminck       | 00:49:16 | 00:48:38 | M50  | m | 12.34 | 04:52 | Finished |
| 301  | 374 | Richard Costello     | 00:49:19 | 00:49:01 | M50  | m | 12.24 | 04:54 | Finished |
| 805  | 375 | Rees Morrell         | 00:49:20 | 00:48:41 | M40  | m | 12.32 | 04:52 | Finished |
| 554  | 376 | David Alford         | 00:49:21 | 00:48:09 | M55  | m | 12.46 | 04:49 | Finished |
| 1093 | 377 | Harley Oulton        | 00:49:23 | 00:48:43 | MSEN | m | 12.32 | 04:52 | Finished |
| 899  | 378 | Liz Rees             | 00:49:24 | 00:48:57 | F45  | f | 12.26 | 04:54 | Finished |
| 4012 | 379 | Scott Hamilton-Shaw  | 00:49:24 | 00:47:28 | MSEN | m | 12.64 | 04:45 | Finished |
| 551  | 380 | Andrew Kidd          | 00:49:25 | 00:46:03 | MSEN | m | 13.03 | 04:36 | Finished |
| 861  | 381 | James Owen           | 00:49:26 | 00:48:05 | M35  | m | 12.48 | 04:48 | Finished |
| 1543 | 382 | Samuel Grove         | 00:49:27 | 00:48:39 | MSEN | m | 12.33 | 04:52 | Finished |
| 816  | 383 | Slan Stephens        | 00:49:28 | 00:48:32 | F45  | f | 12.36 | 04:51 | Finished |
| 1062 | 384 | Michael Richardson   | 00:49:30 | 00:48:03 | MSEN | m | 12.49 | 04:48 | Finished |
| 704  | 385 | Richard Treadgold    | 00:49:30 | 00:49:11 | M65  | m | 12.2  | 04:55 | Finished |
| 919  | 386 | Lauren Thomas        | 00:49:31 | 00:47:41 | F50  | f | 12.58 | 04:46 | Finished |
| 4015 | 387 | Rhys Lilley          | 00:49:32 | 00:48:21 | MSEN | m | 12.41 | 04:50 | Finished |
| 4023 | 388 | Rob Gollidge         | 00:49:32 | 00:47:16 | M35  | m | 12.69 | 04:44 | Finished |
| 494  | 389 | Sam James            | 00:49:34 | 00:47:39 | MSEN | m | 12.59 | 04:46 | Finished |
| 633  | 390 | Andrew Vye           | 00:49:34 | 00:49:05 | M45  | m | 12.22 | 04:55 | Finished |
| 517  | 391 | Nicholas Forbes      | 00:49:34 | 00:48:07 | M50  | m | 12.47 | 04:49 | Finished |
| 566  | 392 | Christopher Grant    | 00:49:35 | 00:49:00 | M60  | m | 12.24 | 04:54 | Finished |
| 867  | 393 | Marc Batcup          | 00:49:35 | 00:48:11 | M35  | m | 12.45 | 04:49 | Finished |
| 525  | 394 | Thomas Perry         | 00:49:35 | 00:48:54 | MSEN | m | 12.27 | 04:53 | Finished |
| 907  | 395 | Mark Kingston        | 00:49:35 | 00:48:22 | M40  | m | 12.41 | 04:50 | Finished |
| 1276 | 396 | Emma Fortune         | 00:49:36 | 00:48:45 | F45  | f | 12.31 | 04:53 | Finished |
| 686  | 397 | Andy Rees            | 00:49:38 | 00:46:14 | M60  | m | 12.98 | 04:37 | Finished |
| 489  | 398 | Kyle Lewis           | 00:49:39 | 00:46:24 | MSEN | m | 12.93 | 04:38 | Finished |
| 1225 | 399 | Andrew Worthington   | 00:49:40 | 00:48:59 | M60  | m | 12.25 | 04:54 | Finished |
| 766  | 400 | Joseff Lewis         | 00:49:40 | 00:47:36 | MJ   | m | 12.61 | 04:46 | Finished |
| 562  | 401 | James Dean           | 00:49:40 | 00:45:36 | MSEN | m | 13.16 | 04:34 | Finished |
| 328  | 402 | Daniel Pickard       | 00:49:41 | 00:49:28 | MSEN | m | 12.13 | 04:57 | Finished |
| 1434 | 403 | Callum Scott         | 00:49:42 | 00:45:22 | MSEN | m | 13.23 | 04:32 | Finished |
| 509  | 404 | Iestyn Webber        | 00:49:45 | 00:48:44 | MJ   | m | 12.31 | 04:52 | Finished |
| 483  | 405 | Billy Stillman       | 00:49:45 | 00:46:03 | MSEN | m | 13.03 | 04:36 | Finished |
| 610  | 406 | Samuel Cotterell     | 00:49:46 | 00:48:21 | MJ   | m | 12.41 | 04:50 | Finished |
| 240  | 407 | Dominic Shields      | 00:49:48 | 00:49:35 | M55  | m | 12.1  | 04:57 | Finished |
| 1305 | 408 | Neil Jones           | 00:49:50 | 00:49:31 | M45  | m | 12.12 | 04:57 | Finished |
| 487  | 409 | Samuel Thomas        | 00:49:51 | 00:49:14 | MSEN | m | 12.19 | 04:55 | Finished |
| 710  | 410 | Jamie Cameron        | 00:49:54 | 00:49:11 | MSEN | m | 12.2  | 04:55 | Finished |
| 261  | 411 | Jessica Vickery      | 00:49:55 | 00:49:46 | F50  | f | 12.06 | 04:59 | Finished |
| 421  | 412 | Ashley Phillips      | 00:49:57 | 00:49:30 | M35  | m | 12.12 | 04:57 | Finished |
| 488  | 413 | Matthew Jones        | 00:50:01 | 00:46:40 | MSEN | m | 12.86 | 04:40 | Finished |
| 1501 | 414 | Ed Martin            | 00:50:02 | 00:47:22 | M40  | m | 12.67 | 04:44 | Finished |
| 4029 | 415 | Charm Duggan         | 00:50:08 | 00:48:27 | F50  | f | 12.38 | 04:51 | Finished |
| 1083 | 416 | Michelle Amblin      | 00:50:09 | 00:49:50 | F45  | f | 12.04 | 04:59 | Finished |
| 991  | 417 | Aaron Qulambao       | 00:50:10 | 00:49:38 | MSEN | m | 12.09 | 04:58 | Finished |
| 865  | 418 | Brent Wright         | 00:50:10 | 00:49:32 | M40  | m | 12.11 | 04:57 | Finished |
| 4011 | 419 | Kelli Winter         | 00:50:12 | 00:49:26 | F50  | f | 12.14 | 04:57 | Finished |
| 579  | 420 | Georgia Bevan        | 00:50:15 | 00:49:22 | F50  | f | 12.15 | 04:56 | Finished |
| 496  | 421 | Joe Walters          | 00:50:15 | 00:48:19 | MSEN | m | 12.42 | 04:50 | Finished |
| 697  | 422 | Phil Kettley         | 00:50:16 | 00:49:02 | M50  | m | 12.24 | 04:54 | Finished |
| 512  | 423 | Gareth Robbins       | 00:50:16 | 00:48:39 | M35  | m | 12.33 | 04:52 | Finished |
| 994  | 424 | Phil Hobbs           | 00:50:16 | 00:49:29 | M45  | m | 12.13 | 04:57 | Finished |
| 574  | 425 | Kieran O'Brien       | 00:50:17 | 00:46:59 | MSEN | m | 12.77 | 04:42 | Finished |
| 671  | 426 | Asher Morris         | 00:50:20 | 00:48:46 | MSEN | m | 12.3  | 04:53 | Finished |
| 510  | 427 | Andrew Lloyd         | 00:50:21 | 00:47:45 | M35  | m | 12.57 | 04:47 | Finished |
| 925  | 428 | Siobhan Evans        | 00:50:23 | 00:49:26 | F35  | f | 12.14 | 04:57 | Finished |
| 1210 | 429 | Rhian Jones          | 00:50:24 | 00:49:16 | F50  | f | 12.18 | 04:56 | Finished |
| 580  | 430 | Andrew Morris        | 00:50:26 | 00:47:27 | M35  | m | 12.64 | 04:45 | Finished |
| 388  | 431 | Huw Roberts          | 00:50:27 | 00:49:46 | M35  | m | 12.06 | 04:59 | Finished |
| 226  | 432 | Michael Rix          | 00:50:28 | 00:50:16 | M50  | m | 11.94 | 05:02 | Finished |
| 618  | 433 | Sean Whatley         | 00:50:29 | 00:49:55 | MSEN | m | 12.02 | 05:00 | Finished |
| 702  | 434 | Peter Clegg          | 00:50:31 | 00:49:38 | M50  | m | 12.09 | 04:58 | Finished |
| 1343 | 435 | Adam James           | 00:50:33 | 00:49:59 | MSEN | m | 12    | 05:00 | Finished |

|      |     |                        |          |          |     |   |       |       |          |
|------|-----|------------------------|----------|----------|-----|---|-------|-------|----------|
| 604  | 436 | Jonathon Atter         | 00:50:35 | 00:49:57 | M35 | m | 12.01 | 05:00 | Finished |
| 1199 | 437 | Mike Gilbert           | 00:50:39 | 00:48:23 | M55 | m | 12.4  | 04:50 | Finished |
| 611  | 438 | Jason Cotterell        | 00:50:41 | 00:49:15 | M50 | m | 12.18 | 04:55 | Finished |
| 474  | 439 | Peter Beynon           | 00:50:42 | 00:50:20 | M35 | m | 11.92 | 05:02 | Finished |
| 664  | 440 | Erin Thomas            | 00:50:43 | 00:50:07 | F40 | f | 11.97 | 05:01 | Finished |
| 636  | 441 | Tim Warner             | 00:50:45 | 00:49:19 | M50 | m | 12.17 | 04:56 | Finished |
| 1193 | 442 | Jonathan Tucker        | 00:50:45 | 00:49:51 | M45 | m | 12.04 | 04:59 | Finished |
| 1221 | 443 | Joanne Ryan            | 00:50:45 | 00:50:16 | F45 | f | 11.94 | 05:02 | Finished |
| 670  | 444 | Walter Latham          | 00:50:45 | 00:49:24 | M60 | m | 12.15 | 04:56 | Finished |
| 657  | 445 | Tommy Morgan           | 00:50:45 | 00:48:00 | M40 | m | 12.5  | 04:48 | Finished |
| 614  | 446 | Daniel Jones           | 00:50:46 | 00:48:05 | M45 | m | 12.48 | 04:48 | Finished |
| 1067 | 447 | Mathew Jones           | 00:50:48 | 00:48:06 | M40 | m | 12.47 | 04:49 | Finished |
| 547  | 448 | Lorna Carter           | 00:50:48 | 00:49:59 | F50 | f | 12    | 05:00 | Finished |
| 858  | 449 | Ceri Howells           | 00:50:48 | 00:50:04 | MJ  | m | 11.98 | 05:00 | Finished |
| 638  | 450 | Katharine Bacon        | 00:50:48 | 00:50:34 | F35 | f | 11.87 | 05:03 | Finished |
| 795  | 451 | Andy Hutchins          | 00:50:52 | 00:50:40 | M45 | m | 11.84 | 05:04 | Finished |
| 4027 | 452 | Dean Robinson          | 00:50:52 | 00:49:41 | M40 | m | 12.08 | 04:58 | Finished |
| 691  | 453 | Matthew Bridle         | 00:50:54 | 00:47:43 | M45 | m | 12.57 | 04:46 | Finished |
| 818  | 454 | Rebekah Miles          | 00:50:55 | 00:50:29 | F40 | f | 11.89 | 05:03 | Finished |
| 847  | 455 | Zac Vaughan            | 00:50:57 | 00:50:11 | M50 | m | 11.96 | 05:01 | Finished |
| 694  | 456 | Alex Humphreys         | 00:50:58 | 00:49:47 | M40 | m | 12.05 | 04:59 | Finished |
| 1021 | 457 | Ian Parry              | 00:50:58 | 00:49:23 | M50 | m | 12.15 | 04:56 | Finished |
| 856  | 458 | Gavin Davies           | 00:50:59 | 00:49:29 | M50 | m | 12.13 | 04:57 | Finished |
| 264  | 459 | Isobel Muir            | 00:50:59 | 00:50:49 | F40 | f | 11.81 | 05:05 | Finished |
| 609  | 460 | Krzysztof Osipowicz    | 00:51:00 | 00:50:49 | M40 | m | 11.81 | 05:05 | Finished |
| 247  | 461 | Morgan Llewelyn-Jones  | 00:51:02 | 00:50:45 | M50 | m | 11.82 | 05:04 | Finished |
| 335  | 462 | Leah Dorrian           | 00:51:08 | 00:50:47 | F50 | f | 11.81 | 05:05 | Finished |
| 190  | 463 | Robin Edwards          | 00:51:10 | 00:45:15 | M45 | m | 13.26 | 04:31 | Finished |
| 606  | 464 | John Hughes            | 00:51:12 | 00:50:37 | M55 | m | 11.85 | 05:04 | Finished |
| 954  | 465 | Scott Bartlett         | 00:51:12 | 00:49:03 | M50 | m | 12.23 | 04:54 | Finished |
| 1275 | 466 | Helen Rees             | 00:51:15 | 00:49:03 | F40 | f | 12.23 | 04:54 | Finished |
| 601  | 467 | Liam Jones             | 00:51:19 | 00:50:32 | M50 | m | 11.87 | 05:03 | Finished |
| 1128 | 468 | Roger Rae              | 00:51:20 | 00:50:38 | M50 | m | 11.85 | 05:04 | Finished |
| 692  | 469 | Owen Thomas            | 00:51:21 | 00:50:13 | M50 | m | 11.95 | 05:01 | Finished |
| 1351 | 470 | Steven Lee             | 00:51:22 | 00:45:51 | M40 | m | 13.09 | 04:35 | Finished |
| 575  | 471 | Jason Dawney           | 00:51:23 | 00:49:13 | M40 | m | 12.19 | 04:55 | Finished |
| 1122 | 472 | Matthew Mellor         | 00:51:25 | 00:49:30 | M50 | m | 12.12 | 04:57 | Finished |
| 1157 | 473 | Neil Bevan             | 00:51:25 | 00:50:30 | M40 | m | 11.88 | 05:03 | Finished |
| 555  | 474 | Ravi Midha             | 00:51:26 | 00:50:57 | M60 | m | 11.78 | 05:06 | Finished |
| 644  | 475 | Dean Morris            | 00:51:27 | 00:50:52 | M50 | m | 11.8  | 05:05 | Finished |
| 326  | 476 | Isaac Jones            | 00:51:27 | 00:48:15 | MJ  | m | 12.44 | 04:49 | Finished |
| 4017 | 477 | Matthew Hooper         | 00:51:28 | 00:49:08 | M50 | m | 12.21 | 04:55 | Finished |
| 595  | 478 | Jonathan Howells       | 00:51:28 | 00:50:42 | M50 | m | 11.83 | 05:04 | Finished |
| 742  | 479 | Thomas Burgess         | 00:51:29 | 00:48:56 | M50 | m | 12.26 | 04:54 | Finished |
| 852  | 480 | Wayne Fowler           | 00:51:30 | 00:48:53 | M45 | m | 12.27 | 04:53 | Finished |
| 1250 | 481 | Ben Mcmurray           | 00:51:30 | 00:48:00 | M50 | m | 12.5  | 04:48 | Finished |
| 654  | 482 | Morgan Pascoe          | 00:51:32 | 00:49:09 | FJ  | f | 12.21 | 04:55 | Finished |
| 1084 | 483 | Martin Green           | 00:51:33 | 00:51:15 | M50 | m | 11.71 | 05:08 | Finished |
| 283  | 484 | Lucy Seabourne         | 00:51:36 | 00:51:22 | F35 | f | 11.68 | 05:08 | Finished |
| 643  | 485 | Gareth Davies          | 00:51:40 | 00:48:45 | M40 | m | 12.31 | 04:53 | Finished |
| 879  | 486 | Emma Sutton-Smith      | 00:51:44 | 00:50:25 | F50 | f | 11.9  | 05:02 | Finished |
| 666  | 487 | Mark Williamson        | 00:51:46 | 00:47:51 | M60 | m | 12.54 | 04:47 | Finished |
| 979  | 488 | Andrzej Nowak          | 00:51:46 | 00:51:35 | M40 | m | 11.63 | 05:09 | Finished |
| 968  | 489 | Louise Udliawar        | 00:51:47 | 00:48:14 | F40 | f | 12.44 | 04:49 | Finished |
| 708  | 490 | Graham Morse           | 00:51:50 | 00:51:22 | M50 | m | 11.68 | 05:08 | Finished |
| 519  | 491 | Jason Garrahan         | 00:51:51 | 00:50:37 | M50 | m | 11.85 | 05:04 | Finished |
| 288  | 492 | Alex Oakes             | 00:51:52 | 00:51:36 | M35 | m | 11.63 | 05:10 | Finished |
| 726  | 493 | Leanne Bassett         | 00:51:53 | 00:51:24 | F50 | f | 11.67 | 05:08 | Finished |
| 4030 | 494 | Johanna Jones          | 00:51:53 | 00:50:55 | F35 | f | 11.78 | 05:06 | Finished |
| 490  | 495 | Ana Ballenilla         | 00:51:54 | 00:51:28 | F35 | f | 11.66 | 05:09 | Finished |
| 594  | 496 | Charles Hill           | 00:51:55 | 00:48:28 | M50 | m | 12.38 | 04:51 | Finished |
| 532  | 497 | Greg Phillips          | 00:51:56 | 00:49:56 | M50 | m | 12.02 | 05:00 | Finished |
| 503  | 498 | Jonathan Roberts       | 00:51:56 | 00:48:13 | M35 | m | 12.44 | 04:49 | Finished |
| 365  | 499 | John Rees              | 00:51:56 | 00:48:45 | M55 | m | 12.31 | 04:53 | Finished |
| 363  | 500 | Tim Stewart            | 00:51:57 | 00:48:46 | M60 | m | 12.3  | 04:53 | Finished |
| 889  | 501 | Dave Breen             | 00:51:59 | 00:51:22 | M65 | m | 11.68 | 05:08 | Finished |
| 2155 | 502 | Emma Seward            | 00:52:00 | 00:50:37 | F35 | f | 11.85 | 05:04 | Finished |
| 564  | 503 | Martin Stevenson-Cooke | 00:52:00 | 00:50:17 | M50 | m | 11.93 | 05:02 | Finished |
| 499  | 504 | Owain Waters           | 00:52:01 | 00:50:54 | M50 | m | 11.79 | 05:05 | Finished |
| 423  | 505 | Garth Lock             | 00:52:01 | 00:51:33 | M35 | m | 11.64 | 05:09 | Finished |
| 909  | 506 | Mike Perry             | 00:52:04 | 00:51:02 | M35 | m | 11.76 | 05:06 | Finished |
| 859  | 507 | Barry Roberts          | 00:52:04 | 00:51:21 | M55 | m | 11.68 | 05:08 | Finished |
| 931  | 508 | Iona Evans             | 00:52:04 | 00:51:41 | F50 | f | 11.61 | 05:10 | Finished |
| 1308 | 509 | Wendy Johnson          | 00:52:05 | 00:51:41 | F45 | f | 11.61 | 05:10 | Finished |
| 59   | 510 | Steve Mclelland        | 00:52:05 | 00:51:51 | M65 | m | 11.57 | 05:11 | Finished |
| 817  | 511 | Sarah Gravell          | 00:52:07 | 00:50:08 | F45 | f | 11.97 | 05:01 | Finished |
| 598  | 512 | Nixon Braithwaite      | 00:52:08 | 00:49:34 | X50 | f | 12.1  | 04:57 | Finished |
| 851  | 513 | Ria Burton             | 00:52:11 | 00:49:34 | F35 | f | 12.1  | 04:57 | Finished |
| 1768 | 514 | James Samuel           | 00:52:12 | 00:48:07 | M50 | m | 12.47 | 04:49 | Finished |
| 508  | 515 | Ian Harris             | 00:52:13 | 00:48:57 | M45 | m | 12.26 | 04:54 | Finished |
| 615  | 516 | Christopher Beresford  | 00:52:15 | 00:51:29 | M50 | m | 11.65 | 05:09 | Finished |
| 1233 | 517 | Terence Brown          | 00:52:16 | 00:48:11 | M45 | m | 12.45 | 04:49 | Finished |
| 860  | 518 | Arklay Purdie          | 00:52:17 | 00:51:08 | M35 | m | 11.73 | 05:07 | Finished |
| 1310 | 519 | Esme McDougall         | 00:52:23 | 00:51:45 | F50 | f | 11.59 | 05:11 | Finished |
| 607  | 520 | Andy Jones             | 00:52:25 | 00:49:43 | M45 | m | 12.07 | 04:58 | Finished |
| 844  | 521 | Steve Williams         | 00:52:25 | 00:51:51 | M45 | m | 11.57 | 05:11 | Finished |
| 1053 | 522 | Ian Cartwright         | 00:52:25 | 00:48:33 | M45 | m | 12.36 | 04:51 | Finished |
| 892  | 523 | Christie Coleman       | 00:52:26 | 00:51:21 | M50 | m | 11.68 | 05:08 | Finished |
| 1359 | 524 | Rhys Holt              | 00:52:26 | 00:47:27 | M50 | m | 12.64 | 04:45 | Finished |
| 322  | 525 | Lloyd Smith            | 00:52:27 | 00:51:54 | M50 | m | 11.56 | 05:11 | Finished |
| 394  | 526 | Emily Mansfield        | 00:52:28 | 00:52:06 | F50 | f | 11.52 | 05:13 | Finished |
| 571  | 527 | Alex Hopkins           | 00:52:30 | 00:48:58 | M50 | m | 12.25 | 04:54 | Finished |
| 544  | 528 | Wynne Jones            | 00:52:31 | 00:51:32 | M55 | m | 11.64 | 05:09 | Finished |
| 835  | 529 | Luke Davies            | 00:52:33 | 00:52:00 | M50 | m | 11.54 | 05:12 | Finished |
| 639  | 530 | Ben Porter             | 00:52:34 | 00:49:10 | M40 | m | 12.2  | 04:55 | Finished |
| 569  | 531 | Ross Johns             | 00:52:34 | 00:49:02 | M50 | m | 12.24 | 04:54 | Finished |
| 716  | 532 | Stephen Manners        | 00:52:34 | 00:49:38 | M50 | m | 12.09 | 04:58 | Finished |
| 4038 | 533 | Ian Mort               | 00:52:35 | 00:51:28 | M50 | m | 11.66 | 05:09 | Finished |
| 4016 | 534 | John Dodd              | 00:52:36 | 00:51:57 | M50 | m | 11.55 | 05:12 | Finished |
| 524  | 535 | Jen Davies             | 00:52:39 | 00:49:16 | F35 | f | 12.18 | 04:56 | Finished |
| 1079 | 536 | Andrew Harper          | 00:52:42 | 00:51:49 | M40 | m | 11.58 | 05:11 | Finished |
| 833  | 537 | Mark Olsen             | 00:52:42 | 00:50:49 | M35 | m | 11.81 | 05:05 | Finished |
| 484  | 538 | Neil Rees              | 00:52:47 | 00:50:55 | M55 | m | 11.78 | 05:06 | Finished |
| 1127 | 539 | Helen Marston          | 00:52:47 | 00:51:40 | F50 | f | 11.61 | 05:10 | Finished |
| 832  | 540 | Derek Claydon          | 00:52:48 | 00:49:46 | M55 | m | 12.06 | 04:59 | Finished |
| 1166 | 541 | Richard Williams       | 00:52:50 | 00:51:54 | M45 | m | 11.56 | 05:11 | Finished |
| 781  | 542 | Kimberley Evans        | 00:52:50 | 00:50:10 | X50 | f | 11.96 | 05:01 | Finished |
| 1029 | 543 | Peter Eyre             | 00:52:51 | 00:49:37 | M45 | m | 12.09 | 04:58 | Finished |
| 965  | 544 | Gerard Crispie         | 00:52:52 | 00:52:28 | M55 | m | 11.44 | 05:15 | Finished |

|      |     |                                |          |          |      |                                |       |       |          |          |
|------|-----|--------------------------------|----------|----------|------|--------------------------------|-------|-------|----------|----------|
| 830  | 545 | Emily Haynes                   | 00:52:52 | 00:51:50 | FSEN | f                              | 11.58 | 05:11 | Finished |          |
| 829  | 546 | Hannah Townsend                | 00:52:52 | 00:51:50 | FSEN | f                              | 11.58 | 05:11 | Finished |          |
| 1102 | 547 | Michael Stevens                | 00:52:53 | 00:51:59 | M40  | m                              | 11.54 | 05:12 | Finished |          |
| 420  | 548 | Clive Denton                   | 00:52:54 | 00:52:33 | M50  |                                |       |       |          |          |
|      |     |                                |          |          |      | Rhondda Valley Runners         | m     | 11.42 | 05:15    | Finished |
| 674  | 549 | Niall Hughes                   | 00:52:54 | 00:51:36 | M45  | m                              | 11.63 | 05:10 | Finished |          |
|      |     |                                |          |          |      | San Domenico RC                | m     |       |          |          |
| 568  | 550 | Christina Delas                | 00:52:55 | 00:51:44 | FSEN | f                              | 11.6  | 05:10 | Finished |          |
| 995  | 551 | Dylan Rudling                  | 00:52:56 | 00:51:11 | MSEN | m                              | 11.72 | 05:07 | Finished |          |
| 1031 | 552 | Joe Tobin                      | 00:52:56 | 00:49:45 | M35  | m                              | 12.06 | 04:58 | Finished |          |
| 1849 | 553 | Jose Luis De La Cuesta Padilla | 00:52:57 | 00:48:22 | M50  | m                              | 12.41 | 04:50 | Finished |          |
| 4119 | 554 | Catherine Cheang               | 00:52:59 | 00:52:43 | FSEN | f                              | 11.38 | 05:16 | Finished |          |
| 881  | 555 | Yuri Romanov                   | 00:52:59 | 00:49:15 | MSEN | m                              | 12.18 | 04:55 | Finished |          |
| 952  | 556 | Mark Jones                     | 00:52:59 | 00:50:55 | M55  | m                              | 11.78 | 05:06 | Finished |          |
| 3402 | 557 | David Meyrick                  | 00:52:59 | 00:52:44 | M60  | m                              | 11.38 | 05:16 | Finished |          |
| 1269 | 558 | Jeff Evans                     | 00:53:02 | 00:51:29 | M55  | m                              | 11.65 | 05:09 | Finished |          |
| 837  | 559 | Jon Taylor                     | 00:53:03 | 00:52:00 | MSEN | m                              | 11.54 | 05:12 | Finished |          |
|      |     |                                |          |          |      | Llanelli AC                    | m     |       |          |          |
| 1028 | 560 | Jason Heywood                  | 00:53:04 | 00:52:05 | M45  | m                              | 11.52 | 05:12 | Finished |          |
| 964  | 561 | Adrian Bragger                 | 00:53:04 | 00:51:49 | M55  | m                              | 11.58 | 05:11 | Finished |          |
|      |     |                                |          |          |      | Pontypridd Roadents AC         | m     |       |          |          |
| 578  | 562 | Matthew Sellick                | 00:53:05 | 00:49:04 | MSEN | m                              | 12.23 | 04:54 | Finished |          |
| 1515 | 563 | Craig Day                      | 00:53:09 | 00:48:54 | M35  | m                              | 12.27 | 04:53 | Finished |          |
| 757  | 564 | Gary Matthews                  | 00:53:10 | 00:52:46 | M40  | m                              | 11.37 | 05:17 | Finished |          |
| 914  | 565 | Brian Cheetham                 | 00:53:11 | 00:50:02 | M50  | m                              | 11.99 | 05:00 | Finished |          |
| 1024 | 566 | Chris Osborne                  | 00:53:14 | 00:52:45 | M60  | m                              | 11.37 | 05:16 | Finished |          |
| 811  | 567 | Paul Ray                       | 00:53:15 | 00:52:21 | M60  | m                              | 11.46 | 05:14 | Finished |          |
| 826  | 568 | Janet Gubbin                   | 00:53:15 | 00:51:51 | F45  | f                              | 11.57 | 05:11 | Finished |          |
| 911  | 569 | Neil Richards                  | 00:53:16 | 00:51:53 | M40  | m                              | 11.56 | 05:11 | Finished |          |
| 853  | 570 | Megan Mahoney                  | 00:53:18 | 00:52:50 | FJ   | f                              | 11.36 | 05:17 | Finished |          |
| 926  | 571 | Jonathan Green                 | 00:53:19 | 00:49:54 | M40  | m                              | 12.02 | 04:59 | Finished |          |
| 1073 | 572 | Elizabeth Bridges              | 00:53:22 | 00:52:42 | F40  | f                              | 11.39 | 05:16 | Finished |          |
| 560  | 573 | Ela Tittley                    | 00:53:24 | 00:49:51 | FSEN | f                              | 12.04 | 04:59 | Finished |          |
| 950  | 574 | Jonathan Churchill             | 00:53:25 | 00:50:40 | M55  | m                              | 11.84 | 05:04 | Finished |          |
| 586  | 575 | Jonathon Palmer                | 00:53:25 | 00:51:52 | M40  | m                              | 11.57 | 05:11 | Finished |          |
| 688  | 576 | Tina Gabb                      | 00:53:26 | 00:51:42 | F45  | f                              | 11.61 | 05:10 | Finished |          |
|      |     |                                |          |          |      | Swansea Harriers               | f     |       |          |          |
| 1947 | 577 | Brian Gough                    | 00:53:27 | 00:53:08 | M75  | m                              | 11.29 | 05:19 | Finished |          |
|      |     |                                |          |          |      | Pontypridd Roadents AC         | m     |       |          |          |
| 886  | 578 | Simon Thomas                   | 00:53:28 | 00:50:26 | M55  | m                              | 11.9  | 05:03 | Finished |          |
|      |     |                                |          |          |      | Paul Popham Running Club       | m     |       |          |          |
| 821  | 579 | Stephen Lawton                 | 00:53:28 | 00:52:51 | M60  | m                              | 11.35 | 05:17 | Finished |          |
|      |     |                                |          |          |      | Pembrokeshire Harriers         | m     |       |          |          |
| 1089 | 580 | Matthew Taylor                 | 00:53:29 | 00:52:53 | MSEN | m                              | 11.35 | 05:17 | Finished |          |
| 866  | 581 | Gareth James                   | 00:53:31 | 00:52:01 | MSEN | m                              | 11.53 | 05:12 | Finished |          |
| 1207 | 582 | Chris Clanfield                | 00:53:32 | 00:50:27 | M45  | m                              | 11.89 | 05:03 | Finished |          |
| 1046 | 583 | Rebecca Gatt                   | 00:53:32 | 00:52:29 | FSEN | f                              | 11.43 | 05:15 | Finished |          |
| 806  | 584 | John Woollard                  | 00:53:34 | 00:51:21 | M45  | m                              | 11.68 | 05:08 | Finished |          |
| 1511 | 585 | Paul Wilson                    | 00:53:35 | 00:48:54 | M50  | m                              | 12.27 | 04:53 | Finished |          |
| 511  | 586 | Steve Evans                    | 00:53:36 | 00:52:01 | M40  | m                              | 11.53 | 05:12 | Finished |          |
| 1302 | 587 | Alan Kinevane                  | 00:53:37 | 00:50:09 | M35  | m                              | 11.96 | 05:01 | Finished |          |
| 904  | 588 | Lisa Arnold                    | 00:53:37 | 00:51:14 | F45  | f                              | 11.71 | 05:07 | Finished |          |
|      |     |                                |          |          |      | Paul Popham Running Club       | f     |       |          |          |
| 1393 | 589 | Kristopher Simeone             | 00:53:38 | 00:48:16 | M35  | m                              | 12.43 | 04:50 | Finished |          |
| 955  | 590 | Claire Costello                | 00:53:39 | 00:52:48 | F45  | f                              | 11.36 | 05:17 | Finished |          |
|      |     |                                |          |          |      | Pontypridd Roadents AC         | f     |       |          |          |
| 893  | 591 | Rhodri Lloyd                   | 00:53:40 | 00:51:43 | M35  | m                              | 11.6  | 05:10 | Finished |          |
| 573  | 592 | Nathan Raddebury               | 00:53:41 | 00:50:21 | MSEN | m                              | 11.92 | 05:02 | Finished |          |
| 2021 | 593 | Fran Thomas                    | 00:53:42 | 00:50:40 | F55  | f                              | 11.84 | 05:04 | Finished |          |
|      |     |                                |          |          |      | Paul Popham Running Club       | f     |       |          |          |
| 1132 | 594 | David Ferns                    | 00:53:42 | 00:51:13 | MSEN | m                              | 11.71 | 05:07 | Finished |          |
| 416  | 595 | John Bibby                     | 00:53:43 | 00:51:34 | M50  | m                              | 11.64 | 05:09 | Finished |          |
| 971  | 596 | Stephen Lloyd-Jones            | 00:53:45 | 00:52:46 | M60  | m                              | 11.37 | 05:17 | Finished |          |
| 910  | 597 | Sian Richards                  | 00:53:45 | 00:52:22 | F40  | f                              | 11.46 | 05:14 | Finished |          |
| 542  | 598 | Marcus Wright                  | 00:53:45 | 00:53:28 | MSEN | m                              | 11.22 | 05:21 | Finished |          |
| 896  | 599 | Naoko Morris                   | 00:53:47 | 00:53:28 | FSEN | f                              | 11.22 | 05:21 | Finished |          |
| 953  | 600 | Jeremy Cole                    | 00:53:48 | 00:51:22 | M40  | m                              | 11.68 | 05:08 | Finished |          |
| 433  | 601 | Gareth Rees                    | 00:53:49 | 00:53:33 | M45  | m                              | 11.2  | 05:21 | Finished |          |
| 1034 | 602 | Lloyd Phillips                 | 00:53:50 | 00:52:18 | M35  | m                              | 11.47 | 05:14 | Finished |          |
| 1360 | 603 | Alex Williams                  | 00:53:51 | 00:50:09 | MSEN | m                              | 11.96 | 05:01 | Finished |          |
| 1163 | 604 | Christopher Bevan              | 00:53:53 | 00:53:07 | M45  | m                              | 11.3  | 05:19 | Finished |          |
| 1123 | 605 | Catherine Conde                | 00:53:55 | 00:52:11 | F40  | f                              | 11.5  | 05:13 | Finished |          |
|      |     |                                |          |          |      | Run4All Neath                  | f     |       |          |          |
| 874  | 606 | Chris Smith                    | 00:53:55 | 00:50:04 | M45  | m                              | 11.98 | 05:00 | Finished |          |
| 969  | 607 | James Hole                     | 00:53:56 | 00:53:08 | MSEN | m                              | 11.29 | 05:19 | Finished |          |
| 480  | 608 | Vinicius Dreher                | 00:53:59 | 00:49:24 | MSEN | m                              | 12.15 | 04:56 | Finished |          |
| 2488 | 609 | Joshua Pritchard               | 00:54:00 | 00:45:27 | MJ   | m                              | 13.2  | 04:33 | Finished |          |
|      |     |                                |          |          |      | Swansea Harriers               | m     |       |          |          |
| 1027 | 610 | Anna Cunningham                | 00:54:04 | 00:53:43 | F35  | f                              | 11.17 | 05:22 | Finished |          |
| 687  | 611 | Catherine Evans                | 00:54:05 | 00:53:11 | F35  | f                              | 11.28 | 05:19 | Finished |          |
| 1096 | 612 | Andrew Bown                    | 00:54:07 | 00:53:10 | M55  | m                              | 11.29 | 05:19 | Finished |          |
| 854  | 613 | Imogen Thomas                  | 00:54:09 | 00:51:08 | FSEN | f                              | 11.73 | 05:07 | Finished |          |
| 2160 | 614 | Ollie Grail                    | 00:54:09 | 00:46:29 | MJ   | m                              | 12.91 | 04:39 | Finished |          |
| 1234 | 615 | Samantha Brown                 | 00:54:10 | 00:50:32 | F35  | f                              | 11.87 | 05:03 | Finished |          |
| 514  | 616 | Sasha Martin                   | 00:54:11 | 00:50:32 | F45  | f                              | 11.87 | 05:03 | Finished |          |
|      |     |                                |          |          |      | Tri Hard Harriers              | f     |       |          |          |
| 1160 | 617 | Matt Eynon                     | 00:54:11 | 00:53:06 | M45  | m                              | 11.3  | 05:19 | Finished |          |
| 652  | 618 | Cerys Davies                   | 00:54:14 | 00:52:16 | FJ   | f                              | 11.48 | 05:14 | Finished |          |
|      |     |                                |          |          |      | Carmarthen & District Harriers | f     |       |          |          |
| 2158 | 619 | Michelle Spencer-Howells       | 00:54:15 | 00:52:30 | F45  | f                              | 11.43 | 05:15 | Finished |          |
|      |     |                                |          |          |      | Amman Valley Harriers          | f     |       |          |          |
| 665  | 620 | Mark Francis                   | 00:54:18 | 00:53:42 | M55  | m                              | 11.17 | 05:22 | Finished |          |
| 563  | 621 | Darren Thomas                  | 00:54:20 | 00:52:55 | M40  | m                              | 11.34 | 05:17 | Finished |          |
| 918  | 622 | Jessica Thomas                 | 00:54:20 | 00:52:55 | F40  | f                              | 11.34 | 05:17 | Finished |          |
| 1118 | 623 | Samantha Hyett                 | 00:54:20 | 00:50:57 | F45  | f                              | 11.78 | 05:06 | Finished |          |
| 1036 | 624 | Callum Galsworthy              | 00:54:21 | 00:52:01 | MSEN | m                              | 11.53 | 05:12 | Finished |          |
| 1228 | 625 | Luke Henry                     | 00:54:21 | 00:54:05 | MSEN | m                              | 11.09 | 05:25 | Finished |          |
| 1035 | 626 | Connor Ireland                 | 00:54:21 | 00:52:02 | MSEN | m                              | 11.53 | 05:12 | Finished |          |
| 942  | 627 | Elizabeth Hunter               | 00:54:22 | 00:50:53 | F50  | f                              | 11.79 | 05:05 | Finished |          |
|      |     |                                |          |          |      | Village Vipers                 | f     |       |          |          |
| 1098 | 628 | Ruben Ortuno Rosique           | 00:54:23 | 00:51:06 | MSEN | m                              | 11.74 | 05:07 | Finished |          |
| 1019 | 629 | Jesse Davies                   | 00:54:25 | 00:53:07 | MSEN | m                              | 11.3  | 05:19 | Finished |          |
| 2696 | 630 | Oliver Griffiths               | 00:54:25 | 00:53:17 | MSEN | m                              | 11.26 | 05:20 | Finished |          |
|      |     |                                |          |          |      | Porthcawl Runners              | m     |       |          |          |
| 798  | 631 | Gavin Davies                   | 00:54:28 | 00:53:59 | MSEN | m                              | 11.11 | 05:24 | Finished |          |
|      |     |                                |          |          |      | Rhondda Valley Runners         | m     |       |          |          |
| 1367 | 632 | Debra Clarke                   | 00:54:30 | 00:50:40 | F50  | f                              | 11.84 | 05:04 | Finished |          |
| 4061 | 633 | Aiden Best                     | 00:54:31 | 00:50:12 | MSEN | m                              | 11.95 | 05:01 | Finished |          |
| 621  | 634 | John Evans                     | 00:54:32 | 00:50:09 | M50  | m                              | 11.96 | 05:01 | Finished |          |
| 775  | 635 | Cai Williams                   | 00:54:33 | 00:51:41 | MSEN | m                              | 11.61 | 05:10 | Finished |          |
| 1011 | 636 | Heidi Brown                    | 00:54:33 | 00:51:43 | F40  | f                              | 11.6  | 05:10 | Finished |          |
| 929  | 637 | Adam Jones                     | 00:54:34 | 00:51:44 | M35  | m                              | 11.6  | 05:10 | Finished |          |
| 882  | 638 | Ian Cole                       | 00:54:35 | 00:53:20 | M45  | m                              | 11.25 | 05:20 | Finished |          |
| 1280 | 639 | Wayne Tucker                   | 00:54:37 | 00:54:09 | M35  | m                              | 11.08 | 05:25 | Finished |          |
| 311  | 640 | Liam Mapstone                  | 00:54:40 | 00:51:17 | MSEN | m                              | 11.7  | 05:08 | Finished |          |
| 1896 | 641 | Dave Lewis                     | 00:54:40 | 00:48:44 | M40  | m                              | 12.31 | 04:52 | Finished |          |
| 739  | 642 | Matt John                      | 00:54:44 | 00:49:18 | M45  | m                              | 12.17 | 04:56 | Finished |          |
| 761  | 643 | Dean Price                     | 00:54:44 | 00:53:59 | M45  | m                              | 11.11 | 05:24 | Finished |          |
|      |     |                                |          |          |      | Port Talbot Harriers           | m     |       |          |          |
| 831  | 644 | Julie Archer                   | 00:54:46 | 00:51:18 | F50  | f                              | 11.7  | 05:08 | Finished |          |
|      |     |                                |          |          |      | 3M Gorseion Road Runners       | f     |       |          |          |
| 977  | 645 | Daniel Cumberlin               | 00:54:50 | 00:54:16 | M35  | m                              | 11.06 | 05:26 | Finished |          |
|      |     |                                |          |          |      | Run4All Neath                  | m     |       |          |          |
| 1214 | 646 | Sue Peters                     | 00:54:50 | 00:50:44 | F60  | f                              | 11.83 | 05:04 | Finished |          |
| 1130 | 647 | Toby Forster                   | 00:54:58 | 00:53:45 | M35  | m                              | 11.16 | 05:23 | Finished |          |
| 872  | 648 | Hywel Davis                    | 00:54:58 | 00:51:17 | M35  | m                              | 11.7  | 05:08 | Finished |          |
| 1285 | 649 | Sharon Page                    | 00:54:59 | 00:51:35 | F50  | f                              | 11.63 | 05:09 | Finished |          |
| 776  | 650 | Shane Matthews                 | 00:55:01 | 00:51:31 | M50  | m                              | 11.65 | 05:09 | Finished |          |
|      |     |                                |          |          |      | Griffithstown Harriers         | m     |       |          |          |
| 4021 | 651 | Chris Williamson               | 00:55:01 | 00:53:21 | M65  | m                              | 11.25 | 05:20 | Finished |          |
| 1099 | 652 | Barry John                     | 00:55:02 | 00:50:38 | M45  | m                              | 11.85 | 05:04 | Finished |          |
| 1357 | 653 | Emma Duffield                  | 00:55:04 | 00:50:08 | F50  | f                              | 11.97 | 05:01 | Finished |          |

|      |     |                      |          |          |      |   |       |       |          |
|------|-----|----------------------|----------|----------|------|---|-------|-------|----------|
| 998  | 654 | Stefan Wedlake       | 00:55:04 | 00:51:55 | MJ   | m | 11.56 | 05:11 | Finished |
| 895  | 655 | Lisa Powell          | 00:55:05 | 00:54:07 | F35  | f | 11.09 | 05:25 | Finished |
| 274  | 656 | Dean House           | 00:55:05 | 00:45:50 | M55  | m | 13.09 | 04:35 | Finished |
| 3115 | 657 | Sarah Forster        | 00:55:06 | 00:53:52 | F5EN | f | 11.14 | 05:23 | Finished |
| 404  | 658 | Tom Noble            | 00:55:07 | 00:53:53 | M5EN | m | 11.14 | 05:23 | Finished |
| 1255 | 659 | James Kirk           | 00:55:07 | 00:51:31 | M55  | m | 11.65 | 05:09 | Finished |
| 857  | 660 | Ellis Hopkins        | 00:55:07 | 00:54:38 | M60  | m | 10.98 | 05:28 | Finished |
| 287  | 661 | Claire Hill          | 00:55:10 | 00:55:04 | F5EN | f | 10.9  | 05:30 | Finished |
| 1173 | 662 | Matthew Jenkins      | 00:55:11 | 00:51:38 | M35  | m | 11.62 | 05:10 | Finished |
| 468  | 663 | Darren Rogers        | 00:55:14 | 00:55:02 | M45  | m | 10.9  | 05:30 | Finished |
| 1808 | 664 | Tom Powell           | 00:55:14 | 00:54:51 | M5EN | m | 10.94 | 05:29 | Finished |
| 1048 | 665 | Connor Preddy        | 00:55:14 | 00:51:47 | M5EN | m | 11.59 | 05:11 | Finished |
| 1400 | 666 | James Kirkpatrick    | 00:55:16 | 00:50:42 | M55  | m | 11.83 | 05:04 | Finished |
| 999  | 667 | Zach Smith           | 00:55:16 | 00:52:07 | MJ   | m | 11.51 | 05:13 | Finished |
| 1296 | 668 | Ashley Pearce        | 00:55:17 | 00:54:40 | M35  | m | 10.98 | 05:28 | Finished |
| 4042 | 669 | Jordan Howells       | 00:55:19 | 00:54:30 | M35  | m | 11.01 | 05:27 | Finished |
| 1235 | 670 | Paul Evans           | 00:55:19 | 00:52:38 | M65  | m | 11.4  | 05:16 | Finished |
| 996  | 671 | Paul Peters          | 00:55:20 | 00:54:35 | M55  | m | 10.99 | 05:28 | Finished |
| 1017 | 672 | Mario Salini         | 00:55:21 | 00:54:22 | M55  | m | 11.04 | 05:26 | Finished |
| 1161 | 673 | Chris James          | 00:55:30 | 00:51:38 | M45  | m | 11.62 | 05:10 | Finished |
| 836  | 674 | Rebecca Thomas       | 00:55:30 | 00:54:52 | F35  | f | 10.94 | 05:29 | Finished |
| 935  | 675 | Stephen Lewis        | 00:55:33 | 00:55:16 | M50  | m | 10.86 | 05:32 | Finished |
| 565  | 676 | Rory O'Brien         | 00:55:34 | 00:52:14 | M35  | m | 11.49 | 05:13 | Finished |
| 749  | 677 | Bethan Jones         | 00:55:36 | 00:54:19 | F5EN | f | 11.05 | 05:26 | Finished |
| 1192 | 678 | Hannah Lewis         | 00:55:38 | 00:53:47 | F35  | f | 11.16 | 05:23 | Finished |
| 3360 | 679 | Carly Slade          | 00:55:39 | 00:51:33 | F5EN | f | 11.64 | 05:09 | Finished |
| 855  | 680 | Adam Colcombe        | 00:55:39 | 00:54:28 | M5EN | m | 11.02 | 05:27 | Finished |
| 905  | 681 | Mike Reade           | 00:55:39 | 00:53:15 | M50  | m | 11.27 | 05:20 | Finished |
| 349  | 682 | Andrew Mundy         | 00:55:40 | 00:55:08 | M45  | m | 10.88 | 05:31 | Finished |
| 920  | 683 | Ian James            | 00:55:41 | 00:52:00 | M50  | m | 11.54 | 05:12 | Finished |
| 1112 | 684 | Shaun Cotter         | 00:55:41 | 00:53:48 | M55  | m | 11.15 | 05:23 | Finished |
| 894  | 685 | Kevin Button         | 00:55:42 | 00:52:11 | M45  | m | 11.5  | 05:13 | Finished |
| 1966 | 686 | Helen Hill           | 00:55:42 | 00:50:31 | F50  | f | 11.88 | 05:03 | Finished |
| 1000 | 687 | Lewis Wedlake        | 00:55:43 | 00:52:34 | M5EN | m | 11.41 | 05:15 | Finished |
| 801  | 688 | Robert Evans         | 00:55:47 | 00:52:54 | M45  | m | 11.34 | 05:17 | Finished |
| 1268 | 689 | Andrew Buchanan      | 00:55:48 | 00:53:33 | M40  | m | 11.2  | 05:21 | Finished |
| 841  | 690 | Ryan Stephens        | 00:55:48 | 00:52:27 | M5EN | m | 11.44 | 05:15 | Finished |
| 840  | 691 | Stuart Dunn          | 00:55:48 | 00:52:28 | M5EN | m | 11.44 | 05:15 | Finished |
| 897  | 692 | Eiri Evans-Jones     | 00:55:49 | 00:55:00 | F40  | f | 10.91 | 05:30 | Finished |
| 707  | 693 | Alex Woods           | 00:55:51 | 00:52:07 | M5EN | m | 11.51 | 05:13 | Finished |
| 1042 | 694 | Will Newton          | 00:55:52 | 00:52:58 | M35  | m | 11.33 | 05:18 | Finished |
| 1131 | 695 | Jessica Woodcock     | 00:55:52 | 00:52:40 | F5EN | f | 11.39 | 05:16 | Finished |
| 1104 | 696 | Rhys Morgan          | 00:55:53 | 00:53:29 | M5EN | m | 11.22 | 05:21 | Finished |
| 577  | 697 | Stefan Williams      | 00:55:55 | 00:55:04 | M5EN | m | 10.9  | 05:30 | Finished |
| 1113 | 698 | Nicola Rimmer        | 00:55:55 | 00:54:26 | F35  | f | 11.02 | 05:27 | Finished |
| 1676 | 699 | David Hughes         | 00:55:55 | 00:51:14 | M35  | m | 11.71 | 05:07 | Finished |
| 1082 | 700 | Sophie Beresford     | 00:55:55 | 00:52:54 | F5EN | f | 11.34 | 05:17 | Finished |
| 834  | 701 | June Avery           | 00:55:58 | 00:54:17 | F60  | f | 11.05 | 05:26 | Finished |
| 961  | 702 | Gavin Pascoe         | 00:55:59 | 00:53:56 | M5EN | m | 11.12 | 05:24 | Finished |
| 681  | 703 | Roger Silk           | 00:55:59 | 00:51:02 | M60  | m | 11.76 | 05:06 | Finished |
| 1020 | 704 | Rhianna Adler        | 00:56:01 | 00:53:41 | F5EN | f | 11.18 | 05:22 | Finished |
| 1733 | 705 | Sophie Harding       | 00:56:02 | 00:51:52 | F5EN | f | 11.57 | 05:11 | Finished |
| 701  | 706 | Davinder Hayer       | 00:56:02 | 00:55:09 | M35  | m | 10.88 | 05:31 | Finished |
| 1591 | 707 | Monica Richards      | 00:56:03 | 00:52:27 | F40  | f | 11.44 | 05:15 | Finished |
| 1358 | 708 | Sian Davies          | 00:56:04 | 00:51:55 | F5EN | f | 11.56 | 05:11 | Finished |
| 957  | 709 | Chris Wall           | 00:56:04 | 00:52:50 | M55  | m | 11.36 | 05:17 | Finished |
| 813  | 710 | Mike Prasad          | 00:56:07 | 00:52:34 | M50  | m | 11.41 | 05:15 | Finished |
| 1674 | 711 | Stuart Jenkins       | 00:56:09 | 00:50:30 | M40  | m | 11.88 | 05:03 | Finished |
| 1050 | 712 | Anthony Jones        | 00:56:10 | 00:52:39 | M45  | m | 11.4  | 05:16 | Finished |
| 997  | 713 | Liam O'Sullivan      | 00:56:11 | 00:54:06 | M35  | m | 11.09 | 05:25 | Finished |
| 1867 | 714 | Kelly Morse          | 00:56:12 | 00:55:42 | F35  | f | 10.77 | 05:34 | Finished |
| 1450 | 715 | Sean Stillman        | 00:56:12 | 00:51:42 | M50  | m | 11.61 | 05:10 | Finished |
| 310  | 716 | Mike Evans           | 00:56:13 | 00:45:59 | M35  | m | 13.05 | 04:36 | Finished |
| 1243 | 717 | Lauren Shurety       | 00:56:14 | 00:54:44 | F35  | f | 10.96 | 05:28 | Finished |
| 1100 | 718 | Calvin Hughes        | 00:56:14 | 00:54:02 | M5EN | m | 11.1  | 05:24 | Finished |
| 868  | 719 | Rosannah O'Connor    | 00:56:15 | 00:52:49 | F5EN | f | 11.36 | 05:17 | Finished |
| 2457 | 720 | John May             | 00:56:15 | 00:55:48 | M55  | m | 10.75 | 05:35 | Finished |
| 1058 | 721 | Mervyn Nicholas      | 00:56:15 | 00:54:12 | M60  | m | 11.07 | 05:25 | Finished |
| 1851 | 722 | Dennis Cattell       | 00:56:16 | 00:51:29 | M55  | m | 11.65 | 05:09 | Finished |
| 1032 | 723 | Barry Nichols-Grey   | 00:56:16 | 00:55:43 | M35  | m | 10.77 | 05:34 | Finished |
| 1461 | 724 | Simon Treharne       | 00:56:16 | 00:51:38 | M55  | m | 11.62 | 05:10 | Finished |
| 4045 | 725 | Liz James Mahoney    | 00:56:18 | 00:55:50 | F45  | f | 10.75 | 05:35 | Finished |
| 754  | 726 | Mark Hardy           | 00:56:19 | 00:51:22 | M40  | m | 11.68 | 05:08 | Finished |
| 1149 | 727 | Tomos Llyr Jones     | 00:56:22 | 00:54:19 | M5EN | m | 11.05 | 05:26 | Finished |
| 4036 | 728 | Tom Barritt          | 00:56:23 | 00:52:56 | M35  | m | 11.34 | 05:18 | Finished |
| 1240 | 729 | Maryanne Moon        | 00:56:25 | 00:53:42 | F40  | f | 11.17 | 05:22 | Finished |
| 908  | 730 | Anna Powell          | 00:56:28 | 00:54:05 | F40  | f | 11.09 | 05:25 | Finished |
| 1464 | 731 | Craig Bishop         | 00:56:28 | 00:51:50 | M40  | m | 11.58 | 05:11 | Finished |
| 1063 | 732 | Robert Padley        | 00:56:29 | 00:55:54 | M55  | m | 10.73 | 05:35 | Finished |
| 4133 | 733 | Abigail Thomas       | 00:56:31 | 00:49:12 | F5EN | f | 12.2  | 04:55 | Finished |
| 1129 | 734 | Danielle Williams    | 00:56:31 | 00:52:26 | FJ   | f | 11.44 | 05:15 | Finished |
| 1014 | 735 | Daisy Noott          | 00:56:31 | 00:53:14 | F5EN | f | 11.27 | 05:19 | Finished |
| 1013 | 736 | Jo Noott             | 00:56:32 | 00:53:14 | F55  | f | 11.27 | 05:19 | Finished |
| 4032 | 737 | Byron Davies         | 00:56:32 | 00:55:08 | M45  | m | 10.88 | 05:31 | Finished |
| 949  | 738 | Gavin Daglish        | 00:56:33 | 00:55:06 | M5EN | m | 10.89 | 05:31 | Finished |
| 743  | 739 | Tracey Creedon       | 00:56:34 | 00:53:27 | F40  | f | 11.23 | 05:21 | Finished |
| 1066 | 740 | Liz Griffiths        | 00:56:36 | 00:54:09 | F40  | f | 11.08 | 05:25 | Finished |
| 850  | 741 | Matt Milum           | 00:56:37 | 00:54:16 | M5EN | m | 11.06 | 05:26 | Finished |
| 1181 | 742 | Gareth Davies        | 00:56:37 | 00:53:16 | M45  | m | 11.26 | 05:20 | Finished |
| 1478 | 743 | Huw Trafford         | 00:56:39 | 00:50:19 | M5EN | m | 11.92 | 05:02 | Finished |
| 876  | 744 | Claire Burden        | 00:56:39 | 00:55:19 | F5EN | f | 10.85 | 05:32 | Finished |
| 877  | 745 | Mike Sutton-Smith    | 00:56:39 | 00:55:19 | M55  | m | 10.85 | 05:32 | Finished |
| 425  | 746 | Jason Halse          | 00:56:45 | 00:55:41 | M45  | m | 10.78 | 05:34 | Finished |
| 1105 | 747 | Vicky Morris         | 00:56:46 | 00:53:34 | F35  | f | 11.2  | 05:21 | Finished |
| 3127 | 748 | Kelly Shanbon        | 00:56:46 | 00:53:34 | F5EN | f | 11.2  | 05:21 | Finished |
| 849  | 749 | Sarah Montenegro     | 00:56:47 | 00:55:06 | F5EN | f | 10.89 | 05:31 | Finished |
| 175  | 750 | Alex Gambles         | 00:56:48 | 00:47:12 | M5EN | m | 12.71 | 04:43 | Finished |
| 4135 | 751 | Robert Sterio        | 00:56:49 | 00:48:00 | M5EN | m | 12.5  | 04:48 | Finished |
| 4044 | 752 | Christopher Wagstaff | 00:56:50 | 00:52:59 | M40  | m | 11.32 | 05:18 | Finished |
| 1101 | 753 | Jordan Price         | 00:56:51 | 00:53:35 | M5EN | m | 11.2  | 05:22 | Finished |
| 898  | 754 | Rhys Hughes          | 00:56:53 | 00:51:31 | M5EN | m | 11.65 | 05:09 | Finished |
| 1052 | 755 | Dylan Gravelle       | 00:56:53 | 00:54:57 | M55  | m | 10.92 | 05:30 | Finished |
| 747  | 756 | Nicola Parry         | 00:56:53 | 00:54:16 | F50  | f | 11.06 | 05:26 | Finished |
| 1097 | 757 | Steven Mattu         | 00:56:56 | 00:55:24 | M40  | m | 10.83 | 05:32 | Finished |
| 1167 | 758 | Hannah Bibby         | 00:56:57 | 00:54:48 | F5EN | f | 10.95 | 05:29 | Finished |
| 827  | 759 | Matthew Morgan       | 00:56:57 | 00:55:52 | M5EN | m | 10.74 | 05:35 | Finished |
| 1678 | 760 | Steve Jones          | 00:56:58 | 00:51:43 | M60  | m | 11.6  | 05:10 | Finished |
| 1249 | 761 | Nathan Williams      | 00:56:58 | 00:52:53 | M45  | m | 11.35 | 05:17 | Finished |
| 530  | 762 | Tim Padfield         | 00:57:00 | 00:53:46 | M55  | m | 11.16 | 05:23 | Finished |

|      |     |                        |          |          |      |                             |   |       |       |          |
|------|-----|------------------------|----------|----------|------|-----------------------------|---|-------|-------|----------|
| 1712 | 763 | Paul Iddon             | 00:57:00 | 00:56:39 | M40  | Pontypridd Roadents AC      | m | 10.59 | 05:40 | Finished |
| 550  | 764 | Yusuf Museji           | 00:57:03 | 00:52:50 | M35  |                             | m | 11.36 | 05:17 | Finished |
| 1288 | 765 | Kirsty Meldrum         | 00:57:06 | 00:53:14 | F5EN |                             | f | 11.27 | 05:19 | Finished |
| 1254 | 766 | Anne Kirk              | 00:57:06 | 00:53:30 | F55  | Forest of Dean AC           | f | 11.21 | 05:21 | Finished |
| 1026 | 767 | Victoria Harding       | 00:57:10 | 00:54:48 | F35  |                             | f | 10.95 | 05:29 | Finished |
| 1281 | 768 | Punna Singh            | 00:57:11 | 00:56:12 | M55  | Les Croupiers               | m | 10.68 | 05:37 | Finished |
| 1340 | 769 | Ian Clarke             | 00:57:11 | 00:52:13 | M55  |                             | m | 11.49 | 05:13 | Finished |
| 372  | 770 | Andrew Rennie          | 00:57:12 | 00:56:51 | M35  |                             | m | 10.55 | 05:41 | Finished |
| 1025 | 771 | Gareth Jenkins         | 00:57:12 | 00:54:50 | M5EN |                             | m | 10.94 | 05:29 | Finished |
| 1477 | 772 | Dylan Jones            | 00:57:14 | 00:52:09 | M35  |                             | m | 11.51 | 05:13 | Finished |
| 4140 | 773 | Noel Lynch             | 00:57:14 | 00:46:52 | M35  |                             | m | 12.8  | 04:41 | Finished |
| 1005 | 774 | Krista Humphrey        | 00:57:15 | 00:56:29 | F40  | Bridgdon AC                 | f | 10.62 | 05:39 | Finished |
| 1186 | 775 | Julie Jones            | 00:57:16 | 00:53:13 | F55  | 3M Gorseinon Road Runners   | f | 11.27 | 05:19 | Finished |
| 1626 | 776 | Martin Anthony Holland | 00:57:17 | 00:53:07 | M60  |                             | m | 11.3  | 05:19 | Finished |
| 1189 | 777 | Allison Lloyd Jones    | 00:57:18 | 00:56:34 | F50  |                             | f | 10.61 | 05:39 | Finished |
| 1267 | 778 | Trudy Bryant           | 00:57:19 | 00:56:35 | F40  |                             | f | 10.6  | 05:39 | Finished |
| 1812 | 779 | Jeff Jones             | 00:57:20 | 00:52:11 | M55  |                             | m | 11.5  | 05:13 | Finished |
| 4033 | 780 | Kate Samuel            | 00:57:21 | 00:52:43 | F35  |                             | f | 11.38 | 05:16 | Finished |
| 1581 | 781 | Ben Knight             | 00:57:22 | 00:52:29 | M5EN |                             | m | 11.43 | 05:15 | Finished |
| 2253 | 782 | Kieran Keogh           | 00:57:24 | 00:49:42 | M40  |                             | m | 12.07 | 04:58 | Finished |
| 1469 | 783 | Phillip Price          | 00:57:25 | 00:52:47 | M60  | Paul Popham Running Club    | m | 11.37 | 05:17 | Finished |
| 1387 | 784 | Alex Marsh             | 00:57:25 | 00:51:06 | M50  |                             | m | 11.74 | 05:07 | Finished |
| 1070 | 785 | Carly Bevan            | 00:57:25 | 00:53:46 | F35  |                             | f | 11.16 | 05:23 | Finished |
| 936  | 786 | Mark Bignell           | 00:57:26 | 00:56:37 | M55  |                             | m | 10.6  | 05:40 | Finished |
| 814  | 787 | Ian Weavers            | 00:57:26 | 00:54:40 | M35  |                             | m | 10.98 | 05:28 | Finished |
| 1153 | 788 | Alys Wainwright        | 00:57:28 | 00:55:22 | F5EN |                             | f | 10.84 | 05:32 | Finished |
| 1056 | 789 | Terry Jones            | 00:57:28 | 00:53:05 | M35  |                             | m | 11.3  | 05:18 | Finished |
| 613  | 790 | Steven Hirst           | 00:57:28 | 00:55:57 | M35  |                             | m | 10.72 | 05:36 | Finished |
| 714  | 791 | Mo Hu                  | 00:57:30 | 00:53:50 | M5EN |                             | m | 11.15 | 05:23 | Finished |
| 838  | 792 | Clare Baxter           | 00:57:31 | 00:56:08 | F40  |                             | f | 10.69 | 05:37 | Finished |
| 4010 | 793 | Josh Britton           | 00:57:31 | 00:54:44 | M5EN |                             | m | 10.96 | 05:28 | Finished |
| 1535 | 794 | Linda Williams         | 00:57:33 | 00:52:59 | F45  |                             | f | 11.32 | 05:18 | Finished |
| 790  | 795 | Julie Friday           | 00:57:34 | 00:54:51 | M60  |                             | m | 10.94 | 05:29 | Finished |
| 1174 | 796 | Mirella Burgess        | 00:57:34 | 00:55:01 | F5EN |                             | f | 10.91 | 05:30 | Finished |
| 1095 | 797 | Nic Ryder              | 00:57:36 | 00:53:55 | M45  |                             | m | 11.13 | 05:23 | Finished |
| 823  | 798 | Geraint Ward           | 00:57:38 | 00:54:16 | M5EN |                             | m | 11.06 | 05:26 | Finished |
| 4048 | 799 | Rhys Gallivan          | 00:57:39 | 00:57:24 | M5EN |                             | m | 10.45 | 05:44 | Finished |
| 981  | 800 | Jules Williams         | 00:57:41 | 00:53:34 | M45  |                             | m | 11.2  | 05:21 | Finished |
| 744  | 801 | Matthew Andrews        | 00:57:42 | 00:54:13 | M40  |                             | m | 11.07 | 05:25 | Finished |
| 765  | 802 | Steve Roberts          | 00:57:44 | 00:56:22 | M55  |                             | m | 10.64 | 05:38 | Finished |
| 839  | 803 | Michelle Bell          | 00:57:44 | 00:56:21 | F35  |                             | f | 10.65 | 05:38 | Finished |
| 767  | 804 | Ian Harwood            | 00:57:47 | 00:55:48 | M35  |                             | m | 10.75 | 05:35 | Finished |
| 1090 | 805 | Andrew Rockley         | 00:57:48 | 00:55:33 | M50  | Cardigan RC                 | m | 10.8  | 05:33 | Finished |
| 1047 | 806 | David Rees             | 00:57:49 | 00:54:38 | M65  |                             | m | 10.98 | 05:28 | Finished |
| 975  | 807 | Jack Hughes            | 00:57:49 | 00:57:15 | M5EN |                             | m | 10.48 | 05:43 | Finished |
| 2351 | 808 | Jen Kiley              | 00:57:52 | 00:57:33 | F5EN |                             | f | 10.43 | 05:45 | Finished |
| 946  | 809 | Imogen Parton          | 00:57:52 | 00:56:55 | FJ   |                             | f | 10.54 | 05:42 | Finished |
| 884  | 810 | Sian Evans             | 00:57:53 | 00:55:47 | F35  | Amman Valley Harriers       | f | 10.76 | 05:35 | Finished |
| 667  | 811 | Owain Williams         | 00:57:55 | 00:56:29 | MJ   |                             | m | 10.62 | 05:39 | Finished |
| 1092 | 812 | Andrew Morris          | 00:57:56 | 00:56:23 | M60  | Llanelli AC                 | m | 10.64 | 05:38 | Finished |
| 1135 | 813 | Eleanor Eakins         | 00:57:56 | 00:57:19 | FJ   |                             | f | 10.47 | 05:44 | Finished |
| 396  | 814 | Mark Eakins            | 00:57:56 | 00:57:20 | M50  | 3M Gorseinon Road Runners   | m | 10.47 | 05:44 | Finished |
| 1973 | 815 | Carole Bell            | 00:57:57 | 00:56:48 | F55  |                             | f | 10.56 | 05:41 | Finished |
| 1760 | 816 | Dale Flower            | 00:58:00 | 00:52:57 | M35  |                             | m | 11.33 | 05:18 | Finished |
| 1532 | 817 | Daniel Pearce          | 00:58:01 | 00:52:33 | M45  | Parc Bryn Bach Running Club | m | 11.42 | 05:15 | Finished |
| 944  | 818 | Sara Morgan            | 00:58:02 | 00:54:33 | F40  | Village Vipers              | f | 11    | 05:27 | Finished |
| 1342 | 819 | Leanne Groves          | 00:58:03 | 00:52:23 | F5EN |                             | f | 11.45 | 05:14 | Finished |
| 4039 | 820 | Thomas Judge           | 00:58:04 | 00:53:55 | M5EN |                             | m | 11.13 | 05:23 | Finished |
| 2456 | 821 | Michael Warwick        | 00:58:08 | 00:57:41 | M65  |                             | m | 10.4  | 05:46 | Finished |
| 1556 | 822 | David Perry            | 00:58:08 | 00:52:59 | M60  |                             | m | 11.32 | 05:18 | Finished |
| 1133 | 823 | Kyle Brinkworth        | 00:58:11 | 00:57:20 | M5EN |                             | m | 10.47 | 05:44 | Finished |
| 1091 | 824 | Dave Hebbes            | 00:58:12 | 00:54:39 | M70  |                             | m | 10.98 | 05:28 | Finished |
| 2482 | 825 | Matthew Read           | 00:58:15 | 00:50:42 | M5EN |                             | m | 11.83 | 05:04 | Finished |
| 992  | 826 | Ffion Mccall           | 00:58:16 | 00:56:14 | F5EN | Amman Valley Harriers       | f | 10.67 | 05:37 | Finished |
| 1338 | 827 | Daniel Barnfield       | 00:58:19 | 00:51:30 | MJ   |                             | m | 11.65 | 05:09 | Finished |
| 947  | 828 | Izelle Collier         | 00:58:19 | 00:55:09 | F35  |                             | f | 10.88 | 05:31 | Finished |
| 901  | 829 | Chris Barnett          | 00:58:24 | 00:55:12 | M50  |                             | m | 10.87 | 05:31 | Finished |
| 1824 | 830 | Ceriann Lewis          | 00:58:25 | 00:53:17 | F35  |                             | f | 11.26 | 05:20 | Finished |
| 1040 | 831 | Sian Williams-Smith    | 00:58:26 | 00:54:59 | F45  |                             | f | 10.91 | 05:30 | Finished |
| 1758 | 832 | Jason Nutt             | 00:58:28 | 00:53:25 | M45  |                             | m | 11.23 | 05:21 | Finished |
| 923  | 833 | Peggy Edwards          | 00:58:28 | 00:57:38 | F50  | Pontypridd Roadents AC      | f | 10.41 | 05:46 | Finished |
| 1633 | 834 | Gareth Beale           | 00:58:30 | 00:52:48 | M50  |                             | m | 11.36 | 05:17 | Finished |
| 183  | 835 | Michael Woods          | 00:58:31 | 00:54:48 | M50  |                             | m | 10.95 | 05:29 | Finished |
| 945  | 836 | Craig Farrant          | 00:58:33 | 00:55:05 | M35  |                             | m | 10.89 | 05:30 | Finished |
| 1488 | 837 | Alexandra Russell      | 00:58:35 | 00:54:07 | F5EN |                             | f | 11.09 | 05:25 | Finished |
| 1484 | 838 | Adrian Novis           | 00:58:35 | 00:54:23 | M50  |                             | m | 11.03 | 05:26 | Finished |
| 1441 | 839 | Ceri Rowlands          | 00:58:37 | 00:53:41 | M5EN |                             | m | 11.18 | 05:22 | Finished |
| 928  | 840 | Ben Griffiths          | 00:58:37 | 00:55:16 | M5EN |                             | m | 10.86 | 05:32 | Finished |
| 1519 | 841 | Andrew Blue            | 00:58:38 | 00:54:08 | M60  |                             | m | 11.08 | 05:25 | Finished |
| 1585 | 842 | Allen Bevan            | 00:58:41 | 00:53:05 | M65  |                             | m | 11.3  | 05:18 | Finished |
| 1448 | 843 | Stephanie Lucas        | 00:58:42 | 00:53:21 | F5EN |                             | f | 11.25 | 05:20 | Finished |
| 526  | 844 | Zoe Dixon              | 00:58:43 | 00:54:35 | F5EN |                             | f | 10.99 | 05:28 | Finished |
| 4031 | 845 | Richard Panniers       | 00:58:44 | 00:55:57 | M5EN |                             | m | 10.72 | 05:36 | Finished |
| 1409 | 846 | Rhian Pascoe           | 00:58:46 | 00:54:27 | F50  | Run4All Neath               | f | 11.02 | 05:27 | Finished |
| 1456 | 847 | Dafydd Pritchard       | 00:58:46 | 00:51:43 | M5EN |                             | m | 11.6  | 05:10 | Finished |
| 1088 | 848 | Jenni Thomas           | 00:58:47 | 00:52:52 | F35  |                             | f | 11.35 | 05:17 | Finished |
| 1121 | 849 | Bruce Morgan           | 00:58:47 | 00:57:07 | M65  | Llanelli AC                 | m | 10.5  | 05:43 | Finished |
| 1857 | 850 | David Gates            | 00:58:48 | 00:53:51 | M55  |                             | m | 11.14 | 05:23 | Finished |
| 1814 | 851 | Mark Williams          | 00:58:48 | 00:53:58 | M55  |                             | m | 11.12 | 05:24 | Finished |
| 873  | 852 | Matt Warren            | 00:58:49 | 00:55:08 | M5EN |                             | m | 10.88 | 05:31 | Finished |
| 1114 | 853 | Andrew Davies          | 00:58:50 | 00:55:37 | M50  |                             | m | 10.79 | 05:34 | Finished |
| 513  | 854 | Tim Dixon              | 00:58:50 | 00:54:41 | M55  | Headington RR               | m | 10.97 | 05:28 | Finished |
| 371  | 855 | Laura Jones            | 00:58:50 | 00:58:29 | F35  |                             | f | 10.26 | 05:51 | Finished |
| 815  | 856 | Simon Gutierrez        | 00:58:53 | 00:55:35 | M35  |                             | m | 10.79 | 05:33 | Finished |
| 1955 | 857 | David Eagle            | 00:58:55 | 00:54:01 | M45  | Run4ALL Running Club        | m | 11.11 | 05:24 | Finished |
| 1752 | 858 | Jamie Hughes           | 00:58:56 | 00:53:59 | M40  | Run4All Neath               | m | 11.11 | 05:24 | Finished |
| 1355 | 859 | Donovan Embury         | 00:58:56 | 00:53:02 | M35  | Port Talbot Harriers        | m | 11.31 | 05:18 | Finished |
| 1072 | 860 | Dudley Ashford         | 00:58:58 | 00:55:29 | M50  |                             | m | 10.81 | 05:33 | Finished |
| 1134 | 861 | Andrew Massey          | 00:58:58 | 00:56:39 | M45  |                             | m | 10.59 | 05:40 | Finished |
| 1075 | 862 | Linda Morgans          | 00:58:59 | 00:57:45 | F45  |                             | f | 10.39 | 05:46 | Finished |
| 1195 | 863 | Andrew Stephens        | 00:59:00 | 00:57:28 | M55  | Llanelli AC                 | m | 10.44 | 05:45 | Finished |
| 4008 | 864 | Matt Regan             | 00:59:00 | 00:53:33 | M35  | Pontypridd Roadents AC      | m | 11.2  | 05:21 | Finished |
| 913  | 865 | Daniel Naaif           | 00:59:02 | 00:55:37 | M5EN |                             | m | 10.79 | 05:34 | Finished |
| 880  | 866 | David Walters          | 00:59:04 | 00:58:19 | M55  |                             | m | 10.29 | 05:50 | Finished |
| 1625 | 867 | Elena Morgan           | 00:59:05 | 00:53:35 | F5EN |                             | f | 11.2  | 05:22 | Finished |
| 1410 | 868 | Darren Halpin          | 00:59:05 | 00:54:10 | M45  |                             | m | 11.08 | 05:25 | Finished |
| 538  | 869 | Matt Davies            | 00:59:06 | 00:57:07 | M35  |                             | m | 10.5  | 05:43 | Finished |
| 1049 | 870 | Cath Elms              | 00:59:15 | 00:57:48 | F5EN |                             | f | 10.38 | 05:47 | Finished |
| 1743 | 871 | Michael Collins        | 00:59:22 | 00:52:49 | M50  |                             | m | 11.36 | 05:17 | Finished |



|      |     |                        |          |          |      |                           |   |       |       |          |
|------|-----|------------------------|----------|----------|------|---------------------------|---|-------|-------|----------|
| 2380 | 872 | Joy Grey               | 00:59:23 | 00:48:52 | F60  |                           | f | 12.28 | 04:53 | Finished |
| 1696 | 873 | Sharon Halpin          | 00:59:23 | 00:54:31 | F45  | Pencoed Panthers          | f | 11.01 | 05:27 | Finished |
| 985  | 874 | Si6n Connor            | 00:59:24 | 00:55:19 | MJ   |                           | m | 10.85 | 05:32 | Finished |
| 709  | 875 | Adelle Taylor          | 00:59:25 | 00:58:26 | F35  | Les Croupiers             | f | 10.27 | 05:51 | Finished |
| 1245 | 876 | Michael Hannam         | 00:59:25 | 00:58:21 | M40  |                           | m | 10.28 | 05:50 | Finished |
| 2023 | 877 | Alex Harrison          | 00:59:26 | 00:53:14 | MSEN |                           | m | 11.27 | 05:19 | Finished |
| 1542 | 878 | Richard Rimmer         | 00:59:27 | 00:55:01 | M60  |                           | m | 10.91 | 05:30 | Finished |
| 1755 | 879 | Natalie Grant          | 00:59:27 | 00:54:54 | F35  |                           | f | 10.93 | 05:29 | Finished |
| 1117 | 880 | Phil Blackler          | 00:59:29 | 00:58:40 | M60  |                           | m | 10.23 | 05:52 | Finished |
| 984  | 881 | Huw Bellamy            | 00:59:29 | 00:57:35 | M45  |                           | m | 10.42 | 05:45 | Finished |
| 921  | 882 | Sam Donaldson          | 00:59:31 | 00:58:33 | M45  |                           | m | 10.25 | 05:51 | Finished |
| 1675 | 883 | Stephen Mansell        | 00:59:33 | 00:53:54 | M40  |                           | m | 11.13 | 05:23 | Finished |
| 632  | 884 | David Johnson          | 00:59:34 | 00:55:29 | M35  |                           | m | 10.81 | 05:33 | Finished |
| 1009 | 885 | Sarah Johnson          | 00:59:34 | 00:55:29 | F5EN |                           | f | 10.81 | 05:33 | Finished |
| 653  | 886 | Sam Grunhut            | 00:59:35 | 00:57:36 | MSEN |                           | m | 10.42 | 05:46 | Finished |
| 1136 | 887 | Stephen Kihara         | 00:59:37 | 00:56:23 | M35  |                           | m | 10.64 | 05:38 | Finished |
| 927  | 888 | Emyr Thomas            | 00:59:38 | 00:58:57 | MSEN |                           | m | 10.18 | 05:54 | Finished |
| 280  | 889 | Paul Jones             | 00:59:39 | 00:59:08 | M40  | Aberdare Valley AAC       | m | 10.15 | 05:55 | Finished |
| 507  | 890 | Steven Evans           | 00:59:39 | 00:58:47 | M55  |                           | m | 10.21 | 05:53 | Finished |
| 1107 | 891 | Tim Mitchell           | 00:59:39 | 00:53:52 | M45  |                           | m | 11.14 | 05:23 | Finished |
| 1023 | 892 | Michael Spence         | 00:59:40 | 00:58:34 | MSEN |                           | m | 10.24 | 05:51 | Finished |
| 1632 | 893 | Gareth Hammond         | 00:59:41 | 00:55:06 | MSEN |                           | m | 10.89 | 05:31 | Finished |
| 1744 | 894 | Tony Clements          | 00:59:42 | 00:53:47 | M70  | Swansea Harriers          | m | 11.16 | 05:23 | Finished |
| 750  | 895 | Tessa Rees             | 00:59:42 | 00:58:58 | F5EN | Port Talbot Harriers      | f | 10.18 | 05:54 | Finished |
| 4069 | 896 | Daniel Morgan          | 00:59:43 | 00:52:43 | MSEN |                           | m | 11.38 | 05:16 | Finished |
| 1466 | 897 | Simon Davies           | 00:59:44 | 00:54:38 | M35  |                           | m | 10.98 | 05:28 | Finished |
| 1741 | 898 | Marc Teesdale          | 00:59:44 | 00:53:40 | M40  |                           | m | 11.18 | 05:22 | Finished |
| 4046 | 899 | Jamie Chapman          | 00:59:44 | 00:56:19 | M40  |                           | m | 10.65 | 05:38 | Finished |
| 1399 | 900 | Geraint Harris         | 00:59:45 | 00:54:33 | M50  |                           | m | 11    | 05:27 | Finished |
| 1440 | 901 | Kate Burton            | 00:59:46 | 00:54:47 | F40  |                           | f | 10.95 | 05:29 | Finished |
| 1208 | 902 | Rhian Turner           | 00:59:47 | 00:56:42 | F45  |                           | f | 10.58 | 05:40 | Finished |
| 1274 | 903 | Stuart Williams        | 00:59:47 | 00:56:09 | M50  | Pontypridd Roadents AC    | m | 10.69 | 05:37 | Finished |
| 1444 | 904 | Justin Sperrin         | 00:59:48 | 00:54:49 | MSEN |                           | m | 10.95 | 05:29 | Finished |
| 624  | 905 | Martin Foster          | 00:59:48 | 00:56:21 | M65  | Bournville Harriers       | m | 10.65 | 05:38 | Finished |
| 2053 | 906 | Helen Pemberton        | 00:59:49 | 00:54:22 | F55  | Angels RC                 | f | 11.04 | 05:26 | Finished |
| 962  | 907 | C Cuthbertson          | 00:59:49 | 00:57:24 | M45  |                           | m | 10.45 | 05:44 | Finished |
| 1260 | 908 | Esther Davies          | 00:59:50 | 00:58:11 | F5EN |                           | f | 10.31 | 05:49 | Finished |
| 1576 | 909 | Hywel Evans            | 00:59:50 | 00:54:32 | MJ   |                           | m | 11    | 05:27 | Finished |
| 973  | 910 | Luke Pitson            | 00:59:52 | 00:59:04 | MSEN |                           | m | 10.16 | 05:54 | Finished |
| 1726 | 911 | Claire Williams        | 00:59:53 | 00:53:55 | F60  | Clwb Rhedeg Pontardawe RC | f | 11.13 | 05:23 | Finished |
| 1137 | 912 | Jonathan Lee           | 00:59:54 | 00:58:40 | M45  |                           | m | 10.23 | 05:52 | Finished |
| 1003 | 913 | Joanne Adams           | 00:59:54 | 00:57:57 | F45  |                           | f | 10.35 | 05:48 | Finished |
| 1531 | 914 | David Williams         | 00:59:56 | 00:53:00 | M45  |                           | m | 11.32 | 05:18 | Finished |
| 906  | 915 | Mo De Waal             | 00:59:57 | 00:57:05 | F35  |                           | f | 10.51 | 05:42 | Finished |
| 1119 | 916 | Richard Davies         | 00:59:57 | 00:58:05 | MSEN |                           | m | 10.33 | 05:49 | Finished |
| 1438 | 917 | Kate Woodward          | 00:59:59 | 00:55:28 | F40  |                           | f | 10.82 | 05:33 | Finished |
| 738  | 918 | Lucy Morgan            | 01:00:01 | 00:57:01 | F45  |                           | f | 10.52 | 05:42 | Finished |
| 1227 | 919 | Ray Coburn             | 01:00:02 | 00:59:32 | M45  | Rhondda Valley Runners    | m | 10.08 | 05:57 | Finished |
| 1913 | 920 | Stephen Boughton       | 01:00:06 | 00:54:55 | M35  |                           | m | 10.93 | 05:30 | Finished |
| 2661 | 921 | Miss J Crumpton        | 01:00:06 | 00:59:45 | F50  |                           | f | 10.04 | 05:59 | Finished |
| 1774 | 922 | Faye O'Brien           | 01:00:07 | 00:51:06 | FJ   |                           | f | 11.74 | 05:07 | Finished |
| 1698 | 923 | Cris Arnold            | 01:00:08 | 00:54:13 | M55  |                           | m | 11.07 | 05:25 | Finished |
| 506  | 924 | Christopher Totterdale | 01:00:09 | 00:55:30 | MSEN | Sospan Road Runners       | m | 10.81 | 05:33 | Finished |
| 1348 | 925 | Rachael John           | 01:00:11 | 00:55:39 | FJ   |                           | f | 10.78 | 05:34 | Finished |
| 1109 | 926 | Lydia Smith            | 01:00:12 | 00:58:39 | F50  |                           | f | 10.23 | 05:52 | Finished |
| 1932 | 927 | David Keogh            | 01:00:15 | 00:55:17 | M50  |                           | m | 10.85 | 05:32 | Finished |
| 1442 | 928 | Catherine Gulliford    | 01:00:15 | 00:54:34 | F40  |                           | f | 11    | 05:27 | Finished |
| 1376 | 929 | Scott Ridings          | 01:00:16 | 00:55:42 | M40  |                           | m | 10.77 | 05:34 | Finished |
| 1960 | 930 | Philippa Torrance      | 01:00:16 | 00:53:41 | F35  |                           | f | 11.18 | 05:22 | Finished |
| 1575 | 931 | Brinly Aherne          | 01:00:18 | 00:55:06 | M70  |                           | m | 10.89 | 05:31 | Finished |
| 948  | 932 | Sam Jenkins            | 01:00:18 | 00:59:37 | MSEN |                           | m | 10.06 | 05:58 | Finished |
| 1453 | 933 | Tim Macdermott         | 01:00:22 | 00:55:14 | M55  | 3M Gorseion Road Runners  | m | 10.86 | 05:31 | Finished |
| 1372 | 934 | Michael Court          | 01:00:23 | 00:53:35 | M35  |                           | m | 11.2  | 05:22 | Finished |
| 1431 | 935 | Liam Reynolds          | 01:00:24 | 00:54:45 | MSEN |                           | m | 10.96 | 05:29 | Finished |
| 1470 | 936 | Richard Adams          | 01:00:24 | 00:53:45 | MSEN | Clwb Rhedeg Pontardawe RC | m | 11.16 | 05:23 | Finished |
| 1202 | 937 | Nicola Rowe            | 01:00:24 | 00:56:18 | F50  |                           | f | 10.66 | 05:38 | Finished |
| 2327 | 938 | Sara Shipley           | 01:00:26 | 00:57:33 | F35  |                           | f | 10.43 | 05:45 | Finished |
| 1303 | 939 | David Mather           | 01:00:27 | 01:00:05 | M55  | Pontypridd Roadents AC    | m | 9.99  | 06:00 | Finished |
| 1641 | 940 | Heather Brock          | 01:00:27 | 01:00:05 | F55  |                           | f | 9.99  | 06:00 | Finished |
| 2669 | 941 | Jenny Jobling          | 01:00:27 | 00:52:57 | F5EN |                           | f | 11.33 | 05:18 | Finished |
| 2418 | 942 | Jonathan Rowden        | 01:00:28 | 00:51:04 | MSEN |                           | m | 11.75 | 05:06 | Finished |
| 2458 | 943 | Andrew Braun           | 01:00:28 | 00:52:47 | M35  |                           | m | 11.37 | 05:17 | Finished |
| 570  | 944 | Ella Cooper            | 01:00:30 | 00:56:58 | F5EN |                           | f | 10.53 | 05:42 | Finished |
| 448  | 945 | Josh Simmons           | 01:00:30 | 00:54:49 | MSEN |                           | m | 10.95 | 05:29 | Finished |
| 1323 | 946 | Gareth Keatley         | 01:00:30 | 00:56:01 | M35  |                           | m | 10.71 | 05:36 | Finished |
| 4066 | 947 | Anant Jauhari          | 01:00:31 | 00:56:30 | MSEN |                           | m | 10.62 | 05:39 | Finished |
| 1290 | 948 | Robert Brown           | 01:00:32 | 00:58:17 | M45  |                           | m | 10.29 | 05:50 | Finished |
| 1295 | 949 | Caryl Stokes           | 01:00:33 | 00:56:54 | F45  | Merthyr Running Club      | f | 10.54 | 05:41 | Finished |
| 760  | 950 | Kevin Watson           | 01:00:34 | 00:58:32 | M50  | 3M Gorseion Road Runners  | m | 10.25 | 05:51 | Finished |
| 3456 | 951 | Laine Francis          | 01:00:34 | 00:56:37 | MSEN |                           | m | 10.6  | 05:40 | Finished |
| 1321 | 952 | Ffion Evans            | 01:00:36 | 00:55:20 | F35  |                           | f | 10.84 | 05:32 | Finished |
| 1273 | 953 | Keri Davies            | 01:00:39 | 00:57:09 | M55  |                           | m | 10.5  | 05:43 | Finished |
| 1390 | 954 | Mike Footman           | 01:00:40 | 00:57:10 | M50  |                           | m | 10.5  | 05:43 | Finished |
| 1703 | 955 | Chris Pinnington       | 01:00:42 | 00:55:18 | M35  |                           | m | 10.85 | 05:32 | Finished |
| 1389 | 956 | Bettina Petersohn      | 01:00:45 | 00:55:47 | F40  | Tri Hard Harriers         | f | 10.76 | 05:35 | Finished |
| 1349 | 957 | James Francis          | 01:00:46 | 00:54:53 | MSEN |                           | m | 10.93 | 05:29 | Finished |
| 1350 | 958 | Sharon Smith           | 01:00:47 | 00:56:34 | F45  |                           | f | 10.61 | 05:39 | Finished |
| 1719 | 959 | Andrew Edwards         | 01:00:47 | 00:56:38 | M50  |                           | m | 10.59 | 05:40 | Finished |
| 1332 | 960 | Leighton Jones         | 01:00:49 | 00:55:34 | M70  | 3M Gorseion Road Runners  | m | 10.8  | 05:33 | Finished |
| 1836 | 961 | Sian Rees              | 01:00:49 | 00:56:18 | F55  |                           | f | 10.66 | 05:38 | Finished |
| 1765 | 962 | Kira Davies            | 01:00:51 | 00:53:42 | FJ   |                           | f | 11.17 | 05:22 | Finished |
| 1645 | 963 | Sean Hall              | 01:00:53 | 00:55:32 | MSEN |                           | m | 10.8  | 05:33 | Finished |
| 1185 | 964 | Lee Parfitt            | 01:00:54 | 01:00:24 | M45  |                           | m | 9.93  | 06:02 | Finished |
| 1627 | 965 | David Rankin           | 01:00:55 | 00:56:39 | M35  |                           | m | 10.59 | 05:40 | Finished |
| 3458 | 966 | Martin Sharples        | 01:00:55 | 00:55:01 | M60  |                           | m | 10.91 | 05:30 | Finished |
| 1621 | 967 | John Hill              | 01:00:56 | 00:54:58 | M50  |                           | m | 10.92 | 05:30 | Finished |
| 353  | 968 | William Daniels        | 01:00:56 | 00:54:59 | MSEN |                           | m | 10.91 | 05:30 | Finished |
| 1863 | 969 | Natalie Shefford       | 01:00:58 | 00:53:38 | F5EN |                           | f | 11.19 | 05:22 | Finished |
| 1347 | 970 | Caroline John          | 01:01:00 | 00:56:28 | F50  |                           | f | 10.63 | 05:39 | Finished |
| 1715 | 971 | Oliver Huntley         | 01:01:00 | 00:57:21 | M35  | Cornelly Striders AC      | m | 10.46 | 05:44 | Finished |
| 982  | 972 | Gina Bevan             | 01:01:01 | 00:57:16 | F5EN |                           | f | 10.48 | 05:44 | Finished |
| 2982 | 973 | Claire-Louise Millin   | 01:01:02 | 00:48:29 | F40  |                           | f | 12.38 | 04:51 | Finished |
| 1180 | 974 | Richard Michael        | 01:01:03 | 00:58:00 | M45  |                           | m | 10.34 | 05:48 | Finished |
| 1270 | 975 | Victoria Hall          | 01:01:07 | 01:00:18 | F5EN |                           | f | 9.95  | 06:02 | Finished |
| 1016 | 976 | Richard Pellow         | 01:01:09 | 00:57:21 | M35  |                           | m | 10.46 | 05:44 | Finished |
| 1518 | 977 | Jack Forbes            | 01:01:09 | 00:54:32 | MJ   |                           | m | 11    | 05:27 | Finished |
| 1520 | 978 | Izzy Barton            | 01:01:09 | 00:54:33 | FJ   |                           | f | 11    | 05:27 | Finished |
| 843  | 979 | Johanne Hughes-Dowdle  | 01:01:11 | 00:57:05 | F50  | 3M Gorseion Road Runners  | f | 10.51 | 05:42 | Finished |
| 1680 | 980 | Andrew May             | 01:01:12 | 00:54:26 | M50  | Penarth & Dinas Runners   | m | 11.02 | 05:27 | Finished |

|      |      |                        |          |          |      |   |                                |       |       |          |
|------|------|------------------------|----------|----------|------|---|--------------------------------|-------|-------|----------|
| 1582 | 981  | Joseph Knight          | 01:01:12 | 00:56:21 | MJ   | m |                                | 10.65 | 05:38 | Finished |
| 1006 | 982  | Lindi Lloyd            | 01:01:15 | 00:57:39 | F50  | f | 3M Gorseion Road Runners       | 10.41 | 05:46 | Finished |
| 1414 | 983  | Adrian Price           | 01:01:19 | 00:56:53 | M50  | m |                                | 10.55 | 05:41 | Finished |
| 1583 | 984  | Simon Knight           | 01:01:20 | 00:56:27 | M45  | m |                                | 10.63 | 05:39 | Finished |
| 690  | 985  | Gavin Thomas           | 01:01:21 | 01:00:38 | M40  | m |                                | 9.9   | 06:04 | Finished |
| 1681 | 986  | Sian White             | 01:01:21 | 00:56:00 | F5EN | f |                                | 10.71 | 05:36 | Finished |
| 1870 | 987  | Scott Thomas           | 01:01:22 | 00:54:35 | M5EN | m |                                | 10.99 | 05:28 | Finished |
| 63   | 988  | Hannah Williams        | 01:01:22 | 01:01:11 | F5EN | f |                                | 9.81  | 06:07 | Finished |
| 2149 | 989  | Nicole Cheung          | 01:01:23 | 00:53:52 | F5EN | f |                                | 11.14 | 05:23 | Finished |
| 1731 | 990  | Catherine Llewellyn    | 01:01:29 | 01:01:03 | F55  | f | Merthyr Running Club           | 9.83  | 06:06 | Finished |
| 1497 | 991  | Donna Davies           | 01:01:31 | 00:57:01 | F45  | f |                                | 10.52 | 05:42 | Finished |
| 1301 | 992  | John Hopkins           | 01:01:32 | 00:54:49 | M60  | m |                                | 10.95 | 05:29 | Finished |
| 1828 | 993  | Rebecca Reece          | 01:01:33 | 00:56:08 | F50  | f |                                | 10.69 | 05:37 | Finished |
| 2256 | 994  | Joanna Gregory-Newman  | 01:01:33 | 00:54:07 | F50  | f |                                | 11.09 | 05:25 | Finished |
| 1018 | 995  | Michael Williams       | 01:01:34 | 00:57:30 | M45  | m |                                | 10.43 | 05:45 | Finished |
| 1363 | 996  | Eiry Miles             | 01:01:35 | 00:57:00 | F40  | f |                                | 10.53 | 05:42 | Finished |
| 269  | 997  | Chrissy Harrison       | 01:01:37 | 01:01:10 | F45  | f |                                | 9.81  | 06:07 | Finished |
| 1646 | 998  | Michael Larkman        | 01:01:38 | 00:55:45 | M35  | m |                                | 10.76 | 05:35 | Finished |
| 1293 | 999  | Kieran Oak             | 01:01:41 | 00:59:56 | M5EN | m |                                | 10.01 | 06:00 | Finished |
| 1638 | 1000 | Paula Foscarini-Craggs | 01:01:42 | 00:55:27 | F5EN | f |                                | 10.82 | 05:33 | Finished |
| 3222 | 1001 | Lindsay Davis          | 01:01:43 | 00:54:11 | F45  | f |                                | 11.07 | 05:25 | Finished |
| 662  | 1002 | Alice Sullivan         | 01:01:43 | 00:57:40 | F40  | f |                                | 10.4  | 05:46 | Finished |
| 502  | 1003 | Christian Griffiths    | 01:01:46 | 01:00:45 | M40  | m |                                | 9.88  | 06:05 | Finished |
| 1224 | 1004 | Ann John               | 01:01:48 | 00:58:23 | F55  | f | Pencoed Panthers               | 10.28 | 05:50 | Finished |
| 1728 | 1005 | Zachary Sim            | 01:01:48 | 00:55:36 | MJ   | m |                                | 10.79 | 05:34 | Finished |
| 1311 | 1006 | Helyn Latimer          | 01:01:49 | 01:00:25 | F55  | f |                                | 9.93  | 06:03 | Finished |
| 1462 | 1007 | Martina Ruzzier        | 01:01:52 | 00:55:46 | F5EN | f |                                | 10.76 | 05:35 | Finished |
| 1238 | 1008 | Andrea Papp            | 01:01:53 | 00:58:51 | F45  | f |                                | 10.2  | 05:53 | Finished |
| 1526 | 1009 | Lowri Jones            | 01:01:54 | 00:57:34 | F5EN | f |                                | 10.42 | 05:45 | Finished |
| 1361 | 1010 | Gethyn Evans           | 01:01:55 | 00:57:37 | M65  | m |                                | 10.41 | 05:46 | Finished |
| 1110 | 1011 | Lee Williams           | 01:01:58 | 01:01:01 | M5EN | m |                                | 9.83  | 06:06 | Finished |
| 1822 | 1012 | Anna Howell            | 01:01:58 | 00:57:26 | F40  | f |                                | 10.45 | 05:45 | Finished |
| 1297 | 1013 | Helen Lutley           | 01:01:59 | 01:00:03 | F70  | f | Emlyn Runners                  | 9.99  | 06:00 | Finished |
| 1890 | 1014 | Tina Arthur            | 01:02:00 | 00:56:38 | F55  | f |                                | 10.59 | 05:40 | Finished |
| 1424 | 1015 | Laura Grey             | 01:02:01 | 00:57:06 | F50  | f | Run4All Neath                  | 10.51 | 05:43 | Finished |
| 1339 | 1016 | Lindsey Morgan         | 01:02:01 | 00:57:05 | F35  | f | Wye Valley Runners             | 10.51 | 05:42 | Finished |
| 1784 | 1017 | Megan Addy             | 01:02:03 | 00:56:10 | F5EN | f |                                | 10.68 | 05:37 | Finished |
| 1911 | 1018 | Shan Castley           | 01:02:05 | 00:56:10 | F45  | f | Port Talbot Harriers           | 10.68 | 05:37 | Finished |
| 1577 | 1019 | Christopher Jenkins    | 01:02:11 | 00:57:51 | M40  | m |                                | 10.37 | 05:47 | Finished |
| 2027 | 1020 | Rhian Davies           | 01:02:11 | 00:57:17 | F45  | f |                                | 10.47 | 05:44 | Finished |
| 1506 | 1021 | Beverly Sheridan       | 01:02:11 | 00:57:49 | F60  | f | Seaford Striders RC            | 10.38 | 05:47 | Finished |
| 1283 | 1022 | Tracy Lord             | 01:02:12 | 00:58:15 | F50  | f | Forest of Dean AC              | 10.3  | 05:49 | Finished |
| 2028 | 1023 | Jane Griffiths         | 01:02:13 | 00:57:19 | F45  | f |                                | 10.47 | 05:44 | Finished |
| 597  | 1024 | Luke Harris            | 01:02:13 | 00:58:11 | M5EN | m |                                | 10.31 | 05:49 | Finished |
| 1635 | 1025 | Marcus Berwick         | 01:02:14 | 00:57:08 | M40  | m |                                | 10.5  | 05:43 | Finished |
| 1346 | 1026 | Emily Morris           | 01:02:14 | 00:56:55 | F5EN | f |                                | 10.54 | 05:42 | Finished |
| 735  | 1027 | Wyn Thomas             | 01:02:16 | 01:01:56 | M45  | m |                                | 9.69  | 06:12 | Finished |
| 1271 | 1028 | Emma Addis             | 01:02:16 | 01:01:56 | F45  | f |                                | 9.69  | 06:12 | Finished |
| 1580 | 1029 | Lauren Chilton         | 01:02:18 | 00:55:54 | F5EN | f |                                | 10.73 | 05:35 | Finished |
| 1039 | 1030 | Joanne Williams-Smith  | 01:02:18 | 00:58:51 | F45  | f |                                | 10.2  | 05:53 | Finished |
| 1299 | 1031 | Lyn Gravell            | 01:02:22 | 01:00:21 | M45  | m |                                | 9.94  | 06:02 | Finished |
| 1895 | 1032 | Gareth Dowdell         | 01:02:23 | 00:56:32 | M50  | m |                                | 10.61 | 05:39 | Finished |
| 1528 | 1033 | Amy Plimmer            | 01:02:24 | 00:57:08 | F5EN | f |                                | 10.5  | 05:43 | Finished |
| 2504 | 1034 | Sian Morgan            | 01:02:24 | 00:54:53 | F35  | f |                                | 10.93 | 05:29 | Finished |
| 1116 | 1035 | Chal Sanapala          | 01:02:26 | 01:01:29 | M35  | m |                                | 9.76  | 06:09 | Finished |
| 4107 | 1036 | Tim Daniels            | 01:02:27 | 00:51:18 | M35  | m |                                | 11.7  | 05:08 | Finished |
| 1055 | 1037 | Liz Davies             | 01:02:27 | 01:00:30 | F50  | f | Carmarthen & District Harriers | 9.92  | 06:03 | Finished |
| 1412 | 1038 | Gareth Williams        | 01:02:27 | 00:57:27 | M35  | m |                                | 10.44 | 05:45 | Finished |
| 1962 | 1039 | Mike Timbrell          | 01:02:28 | 00:57:31 | M45  | m |                                | 10.43 | 05:45 | Finished |
| 1607 | 1040 | Carley Knipe           | 01:02:29 | 00:55:43 | F5EN | f |                                | 10.77 | 05:34 | Finished |
| 1527 | 1041 | Georgia Walton         | 01:02:30 | 00:56:30 | F5EN | f |                                | 10.62 | 05:39 | Finished |
| 1606 | 1042 | Michael Knipe          | 01:02:30 | 00:55:44 | M35  | m |                                | 10.77 | 05:34 | Finished |
| 1504 | 1043 | Elisabet Mitropoulou   | 01:02:35 | 00:57:37 | F35  | f |                                | 10.41 | 05:46 | Finished |
| 1764 | 1044 | Arabella Llewellyn     | 01:02:35 | 00:57:26 | F45  | f |                                | 10.45 | 05:45 | Finished |
| 1449 | 1045 | Claire Davies          | 01:02:36 | 00:56:57 | F45  | f |                                | 10.54 | 05:42 | Finished |
| 2911 | 1046 | Rachel Long            | 01:02:37 | 01:02:12 | F5EN | f |                                | 9.65  | 06:13 | Finished |
| 888  | 1047 | Richard Passmore       | 01:02:38 | 00:58:15 | M35  | m |                                | 10.3  | 05:49 | Finished |
| 1408 | 1048 | Rachel Gabb            | 01:02:40 | 00:56:41 | F45  | f | Celtic Tri                     | 10.59 | 05:40 | Finished |
| 1754 | 1049 | Eleri George           | 01:02:41 | 00:55:15 | F40  | f |                                | 10.86 | 05:32 | Finished |
| 1579 | 1050 | Chris Chilton          | 01:02:44 | 00:56:18 | M60  | m |                                | 10.66 | 05:38 | Finished |
| 2544 | 1051 | Lynsey Evan'S          | 01:02:45 | 00:54:01 | F35  | f |                                | 11.11 | 05:24 | Finished |
| 1842 | 1052 | Emma Leadbeater        | 01:02:46 | 00:57:04 | F45  | f |                                | 10.51 | 05:42 | Finished |
| 1176 | 1053 | Dawn Crisp             | 01:02:46 | 01:01:21 | F50  | f |                                | 9.78  | 06:08 | Finished |
| 2105 | 1054 | Manisha Rickards       | 01:02:46 | 00:58:40 | F55  | f | 3M Gorseion Road Runners       | 10.23 | 05:52 | Finished |
| 1231 | 1055 | Karen Dugdale          | 01:02:47 | 00:58:43 | F55  | f | 3M Gorseion Road Runners       | 10.22 | 05:52 | Finished |
| 748  | 1056 | Hannah Jones           | 01:02:47 | 00:58:43 | F5EN | f | 3M Gorseion Road Runners       | 10.22 | 05:52 | Finished |
| 1573 | 1057 | Mandy Bird             | 01:02:47 | 00:57:49 | F50  | f | Lonely Goat RC                 | 10.38 | 05:47 | Finished |
| 1799 | 1058 | Jacob Weaver-Jones     | 01:02:48 | 00:58:04 | M5EN | m |                                | 10.33 | 05:48 | Finished |
| 1574 | 1059 | David Bird             | 01:02:48 | 00:57:49 | M50  | m | Lonely Goat RC                 | 10.38 | 05:47 | Finished |
| 1658 | 1060 | Matthew Webber         | 01:02:48 | 00:58:04 | M5EN | m |                                | 10.33 | 05:48 | Finished |
| 974  | 1061 | Keri Hiles             | 01:02:49 | 00:58:40 | M45  | m |                                | 10.23 | 05:52 | Finished |
| 1492 | 1062 | Emily Forrester        | 01:02:49 | 00:57:31 | F5EN | f |                                | 10.43 | 05:45 | Finished |
| 1329 | 1063 | Louis Chapman          | 01:02:49 | 00:57:31 | M5EN | m |                                | 10.43 | 05:45 | Finished |
| 4057 | 1064 | Will Williams          | 01:02:51 | 00:56:08 | M40  | m |                                | 10.69 | 05:37 | Finished |
| 4072 | 1065 | Rachel Evans           | 01:02:54 | 00:54:35 | F40  | f |                                | 10.99 | 05:28 | Finished |
| 2022 | 1066 | Catherine Munson       | 01:02:54 | 00:56:54 | F55  | f |                                | 10.54 | 05:41 | Finished |
| 1413 | 1067 | Lee Matthews           | 01:02:54 | 00:57:44 | M45  | m |                                | 10.39 | 05:46 | Finished |
| 2873 | 1068 | Becky Brown            | 01:02:54 | 00:55:22 | F5EN | f |                                | 10.84 | 05:32 | Finished |
| 2352 | 1069 | Charlotte Todd         | 01:02:56 | 00:58:35 | F35  | f |                                | 10.24 | 05:51 | Finished |
| 617  | 1070 | Hannah Rees            | 01:02:56 | 00:58:37 | F40  | f |                                | 10.24 | 05:52 | Finished |
| 2279 | 1071 | Jeremy Tree            | 01:02:57 | 00:55:16 | M45  | m |                                | 10.86 | 05:32 | Finished |
| 1496 | 1072 | Nicky Raikes           | 01:02:58 | 00:55:38 | M35  | m |                                | 10.78 | 05:34 | Finished |
| 1325 | 1073 | Jamie Duggan           | 01:02:58 | 00:56:45 | M45  | m |                                | 10.57 | 05:41 | Finished |
| 1538 | 1074 | Rhodri Davies          | 01:02:58 | 00:55:38 | M35  | m |                                | 10.78 | 05:34 | Finished |
| 2069 | 1075 | Paul Cullen            | 01:02:59 | 00:56:20 | M60  | m |                                | 10.65 | 05:38 | Finished |
| 1559 | 1076 | Evan Bartley           | 01:03:01 | 00:59:28 | M5EN | m |                                | 10.09 | 05:57 | Finished |
| 1331 | 1077 | Rachel Mckavett        | 01:03:03 | 00:57:09 | F5EN | f | Tri Hard Harriers              | 10.5  | 05:43 | Finished |
| 1558 | 1078 | Ryan Evans             | 01:03:04 | 00:57:52 | M35  | m |                                | 10.37 | 05:47 | Finished |
| 1307 | 1079 | Christopher O'Leary    | 01:03:04 | 00:59:42 | M5EN | m |                                | 10.05 | 05:58 | Finished |
| 535  | 1080 | Mark Powell            | 01:03:05 | 01:02:25 | M50  | m |                                | 9.61  | 06:15 | Finished |
| 1618 | 1081 | Natalie Phillips       | 01:03:06 | 00:57:51 | F5EN | f |                                | 10.37 | 05:47 | Finished |
| 658  | 1082 | Ross Gribble           | 01:03:07 | 00:57:02 | M5EN | m | 3M Gorseion Road Runners       | 10.52 | 05:42 | Finished |
| 408  | 1083 | Ross Meredith          | 01:03:07 | 00:55:34 | M5EN | m |                                | 10.8  | 05:33 | Finished |
| 1667 | 1084 | Charlie James          | 01:03:08 | 00:57:04 | F5EN | f | 3M Gorseion Road Runners       | 10.51 | 05:42 | Finished |
| 1041 | 1085 | David Boucher          | 01:03:09 | 00:59:13 | M65  | m |                                | 10.13 | 05:55 | Finished |
| 1551 | 1086 | David Thomas           | 01:03:09 | 00:57:24 | M55  | m |                                | 10.45 | 05:44 | Finished |
| 883  | 1087 | Emma Lloyd             | 01:03:13 | 01:01:16 | M40  | m |                                | 9.79  | 06:08 | Finished |
| 870  | 1088 | Hugh Thomas            | 01:03:13 | 01:01:02 | M55  | m |                                | 9.83  | 06:06 | Finished |
| 869  | 1089 | Gareth Thomas          | 01:03:14 | 01:01:00 | M55  | m | Run4All Neath                  | 9.84  | 06:06 | Finished |

|      |      |                        |          |          |      |   |       |       |          |
|------|------|------------------------|----------|----------|------|---|-------|-------|----------|
| 987  | 1090 | Carina Harries         | 01:03:15 | 00:59:43 | F35  | f | 10.05 | 05:58 | Finished |
| 1435 | 1091 | Will Carroll           | 01:03:15 | 00:57:41 | M40  | m | 10.4  | 05:46 | Finished |
| 57   | 1092 | Captain Beany          | 01:03:15 | 00:56:48 | M65  | m | 10.56 | 05:41 | Finished |
| 951  | 1093 | Dennis Grant           | 01:03:16 | 00:59:14 | M60  | m | 10.13 | 05:55 | Finished |
| 1471 | 1094 | David Doherty          | 01:03:16 | 00:58:01 | M65  | m | 10.34 | 05:48 | Finished |
| 1656 | 1095 | Darren James           | 01:03:17 | 00:58:12 | M50  | m | 10.31 | 05:49 | Finished |
| 1074 | 1096 | John Rees              | 01:03:21 | 01:02:28 | M70  | m | 9.61  | 06:15 | Finished |
| 715  | 1097 | Adam Rees              | 01:03:22 | 00:59:37 | M5EN | m | 10.06 | 05:58 | Finished |
| 1220 | 1098 | Jade Biggs             | 01:03:26 | 01:02:01 | F35  | f | 9.67  | 06:12 | Finished |
| 1219 | 1099 | Robin Watt             | 01:03:26 | 01:02:02 | M50  | m | 9.67  | 06:12 | Finished |
| 1563 | 1100 | Megan Hill             | 01:03:26 | 00:58:14 | F5EN | f | 10.3  | 05:49 | Finished |
| 2747 | 1101 | Craig Kearney          | 01:03:27 | 00:54:20 | M40  | m | 11.04 | 05:26 | Finished |
| 1158 | 1102 | Neil Rainey            | 01:03:27 | 01:02:03 | M55  | m | 9.67  | 06:12 | Finished |
| 1810 | 1103 | Alice Warren           | 01:03:28 | 00:57:38 | F5EN | f | 10.41 | 05:46 | Finished |
| 479  | 1104 | David Toogood          | 01:03:29 | 01:01:52 | M45  | m | 9.7   | 06:11 | Finished |
| 1314 | 1105 | Amanda Toogood         | 01:03:29 | 01:01:52 | F40  | f | 9.7   | 06:11 | Finished |
| 4055 | 1106 | Kathy Scott            | 01:03:35 | 00:59:05 | F40  | f | 10.16 | 05:55 | Finished |
| 1345 | 1107 | Daniel Grey            | 01:03:35 | 00:58:15 | M5EN | m | 10.3  | 05:49 | Finished |
| 1604 | 1108 | Clare Bennett          | 01:03:37 | 00:58:03 | F55  | f | 10.34 | 05:48 | Finished |
| 1316 | 1109 | Kris Borys             | 01:03:38 | 00:57:39 | M40  | m | 10.41 | 05:46 | Finished |
| 1505 | 1110 | Rebecca Lees           | 01:03:41 | 00:58:31 | F45  | f | 10.25 | 05:51 | Finished |
| 1629 | 1111 | Peter Jones            | 01:03:43 | 00:59:15 | M60  | m | 10.13 | 05:56 | Finished |
| 1509 | 1112 | Emma Daniels           | 01:03:44 | 00:58:28 | F45  | f | 10.26 | 05:51 | Finished |
| 2222 | 1113 | Daniel Thomas          | 01:03:45 | 00:54:18 | M5EN | m | 11.05 | 05:26 | Finished |
| 4131 | 1114 | Lucy Lawrence          | 01:03:45 | 00:54:18 | FJ   | f | 11.05 | 05:26 | Finished |
| 2578 | 1115 | Maria Rewston          | 01:03:45 | 00:57:45 | F55  | f | 10.39 | 05:46 | Finished |
| 1374 | 1116 | Cath Mcgrath           | 01:03:45 | 00:57:48 | F65  | f | 10.38 | 05:47 | Finished |
| 2029 | 1117 | Deborah Edwards        | 01:03:46 | 00:59:21 | F5EN | f | 10.11 | 05:56 | Finished |
| 1126 | 1118 | Max Wright             | 01:03:48 | 01:01:32 | M5EN | m | 9.75  | 06:09 | Finished |
| 1722 | 1119 | Marc Thomas            | 01:03:49 | 00:57:06 | M35  | m | 10.51 | 05:43 | Finished |
| 785  | 1120 | Jade Hackney           | 01:03:49 | 01:01:33 | F5EN | f | 9.75  | 06:09 | Finished |
| 1320 | 1121 | Mathew Morgan          | 01:03:50 | 00:59:11 | M5EN | m | 10.14 | 05:55 | Finished |
| 1525 | 1122 | Aled Rhys              | 01:03:50 | 00:58:24 | M35  | m | 10.27 | 05:50 | Finished |
| 1317 | 1123 | Hannah Toghill         | 01:03:51 | 00:57:57 | F35  | f | 10.35 | 05:48 | Finished |
| 1483 | 1124 | Kate Bevan             | 01:03:53 | 00:58:51 | F5EN | f | 10.2  | 05:53 | Finished |
| 1002 | 1125 | Jackie Martin          | 01:03:53 | 00:59:29 | F55  | f | 10.09 | 05:57 | Finished |
| 1790 | 1126 | Laura Lacey            | 01:03:55 | 00:56:25 | F5EN | f | 10.64 | 05:39 | Finished |
| 733  | 1127 | Thomas Jones           | 01:03:56 | 01:03:28 | M5EN | m | 9.45  | 06:21 | Finished |
| 1476 | 1128 | Harrison Brown         | 01:03:56 | 00:58:35 | M5EN | m | 10.24 | 05:51 | Finished |
| 1223 | 1129 | Sarah Jones            | 01:03:57 | 01:00:22 | F45  | f | 9.94  | 06:02 | Finished |
| 2172 | 1130 | Paramesh Puttasiddaiah | 01:03:58 | 00:55:38 | M50  | m | 10.78 | 05:34 | Finished |
| 1670 | 1131 | Emma Gracia-Young      | 01:04:01 | 00:58:42 | F40  | f | 10.22 | 05:52 | Finished |
| 1671 | 1132 | Scott Caine            | 01:04:01 | 00:59:27 | M45  | m | 10.09 | 05:57 | Finished |
| 1015 | 1133 | David Pallett          | 01:04:01 | 01:00:43 | M35  | m | 9.88  | 06:04 | Finished |
| 1649 | 1134 | Caitlin Richards       | 01:04:02 | 00:58:50 | FJ   | f | 10.2  | 05:53 | Finished |
| 1147 | 1135 | Bob Davies             | 01:04:02 | 00:59:53 | M55  | m | 10.02 | 05:59 | Finished |
| 1322 | 1136 | Jos O'Sullivan         | 01:04:03 | 00:58:05 | M60  | m | 10.33 | 05:49 | Finished |
| 1689 | 1137 | Nia Thomas             | 01:04:03 | 00:58:39 | F45  | f | 10.23 | 05:52 | Finished |
| 1977 | 1138 | Ian Bellamy            | 01:04:03 | 00:59:06 | M35  | m | 10.15 | 05:55 | Finished |
| 2918 | 1139 | Joshua Smith           | 01:04:04 | 00:54:11 | M5EN | m | 11.07 | 05:25 | Finished |
| 4054 | 1140 | Lisa O'Connell         | 01:04:04 | 00:59:27 | F40  | f | 10.09 | 05:57 | Finished |
| 4146 | 1141 | James Bennett          | 01:04:04 | 01:00:07 | M5EN | m | 9.98  | 06:01 | Finished |
| 1603 | 1142 | Peter Perdue           | 01:04:04 | 00:59:31 | M55  | m | 10.08 | 05:57 | Finished |
| 1547 | 1143 | Jenny Caulkett         | 01:04:05 | 00:55:28 | F40  | f | 10.82 | 05:33 | Finished |
| 1602 | 1144 | Christopher Perdue     | 01:04:07 | 00:59:34 | M5EN | m | 10.07 | 05:57 | Finished |
| 1428 | 1145 | Gerald Curtis          | 01:04:09 | 00:57:52 | M65  | m | 10.37 | 05:47 | Finished |
| 1482 | 1146 | Angharad Vaughan-Owen  | 01:04:10 | 00:58:29 | F40  | f | 10.26 | 05:51 | Finished |
| 1864 | 1147 | Amy Hutchings          | 01:04:10 | 00:56:51 | F35  | f | 10.55 | 05:41 | Finished |
| 1847 | 1148 | Natalie Williams       | 01:04:12 | 00:59:23 | F45  | f | 10.1  | 05:56 | Finished |
| 1061 | 1149 | Peter Jones            | 01:04:13 | 00:59:42 | M50  | m | 10.05 | 05:58 | Finished |
| 966  | 1150 | Charlotte Holland      | 01:04:13 | 01:00:59 | F35  | f | 9.84  | 06:06 | Finished |
| 1425 | 1151 | Ben Moss               | 01:04:13 | 00:57:41 | M5EN | m | 10.4  | 05:46 | Finished |
| 930  | 1152 | Daniel Rhys Jones      | 01:04:13 | 01:02:14 | M5EN | m | 9.64  | 06:13 | Finished |
| 3293 | 1153 | Stuart Baker           | 01:04:14 | 00:56:22 | M50  | m | 10.64 | 05:38 | Finished |
| 2099 | 1154 | Ellen Maine            | 01:04:15 | 00:56:18 | F45  | f | 10.66 | 05:38 | Finished |
| 2102 | 1155 | Lewis Jackson          | 01:04:15 | 00:55:41 | M5EN | m | 10.78 | 05:34 | Finished |
| 2498 | 1156 | Emma Williams          | 01:04:16 | 00:56:42 | F45  | f | 10.58 | 05:40 | Finished |
| 390  | 1157 | Matthew Bygate         | 01:04:17 | 00:52:58 | M5EN | m | 11.33 | 05:18 | Finished |
| 2752 | 1158 | Leah Thomas            | 01:04:18 | 00:54:48 | F35  | f | 10.95 | 05:29 | Finished |
| 4122 | 1159 | Jack Jenkins           | 01:04:18 | 00:55:41 | MJ   | m | 10.78 | 05:34 | Finished |
| 2295 | 1160 | Stephen Hayden         | 01:04:20 | 00:56:23 | M5EN | m | 10.64 | 05:38 | Finished |
| 1669 | 1161 | Philip Roberts         | 01:04:22 | 00:59:49 | M40  | m | 10.03 | 05:59 | Finished |
| 1495 | 1162 | Zoe Elver              | 01:04:27 | 00:59:27 | F50  | f | 10.09 | 05:57 | Finished |
| 1365 | 1163 | Lydia Thomas           | 01:04:28 | 00:59:09 | X5EN | f | 10.14 | 05:55 | Finished |
| 1692 | 1164 | Lisa Walsh             | 01:04:30 | 00:58:27 | F50  | f | 10.27 | 05:51 | Finished |
| 1736 | 1165 | Joanne Bartlett        | 01:04:30 | 00:59:15 | F40  | f | 10.13 | 05:56 | Finished |
| 3107 | 1166 | Gillian Spencer        | 01:04:30 | 00:54:53 | F60  | f | 10.93 | 05:29 | Finished |
| 4147 | 1167 | David Griffiths        | 01:04:30 | 00:56:25 | M55  | m | 10.64 | 05:39 | Finished |
| 1312 | 1168 | Chris Griffiths        | 01:04:31 | 01:00:54 | M5EN | m | 9.85  | 06:05 | Finished |
| 4116 | 1169 | Jane Galloway          | 01:04:31 | 00:59:34 | F45  | f | 10.07 | 05:57 | Finished |
| 1479 | 1170 | Anya Strafford         | 01:04:33 | 00:58:13 | F5EN | f | 10.31 | 05:49 | Finished |
| 2483 | 1171 | Luke Read              | 01:04:33 | 00:56:44 | M5EN | m | 10.58 | 05:40 | Finished |
| 938  | 1172 | Kamilah Bramsen        | 01:04:35 | 00:59:05 | F5EN | f | 10.16 | 05:55 | Finished |
| 734  | 1173 | Paul Williams          | 01:04:36 | 01:02:56 | M40  | m | 9.53  | 06:18 | Finished |
| 1445 | 1174 | Joanna Cullen          | 01:04:37 | 00:59:20 | F5EN | f | 10.11 | 05:56 | Finished |
| 1446 | 1175 | David Rendell          | 01:04:37 | 00:59:20 | M5EN | m | 10.11 | 05:56 | Finished |
| 1815 | 1176 | Caroline Morgan        | 01:04:37 | 00:59:28 | F50  | f | 10.09 | 05:57 | Finished |
| 1315 | 1177 | Emilia Urbanek         | 01:04:37 | 00:58:40 | F40  | f | 10.23 | 05:52 | Finished |
| 2131 | 1178 | Karl Carter            | 01:04:42 | 00:57:22 | X5EN | m | 10.46 | 05:44 | Finished |
| 1717 | 1179 | David Jones            | 01:04:42 | 00:58:43 | M5EN | m | 10.22 | 05:52 | Finished |
| 1467 | 1180 | Michelle Glen          | 01:04:47 | 01:00:28 | F50  | f | 9.92  | 06:03 | Finished |
| 1672 | 1181 | Katherine Frost        | 01:04:47 | 00:59:05 | F40  | f | 10.16 | 05:55 | Finished |
| 1609 | 1182 | Paul Sear              | 01:04:48 | 00:59:53 | M70  | m | 10.02 | 05:59 | Finished |
| 4034 | 1183 | Jodie Hubbard          | 01:04:49 | 01:00:11 | F5EN | f | 9.97  | 06:01 | Finished |
| 1557 | 1184 | Ian Humphreys          | 01:04:51 | 00:59:10 | M40  | m | 10.14 | 05:55 | Finished |
| 2979 | 1185 | Gavin Jones            | 01:04:52 | 00:56:30 | M35  | m | 10.62 | 05:39 | Finished |
| 1628 | 1186 | Tracey Hughes-Jenkins  | 01:04:53 | 01:00:15 | F50  | f | 9.96  | 06:02 | Finished |
| 406  | 1187 | Rob Bean               | 01:04:55 | 01:04:29 | M5EN | m | 9.3   | 06:27 | Finished |
| 1366 | 1188 | Daniel Lewis           | 01:04:57 | 00:58:24 | M5EN | m | 10.27 | 05:50 | Finished |
| 1690 | 1189 | Damian Walsh           | 01:04:58 | 00:58:55 | M55  | m | 10.18 | 05:53 | Finished |
| 2239 | 1190 | Julian Wake            | 01:04:58 | 00:56:55 | M50  | m | 10.54 | 05:42 | Finished |
| 2289 | 1191 | Jacob Lawson           | 01:05:00 | 00:57:02 | M5EN | m | 10.52 | 05:42 | Finished |
| 1586 | 1192 | Paula Taylor           | 01:05:02 | 00:59:25 | F45  | f | 10.1  | 05:56 | Finished |
| 1120 | 1193 | Dean Lower             | 01:05:02 | 01:05:02 | M40  | m | 9.23  | 06:30 | Finished |
| 2991 | 1194 | Gareth Sullivan        | 01:05:05 | 00:57:55 | M40  | m | 10.36 | 05:48 | Finished |
| 2055 | 1195 | Lynda Thomas           | 01:05:08 | 00:59:56 | F40  | f | 10.01 | 06:00 | Finished |
| 459  | 1196 | Isobel Dawson          | 01:05:08 | 01:03:40 | F40  | f | 9.42  | 06:22 | Finished |
| 1778 | 1197 | Katharine Powell       | 01:05:12 | 00:59:37 | F40  | f | 10.06 | 05:58 | Finished |
| 1777 | 1198 | Donna Rees             | 01:05:12 | 00:59:38 | F50  | f | 10.06 | 05:58 | Finished |

|      |      |                       |          |          |      |                             |   |       |       |          |
|------|------|-----------------------|----------|----------|------|-----------------------------|---|-------|-------|----------|
| 792  | 1199 | Gwynfor Palfrey       | 01:05:13 | 00:54:11 | M55  | Blaenau Gwent Athletics     | m | 11.07 | 05:25 | Finished |
| 1644 | 1200 | Amanda Ward           | 01:05:14 | 01:00:25 | F40  | Run4All Neath               | f | 9.93  | 06:03 | Finished |
| 1443 | 1201 | Luisa Arianna         | 01:05:16 | 00:59:38 | F40  |                             | f | 10.06 | 05:58 | Finished |
| 1334 | 1202 | Claire Farrell        | 01:05:16 | 00:57:41 | F50  |                             | f | 10.4  | 05:46 | Finished |
| 4082 | 1203 | Steve Burgess         | 01:05:17 | 00:57:44 | M60  |                             | m | 10.39 | 05:46 | Finished |
| 1887 | 1204 | Simon Melksham        | 01:05:19 | 00:59:46 | M45  | Llswerry Runners            | m | 10.04 | 05:59 | Finished |
| 668  | 1205 | Wena Williams         | 01:05:22 | 01:03:56 | F45  | Sospan Road Runners         | f | 9.38  | 06:24 | Finished |
| 1379 | 1206 | Elen Vaughan          | 01:05:23 | 00:59:39 | F50N |                             | f | 10.06 | 05:58 | Finished |
| 1106 | 1207 | Claire Richmond       | 01:05:25 | 00:59:37 | F45  |                             | f | 10.06 | 05:58 | Finished |
| 774  | 1208 | James Messenger       | 01:05:27 | 00:58:18 | M50N |                             | m | 10.29 | 05:50 | Finished |
| 1460 | 1209 | Helen Morgan          | 01:05:27 | 01:01:06 | F45  |                             | f | 9.82  | 06:07 | Finished |
| 2161 | 1210 | Ben Hughes            | 01:05:30 | 00:56:50 | M50N | Port Talbot Harriers        | m | 10.56 | 05:41 | Finished |
| 2162 | 1211 | Jenna Reed            | 01:05:30 | 00:56:50 | F35  |                             | f | 10.56 | 05:41 | Finished |
| 3209 | 1212 | Nicola Evans          | 01:05:31 | 00:56:47 | F35  |                             | f | 10.57 | 05:41 | Finished |
| 1433 | 1213 | Yuri Sato             | 01:05:34 | 01:02:08 | F50N |                             | f | 9.66  | 06:13 | Finished |
| 1561 | 1214 | Rhys Jones            | 01:05:34 | 01:01:14 | M35  |                             | m | 9.8   | 06:07 | Finished |
| 2272 | 1215 | Matt Bennett          | 01:05:34 | 00:57:07 | MJ   |                             | m | 10.5  | 05:43 | Finished |
| 2448 | 1216 | Emma Laycock          | 01:05:36 | 00:57:56 | F40  |                             | f | 10.36 | 05:48 | Finished |
| 1914 | 1217 | Jan Williams          | 01:05:37 | 01:00:41 | F60  | RUN4ALL Running Club        | f | 9.89  | 06:04 | Finished |
| 1830 | 1218 | Michael Davies        | 01:05:38 | 01:00:52 | M45  |                             | m | 9.86  | 06:05 | Finished |
| 1324 | 1219 | Carys Edwards         | 01:05:39 | 00:59:10 | FJ   |                             | f | 10.14 | 05:55 | Finished |
| 1335 | 1220 | Daniel Falvey         | 01:05:39 | 01:01:25 | M50N |                             | m | 9.77  | 06:09 | Finished |
| 1639 | 1221 | Dan Craggs            | 01:05:43 | 00:59:28 | M50N |                             | m | 10.09 | 05:57 | Finished |
| 1566 | 1222 | Martin Summons        | 01:05:44 | 01:00:16 | M45  |                             | m | 9.96  | 06:02 | Finished |
| 2447 | 1223 | Mart Hyde             | 01:05:45 | 00:58:05 | F40  |                             | f | 10.33 | 05:49 | Finished |
| 2176 | 1224 | Rhys Jones            | 01:05:46 | 00:57:38 | M50N |                             | m | 10.41 | 05:46 | Finished |
| 2550 | 1225 | Hayley Thomas         | 01:05:47 | 00:57:06 | F40  | RUN4ALL Running Club        | f | 10.51 | 05:43 | Finished |
| 2548 | 1226 | Chris Loynes          | 01:05:47 | 00:57:06 | M45  | RUN4ALL Running Club        | m | 10.51 | 05:43 | Finished |
| 4129 | 1227 | Sarah Davey           | 01:05:47 | 00:58:16 | F45  |                             | f | 10.3  | 05:50 | Finished |
| 1419 | 1228 | Lizzi-Jayne Margetson | 01:05:50 | 00:59:55 | F40  | Port Talbot Harriers        | f | 10.01 | 06:00 | Finished |
| 864  | 1229 | Amiee Legg            | 01:05:50 | 01:03:52 | F50N | Run4All Neath               | f | 9.39  | 06:23 | Finished |
| 1630 | 1230 | Jacqueline Richards   | 01:05:50 | 00:59:53 | F55  |                             | f | 10.02 | 05:59 | Finished |
| 1304 | 1231 | Rachel Lewis          | 01:05:53 | 01:03:41 | F35  |                             | f | 9.42  | 06:22 | Finished |
| 2614 | 1232 | Simon Marks           | 01:05:53 | 00:55:48 | M50  |                             | m | 10.75 | 05:35 | Finished |
| 891  | 1233 | Robert Pritchard      | 01:06:01 | 01:05:22 | M50  |                             | m | 9.18  | 06:32 | Finished |
| 1388 | 1234 | William Davies        | 01:06:01 | 01:05:22 | M70  |                             | m | 9.18  | 06:32 | Finished |
| 1729 | 1235 | David Phillips        | 01:06:01 | 00:59:48 | M35  |                             | m | 10.03 | 05:59 | Finished |
| 1564 | 1236 | Jane Murphy           | 01:06:02 | 01:01:25 | F45  |                             | f | 9.77  | 06:09 | Finished |
| 1426 | 1237 | Gareth Alban          | 01:06:03 | 01:00:23 | M40  |                             | m | 9.94  | 06:02 | Finished |
| 2093 | 1238 | Luisa Barnes          | 01:06:05 | 00:57:42 | F50N |                             | f | 10.4  | 05:46 | Finished |
| 1834 | 1239 | Duncan Smith          | 01:06:08 | 01:01:59 | M50  |                             | m | 9.68  | 06:12 | Finished |
| 1735 | 1240 | Joanna Kenifick       | 01:06:08 | 01:00:35 | F45  | Porthcawl Runners           | f | 9.9   | 06:04 | Finished |
| 1465 | 1241 | Lisa Cook             | 01:06:10 | 00:58:15 | F45  | Parc Bryn Bach Running Club | f | 10.3  | 05:49 | Finished |
| 2234 | 1242 | Helen Sheppard        | 01:06:10 | 00:58:16 | F45  |                             | f | 10.3  | 05:50 | Finished |
| 602  | 1243 | Ollie Barrett         | 01:06:11 | 01:03:28 | M35  |                             | m | 9.45  | 06:21 | Finished |
| 1513 | 1244 | Rob Burnard           | 01:06:11 | 00:59:22 | M45  |                             | m | 10.11 | 05:56 | Finished |
| 1926 | 1245 | Alun Williams         | 01:06:12 | 01:01:16 | M55  |                             | m | 9.79  | 06:08 | Finished |
| 2123 | 1246 | Louise Bringloe       | 01:06:12 | 00:57:21 | F35  |                             | f | 10.46 | 05:44 | Finished |
| 1572 | 1247 | Liliana Podpadec      | 01:06:12 | 01:00:54 | F50N |                             | f | 9.85  | 06:05 | Finished |
| 2284 | 1248 | Wyn Harris            | 01:06:13 | 00:57:27 | M60  |                             | m | 10.44 | 05:45 | Finished |
| 4063 | 1249 | Jay Mandal            | 01:06:13 | 01:00:00 | M50N |                             | m | 10    | 06:00 | Finished |
| 1661 | 1250 | Corissa Smith         | 01:06:13 | 00:58:55 | F50N |                             | f | 10.18 | 05:53 | Finished |
| 1330 | 1251 | Andy Gale             | 01:06:14 | 01:00:15 | M50  |                             | m | 9.96  | 06:02 | Finished |
| 1770 | 1252 | Rhodri Parry          | 01:06:15 | 00:59:53 | M40  |                             | m | 10.02 | 05:59 | Finished |
| 2384 | 1253 | Maxine Pugh           | 01:06:16 | 00:58:21 | F50N |                             | f | 10.28 | 05:50 | Finished |
| 2209 | 1254 | Lily Gibbons          | 01:06:17 | 00:58:54 | F50N |                             | f | 10.19 | 05:53 | Finished |
| 2401 | 1255 | Phil James            | 01:06:18 | 00:57:45 | M50  |                             | m | 10.39 | 05:46 | Finished |
| 1766 | 1256 | Alison Morgan         | 01:06:19 | 01:02:22 | F55  | Forest of Dean AC           | f | 9.62  | 06:14 | Finished |
| 2697 | 1257 | Bethan Shadick        | 01:06:20 | 00:57:53 | F35  |                             | f | 10.37 | 05:47 | Finished |
| 2744 | 1258 | Katy Simmons          | 01:06:21 | 00:59:06 | F40  |                             | f | 10.15 | 05:55 | Finished |
| 2174 | 1259 | Wojciech Milkowski    | 01:06:21 | 00:56:32 | M35  |                             | m | 10.61 | 05:39 | Finished |
| 871  | 1260 | Matthew Barrett       | 01:06:22 | 01:02:40 | M50N |                             | m | 9.57  | 06:16 | Finished |
| 1068 | 1261 | Miriam Paris          | 01:06:23 | 01:02:26 | F50  |                             | f | 9.61  | 06:15 | Finished |
| 1872 | 1262 | Johanna Evans         | 01:06:25 | 01:00:32 | F50  |                             | f | 9.91  | 06:03 | Finished |
| 2983 | 1263 | Joy Salini            | 01:06:25 | 00:58:28 | F50  |                             | f | 10.26 | 05:51 | Finished |
| 2350 | 1264 | Fay Cornelius         | 01:06:26 | 01:02:05 | F35  |                             | f | 9.66  | 06:13 | Finished |
| 2074 | 1265 | Howell Davies         | 01:06:27 | 01:01:40 | M45  |                             | m | 9.73  | 06:10 | Finished |
| 1403 | 1266 | Owen Thomas           | 01:06:28 | 01:00:25 | M50N |                             | m | 9.93  | 06:03 | Finished |
| 1598 | 1267 | Hannah Rose- Creech   | 01:06:28 | 00:59:13 | F35  |                             | f | 10.13 | 05:55 | Finished |
| 1510 | 1268 | Peter Byers           | 01:06:29 | 01:00:27 | M55  |                             | m | 9.93  | 06:03 | Finished |
| 4150 | 1269 | Chris Grayson         | 01:06:29 | 00:57:57 | M35  |                             | m | 10.35 | 05:48 | Finished |
| 2127 | 1270 | Evelyn Clemes         | 01:06:29 | 00:58:14 | F50N |                             | f | 10.3  | 05:49 | Finished |
| 1663 | 1271 | Peter Lee             | 01:06:30 | 00:59:44 | M45  |                             | m | 10.04 | 05:58 | Finished |
| 1600 | 1272 | Alan Rose             | 01:06:31 | 00:59:17 | M60  |                             | m | 10.12 | 05:56 | Finished |
| 2874 | 1273 | Shelley Matthews      | 01:06:32 | 00:59:01 | F40  |                             | f | 10.17 | 05:54 | Finished |
| 2719 | 1274 | Craig Lewis           | 01:06:33 | 00:53:56 | M40  |                             | m | 11.12 | 05:24 | Finished |
| 2134 | 1275 | Ruth Jones            | 01:06:33 | 01:00:30 | F55  |                             | f | 9.92  | 06:03 | Finished |
| 1077 | 1276 | Wendy Morgan          | 01:06:33 | 01:03:01 | F50  | Paul Popham Running Club    | f | 9.52  | 06:18 | Finished |
| 1396 | 1277 | Emma Scott-Davies     | 01:06:35 | 01:01:12 | F35  |                             | f | 9.8   | 06:07 | Finished |
| 1397 | 1278 | Rebekah Alexander     | 01:06:35 | 01:01:12 | F35  |                             | f | 9.8   | 06:07 | Finished |
| 3387 | 1279 | Kevin Lovibond        | 01:06:35 | 00:55:47 | M60  |                             | m | 10.76 | 05:35 | Finished |
| 1902 | 1280 | Abby Lewis            | 01:06:37 | 01:01:45 | FJ   |                             | f | 9.72  | 06:11 | Finished |
| 1436 | 1281 | Nicola Davies Neil    | 01:06:37 | 01:00:27 | F50N |                             | f | 9.93  | 06:03 | Finished |
| 1694 | 1282 | Gill Powell           | 01:06:38 | 01:02:13 | F45  |                             | f | 9.64  | 06:13 | Finished |
| 2648 | 1283 | Victoria King         | 01:06:39 | 01:01:24 | F45  |                             | f | 9.77  | 06:08 | Finished |
| 685  | 1284 | Edwin Wiseman         | 01:06:40 | 01:06:01 | M40  |                             | m | 9.09  | 06:36 | Finished |
| 1406 | 1285 | Tanja Fulcher         | 01:06:42 | 01:02:21 | X50N |                             | f | 9.62  | 06:14 | Finished |
| 1404 | 1286 | Catrin Williams       | 01:06:43 | 01:00:40 | F50N |                             | f | 9.89  | 06:04 | Finished |
| 2159 | 1287 | Jemma Jones           | 01:06:43 | 00:59:02 | F35  |                             | f | 10.16 | 05:54 | Finished |
| 1377 | 1288 | Danielle Thomas       | 01:06:47 | 01:02:22 | F35  |                             | f | 9.62  | 06:14 | Finished |
| 1356 | 1289 | Christina Smith       | 01:06:47 | 01:02:22 | F60  | 3M Gorseinon Road Runners   | f | 9.62  | 06:14 | Finished |
| 3126 | 1290 | Katie Willett         | 01:06:49 | 00:59:39 | F50N |                             | f | 10.06 | 05:58 | Finished |
| 728  | 1291 | Stephen Neil          | 01:06:49 | 01:00:38 | M35  |                             | m | 9.9   | 06:04 | Finished |
| 1401 | 1292 | Rhian Thomas          | 01:06:49 | 01:00:52 | F55  | Paul Popham Running Club    | f | 9.86  | 06:05 | Finished |
| 1668 | 1293 | David Morgan          | 01:06:50 | 01:02:17 | M35  |                             | m | 9.63  | 06:14 | Finished |
| 1309 | 1294 | Beckie Ward           | 01:06:50 | 01:03:27 | F50N |                             | f | 9.46  | 06:21 | Finished |
| 1534 | 1295 | Kathryn Sweetman      | 01:06:53 | 01:00:56 | F45  | Fetch Everyone              | f | 9.85  | 06:06 | Finished |
| 1827 | 1296 | Matthew Reece         | 01:06:53 | 01:01:23 | M50  |                             | m | 9.77  | 06:08 | Finished |
| 1691 | 1297 | Sarah Parry           | 01:06:55 | 01:00:52 | F45  |                             | f | 9.86  | 06:05 | Finished |
| 2132 | 1298 | Catherine Thomas      | 01:06:55 | 01:00:51 | F55  |                             | f | 9.86  | 06:05 | Finished |
| 842  | 1299 | Nia Lockett           | 01:06:56 | 01:03:30 | F40  |                             | f | 9.45  | 06:21 | Finished |
| 2494 | 1300 | Lucy Morris           | 01:06:56 | 00:56:43 | F50N |                             | f | 10.58 | 05:40 | Finished |
| 3012 | 1301 | Lucy Bevan            | 01:06:57 | 00:54:24 | F40  |                             | f | 11.03 | 05:26 | Finished |
| 1054 | 1302 | Alex Berwick          | 01:06:59 | 01:03:44 | M35  |                             | m | 9.41  | 06:22 | Finished |
| 439  | 1303 | Michael Bevan         | 01:07:00 | 00:58:47 | M35  |                             | m | 10.21 | 05:53 | Finished |
| 4109 | 1304 | Stephen Bevan         | 01:07:00 | 00:58:46 | M60  |                             | m | 10.21 | 05:53 | Finished |
| 2261 | 1305 | Aldo Picok            | 01:07:01 | 01:00:25 | M50  |                             | m | 9.93  | 06:03 | Finished |
| 2229 | 1306 | Toni Harris           | 01:07:03 | 01:03:49 | F50N |                             | f | 9.4   | 06:23 | Finished |
| 1455 | 1307 | Tracey Hughes         | 01:07:04 | 01:00:49 | F40  |                             | f | 9.87  | 06:05 | Finished |

|      |      |                       |          |          |      |   |       |       |          |
|------|------|-----------------------|----------|----------|------|---|-------|-------|----------|
| 1416 | 1308 | Emyr Morris           | 01:07:06 | 01:00:05 | MSEN | m | 9.99  | 06:00 | Finished |
| 2100 | 1309 | Luke Jones            | 01:07:06 | 00:59:05 | MSEN | m | 10.16 | 05:55 | Finished |
| 1490 | 1310 | Tina Crocker          | 01:07:07 | 01:00:14 | F40  | f | 9.96  | 06:01 | Finished |
| 2193 | 1311 | Gaynor Ames           | 01:07:08 | 00:57:02 | F35  | f | 10.52 | 05:42 | Finished |
| 2278 | 1312 | Kirsty Joseph         | 01:07:09 | 00:59:36 | F35  | f | 10.07 | 05:58 | Finished |
| 1816 | 1313 | Catrin Abraham        | 01:07:10 | 01:02:40 | F5EN | f | 9.57  | 06:16 | Finished |
| 1080 | 1314 | Liz Pawan             | 01:07:12 | 00:58:28 | F40  | f | 10.26 | 05:51 | Finished |
| 2206 | 1315 | Amy Davies            | 01:07:13 | 00:59:41 | F5EN | f | 10.05 | 05:58 | Finished |
| 1734 | 1316 | Richard Brown         | 01:07:13 | 01:06:17 | M70  | m | 9.05  | 06:38 | Finished |
| 2230 | 1317 | Louise Tuson          | 01:07:14 | 00:59:23 | F50  | f | 10.1  | 05:56 | Finished |
| 2443 | 1318 | Andrew Thomas         | 01:07:15 | 00:59:41 | M5EN | m | 10.05 | 05:58 | Finished |
| 2035 | 1319 | Noe Casadesus Viola   | 01:07:17 | 00:55:24 | F40  | f | 10.83 | 05:32 | Finished |
| 2393 | 1320 | Menna Brown           | 01:07:18 | 01:01:33 | F40  | f | 9.75  | 06:09 | Finished |
| 2129 | 1321 | Kimberley Waller      | 01:07:21 | 00:59:56 | F5EN | f | 10.01 | 06:00 | Finished |
| 912  | 1322 | Lauren Powis          | 01:07:21 | 00:59:21 | F5EN | f | 10.11 | 05:56 | Finished |
| 1875 | 1323 | Chris Hockley         | 01:07:22 | 01:02:12 | M5EN | m | 9.65  | 06:13 | Finished |
| 2899 | 1324 | Steve Liddle          | 01:07:23 | 00:59:13 | M55  | m | 10.13 | 05:55 | Finished |
| 1972 | 1325 | Clair Edwards         | 01:07:27 | 01:01:15 | F45  | f | 9.8   | 06:07 | Finished |
| 627  | 1326 | Lee Nicholas          | 01:07:30 | 00:58:24 | M40  | m | 10.27 | 05:50 | Finished |
| 3319 | 1327 | Stephen Donoghue      | 01:07:30 | 00:58:25 | M45  | m | 10.27 | 05:50 | Finished |
| 1244 | 1328 | Michael Britton       | 01:07:31 | 01:05:23 | M5EN | m | 9.18  | 06:32 | Finished |
| 1773 | 1329 | Lucy Jenkins          | 01:07:33 | 01:01:58 | F5EN | f | 9.68  | 06:12 | Finished |
| 2584 | 1330 | Emily Thomas          | 01:07:34 | 00:57:28 | F5EN | f | 10.44 | 05:45 | Finished |
| 2952 | 1331 | Joseph Ryland         | 01:07:34 | 00:59:46 | M5EN | m | 10.04 | 05:59 | Finished |
| 4125 | 1332 | Roberta Chiovoloni    | 01:07:34 | 00:57:45 | F5EN | f | 10.39 | 05:46 | Finished |
| 1385 | 1333 | Ed Worthington        | 01:07:34 | 01:02:22 | M35  | m | 9.62  | 06:14 | Finished |
| 4126 | 1334 | Nick Drew             | 01:07:35 | 01:00:02 | M45  | m | 9.99  | 06:00 | Finished |
| 2951 | 1335 | Jack Wildman          | 01:07:36 | 00:59:49 | M5EN | m | 10.03 | 05:59 | Finished |
| 828  | 1336 | Natasha Harding       | 01:07:37 | 01:00:18 | F5EN | f | 9.95  | 06:02 | Finished |
| 2848 | 1337 | Daf Griffiths         | 01:07:37 | 00:58:55 | M40  | m | 10.18 | 05:53 | Finished |
| 3020 | 1338 | Harri Jones           | 01:07:39 | 00:58:45 | MJ   | m | 10.21 | 05:53 | Finished |
| 646  | 1339 | Mays Sivz             | 01:07:41 | 01:02:39 | M5EN | m | 9.58  | 06:16 | Finished |
| 1373 | 1340 | Den Baker             | 01:07:42 | 01:01:01 | M35  | m | 9.83  | 06:06 | Finished |
| 1601 | 1341 | Andrew Thomson        | 01:07:43 | 01:02:39 | M55  | m | 9.58  | 06:16 | Finished |
| 2655 | 1342 | Andrew Davies         | 01:07:43 | 00:58:50 | M45  | m | 10.2  | 05:53 | Finished |
| 2435 | 1343 | Jonathan Bethell      | 01:07:44 | 00:58:59 | M50  | m | 10.17 | 05:54 | Finished |
| 1916 | 1344 | Emma Rees             | 01:07:47 | 01:01:48 | F40  | f | 9.71  | 06:11 | Finished |
| 1686 | 1345 | Corrine Davies        | 01:07:47 | 00:59:01 | F45  | f | 10.17 | 05:54 | Finished |
| 2036 | 1346 | Huw Macarthur         | 01:07:48 | 01:01:42 | M45  | m | 9.72  | 06:10 | Finished |
| 2037 | 1347 | Alison Macarthur      | 01:07:48 | 01:01:42 | F50  | f | 9.72  | 06:10 | Finished |
| 1854 | 1348 | Justin Thomas         | 01:07:49 | 01:01:25 | M40  | m | 9.77  | 06:09 | Finished |
| 504  | 1349 | Emily Meller          | 01:07:49 | 01:05:58 | FJ   | f | 9.1   | 06:36 | Finished |
| 2583 | 1350 | Robert Thomas         | 01:07:50 | 00:57:44 | M55  | m | 10.39 | 05:46 | Finished |
| 1608 | 1351 | Rachel Holborow       | 01:07:51 | 01:03:18 | F35  | f | 9.48  | 06:20 | Finished |
| 3106 | 1352 | Runner 3106           | 01:07:52 | 00:58:14 | M5EN | m | 10.3  | 05:49 | Finished |
| 1843 | 1353 | Andrew Miller         | 01:07:53 | 01:01:13 | M40  | m | 9.8   | 06:07 | Finished |
| 2797 | 1354 | Dana Esmail           | 01:07:54 | 00:58:18 | F5EN | f | 10.29 | 05:50 | Finished |
| 2796 | 1355 | Shahd Al-Hassani      | 01:07:54 | 00:58:19 | F5EN | f | 10.29 | 05:50 | Finished |
| 1151 | 1356 | Mark Fermandel        | 01:07:56 | 01:04:05 | M45  | m | 9.36  | 06:24 | Finished |
| 1498 | 1357 | Joanna Heard          | 01:07:57 | 00:59:32 | F40  | f | 10.08 | 05:57 | Finished |
| 2201 | 1358 | Dewi Morris           | 01:07:57 | 00:59:32 | M35  | m | 10.08 | 05:57 | Finished |
| 2304 | 1359 | Amy Sheppard          | 01:07:58 | 01:00:18 | F5EN | f | 9.95  | 06:02 | Finished |
| 1615 | 1360 | Michael Davies        | 01:07:58 | 01:01:08 | M5EN | m | 9.81  | 06:07 | Finished |
| 1769 | 1361 | Bethan Jones          | 01:07:59 | 01:02:46 | F45  | f | 9.56  | 06:17 | Finished |
| 1860 | 1362 | Anna Roberts          | 01:08:00 | 01:01:58 | F40  | f | 9.68  | 06:12 | Finished |
| 1503 | 1363 | Yu Miya               | 01:08:00 | 01:03:13 | F40  | f | 9.49  | 06:19 | Finished |
| 1821 | 1364 | Shaun Gealy           | 01:08:03 | 01:02:52 | M35  | m | 9.54  | 06:17 | Finished |
| 2783 | 1365 | Jayne Howe            | 01:08:09 | 00:59:15 | F55  | f | 10.13 | 05:56 | Finished |
| 1657 | 1366 | Emma Gittoes          | 01:08:09 | 01:01:34 | F5EN | f | 9.75  | 06:09 | Finished |
| 2095 | 1367 | Emma Gregory          | 01:08:12 | 01:03:34 | F40  | f | 9.44  | 06:21 | Finished |
| 2281 | 1368 | Megan Wood            | 01:08:13 | 01:00:22 | F5EN | f | 9.94  | 06:02 | Finished |
| 2208 | 1369 | Lisa Dwerryhouse      | 01:08:14 | 00:59:11 | F45  | f | 10.14 | 05:55 | Finished |
| 2262 | 1370 | Joelle Morgab         | 01:08:19 | 00:59:02 | F5EN | f | 10.16 | 05:54 | Finished |
| 2609 | 1371 | Robert Beresford      | 01:08:20 | 01:02:23 | M65  | m | 9.62  | 06:14 | Finished |
| 2381 | 1372 | Natalie Sutton        | 01:08:20 | 00:59:31 | F35  | f | 10.08 | 05:57 | Finished |
| 4102 | 1373 | Jake Morris           | 01:08:20 | 01:02:04 | M5EN | m | 9.67  | 06:12 | Finished |
| 4077 | 1374 | Alex Morris           | 01:08:21 | 01:02:04 | M5EN | m | 9.67  | 06:12 | Finished |
| 4052 | 1375 | Lisa Georgiou         | 01:08:21 | 01:03:54 | F35  | f | 9.39  | 06:23 | Finished |
| 2497 | 1376 | Ruth Carver           | 01:08:21 | 01:00:49 | F55  | f | 9.87  | 06:05 | Finished |
| 1229 | 1377 | Allyn Jenkins         | 01:08:22 | 01:07:32 | M55  | m | 8.88  | 06:45 | Finished |
| 916  | 1378 | Catherine Pratt       | 01:08:25 | 01:07:10 | F40  | f | 8.93  | 06:43 | Finished |
| 2463 | 1379 | Rhiannon Kihara       | 01:08:26 | 01:00:21 | F35  | f | 9.94  | 06:02 | Finished |
| 2849 | 1380 | Adrian Thomas         | 01:08:27 | 00:59:47 | M50  | m | 10.04 | 05:59 | Finished |
| 1721 | 1381 | Mark Parrott          | 01:08:28 | 01:03:29 | M55  | m | 9.45  | 06:21 | Finished |
| 2898 | 1382 | Sky Liddle            | 01:08:28 | 01:00:18 | F5EN | f | 9.95  | 06:02 | Finished |
| 1138 | 1383 | Helen Parrott         | 01:08:28 | 01:04:21 | F5EN | f | 9.32  | 06:26 | Finished |
| 1951 | 1384 | Sian Lewis            | 01:08:29 | 01:00:50 | F40  | f | 9.86  | 06:05 | Finished |
| 2471 | 1385 | Bethany Robinson      | 01:08:31 | 01:00:36 | F5EN | f | 9.9   | 06:04 | Finished |
| 4120 | 1386 | Oliver Van Lanschot   | 01:08:34 | 00:59:43 | M35  | m | 10.05 | 05:58 | Finished |
| 2997 | 1387 | Laura McCarthy        | 01:08:36 | 00:58:58 | F60  | f | 10.18 | 05:54 | Finished |
| 2220 | 1388 | Rhiannon Davies       | 01:08:39 | 00:59:49 | F5EN | f | 10.03 | 05:59 | Finished |
| 2024 | 1389 | Laurence Christmas    | 01:08:40 | 01:02:57 | M50  | m | 9.53  | 06:18 | Finished |
| 1415 | 1390 | Annabel Turner        | 01:08:42 | 01:03:31 | F45  | f | 9.45  | 06:21 | Finished |
| 2268 | 1391 | Linos Williams        | 01:08:43 | 00:59:20 | F45  | f | 10.11 | 05:56 | Finished |
| 1328 | 1392 | Molly Dowley          | 01:08:44 | 01:03:25 | F5EN | f | 9.46  | 06:21 | Finished |
| 1319 | 1393 | Charlie Farrell       | 01:08:44 | 01:03:25 | M5EN | m | 9.46  | 06:21 | Finished |
| 1392 | 1394 | Stephen Barnfield     | 01:08:45 | 01:03:03 | M40  | m | 9.52  | 06:18 | Finished |
| 1897 | 1395 | Kathryn Kearney       | 01:08:45 | 01:03:50 | F55  | f | 9.4   | 06:23 | Finished |
| 1201 | 1396 | Amie Davies           | 01:08:45 | 01:08:20 | F40  | f | 8.78  | 06:50 | Finished |
| 630  | 1397 | Clare Butcher         | 01:08:47 | 01:07:19 | F45  | f | 8.91  | 06:44 | Finished |
| 629  | 1398 | Paul Jones            | 01:08:48 | 01:07:20 | M45  | m | 8.91  | 06:44 | Finished |
| 2269 | 1399 | Richard Truman        | 01:08:48 | 00:59:36 | M35  | m | 10.07 | 05:58 | Finished |
| 2474 | 1400 | Trevor Woodhall       | 01:08:51 | 00:59:56 | M50  | m | 10.01 | 06:00 | Finished |
| 2228 | 1401 | Miriam Fredrickson    | 01:08:52 | 00:59:24 | F50  | f | 10.1  | 05:56 | Finished |
| 3395 | 1402 | Melanie Evans         | 01:08:53 | 00:59:59 | F50  | f | 10    | 06:00 | Finished |
| 1595 | 1403 | Nick Middleton        | 01:08:55 | 01:03:17 | M45  | m | 9.48  | 06:20 | Finished |
| 2409 | 1404 | Emma Rees             | 01:08:57 | 01:01:41 | F40  | f | 9.73  | 06:10 | Finished |
| 934  | 1405 | Dean Jeffery          | 01:08:57 | 00:55:56 | M40  | m | 10.73 | 05:36 | Finished |
| 1791 | 1406 | David Finley          | 01:09:01 | 01:01:31 | M35  | m | 9.75  | 06:09 | Finished |
| 3141 | 1407 | Emily Finley          | 01:09:02 | 01:01:32 | F5EN | f | 9.75  | 06:09 | Finished |
| 1517 | 1408 | Rebeca Morgans Storer | 01:09:02 | 01:03:21 | F5EN | f | 9.47  | 06:20 | Finished |
| 1567 | 1409 | Olivia Champion       | 01:09:03 | 01:02:45 | F45  | f | 9.56  | 06:16 | Finished |
| 1624 | 1410 | Alex Champion         | 01:09:03 | 01:02:45 | M45  | m | 9.56  | 06:16 | Finished |
| 2177 | 1411 | Hywel Lloyd           | 01:09:03 | 00:59:49 | M50  | m | 10.03 | 05:59 | Finished |
| 1636 | 1412 | Charlotte Jenkins     | 01:09:08 | 01:04:06 | F5EN | f | 9.36  | 06:25 | Finished |
| 2142 | 1413 | Bethan Evans          | 01:09:09 | 01:00:28 | F50  | f | 9.92  | 06:03 | Finished |
| 1700 | 1414 | Emyr Cummins          | 01:09:11 | 01:03:16 | M55  | m | 9.48  | 06:20 | Finished |
| 642  | 1415 | Robert Woollacott     | 01:09:11 | 01:06:56 | M45  | m | 8.96  | 06:42 | Finished |
| 2429 | 1416 | David Simons          | 01:09:13 | 00:59:32 | M55  | m | 10.08 | 05:57 | Finished |

|      |      |                         |          |          |      |   |       |       |          |
|------|------|-------------------------|----------|----------|------|---|-------|-------|----------|
| 1371 | 1417 | Josh Gunter             | 01:09:14 | 01:02:43 | MJ   | m | 9.57  | 06:16 | Finished |
| 1458 | 1418 | James Shannon           | 01:09:17 | 01:03:36 | M50  | m | 9.43  | 06:22 | Finished |
| 4111 | 1419 | Marina Konstantinova    | 01:09:18 | 01:01:17 | F40  | f | 9.79  | 06:08 | Finished |
| 1507 | 1420 | Joe Penaluna            | 01:09:19 | 01:03:14 | M5EN | m | 9.49  | 06:19 | Finished |
| 1697 | 1421 | Richard Bennett         | 01:09:20 | 01:02:36 | M40  | m | 9.58  | 06:16 | Finished |
| 2059 | 1422 | Sarah Parker            | 01:09:21 | 01:00:34 | F50  | f | 9.91  | 06:03 | Finished |
| 1751 | 1423 | David Hingley           | 01:09:22 | 01:02:47 | M45  | m | 9.56  | 06:17 | Finished |
| 2509 | 1424 | Chloe Dickinson-Morris  | 01:09:22 | 00:58:42 | F45  | f | 10.22 | 05:52 | Finished |
| 1258 | 1425 | Fiona Eagle             | 01:09:23 | 01:04:34 | F45  | f | 9.29  | 06:27 | Finished |
| 2052 | 1426 | Alun Stephens           | 01:09:24 | 01:02:32 | M45  | m | 9.59  | 06:15 | Finished |
| 1571 | 1427 | Gareth Stilwell         | 01:09:27 | 01:00:52 | M35  | m | 9.86  | 06:05 | Finished |
| 1935 | 1428 | Bryony Harris           | 01:09:27 | 01:04:08 | F5EN | f | 9.36  | 06:25 | Finished |
| 4117 | 1429 | Denise Sullivan         | 01:09:28 | 00:57:35 | F40  | f | 10.42 | 05:45 | Finished |
| 1069 | 1430 | Lucy Morley             | 01:09:28 | 00:57:33 | F5EN | f | 10.43 | 05:45 | Finished |
| 2065 | 1431 | Hannah Murphy           | 01:09:30 | 01:04:48 | F5EN | f | 9.26  | 06:29 | Finished |
| 2555 | 1432 | Anna Roberts            | 01:09:31 | 01:00:00 | F55  | f | 10    | 06:00 | Finished |
| 1553 | 1433 | Kristina Williams       | 01:09:36 | 01:03:05 | F45  | f | 9.51  | 06:19 | Finished |
| 2241 | 1434 | Rupert Hartley          | 01:09:37 | 00:59:59 | M60  | m | 10    | 06:00 | Finished |
| 1491 | 1435 | Victoria Prior          | 01:09:38 | 01:04:20 | F40  | f | 9.33  | 06:26 | Finished |
| 2787 | 1436 | Abigail Hamilton-Shaw   | 01:09:38 | 01:01:50 | F5EN | f | 9.7   | 06:11 | Finished |
| 2411 | 1437 | Paul Mason              | 01:09:40 | 01:02:10 | M55  | m | 9.65  | 06:13 | Finished |
| 1560 | 1438 | Huw Morgan              | 01:09:40 | 01:06:07 | M60  | m | 9.07  | 06:37 | Finished |
| 1800 | 1439 | Iestyn Jones            | 01:09:41 | 01:04:40 | M5EN | m | 9.28  | 06:28 | Finished |
| 1894 | 1440 | Michelle George         | 01:09:41 | 01:03:51 | F50  | f | 9.4   | 06:23 | Finished |
| 1318 | 1441 | Emma Jones              | 01:09:41 | 01:03:46 | F5EN | f | 9.41  | 06:23 | Finished |
| 1555 | 1442 | Kieran Mills            | 01:09:41 | 01:00:24 | M5EN | m | 9.93  | 06:02 | Finished |
| 1901 | 1443 | Jason Lewis             | 01:09:42 | 01:04:49 | M50  | m | 9.26  | 06:29 | Finished |
| 1599 | 1444 | Sian Rose-Brigden       | 01:09:42 | 01:02:28 | F5EN | f | 9.61  | 06:15 | Finished |
| 875  | 1445 | Andrew Jones            | 01:09:43 | 01:03:48 | M45  | m | 9.4   | 06:23 | Finished |
| 2560 | 1446 | Suzanne D'Auria         | 01:09:43 | 00:59:39 | F45  | f | 10.06 | 05:58 | Finished |
| 1893 | 1447 | Angela Sharp            | 01:09:45 | 01:04:00 | F45  | f | 9.38  | 06:24 | Finished |
| 1175 | 1448 | Eleanor James           | 01:09:46 | 01:00:15 | F5EN | f | 9.96  | 06:02 | Finished |
| 1552 | 1449 | Jenny Cotterell         | 01:09:48 | 01:03:33 | F50  | f | 9.44  | 06:21 | Finished |
| 1622 | 1450 | Michaela Burle-Sore     | 01:09:48 | 01:04:46 | F5EN | f | 9.26  | 06:29 | Finished |
| 2062 | 1451 | Geoff Wright            | 01:09:49 | 01:04:50 | M70  | m | 9.25  | 06:29 | Finished |
| 1767 | 1452 | Mick Aston              | 01:09:51 | 01:05:03 | M60  | m | 9.22  | 06:30 | Finished |
| 2420 | 1453 | Ann Komzolik            | 01:09:52 | 01:01:18 | F60  | f | 9.79  | 06:08 | Finished |
| 2359 | 1454 | Christian Stevens       | 01:09:52 | 00:59:31 | M45  | m | 10.08 | 05:57 | Finished |
| 2231 | 1455 | Nigel Perks             | 01:09:53 | 01:01:49 | M60  | m | 9.71  | 06:11 | Finished |
| 2726 | 1456 | Peter Davies            | 01:09:54 | 01:02:19 | M40  | m | 9.63  | 06:14 | Finished |
| 2207 | 1457 | Andrew Pincombe         | 01:09:57 | 01:02:11 | M55  | m | 9.65  | 06:13 | Finished |
| 2358 | 1458 | Sian Pascoe             | 01:09:57 | 01:01:48 | F50  | f | 9.71  | 06:11 | Finished |
| 2467 | 1459 | Michael Brooks          | 01:09:57 | 00:59:46 | M55  | m | 10.04 | 05:59 | Finished |
| 4049 | 1460 | Aaron Hill              | 01:10:01 | 01:05:04 | M5EN | m | 9.22  | 06:30 | Finished |
| 2356 | 1461 | Catrin Jones            | 01:10:02 | 01:02:13 | F45  | f | 9.64  | 06:13 | Finished |
| 4065 | 1462 | Jasmin Thomas           | 01:10:02 | 01:03:38 | F40  | f | 9.43  | 06:22 | Finished |
| 1485 | 1463 | Ian Stevenson           | 01:10:03 | 01:09:31 | M60  | m | 8.63  | 06:57 | Finished |
| 1494 | 1464 | Mark Rush               | 01:10:05 | 01:03:01 | M35  | m | 9.52  | 06:18 | Finished |
| 2300 | 1465 | Claire Brencley         | 01:10:05 | 01:02:12 | F40  | f | 9.65  | 06:13 | Finished |
| 1536 | 1466 | Antony Abrey            | 01:10:06 | 01:02:18 | M5EN | m | 9.63  | 06:14 | Finished |
| 2299 | 1467 | Louise Jones            | 01:10:08 | 01:02:15 | F40  | f | 9.64  | 06:13 | Finished |
| 2323 | 1468 | Elizabeth Murphy        | 01:10:13 | 01:00:06 | F35  | f | 9.98  | 06:01 | Finished |
| 2308 | 1469 | Sophie Drew             | 01:10:14 | 01:02:34 | F5EN | f | 9.59  | 06:15 | Finished |
| 1411 | 1470 | Kirsten Cliff           | 01:10:14 | 01:03:45 | F35  | f | 9.41  | 06:23 | Finished |
| 2219 | 1471 | Linda Poulson           | 01:10:17 | 01:01:26 | F55  | f | 9.77  | 06:09 | Finished |
| 2273 | 1472 | Alun Bennett            | 01:10:17 | 01:01:49 | M50  | m | 9.71  | 06:11 | Finished |
| 2431 | 1473 | Paul Morgan             | 01:10:19 | 01:02:10 | M50  | m | 9.65  | 06:13 | Finished |
| 2338 | 1474 | Melanie Killingsworth   | 01:10:19 | 01:02:05 | F35  | f | 9.66  | 06:13 | Finished |
| 2827 | 1475 | Sophie Rouys            | 01:10:22 | 01:01:18 | F50  | f | 9.79  | 06:08 | Finished |
| 2419 | 1476 | Peter Thomas            | 01:10:24 | 01:01:51 | M60  | m | 9.7   | 06:11 | Finished |
| 1885 | 1477 | Debra Meredith          | 01:10:26 | 01:03:46 | F55  | f | 9.41  | 06:23 | Finished |
| 2507 | 1478 | Marguerite Botwood      | 01:10:26 | 00:59:45 | F55  | f | 10.04 | 05:59 | Finished |
| 4084 | 1479 | Mair Lewis              | 01:10:27 | 01:01:06 | F5EN | f | 9.82  | 06:07 | Finished |
| 1489 | 1480 | Sian Steadman           | 01:10:29 | 01:06:01 | F55  | f | 9.09  | 06:36 | Finished |
| 2175 | 1481 | David Stone             | 01:10:29 | 01:00:40 | M40  | m | 9.89  | 06:04 | Finished |
| 1677 | 1482 | Rob Hearne              | 01:10:30 | 01:03:56 | M55  | m | 9.38  | 06:24 | Finished |
| 2452 | 1483 | Kim Howells             | 01:10:31 | 01:01:45 | F40  | f | 9.72  | 06:11 | Finished |
| 2451 | 1484 | Joanne Rogers           | 01:10:31 | 01:01:45 | F40  | f | 9.72  | 06:11 | Finished |
| 3021 | 1485 | Russell Jones           | 01:10:31 | 01:01:38 | M55  | m | 9.73  | 06:10 | Finished |
| 1771 | 1486 | David Hutchinson        | 01:10:33 | 01:04:49 | M55  | m | 9.26  | 06:29 | Finished |
| 1711 | 1487 | Stephen Jones           | 01:10:35 | 01:04:23 | M45  | m | 9.32  | 06:26 | Finished |
| 3272 | 1488 | Nic Matthews            | 01:10:36 | 01:02:47 | F45  | f | 9.56  | 06:17 | Finished |
| 3318 | 1489 | Carrie-Ann John         | 01:10:38 | 00:58:04 | F5EN | f | 10.33 | 05:48 | Finished |
| 1437 | 1490 | Lucy Rees               | 01:10:40 | 01:05:01 | F35  | f | 9.23  | 06:30 | Finished |
| 1539 | 1491 | Lella Nouri             | 01:10:40 | 01:04:28 | F5EN | f | 9.31  | 06:27 | Finished |
| 1732 | 1492 | Daniel Gevaux Ross      | 01:10:40 | 00:57:04 | M35  | m | 10.51 | 05:42 | Finished |
| 2310 | 1493 | Sanjay Pant             | 01:10:42 | 01:02:11 | M35  | m | 9.65  | 06:13 | Finished |
| 1375 | 1494 | Sophie Sargeant         | 01:10:44 | 01:05:32 | F5EN | f | 9.16  | 06:33 | Finished |
| 2929 | 1495 | Daniel Lewis            | 01:10:47 | 01:01:30 | M5EN | m | 9.76  | 06:09 | Finished |
| 2616 | 1496 | Delyth O'Shea           | 01:10:48 | 00:59:59 | F40  | f | 10    | 06:00 | Finished |
| 2291 | 1497 | Dana Bessley            | 01:10:52 | 01:01:17 | F45  | f | 9.79  | 06:08 | Finished |
| 1007 | 1498 | Rhian Corcoran          | 01:10:52 | 01:06:38 | F35  | f | 9     | 06:40 | Finished |
| 3459 | 1499 | Nick Roe                | 01:10:53 | 01:02:14 | M65  | m | 9.64  | 06:13 | Finished |
| 2416 | 1500 | Alyn Ginn               | 01:10:54 | 01:01:02 | M5EN | m | 9.83  | 06:06 | Finished |
| 1776 | 1501 | Laura Coombes           | 01:10:54 | 01:02:46 | F45  | f | 9.56  | 06:17 | Finished |
| 1613 | 1502 | Sarah Hockin            | 01:10:55 | 01:03:32 | F35  | f | 9.44  | 06:21 | Finished |
| 2214 | 1503 | Daniel Mason            | 01:10:57 | 01:01:47 | M35  | m | 9.71  | 06:11 | Finished |
| 3218 | 1504 | Kelly Francis           | 01:10:58 | 01:00:54 | F5EN | f | 9.85  | 06:05 | Finished |
| 2377 | 1505 | Sara Uversidge          | 01:10:59 | 01:01:11 | F5EN | f | 9.81  | 06:07 | Finished |
| 3382 | 1506 | Kam Hayer               | 01:11:01 | 01:02:52 | F50  | f | 9.54  | 06:17 | Finished |
| 1565 | 1507 | Vivienne Ventress       | 01:11:02 | 01:05:17 | F45  | f | 9.19  | 06:32 | Finished |
| 2167 | 1508 | Aaron Moffatt           | 01:11:03 | 01:03:30 | M5EN | m | 9.45  | 06:21 | Finished |
| 2893 | 1509 | Harry Thomas            | 01:11:04 | 01:03:31 | MJ   | m | 9.45  | 06:21 | Finished |
| 2316 | 1510 | Gareth Rice             | 01:11:04 | 01:02:41 | M35  | m | 9.57  | 06:16 | Finished |
| 1881 | 1511 | Claire Edwards-Matthews | 01:11:06 | 01:10:42 | F40  | f | 8.49  | 07:04 | Finished |
| 4094 | 1512 | Anand Pawar             | 01:11:07 | 01:03:03 | M35  | m | 9.52  | 06:18 | Finished |
| 2318 | 1513 | Rebecca Gore            | 01:11:10 | 01:01:59 | F5EN | f | 9.68  | 06:12 | Finished |
| 4104 | 1514 | Ffion Edwards-Matthews  | 01:11:10 | 01:10:46 | FJ   | f | 8.48  | 07:05 | Finished |
| 2437 | 1515 | Sally O'Grady           | 01:11:12 | 01:01:59 | F35  | f | 9.68  | 06:12 | Finished |
| 1144 | 1516 | Gareth Coker            | 01:11:12 | 01:04:37 | M35  | m | 9.29  | 06:28 | Finished |
| 2141 | 1517 | Mariia Brown            | 01:11:16 | 01:02:35 | F50  | f | 9.59  | 06:16 | Finished |
| 2094 | 1518 | Francesca Smith         | 01:11:20 | 01:03:42 | F5EN | f | 9.42  | 06:22 | Finished |
| 1750 | 1519 | Alex Williams           | 01:11:22 | 00:59:38 | M50  | m | 10.06 | 05:58 | Finished |
| 2139 | 1520 | Emma Dalling            | 01:11:24 | 01:03:28 | F45  | f | 9.45  | 06:21 | Finished |
| 2303 | 1521 | Alison Warner           | 01:11:25 | 01:02:02 | F50  | f | 9.67  | 06:12 | Finished |
| 2302 | 1522 | Jo Rose                 | 01:11:25 | 01:02:02 | F45  | f | 9.67  | 06:12 | Finished |
| 3385 | 1523 | Vikki Jones             | 01:11:27 | 01:04:51 | F40  | f | 9.25  | 06:29 | Finished |
| 1570 | 1524 | Charlie Williams        | 01:11:27 | 01:04:51 | M5EN | m | 9.25  | 06:29 | Finished |
| 2270 | 1525 | Tanya Szabo             | 01:11:27 | 01:01:02 | F5EN | f | 9.83  | 06:06 | Finished |

|      |      |                        |          |          |      |   |       |       |          |
|------|------|------------------------|----------|----------|------|---|-------|-------|----------|
| 2502 | 1526 | Claire Griffiths       | 01:11:30 | 00:59:10 | FSEN | f | 10.14 | 05:55 | Finished |
| 2477 | 1527 | Jenna Midwinter        | 01:11:32 | 01:11:08 | F35  | f | 8.43  | 07:07 | Finished |
| 2118 | 1528 | Andrea Harris          | 01:11:36 | 01:01:15 | F45  | f | 9.8   | 06:07 | Finished |
| 2106 | 1529 | Suzanne Thomas         | 01:11:37 | 01:03:17 | F50N | f | 9.48  | 06:20 | Finished |
| 2850 | 1530 | Laura Webb             | 01:11:39 | 01:01:44 | F35  | f | 9.72  | 06:10 | Finished |
| 4074 | 1531 | Shelle Cox             | 01:11:39 | 01:02:53 | F50N | f | 9.54  | 06:17 | Finished |
| 2433 | 1532 | Tomas Hughes-Whelan    | 01:11:40 | 01:01:14 | M50N | m | 9.8   | 06:07 | Finished |
| 2180 | 1533 | Jayne Reade            | 01:11:42 | 01:03:20 | F50  | f | 9.47  | 06:20 | Finished |
| 1724 | 1534 | Matthew Davies         | 01:11:42 | 00:59:54 | M50N | m | 10.02 | 05:59 | Finished |
| 4091 | 1535 | Bethan Edwards         | 01:11:51 | 01:02:26 | F35  | f | 9.61  | 06:15 | Finished |
| 793  | 1536 | Jane Matthews          | 01:11:51 | 01:06:27 | F50  | f | 9.03  | 06:39 | Finished |
| 2168 | 1537 | Marie Scott            | 01:11:55 | 01:04:24 | F50  | f | 9.32  | 06:26 | Finished |
| 1206 | 1538 | Kevin Davis            | 01:11:56 | 01:09:59 | M60  | m | 8.57  | 07:00 | Finished |
| 1957 | 1539 | Sharon Pritchard       | 01:11:58 | 01:02:59 | F50  | f | 9.53  | 06:18 | Finished |
| 2715 | 1540 | Claire Wellington      | 01:11:59 | 01:03:55 | F50  | f | 9.39  | 06:24 | Finished |
| 2817 | 1541 | Lisa Miles             | 01:11:59 | 01:01:51 | F40  | f | 9.7   | 06:11 | Finished |
| 2249 | 1542 | Leighanne Palmer       | 01:12:01 | 01:02:18 | F40  | f | 9.63  | 06:14 | Finished |
| 1191 | 1543 | Angharad Evans         | 01:12:02 | 01:10:00 | F50N | f | 8.57  | 07:00 | Finished |
| 1381 | 1544 | Chris Howells          | 01:12:02 | 01:07:24 | M60  | m | 8.9   | 06:44 | Finished |
| 1685 | 1545 | Rhian Beresford        | 01:12:04 | 01:06:07 | F50  | f | 9.07  | 06:37 | Finished |
| 1587 | 1546 | Kenan Jones            | 01:12:04 | 01:07:01 | M50N | m | 8.95  | 06:42 | Finished |
| 1785 | 1547 | Elton Jones            | 01:12:04 | 01:07:38 | M45  | m | 8.87  | 06:46 | Finished |
| 2109 | 1548 | Suzanne Thomas         | 01:12:05 | 01:01:43 | F55  | f | 9.72  | 06:10 | Finished |
| 612  | 1549 | Bob Gwynnett-Davies    | 01:12:06 | 01:05:15 | M45  | m | 9.2   | 06:32 | Finished |
| 1759 | 1550 | Lleucu Davies          | 01:12:07 | 01:06:14 | F35  | f | 9.06  | 06:37 | Finished |
| 2056 | 1551 | Catrin Davies          | 01:12:09 | 01:05:20 | F40  | f | 9.18  | 06:32 | Finished |
| 2324 | 1552 | Georgia Shepherd       | 01:12:09 | 01:03:38 | F50N | f | 9.43  | 06:22 | Finished |
| 1876 | 1553 | Amanda Jenkins         | 01:12:10 | 01:06:12 | F40  | f | 9.06  | 06:37 | Finished |
| 2259 | 1554 | Nathan George          | 01:12:10 | 01:03:18 | M50N | m | 9.48  | 06:20 | Finished |
| 2186 | 1555 | Alex O'Brien           | 01:12:10 | 01:03:19 | M50N | m | 9.48  | 06:20 | Finished |
| 1010 | 1556 | Christopher Mylan      | 01:12:11 | 01:08:04 | M45  | m | 8.81  | 06:48 | Finished |
| 1422 | 1557 | Charlotte Murray       | 01:12:12 | 01:06:02 | F50N | f | 9.09  | 06:36 | Finished |
| 2296 | 1558 | Theresa Carlsen        | 01:12:12 | 01:04:15 | F50N | f | 9.34  | 06:26 | Finished |
| 2060 | 1559 | Liam Diment            | 01:12:14 | 01:11:50 | M50N | m | 8.35  | 07:11 | Finished |
| 2153 | 1560 | Oliver James           | 01:12:15 | 01:03:27 | M50N | m | 9.46  | 06:21 | Finished |
| 2135 | 1561 | Julie Tucker           | 01:12:19 | 01:02:30 | F60  | f | 9.6   | 06:15 | Finished |
| 2347 | 1562 | Sophie Thompson        | 01:12:20 | 01:07:25 | F50N | f | 8.9   | 06:44 | Finished |
| 1141 | 1563 | Geoffrey Flynn         | 01:12:20 | 01:04:51 | M55  | m | 9.25  | 06:29 | Finished |
| 1898 | 1564 | Karen Grunhut          | 01:12:20 | 01:07:25 | F55  | f | 8.9   | 06:44 | Finished |
| 2462 | 1565 | Jessica Heath          | 01:12:22 | 01:03:20 | FJ   | f | 9.47  | 06:20 | Finished |
| 2348 | 1566 | Sarah Richards         | 01:12:23 | 01:02:20 | F45  | f | 9.63  | 06:14 | Finished |
| 1654 | 1567 | Paul Jones             | 01:12:23 | 01:06:30 | M50  | m | 9.02  | 06:39 | Finished |
| 2534 | 1568 | Cath Alexander         | 01:12:23 | 01:04:46 | F45  | f | 9.26  | 06:29 | Finished |
| 2620 | 1569 | Nicci Southard-Stuart  | 01:12:25 | 01:04:21 | F45  | f | 9.32  | 06:26 | Finished |
| 1695 | 1570 | Henry Davis            | 01:12:26 | 01:06:22 | M50N | m | 9.04  | 06:38 | Finished |
| 753  | 1571 | Sarah Davies           | 01:12:29 | 01:08:03 | F45  | f | 8.82  | 06:48 | Finished |
| 2484 | 1572 | Carl Read              | 01:12:31 | 01:04:15 | M55  | m | 9.34  | 06:26 | Finished |
| 1971 | 1573 | Donna Lukes            | 01:12:31 | 01:06:46 | F45  | f | 8.99  | 06:41 | Finished |
| 2133 | 1574 | Laura Barritt          | 01:12:33 | 01:03:42 | F50N | f | 9.42  | 06:22 | Finished |
| 1831 | 1575 | Debbie Hannah          | 01:12:38 | 01:07:52 | F45  | f | 8.84  | 06:47 | Finished |
| 2092 | 1576 | Jody Williams          | 01:12:40 | 01:03:32 | F35  | f | 9.44  | 06:21 | Finished |
| 2091 | 1577 | Lorna Powell           | 01:12:40 | 01:03:32 | F50  | f | 9.44  | 06:21 | Finished |
| 2575 | 1578 | Sarah Griffin          | 01:12:41 | 01:03:06 | F45  | f | 9.51  | 06:19 | Finished |
| 2415 | 1579 | Kathryn Greenfield     | 01:12:41 | 01:02:56 | F45  | f | 9.53  | 06:18 | Finished |
| 1336 | 1580 | Sian Longden           | 01:12:42 | 01:08:11 | F55  | f | 8.8   | 06:49 | Finished |
| 2283 | 1581 | Hannah Bennett         | 01:12:42 | 01:03:52 | F50N | f | 9.39  | 06:23 | Finished |
| 1707 | 1582 | David Thomas           | 01:12:43 | 01:07:01 | M55  | m | 8.95  | 06:42 | Finished |
| 2382 | 1583 | Margaret Inman         | 01:12:44 | 01:04:28 | F55  | f | 9.31  | 06:27 | Finished |
| 2679 | 1584 | Tim Williams           | 01:12:47 | 01:01:16 | M50N | m | 9.79  | 06:08 | Finished |
| 1463 | 1585 | Sarah Black            | 01:12:47 | 01:08:24 | F50N | f | 8.77  | 06:50 | Finished |
| 2927 | 1586 | Joanne Heath           | 01:12:49 | 01:04:04 | F45  | f | 9.37  | 06:24 | Finished |
| 4079 | 1587 | Emma Evans             | 01:12:53 | 01:05:14 | F50N | f | 9.2   | 06:31 | Finished |
| 2236 | 1588 | Elen Jones             | 01:12:54 | 01:03:31 | FJ   | f | 9.45  | 06:21 | Finished |
| 2227 | 1589 | Joanne Jones           | 01:12:56 | 01:02:33 | F50  | f | 9.59  | 06:15 | Finished |
| 2198 | 1590 | Claire Makin           | 01:12:58 | 01:04:58 | F50  | f | 9.24  | 06:30 | Finished |
| 2838 | 1591 | Colin Thomas           | 01:12:59 | 01:04:12 | M50  | m | 9.35  | 06:25 | Finished |
| 4151 | 1592 | Runner 4151            | 01:12:59 | 01:04:12 | M50N | m | 9.35  | 06:25 | Finished |
| 2187 | 1593 | Danielle Bidder        | 01:13:00 | 01:04:59 | F50N | f | 9.23  | 06:30 | Finished |
| 2126 | 1594 | Gary Phillips          | 01:13:00 | 01:00:05 | M50  | m | 9.99  | 06:00 | Finished |
| 1327 | 1595 | Alyson Pryse           | 01:13:03 | 01:02:22 | F55  | f | 9.62  | 06:14 | Finished |
| 3160 | 1596 | Stefanie Bamsey        | 01:13:05 | 01:03:00 | F35  | f | 9.52  | 06:18 | Finished |
| 2499 | 1597 | Emma Baxter            | 01:13:05 | 01:03:00 | F40  | f | 9.52  | 06:18 | Finished |
| 4067 | 1598 | George Hinde           | 01:13:06 | 01:04:56 | M35  | m | 9.24  | 06:30 | Finished |
| 4103 | 1599 | Stephanie Gurner       | 01:13:06 | 01:04:56 | F50N | f | 9.24  | 06:30 | Finished |
| 2470 | 1600 | Lauren Gibbs           | 01:13:07 | 01:04:06 | F50N | f | 9.36  | 06:25 | Finished |
| 1514 | 1601 | Christian Parsley      | 01:13:07 | 01:06:13 | M45  | m | 9.06  | 06:37 | Finished |
| 1964 | 1602 | Richard Bakewell       | 01:13:08 | 01:06:53 | M50  | m | 8.97  | 06:41 | Finished |
| 2306 | 1603 | Joanna Otteson         | 01:13:08 | 01:02:27 | F50  | f | 9.61  | 06:15 | Finished |
| 2388 | 1604 | Troy Clement           | 01:13:09 | 01:02:18 | M35  | m | 9.63  | 06:14 | Finished |
| 2785 | 1605 | Patrick Anderson       | 01:13:10 | 01:03:10 | M45  | m | 9.5   | 06:19 | Finished |
| 2786 | 1606 | Alys Carlisle          | 01:13:10 | 01:03:10 | F50  | f | 9.5   | 06:19 | Finished |
| 4121 | 1607 | Laura Kingsmore        | 01:13:13 | 01:08:23 | F50N | f | 8.77  | 06:50 | Finished |
| 4058 | 1608 | Natalie John           | 01:13:14 | 01:08:09 | F45  | f | 8.8   | 06:49 | Finished |
| 1499 | 1609 | Samantha Munson        | 01:13:14 | 01:07:01 | F50N | f | 8.95  | 06:42 | Finished |
| 2713 | 1610 | Maria C.A. Williams    | 01:13:14 | 01:02:49 | F35  | f | 9.55  | 06:17 | Finished |
| 2430 | 1611 | Kevin Isaac            | 01:13:15 | 01:05:06 | M50  | m | 9.22  | 06:31 | Finished |
| 939  | 1612 | Jason Carson           | 01:13:15 | 01:04:45 | M50N | m | 9.27  | 06:29 | Finished |
| 2114 | 1613 | Jason Evans            | 01:13:15 | 01:02:41 | M50  | m | 9.57  | 06:16 | Finished |
| 1727 | 1614 | Ann Marie Doughty      | 01:13:16 | 01:08:27 | F45  | f | 8.77  | 06:51 | Finished |
| 2116 | 1615 | Sohel Salyed           | 01:13:16 | 01:12:49 | M35  | m | 8.24  | 07:17 | Finished |
| 2758 | 1616 | Sarah Cory             | 01:13:17 | 01:03:06 | F40  | f | 9.51  | 06:19 | Finished |
| 3409 | 1617 | Paul Davies            | 01:13:17 | 01:10:31 | M60  | m | 8.51  | 07:03 | Finished |
| 2527 | 1618 | Lena Dawood            | 01:13:18 | 01:10:41 | F35  | f | 8.49  | 07:04 | Finished |
| 1908 | 1619 | Carolyn Jay            | 01:13:20 | 01:06:50 | F55  | f | 8.98  | 06:41 | Finished |
| 2242 | 1620 | Melanie Tomkins        | 01:13:21 | 01:04:22 | F50  | f | 9.32  | 06:26 | Finished |
| 557  | 1621 | Amber Brundle          | 01:13:22 | 01:02:32 | F45  | f | 9.59  | 06:15 | Finished |
| 2319 | 1622 | Alison Hill            | 01:13:23 | 01:04:10 | F45  | f | 9.35  | 06:25 | Finished |
| 1395 | 1623 | Pru Nelson             | 01:13:23 | 01:06:42 | F45  | f | 9     | 06:40 | Finished |
| 1826 | 1624 | Helen Mead             | 01:13:24 | 01:06:28 | F35  | f | 9.03  | 06:39 | Finished |
| 2250 | 1625 | Lianne Parkinson       | 01:13:26 | 01:03:36 | F50  | f | 9.43  | 06:22 | Finished |
| 2178 | 1626 | Lily Peace             | 01:13:26 | 01:05:21 | F50N | f | 9.18  | 06:32 | Finished |
| 2623 | 1627 | Valerie Morris         | 01:13:27 | 01:02:38 | F60  | f | 9.58  | 06:16 | Finished |
| 1693 | 1628 | Martin (Jamie) Wheeler | 01:13:27 | 01:06:35 | M50N | m | 9.01  | 06:40 | Finished |
| 2476 | 1629 | Jason Midwinter        | 01:13:27 | 01:13:01 | M45  | m | 8.22  | 07:18 | Finished |
| 660  | 1630 | Matthew Lewis          | 01:13:28 | 01:10:29 | M35  | m | 8.51  | 07:03 | Finished |
| 2369 | 1631 | Santiago Wastle        | 01:13:29 | 01:10:30 | M40  | m | 8.51  | 07:03 | Finished |
| 2506 | 1632 | Lisa Hopkins           | 01:13:29 | 01:01:46 | F45  | f | 9.71  | 06:11 | Finished |
| 1873 | 1633 | Paul Giffard           | 01:13:30 | 01:07:46 | M35  | m | 8.85  | 06:47 | Finished |
| 1909 | 1634 | Andrew Jones           | 01:13:30 | 01:07:01 | M55  | m | 8.95  | 06:42 | Finished |

|      |      |                      |          |          |      |   |      |       |          |
|------|------|----------------------|----------|----------|------|---|------|-------|----------|
| 2097 | 1635 | Judith Harris        | 01:13:30 | 01:04:29 | F55  | f | 9.3  | 06:27 | Finished |
| 2449 | 1636 | Sharon Dorling       | 01:13:33 | 01:04:06 | F50  | f | 9.36 | 06:25 | Finished |
| 1850 | 1637 | Ian Barrett          | 01:13:33 | 01:08:13 | M35  | m | 8.8  | 06:49 | Finished |
| 2044 | 1638 | Mathew Hayward       | 01:13:37 | 01:08:30 | M5EN | m | 8.76 | 06:51 | Finished |
| 2171 | 1639 | Jonathan Sellick     | 01:13:37 | 01:13:37 | M40  | m | 8.15 | 07:22 | Finished |
| 2163 | 1640 | Claire Charlton      | 01:13:42 | 01:04:46 | F40  | f | 9.26 | 06:29 | Finished |
| 2432 | 1641 | Jennifer Sweeney     | 01:13:43 | 01:03:53 | F5EN | f | 9.39 | 06:23 | Finished |
| 1650 | 1642 | Simon Hindle         | 01:13:44 | 01:07:26 | M45  | m | 8.9  | 06:45 | Finished |
| 1651 | 1643 | Catherine Hindle     | 01:13:44 | 01:07:26 | F35  | f | 8.9  | 06:45 | Finished |
| 2766 | 1644 | Veronica Sammut      | 01:13:46 | 01:05:16 | F5EN | f | 9.19 | 06:32 | Finished |
| 2639 | 1645 | Amy Nichols          | 01:13:51 | 01:02:43 | F35  | f | 9.57 | 06:16 | Finished |
| 1779 | 1646 | Jaskiran Hayer       | 01:13:51 | 01:05:43 | F5EN | f | 9.13 | 06:34 | Finished |
| 2122 | 1647 | Adam Brown           | 01:13:52 | 01:04:12 | M50  | m | 9.35 | 06:25 | Finished |
| 2556 | 1648 | Valerie Nelson       | 01:13:53 | 01:02:29 | F45  | f | 9.6  | 06:15 | Finished |
| 2117 | 1649 | Linsey Ost           | 01:13:54 | 01:04:05 | F50  | f | 9.36 | 06:24 | Finished |
| 3250 | 1650 | Karen Massignani     | 01:13:54 | 01:04:20 | F45  | f | 9.33 | 06:26 | Finished |
| 2473 | 1651 | Peter Matthews       | 01:13:56 | 01:06:14 | M55  | m | 9.06 | 06:37 | Finished |
| 2213 | 1652 | Jan Kauffhold        | 01:13:58 | 01:04:30 | M50  | m | 9.3  | 06:27 | Finished |
| 2311 | 1653 | Kay Hyde             | 01:14:02 | 01:05:50 | F45  | f | 9.11 | 06:35 | Finished |
| 2600 | 1654 | Catherine John       | 01:14:04 | 01:03:41 | F5EN | f | 9.42 | 06:22 | Finished |
| 2145 | 1655 | Leah Cashell         | 01:14:06 | 01:04:56 | F5EN | f | 9.24 | 06:30 | Finished |
| 2354 | 1656 | Annie Conroy         | 01:14:12 | 01:05:24 | F75  | f | 9.17 | 06:32 | Finished |
| 2353 | 1657 | Tracy Norris         | 01:14:12 | 01:05:24 | F55  | f | 9.17 | 06:32 | Finished |
| 2851 | 1658 | Mark Penny           | 01:14:13 | 01:02:50 | M40  | m | 9.55 | 06:17 | Finished |
| 2329 | 1659 | Rhys Jenkins         | 01:14:13 | 01:05:20 | M5EN | m | 9.18 | 06:32 | Finished |
| 1472 | 1660 | Angharad Jones       | 01:14:13 | 01:09:14 | F5EN | f | 8.67 | 06:55 | Finished |
| 1861 | 1661 | Chris Nelson         | 01:14:15 | 01:02:50 | M55  | m | 9.55 | 06:17 | Finished |
| 2285 | 1662 | Chris Westhead       | 01:14:17 | 01:05:53 | X5EN | f | 9.11 | 06:35 | Finished |
| 2271 | 1663 | Michelle Coffey      | 01:14:17 | 01:05:53 | F5EN | f | 9.11 | 06:35 | Finished |
| 2199 | 1664 | Martha Makin         | 01:14:18 | 01:06:18 | F5EN | f | 9.05 | 06:38 | Finished |
| 3096 | 1665 | Angela Smith         | 01:14:19 | 01:04:54 | F55  | f | 9.24 | 06:29 | Finished |
| 1289 | 1666 | Stewart Powell       | 01:14:20 | 01:07:25 | M45  | m | 8.9  | 06:44 | Finished |
| 2607 | 1667 | Claire Davies        | 01:14:23 | 01:04:33 | F40  | f | 9.3  | 06:27 | Finished |
| 2143 | 1668 | Nia Roberts          | 01:14:23 | 01:04:33 | F5EN | f | 9.3  | 06:27 | Finished |
| 2210 | 1669 | Abigail Haskell      | 01:14:23 | 01:03:50 | F5EN | f | 9.4  | 06:23 | Finished |
| 2140 | 1670 | Alana Belore         | 01:14:23 | 01:03:49 | F5EN | f | 9.4  | 06:23 | Finished |
| 3420 | 1671 | Nicola Murphy        | 01:14:24 | 01:04:17 | F35  | f | 9.33 | 06:26 | Finished |
| 1578 | 1672 | Lesley Elliott       | 01:14:25 | 01:08:01 | F60  | f | 8.82 | 06:48 | Finished |
| 634  | 1673 | Alix Davies          | 01:14:26 | 01:11:19 | M35  | m | 8.41 | 07:08 | Finished |
| 1614 | 1674 | Ryan Davies          | 01:14:27 | 01:11:21 | M40  | m | 8.41 | 07:08 | Finished |
| 2770 | 1675 | Lisa Evans           | 01:14:30 | 01:05:15 | F35  | f | 9.2  | 06:32 | Finished |
| 2617 | 1676 | Lyndsey Wheeler      | 01:14:32 | 01:04:41 | F35  | f | 9.28 | 06:28 | Finished |
| 3316 | 1677 | Helen Williams       | 01:14:32 | 01:04:42 | F45  | f | 9.27 | 06:28 | Finished |
| 2203 | 1678 | Penny Maisey         | 01:14:33 | 01:06:18 | F50  | f | 9.05 | 06:38 | Finished |
| 2182 | 1679 | Matthew Kelly        | 01:14:34 | 01:04:56 | M5EN | m | 9.24 | 06:30 | Finished |
| 2183 | 1680 | Amy Dutton           | 01:14:34 | 01:04:57 | F5EN | f | 9.24 | 06:30 | Finished |
| 1354 | 1681 | Matthew Davies       | 01:14:35 | 01:08:34 | MJ   | m | 8.75 | 06:51 | Finished |
| 1508 | 1682 | Matthew Bowen        | 01:14:36 | 01:06:59 | M5EN | m | 8.96 | 06:42 | Finished |
| 2144 | 1683 | Paula Burgess        | 01:14:36 | 01:07:55 | F45  | f | 8.83 | 06:47 | Finished |
| 1352 | 1684 | Hannah Bell          | 01:14:36 | 01:07:55 | F45  | f | 8.83 | 06:47 | Finished |
| 2888 | 1685 | Phil Bowen           | 01:14:36 | 01:06:59 | M50  | m | 8.96 | 06:42 | Finished |
| 2720 | 1686 | Rachel Parfitt       | 01:14:39 | 01:09:34 | F45  | f | 8.62 | 06:57 | Finished |
| 2830 | 1687 | Pablo Abrahams       | 01:14:41 | 01:05:11 | M45  | m | 9.2  | 06:31 | Finished |
| 4086 | 1688 | Mike Haworth         | 01:14:42 | 01:02:27 | M35  | m | 9.61 | 06:15 | Finished |
| 2426 | 1689 | Sue Gibbons          | 01:14:44 | 01:06:07 | F50  | f | 9.07 | 06:37 | Finished |
| 2872 | 1690 | Laura Oakes          | 01:14:46 | 01:07:14 | F35  | f | 8.92 | 06:43 | Finished |
| 2916 | 1691 | Lucy Crehan          | 01:14:47 | 01:04:14 | F5EN | f | 9.34 | 06:25 | Finished |
| 1643 | 1692 | Laura Hall           | 01:14:52 | 01:09:31 | F55  | f | 8.63 | 06:57 | Finished |
| 1838 | 1693 | Deborah Lewis        | 01:14:53 | 01:09:42 | F50  | f | 8.61 | 06:58 | Finished |
| 2887 | 1694 | Leanne Addis         | 01:14:53 | 01:06:20 | F45  | f | 9.05 | 06:38 | Finished |
| 2301 | 1695 | Ella Kenny           | 01:14:59 | 01:06:47 | FJ   | f | 8.98 | 06:41 | Finished |
| 1915 | 1696 | Allison Hughes       | 01:15:00 | 01:08:26 | F50  | f | 8.77 | 06:51 | Finished |
| 1653 | 1697 | Pradeep Bose         | 01:15:00 | 01:09:07 | M55  | m | 8.68 | 06:55 | Finished |
| 2460 | 1698 | Megan Whistance      | 01:15:03 | 01:06:01 | FJ   | f | 9.09 | 06:36 | Finished |
| 2461 | 1699 | Phoebe Davies        | 01:15:10 | 01:06:08 | FJ   | f | 9.07 | 06:37 | Finished |
| 2170 | 1700 | Wayne Isaac          | 01:15:10 | 01:04:39 | M40  | m | 9.28 | 06:28 | Finished |
| 1679 | 1701 | Rachael Hannah       | 01:15:10 | 01:08:57 | F50  | f | 8.7  | 06:54 | Finished |
| 959  | 1702 | Russell Bailey       | 01:15:12 | 01:07:19 | M35  | m | 8.91 | 06:44 | Finished |
| 4130 | 1703 | Kanae Shimizu        | 01:15:12 | 01:06:24 | F5EN | f | 9.04 | 06:38 | Finished |
| 2515 | 1704 | Anna Oswowiecka-Skye | 01:15:12 | 01:04:38 | F35  | f | 9.28 | 06:28 | Finished |
| 3062 | 1705 | Claire Watt          | 01:15:13 | 01:05:15 | F45  | f | 9.2  | 06:32 | Finished |
| 3461 | 1706 | Simon Thomas         | 01:15:13 | 01:03:12 | M45  | m | 9.49 | 06:19 | Finished |
| 1209 | 1707 | Leigh Besley         | 01:15:13 | 01:11:57 | M40  | m | 8.34 | 07:12 | Finished |
| 2576 | 1708 | Pamela Joseph        | 01:15:16 | 01:05:10 | F50  | f | 9.21 | 06:31 | Finished |
| 2444 | 1709 | David Williams       | 01:15:17 | 01:04:56 | M40  | m | 9.24 | 06:30 | Finished |
| 2552 | 1710 | Sarah Davies         | 01:15:17 | 01:06:32 | F5EN | f | 9.02 | 06:39 | Finished |
| 2202 | 1711 | David James          | 01:15:18 | 01:05:37 | M35  | m | 9.14 | 06:34 | Finished |
| 958  | 1712 | James Evans          | 01:15:19 | 01:14:18 | M35  | m | 8.08 | 07:26 | Finished |
| 2907 | 1713 | Carl Vonk            | 01:15:20 | 01:05:06 | M50  | m | 9.22 | 06:31 | Finished |
| 2926 | 1714 | Steve Moreby         | 01:15:20 | 01:07:15 | M50  | m | 8.92 | 06:43 | Finished |
| 1537 | 1715 | Yan Gao              | 01:15:20 | 01:08:30 | F35  | f | 8.76 | 06:51 | Finished |
| 1182 | 1716 | Edward Davies        | 01:15:21 | 01:06:36 | M55  | m | 9.01 | 06:40 | Finished |
| 2967 | 1717 | Holly Evans          | 01:15:21 | 01:02:54 | F5EN | f | 9.54 | 06:17 | Finished |
| 2978 | 1718 | Katy Penny           | 01:15:21 | 01:02:55 | F5EN | f | 9.54 | 06:18 | Finished |
| 2981 | 1719 | Siobhan Rees         | 01:15:21 | 01:02:54 | F5EN | f | 9.54 | 06:17 | Finished |
| 4156 | 1720 | Samantha Maycock     | 01:15:23 | 01:07:02 | F5EN | f | 8.95 | 06:42 | Finished |
| 2395 | 1721 | Mark Biscoe          | 01:15:24 | 01:06:12 | M45  | m | 9.06 | 06:37 | Finished |
| 2423 | 1722 | Abbie Amos           | 01:15:25 | 01:06:14 | FJ   | f | 9.06 | 06:37 | Finished |
| 2398 | 1723 | Lisa Slee            | 01:15:25 | 01:06:21 | F45  | f | 9.04 | 06:38 | Finished |
| 2778 | 1724 | Jamie Myerscough     | 01:15:26 | 01:02:46 | M5EN | m | 9.56 | 06:17 | Finished |
| 3398 | 1725 | Catrin Jones         | 01:15:26 | 01:06:32 | F40  | f | 9.02 | 06:39 | Finished |
| 3025 | 1726 | Geraint Davies       | 01:15:26 | 01:05:05 | M35  | m | 9.22 | 06:30 | Finished |
| 2868 | 1727 | Karl Aubrey          | 01:15:26 | 01:05:06 | M65  | m | 9.22 | 06:31 | Finished |
| 1554 | 1728 | Shannon Harries      | 01:15:27 | 01:11:55 | FJ   | f | 8.34 | 07:11 | Finished |
| 988  | 1729 | Claire Morgan        | 01:15:27 | 01:11:55 | F5EN | f | 8.34 | 07:11 | Finished |
| 4090 | 1730 | Lily Holman          | 01:15:28 | 01:03:49 | F5EN | f | 9.4  | 06:23 | Finished |
| 2238 | 1731 | Laura Bailey         | 01:15:30 | 01:07:36 | F35  | f | 8.88 | 06:46 | Finished |
| 2399 | 1732 | Joanne Price         | 01:15:30 | 01:07:39 | F45  | f | 8.87 | 06:46 | Finished |
| 1739 | 1733 | Daley Williams       | 01:15:31 | 01:15:31 | M35  | m | 7.95 | 07:33 | Finished |
| 2714 | 1734 | Anthony Browne       | 01:15:32 | 01:07:08 | M35  | m | 8.94 | 06:43 | Finished |
| 2217 | 1735 | Kirsty Carr          | 01:15:33 | 01:06:20 | F35  | f | 9.05 | 06:38 | Finished |
| 3142 | 1736 | Neil Powell          | 01:15:36 | 01:04:28 | M60  | m | 9.31 | 06:27 | Finished |
| 2487 | 1737 | Emily Mcmanus        | 01:15:40 | 01:05:25 | FJ   | f | 9.17 | 06:33 | Finished |
| 2050 | 1738 | Claire Powell        | 01:15:40 | 01:08:45 | F50  | f | 8.73 | 06:52 | Finished |
| 1540 | 1739 | Shahin Dorward       | 01:15:41 | 01:10:10 | F35  | f | 8.55 | 07:01 | Finished |
| 970  | 1740 | Lisa Zahra Jouzdani  | 01:15:41 | 01:10:10 | F40  | f | 8.55 | 07:01 | Finished |
| 2087 | 1741 | Jeff Brooks          | 01:15:42 | 01:06:09 | M50  | m | 9.07 | 06:37 | Finished |
| 1823 | 1742 | Martin Evans         | 01:15:43 | 01:06:11 | M35  | m | 9.07 | 06:37 | Finished |
| 2372 | 1743 | Keith Taylor         | 01:15:44 | 01:07:38 | M60  | m | 8.87 | 06:46 | Finished |



|      |      |                            |          |          |      |   |                               |      |       |          |
|------|------|----------------------------|----------|----------|------|---|-------------------------------|------|-------|----------|
| 2232 | 1744 | Gerry Blake                | 01:15:44 | 01:07:30 | F50  | f |                               | 8.89 | 06:45 | Finished |
| 1439 | 1745 | Matt James                 | 01:15:46 | 01:06:30 | M40  | m |                               | 9.02 | 06:39 | Finished |
| 3453 | 1746 | Jody Gilroy                | 01:15:47 | 01:07:07 | F5EN | f |                               | 8.94 | 06:43 | Finished |
| 4083 | 1747 | Jodie Thomas               | 01:15:48 | 01:11:18 | F5EN | f |                               | 8.42 | 07:08 | Finished |
| 3134 | 1748 | Molly Wellington           | 01:15:50 | 01:08:14 | FJ   | f |                               | 8.79 | 06:49 | Finished |
| 2090 | 1749 | Hannah Gale                | 01:15:50 | 01:06:25 | F5EN | f |                               | 9.03 | 06:38 | Finished |
| 3135 | 1750 | James Jones                | 01:15:50 | 01:08:14 | M5EN | m |                               | 8.79 | 06:49 | Finished |
| 1713 | 1751 | Alison Clare Mogridge      | 01:15:54 | 01:08:36 | F40  | f |                               | 8.75 | 06:52 | Finished |
| 2708 | 1752 | Natalie Malin              | 01:15:58 | 01:05:47 | F5EN | f |                               | 9.12 | 06:35 | Finished |
| 2879 | 1753 | Jen Morris                 | 01:15:58 | 01:03:24 | F40  | f |                               | 9.46 | 06:20 | Finished |
| 1447 | 1754 | Samantha John              | 01:16:00 | 01:10:59 | F5EN | f |                               | 8.45 | 07:06 | Finished |
| 2179 | 1755 | Martin Nicholls            | 01:16:00 | 01:05:48 | M50  | m |                               | 9.12 | 06:35 | Finished |
| 2154 | 1756 | Kelly Davies               | 01:16:01 | 01:07:12 | F40  | f |                               | 8.93 | 06:43 | Finished |
| 1341 | 1757 | Zoë Jermin-Jones           | 01:16:01 | 01:06:37 | F40  | f | Llanelli AC                   | 9.01 | 06:40 | Finished |
| 1429 | 1758 | Paul Kiernan               | 01:16:03 | 01:10:28 | M50  | m |                               | 8.51 | 07:03 | Finished |
| 576  | 1759 | Thaddeus Leroy-Ducardonnoy | 01:16:05 | 01:12:41 | M5EN | m |                               | 8.25 | 07:16 | Finished |
| 2835 | 1760 | Peter Collins              | 01:16:06 | 01:06:22 | M60  | m |                               | 9.04 | 06:38 | Finished |
| 1529 | 1761 | Kath Griffiths             | 01:16:08 | 01:10:07 | F50  | f |                               | 8.56 | 07:01 | Finished |
| 1921 | 1762 | Louise Griffiths           | 01:16:09 | 01:07:25 | F45  | f |                               | 8.9  | 06:44 | Finished |
| 3317 | 1763 | Gillian Landeg             | 01:16:10 | 01:07:26 | F55  | f |                               | 8.9  | 06:45 | Finished |
| 1569 | 1764 | David Darlington           | 01:16:15 | 01:10:27 | M50  | m |                               | 8.52 | 07:03 | Finished |
| 2410 | 1765 | Susan Lawrence             | 01:16:15 | 01:08:20 | F65  | f | Pont-Y-Pwl & District Runners | 8.78 | 06:50 | Finished |
| 2254 | 1766 | Nicki Suddell              | 01:16:15 | 01:08:10 | F45  | f |                               | 8.8  | 06:49 | Finished |
| 2816 | 1767 | Andrea Northey             | 01:16:17 | 01:06:23 | F50  | f | Paul Popham Running Club      | 9.04 | 06:38 | Finished |
| 2290 | 1768 | Emma Davies                | 01:16:19 | 01:07:33 | F5EN | f | Sospan Road Runners           | 8.88 | 06:45 | Finished |
| 4099 | 1769 | Harri Mitchell             | 01:16:25 | 01:04:38 | M5EN | m |                               | 9.28 | 06:28 | Finished |
| 2885 | 1770 | Melanie Phillips           | 01:16:28 | 01:05:05 | F45  | f |                               | 9.22 | 06:30 | Finished |
| 3440 | 1771 | Paul Chilcott              | 01:16:29 | 01:08:46 | M50  | m |                               | 8.73 | 06:53 | Finished |
| 2365 | 1772 | Matthew Griffiths          | 01:16:32 | 01:06:53 | M40  | m |                               | 8.97 | 06:41 | Finished |
| 682  | 1773 | Jose Davis                 | 01:16:33 | 01:09:01 | F5EN | f |                               | 8.69 | 06:54 | Finished |
| 2421 | 1774 | Judith Clayton             | 01:16:34 | 01:07:57 | F65  | f |                               | 8.83 | 06:48 | Finished |
| 2033 | 1775 | Chris Morris               | 01:16:35 | 01:10:58 | M55  | m |                               | 8.45 | 07:06 | Finished |
| 2379 | 1776 | Jamie Saunders             | 01:16:36 | 01:08:22 | M40  | m |                               | 8.78 | 06:50 | Finished |
| 2792 | 1777 | Tony Wager                 | 01:16:36 | 01:04:55 | M55  | m |                               | 9.24 | 06:30 | Finished |
| 2880 | 1778 | Penny Izienicki            | 01:16:36 | 01:07:11 | F70  | f |                               | 8.93 | 06:43 | Finished |
| 4113 | 1779 | Tom Bassett                | 01:16:37 | 01:08:24 | M45  | m |                               | 8.77 | 06:50 | Finished |
| 608  | 1780 | Jemna Jones                | 01:16:39 | 01:10:59 | F40  | f |                               | 8.45 | 07:06 | Finished |
| 2146 | 1781 | Paul Buckle                | 01:16:39 | 01:05:29 | M50  | m |                               | 9.16 | 06:33 | Finished |
| 3101 | 1782 | Kate Regan                 | 01:16:40 | 01:04:36 | F5EN | f |                               | 9.29 | 06:28 | Finished |
| 2402 | 1783 | Ryan Smith                 | 01:16:43 | 01:10:10 | M45  | m |                               | 8.55 | 07:01 | Finished |
| 1701 | 1784 | Gareth Hughes              | 01:16:43 | 01:10:10 | M40  | m |                               | 8.55 | 07:01 | Finished |
| 1344 | 1785 | Alexander Plaister         | 01:16:46 | 01:16:46 | M5EN | m |                               | 7.82 | 07:41 | Finished |
| 4081 | 1786 | Alex Brown                 | 01:16:47 | 01:07:35 | M5EN | m |                               | 8.88 | 06:46 | Finished |
| 2707 | 1787 | Ann Hinder                 | 01:16:47 | 01:06:42 | F50  | f |                               | 9    | 06:40 | Finished |
| 2519 | 1788 | Andrew Tucker              | 01:16:50 | 01:08:53 | M50  | m |                               | 8.71 | 06:53 | Finished |
| 3018 | 1789 | Elizabeth Tanguay          | 01:16:50 | 01:06:59 | F40  | f |                               | 8.96 | 06:42 | Finished |
| 2342 | 1790 | Alison Hughes              | 01:16:51 | 01:06:59 | F40  | f |                               | 8.96 | 06:42 | Finished |
| 2822 | 1791 | Francesca Steyn            | 01:16:51 | 01:06:44 | F35  | f |                               | 8.99 | 06:40 | Finished |
| 4143 | 1792 | Runner 4143                | 01:16:52 | 01:08:16 | M5EN | m |                               | 8.79 | 06:50 | Finished |
| 2765 | 1793 | Rhian Sutton               | 01:16:53 | 01:08:09 | F45  | f |                               | 8.8  | 06:49 | Finished |
| 3305 | 1794 | Amanda Price               | 01:16:59 | 01:07:33 | F5EN | f |                               | 8.88 | 06:45 | Finished |
| 2215 | 1795 | Maddie Tracey              | 01:17:00 | 01:05:05 | F5EN | f |                               | 9.22 | 06:30 | Finished |
| 1965 | 1796 | Stacey Owen                | 01:17:02 | 01:12:22 | F35  | f |                               | 8.29 | 07:14 | Finished |
| 2992 | 1797 | Nicola Eyre                | 01:17:04 | 01:07:16 | F40  | f |                               | 8.92 | 06:44 | Finished |
| 2414 | 1798 | Elizabeth Weatherup        | 01:17:05 | 01:06:48 | F65  | f |                               | 8.98 | 06:41 | Finished |
| 1918 | 1799 | Andrea Bowen               | 01:17:05 | 01:05:29 | F55  | f | Port Talbot Harriers          | 9.16 | 06:33 | Finished |
| 2265 | 1800 | Nicky Goss                 | 01:17:09 | 01:07:56 | F50  | f |                               | 8.83 | 06:48 | Finished |
| 2438 | 1801 | Leigh Sinclair             | 01:17:10 | 01:08:18 | M40  | m |                               | 8.78 | 06:50 | Finished |
| 2545 | 1802 | Lorraine Gates             | 01:17:12 | 01:09:06 | F50  | f |                               | 8.68 | 06:55 | Finished |
| 3341 | 1803 | Debbie Cronin              | 01:17:13 | 01:06:53 | F35  | f |                               | 8.97 | 06:41 | Finished |
| 3289 | 1804 | Wendy Snatchfold           | 01:17:14 | 01:06:54 | F55  | f |                               | 8.97 | 06:41 | Finished |
| 2169 | 1805 | Andrew Caldwell            | 01:17:17 | 01:05:38 | M50  | m |                               | 9.14 | 06:34 | Finished |
| 2173 | 1806 | Gemma Mabbett              | 01:17:18 | 01:06:57 | F35  | f |                               | 8.96 | 06:42 | Finished |
| 1954 | 1807 | Ceri Thomas                | 01:17:20 | 01:12:39 | M50  | m |                               | 8.26 | 07:16 | Finished |
| 2190 | 1808 | Meinir Collyer             | 01:17:24 | 01:07:13 | F40  | f |                               | 8.93 | 06:43 | Finished |
| 2688 | 1809 | Jamie Lean                 | 01:17:25 | 01:09:15 | M45  | m |                               | 8.66 | 06:55 | Finished |
| 3133 | 1810 | Imogen Addy                | 01:17:25 | 01:07:06 | F60  | f |                               | 8.94 | 06:43 | Finished |
| 2671 | 1811 | Sharon Koekemoer           | 01:17:25 | 01:05:39 | F55  | f |                               | 9.14 | 06:34 | Finished |
| 2367 | 1812 | Gina Gavigan               | 01:17:26 | 01:07:06 | F40  | f |                               | 8.94 | 06:43 | Finished |
| 3044 | 1813 | Leanne John                | 01:17:26 | 01:07:06 | F40  | f |                               | 8.94 | 06:43 | Finished |
| 2530 | 1814 | Wayne Thomas               | 01:17:28 | 01:07:45 | M60  | m |                               | 8.86 | 06:46 | Finished |
| 2331 | 1815 | Paula Price                | 01:17:29 | 01:09:23 | F55  | f | Crickhowell Running Club      | 8.65 | 06:56 | Finished |
| 2668 | 1816 | Josephine Woollard         | 01:17:30 | 01:07:21 | F45  | f |                               | 8.91 | 06:44 | Finished |
| 2189 | 1817 | Rachel Dennis-Jones        | 01:17:33 | 01:07:21 | F35  | f |                               | 8.91 | 06:44 | Finished |
| 2191 | 1818 | Phil Stone                 | 01:17:34 | 01:05:46 | M70  | m |                               | 9.12 | 06:35 | Finished |
| 2842 | 1819 | Abigail Hewitt             | 01:17:34 | 01:09:01 | F45  | f | Paul Popham Running Club      | 8.69 | 06:54 | Finished |
| 2740 | 1820 | Tracy Jermin               | 01:17:36 | 01:06:14 | F50  | f |                               | 9.06 | 06:37 | Finished |
| 2312 | 1821 | Ben Pullen                 | 01:17:37 | 01:04:33 | M40  | m |                               | 9.3  | 06:27 | Finished |
| 2042 | 1822 | Danny Corder               | 01:17:37 | 01:10:55 | M45  | m | CDF Runners                   | 8.46 | 07:05 | Finished |
| 2501 | 1823 | Michael Griffiths          | 01:17:39 | 01:09:48 | M70  | m |                               | 8.6  | 06:59 | Finished |
| 2376 | 1824 | Leigh Burrows              | 01:17:41 | 01:07:18 | F60  | f |                               | 8.92 | 06:44 | Finished |
| 2088 | 1825 | Daniel Spink               | 01:17:43 | 01:08:11 | M35  | m |                               | 8.8  | 06:49 | Finished |
| 1065 | 1826 | Jon Griffiths              | 01:17:43 | 01:09:52 | M35  | m |                               | 8.59 | 06:59 | Finished |
| 2138 | 1827 | Stuart Rose                | 01:17:48 | 01:09:28 | M40  | m |                               | 8.64 | 06:57 | Finished |
| 1398 | 1828 | Daniel Courtney            | 01:17:48 | 01:13:12 | M40  | m |                               | 8.2  | 07:19 | Finished |
| 2769 | 1829 | Rosalind Davies            | 01:17:50 | 01:08:06 | F65  | f | Porthcawl Runners             | 8.81 | 06:49 | Finished |
| 2107 | 1830 | Kevin Robinson             | 01:17:52 | 01:09:03 | M45  | m |                               | 8.69 | 06:54 | Finished |
| 4149 | 1831 | Philip Hitchings           | 01:17:53 | 01:06:17 | M50  | m |                               | 9.05 | 06:38 | Finished |
| 4148 | 1832 | Pauline Rees               | 01:17:53 | 01:06:17 | F50  | f |                               | 9.05 | 06:38 | Finished |
| 2054 | 1833 | Lisa Lloyd                 | 01:17:54 | 01:12:09 | F5EN | f |                               | 8.32 | 07:13 | Finished |
| 2197 | 1834 | Jessica Perry              | 01:17:54 | 01:07:43 | F5EN | f |                               | 8.86 | 06:46 | Finished |
| 2111 | 1835 | Hannah Cox                 | 01:17:55 | 01:10:06 | F5EN | f |                               | 8.56 | 07:01 | Finished |
| 2840 | 1836 | Debra Treharne             | 01:17:59 | 01:09:19 | F50  | f | Paul Popham Running Club      | 8.66 | 06:56 | Finished |
| 1905 | 1837 | Rachel Evans               | 01:18:11 | 01:09:04 | F50  | f | Llanelli AC                   | 8.69 | 06:54 | Finished |
| 1524 | 1838 | Helen Williams             | 01:18:16 | 01:12:22 | F40  | f | Parc Bryn Bach Running Club   | 8.29 | 07:14 | Finished |
| 3093 | 1839 | Simon Gibbons              | 01:18:16 | 01:08:32 | M65  | m |                               | 8.75 | 06:51 | Finished |
| 1660 | 1840 | Sammy Moeller              | 01:18:18 | 01:07:04 | M5EN | m |                               | 8.95 | 06:42 | Finished |
| 1512 | 1841 | Debbie Gibbs               | 01:18:19 | 01:11:16 | F40  | f |                               | 8.42 | 07:08 | Finished |
| 2736 | 1842 | Miranda Williams           | 01:18:20 | 01:11:07 | F50  | f | Clwb Rhedeg Pontardawe RC     | 8.44 | 07:07 | Finished |
| 2468 | 1843 | Susannah Francis           | 01:18:24 | 01:08:06 | F5EN | f |                               | 8.81 | 06:49 | Finished |
| 2782 | 1844 | Sarah Alford               | 01:18:26 | 01:08:51 | F5EN | f |                               | 8.71 | 06:53 | Finished |
| 3090 | 1845 | Elizabeth May Roberts      | 01:18:30 | 01:07:18 | F5EN | f |                               | 8.92 | 06:44 | Finished |
| 2628 | 1846 | Garth Giesbrecht           | 01:18:31 | 01:08:53 | M65  | m |                               | 8.71 | 06:53 | Finished |
| 2761 | 1847 | Abigail John               | 01:18:31 | 01:06:45 | F50  | f |                               | 8.99 | 06:41 | Finished |
| 3131 | 1848 | Rosie Jones                | 01:18:33 | 01:06:13 | F35  | f |                               | 9.06 | 06:37 | Finished |
| 2440 | 1849 | Howard Sims                | 01:18:33 | 01:08:40 | M50  | m | Run4All Neath                 | 8.74 | 06:52 | Finished |
| 3454 | 1850 | Anne Worrall               | 01:18:34 | 01:09:22 | F60  | f |                               | 8.65 | 06:56 | Finished |
| 2934 | 1851 | Dave Hart                  | 01:18:35 | 01:11:00 | M45  | m |                               | 8.45 | 07:06 | Finished |
| 2966 | 1852 | Laura Potter               | 01:18:35 | 01:08:26 | F55  | f | Porthcawl Runners             | 8.77 | 06:51 | Finished |

|      |      |                        |          |          |      |                             |   |      |       |          |
|------|------|------------------------|----------|----------|------|-----------------------------|---|------|-------|----------|
| 2855 | 1853 | Carl Adamiec           | 01:18:36 | 01:07:24 | M45  |                             | m | 8.9  | 06:44 | Finished |
| 669  | 1854 | Bethan Ford            | 01:18:38 | 01:11:08 | F35  | Pontypridd Roadents AC      | f | 8.43 | 07:07 | Finished |
| 2400 | 1855 | Menna Lewis            | 01:18:38 | 01:11:10 | F55  |                             | f | 8.43 | 07:07 | Finished |
| 1956 | 1856 | Jayne Jones            | 01:18:39 | 01:07:59 | F45  | Parc Bryn Bach Running Club | f | 8.83 | 06:48 | Finished |
| 2478 | 1857 | Sally Flynn            | 01:18:42 | 01:11:13 | F55  |                             | f | 8.42 | 07:07 | Finished |
| 1140 | 1858 | Rebecca Williams       | 01:18:42 | 01:11:13 | F50  |                             | f | 8.42 | 07:07 | Finished |
| 2745 | 1859 | Leon Kearney           | 01:18:43 | 01:09:27 | M40  |                             | m | 8.64 | 06:57 | Finished |
| 2165 | 1860 | Alexa Parry            | 01:18:45 | 01:08:18 | F40  |                             | f | 8.78 | 06:50 | Finished |
| 2216 | 1861 | Harvey Reeman          | 01:18:49 | 01:07:25 | M75  |                             | m | 8.9  | 06:44 | Finished |
| 3267 | 1862 | Olugbenga Fokande      | 01:18:49 | 01:11:10 | M60  |                             | m | 8.43 | 07:07 | Finished |
| 2723 | 1863 | Judith Evans           | 01:19:01 | 01:08:08 | F55  |                             | f | 8.81 | 06:49 | Finished |
| 2104 | 1864 | Samantha Thomas        | 01:19:01 | 01:10:21 | F45  | Paul Popham Running Club    | f | 8.53 | 07:02 | Finished |
| 2756 | 1865 | Andrea Thomas          | 01:19:01 | 01:10:22 | F50  | Paul Popham Running Club    | f | 8.53 | 07:02 | Finished |
| 2811 | 1866 | Rory McIntire          | 01:19:05 | 01:09:13 | M5EN |                             | m | 8.67 | 06:55 | Finished |
| 2878 | 1867 | Lucy Osborne           | 01:19:05 | 01:09:13 | F5EN |                             | f | 8.67 | 06:55 | Finished |
| 1481 | 1868 | Sioned Howells         | 01:19:05 | 01:12:44 | F5EN |                             | f | 8.25 | 07:16 | Finished |
| 1475 | 1869 | Victoria Pybus         | 01:19:05 | 01:12:44 | F5EN |                             | f | 8.25 | 07:16 | Finished |
| 2828 | 1870 | Graham Bingham         | 01:19:11 | 01:06:11 | M55  |                             | m | 9.07 | 06:37 | Finished |
| 809  | 1871 | Chris Grabham          | 01:19:11 | 01:15:41 | M40  |                             | m | 7.93 | 07:34 | Finished |
| 2520 | 1872 | Rhian Horn             | 01:19:15 | 01:08:50 | F40  |                             | f | 8.72 | 06:53 | Finished |
| 2119 | 1873 | Teresa Hancock         | 01:19:16 | 01:08:50 | F45  |                             | f | 8.72 | 06:53 | Finished |
| 2897 | 1874 | Alice Barnaby          | 01:19:16 | 01:09:30 | F45  |                             | f | 8.63 | 06:57 | Finished |
| 2184 | 1875 | Carol-Jane Jennings    | 01:19:20 | 01:08:29 | F60  | Paul Popham Running Club    | f | 8.76 | 06:51 | Finished |
| 2181 | 1876 | Kate Thomas            | 01:19:20 | 01:08:30 | F35  |                             | f | 8.76 | 06:51 | Finished |
| 4136 | 1877 | Maria Tanveer          | 01:19:21 | 01:10:31 | F5EN |                             | f | 8.51 | 07:03 | Finished |
| 2729 | 1878 | Samantha Dean          | 01:19:22 | 01:09:42 | F5EN |                             | f | 8.61 | 06:58 | Finished |
| 4142 | 1879 | Runner 4142            | 01:19:23 | 01:10:55 | M5EN |                             | m | 8.46 | 07:05 | Finished |
| 2425 | 1880 | Wendy Cotter           | 01:19:24 | 01:09:43 | F55  |                             | f | 8.61 | 06:58 | Finished |
| 2953 | 1881 | Rachael Bufton         | 01:19:25 | 01:11:22 | F5EN |                             | f | 8.41 | 07:08 | Finished |
| 3379 | 1882 | Cheryl Booker          | 01:19:25 | 01:11:22 | F5EN |                             | f | 8.41 | 07:08 | Finished |
| 2454 | 1883 | Sally Fuller           | 01:19:25 | 01:07:59 | F50  |                             | f | 8.83 | 06:48 | Finished |
| 2235 | 1884 | Bethan Phillips        | 01:19:26 | 01:10:35 | F5EN |                             | f | 8.5  | 07:03 | Finished |
| 2120 | 1885 | Nathalie Christopher   | 01:19:27 | 01:09:19 | F5EN |                             | f | 8.66 | 06:56 | Finished |
| 1417 | 1886 | Chris Norman           | 01:19:29 | 01:14:12 | M35  |                             | m | 8.09 | 07:25 | Finished |
| 3288 | 1887 | Maria Else             | 01:19:30 | 01:07:13 | F45  |                             | f | 8.93 | 06:43 | Finished |
| 2574 | 1888 | Morwenna Schokkenbroek | 01:19:30 | 01:09:20 | F35  |                             | f | 8.65 | 06:56 | Finished |
| 2965 | 1889 | Helen Thomas           | 01:19:32 | 01:09:23 | F55  | Porthcawl Runners           | f | 8.65 | 06:56 | Finished |
| 2085 | 1890 | Hannah Mogford         | 01:19:32 | 01:14:16 | F5EN |                             | f | 8.08 | 07:26 | Finished |
| 2248 | 1891 | Natalie Madsen         | 01:19:33 | 01:11:47 | F40  |                             | f | 8.36 | 07:11 | Finished |
| 2837 | 1892 | Rebecca Suter          | 01:19:34 | 01:11:47 | F40  |                             | f | 8.36 | 07:11 | Finished |
| 1391 | 1893 | Andrew Barnfield       | 01:19:34 | 01:13:52 | M40  |                             | m | 8.12 | 07:23 | Finished |
| 2110 | 1894 | Stewart Seaborne       | 01:19:36 | 01:09:14 | M5EN |                             | m | 8.67 | 06:55 | Finished |
| 2363 | 1895 | Caron Trubey           | 01:19:37 | 01:09:24 | F50  |                             | f | 8.65 | 06:56 | Finished |
| 2812 | 1896 | Liz Macdermott         | 01:19:37 | 01:09:24 | F55  |                             | f | 8.65 | 06:56 | Finished |
| 2641 | 1897 | Jane Richards          | 01:19:49 | 01:11:09 | F55  |                             | f | 8.43 | 07:07 | Finished |
| 937  | 1898 | Brigitte Baxter        | 01:19:51 | 01:15:31 | F5EN |                             | f | 7.95 | 07:33 | Finished |
| 3364 | 1899 | Sara Clement           | 01:19:55 | 01:07:06 | F50  |                             | f | 8.94 | 06:43 | Finished |
| 1974 | 1900 | Peter Clement          | 01:19:55 | 01:07:06 | M55  | 3M Gorseinon Road Runners   | m | 8.94 | 06:43 | Finished |
| 2480 | 1901 | Ffion Smith            | 01:19:58 | 01:10:28 | F5EN |                             | f | 8.51 | 07:03 | Finished |
| 2479 | 1902 | Rhys Pollett           | 01:19:59 | 01:10:28 | M5EN |                             | m | 8.51 | 07:03 | Finished |
| 2244 | 1903 | Anwen Morgan           | 01:19:59 | 01:08:38 | FJ   |                             | f | 8.74 | 06:52 | Finished |
| 2243 | 1904 | Sara Morgan            | 01:19:59 | 01:08:37 | F50  |                             | f | 8.74 | 06:52 | Finished |
| 2101 | 1905 | Alison Jones           | 01:20:00 | 01:11:58 | F55  |                             | f | 8.34 | 07:12 | Finished |
| 2136 | 1906 | Linda Radmore          | 01:20:01 | 01:09:55 | F55  |                             | f | 8.58 | 06:59 | Finished |
| 2355 | 1907 | Darren Jones           | 01:20:06 | 01:12:17 | M50  |                             | m | 8.3  | 07:14 | Finished |
| 3113 | 1908 | Nicola Davies          | 01:20:07 | 01:08:24 | F45  |                             | f | 8.77 | 06:50 | Finished |
| 3200 | 1909 | Amy Jenkins            | 01:20:11 | 01:08:40 | F35  |                             | f | 8.74 | 06:52 | Finished |
| 3087 | 1910 | Charlotte Williams     | 01:20:12 | 01:09:00 | F5EN |                             | f | 8.7  | 06:54 | Finished |
| 2917 | 1911 | John Lovegrove         | 01:20:15 | 01:11:22 | M50  |                             | m | 8.41 | 07:08 | Finished |
| 2606 | 1912 | Ian Jones              | 01:20:16 | 01:11:12 | M55  |                             | m | 8.43 | 07:07 | Finished |
| 2751 | 1913 | Natasha Davies         | 01:20:20 | 01:11:05 | F45  | Llanelli AC                 | f | 8.44 | 07:06 | Finished |
| 1807 | 1914 | Helen Walters Morgan   | 01:20:20 | 01:13:36 | F55  |                             | f | 8.15 | 07:22 | Finished |
| 1362 | 1915 | Geraint Davies         | 01:20:23 | 01:11:08 | M45  |                             | m | 8.43 | 07:07 | Finished |
| 2260 | 1916 | David Hywel Williams   | 01:20:25 | 01:12:11 | M60  |                             | m | 8.31 | 07:13 | Finished |
| 3184 | 1917 | Kirsty Ellis           | 01:20:27 | 01:12:53 | F5EN |                             | f | 8.23 | 07:17 | Finished |
| 3163 | 1918 | Shelley Randall        | 01:20:34 | 01:08:49 | F35  |                             | f | 8.72 | 06:53 | Finished |
| 2727 | 1919 | Lisa Davies            | 01:20:36 | 01:09:02 | F45  |                             | f | 8.69 | 06:54 | Finished |
| 1616 | 1920 | Lisa Newton            | 01:20:36 | 01:09:39 | F45  |                             | f | 8.61 | 06:58 | Finished |
| 2993 | 1921 | Lucy Ashton            | 01:20:37 | 01:09:40 | F45  |                             | f | 8.61 | 06:58 | Finished |
| 2779 | 1922 | Natalie Summerhill     | 01:20:37 | 01:12:47 | F40  |                             | f | 8.24 | 07:17 | Finished |
| 2166 | 1923 | Katherine Dodd         | 01:20:37 | 01:09:40 | F45  |                             | f | 8.61 | 06:58 | Finished |
| 2364 | 1924 | Edward Evans           | 01:20:39 | 01:11:37 | M35  |                             | m | 8.38 | 07:10 | Finished |
| 3016 | 1925 | Charlene Sheehy        | 01:20:41 | 01:10:22 | F5EN |                             | f | 8.53 | 07:02 | Finished |
| 2267 | 1926 | Emma Quilton           | 01:20:43 | 01:11:19 | F40  |                             | f | 8.41 | 07:08 | Finished |
| 2734 | 1927 | Sarah Davies           | 01:20:45 | 01:08:55 | F5EN |                             | f | 8.71 | 06:53 | Finished |
| 2732 | 1928 | Helen Besley           | 01:20:46 | 01:08:56 | F5EN |                             | f | 8.7  | 06:54 | Finished |
| 2735 | 1929 | Siân Crabb             | 01:20:46 | 01:08:56 | F5EN |                             | f | 8.7  | 06:54 | Finished |
| 1772 | 1930 | James Mcgettrick       | 01:20:48 | 01:13:35 | M40  |                             | m | 8.15 | 07:22 | Finished |
| 2294 | 1931 | Sam Gardner            | 01:20:49 | 01:11:15 | M5EN |                             | m | 8.42 | 07:07 | Finished |
| 2223 | 1932 | Thomas Davies          | 01:20:50 | 01:10:38 | M50  |                             | m | 8.49 | 07:04 | Finished |
| 2759 | 1933 | Abbie Blethyn          | 01:20:52 | 01:10:33 | F5EN |                             | f | 8.5  | 07:03 | Finished |
| 2224 | 1934 | Michela Finnis         | 01:20:54 | 01:11:36 | F35  |                             | f | 8.38 | 07:10 | Finished |
| 2413 | 1935 | Jasmine Bethell        | 01:20:56 | 01:12:11 | FJ   |                             | f | 8.31 | 07:13 | Finished |
| 4078 | 1936 | Arun Gautam            | 01:20:57 | 01:12:53 | M5EN |                             | m | 8.23 | 07:17 | Finished |
| 2969 | 1937 | Rachel Richards        | 01:21:03 | 01:10:08 | F5EN |                             | f | 8.56 | 07:01 | Finished |
| 4137 | 1938 | Steve Gray             | 01:21:03 | 01:09:37 | M35  |                             | m | 8.62 | 06:58 | Finished |
| 3345 | 1939 | Andrew Rhodes          | 01:21:03 | 01:09:54 | M40  |                             | m | 8.58 | 06:59 | Finished |
| 1975 | 1940 | Tanya Barrett          | 01:21:05 | 01:16:01 | F5EN |                             | f | 7.89 | 07:36 | Finished |
| 2910 | 1941 | Adrian Samuel          | 01:21:05 | 01:12:31 | M35  |                             | m | 8.27 | 07:15 | Finished |
| 2869 | 1942 | Cath Fyese             | 01:21:08 | 01:13:35 | F40  |                             | f | 8.15 | 07:22 | Finished |
| 2728 | 1943 | Julia Blake            | 01:21:10 | 01:09:36 | F60  |                             | f | 8.62 | 06:58 | Finished |
| 2121 | 1944 | Maria Evans            | 01:21:21 | 01:11:14 | F5EN |                             | f | 8.42 | 07:07 | Finished |
| 1950 | 1945 | Steven James           | 01:21:21 | 01:14:59 | M50  |                             | m | 8    | 07:30 | Finished |
| 3237 | 1946 | Derek Smith            | 01:21:27 | 01:11:36 | M50  |                             | m | 8.38 | 07:10 | Finished |
| 3394 | 1947 | Gaynor Davies          | 01:21:29 | 01:09:07 | F55  | Sospan Road Runners         | f | 8.68 | 06:55 | Finished |
| 2051 | 1948 | Bethan Hopkins         | 01:21:32 | 01:09:10 | F55  | Sospan Road Runners         | f | 8.67 | 06:55 | Finished |
| 2846 | 1949 | Andrew Wallen          | 01:21:35 | 01:11:51 | M35  |                             | m | 8.35 | 07:11 | Finished |
| 2391 | 1950 | Joanne White           | 01:21:37 | 01:10:42 | F40  |                             | f | 8.49 | 07:04 | Finished |
| 2568 | 1951 | Stephen Powell         | 01:21:41 | 01:12:09 | M55  |                             | m | 8.32 | 07:13 | Finished |
| 1874 | 1952 | Jessica Evans          | 01:21:42 | 01:12:09 | F5EN |                             | f | 8.32 | 07:13 | Finished |
| 2998 | 1953 | Laura Mccarthy         | 01:21:44 | 01:12:06 | F60  | Pontypridd Roadents AC      | f | 8.32 | 07:13 | Finished |
| 3045 | 1954 | Nigel Southward        | 01:21:44 | 01:08:43 | M45  |                             | m | 8.73 | 06:52 | Finished |
| 2876 | 1955 | Debbie Hopkins         | 01:21:50 | 01:09:29 | F60  |                             | f | 8.64 | 06:57 | Finished |
| 3346 | 1956 | Glyn Doster            | 01:21:52 | 01:13:54 | M70  |                             | m | 8.12 | 07:23 | Finished |
| 2721 | 1957 | Hannah Foley           | 01:21:52 | 01:10:44 | F35  | Parc Bryn Bach Running Club | f | 8.48 | 07:04 | Finished |
| 2772 | 1958 | Julia Jones            | 01:21:57 | 01:10:21 | F55  | Port Talbot Harriers        | f | 8.53 | 07:02 | Finished |
| 2790 | 1959 | Carolyn Foley          | 01:21:57 | 01:10:21 | F60  | Port Talbot Harriers        | f | 8.53 | 07:02 | Finished |
| 2847 | 1960 | Jennifer Wallen        | 01:21:58 | 01:12:15 | F35  | Porthcawl Runners           | f | 8.3  | 07:14 | Finished |
| 1687 | 1961 | Debbie Johnson         | 01:21:59 | 01:13:12 | F55  |                             | f | 8.2  | 07:19 | Finished |

|      |      |                      |          |          |      |   |      |       |          |
|------|------|----------------------|----------|----------|------|---|------|-------|----------|
| 2385 | 1962 | Leanne Bateman       | 01:22:00 | 01:13:13 | FSEN | f | 8.19 | 07:19 | Finished |
| 2505 | 1963 | Rebecca Macfarlane   | 01:22:01 | 01:12:07 | FSEN | f | 8.32 | 07:13 | Finished |
| 3441 | 1964 | Julie Letton         | 01:22:03 | 01:10:14 | F45  | f | 8.54 | 07:01 | Finished |
| 1648 | 1965 | Sarah Edwards        | 01:22:03 | 01:16:38 | F50  | f | 7.83 | 07:40 | Finished |
| 1631 | 1966 | Louise Furneaux      | 01:22:03 | 01:16:38 | F45  | f | 7.83 | 07:40 | Finished |
| 2806 | 1967 | Karen Dawson         | 01:22:06 | 01:10:43 | F55  | f | 8.48 | 07:04 | Finished |
| 3428 | 1968 | Joanne Kilby         | 01:22:12 | 01:11:03 | F45  | f | 8.44 | 07:06 | Finished |
| 3010 | 1969 | Nicola Sharp         | 01:22:13 | 01:11:51 | F40  | f | 8.35 | 07:11 | Finished |
| 1272 | 1970 | Daniel Creaser       | 01:22:13 | 01:11:17 | M35  | m | 8.42 | 07:08 | Finished |
| 3362 | 1971 | Claire Davies        | 01:22:14 | 01:11:17 | F35  | f | 8.42 | 07:08 | Finished |
| 2684 | 1972 | Toria Owen-Brown     | 01:22:15 | 01:11:36 | F35  | f | 8.38 | 07:10 | Finished |
| 2339 | 1973 | Beverley Logan       | 01:22:15 | 01:11:21 | F35  | f | 8.41 | 07:08 | Finished |
| 2298 | 1974 | Collette Owen        | 01:22:15 | 01:11:36 | F40  | f | 8.38 | 07:10 | Finished |
| 3017 | 1975 | Cathy Bowley         | 01:22:17 | 01:11:54 | F45  | f | 8.34 | 07:11 | Finished |
| 2427 | 1976 | Joanne Fairgray      | 01:22:19 | 01:13:58 | F55  | f | 8.11 | 07:24 | Finished |
| 2188 | 1977 | Paula Bidder         | 01:22:24 | 01:14:23 | F50  | f | 8.07 | 07:26 | Finished |
| 2643 | 1978 | Sanna Duthie         | 01:22:30 | 01:13:24 | F50  | f | 8.17 | 07:20 | Finished |
| 2644 | 1979 | Kevin Morgan         | 01:22:30 | 01:13:25 | F50  | f | 8.17 | 07:21 | Finished |
| 2579 | 1980 | Janet Webb           | 01:22:31 | 01:13:20 | F60  | f | 8.18 | 07:20 | Finished |
| 3322 | 1981 | Clare Thomas         | 01:22:32 | 01:12:39 | F50  | f | 8.26 | 07:16 | Finished |
| 1664 | 1982 | Haydn Hatfield       | 01:22:32 | 01:12:39 | M35  | m | 8.26 | 07:16 | Finished |
| 2309 | 1983 | Kate Mackenzie       | 01:22:34 | 01:13:40 | F50  | f | 8.14 | 07:22 | Finished |
| 2322 | 1984 | Mary Jones           | 01:22:35 | 01:14:46 | F50  | f | 8.02 | 07:29 | Finished |
| 3192 | 1985 | Ian Telfer           | 01:22:35 | 01:13:23 | M65  | m | 8.18 | 07:20 | Finished |
| 3308 | 1986 | Christine Hobbs      | 01:22:37 | 01:11:28 | F50  | f | 8.4  | 07:09 | Finished |
| 2357 | 1987 | Marc Styles          | 01:22:44 | 01:14:04 | M35  | m | 8.1  | 07:24 | Finished |
| 1856 | 1988 | Ffion Jones          | 01:22:44 | 01:17:50 | FJ   | f | 7.71 | 07:47 | Finished |
| 1086 | 1989 | Stephen Williams     | 01:22:45 | 01:10:47 | M50  | m | 8.48 | 07:05 | Finished |
| 3306 | 1990 | Caroline Szulik      | 01:22:53 | 01:13:24 | F35  | f | 8.17 | 07:20 | Finished |
| 2157 | 1991 | Stephanie Kneath     | 01:22:56 | 01:12:48 | F55  | f | 8.24 | 07:17 | Finished |
| 2337 | 1992 | Kelly O'Rourke       | 01:22:57 | 01:14:42 | F35  | f | 8.03 | 07:28 | Finished |
| 3028 | 1993 | Eleri Thomas         | 01:22:57 | 01:11:13 | F60  | f | 8.42 | 07:07 | Finished |
| 4154 | 1994 | Donna Brown          | 01:22:58 | 01:14:13 | F35  | f | 8.08 | 07:25 | Finished |
| 2825 | 1995 | Rachel Gill          | 01:23:00 | 01:12:43 | F45  | f | 8.25 | 07:16 | Finished |
| 3301 | 1996 | Kar Smith            | 01:23:02 | 01:12:06 | F50  | f | 8.32 | 07:13 | Finished |
| 3055 | 1997 | Paul Ward            | 01:23:05 | 01:13:45 | M55  | m | 8.14 | 07:23 | Finished |
| 3050 | 1998 | Ralph Allemanno      | 01:23:07 | 01:14:51 | M70  | m | 8.02 | 07:29 | Finished |
| 2865 | 1999 | Charlotte Litchfield | 01:23:13 | 01:13:18 | F40  | f | 8.19 | 07:20 | Finished |
| 2383 | 2000 | Michael Hollier      | 01:23:14 | 01:10:58 | M60  | m | 8.45 | 07:06 | Finished |
| 1370 | 2001 | Alexandra Lake       | 01:23:14 | 01:18:48 | F35  | f | 7.61 | 07:53 | Finished |
| 3166 | 2002 | Victoria Filburn     | 01:23:17 | 01:12:45 | F40  | f | 8.25 | 07:17 | Finished |
| 2630 | 2003 | Joy John             | 01:23:17 | 01:11:41 | F45  | f | 8.37 | 07:10 | Finished |
| 2920 | 2004 | Rachel Bagley        | 01:23:18 | 01:13:34 | F45  | f | 8.16 | 07:21 | Finished |
| 2919 | 2005 | Helen Walsh          | 01:23:20 | 01:13:36 | F65  | f | 8.15 | 07:22 | Finished |
| 2961 | 2006 | Catrin Stuart        | 01:23:20 | 01:13:44 | F45  | f | 8.14 | 07:22 | Finished |
| 2877 | 2007 | Philip Williams      | 01:23:22 | 01:11:57 | M50  | m | 8.34 | 07:12 | Finished |
| 2989 | 2008 | Ruth Hardern         | 01:23:26 | 01:12:34 | F50  | f | 8.27 | 07:15 | Finished |
| 2602 | 2009 | Andrea Parker        | 01:23:28 | 01:16:14 | F55  | f | 7.87 | 07:37 | Finished |
| 3105 | 2010 | Heidi Charles        | 01:23:29 | 01:12:50 | F50  | f | 8.24 | 07:17 | Finished |
| 265  | 2011 | Elizabeth Haigh      | 01:23:33 | 01:13:25 | F55  | f | 8.17 | 07:21 | Finished |
| 2853 | 2012 | Carol Thomas-Harries | 01:23:35 | 01:11:12 | F50  | f | 8.43 | 07:07 | Finished |
| 2317 | 2013 | Alan Bottrell        | 01:23:35 | 01:14:48 | M70  | m | 8.02 | 07:29 | Finished |
| 3081 | 2014 | Stacey Calitz        | 01:23:36 | 01:11:49 | F50  | f | 8.35 | 07:11 | Finished |
| 2150 | 2015 | Michelle Stanley     | 01:23:36 | 01:13:28 | F35  | f | 8.17 | 07:21 | Finished |
| 2657 | 2016 | Richard Jones        | 01:23:38 | 01:13:45 | M50  | m | 8.14 | 07:23 | Finished |
| 3355 | 2017 | Gareth Adams         | 01:23:40 | 01:11:27 | M45  | m | 8.4  | 07:09 | Finished |
| 3356 | 2018 | Jessica Adams        | 01:23:40 | 01:11:28 | F40  | f | 8.4  | 07:09 | Finished |
| 2755 | 2019 | Jennifer Williams    | 01:23:42 | 01:14:04 | F50  | f | 8.1  | 07:24 | Finished |
| 4152 | 2020 | Nicole Daniels       | 01:23:46 | 01:13:58 | F50  | f | 8.11 | 07:24 | Finished |
| 3335 | 2021 | Sarah Ablett         | 01:23:47 | 01:15:27 | F50  | f | 7.95 | 07:33 | Finished |
| 1380 | 2022 | Debra John           | 01:23:48 | 01:18:50 | X50  | f | 7.61 | 07:53 | Finished |
| 2542 | 2023 | Bernita De Wet       | 01:23:50 | 01:14:03 | F50  | f | 8.1  | 07:24 | Finished |
| 2749 | 2024 | Stuart Turner        | 01:23:53 | 01:14:35 | M40  | m | 8.04 | 07:27 | Finished |
| 2748 | 2025 | Vicki Turner         | 01:23:53 | 01:14:36 | F50  | f | 8.04 | 07:28 | Finished |
| 1530 | 2026 | Jacqui Boakes        | 01:23:53 | 01:18:13 | F55  | f | 7.67 | 07:49 | Finished |
| 2652 | 2027 | Lorraine Berry       | 01:23:54 | 01:15:17 | F50  | f | 7.97 | 07:32 | Finished |
| 2914 | 2028 | Kayleigh Oliver      | 01:23:56 | 01:16:18 | F50  | f | 7.86 | 07:38 | Finished |
| 2710 | 2029 | Martin Burridge      | 01:23:56 | 01:14:05 | M60  | m | 8.1  | 07:25 | Finished |
| 2711 | 2030 | Rose Burridge        | 01:23:57 | 01:14:06 | F55  | f | 8.1  | 07:25 | Finished |
| 3129 | 2031 | Kristian Lloyd-Jones | 01:24:01 | 01:16:21 | M35  | m | 7.86 | 07:38 | Finished |
| 3130 | 2032 | Kelsey Rhodes        | 01:24:01 | 01:16:21 | F50  | f | 7.86 | 07:38 | Finished |
| 1970 | 2033 | Helen Smith          | 01:24:04 | 01:12:52 | F40  | f | 8.23 | 07:17 | Finished |
| 2125 | 2034 | Caroline Bradley     | 01:24:07 | 01:13:26 | F50  | f | 8.17 | 07:21 | Finished |
| 3089 | 2035 | Richard Phillips     | 01:24:11 | 01:13:40 | M45  | m | 8.14 | 07:22 | Finished |
| 2333 | 2036 | Sharon Hammond       | 01:24:12 | 01:12:21 | F50  | f | 8.29 | 07:14 | Finished |
| 2417 | 2037 | Rhoslyn Perry        | 01:24:14 | 01:16:42 | F35  | f | 7.82 | 07:40 | Finished |
| 2731 | 2038 | Sian Astley          | 01:24:15 | 01:12:23 | F50  | f | 8.29 | 07:14 | Finished |
| 2535 | 2039 | Karen Wilson         | 01:24:16 | 01:14:22 | F60  | f | 8.07 | 07:26 | Finished |
| 2750 | 2040 | Steve West           | 01:24:20 | 01:11:47 | M35  | m | 8.36 | 07:11 | Finished |
| 2245 | 2041 | Joanne Maddern       | 01:24:22 | 01:12:29 | F40  | f | 8.28 | 07:15 | Finished |
| 2832 | 2042 | Nicola Walker        | 01:24:24 | 01:13:59 | F35  | f | 8.11 | 07:24 | Finished |
| 3433 | 2043 | Natalie Mccarthy     | 01:24:25 | 01:23:59 | F35  | f | 7.14 | 08:24 | Finished |
| 2845 | 2044 | Charles Goss         | 01:24:25 | 01:11:53 | M50  | m | 8.35 | 07:11 | Finished |
| 3088 | 2045 | Moir Jones           | 01:24:27 | 01:13:54 | F45  | f | 8.12 | 07:23 | Finished |
| 3147 | 2046 | Sarah D'Angeli       | 01:24:27 | 01:16:25 | F35  | f | 7.85 | 07:38 | Finished |
| 1802 | 2047 | Emma Godwin          | 01:24:29 | 01:19:20 | F50  | f | 7.56 | 07:56 | Finished |
| 1803 | 2048 | Jade Collings        | 01:24:29 | 01:19:20 | F50  | f | 7.56 | 07:56 | Finished |
| 3022 | 2049 | Julie Davies         | 01:24:31 | 01:13:36 | F45  | f | 8.15 | 07:22 | Finished |
| 2113 | 2050 | Philip Parsons       | 01:24:31 | 01:14:38 | M50  | m | 8.04 | 07:28 | Finished |
| 2081 | 2051 | Noelle Brys          | 01:24:31 | 01:18:04 | F35  | f | 7.69 | 07:48 | Finished |
| 1353 | 2052 | Stephen Williams     | 01:24:31 | 01:18:04 | M50  | m | 7.69 | 07:48 | Finished |
| 2959 | 2053 | Samantha Minnett     | 01:24:35 | 01:12:51 | F35  | f | 8.24 | 07:17 | Finished |
| 2957 | 2054 | Paul Taylor          | 01:24:36 | 01:12:52 | M40  | m | 8.23 | 07:17 | Finished |
| 1369 | 2055 | Christian Hole       | 01:24:37 | 01:11:42 | M45  | m | 8.37 | 07:10 | Finished |
| 2974 | 2056 | Hayley Pugh          | 01:24:39 | 01:12:53 | F45  | f | 8.23 | 07:17 | Finished |
| 2086 | 2057 | Angela Jones         | 01:24:40 | 01:14:43 | F40  | f | 8.03 | 07:28 | Finished |
| 1723 | 2058 | James Lewis          | 01:24:43 | 01:18:24 | M45  | m | 7.65 | 07:50 | Finished |
| 3069 | 2059 | Jodie Stirling       | 01:24:44 | 01:16:24 | F35  | f | 7.85 | 07:38 | Finished |
| 2784 | 2060 | Catherine Evans      | 01:24:56 | 01:15:20 | F50  | f | 7.96 | 07:32 | Finished |
| 3419 | 2061 | Jane Pritchard       | 01:25:03 | 01:13:16 | F60  | f | 8.19 | 07:20 | Finished |
| 2730 | 2062 | Karen Taylor         | 01:25:07 | 01:16:33 | F40  | f | 7.84 | 07:39 | Finished |
| 2986 | 2063 | Jacob John           | 01:25:15 | 01:14:17 | M50  | m | 8.08 | 07:26 | Finished |
| 2819 | 2064 | Matthew Griffiths    | 01:25:15 | 01:14:17 | M35  | m | 8.08 | 07:26 | Finished |
| 2619 | 2065 | Lauren Roberts       | 01:25:22 | 01:14:12 | F40  | f | 8.09 | 07:25 | Finished |
| 3159 | 2066 | Nickie Edwards       | 01:25:22 | 01:14:12 | F60  | f | 8.09 | 07:25 | Finished |
| 2841 | 2067 | Elin Garrett         | 01:25:25 | 01:14:32 | F55  | f | 8.05 | 07:27 | Finished |
| 3339 | 2068 | Angela Gisby         | 01:25:25 | 01:15:45 | F65  | f | 7.92 | 07:35 | Finished |
| 2903 | 2069 | Jane Bygate          | 01:25:26 | 01:14:06 | F40  | f | 8.1  | 07:25 | Finished |
| 2904 | 2070 | James Bygate         | 01:25:26 | 01:14:06 | M35  | m | 8.1  | 07:25 | Finished |

|      |      |                       |          |          |      |   |      |       |          |
|------|------|-----------------------|----------|----------|------|---|------|-------|----------|
| 1683 | 2071 | Elin Childs           | 01:25:27 | 01:20:11 | FSEN | f | 7.48 | 08:01 | Finished |
| 1682 | 2072 | Susan Childs          | 01:25:27 | 01:20:11 | F50  | f | 7.48 | 08:01 | Finished |
| 2831 | 2073 | Joanna Thomas         | 01:25:28 | 01:12:52 | FSEN | f | 8.23 | 07:17 | Finished |
| 2185 | 2074 | Dona Jenkins          | 01:25:28 | 01:14:38 | F50  | f | 8.04 | 07:28 | Finished |
| 3304 | 2075 | Emma Jones            | 01:25:28 | 01:16:02 | F35  | f | 7.89 | 07:36 | Finished |
| 1929 | 2076 | Dolores Furlong       | 01:25:32 | 01:18:27 | F50  | f | 7.65 | 07:51 | Finished |
| 2371 | 2077 | Julie Nugent          | 01:25:34 | 01:15:11 | F50  | f | 7.98 | 07:31 | Finished |
| 3008 | 2078 | Samantha Thomas       | 01:25:34 | 01:15:13 | F35  | f | 7.98 | 07:31 | Finished |
| 3309 | 2079 | Aerona Davies         | 01:25:35 | 01:16:43 | F55  | f | 7.82 | 07:40 | Finished |
| 2076 | 2080 | Carys Thomas          | 01:25:35 | 01:20:31 | FSEN | f | 7.45 | 08:03 | Finished |
| 3388 | 2081 | Julia Dobbs           | 01:25:37 | 01:14:05 | F35  | f | 8.1  | 07:25 | Finished |
| 2562 | 2082 | Ffion Wathan          | 01:25:38 | 01:14:54 | FSEN | f | 8.01 | 07:29 | Finished |
| 3151 | 2083 | Christopher Bodley    | 01:25:41 | 01:13:20 | M35  | m | 8.18 | 07:20 | Finished |
| 2958 | 2084 | Darren Minett         | 01:25:42 | 01:13:57 | M40  | m | 8.11 | 07:24 | Finished |
| 3281 | 2085 | Becky Richards        | 01:25:42 | 01:15:33 | F45  | f | 7.94 | 07:33 | Finished |
| 3361 | 2086 | Nina Philpott         | 01:25:51 | 01:15:26 | F45  | f | 7.95 | 07:33 | Finished |
| 2891 | 2087 | Paul Floyd            | 01:25:52 | 01:13:20 | M40  | m | 8.18 | 07:20 | Finished |
| 2890 | 2088 | Rhian Floyd           | 01:25:52 | 01:13:20 | F40  | f | 8.18 | 07:20 | Finished |
| 3041 | 2089 | Rhian Wolfe Robbins   | 01:25:56 | 01:16:49 | F35  | f | 7.81 | 07:41 | Finished |
| 2096 | 2090 | Lynne Hodgetts        | 01:25:59 | 01:14:37 | F65  | f | 8.04 | 07:28 | Finished |
| 3070 | 2091 | Yvonne O'Sullivan     | 01:26:00 | 01:17:20 | F55  | f | 7.76 | 07:44 | Finished |
| 2844 | 2092 | Jessica Harry         | 01:26:00 | 01:13:28 | FSEN | f | 8.17 | 07:21 | Finished |
| 2390 | 2093 | Damian White          | 01:26:05 | 01:15:09 | M40  | m | 7.98 | 07:31 | Finished |
| 2860 | 2094 | Kevin Wellington      | 01:26:05 | 01:18:32 | M40  | m | 7.64 | 07:51 | Finished |
| 2930 | 2095 | Alison Henderson      | 01:26:06 | 01:18:21 | F45  | f | 7.66 | 07:50 | Finished |
| 2924 | 2096 | Andrea Pearce         | 01:26:06 | 01:18:21 | F35  | f | 7.66 | 07:50 | Finished |
| 2313 | 2097 | Estella Chambers      | 01:26:09 | 01:16:09 | FSEN | f | 7.88 | 07:37 | Finished |
| 2314 | 2098 | Geraint Lloyd-Brennan | 01:26:09 | 01:16:10 | MSEN | m | 7.88 | 07:37 | Finished |
| 1917 | 2099 | Natasha Jones         | 01:26:13 | 01:16:44 | FSEN | f | 7.82 | 07:40 | Finished |
| 1793 | 2100 | Hywel Pugh            | 01:26:14 | 01:19:39 | M35  | m | 7.53 | 07:58 | Finished |
| 3024 | 2101 | J Sheridan            | 01:26:15 | 01:16:10 | F60  | f | 7.88 | 07:37 | Finished |
| 3077 | 2102 | Kath Brown            | 01:26:16 | 01:18:06 | F50  | f | 7.68 | 07:49 | Finished |
| 2780 | 2103 | Katie Marsh           | 01:26:18 | 01:18:28 | F40  | f | 7.65 | 07:51 | Finished |
| 3124 | 2104 | Reema Farah           | 01:26:18 | 01:14:52 | F45  | f | 8.01 | 07:29 | Finished |
| 1610 | 2105 | Natasha Davies        | 01:26:19 | 01:19:00 | FSEN | f | 7.59 | 07:54 | Finished |
| 2889 | 2106 | Jenna Martin-Williams | 01:26:23 | 01:17:32 | FSEN | f | 7.74 | 07:45 | Finished |
| 2909 | 2107 | Sharon Davies-Smith   | 01:26:31 | 01:14:41 | F45  | f | 8.03 | 07:28 | Finished |
| 3271 | 2108 | Lucy George           | 01:26:41 | 01:16:06 | F45  | f | 7.88 | 07:37 | Finished |
| 3104 | 2109 | Laura Wright          | 01:26:44 | 01:16:36 | FSEN | f | 7.83 | 07:40 | Finished |
| 3011 | 2110 | Nerys Hillier         | 01:26:46 | 01:14:57 | FSEN | f | 8.01 | 07:30 | Finished |
| 3013 | 2111 | Eve Buckmaster        | 01:26:49 | 01:15:27 | FJ   | f | 7.95 | 07:33 | Finished |
| 1919 | 2112 | Simone Gregory        | 01:26:50 | 01:19:53 | F50  | f | 7.51 | 07:59 | Finished |
| 2900 | 2113 | Kevin Bygate          | 01:26:52 | 01:15:31 | M60  | m | 7.95 | 07:33 | Finished |
| 2412 | 2114 | Vivienne Henderson    | 01:26:53 | 01:14:06 | F45  | f | 8.1  | 07:25 | Finished |
| 3434 | 2115 | Jo Hannev             | 01:26:57 | 01:16:24 | F45  | f | 7.85 | 07:38 | Finished |
| 3145 | 2116 | Carly Rees            | 01:27:03 | 01:20:05 | FSEN | f | 7.49 | 08:00 | Finished |
| 2944 | 2117 | Carys Davies          | 01:27:06 | 01:14:40 | F40  | f | 8.04 | 07:28 | Finished |
| 2943 | 2118 | Shirley Powell        | 01:27:06 | 01:14:40 | F55  | f | 8.04 | 07:28 | Finished |
| 2941 | 2119 | Nia Evans             | 01:27:06 | 01:14:40 | F50  | f | 8.04 | 07:28 | Finished |
| 3423 | 2120 | Jerome Kelleher       | 01:27:08 | 01:14:39 | M65  | m | 8.04 | 07:28 | Finished |
| 3424 | 2121 | Caroline Ashton       | 01:27:09 | 01:14:40 | F50  | f | 8.04 | 07:28 | Finished |
| 3378 | 2122 | Joce Darch            | 01:27:13 | 01:15:23 | F60  | f | 7.96 | 07:32 | Finished |
| 505  | 2123 | Debbie Pritchard      | 01:27:18 | 01:16:02 | F55  | f | 7.89 | 07:36 | Finished |
| 3051 | 2124 | Stephen Thomas        | 01:27:20 | 01:19:36 | M40  | m | 7.54 | 07:58 | Finished |
| 2137 | 2125 | Ian Radmore           | 01:27:24 | 01:17:18 | M55  | m | 7.76 | 07:44 | Finished |
| 3035 | 2126 | Catrin Bird           | 01:27:27 | 01:17:18 | F40  | f | 7.76 | 07:44 | Finished |
| 1022 | 2127 | Tony Evans            | 01:27:31 | 01:24:12 | M55  | m | 7.13 | 08:25 | Finished |
| 2103 | 2128 | Paula Morgan          | 01:27:31 | 01:15:55 | F55  | f | 7.9  | 07:35 | Finished |
| 2404 | 2129 | Julie Jones           | 01:27:32 | 01:16:16 | F45  | f | 7.87 | 07:38 | Finished |
| 2884 | 2130 | Jo Cox                | 01:27:34 | 01:16:18 | F45  | f | 7.86 | 07:38 | Finished |
| 2895 | 2131 | Natalie Joseph        | 01:27:34 | 01:15:52 | F40  | f | 7.91 | 07:35 | Finished |
| 3001 | 2132 | Linda Welch           | 01:27:35 | 01:15:23 | F60  | f | 7.96 | 07:32 | Finished |
| 2945 | 2133 | Marc Carter           | 01:27:38 | 01:15:29 | M40  | m | 7.95 | 07:33 | Finished |
| 2946 | 2134 | Bethan Smith          | 01:27:39 | 01:15:29 | FSEN | f | 7.95 | 07:33 | Finished |
| 2947 | 2135 | Rob Steele            | 01:27:39 | 01:15:29 | MSEN | m | 7.95 | 07:33 | Finished |
| 2658 | 2136 | Georgia Tanti         | 01:27:39 | 01:15:19 | FSEN | f | 7.97 | 07:32 | Finished |
| 2601 | 2137 | Nicola Fowler         | 01:27:40 | 01:19:59 | FSEN | f | 7.5  | 08:00 | Finished |
| 2704 | 2138 | Dionne Davies         | 01:27:46 | 01:16:56 | F35  | f | 7.8  | 07:42 | Finished |
| 1787 | 2139 | Susan Parr            | 01:27:47 | 01:19:50 | F65  | f | 7.52 | 07:59 | Finished |
| 3137 | 2140 | Tina Pugh             | 01:27:48 | 01:19:51 | F55  | f | 7.51 | 07:59 | Finished |
| 1869 | 2141 | Jayne Llewellyn       | 01:27:51 | 01:18:51 | F35  | f | 7.61 | 07:53 | Finished |
| 191  | 2142 | Anthony Wilkinson     | 01:27:51 | 01:18:51 | M50  | m | 7.61 | 07:53 | Finished |
| 2392 | 2143 | Jenny Tomkins         | 01:27:51 | 01:18:51 | F45  | f | 7.61 | 07:53 | Finished |
| 3338 | 2144 | Jason Thomas          | 01:28:02 | 01:16:50 | M45  | m | 7.81 | 07:41 | Finished |
| 2346 | 2145 | Louise Gibbs          | 01:28:04 | 01:17:41 | F45  | f | 7.72 | 07:46 | Finished |
| 4096 | 2146 | Jade Davies           | 01:28:09 | 01:15:21 | FSEN | f | 7.96 | 07:32 | Finished |
| 2971 | 2147 | Judith Gabb           | 01:28:13 | 01:17:23 | F65  | f | 7.75 | 07:44 | Finished |
| 3285 | 2148 | Rachel Watkins        | 01:28:13 | 01:16:28 | F40  | f | 7.85 | 07:39 | Finished |
| 3286 | 2149 | Sarah Harries         | 01:28:13 | 01:16:28 | FSEN | f | 7.85 | 07:39 | Finished |
| 3284 | 2150 | Carolyn Regan         | 01:28:14 | 01:16:28 | F45  | f | 7.85 | 07:39 | Finished |
| 3287 | 2151 | Michelle Llewellyn    | 01:28:14 | 01:16:28 | F50  | f | 7.85 | 07:39 | Finished |
| 2344 | 2152 | Debbie Green          | 01:28:15 | 01:19:01 | F50  | f | 7.59 | 07:54 | Finished |
| 4153 | 2153 | Jennifer Stephens     | 01:28:15 | 01:17:01 | F65  | f | 7.79 | 07:42 | Finished |
| 2345 | 2154 | Claire Lavender       | 01:28:15 | 01:19:02 | F40  | f | 7.59 | 07:54 | Finished |
| 2325 | 2155 | Janet Ray             | 01:28:15 | 01:19:02 | F50  | f | 7.59 | 07:54 | Finished |
| 3000 | 2156 | Jemma Price           | 01:28:17 | 01:16:31 | FSEN | f | 7.84 | 07:39 | Finished |
| 3303 | 2157 | Chris Melvin          | 01:28:17 | 01:16:31 | MSEN | m | 7.84 | 07:39 | Finished |
| 2881 | 2158 | Kelly Norman          | 01:28:22 | 01:18:01 | F45  | f | 7.69 | 07:48 | Finished |
| 3043 | 2159 | Jayne Lewis           | 01:28:22 | 01:18:01 | F45  | f | 7.69 | 07:48 | Finished |
| 3030 | 2160 | Elinor Wellington     | 01:28:22 | 01:18:01 | FSEN | f | 7.69 | 07:48 | Finished |
| 2632 | 2161 | Slan Evans            | 01:28:23 | 01:16:24 | F50  | f | 7.85 | 07:38 | Finished |
| 3226 | 2162 | Danielle Wagstaff     | 01:28:24 | 01:16:25 | F35  | f | 7.85 | 07:38 | Finished |
| 2813 | 2163 | Ian Swanson           | 01:28:24 | 01:15:25 | M70  | m | 7.96 | 07:32 | Finished |
| 2389 | 2164 | Anne-Marie Clement    | 01:28:27 | 01:17:36 | F40  | f | 7.73 | 07:46 | Finished |
| 2968 | 2165 | Lynne Peet            | 01:28:29 | 01:17:35 | F40  | f | 7.73 | 07:46 | Finished |
| 3117 | 2166 | Heather Aston         | 01:28:38 | 01:18:49 | F55  | f | 7.61 | 07:53 | Finished |
| 2925 | 2167 | Helen Moreby          | 01:28:38 | 01:20:34 | F50  | f | 7.45 | 08:03 | Finished |
| 2972 | 2168 | Rebecca Thomson       | 01:28:38 | 01:20:32 | F45  | f | 7.45 | 08:03 | Finished |
| 3258 | 2169 | Carla Petris          | 01:28:51 | 01:18:20 | F50  | f | 7.66 | 07:50 | Finished |
| 3032 | 2170 | Jasmin Howell         | 01:29:03 | 01:18:40 | FSEN | f | 7.63 | 07:52 | Finished |
| 545  | 2171 | Michelle Rowland      | 01:29:12 | 01:18:48 | FSEN | f | 7.61 | 07:53 | Finished |
| 2422 | 2172 | Lisa Jones            | 01:29:18 | 01:19:00 | FSEN | f | 7.59 | 07:54 | Finished |
| 2625 | 2173 | Lorri Matthews        | 01:29:23 | 01:20:12 | F60  | f | 7.48 | 08:01 | Finished |
| 2251 | 2174 | Jessica Williams      | 01:29:28 | 01:19:39 | F35  | f | 7.53 | 07:58 | Finished |
| 3243 | 2175 | Leanne Bond           | 01:29:34 | 01:17:13 | F45  | f | 7.77 | 07:43 | Finished |
| 1259 | 2176 | Phil Marshall         | 01:29:36 | 01:25:18 | M45  | m | 7.03 | 08:32 | Finished |
| 3321 | 2177 | Michelle Gibbs        | 01:29:40 | 01:17:06 | F40  | f | 7.78 | 07:43 | Finished |
| 2603 | 2178 | Teri McGann           | 01:29:40 | 01:17:06 | F35  | f | 7.78 | 07:43 | Finished |
| 356  | 2179 | Tahir Altimimi        | 01:29:42 | 01:18:17 | M60  | m | 7.66 | 07:50 | Finished |

|      |      |                          |          |          |     |   |      |       |          |
|------|------|--------------------------|----------|----------|-----|---|------|-------|----------|
| 3172 | 2180 | Meinir Williams          | 01:29:42 | 01:18:17 | F50 | f | 7.66 | 07:50 | Finished |
| 3005 | 2181 | Steve Evans              | 01:29:43 | 01:20:23 | M50 | m | 7.46 | 08:02 | Finished |
| 2741 | 2182 | John Lovell              | 01:29:43 | 01:20:23 | M65 | m | 7.46 | 08:02 | Finished |
| 2800 | 2183 | Anita Harris             | 01:29:44 | 01:17:28 | F50 | f | 7.75 | 07:45 | Finished |
| 3063 | 2184 | Natassia Pearson         | 01:29:49 | 01:19:50 | F50 | f | 7.52 | 07:59 | Finished |
| 2815 | 2185 | Melissa Phillips         | 01:29:56 | 01:17:56 | F35 | f | 7.7  | 07:48 | Finished |
| 2814 | 2186 | Joanna Lewis             | 01:29:57 | 01:17:57 | F40 | f | 7.7  | 07:48 | Finished |
| 4106 | 2187 | Nikki Daniels            | 01:30:00 | 01:18:37 | F50 | f | 7.63 | 07:52 | Finished |
| 2722 | 2188 | Elinor Cole              | 01:30:01 | 01:18:52 | F50 | f | 7.61 | 07:53 | Finished |
| 3049 | 2189 | Poppy Reynolds           | 01:30:04 | 01:17:53 | F50 | f | 7.7  | 07:47 | Finished |
| 3152 | 2190 | Peter Burns              | 01:30:06 | 01:17:45 | M45 | m | 7.72 | 07:46 | Finished |
| 2870 | 2191 | Sam Cain                 | 01:30:09 | 01:18:34 | MJ  | m | 7.64 | 07:51 | Finished |
| 3052 | 2192 | Rebeca Gonzalez Iglesias | 01:30:13 | 01:20:46 | F40 | f | 7.43 | 08:05 | Finished |
| 2706 | 2193 | Cath Bradford            | 01:30:13 | 01:20:03 | F50 | f | 7.5  | 08:00 | Finished |
| 2453 | 2194 | Catherine Walsh          | 01:30:14 | 01:18:48 | F55 | f | 7.61 | 07:53 | Finished |
| 2757 | 2195 | Sara Kane                | 01:30:21 | 01:17:30 | F45 | f | 7.74 | 07:45 | Finished |
| 2771 | 2196 | Kristian Lane            | 01:30:26 | 01:20:45 | M50 | m | 7.43 | 08:05 | Finished |
| 3280 | 2197 | Donna Rees               | 01:30:30 | 01:21:07 | F50 | f | 7.4  | 08:07 | Finished |
| 3352 | 2198 | Lorna Evans              | 01:30:38 | 01:21:29 | F55 | f | 7.36 | 08:09 | Finished |
| 3445 | 2199 | Rebecca Carey            | 01:30:39 | 01:22:59 | F50 | f | 7.23 | 08:18 | Finished |
| 2856 | 2200 | Marged Williams          | 01:30:39 | 01:18:16 | F50 | f | 7.67 | 07:50 | Finished |
| 2857 | 2201 | Anwen Williams           | 01:30:39 | 01:18:16 | F50 | f | 7.67 | 07:50 | Finished |
| 2694 | 2202 | Annette Sandel           | 01:30:49 | 01:19:56 | F60 | f | 7.51 | 08:00 | Finished |
| 2833 | 2203 | France Vandergucht       | 01:30:53 | 01:19:08 | F45 | f | 7.58 | 07:55 | Finished |
| 3182 | 2204 | Sally Bloomfield         | 01:30:59 | 01:19:49 | F55 | f | 7.52 | 07:59 | Finished |
| 2955 | 2205 | Claire Denshsm           | 01:31:04 | 01:22:43 | F50 | f | 7.25 | 08:16 | Finished |
| 3400 | 2206 | Debra Lewis              | 01:31:06 | 01:19:20 | F50 | f | 7.56 | 07:56 | Finished |
| 3079 | 2207 | Sara Hewitt              | 01:31:08 | 01:18:15 | F40 | f | 7.67 | 07:50 | Finished |
| 2528 | 2208 | Alice Fountain           | 01:31:10 | 01:19:29 | F50 | f | 7.55 | 07:57 | Finished |
| 2263 | 2209 | Jack Turke               | 01:31:11 | 01:21:05 | M50 | m | 7.4  | 08:07 | Finished |
| 2883 | 2210 | Sara Galletly            | 01:31:17 | 01:19:40 | F50 | f | 7.53 | 07:58 | Finished |
| 2442 | 2211 | Cellan Phillips          | 01:31:17 | 01:24:43 | M50 | m | 7.08 | 08:28 | Finished |
| 3076 | 2212 | Andrew Lewellyn          | 01:31:21 | 01:20:40 | M55 | m | 7.44 | 08:04 | Finished |
| 2834 | 2213 | Jillian Collins          | 01:31:25 | 01:21:41 | F65 | f | 7.35 | 08:10 | Finished |
| 3039 | 2214 | Robert Moeller           | 01:31:31 | 01:20:17 | M65 | m | 7.47 | 08:02 | Finished |
| 3214 | 2215 | Karen Lee-Parfitt        | 01:31:33 | 01:20:26 | F55 | f | 7.46 | 08:03 | Finished |
| 2733 | 2216 | Susan Holder             | 01:31:33 | 01:20:26 | F60 | f | 7.46 | 08:03 | Finished |
| 2724 | 2217 | Lynne Davies             | 01:31:33 | 01:20:27 | F45 | f | 7.46 | 08:03 | Finished |
| 2287 | 2218 | Christopher Mabe         | 01:31:34 | 01:21:55 | M35 | m | 7.32 | 08:11 | Finished |
| 2563 | 2219 | Rachel Richards          | 01:31:34 | 01:21:43 | F45 | f | 7.34 | 08:10 | Finished |
| 3314 | 2220 | Louise Amery             | 01:31:34 | 01:21:43 | F50 | f | 7.34 | 08:10 | Finished |
| 2913 | 2221 | Ffion Brannan            | 01:31:35 | 01:19:42 | F50 | f | 7.53 | 07:58 | Finished |
| 2297 | 2222 | Rosie Shepherd           | 01:31:38 | 01:21:04 | F50 | f | 7.4  | 08:06 | Finished |
| 2264 | 2223 | Zorran Morgan            | 01:31:38 | 01:21:32 | MJ  | m | 7.36 | 08:09 | Finished |
| 2980 | 2224 | Lisa Williams            | 01:31:48 | 01:19:20 | F50 | f | 7.56 | 07:56 | Finished |
| 1605 | 2225 | Lisa Jones               | 01:31:48 | 01:19:21 | F50 | f | 7.56 | 07:56 | Finished |
| 3048 | 2226 | Hugh Reynolds            | 01:31:51 | 01:31:51 | M60 | m | 6.53 | 09:11 | Finished |
| 2564 | 2227 | Ruth Bourke              | 01:31:51 | 01:23:15 | F45 | f | 7.21 | 08:19 | Finished |
| 3436 | 2228 | Val Wadham               | 01:31:58 | 01:21:24 | F50 | f | 7.37 | 08:08 | Finished |
| 2767 | 2229 | Sallyanne Greenslade     | 01:32:02 | 01:24:52 | F50 | f | 7.07 | 08:29 | Finished |
| 3123 | 2230 | Sarah Edwards            | 01:32:03 | 01:22:21 | F50 | f | 7.29 | 08:14 | Finished |
| 2960 | 2231 | Sinead Salter            | 01:32:04 | 01:19:57 | F35 | f | 7.5  | 08:00 | Finished |
| 3154 | 2232 | Helen Lloyd Jones        | 01:32:08 | 01:24:22 | F70 | f | 7.11 | 08:26 | Finished |
| 2975 | 2233 | Carwyn Pugh              | 01:32:09 | 01:20:26 | MJ  | m | 7.46 | 08:03 | Finished |
| 2330 | 2234 | Emily Hammett            | 01:32:10 | 01:21:13 | F35 | f | 7.39 | 08:07 | Finished |
| 3242 | 2235 | Karen Adams              | 01:32:11 | 01:20:34 | F50 | f | 7.45 | 08:03 | Finished |
| 3231 | 2236 | Joanne Methuen           | 01:32:15 | 01:23:32 | F50 | f | 7.18 | 08:21 | Finished |
| 2491 | 2237 | John Vine                | 01:32:16 | 01:22:29 | M75 | m | 7.27 | 08:15 | Finished |
| 3230 | 2238 | Julie Grabham            | 01:32:19 | 01:23:35 | F50 | f | 7.18 | 08:21 | Finished |
| 3283 | 2239 | Lynne Garwood            | 01:32:23 | 01:21:12 | F55 | f | 7.39 | 08:07 | Finished |
| 3188 | 2240 | Jo Rowlands              | 01:32:26 | 01:22:18 | F60 | f | 7.29 | 08:14 | Finished |
| 2985 | 2241 | Amy Bowen                | 01:32:31 | 01:22:09 | F50 | f | 7.3  | 08:13 | Finished |
| 2585 | 2242 | Hannah Hunt              | 01:32:31 | 01:22:09 | F50 | f | 7.3  | 08:13 | Finished |
| 3215 | 2243 | Rachel Lloyd             | 01:32:31 | 01:22:10 | F35 | f | 7.3  | 08:13 | Finished |
| 2043 | 2244 | Heather James            | 01:32:39 | 01:27:21 | F55 | f | 6.87 | 08:44 | Finished |
| 2808 | 2245 | Rhian Peterson           | 01:32:50 | 01:20:43 | F45 | f | 7.43 | 08:04 | Finished |
| 2781 | 2246 | Clare Bentley            | 01:32:57 | 01:21:06 | F50 | f | 7.4  | 08:07 | Finished |
| 2754 | 2247 | Lorrae Jones             | 01:32:57 | 01:22:08 | F65 | f | 7.31 | 08:13 | Finished |
| 2886 | 2248 | Ruth Evans               | 01:33:00 | 01:20:56 | F50 | f | 7.41 | 08:06 | Finished |
| 3065 | 2249 | Maldwyn Griffiths        | 01:33:06 | 01:21:22 | M65 | m | 7.37 | 08:08 | Finished |
| 3191 | 2250 | Victoria Marie           | 01:33:07 | 01:22:05 | F50 | f | 7.31 | 08:13 | Finished |
| 3363 | 2251 | Vickie Clement           | 01:33:17 | 01:20:29 | F50 | f | 7.45 | 08:03 | Finished |
| 1584 | 2252 | Emily Smith              | 01:33:27 | 01:28:24 | FJ  | f | 6.79 | 08:50 | Finished |
| 3344 | 2253 | David Wigley             | 01:33:29 | 01:20:33 | M45 | m | 7.45 | 08:03 | Finished |
| 3073 | 2254 | Olivia Tucker            | 01:33:36 | 01:25:13 | F50 | f | 7.04 | 08:31 | Finished |
| 2666 | 2255 | Martin Harrison          | 01:33:39 | 01:21:49 | M55 | m | 7.33 | 08:11 | Finished |
| 1647 | 2256 | Nigel Thomas             | 01:33:41 | 01:27:11 | M60 | m | 6.88 | 08:43 | Finished |
| 3114 | 2257 | Anna Lewis               | 01:34:07 | 01:22:41 | F40 | f | 7.26 | 08:16 | Finished |
| 3097 | 2258 | Susan Morgan             | 01:34:09 | 01:25:22 | F45 | f | 7.03 | 08:32 | Finished |
| 2577 | 2259 | Karen Dando              | 01:34:18 | 01:25:18 | F50 | f | 7.03 | 08:32 | Finished |
| 4097 | 2260 | Mike Carter              | 01:34:21 | 01:25:40 | M50 | m | 7    | 08:34 | Finished |
| 3110 | 2261 | Upendo Moshi             | 01:34:28 | 01:21:40 | F40 | f | 7.35 | 08:10 | Finished |
| 3401 | 2262 | Jacqueline Meyrick       | 01:34:32 | 01:22:45 | F55 | f | 7.25 | 08:17 | Finished |
| 2829 | 2263 | Lucy Abrahams            | 01:34:40 | 01:25:10 | F45 | f | 7.05 | 08:31 | Finished |
| 1522 | 2264 | Michelle Slee            | 01:34:41 | 01:29:44 | F45 | f | 6.69 | 08:58 | Finished |
| 3348 | 2265 | Paul Brain               | 01:34:51 | 01:25:09 | M75 | m | 7.05 | 08:31 | Finished |
| 3326 | 2266 | Alfryn Easter            | 01:34:51 | 01:22:10 | M70 | m | 7.3  | 08:13 | Finished |
| 3161 | 2267 | Paul Jones               | 01:34:53 | 01:22:03 | M60 | m | 7.31 | 08:12 | Finished |
| 2777 | 2268 | Eleanor Fryer            | 01:34:57 | 01:23:50 | F50 | f | 7.16 | 08:23 | Finished |
| 2469 | 2269 | John Addy                | 01:35:12 | 01:23:45 | M60 | m | 7.16 | 08:23 | Finished |
| 3098 | 2270 | Gerald Docherty          | 01:35:40 | 01:27:17 | M60 | m | 6.87 | 08:44 | Finished |
| 3066 | 2271 | Sam Mears                | 01:35:44 | 01:23:42 | F50 | f | 7.17 | 08:22 | Finished |
| 3386 | 2272 | Vicky O'Neill            | 01:36:09 | 01:24:25 | F35 | f | 7.11 | 08:26 | Finished |
| 2156 | 2273 | Leigh Potts              | 01:36:10 | 01:27:52 | M35 | m | 6.83 | 08:47 | Finished |
| 3060 | 2274 | Melanie Williams         | 01:36:11 | 01:24:09 | F50 | f | 7.13 | 08:25 | Finished |
| 4114 | 2275 | Chloe Hendry             | 01:36:11 | 01:24:09 | F50 | f | 7.13 | 08:25 | Finished |
| 415  | 2276 | Dale Mead                | 01:36:15 | 01:36:15 | M50 | m | 6.23 | 09:38 | Finished |
| 3034 | 2277 | Sharon Cunningham        | 01:36:16 | 01:27:36 | F50 | f | 6.85 | 08:46 | Finished |
| 3451 | 2278 | Rhian Evans              | 01:36:17 | 01:25:43 | F35 | f | 7    | 08:34 | Finished |
| 4098 | 2279 | Joanne Griffin           | 01:36:35 | 01:24:36 | F40 | f | 7.09 | 08:28 | Finished |
| 2802 | 2280 | Jessie Llewellyn-Lloyd   | 01:36:36 | 01:26:13 | F35 | f | 6.96 | 08:37 | Finished |
| 3040 | 2281 | Haf James                | 01:36:39 | 01:27:38 | F50 | f | 6.85 | 08:46 | Finished |
| 2147 | 2282 | Chin Kuo Chang           | 01:36:39 | 01:26:47 | M50 | m | 6.91 | 08:41 | Finished |
| 3367 | 2283 | Allison Griffiths        | 01:36:40 | 01:25:28 | F35 | f | 7.02 | 08:33 | Finished |
| 3157 | 2284 | William Rowberry         | 01:37:13 | 01:25:34 | M50 | m | 7.01 | 08:33 | Finished |
| 2964 | 2285 | Joshua Heaven            | 01:37:13 | 01:29:25 | M50 | m | 6.71 | 08:56 | Finished |
| 3139 | 2286 | Emily Brennan            | 01:37:14 | 01:29:18 | F50 | f | 6.72 | 08:56 | Finished |
| 3140 | 2287 | Karen Brennan            | 01:37:15 | 01:29:18 | F45 | f | 6.72 | 08:56 | Finished |
| 3323 | 2288 | Sara Morgan              | 01:37:15 | 01:26:23 | F50 | f | 6.95 | 08:38 | Finished |

|      |      |                          |          |          |      |   |      |       |          |
|------|------|--------------------------|----------|----------|------|---|------|-------|----------|
| 4115 | 2289 | Charlotte Winstone       | 01:37:17 | 01:25:11 | F5EN | f | 7.04 | 08:31 | Finished |
| 1792 | 2290 | Craig Williams           | 01:37:31 | 01:30:57 | M5EN | m | 6.6  | 09:06 | Finished |
| 2901 | 2291 | Anne Richards            | 01:37:35 | 01:26:15 | F40  | f | 6.96 | 08:37 | Finished |
| 2902 | 2292 | Sarah Archard            | 01:37:35 | 01:26:16 | F5EN | f | 6.96 | 08:38 | Finished |
| 2950 | 2293 | Bethan Davies            | 01:37:38 | 01:25:29 | F40  | f | 7.02 | 08:33 | Finished |
| 3082 | 2294 | Lisa Walters             | 01:37:49 | 01:30:24 | F60  | f | 6.64 | 09:02 | Finished |
| 3197 | 2295 | Jenine Greenway          | 01:38:04 | 01:26:06 | F45  | f | 6.97 | 08:37 | Finished |
| 2490 | 2296 | Cameron Fermandel        | 01:38:10 | 01:30:41 | MJ   | m | 6.62 | 09:04 | Finished |
| 2912 | 2297 | Lamphan Jones            | 01:38:13 | 01:28:08 | F55  | f | 6.81 | 08:49 | Finished |
| 3443 | 2298 | Ceri Wherry              | 01:38:14 | 01:26:08 | F40  | f | 6.97 | 08:37 | Finished |
| 3444 | 2299 | Andrea Somersall         | 01:38:37 | 01:26:32 | F50  | f | 6.93 | 08:39 | Finished |
| 2803 | 2300 | Dave Somersall           | 01:38:37 | 01:26:31 | M50  | m | 6.94 | 08:39 | Finished |
| 3132 | 2301 | Nikola Jenkins           | 01:38:39 | 01:26:22 | F55  | f | 6.95 | 08:38 | Finished |
| 1858 | 2302 | Philippa Wilson          | 01:39:14 | 01:27:44 | F45  | f | 6.84 | 08:46 | Finished |
| 2798 | 2303 | Cathrine Thomas          | 01:39:15 | 01:27:45 | F40  | f | 6.84 | 08:46 | Finished |
| 88   | 2304 | Allan Smith              | 01:39:21 | 01:29:32 | M75  | m | 6.7  | 08:57 | Finished |
| 3186 | 2305 | Craig Phillips           | 01:39:42 | 01:27:17 | M45  | m | 6.87 | 08:44 | Finished |
| 1427 | 2306 | Rosie Bufton             | 01:39:50 | 01:26:57 | F35  | f | 6.9  | 08:42 | Finished |
| 3260 | 2307 | Kirsty Rowles            | 01:39:51 | 01:26:58 | F5EN | f | 6.9  | 08:42 | Finished |
| 2725 | 2308 | Sam Lewis                | 01:40:26 | 01:32:45 | F5EN | f | 6.47 | 09:16 | Finished |
| 2340 | 2309 | Beth Fisher              | 01:40:26 | 01:32:46 | F45  | f | 6.47 | 09:17 | Finished |
| 3291 | 2310 | Helen Jones              | 01:40:35 | 01:28:23 | F45  | f | 6.79 | 08:50 | Finished |
| 3292 | 2311 | Jeanette Royston-Cornick | 01:40:36 | 01:28:23 | F60  | f | 6.79 | 08:50 | Finished |
| 2775 | 2312 | Nune Aleksanyan          | 01:40:38 | 01:28:23 | F35  | f | 6.79 | 08:50 | Finished |
| 2776 | 2313 | Melanie Weaver           | 01:40:38 | 01:28:23 | F40  | f | 6.79 | 08:50 | Finished |
| 2403 | 2314 | Claire Westacott         | 01:40:43 | 01:32:00 | F40  | f | 6.52 | 09:12 | Finished |
| 2774 | 2315 | Maria Selby              | 01:40:58 | 01:28:43 | F45  | f | 6.76 | 08:52 | Finished |
| 3007 | 2316 | Selena Ellis             | 01:41:23 | 01:29:13 | F35  | f | 6.73 | 08:55 | Finished |
| 2799 | 2317 | Rachel Clutterbuck       | 01:41:38 | 01:29:39 | F45  | f | 6.69 | 08:58 | Finished |
| 2882 | 2318 | Heather Dawes            | 01:41:49 | 01:41:22 | F60  | f | 5.92 | 10:08 | Finished |
| 2718 | 2319 | Adam Lewis               | 01:41:53 | 01:29:44 | M35  | m | 6.69 | 08:58 | Finished |
| 2970 | 2320 | Aaron Jarrett            | 01:41:55 | 01:30:28 | M5EN | m | 6.63 | 09:03 | Finished |
| 3170 | 2321 | Ann Thomas               | 01:41:57 | 01:34:22 | F60  | f | 6.36 | 09:26 | Finished |
| 3446 | 2322 | Kate Johnson             | 01:42:00 | 01:29:07 | F40  | f | 6.73 | 08:55 | Finished |
| 2258 | 2323 | Fran Watts               | 01:42:41 | 01:33:04 | F45  | f | 6.45 | 09:18 | Finished |
| 3072 | 2324 | Sylvia Mawby             | 01:42:56 | 01:33:31 | F55  | f | 6.42 | 09:21 | Finished |
| 3327 | 2325 | Tom Morris               | 01:43:09 | 01:33:19 | M70  | m | 6.43 | 09:20 | Finished |
| 2976 | 2326 | Derwyn Pugh              | 01:43:15 | 01:31:33 | M50  | m | 6.55 | 09:09 | Finished |
| 3377 | 2327 | Diane Everett            | 01:43:20 | 01:30:23 | F55  | f | 6.64 | 09:02 | Finished |
| 3056 | 2328 | Kevin Collins            | 01:43:23 | 01:31:39 | M45  | m | 6.55 | 09:10 | Finished |
| 3241 | 2329 | Danielle Turner Jenkins  | 01:43:33 | 01:31:02 | F5EN | f | 6.59 | 09:06 | Finished |
| 3074 | 2330 | John Davies              | 01:44:14 | 01:31:26 | M65  | m | 6.56 | 09:09 | Finished |
| 2762 | 2331 | Victoria Morgan Hill     | 01:44:27 | 01:31:38 | F35  | f | 6.55 | 09:10 | Finished |
| 3295 | 2332 | Judy Murphy              | 01:45:16 | 01:34:45 | F50  | f | 6.33 | 09:28 | Finished |
| 3027 | 2333 | Caroline Phillips        | 01:45:59 | 01:34:06 | F40  | f | 6.38 | 09:25 | Finished |
| 2990 | 2334 | Gaynor Kennedy           | 01:46:20 | 01:34:21 | F65  | f | 6.36 | 09:26 | Finished |
| 2807 | 2335 | Debbie Lewis             | 01:46:31 | 01:34:33 | F50  | f | 6.35 | 09:27 | Finished |
| 2994 | 2336 | Elaine Hopkin            | 01:46:44 | 01:35:52 | F45  | f | 6.26 | 09:35 | Finished |
| 2292 | 2337 | Jo Kenlin                | 01:46:44 | 01:35:52 | F45  | f | 6.26 | 09:35 | Finished |
| 2996 | 2338 | Sylvaine Clegg           | 01:46:51 | 01:37:45 | F75  | f | 6.14 | 09:46 | Finished |
| 3068 | 2339 | Helen Bivens             | 01:46:51 | 01:37:46 | F50  | f | 6.14 | 09:47 | Finished |
| 2768 | 2340 | Sian Parsons             | 01:47:06 | 01:35:15 | F40  | f | 6.3  | 09:31 | Finished |
| 3047 | 2341 | Paula Stockley           | 01:47:06 | 01:35:15 | F40  | f | 6.3  | 09:31 | Finished |
| 2328 | 2342 | Clare Thomas             | 01:47:15 | 01:37:05 | F35  | f | 6.18 | 09:43 | Finished |
| 2791 | 2343 | Lorraine Dixon           | 01:47:36 | 01:38:47 | F55  | f | 6.07 | 09:53 | Finished |
| 2588 | 2344 | Kelly Hookings           | 01:47:45 | 01:37:15 | F45  | f | 6.17 | 09:43 | Finished |
| 2450 | 2345 | Shaun Bowmer             | 01:48:14 | 01:40:45 | M50  | m | 5.96 | 10:05 | Finished |
| 2472 | 2346 | Kathryn Hudson           | 01:48:17 | 01:38:58 | F55  | f | 6.06 | 09:54 | Finished |
| 2795 | 2347 | Michelle Jones           | 01:48:32 | 01:39:09 | F35  | f | 6.05 | 09:55 | Finished |
| 2794 | 2348 | Martin O Connor          | 01:48:32 | 01:39:09 | M55  | m | 6.05 | 09:55 | Finished |
| 3014 | 2349 | Elizabeth Sutton-Smith   | 01:48:50 | 01:38:16 | F60  | f | 6.11 | 09:50 | Finished |
| 2875 | 2350 | Samantha Lewis-Jones     | 01:49:27 | 01:37:52 | F40  | f | 6.13 | 09:47 | Finished |
| 2871 | 2351 | Louise Cain              | 01:49:27 | 01:37:52 | F50  | f | 6.13 | 09:47 | Finished |
| 2194 | 2352 | Sharon Walters           | 01:49:27 | 01:37:52 | F50  | f | 6.13 | 09:47 | Finished |
| 3002 | 2353 | Rachel Stone             | 01:49:27 | 01:37:52 | F40  | f | 6.13 | 09:47 | Finished |
| 4155 | 2354 | Lucia Harrison           | 01:49:41 | 01:41:20 | F5EN | f | 5.92 | 10:08 | Finished |
| 3080 | 2355 | John Greenfield          | 01:49:44 | 01:37:29 | M75  | m | 6.15 | 09:45 | Finished |
| 3026 | 2356 | Christine Duck           | 01:49:51 | 01:37:48 | F40  | f | 6.13 | 09:47 | Finished |
| 3029 | 2357 | Rachel Lloyd             | 01:49:52 | 01:37:48 | F40  | f | 6.13 | 09:47 | Finished |
| 3103 | 2358 | Michaela Sargent         | 01:49:53 | 01:37:43 | F5EN | f | 6.14 | 09:46 | Finished |
| 2737 | 2359 | Iain Sullivan            | 01:49:55 | 01:37:22 | M50  | m | 6.16 | 09:44 | Finished |
| 1811 | 2360 | Elizabeth Davies         | 01:49:58 | 01:37:47 | F45  | f | 6.14 | 09:47 | Finished |
| 2995 | 2361 | Thomas John Edwards      | 01:50:01 | 01:38:16 | M50  | m | 6.11 | 09:50 | Finished |
| 3410 | 2362 | Linda Thomas             | 01:50:25 | 01:37:27 | F55  | f | 6.16 | 09:45 | Finished |
| 3112 | 2363 | Les Cuthbert             | 01:50:54 | 01:38:52 | M65  | m | 6.07 | 09:53 | Finished |
| 3261 | 2364 | Richard Thyer            | 01:50:54 | 01:38:13 | M55  | m | 6.11 | 09:49 | Finished |
| 3449 | 2365 | Anne-Marie Hurley        | 01:52:00 | 01:40:42 | F55  | f | 5.96 | 10:04 | Finished |
| 3121 | 2366 | Melissa Bowmer           | 01:52:00 | 01:44:31 | F50  | f | 5.74 | 10:27 | Finished |
| 3294 | 2367 | Laura Pack               | 01:52:01 | 01:40:43 | F35  | f | 5.96 | 10:04 | Finished |
| 4127 | 2368 | Val Miller               | 01:52:38 | 01:45:12 | F40  | f | 5.7  | 10:31 | Finished |
| 2977 | 2369 | Cath Ball                | 01:53:22 | 01:41:29 | F45  | f | 5.91 | 10:09 | Finished |
| 2753 | 2370 | Jo Dennis                | 01:53:23 | 01:41:29 | F50  | f | 5.91 | 10:09 | Finished |
| 2935 | 2371 | Emma Gray                | 01:55:29 | 01:46:28 | F40  | f | 5.64 | 10:39 | Finished |
| 2938 | 2372 | Evie Coughlin            | 01:57:45 | 01:45:53 | FJ   | f | 5.67 | 10:35 | Finished |
| 2963 | 2373 | Jessica Varney           | 01:57:46 | 01:49:49 | FJ   | f | 5.46 | 10:59 | Finished |
| 2288 | 2374 | Kellianne Jones          | 01:58:17 | 01:50:18 | FJ   | f | 5.44 | 11:02 | Finished |
| 2962 | 2375 | Claire Varney            | 01:59:01 | 01:51:00 | F45  | f | 5.41 | 11:06 | Finished |