

Bib	Overall Position	Name	Guntime	Chiptime	Category	Category Position	Team / Club	Gender	Gender Position	Avg speed	Avg pace	Status
15	1	Devin Coombes	00:16:48	00:16:48	MJ	1	BRIDGEND AC	m	1	11.1	05:24	Finished
7	2	Thomas Callard	00:17:20	00:17:20	MJ	2	NEATH HARRIERS	m	2	10.75	05:35	Finished
14	3	Sebastian Lewis	00:17:32	00:17:32	MJ	3		m	3	10.63	05:39	Finished
12	4	Ashleigh Willis	00:18:45	00:18:45	FJ	1	SWANSEA HARRIERS	f	1	9.94	06:02	Finished
11	5	Carys Jones	00:22:05	00:22:05	FJ	2	LLANELLI AC	f	2	8.44	07:06	Finished
10	6	Mirain Lloyd	00:23:16	00:23:16	FJ	3	SWANSEA HARRIERS	f	3	8.01	07:29	Finished
8	7	Sali Goodwin	00:28:51	00:28:51	FJ	4		f	4	6.46	09:17	Finished
16	8	Amy Winter	00:31:11	00:31:11	FJ	5		f	5	5.98	10:02	Finished
6	9	Martha Mckinley	00:32:15	00:32:15	FJ	6		f	6	5.78	10:23	Finished