

Bib	Overall Position	Name	Guntime	Chiptime	Category	Category Position	Team / Club	Gender	Gender Position	Avg speed	Avg pace	Status
3009	1	Iwan Thomas	00:09:46	00:09:46	MSEN		Carmarthen & District Harriers	m		18.43	03:15	Finished
3070	2	Libby Hale	00:10:38	00:10:38	FSEN		Swansea Harriers	f		16.93	03:33	Finished
3041	3	Joshua Barnett	00:10:50	00:10:50	MSEN			m		16.62	03:37	Finished
3084	4	Bryony Boyce	00:10:51	00:10:51	FSEN		Cardiff Athletics	f		16.59	03:37	Finished
3029	5	Vaughn Hughes	00:10:53	00:10:53	MSEN		Newport Harriers	m		16.54	03:38	Finished
3067	6	Ava Davies	00:10:54	00:10:54	FSEN		Swansea Harriers	f		16.51	03:38	Finished
3083	7	Sam Boyce	00:10:57	00:10:57	MSEN		Cardiff Athletics	m		16.44	03:39	Finished
3086	8	Millie Pierce	00:11:06	00:11:06	FSEN		Swansea Harriers	f		16.22	03:42	Finished
3100	9	Thomas Reece	00:11:21	00:11:21	MSEN		Team Bath Athletic Club	m		15.86	03:47	Finished
3136	10	Chloe Hartley-Green	00:11:29	00:11:29	FSEN		Swansea Harriers	f		15.67	03:50	Finished
3003	11	Rebecca Harries	00:11:33	00:11:33	FSEN		Cardiff Athletics	f		15.58	03:51	Finished
3039	12	Dylan Gibbs	00:11:38	00:11:38	MSEN			m		15.47	03:53	Finished
3137	13	Sophie Hartley-Green	00:11:39	00:11:39	FSEN		Swansea Harriers	f		15.45	03:53	Finished
3006	14	Ethan Matthews	00:11:41	00:11:41	MSEN			m		15.41	03:54	Finished
3075	15	Jayce Jones	00:12:05	00:12:05	MSEN			m		14.9	04:02	Finished
3007	16	Bethany Clifford	00:12:06	00:12:06	FSEN			f		14.88	04:02	Finished
3085	17	Alice Davies	00:12:07	00:12:07	FSEN		Barry & Vale Harriers	f		14.86	04:02	Finished
3093	18	Thomas Smith	00:12:24	00:00:00	MSEN			m				Finished
3001	19	Finley Rees	00:12:27	00:12:27	MSEN		Cardiff Athletics	m		14.46	04:09	Finished
3049	20	Malachi Williams	00:12:35	00:12:35	MSEN			m		14.3	04:12	Finished
3144	21	Mari Stephens	00:12:37	00:12:37	FSEN		Neath Harriers	f		14.27	04:12	Finished
3078	22	Jack Sullivan	00:13:00	00:13:00	MSEN		Swansea Harriers	m		13.85	04:20	Finished
3088	23	Joseph Pyke	00:13:17	00:13:17	MSEN			m		13.55	04:26	Finished
3148	24	Oscar Toogood	00:13:23	00:13:23	MSEN			m		13.45	04:28	Finished
3096	25	Luke Whittaker	00:13:29	00:13:29	MSEN			m		13.35	04:30	Finished
3008	26	Daniel Davies	00:13:34	00:13:34	MSEN			m		13.27	04:31	Finished
3079	27	Jack Griffiths	00:13:48	00:13:48	MSEN			m		13.04	04:36	Finished
3154	28	Runner 103154	00:13:56	00:13:56	MSEN			m		12.92	04:39	Finished
3138	29	Owain James	00:14:02	00:14:02	MSEN		Celtic Tri	m		12.83	04:41	Finished
3036	30	Noah Loo	00:14:03	00:14:03	MSEN			m		12.81	04:41	Finished
3013	31	Charlie Jones	00:14:06	00:14:06	MSEN			m		12.77	04:42	Finished
3089	32	Daniel Williams	00:14:17	00:14:17	MSEN			m		12.6	04:46	Finished
3112	33	Arthur Hunt	00:14:21	00:14:21	MSEN			m		12.54	04:47	Finished
3090	34	Lyla Jonsson	00:14:30	00:14:30	FSEN			f		12.41	04:50	Finished
3004	35	Patrick Ollier	00:14:44	00:14:44	MSEN			m		12.22	04:55	Finished
3122	36	Jasmin Yoganathan	00:14:54	00:14:54	FSEN			f		12.08	04:58	Finished
3128	37	Rhiannon Heredia-Rowe	00:14:56	00:14:56	FSEN			f		12.05	04:59	Finished
3121	38	Ashwin Yoganathan	00:14:58	00:14:58	MSEN			m		12.03	04:59	Finished
3149	39	Grace Toogood	00:15:00	00:15:00	FSEN		Carmarthen & District Harriers	f		12	05:00	Finished
3032	40	Belle Thomas	00:15:07	00:15:07	FSEN			f		11.91	05:02	Finished
3042	41	Bo Cuthbertson	00:15:07	00:15:07	MSEN			m		11.91	05:02	Finished
3152	42	Sara Stephens	00:15:10	00:15:10	FSEN		Neath Harriers	f		11.87	05:03	Finished
3037	43	Tia Loo	00:15:21	00:15:21	FSEN			f		11.73	05:07	Finished
3074	44	Zac Jones	00:15:33	00:15:33	MSEN			m		11.58	05:11	Finished
3018	45	Brody Williams	00:15:45	00:15:45	MSEN			m		11.43	05:15	Finished
3132	46	Jacob Knight	00:16:09	00:16:09	MSEN			m		11.15	05:23	Finished
3133	47	Callum Knight	00:16:10	00:16:10	MSEN			m		11.13	05:23	Finished
3016	48	Mollie Allan	00:16:17	00:16:17	FSEN			f		11.05	05:26	Finished
3017	49	Jac Allan	00:16:17	00:16:17	MSEN			m		11.05	05:26	Finished
3087	50	Megan Pyke	00:16:25	00:16:25	FSEN			f		10.96	05:28	Finished
3054	51	Oliver Stilwell	00:16:27	00:16:27	MSEN			m		10.94	05:29	Finished
3065	52	Sam Duke Jones	00:16:39	00:16:39	MSEN			m		10.81	05:33	Finished
3030	53	Mia Daniel	00:16:40	00:16:40	FSEN			f		10.8	05:33	Finished
3053	54	Ebony Byrne	00:17:03	00:17:03	FSEN			f		10.56	05:41	Finished
3063	55	Rhys Littlejohns	00:17:13	00:17:13	MSEN			m		10.45	05:44	Finished
3024	56	Eden Williams	00:17:17	00:17:17	FSEN			f		10.41	05:46	Finished
3145	57	Harry Miles	00:17:31	00:17:31	MSEN			m		10.28	05:50	Finished
3011	58	Gwyn Llywarch	00:17:32	00:17:32	MSEN			m		10.27	05:51	Finished
3040	59	Lathika Udiawar	00:17:36	00:17:36	FSEN			f		10.23	05:52	Finished
3072	60	Amelia Griffiths	00:17:48	00:17:48	FSEN			f		10.11	05:56	Finished
3021	61	Dominic Thomas	00:17:51	00:17:51	MSEN			m		10.08	05:57	Finished
3151	62	Constance Quarmby	00:17:56	00:17:56	FSEN			f		10.04	05:59	Finished
3025	63	Maya Parry	00:17:58	00:17:58	FSEN			f		10.02	05:59	Finished
3147	64	Hettie Letton	00:18:14	00:18:14	FSEN			f		9.87	06:05	Finished
3026	65	Xia Parry	00:18:36	00:18:36	FSEN			f		9.68	06:12	Finished
3027	66	Tiegan Parry	00:18:37	00:18:37	FSEN			f		9.67	06:12	Finished
3005	67	Josie Hopkins Woollacott	00:18:39	00:18:39	FSEN			f		9.65	06:13	Finished
3146	68	Phoebe Letton	00:18:39	00:18:39	FSEN			f		9.65	06:13	Finished
3055	69	Evie Herbert	00:18:49	00:18:49	FSEN			f		9.57	06:16	Finished
3014	70	Zihan Lin	00:18:58	00:18:58	FSEN			f		9.49	06:19	Finished
3081	71	Jac Pinnington	00:19:08	00:19:08	MSEN			m		9.41	06:23	Finished
3061	72	Matthew Jones	00:19:25	00:19:25	MSEN			m		9.27	06:28	Finished
3022	73	Ula Padfield	00:19:41	00:19:41	FSEN			f		9.14	06:34	Finished
3050	74	Llyr Thomas	00:19:42	00:19:42	MSEN			m		9.14	06:34	Finished
3060	75	Daniel Williams	00:19:44	00:19:44	MSEN			m		9.12	06:35	Finished
3080	76	Jackson Allen	00:20:31	00:20:31	MSEN			m		8.77	06:50	Finished
3134	77	James Evans	00:21:08	00:21:08	MSEN			m		8.52	07:03	Finished
3098	78	Fflori Stephenson	00:22:01	00:22:01	FSEN			f		8.18	07:20	Finished
3117	79	Sean Martin	00:22:29	00:22:29	MSEN			m		8.01	07:30	Finished
3099	80	Michelle Skye	00:22:33	00:22:33	FSEN			f		7.98	07:31	Finished
3068	81	Gwilym Tagg	00:22:51	00:22:51	MSEN			m		7.88	07:37	Finished
3076	82	Carla Sneddon	00:23:00	00:23:00	FSEN			f		7.83	07:40	Finished
3113	83	Emily Hunt	00:23:00	00:23:00	FSEN			f		7.83	07:40	Finished
3139	84	Ryan Williams	00:24:30	00:24:30	MSEN			m		7.35	08:10	Finished