

BibNumber	Forename	Surname	Gender	Club	Team	GunTime	Position	ChipTime	ChipPositic	Category	CategoryPi	GenderPos
1	Kadar	Omar	Male	Birchfield Harriers		00:29:11	1	00:29:11	1	MS	1	1
2	Dewi	Griffiths	Male	Swansea Harriers		00:29:36	2	00:29:36	2	MS	2	2
6	Dylan Evar	Evans	Male	Shaftesbury Barnet		00:29:51	3	00:29:51	3	MS	3	3
15	James	Heneghan	Male	Pontypridd Roadents A		00:30:00	4	00:29:56	4	MS	4	4
8	Michael	Ward	Male	Cardiff Athletics		00:30:07	5	00:30:06	5	MS	5	5
7	Adam	Bowden	Male	Bridgend AC		00:30:30	6	00:30:30	6	M40	1	6
10	Matthew	Rees	Male	Swansea Harriers		00:30:50	7	00:30:50	7	M35	1	7
702	Felix	Mcgrath	Male	Bristol and West AC		00:30:53	8	00:30:53	8	MS	6	8
13	Phillip	Matthews	Male	Parc Bryn Bach		00:30:57	9	00:30:57	9	M40	2	9
14	Adam	Bull	Male	Pontypridd Roadents A		00:31:03	10	00:31:03	10	MS	7	10
12	Marc	Hobbs	Male	Swansea Harriers		00:31:37	11	00:31:37	11	M40	3	11
1142	Joe	Rainsford	Male	Heanor Running Club		00:31:56	12	00:31:56	12	MS	8	12
17	Michael	Roderick	Male	Tri Hard Harriers		00:32:12	13	00:32:12	13	MS	9	13
3489	Samuel	Richards	Male	Pontypridd Roadents A		00:32:12	14	00:32:12	14	MS	10	14
30	Milan	Watson	Male	Arena 80 AC		00:32:17	15	00:32:17	15	MS	11	15
584	Matthew	Harvey	Male	Swansea Harriers		00:32:18	16	00:32:17	16	M40	4	16
2257	Janos	Vranek	Male	Aberystwyf Vorsprung		00:32:54	17	00:32:53	17	MS	12	17
508	Scott	Williams	Male	Neath Harriers		00:32:56	18	00:32:55	19	MS	13	18
507	Shane	Williams	Male	Neath Harriers		00:32:56	19	00:32:54	18	MS	14	19
3496	Rob	Davies	Male	Amman Valley Harriers		00:33:01	20	00:33:00	20	M35	2	20
20	Natasha	Cockram	Female	Micky Morris Racing T		00:33:10	21	00:33:09	21	FS	1	1
16	Alex	Garrod	Male	Brighton Phoenix		00:33:19	22	00:33:19	22	MS	15	21
694	Oliver	Price	Male	Cardiff Athletics		00:33:24	23	00:33:23	23	MS	16	22
3511	Craig J	Hudson	Male			00:33:35	24	00:33:35	24	MS	17	23
18	James	Thie	Male	Pontypridd Roadents A		00:33:47	25	00:33:47	25	M40	5	24
3294	Darren	Bishop	Male	Pontypridd Roadents A		00:33:51	26	00:33:50	26	M40	6	25
3600	Daniel	James	Male	Run4All Neath		00:33:55	27	00:33:53	27	M45	1	26
3677	Themis	Bower	Male	Team Bath Athletic Clu		00:34:06	28	00:34:06	28	MS	18	27
1063	Tim	Spencer	Male	Pontypridd Roadents A		00:34:10	29	00:34:09	29	MS	19	28
3039	Chris	Williams	Male	Aberdare Valley AAC		00:34:21	30	00:34:20	30	M40	7	29
1100	Ben	Butler-mad	Male	Pontypridd Roadents A		00:34:22	31	00:34:20	31	M40	8	30
2887	Edward	Land	Male	Aberystwyf Vorsprung		00:34:22	32	00:34:21	32	M40	9	31
483	Liam	Oak	Male	Neath Harriers		00:34:34	33	00:34:32	33	MS	20	32
1978	Daniel	Morgan	Male	Swansea Harriers		00:34:45	34	00:34:41	34	MS	21	33
450	Lloyd	Jones	Male	Run4All Neath		00:35:02	35	00:35:00	35	MS	22	34
1774	John	Moran	Male	Swansea Harriers		00:35:06	36	00:35:02	36	MS	23	35
3321	Ben	Hughes	Male	Cardiff Athletics		00:35:12	37	00:35:11	37	MJ	1	36
506	Peter	Watkeys	Male	Basingstoke & Mid Ha		00:35:14	38	00:35:13	38	M40	10	37
2866	Jake	Lynock	Male	Carmarthen & District		00:35:15	39	00:35:14	39	MJ	2	38
1859	Megan	Carter-davi	Female	Swansea Harriers		00:35:18	40	00:35:17	41	FS	2	2
3633	Chris	Tones	Male	Run4All Neath		00:35:20	41	00:35:17	40	M35	3	39
21	Lauren	Cooper	Female	Parc Bryn Bach		00:35:22	42	00:35:21	42	FS	3	3
24	Kate	Roberts	Female	Swansea Harriers		00:35:29	43	00:35:29	43	FS	4	4
2225	Steve	Powell	Male			00:35:33	44	00:35:31	44	MS	24	40
3235	Peter	Morton	Male			00:35:37	45	00:35:35	45	M35	4	41
928	Anthony	Smets	Male	Cardiff Athletics		00:35:40	46	00:35:39	46	MS	25	42
23	Donna	Morris	Female	Builth & District		00:35:44	47	00:35:44	48	F35	1	5
3314	Geraint	Lewis	Male	Porthcawl Runners		00:35:48	48	00:35:43	47	M45	2	43
3427	Mark	Hobbs	Male	Micky Morris Racing T		00:35:52	49	00:35:50	49	MS	26	44
2036	Ifan	Lloyd	Male	Swansea Harriers		00:35:55	50	00:35:53	50	M60	1	45
3406	Chris	Oxley	Male	San Domenico RC		00:35:57	51	00:35:56	51	M40	11	46
723	David	James	Male	Les Croupiers		00:36:00	52	00:35:59	53	M60	2	47
1291	Neil	Bezodis	Male			00:36:02	53	00:35:58	52	M35	5	48
977	Andrew	Reddy	Male	Aberdare Valley AAC		00:36:04	54	00:36:02	54	M40	12	49
575	Arwel	Evans	Male	Les Croupiers		00:36:05	55	00:36:04	55	MS	27	50
1723	Ethan	Rowley	Male	Heanor Running Club		00:36:06	56	00:36:06	56	MS	28	51
3399	John	Perkins	Male	Amman Valley Harriers		00:36:23	57	00:36:20	57	M45	3	52
2466	Thomas	Williams	Male	Tri Hard Harriers		00:36:24	58	00:36:22	58	MS	29	53
697	Lloyd	Manning-ja	Male	Pontypridd Roadents A		00:36:34	59	00:36:33	60	M35	6	54
3323	David	Robinson	Male			00:36:36	60	00:36:30	59	MS	30	55
3381	Peter	Douglass	Male			00:36:44	61	00:36:38	61	MS	31	56
909	Sean	Lee	Male	Westbury Harriers		00:36:46	62	00:36:44	63	M35	7	57
961	Paul	Carter	Male			00:36:50	63	00:36:43	62	M35	8	58
3270	Tomos	Phillips	Male	CDF Runners		00:36:52	64	00:36:49	64	M35	9	59
874	Dane	Williams	Male	Parc Bryn Bach		00:36:54	65	00:36:52	70	MS	32	60
3461	Tony	Davies	Male			00:36:54	66	00:36:51	67	MS	33	61
27	Amy	Harris	Female	Brighton Phoenix		00:36:56	67	00:36:55	71	FS	5	6
456	Luigi	Federici	Male	Penarth & Dinas Runn		00:36:57	68	00:36:52	69	MS	34	62
915	Mark	Jones	Male			00:36:57	69	00:36:50	66	M45	4	63
1809	Darren	Lewis	Male	Port Talbot Harriers		00:36:58	70	00:36:52	68	M45	5	64
28	Kate	Natkiel	Female	Brighton Phoenix		00:36:58	71	00:36:57	72	FS	6	7
2463	Daniel	Evans	Male	Tri Hard Harriers		00:36:58	72	00:36:50	65	M35	10	65
3624	Myles	Kenealy	Male	Tri Hard Harriers		00:37:01	73	00:36:59	73	MS	35	66
776	Olivia	Gwynn	Female	Swansea Harriers		00:37:04	74	00:37:03	74	FS	7	8
1720	Jon	Belcher	Male	Lliswerry Runners		00:37:08	75	00:37:06	76	M45	6	67
1250	Ryan	Griffiths	Male			00:37:12	76	00:37:06	75	MS	36	68
25	Rachel	Doherty	Female	Higham Harriers		00:37:14	77	00:37:14	80	FS	8	9
3701	Matt	Thompson	Male			00:37:15	78	00:37:09	77	MS	37	69
653	Gareth	Richards	Male	Ogmore Phoenix Runn		00:37:17	79	00:37:09	78	M50	1	70
2793	Westley	Sheldon	Male	Port Talbot Harriers		00:37:18	80	00:37:12	79	M45	7	71
2539	Chris	Cogan-how	Male			00:37:20	81	00:37:17	82	MS	38	72
1414	Daniel	Richards	Male			00:37:24	82	00:37:14	81	M35	11	73
993	Aled	Hughes	Male	Ogmore Phoenix Runn		00:37:34	83	00:37:28	84	M45	8	74
3440	Nicky	Bennett	Male	Ogmore Phoenix Runn		00:37:36	84	00:37:29	85	MS	39	75
775	Joshua	Grove	Male			00:37:36	85	00:37:33	87	MS	40	76

2835	Mark	Andrews	Male			00:37:37	86	00:37:27	83	M35	12	77
1060	Ben	Hughes	Male	Port Talbot Harriers		00:37:38	87	00:37:30	86	MS	41	78
1900	Thomas	Morris	Male	Swansea Harriers		00:37:41	88	00:37:36	88	MS	42	79
3603	Anthony	Short	Male			00:37:42	89	00:37:40	91	M35	13	80
3641	Michael	Houlding	Male	Run4All Neath		00:37:42	90	00:37:39	90	M40	13	81
733	Adrian	Weaver	Male	Port Talbot Harriers		00:37:44	91	00:37:37	89	M40	14	82
3284	Steffan	Davies	Male	Carmarthen & District		00:37:46	92	00:37:45	93	MJ	3	83
712	Owen	Davies	Male	Swansea Harriers		00:37:47	93	00:37:42	92	M45	9	84
719	Hannah	Williams	Female	Swansea Harriers		00:37:50	94	00:37:45	94	FS	9	10
755	Stephen	Bartlett	Male	Aberdare Valley AAC		00:37:59	95	00:37:56	95	M50	2	85
2900	David	Kingsland	Male	Port Talbot Harriers		00:38:02	96	00:37:59	98	M40	15	86
800	Daniel	Jones	Male	Sarn Helen		00:38:04	97	00:38:02	99	MS	43	87
1082	Thomas	Davies	Male	Porthcawl Runners		00:38:06	98	00:37:58	96	MS	44	88
3661	Benjamin	Sullivan	Male	Swansea Harriers		00:38:10	99	00:38:05	101	MJ	4	89
2762	Iestyn	Evans	Male			00:38:10	100	00:38:03	100	MS	45	90
26	Tracy	Thomas	Female			00:38:11	101	00:38:09	105	FS	10	11
3663	Michael	Riley	Male	Les Croupiers		00:38:11	102	00:38:08	102	M40	16	91
599	Chris	Medcalf	Male	San Domenico RC		00:38:12	103	00:38:08	104	M45	10	92
436	William	Harries	Male	Pembrokeshire Harrier		00:38:15	104	00:37:59	97	MJ	5	93
3034	Matthew	Blackmore	Male	Port Talbot Harriers		00:38:18	105	00:38:12	106	M45	11	94
347	Aled	Jones-davi	Male	Trots		00:38:20	106	00:38:18	109	M40	17	95
635	Michael	Williams	Male	Swansea Harriers		00:38:21	107	00:38:16	107	M45	12	96
1222	Kyle	Lewis	Male			00:38:22	108	00:38:08	103	MS	46	97
3659	Adrian	Mason	Male	Les Croupiers		00:38:23	109	00:38:19	111	M55	1	98
3337	James	Few	Male			00:38:23	110	00:38:18	110	MS	47	99
1830	Alexander	Wright	Male			00:38:25	111	00:38:18	108	MS	48	100
411	Ryan	Morgan	Male	Parc Bryn S Running C		00:38:28	112	00:38:26	112	MS	49	101
1171	Luke	Evans	Male	Trots		00:38:30	113	00:38:28	114	MS	50	102
3539	Jason	Price	Male	Swansea Harriers		00:38:33	114	00:38:31	116	M50	3	103
2798	Alexander	Simpson	Male	Swansea Harriers		00:38:35	115	00:38:31	115	M35	14	104
616	Gareth	Thomas	Male	Tri Hard H	Tri hard ha	00:38:36	116	00:38:27	113	MS	51	105
3293	Phillip	Evans	Male	Pontypridd Roadents A		00:38:38	117	00:38:34	117	M35	15	106
1578	Paul	Dodd	Male	Chepstow Harriers		00:38:38	118	00:38:35	118	M60	3	107
3509	Craig	Hopkins	Male			00:38:41	119	00:38:38	121	M45	13	108
2607	Josh	Tomlinson	Male			00:38:42	120	00:38:37	120	MS	52	109
891	Peter	Coles	Male	Pontypridd Roadents A		00:38:43	121	00:38:39	122	M60	4	110
2995	Reuben	Lawson	Male	Newport Harriers		00:38:45	122	00:38:41	123	MJ	6	111
2865	Oliver	Davies	Male			00:38:48	123	00:38:43	124	MS	53	112
1689	Jay	Hunt	Male	Westbury Harriers		00:38:48	124	00:38:37	119	MJ	7	113
3371	Llinos	Jones	Female	Swansea Harriers		00:38:49	125	00:38:47	130	F40	1	12
2648	Chris	Lewis	Male	Port Talbot Harriers		00:38:51	126	00:38:45	126	M45	14	114
1712	James	Overton	Male			00:38:51	127	00:38:46	128	M35	16	115
603	Alun	Jones	Male			00:38:54	128	00:38:44	125	M35	17	116
1128	Will	Phillips	Male	Swansea Harriers		00:38:55	129	00:38:53	134	MS	54	117
1644	Simon	Jones	Male	3M Gorseinon Road R		00:38:56	130	00:38:46	129	M40	18	118
2304	Ashley	Temudo	Male			00:38:56	131	00:38:45	127	MS	55	119
1918	Robert	Rees	Male	Neath Harriers		00:39:00	132	00:38:51	133	M50	4	120
791	Sophia	Harrison	Female	Swansea Harriers		00:39:00	133	00:38:58	137	FS	11	13
1095	George	Pickering	Male	CDF Runners		00:39:01	134	00:38:51	132	MS	56	121
757	Kevin	Chalke	Male	Penarth & Dinas Runn		00:39:03	135	00:38:58	138	M60	5	122
3694	Martin	Bennett	Male			00:39:05	136	00:38:55	136			123
493	Owen	Shadick	Male			00:39:07	137	00:38:59	139	M40	19	124
1680	Samuel	Brooks	Male			00:39:08	138	00:38:48	131	MJ	8	125
375	Anthony	Jones	Male	Swansea Harriers		00:39:08	139	00:39:03	140	MS	57	126
2083	Wayne	Lewis	Male	Amman Valley Harriers		00:39:10	140	00:39:07	142	M45	15	127
1800	Mattias	Jonsson	Male			00:39:15	141	00:39:04	141	M45	16	128
3413	Daniel	Luffman	Male	Les Croupiers		00:39:20	142	00:39:18	146	M45	17	129
3281	Lee	Gwyn	Male			00:39:22	143	00:39:17	145	M35	18	130
630	Scott	Gray	Male	Ogmore Phoenix Runn		00:39:24	144	00:39:13	144	MS	58	131
657	Phillip	Martin	Male			00:39:27	145	00:39:09	143	M40	20	132
1527	Cherry	Fowler	Female	Chepstow Harriers		00:39:30	146	00:39:27	151	F50	1	14
1159	Ethan	Sayce	Male	Parc Bryn S	Parc bryn s	00:39:31	147	00:39:22	149	MS	59	133
515	Stephen	Hughes	Male			00:39:32	148	00:39:18	147	MS	60	134
897	Owen	Spacie	Male			00:39:33	149	00:39:27	152	MS	61	135
3714	Jack	Morgan	Male			00:39:34	150	00:39:25	150	MS	62	136
3672	Scott	Evans	Male	GCS		00:39:34	151	00:39:21	148	M45	18	137
1225	Nicola	Jukes	Female	Parc Bryn S Running C		00:39:36	152	00:39:33	155	F50	2	15
651	Ceri	Morgan	Male			00:39:39	153	00:39:34	157	MS	63	138
2880	Timothy	Glossop	Male			00:39:40	154	00:39:30	153	MS	64	139
698	Bianca	Caldwell	Female			00:39:42	155	00:39:36	160	F35	2	16
1714	Simon	Davies	Male			00:39:43	156	00:39:37	161	M35	19	140
890	Kit	Lambert	Male	Penarth & Dinas Runn		00:39:43	157	00:39:34	156	M40	21	141
1475	Robert	Hughes	Male			00:39:43	158	00:39:37	162	M40	22	142
1785	Matthew	Flynn	Male			00:39:44	159	00:39:35	158	MS	65	143
149	Matt	Willis	Male			00:39:45	160	00:39:35	159	M35	20	144
3617	Ewelina	Ciesielska	Female	Parc Bryn S Running C		00:39:50	161	00:39:40	165	F35	3	17
1044	Robin	Spacie	Male			00:39:50	162	00:39:44	167	M35	21	145
1920	Sion	Cairns	Male			00:39:51	163	00:39:32	154	M40	23	146
1987	Andy	Mccall	Male	Amman Valley Harriers		00:39:51	164	00:39:48	169	MS	66	147
2142	Niki	Morgan	Female	Chepstow Harriers		00:39:51	165	00:39:48	170	F55	1	18
700	Christophe	Guy	Male	Lliswerry Runners		00:39:52	166	00:39:45	168	M45	19	148
3551	Rhydian	George	Male			00:39:53	167	00:38:54	135	M40	24	149
2392	Rob	Davies	Male	Llanelli AC		00:39:54	168	00:39:43	166	M45	20	150
1167	Fraser	Watson	Male			00:39:55	169	00:39:50	173	M35	22	151
739	Ben	Mccarthy	Male			00:39:57	170	00:39:39	163	MS	67	152
2588	Kevin	Halmkan	Male			00:39:57	171	00:39:39	164	MS	68	153

40	Adam	Morgan	Male			00:40:01	172	00:39:50	171			154
3698	Sam	Knight	Male			00:40:06	173	00:39:56	175			155
812	Michael	Moore	Male			00:40:06	174	00:39:56	174	MS	69	156
3285	Huw	Davies	Male	Carmarthen & District		00:40:08	175	00:40:02	180	M50	5	157
458	Ryan	Bunce	Male	Brackla Harriers		00:40:10	176	00:39:57	176	MS	70	158
2000	Jamie	Moghadda	Male			00:40:11	177	00:39:50	172	M35	23	159
995	Darren	Hill	Male			00:40:11	178	00:40:02	179	M50	6	160
1567	David	Gibson	Male			00:40:13	179	00:40:01	178	M70	1	161
792	Steven	Hooper	Male	Pontypridd Roadents A		00:40:15	180	00:40:06	181	M55	2	162
3434	Josh	Evans	Male	Porthcawl Runners		00:40:18	181	00:40:07	182	MS	71	163
3209	Owen	Davies	Male	Les Croupiers		00:40:21	182	00:40:14	185	M35	24	164
788	Adam	Williams	Male			00:40:24	183	00:40:00	177	MS	72	165
3692	Grant	Kirkby	Male			00:40:26	184	00:40:14	184	MS	73	166
3102	Tegid	Richards	Male			00:40:28	185	00:40:22	187	MS	74	167
1638	Rory	Macnair	Male			00:40:32	186	00:40:26	190	M40	25	168
1488	Matthew	Stevens	Male			00:40:33	187	00:40:25	189	M45	21	169
452	Angharad	Mair	Female	Les Croupiers		00:40:34	188	00:40:22	188	F60	1	19
2765	Sophie	Hartley-gre	Female	Swansea Harriers		00:40:35	189	00:40:29	193	FJ	1	20
164	Alexander	James	Male			00:40:36	190	00:40:27	191	MS	75	170
3524	Owen	Bowers	Male			00:40:37	191	00:40:17	186	M40	26	171
3140	Gavin	Davies	Male	3M Gorseinon Road R		00:40:38	192	00:40:31	195	M55	3	172
1849	Monika	Gajek	Female	Herne Hill Harriers		00:40:39	193	00:40:29	194	FS	12	21
1253	Matthew	Evans	Male			00:40:41	194	00:40:13	183	MS	76	173
1007	Ewan	Stenhouse	Male	CDF Runners		00:40:41	195	00:40:27	192	MS	77	174
3613	Vaughan	Budd	Male	Run4All Neath		00:40:46	196	00:40:42	200	M35	25	175
345	Elinor	Keetch	Female	Pontypridd Roadents A		00:40:49	197	00:40:31	196	F40	2	22
1437	Emyr	Bissmire	Male	Ogmore Phoenix Runr		00:40:51	198	00:40:39	198	MS	78	176
397	John	Light	Male	San Dome San Dome		00:40:52	199	00:40:47	205	M40	27	177
1370	Adrian	Rees	Male	Run4All Neath		00:40:53	200	00:40:44	202	M50	7	178
1325	Daniel	Doherty	Male	Higham Harriers		00:40:58	201	00:40:42	199	M45	22	179
1765	Rhys	Thomas	Male			00:41:00	202	00:40:50	207	MS	79	180
3191	Elinor	Mattey	Female	Amman Valley Harriers		00:41:01	203	00:40:49	206	FS	13	23
1199	Joanna	Lloyd Davis	Female	Amman Valley Harriers		00:41:02	204	00:40:43	201	F35	4	24
528	Tom	Gravell	Male	Gravells		00:41:05	205	00:40:44	203	MS	80	181
281	Tim	Phillips	Male			00:41:07	206	00:40:57	209	M45	23	182
1589	Scott	Elvins	Male			00:41:08	207	00:40:47	204	MS	81	183
1851	Adrian	Smith	Male	Heanor Running Club		00:41:09	208	00:40:57	208	M55	4	184
2875	Helen-mari	Davies	Female	Swansea Harriers		00:41:11	209	00:41:08	213	F45	1	25
1004	Dean	Williams	Male			00:41:12	210	00:40:59	210	M35	26	185
3229	Wayne	Hayhurst	Male	Ogmore Ph Gravells		00:41:21	211	00:41:02	211	M40	28	186
457	Ben	Smith	Male	Swansea H Swansea H		00:41:22	212	00:41:17	220	MS	82	187
2532	Steven	Duggan	Male	Parc Bryn S Running C		00:41:23	213	00:41:14	219	M35	27	188
754	Danny	James	Male			00:41:27	214	00:41:10	214	MS	83	189
750	Daniel	Guarneri	Male			00:41:28	215	00:41:11	216	MS	84	190
1045	Matthew	Gwenter	Male			00:41:28	216	00:41:03	212	M40	29	191
2516	Paul	Jenkins	Male			00:41:29	217	00:41:14	218	M45	24	192
1786	Huw	Gwynn	Male			00:41:30	218	00:40:36	197	MS	85	193
2382	Matt	Regan	Male	Pontypridd Roadents A		00:41:32	219	00:41:22	221	M35	28	194
2962	Liam	Jones	Male			00:41:33	220	00:41:10	215	MS	86	195
759	Heidi	Waters	Female	Port Talbot Harriers		00:41:35	221	00:41:26	224	F35	5	26
3125	Terry	O'brien	Male			00:41:38	222	00:41:24	222	M65	1	196
3580	Matthew	Pearce	Male			00:41:38	223	00:41:12	217	M35	29	197
1915	Mark	Stanford	Male			00:41:41	224	00:41:28	227	M40	30	198
349	Catherine	Barker	Female	Penarth & Dinas Runn		00:41:41	225	00:41:27	226	F45	2	27
895	Stephanie	Davies	Female	Pontypridd Roadents A		00:41:44	226	00:41:27	225	FS	14	28
3405	Adam	Jenkins	Male			00:41:46	227	00:41:25	223	M35	30	199
415	Nea	Sneddon-j	Female	Cirencester AC		00:41:48	228	00:41:36	229	FS	15	29
2093	Graham	Vyner	Male	Run4All Neath		00:41:53	229	00:41:39	231	M50	8	200
2107	Joe	O'duffy	Male			00:41:54	230	00:41:39	232	MS	87	201
562	Cameron	Harding	Male			00:41:56	231	00:41:47	239	MS	88	202
1540	Ross	Bamsey	Male			00:41:57	232	00:41:44	236	M35	31	203
403	Andrew	Mckeown	Male			00:41:58	233	00:41:34	228	M45	25	204
2015	Stephen	Owen	Male	Chepstow Harriers		00:42:00	234	00:41:55	248	M70	2	205
950	Andrew	Edwards	Male			00:42:00	235	00:41:44	234	M50	9	206
769	Ellie	Clemence	Female	Les Croupiers		00:42:00	236	00:41:48	241	FS	16	30
414	Michael	Hughes	Male			00:42:01	237	00:41:49	244	M50	10	207
1018	William	Arnold	Male			00:42:04	238	00:41:38	230	MS	89	208
1218	Rhys	Ibbitson	Male			00:42:04	239	00:41:44	235	MS	90	209
1618	Martin	Jones	Male			00:42:05	240	00:41:48	242	M40	31	210
1052	Paul	Edwards	Male			00:42:05	241	00:41:51	246	M40	32	211
339	Tenniel	O'brien	Male	Tri Hard Harriers		00:42:07	242	00:41:42	233	M40	33	212
828	Christophe	Lewis	Male	Run4All Neath		00:42:09	243	00:42:07	256	MS	91	213
794	Leah	Stephens	Female	Les Croupiers		00:42:12	244	00:42:05	254	F35	6	31
235	Richard	Shuttlewor	Male			00:42:12	245	00:41:47	240	M35	32	214
1756	Martin	Penny	Male	Heanor Running Club		00:42:14	246	00:42:01	251	M50	11	215
1141	James	Hole	Male			00:42:15	247	00:42:04	253	MS	92	216
1323	James	Jones	Male	Builth & District		00:42:15	248	00:41:45	238	MS	93	217
2920	Stephen	George	Male	Parc Bryn S Running C		00:42:16	249	00:41:50	245	M35	33	218
1600	Karis	Montague	Male	Port Talbot Harriers		00:42:18	250	00:41:56	250	M35	34	219
1901	David	John	Male			00:42:19	251	00:42:06	255	M35	35	220
481	Craig	Hughes	Male			00:42:19	252	00:42:12	258	MS	94	221
1034	Russell	Bailey	Male	Tri Hard Harriers		00:42:20	253	00:41:53	247	M35	36	222
3200	Richard	Costello	Male	Lliswerry Runners		00:42:22	254	00:42:04	252	M50	12	223
681	Peter	Osborne	Male	Llanelli AC		00:42:27	255	00:42:15	261	M60	6	224
1197	Gareth	Thomas	Male	Springfield Striders RC		00:42:29	256	00:42:15	262	M35	37	225
2698	Daniel	Henwood	Male			00:42:32	257	00:42:15	260	M35	38	226

1587	Gareth	Meardon	Male	Tri Hard Harriers	00:42:35	258	00:42:09	257	M35	39	227
2776	Kai	Hopkins	Male		00:42:36	259	00:42:21	266	MS	95	228
2770	Jamie	Cameron	Male		00:42:36	260	00:42:22	268	MS	96	229
3246	Laura	Williams	Female		00:42:37	261	00:42:16	263	FS	17	32
976	Nia	Reddy	Female	Aberdare Valley AAC	00:42:37	262	00:42:21	267	FJ	2	33
962	Richard	Bullass	Male		00:42:39	263	00:42:25	270	MS	97	230
3179	Matthew	Evanson	Male		00:42:39	264	00:42:20	265	MS	98	231
1301	Richard	Marks	Male	Sarn Helen	00:42:41	265	00:42:30	273	M70	3	232
1275	Rabab	Rabab	Male	Swansea Harriers	00:42:43	266	00:41:45	237	M45	26	233
799	Simon	Leigh	Male		00:42:46	267	00:42:19	264	MS	99	234
3133	Becky	Nicholas	Female	3M Gorseinon Road R	00:42:47	268	00:42:32	274	FS	18	34
1129	Susan	Watson	Female	Les Croupiers	00:42:50	269	00:42:37	276	F55	2	35
1056	Yuri	Romanov	Male		00:42:50	270	00:42:24	269	MS	100	235
954	Damian	Caswell	Male	Parc Bryn S Running C	00:42:54	271	00:42:26	272	M45	27	236
2369	Keith	Brewer	Male	Parc Bryn S Running C	00:42:54	272	00:42:26	271	M65	2	237
1257	David	Lamb	Male		00:42:55	273	00:42:40	280	M40	34	238
239	Stein	Jones	Male		00:42:56	274	00:41:55	249	MS	101	239
724	Christophe	Williams	Male	Ogmore Phoenix Runnr	00:42:57	275	00:42:40	278	M50	13	240
3595	Jack	Morgan	Female	Pembrokeshire Harrier	00:42:58	276	00:42:42	281	F35	7	36
625	Danielle	Phillips	Female	Les Croupiers	00:42:59	277	00:42:45	284	F35	8	37
3534	Tori	Barry	Female	Swansea Harriers	00:42:59	278	00:42:45	283	FS	19	38
2485	Frankee	Auditano	Female		00:42:59	279	00:42:50	288	FS	20	39
1260	Joe	Twigg	Male		00:43:01	280	00:42:13	259	MS	102	241
3566	Jack	Hannigan	Male		00:43:03	281	00:42:36	275	MS	103	242
428	Chris	Cotton	Male	Heanor Running Club	00:43:03	282	00:42:48	286	M45	28	243
427	Charlie	Cotton	Male	Heanor Running Club	00:43:03	283	00:42:49	287	MJ	9	244
3471	Dan	Hall	Male	Joe's Ice C	00:43:04	284	00:42:42	282	MS	104	245
467	Mark	Mckay	Male		00:43:09	285	00:42:46	285	M45	29	246
2690	Geraint	Jones	Male		00:43:13	286	00:42:55	292	M35	40	247
3188	Nia	Thomas	Female	Neath Harri Team Thor	00:43:13	287	00:42:38	277	FJ	3	40
3463	Joanne	Rees	Female	Builth & District	00:43:16	288	00:43:00	296	F45	3	41
372	Kelsey	Moloney	Female	Heanor Running Club	00:43:18	289	00:43:01	297	FS	21	42
2480	Rob	Gibson	Male		00:43:18	290	00:42:54	290	M35	41	248
3426	Kieran	Mcglynn	Male		00:43:18	291	00:42:55	291	M35	42	249
847	Anthony	Rabaiotti	Male	Port Talbot Harriers	00:43:19	292	00:42:57	293	MS	105	250
2630	Ioan	Bebb	Male	Run4All Neath	00:43:21	293	00:43:17	306	M50	14	251
614	Sean	Thomas	Male	3M Gorseinon Road R	00:43:26	294	00:43:07	300	MS	106	252
2696	Lee	Hopkins	Male		00:43:27	295	00:43:11	303	M40	35	253
2487	Sam	Jenkins	Male	Tri Hard Harriers	00:43:28	296	00:43:03	298	MS	107	254
293	John	Dodd	Male		00:43:28	297	00:43:14	304	MS	108	255
280	Jesse	Andrews	Male		00:43:28	298	00:42:52	289	M40	36	256
3258	Carl	James	Male		00:43:29	299	00:43:08	302	M45	30	257
1103	Michelle	Cole	Female	3M Gorseinon Road R	00:43:31	300	00:43:21	310	F40	3	43
1875	Megan	Turner	Female	San Domenico RC	00:43:31	301	00:42:58	294	FS	22	44
1919	Tom	Abbott	Male		00:43:32	302	00:43:06	299	M40	37	258
1721	Rachel	Bowen	Female	Llswerry Runners	00:43:35	303	00:43:08	301	F45	4	45
781	Joe	Warchal	Male		00:43:37	304	00:43:15	305	M35	43	259
484	David	Daly	Male		00:43:39	305	00:43:33	319	M40	38	260
1453	Kristian	Corbisiero	Male	eAccounts	00:43:39	306	00:43:18	307	MS	109	261
586	Ben	Rogers	Male		00:43:40	307	00:43:25	314	MS	110	262
1046	Simon	Bagguley	Male		00:43:40	308	00:43:33	318	M40	39	263
365	Henry	Bourton	Male		00:43:41	309	00:43:23	312	MS	111	264
889	Alex	Young	Male		00:43:41	310	00:43:20	309	MS	112	265
1223	Ashton	Griffiths	Male		00:43:42	311	00:43:19	308	MS	113	266
929	Joe	Fry	Male		00:43:45	312	00:43:39	327	MS	114	267
3654	Joseph	Price	Male		00:43:46	313	00:43:38	326	MS	115	268
1673	Terri	Harrison	undisclosed		00:43:47	314	00:43:22	311			1
628	Andrew	Hillier	Male		00:43:47	315	00:43:25	315	MS	116	269
3428	Graham	Mack	Male	Merthyr Running Club	00:43:48	316	00:43:31	317	M65	3	270
1524	Kris	Heaven	Male	Swansea Harriers	00:43:54	317	00:43:35	321	M35	44	271
1122	Bethan	Butler-mad	Female	Pontypridd Roadents /	00:43:54	318	00:43:37	323	FS	23	46
3145	Mathew	Jones	Male	Llanelli AC	00:43:55	319	00:43:27	316	M45	31	272
627	Steven	Rees-smith	Male		00:43:55	320	00:43:41	329	MS	117	273
2580	Andrew	Wathen	Male		00:43:56	321	00:43:38	324	M40	40	274
2026	David	Johnson	Male	WPT Thai	00:43:57	322	00:43:39	328	M45	32	275
672	Mark	White	Male	Swansea Harriers	00:43:58	323	00:43:48	337	M45	33	276
426	Kerry	Phillips	Male		00:43:58	324	00:43:45	331	MS	118	277
2199	Amy	Bridle	Female		00:44:00	325	00:43:38	325	FS	24	47
758	Kaarina	Ruta	Female	Penarth & Dinas Runn	00:44:01	326	00:43:49	338	F35	9	48
2474	Helen	Jones	Female	Neath Harriers	00:44:02	327	00:43:46	334	F50	3	49
1911	Rachel	Piper	Female		00:44:03	328	00:43:24	313	FS	25	50
2923	Luke	Davies	Male		00:44:04	329	00:42:58	295	M35	45	278
2965	Ceri	Howells	Male		00:44:05	330	00:43:45	333	MJ	10	279
850	Gareth	Evans	Male	Port Talbot Harriers	00:44:09	331	00:43:47	336	M35	46	280
873	Luke	Teague	Male		00:44:10	332	00:43:47	335	M45	34	281
655	Sarah	Aylett	Female	Parc Bryn S Running C	00:44:11	333	00:43:43	330	F55	3	51
2262	Steve	Evans	Male		00:44:13	334	00:43:35	322	M35	47	282
2781	Kester	Pardoe	Male	Two Drago	00:44:14	335	00:43:33	320	MS	119	283
3392	Karl	Davies	Male		00:44:16	336	00:44:06	352	M45	35	284
2155	Andrew	Perman	Male		00:44:17	337	00:43:52	341	M35	48	285
668	Suzanne	Wallace	Male		00:44:18	338	00:43:56	345	M35	49	286
2170	Craig	Hopkins	Male	Llanelli AC	00:44:19	339	00:43:55	343	M40	41	287
2097	Rob	Folland	Male		00:44:19	340	00:43:50	339	M40	42	288
3108	Clint	Welson	Male		00:44:19	341	00:43:58	348	M45	36	289
2883	Philip	Cheater	Male	Tri Hard Harriers	00:44:20	342	00:43:55	344	M35	50	290
3656	Knight	Joey	Male	Two Drago	00:44:20	343	00:44:11	360	MJ	11	291

3462	Lowenna	Taylor	Female	Caerleon RC	00:44:22	344	00:44:08	356	F35	10	52
639	Andrew	Downie	Male	Swansea Harriers	00:44:22	345	00:44:08	357	M40	43	292
1137	Ethan	Matthews	Male	Celtic Tri	00:44:23	346	00:43:45	332	MJ	12	293
667	Lois	Woodward	Female	Swansea H Swansea H	00:44:23	347	00:44:08	355	F40	4	53
1354	Barry	Griffiths	Male	Brecon AC	00:44:23	348	00:43:52	342	M55	5	294
3538	Gary	Wilks	Male		00:44:23	349	00:43:51	340	M35	51	295
2484	Jonathan	West	Male	Tri Hard Harriers	00:44:24	350	00:43:57	346	M40	44	296
142	Ryan	Hughes	Male		00:44:25	351	00:44:09	358	MS	120	297
172	Jonathan	Wootten	Male		00:44:26	352	00:43:57	347	MS	121	298
2766	Julie	Hartley-gre	Female	Swansea Harriers	00:44:26	353	00:44:19	369	F45	5	54
2502	Lauren	Thomas	Female	Run4All Neath	00:44:29	354	00:44:15	363	FS	26	55
904	Craig	Cooper	Male	Parc Bryn S Running C	00:44:29	355	00:44:03	349	M35	52	299
843	Neve	Jones	Female	Cardiff Athletics	00:44:32	356	00:44:20	372	FJ	4	56
709	Chris	Gibson	Male		00:44:32	357	00:44:14	362	MS	122	300
1226	Gareth	Williams	Male	Parc Bryn S Running C	00:44:33	358	00:44:06	353	M55	6	301
1633	Mike	Jones	Male		00:44:34	359	00:44:06	350	M55	7	302
803	Frank	Atherton	Male	Penarth & Dinas Runn	00:44:35	360	00:44:19	370	M60	7	303
3359	Zachary	Gleave	Male		00:44:35	361	00:44:17	367	MS	123	304
122	Aaron	Macdonald	Male		00:44:36	362	00:44:19	371	MS	124	305
3474	Jon	Cousins	Male		00:44:37	363	00:44:13	361	M50	15	306
509	Alun	Evans	Male		00:44:37	364	00:44:23	377	M55	8	307
2129	Jay	Waller	Male		00:44:37	365	00:44:16	364	MS	125	308
2331	Kieran	Mc Manus	Male	Clevedon AC	00:44:39	366	00:44:20	373	M40	45	309
1479	Millie	Thorne	Female		00:44:39	367	00:44:25	381	FS	27	57
1172	Mitchell	Matthews	Male		00:44:40	368	00:44:08	354	MS	126	310
740	Stefan	Zeiske	Male		00:44:40	369	00:44:24	379	MS	127	311
629	Wayne	Randall	Male	Ogmore Phoenix Runn	00:44:40	370	00:44:23	376	M50	16	312
972	Chris	Gutteridge	Male		00:44:41	371	00:44:09	359	M40	46	313
2190	Ian	Clarke	Male		00:44:43	372	00:44:21	374	M55	9	314
488	Matthew	Lewis	Male		00:44:44	373	00:44:06	351	MS	128	315
886	Sam	Converso	Male		00:44:47	374	00:44:27	382	MS	129	316
3599	Aled	Hopton	Male		00:44:47	375	00:44:23	378	M35	53	317
1042	Lewis	Price	Male		00:44:48	376	00:44:17	366	MS	130	318
284	Chris	Fereday	Male		00:44:50	377	00:44:40	390	M40	47	319
3254	Daniel	Jones	Male		00:44:51	378	00:44:16	365	M45	37	320
3256	Jonathan	Gravell	Male	Gravells	00:44:52	379	00:44:33	385	M45	38	321
1093	Thomas	Stobbart	Male		00:44:53	380	00:44:40	392	M35	54	322
2844	Matt	Botwood	Male		00:44:54	381	00:44:17	368	M50	17	323
796	Thomas	Hughes	Male		00:44:55	382	00:44:33	386	MS	131	324
2514	Dan	Marley	Male		00:44:55	383	00:44:29	383	M45	39	325
3395	Chris	Richards	Male		00:44:55	384	00:44:40	393	MS	132	326
2711	Alan	Mackey	Male		00:44:56	385	00:44:32	384	M55	10	327
1739	James	Heale	Male		00:45:00	386	00:44:24	380	M40	48	328
1410	Gavin	Moore	Male		00:45:01	387	00:44:51	402	M35	55	329
3328	Robert	Bending	Male		00:45:05	388	00:44:39	389	M40	49	330
1066	Julian	Straker-jon	Male	Porthcawl Runners	00:45:05	389	00:44:46	397	M55	11	331
2327	Dorian	Waters	Male		00:45:07	390	00:44:37	387	M55	12	332
3124	Kieran	O'brien	Male		00:45:09	391	00:41:48	243	MS	133	333
1169	Flo	Taylor	Female	Tri Hard Harriers	00:45:10	392	00:44:49	399	FS	28	58
3326	Andrew	Griffiths	Male		00:45:10	393	00:44:43	394	M40	50	334
45	Ashley	Pascoe	Male		00:45:10	394	00:44:55	403			335
1783	Mark	Williams	Male	Amman Valley Harriers	00:45:12	395	00:44:37	388	M55	13	336
1121	Nicola	Guy	Female		00:45:12	396	00:45:01	408	F40	5	59
2104	Nina	Brocklebar	Female	Swansea Harriers	00:45:13	397	00:44:58	406	F50	4	60
342	Baz	Bright	Male		00:45:15	398	00:44:45	395	M45	40	337
1493	Stephen	Dawson	Male	Trots	00:45:15	399	00:44:45	396	M45	41	338
1575	Holly	Lynas	Female	Heanor Ru/Heanor Ru	00:45:16	400	00:44:57	404	FJ	5	61
922	Chris	Watkins	Male		00:45:17	401	00:44:50	401	MS	134	339
3430	Jonathan	Cocks	Male		00:45:20	402	00:44:40	391	MS	135	340
2996	Vanessa	Lawson	Female	Chepstow Harriers	00:45:20	403	00:45:02	409	F50	5	62
3011	Ian	Hierons	Male		00:45:22	404	00:44:48	398	M50	18	341
1168	Andrew	Caple	Male	CDF Runners	00:45:27	405	00:45:11	413	M55	14	342
1320	Christian	Regis	Male	GCS	00:45:28	406	00:42:40	279	M40	51	343
3067	Naomi	Sutton	Female		00:45:29	407	00:45:03	410	FS	29	63
3301	Llyr	Tiplady	Male		00:45:29	408	00:44:59	407	MS	136	344
2009	Jon	Howden-ev	Male		00:45:30	409	00:44:57	405	M50	19	345
1219	Mark	Roberts	Male	Brecon AC	00:45:37	410	00:45:20	417	M60	8	346
3028	Joshua	Pritchard	Male	Swansea Harriers	00:45:39	411	00:44:49	400	MJ	13	347
566	Adrian	Novis	Male	3M Gorseinon Road R	00:45:41	412	00:45:15	415	M50	20	348
3670	Jamie	Bishop	Male		00:45:44	413	00:45:41	433	M35	56	349
3541	Ross	Gribble	Male	3M Gorseinon Road R	00:45:47	414	00:45:31	424	MS	137	350
677	Robert	Sterio	Male		00:45:47	415	00:45:35	427	MS	138	351
2145	Gareth	Tomos	Male		00:45:48	416	00:45:25	422	M35	57	352
1643	Paul	Mcenery	Male		00:45:48	417	00:45:24	420	M45	42	353
663	Aiden	Lerigo	Male		00:45:49	418	00:45:26	423	MJ	14	354
1887	Rhys	Jones	Male		00:45:50	419	00:45:16	416	MS	139	355
1818	David	Bembo	Male		00:45:53	420	00:45:22	419	M55	15	356
3408	David	Ferns	Male	Pontypridd Roadents /	00:45:54	421	00:45:11	412	MS	140	357
2825	Paul	Mcneill	Male	YCB runne	00:45:54	422	00:45:35	428	M45	43	358
3341	Nichola	Wilcox	Female	Neath Harriers	00:45:56	423	00:45:20	418	F45	6	64
1283	Jack	Reddy	Male		00:45:56	424	00:45:41	434	MS	141	359
994	Melanie	Harry	Female		00:45:58	425	00:45:24	421	F40	6	65
539	Amelie	Higgins	Female		00:45:59	426	00:45:40	432	FS	30	66
2790	Michael	Lane	Male	Black Pear Joggers	00:46:00	427	00:45:38	430	M40	52	360
582	Jen	Kiley	Female		00:46:01	428	00:45:31	425	FS	31	67
3071	Laura	Williams	Female		00:46:04	429	00:45:36	429	F40	7	68

1442	Peter	Jones	Male			00:46:10	430	00:45:53	439	M65		4	361
1276	Carys	Cronin	Female	Ogmore Phoenix Runn		00:46:11	431	00:45:56	443	FS		32	69
449	Heath	Brett	Male	Swansea Harriers		00:46:12	432	00:46:02	446	M50		21	362
1857	Samantha	Healy	Female	Port Talbot Harriers		00:46:13	433	00:45:52	437	F45		7	70
442	Simon	Davies	Male			00:46:15	434	00:45:44	436	M45		44	363
3111	Mike	Evans	Male			00:46:16	435	00:45:52	438	M35		58	364
3400	Jack	Underwood	Male			00:46:18	436	00:45:33	426	MS		142	365
3387	Jack	Stoddart	Male			00:46:19	437	00:45:38	431	MS		143	366
2204	Steve	Davies	Male	Port Talbot Harriers		00:46:19	438	00:46:07	452	M55		16	367
964	Joshua	Davies	Male			00:46:19	439	00:45:54	441	MS		144	368
1548	Marc	Batcup	Male			00:46:20	440	00:46:03	449	M40		53	369
2925	Matthew	Dainton	Male			00:46:20	441	00:45:14	414	M35		59	370
187	Charm	Duggan	Female			00:46:20	442	00:45:42	435	FS		33	71
887	Mario	Barrantes	Male			00:46:23	443	00:45:54	440	M40		54	371
482	Dafydd	Davies	Male			00:46:25	444	00:45:05	411	MS		145	372
3319	Daniel	Lorey	Male			00:46:27	445	00:46:11	456	M35		60	373
1825	Simon	Clark	Male	Lonely Goat RC		00:46:27	446	00:45:56	444	M50		22	374
3396	Dean	House	Male	Pegasus Running Clu		00:46:28	447	00:45:56	442	M55		17	375
669	Jonathan	Wallace	Male			00:46:29	448	00:46:13	458	M45		45	376
3513	Jordan	Collins	Male			00:46:34	449	00:46:07	453	MS		146	377
1690	Deborah	Hunt	Female	Westbury Harriers		00:46:35	450	00:46:23	474	F45		8	72
3555	Louisa	Willmott	Female			00:46:37	451	00:46:06	451	F35		11	73
3379	Paul	May	Male	Cornelly Striders AC		00:46:38	452	00:46:02	447	M50		23	378
2175	Andrew	Davies	Male	Pontypridd Roadents A		00:46:39	453	00:46:19	467	M55		18	379
2670	Kevin	Evans	Male			00:46:41	454	00:46:09	455	M55		19	380
2908	Ela	Titley	Female			00:46:42	455	00:46:14	459	FS		34	74
346	Steven	Barker	Male	Penarth & Dinas Runn		00:46:42	456	00:46:18	462	M45		46	381
407	Finley	Greenall	Male			00:46:43	457	00:46:26	478	MJ		15	382
1541	Matthew	Mccarthy	Male			00:46:45	458	00:46:21	471	M45		47	383
1302	David	Phillips	Male			00:46:46	459	00:46:18	464	M50		24	384
1160	Stephanie	Davies	Female			00:46:46	460	00:46:20	469	FS		35	75
3577	Evan	Price	Male			00:46:48	461	00:46:18	463	MJ		16	385
3578	Owain	Price	Male			00:46:48	462	00:46:18	465	M45		48	386
1458	Jose Pedro	Leite	Male			00:46:48	463	00:46:25	475	M40		55	387
2568	Louise	Udiawar	Female	Ciwb Rhedeg Pontard		00:46:48	464	00:46:01	445	F45		9	76
695	Georgia	Heaven	Female			00:46:50	465	00:46:30	482	FS		36	77
2889	Kate	Penquet	Female			00:46:50	466	00:46:32	483	F35		12	78
2063	Ellis	Taylor	Male			00:46:51	467	00:46:25	476	MS		147	388
1349	Elena	Andrews	Female	Hensol Cas		00:46:55	468	00:46:20	470	FJ		6	79
815	Neil	Ellis	Male	Pontypridd Roadents A		00:46:57	469	00:46:39	490	M45		49	389
1130	Barry	John	Male			00:46:57	470	00:46:06	450	M45		50	390
1259	Geoff	Twigg	Male	Ciwb Run Wales		00:46:59	471	00:46:22	473	M65		5	391
1908	Reuben	Cundill	Male			00:46:59	472	00:46:46	498	MJ		17	392
3540	Tygan	Davies	Male	Carmarthen & District		00:47:00	473	00:46:14	460	MJ		18	393
882	Cyril	Williams	Male	Parc Bryn S Running C		00:47:00	474	00:46:34	485	M65		6	394
893	Gareth	Griffiths	Male			00:47:00	475	00:46:36	487	M35		61	395
307	Kyle	Galtry	Male			00:47:01	476	00:46:43	496	MS		148	396
947	Emily	Christophe	Female			00:47:01	477	00:46:28	480	FS		37	80
2745	Peter	Eyre	Male			00:47:01	478	00:46:26	477	M45		51	397
735	Gillian	Marshall	Female			00:47:01	479	00:46:28	481	F55		4	81
1692	Ashwin	Venkatesh	Male			00:47:03	480	00:46:08	454	MS		149	398
2281	Richard	Harris	Male			00:47:05	481	00:46:37	488	M35		62	399
3357	Mark	Lewis	Male	Amman Valley Harriers		00:47:06	482	00:46:42	492	M45		52	400
699	Matthew	Barnes	Male			00:47:08	483	00:46:20	468	M35		63	401
1666	Jessica	Hewitt	Female	Swansea Harriers		00:47:10	484	00:46:03	448	FJ		7	82
1013	Callum	Mcintyre	Male			00:47:10	485	00:46:53	509	MS		150	402
2409	Paul	Lewis	Male			00:47:11	486	00:46:43	495	M40		56	403
1146	Carl	Watkins	Male			00:47:17	487	00:46:40	491	M35		64	404
3605	Andrew	Davies	Male			00:47:18	488	00:46:49	505	M40		57	405
3684	Mark	Baker	Male	Pont-Y-Pwl & District F		00:47:18	489	00:46:47	500	M50		25	406
3237	Leigh	Besley	Male	Paul Popham Running		00:47:18	490	00:46:45	497	M40		58	407
3355	Scott	Wigman	Male	Heanor Running Club		00:47:19	491	00:46:42	493	M35		65	408
2205	Alan	Huxtable	Male			00:47:19	492	00:46:48	501	M55		20	409
3146	Jon	Reason	Male			00:47:20	493	00:46:51	507	M45		53	410
1089	Nicholas	Watts	Male			00:47:20	494	00:46:32	484	MS		151	411
1342	Andrew	Cadmore	Male			00:47:21	495	00:46:49	504	M50		26	412
774	Jack	Stock	Male			00:47:21	496	00:46:56	512	MS		152	413
3419	Darren	Driscoll	Male			00:47:23	497	00:46:27	479	M50		27	414
804	Gemma	Haworth	Female	Porthcawl Runners		00:47:23	498	00:46:49	502	F35		13	83
1581	Connor	Rowe	Male			00:47:23	499	00:46:49	503	MS		153	415
2795	Mike	Gleeson	Male	Swansea Harriers		00:47:24	500	00:47:04	519	M50		28	416
1519	Henry	Lloyd Davis	Male			00:47:24	501	00:46:19	466	M40		59	417
2059	Michael	Coiner	Female			00:47:25	502	00:47:05	521	FS		38	84
3519	Amy	Collings	Female			00:47:28	503	00:46:12	457	FS		39	85
181	Jonathan	Monk	Male			00:47:29	504	00:46:57	513	M40		60	418
487	Charlotte	Lewis	Female			00:47:30	505	00:46:52	508	FS		40	86
2724	Alex	Humphreys	Male			00:47:31	506	00:47:08	525	M45		54	419
2413	David	Sutton	Male	Run4All Neath		00:47:35	507	00:46:58	515	M55		21	420
2386	Darren	Stockley	Male			00:47:35	508	00:47:07	522	M50		29	421
2779	Dean	Hughes	Male			00:47:37	509	00:46:58	514	M50		30	422
3556	Ashleigh	Johnson	Female	WPT Thai		00:47:38	510	00:47:20	534	FS		41	87
1870	Graham	Morse	Male			00:47:41	511	00:47:12	528	M50		31	423
233	Matt	Cooper	Male			00:47:41	512	00:47:07	523	M40		61	424
1569	Jon	Amos	Male			00:47:41	513	00:46:16	461	M40		62	425
1227	William	Moon	Male			00:47:41	514	00:47:08	524	M35		66	426
1576	Jayne	Lynas	Female	Heanor Ru	Heanor Ru	00:47:41	515	00:47:05	520	F45		10	88

942	Morgan	Brown	Male			00:47:44	516	00:46:34	486	MS	154	427
3713	Luke	Thomas	Male			00:47:45	517	00:46:46	499	M35	67	428
3365	Connor	Preddy	Male			00:47:49	518	00:47:09	527	MS	155	429
1616	Geraint	Oulton	Male			00:47:51	519	00:47:34	556	MS	156	430
878	Matthew	Field	Male			00:47:52	520	00:47:15	529	M40	63	431
2431	Rachel	Morgan	Female			00:47:52	521	00:46:49	506	F40	8	89
311	Scott	Hamilton-s	Male			00:47:53	522	00:46:43	494	MS	157	432
854	Gareth	Thomas	Male			00:47:56	523	00:46:56	510	MS	158	433
1533	Eleanor	Nichols-gre	Female			00:47:57	524	00:47:20	536	F35	14	90
3439	Paul	Cahill	Male			00:47:57	525	00:47:33	555	M40	64	434
3681	Rositsa	Gugutkova	Female			00:47:59	526	00:47:44	563	FS	42	91
721	Scott	Humphreys	Male	Builth & District		00:48:00	527	00:47:29	549	MS	159	435
1910	Andrew	Allman	Male			00:48:00	528	00:47:20	535	MS	160	436
316	Matthew	Hooper	Male			00:48:02	529	00:47:24	543	MS	161	437
3418	Iona	Evans	Female	Swansea Harriers		00:48:02	530	00:47:48	570	FS	43	92
2574	Jordan	Hopkins	Male			00:48:04	531	00:47:21	539	MS	162	438
2988	Laura	Pritchard	Female			00:48:04	532	00:46:21	472	F35	15	93
1536	Zac	Archer	Male			00:48:06	533	00:47:36	559	MS	163	439
914	Chris	Clanfield	Male			00:48:06	534	00:46:38	489	M50	32	440
2319	Rees	Morrell	Male			00:48:08	535	00:47:09	526	M40	65	441
770	Derek	Spear	Male	Run4All Neath		00:48:09	536	00:47:29	550	M60	9	442
199	Chris	Mattey	Male			00:48:09	537	00:47:21	537	M35	68	443
917	Nathan	Alexander	Male			00:48:10	538	00:47:17	530	MS	164	444
260	Rob	Golledge	Male			00:48:11	539	00:47:35	557	M40	66	445
3192	Mark	Allen	Male			00:48:11	540	00:47:23	542	M60	10	446
1163	Raphael La	Garcia	Male			00:48:11	541	00:46:59	516	MS	165	447
1725	Elaine	Wilkins	Female	Heanor Running Club		00:48:11	542	00:47:26	546	F40	9	94
503	Barri	Jones	Male	Tri Hard Harriers		00:48:11	543	00:47:21	538	M35	69	448
2030	Richard	Davies	Male			00:48:12	544	00:47:32	553	M35	70	449
1492	Mike	Wood	Male			00:48:13	545	00:47:17	531	MS	166	450
2646	Jose Luis	De La Cueva	Male			00:48:14	546	00:47:02	518	M50	33	451
2149	Andrew	Lloyd	Male	Amman Valley Harriers		00:48:15	547	00:47:32	554	M35	71	452
3374	Paul	Williamson	Male	Ferry Flatli		00:48:15	548	00:47:17	532	M40	67	453
1085	Kieran	Keogh	Male			00:48:17	549	00:47:19	533	M40	68	454
1147	Andrew	Rogers	Male			00:48:17	550	00:48:01	580	M50	34	455
300	Wynne	Jones	Male			00:48:17	551	00:47:22	540	M55	22	456
3586	Mike	Gilbert	Male			00:48:19	552	00:47:31	551	M55	23	457
309	Owen	Thomas	Male			00:48:21	553	00:47:31	552	MS	167	458
1406	Christophe	Bollom	Male			00:48:23	554	00:47:27	547	MS	168	459
743	Jemima	Osborn	Female			00:48:25	555	00:47:50	574	FS	44	95
1996	John	Rees	Male			00:48:26	556	00:47:36	558	M55	24	460
3372	Richard	Scott	Male	Port Talbot Harriers		00:48:26	557	00:47:50	575	M40	69	461
3567	Caroline	Cridland	Female			00:48:27	558	00:47:49	572	FS	45	96
555	Liam	Isaac	Male			00:48:27	559	00:47:24	544	MS	169	462
447	Matthew	Jenkins	Male			00:48:28	560	00:47:47	569	MS	170	463
742	Jonathan	Hughes	Male			00:48:28	561	00:48:06	587	MS	171	464
2029	Tim	Stewart	Male			00:48:28	562	00:47:37	560	M60	11	465
2329	Katie	Williams	Female	3M Gorseinon Road R		00:48:29	563	00:47:45	565	F40	10	97
953	Hal	Startin	Male			00:48:29	564	00:47:24	545	MS	172	466
2710	Laura	Mackey	Female			00:48:32	565	00:48:06	589	FS	46	98
535	Jamie	Smith	Male			00:48:32	566	00:47:53	577	MS	173	467
2032	Kevin	Wesley	Male			00:48:32	567	00:48:03	582	M55	25	468
3718	Thomas	Kirton	Male			00:48:33	568	00:48:18	598	MS	174	469
3425	Ceri	Evans	Male			00:48:35	569	00:47:54	578	M35	72	470
1284	Brian	Cheetham	Male	Run4All Neath		00:48:35	570	00:48:02	581	M50	35	471
937	Louise	Rhydderch	Female			00:48:35	571	00:47:46	566	F35	16	99
1025	Lewis	Jones	Male			00:48:36	572	00:48:12	592	MS	175	472
671	Annes	Williams	Female			00:48:36	573	00:47:43	562	F35	17	100
581	Michael	Warner	Male	Run4All Neath		00:48:39	574	00:48:04	583	M55	26	473
1607	David	Jones	Male	Port Talbot Harriers		00:48:39	575	00:48:05	585	MS	176	474
1740	Naomi	Heale	Female			00:48:40	576	00:48:04	584	FS	47	101
2273	Daisy	Anderson	Female	Swansea Harriers		00:48:43	577	00:48:28	612	FJ	8	102
3095	Sarah	Davies	Female	Ogmore Phoenix Runn		00:48:47	578	00:48:06	586	F45	11	103
862	Adam	Williams	Male			00:48:48	579	00:46:56	511	MJ	19	475
1278	Emmanuel	Peau	Male			00:48:49	580	00:47:49	571	MS	177	476
2468	Sally	Gardner	Female	Tri Hard Harriers		00:48:50	581	00:47:52	576	F50	6	104
139	Kyle	Hughes	Male			00:48:52	582	00:47:47	568	M35	73	477
3492	Steven	Samuel	Male			00:48:52	583	00:48:32	616	M35	74	478
3402	Hayley	Freeman	Female			00:48:53	584	00:48:10	590	FS	48	105
2345	Tim	Hubbard	Male	Bagle broo		00:48:55	585	00:47:23	541	M45	55	479
602	Ben	Jenkins	Male			00:48:56	586	00:48:25	606	MS	178	480
2022	Fran	Thomas	Female	Paul Popham Running		00:48:56	587	00:48:06	588	FS	49	106
1299	Carl	Phillips	Male	GCS		00:48:56	588	00:47:50	573	M40	70	481
492	Eliot	Rees	Male	London Fronrunners		00:48:56	589	00:48:26	608	MS	179	482
1973	Ben	Davies	Male			00:48:57	590	00:48:13	594	MS	180	483
3287	Evan W	Clements	Male			00:48:57	591	00:48:29	614	MS	181	484
3466	Liam	Williams	Male			00:48:59	592	00:48:41	629	M35	75	485
2346	Gareth	Clark	Male	Bagle broo		00:49:00	593	00:47:27	548	M45	56	486
689	Neil	Wilkins	Male			00:49:01	594	00:48:24	605	M50	36	487
2897	Matt	John	Male			00:49:02	595	00:48:15	595	M45	57	488
1686	Georgina D	Riley	Female	Heanor Ru	Heanor Ru	00:49:02	596	00:48:17	596	F35	18	107
254	Jak	Jenkins	Male			00:49:02	597	00:48:13	593	MS	182	489
842	Lewis	Skuse	Male			00:49:04	598	00:48:20	600	MS	183	490
2435	Helen	Rees	Female			00:49:04	599	00:47:41	561	F40	11	108
1672	Matthew	Meador	Male			00:49:05	600	00:48:35	619	MS	184	491
2013	Matthew	Foligno	Male			00:49:06	601	00:48:39	624	M35	76	492

899	Beth	Jones	Female	Parc Bryn S Running C	00:49:07	602	00:48:37	621	FS	50	109
3518	Simon	Thomas	Male	Paul Popham Running	00:49:08	603	00:48:18	597	M60	12	493
3590	David	Llewellyn	Male		00:49:08	604	00:47:44	564	MS	185	494
321	Zac	Knaggs	Male		00:49:09	605	00:48:40	625	MS	186	495
3026	Rebekah	Miles	Female		00:49:11	606	00:48:39	622	F40	12	110
1249	Iestyn	Williams	Male	Celtic Tri	00:49:12	607	00:48:23	603	MJ	20	496
2991	John	Hunt	Male		00:49:12	608	00:48:27	609	MS	187	497
1206	Lyndon	Gwilym	Male		00:49:12	609	00:48:25	607	M60	13	498
3055	Kelly	Gipson	Female	Swansea Harriers	00:49:13	610	00:48:54	649	F50	7	111
2428	Claire	James	Female		00:49:13	611	00:47:01	517	FS	51	112
255	Dave	Loveless	Male		00:49:15	612	00:48:27	610	M45	58	499
3451	Stephen	Griffiths	Male		00:49:17	613	00:44:22	375	MS	188	500
2533	Tom	Sung	Male		00:49:19	614	00:48:50	642	M45	59	501
2016	Ian	Weavers	Male		00:49:20	615	00:47:57	579	M35	77	502
682	Gareth	Williams	Male		00:49:20	616	00:48:41	631	M35	78	503
852	Sian	Khalil	Female	Pontypridd Roadents A	00:49:21	617	00:48:41	630	F55	5	113
797	Daniel	Barnfield	Male		00:49:21	618	00:47:46	567	MS	189	504
416	Craig	Rees	Male		00:49:21	619	00:48:22	602	MS	190	505
1853	Joseph	Ivins	Male		00:49:22	620	00:48:55	654	M40	71	506
1386	Steve	Santos	Male	Ealing Eag Santos	00:49:22	621	00:48:43	633	M45	60	507
2430	Philip	Morgan	Male		00:49:23	622	00:48:20	601	M50	37	508
485	Andrew	Gardner	Male	Penarth & Dinas Runn	00:49:24	623	00:48:50	644	M50	38	509
2792	Martin	Price	Male		00:49:25	624	00:49:05	673	M60	14	510
551	Mike	Davies	Male	Porthcawl Runners	00:49:26	625	00:48:51	646	M50	39	511
448	Matt	Wall	Male		00:49:26	626	00:48:40	626	M35	79	512
1936	Rosie	Salvatore	Female	Ogmore Phoenix Runr	00:49:28	627	00:48:47	638	F50	8	114
1935	Ken	Salvatore	Male	Ogmore Phoenix Runr	00:49:29	628	00:48:48	639	M50	40	513
594	Jake	Creely	Male		00:49:29	629	00:48:57	657	MS	191	514
322	Matthew	Wallsgrave	Male		00:49:30	630	00:48:46	636	MS	192	515
789	Dean	Price	Male	Port Talbot Harriers	00:49:30	631	00:48:54	650	M45	61	516
636	Lee	Waters	Male		00:49:30	632	00:48:54	652	M40	72	517
2780	Julian	Halloran	Male		00:49:31	633	00:48:55	653	M55	27	518
1997	Matthew	Mellor	Male		00:49:31	634	00:48:42	632	MS	193	519
3564	Tracey	Creedon	Female	Les Croupiers	00:49:32	635	00:48:24	604	F45	12	115
1667	Karen	Hewitt	Female		00:49:34	636	00:48:27	611	F40	13	116
3493	Donna	Davies	Female		00:49:34	637	00:49:19	693	F45	13	117
3210	John	Griffiths	Male		00:49:34	638	00:48:46	635	M40	73	520
1124	Gideon	Calder	Male	Penarth & Dinas Runn	00:49:35	639	00:48:41	627	M50	41	521
3610	Cameron	Pask	Male		00:49:36	640	00:48:46	637	MJ	21	522
1395	Sean	Woodman	Male		00:49:36	641	00:48:50	643	M35	80	523
1606	Jamie	Tanner	Male		00:49:36	642	00:48:37	620	MS	194	524
3609	Neil	Horsley	Male		00:49:37	643	00:49:15	690	M65	7	525
2558	Ross	Mcgrath	Male		00:49:37	644	00:48:11	591	M40	74	526
1467	David	Rendell	Male		00:49:38	645	00:48:39	623	MS	195	527
1183	Jennifer	Park	Female		00:49:40	646	00:48:53	648	FS	52	118
351	Jason	Smith	Male		00:49:40	647	00:48:28	613	M45	62	528
1508	Ben	Jenkins	Male		00:49:40	648	00:48:33	618	MS	196	529
888	Joseph	Pearce	Male		00:49:40	649	00:48:57	656	MS	197	530
3707	Olivia	Rix-taylor	Female		00:49:41	650	00:48:19	599	FS	53	119
2651	Steve	Jones	Male		00:49:41	651	00:48:59	661	M60	15	531
1521	Ryan	Cork	Male		00:49:42	652	00:49:23	700	MS	198	532
687	Krzysztof	Nowicki	Male		00:49:42	653	00:48:41	628	M40	75	533
1793	Ross	Biggar	Male		00:49:42	654	00:48:29	615	MS	199	534
1440	Daniel	Nicholas	Male		00:49:43	655	00:48:49	640	M40	76	535
3398	Dean	Morris	Male		00:49:43	656	00:48:57	658	MS	200	536
3232	Nathan	Williams	Male	3M Gorseinon Road R	00:49:47	657	00:49:03	670	M45	63	537
1345	Geraldine	Clayton	Female		00:49:47	658	00:49:24	703	F55	6	120
1634	Ciaran	Chilcott	Male		00:49:49	659	00:48:44	634	MS	201	538
1131	Matthew	Jones	Male		00:49:49	660	00:49:26	705	MS	202	539
125	Ian	Mort	Male		00:49:49	661	00:48:58	660	M50	42	540
2203	Clare	Baxter	Female	3M Gorseinon Road R	00:49:49	662	00:49:05	672	F40	14	121
676	David	Alford	Male		00:49:50	663	00:49:08	675	M55	28	541
3081	Abi	Ghuman	Female	Pontypridd Roadents A	00:49:50	664	00:49:01	663	FS	54	122
927	Gareth	Davies	Male		00:49:51	665	00:48:51	645	M50	43	542
413	Martin	Stark	Male	Pont-Y-Pwl & District R	00:49:51	666	00:49:14	688	M55	29	543
1612	Shaun	Dolphin	Male	Leamee	00:49:51	667	00:48:54	651	MS	203	544
3525	Nia	James	Female		00:49:51	668	00:48:33	617	F45	14	123
2437	Huw	Jenkins	Male	Porthcawl Runners	00:49:51	669	00:49:18	691	M50	44	545
1450	Greg	Phillips	Male		00:49:52	670	00:49:15	689	MS	204	546
624	John	Clark	Male	Run4All Neath	00:49:52	671	00:49:12	684	M60	16	547
2478	Samantha	Brown	Female	Tri Hard Harriers	00:49:53	672	00:49:08	677	F35	19	124
3480	Lee	Astley	Male		00:49:53	673	00:48:49	641	M45	64	548
2467	Clare	Moseley	Female	Tri Hard Harriers	00:49:53	674	00:49:09	679	FS	55	125
621	Emma	Fortune	Female		00:49:54	675	00:49:02	668	F45	15	126
645	Lauren	Powis	Female		00:49:54	676	00:49:10	681	FS	56	127
674	Mark	Harrison	Male		00:49:54	677	00:49:13	686	M35	81	549
1264	Leigh	Westwood	Male		00:49:55	678	00:48:55	655	M35	82	550
1026	Steven	Fryatt	Male		00:49:55	679	00:48:57	659	M35	83	551
2522	Andrew	Buchanan	Male	Run4All Neath	00:49:57	680	00:49:09	680	M40	77	552
3135	David	Meyrick	Male		00:49:57	681	00:49:02	666	M60	17	553
956	Dale	Flower	Male		00:49:57	682	00:49:04	671	M35	84	554
1932	Matthew	Phillips	Male		00:49:59	683	00:49:13	687	M35	85	555
1769	Home	Smith	Male		00:49:59	684	00:48:52	647	MS	205	556
1231	Paul	Edwards	Male	Run4All Neath	00:50:00	685	00:49:06	674	MS	206	557
3679	Stephen	Short	Male		00:50:03	686	00:49:11	683	M40	78	558
1439	Elysia	Humphreys	Female		00:50:04	687	00:49:08	678	FS	57	128

2774	Callum	Lovatt	Male			00:50:05	688	00:49:22	698	MS	207	559
2197	Stuart	Thomas-pc	Male			00:50:06	689	00:49:08	676	MS	208	560
2534	Derrick	Yeung	Male			00:50:06	690	00:49:10	682	MS	209	561
2813	Jonathan	Pollinger	Male			00:50:08	691	00:49:13	685	M55	30	562
2594	Gareth	Mugford	Male			00:50:10	692	00:49:19	694	M35	86	563
908	Tom	Dawes	Male			00:50:19	693	00:49:00	662	MS	210	564
2270	Bethan	Ford	Female		Pontypridd Roadents A	00:50:22	694	00:49:31	709	F35	20	129
3342	Stephan	Wilcox	Male		Tri Hard Hq Tri hard ha	00:50:22	695	00:49:40	717	M60	18	565
2368	James	Brewer	Male		Parc Bryn S Running C	00:50:23	696	00:49:56	736	M35	87	566
366	Kay	Errington	Female			00:50:24	697	00:49:50	732	FS	58	130
3231	Nicola	Rowe	Female		3M Gorseinon Road R	00:50:25	698	00:49:41	719	F50	9	131
3607	David	Brown	Male			00:50:25	699	00:49:48	728	M50	45	567
1261	Ryan	Price	Male			00:50:25	700	00:49:47	727	MS	211	568
1571	Adrian	Luckman	Male			00:50:25	701	00:49:43	724	M55	31	569
2867	Kate	Lynock	Female		Trots	00:50:25	702	00:49:39	716	F45	16	132
1867	Andrew	Davies	Male			00:50:27	703	00:49:38	714	M50	46	570
257	Dan	Morgan	Male			00:50:28	704	00:49:22	699	MS	212	571
2353	Catherine	Olivant	Female			00:50:30	705	00:49:18	692	F45	17	133
2234	Sharon	Mcintire	Female			00:50:31	706	00:49:01	664	F50	10	134
1993	Ieuan	Price	Male			00:50:31	707	00:49:24	701	MS	213	572
546	Leigh	Bulmer	Male			00:50:33	708	00:49:38	712	M40	79	573
1234	Matthew	Cox	Male		Celtic Tri	00:50:33	709	00:49:54	735	MJ	22	574
3265	Sarah	Gravell	Female			00:50:33	710	00:49:39	715	F45	18	135
2593	James	McIlelland	Male			00:50:33	711	00:49:43	722	M35	88	575
2885	Martin	Morgan	Male			00:50:36	712	00:49:02	665	M35	89	576
608	Adrian	Lewis	Male			00:50:36	713	00:49:25	704	M45	65	577
1224	James	George	Male			00:50:37	714	00:49:40	718	M50	47	578
925	Matthew	Jenkins	Male			00:50:37	715	00:49:38	713	M45	66	579
1047	Heidi	Bagguley	Female			00:50:37	716	00:50:20	768	F40	15	136
965	Krzysztof	Osipowicz	Male			00:50:40	717	00:50:32	783	M40	80	580
50	Ian	Barnford	Male			00:50:41	718	00:49:58	739			581
3373	Dcruz	Nicholas	Male			00:50:41	719	00:49:59	742	MS	214	582
319	Michael	Davies	Male			00:50:42	720	00:49:45	725	MS	215	583
3354	Michael	Morgan	Male			00:50:43	721	00:49:24	702	MS	216	584
2733	Kevin	Watson	Male		3M Gorseinon Road R	00:50:43	722	00:49:59	743	M50	48	585
2162	Ebony	Smith	Female			00:50:46	723	00:49:59	741	F40	16	137
1409	Mark	Faulkner	Male		Lliswerry Runners	00:50:46	724	00:49:49	731	M60	19	586
1347	Sean	Clayton	Male			00:50:46	725	00:49:30	707	MS	217	587
1852	John	Ivins	Male			00:50:48	726	00:50:21	771	M55	32	588
2105	Harrison	Darshan	Male			00:50:48	727	00:49:20	697	MS	218	589
997	Thomas	Jefford	Male		Run4All Neath	00:50:49	728	00:49:48	730	MS	219	590
3385	Leigh	Riseley	Male			00:50:49	729	00:50:16	758	MS	220	591
1824	Julian	Griffiths	Male			00:50:49	730	00:49:02	667	M55	33	592
2700	Josephine	Sulman	Female			00:50:52	731	00:49:54	734	F45	19	138
295	Kelli	Winter	Female			00:50:53	732	00:50:16	757	F35	21	139
3508	Trevor	Hay	Male		Dragons Running Club	00:50:53	733	00:50:20	770	M60	20	593
160	Sandra	Jones	Female			00:50:54	734	00:50:00	744	F45	20	140
2592	Derek	Wilson	Male			00:50:54	735	00:49:34	710	M55	34	594
650	Katharine	Bacon	Female			00:50:54	736	00:50:19	765	F35	22	141
665	Lisa	Cleary	Female		Penarth & Dinas Runn	00:50:55	737	00:50:01	745	F55	7	142
3088	Zoe	Dixon	Female			00:50:56	738	00:49:43	723	FS	59	143
1158	Paul	Evans	Male			00:50:57	739	00:49:31	708	M50	49	595
3045	Lee	Otteson	Male			00:50:57	740	00:49:46	726	M40	81	596
1619	Yvonne	Mcdermott	Female			00:50:58	741	00:49:48	729	F35	23	144
806	James	Buckingham	Male		Penarth & Dinas Runn	00:50:58	742	00:50:14	755	M55	35	597
936	Scott	Caplin	Male			00:50:58	743	00:49:37	711	M55	36	598
3404	Jason	Garrahan	Male			00:51:05	744	00:50:18	763	M50	50	599
2014	Daniel	Pearce	Male		Parc Bryn S Running C	00:51:05	745	00:50:04	747	M45	67	600
2033	Simon	Meyrick	Male			00:51:07	746	00:50:12	754	M35	90	601
817	Christophe	Besley	Male			00:51:07	747	00:50:04	748	M40	82	602
1906	Matthew	Brooks	Male			00:51:08	748	00:50:28	781	MS	221	603
3576	Peter	Jones	Male			00:51:08	749	00:50:09	752	M40	83	604
2916	Lynsey	Wooliscroft	Female			00:51:10	750	00:50:05	750	F45	21	145
3263	Kevin	Lovibond	Male			00:51:11	751	00:50:04	749	M60	21	605
3528	Matthew	Edwards	Male			00:51:12	752	00:49:42	720	MS	222	606
511	Chris	Williamson	Male			00:51:13	753	00:50:26	779	M65	8	607
1478	Laurie	Higgins	Female			00:51:13	754	00:50:20	766	FS	60	146
1477	Robert	Stephens	Male			00:51:13	755	00:50:20	767	M45	68	608
731	Anthony	Jacobson	Male			00:51:14	756	00:50:48	789	M40	84	609
1248	Alex	Roberts	Male			00:51:16	757	00:50:10	753	MS	223	610
2141	Gareth	Tibbs	Male			00:51:17	758	00:50:20	769	M45	69	611
2905	Joel	Francis	Male			00:51:18	759	00:50:19	764	M45	70	612
3278	Richard	Chudleigh	Male			00:51:18	760	00:50:33	784	M45	71	613
338	Qumrun	Nahar	Female		Pembrokeshire Harrier	00:51:19	761	00:50:26	778	F40	17	147
104	Matthew	Brown	Male			00:51:20	762	00:50:28	782	M35	91	614
2416	Ian	Cartwright	Male			00:51:20	763	00:50:21	772	M45	72	615
3620	Jeremy	Bassett	Male			00:51:21	764	00:50:17	761	M50	51	616
642	Gareth	Cole	Male			00:51:21	765	00:50:22	773	MS	224	617
1443	John	Barnett	Male			00:51:24	766	00:50:26	776	MS	225	618
2116	Ryan	Cook	Male			00:51:25	767	00:50:53	794	M40	85	619
517	Danielle	Harding	Female			00:51:25	768	00:50:54	795	F35	24	148
3279	Connor	Owen	Male			00:51:27	769	00:49:43	721	MS	226	620
2020	Michael	Thurgood	Male			00:51:30	770	00:49:57	738	M50	52	621
3218	David	Keogh	Male			00:51:30	771	00:50:25	774	M50	53	622
666	Samantha	Hyett	Female			00:51:31	772	00:50:14	756	F45	22	149
2425	Jeremy	Phillips	Male			00:51:33	773	00:49:20	696	M50	54	623

900	Amy	Owen	Female			00:51:33	774	00:50:49	791	F35		25	150
1335	Rita	Fisher	Female	Heanor Running Club		00:51:34	775	00:50:49	790	F60		2	151
609	Erin	Brown	Female	Blaenau Gwent Athleti		00:51:35	776	00:50:36	786	FJ		9	152
3627	Thomas	Collins	Male			00:51:35	777	00:50:06	751	MS		227	624
409	Lance	Davies	Male			00:51:35	778	00:50:16	759	MS		228	625
3467	Lisa	Wells	Female			00:51:38	779	00:51:22	829	F45		23	153
1271	Paul	Boxer	Male			00:51:42	780	00:51:09	808	M45		73	626
3558	Liz	Rees	Female			00:51:42	781	00:50:26	777	F45		24	154
3415	David	Pitman	Male			00:51:42	782	00:50:59	800	M55		37	627
1242	Christian	Phillips	Male			00:51:42	783	00:50:47	788	MS		229	628
3635	Emma	James	Female			00:51:43	784	00:50:55	798	F35		26	155
2595	Steve	Mclelland	Male	3M Gorseinon Road R		00:51:44	785	00:50:54	796	M65		9	629
501	Stacey	Mcfarlane	Female			00:51:45	786	00:50:53	793	F35		27	156
245	Dominic	Melville	Male			00:51:46	787	00:49:56	737	M45		74	630
3384	Jafar	Ojra	Male			00:51:46	788	00:51:07	807	M35		92	631
3542	Charlie	James	Female	3M Gorseinon Road R		00:51:46	789	00:51:02	802	FS		61	157
1730	Rachel	Letman	Female	Team Bad		00:51:53	790	00:49:54	733	F40		18	158
1798	Mae	Vincent	Female			00:51:53	791	00:51:15	817	FS		62	159
2135	Gareth	Jenkins	Male			00:51:56	792	00:50:17	760	MS		230	632
3069	Simon	Marks	Male			00:51:56	793	00:50:38	787	M55		38	633
3521	Tom	Hall	Male			00:51:56	794	00:50:26	775	M40		86	634
1490	Erin	Thomas	Female			00:52:00	795	00:51:11	810	F40		19	160
3597	Derek	Hopkins	Male	Eynsford RC		00:52:01	796	00:51:16	819	M60		22	635
1016	Sally	Hopkins	Female			00:52:01	797	00:51:17	820	FS		63	161
3224	Scott	Ridings	Male	Gravells		00:52:02	798	00:51:03	803	M40		87	636
381	Richard	Thomas	Male			00:52:04	799	00:51:41	842	M50		55	637
2161	Samia	Marouf	Female			00:52:06	800	00:50:18	762	F40		20	162
1534	Barry	Nichols-gre	Male			00:52:11	801	00:51:06	806	M35		93	638
525	Sara	Katrenck	Female			00:52:12	802	00:50:28	780	F35		28	163
3063	Gavin	Pascoe	Male			00:52:14	803	00:50:54	797	MS		231	639
1650	Matthew	Hudson	Male			00:52:16	804	00:51:23	830	M40		88	640
3089	Mark	Bignell	Male			00:52:16	805	00:51:37	837	M55		39	641
1894	Owen	Walters	Male			00:52:18	806	00:49:19	695	MJ		23	642
136	Steve	Talbot	Male			00:52:20	807	00:51:15	814	MS		232	643
1801	Jamie	Duggan	Male			00:52:22	808	00:50:50	792	M45		75	644
940	Justin	Collins	Male			00:52:26	809	00:51:17	821	MS		233	645
1143	Andrew	Silk	Male	Tri Hard Ha	Tri hard ha	00:52:27	810	00:49:27	706	M35		94	646
1001	Bien	Fontarum	Male			00:52:27	811	00:51:18	823	MS		234	647
1166	Ben	Evans	Male			00:52:31	812	00:51:11	811	MS		235	648
2551	Michelle	Spencer-hc	Female	Amman Valley Harriers		00:52:34	813	00:51:40	839	F45		25	164
2418	Lloyd	Thomas	Male			00:52:34	814	00:51:30	833	M40		89	649
3082	Thomas	Burgess	Male			00:52:35	815	00:50:35	785	MS		236	650
1092	Tim	Carr	Male	Team Carr		00:52:36	816	00:51:54	853	M50		56	651
3501	Tim	Beckmann	Male			00:52:37	817	00:52:13	881	MS		237	652
2460	Carrie	John	Female			00:52:38	818	00:52:12	879	FS		64	165
3710	Steph	Kelly	Female			00:52:39	819	00:51:44	844	FS		65	166
124	Adam	Brustad	Male			00:52:39	820	00:51:41	840	M35		95	653
3227	Alex	Harrison	Male			00:52:40	821	00:51:23	831	MS		238	654
3653	Callum	Hanford	Male			00:52:40	822	00:50:57	799	MS		239	655
3636	Katharine	Green	Female	Pembrokeshire Harrier		00:52:40	823	00:51:56	857	F40		21	167
2907	Carley	Knipe	Female			00:52:40	824	00:51:12	812	F35		29	168
2906	Michael	Knipe	Male			00:52:41	825	00:51:14	813	M35		96	656
429	Mitch	Foley	Male			00:52:41	826	00:51:10	809	MS		240	657
612	Owen	Lewis	Male			00:52:43	827	00:51:46	848	M40		90	658
1834	Kirsty	Leeke	Female	Hensol Cas		00:52:44	828	00:51:05	804	F40		22	169
444	Stuart	Chidgey	Male			00:52:45	829	00:51:45	847	M55		40	659
3570	Stewart	Montgome	Male			00:52:45	830	00:51:15	815	M40		91	660
833	Tom	Heycock	Male			00:52:46	831	00:51:01	801	MJ		24	661
1977	Elena	Morgan	Female			00:52:47	832	00:51:30	834	FS		66	170
3438	Matt	Radford	Male			00:52:48	833	00:51:42	843	M40		92	662
2721	Sara	Davies	Female			00:52:48	834	00:51:06	805	F45		26	171
1372	Tom	Williams	Male			00:52:49	835	00:51:18	822	MS		241	663
3598	Michael H	Davies	Male	Les Croupiers		00:52:49	836	00:51:57	859	M70		4	664
2501	Jessica	Wesley	Female	3M Gorseinon Road R		00:52:50	837	00:49:58	740	FS		67	172
1657	Joseph	Wade	Male			00:52:51	838	00:51:32	835	MS		242	665
971	Gerard	Crispie	Male	Les Croupiers		00:52:53	839	00:52:01	866	M60		23	666
536	Rhys	Jehu	Male			00:52:54	840	00:52:14	882	MS		243	667
863	Jonathan	Headingtor	Male			00:52:54	841	00:52:06	873	MS		244	668
262	Jenni	Thomas	Female			00:52:54	842	00:51:39	838	F35		30	173
459	Kevin	Button	Male			00:52:55	843	00:51:15	816	M45		76	669
1722	Monica	Rodriguez	Female	Run4All Neath		00:52:55	844	00:51:47	849	FS		68	174
1693	Cameron	Hogan	Male	Heanor Running Club		00:52:55	845	00:52:19	889	MS		245	670
3697	Ryan	Davies	Male			00:52:55	846	00:51:21	825	MS		246	671
780	Michael	Holding	Male			00:52:56	847	00:51:59	864	M55		41	672
1868	Gavin	Davies	Male			00:52:56	848	00:51:21	828	MS		247	673
1833	Byron	Davies	Male			00:52:56	849	00:52:11	876	M45		77	674
1729	Russell	Sims	Male			00:52:56	850	00:52:02	867	M40		93	675
3643	Jon	Richards	Male	Two Drago		00:52:57	851	00:52:16	885	MS		248	676
3484	Alexander	Strawbridg	Male	Clwb Rhedeg Pontard		00:52:58	852	00:51:27	832	M35		97	677
2787	Anthony	Coker	Male			00:52:58	853	00:51:15	818	M45		78	678
837	Neil	Jones	Male			00:52:59	854	00:51:48	850	M55		42	679
2999	Anne	Kirtley	Female	Hallamshire Harriers S		00:53:02	855	00:52:34	915	F55		8	175
606	Megan	Hopkins	Female	Porthcawl Runners		00:53:03	856	00:52:27	898	FS		69	176
1914	Sarah	Farid	Female			00:53:03	857	00:52:06	872	F40		23	177
2086	Chloe	Havard	Female			00:53:04	858	00:52:08	874	FS		70	178
1065	Daniel	Lewis	Male			00:53:04	859	00:51:45	846	MS		249	680

3649	Harry	Watkinson	Male		Two Drago	00:53:05	860	00:51:34	836	MS	250	681
2385	Russell	Gellman	Male			00:53:05	861	00:52:33	912	M65	10	682
1287	Wilm	Jones	Male			00:53:06	862	00:51:20	824	M40	94	683
510	Stan	Broughton	Male			00:53:09	863	00:52:12	880	MS	251	684
2947	Laurence	Pearce	Male			00:53:09	864	00:52:56	948	M45	79	685
881	Tina	Morris	Female	Amman Valley Harriers		00:53:11	865	00:52:24	896	F40	24	179
2071	Diane	Ridgeway	Female	3M Gorseinon Road R		00:53:12	866	00:52:28	903	F50	11	180
2982	Bartosz	Wojcicki	Male			00:53:12	867	00:52:55	946	MS	252	686
1097	Kristyna	Policarova	Female			00:53:13	868	00:52:19	891	FS	71	181
1495	Wayne	Baugh	Male	Clwb Rhedeg Pontard		00:53:13	869	00:51:41	841	M55	43	687
389	Claire	Mullin	Female			00:53:14	870	00:52:04	870	F45	27	182
1208	Mared	Powell	Female			00:53:15	871	00:52:28	902	FS	72	183
387	Sarah	Crawley	Female			00:53:15	872	00:52:05	871	F40	25	184
1572	Stephen	Whelband	Male	Parc Bryn S Running C		00:53:17	873	00:51:58	862	M50	57	688
3420	Kate	Edwards	Female			00:53:17	874	00:52:21	893	F35	31	185
355	Sian	Phillips	Female	Swansea Harriers		00:53:18	875	00:52:19	892	F60	3	186
1563	Phil	De Vires	Male	De Vires is		00:53:20	876	00:52:19	890	MS	253	689
3608	Marcus	Clyne	Male			00:53:20	877	00:51:52	851	MS	254	690
1718	Roger	Thomas	Male			00:53:20	878	00:51:44	845	M50	58	691
1058	Kirsty	Meldrum	Female			00:53:23	879	00:51:21	827	FS	73	187
330	Cerys	Walker	Female			00:53:24	880	00:52:46	929	FJ	10	188
1823	Gareth	Sullivan	Male			00:53:25	881	00:52:59	955	M40	95	692
1031	Tom	Brewer	Male			00:53:26	882	00:51:54	855	M40	96	693
2692	Wyn	Jones	Male			00:53:27	883	00:52:41	921	M60	24	694
232	Jay	Mandal	Male			00:53:28	884	00:51:21	826	M35	98	695
3469	Dave	Lewis	Male	Swansea H	Swansea H	00:53:28	885	00:52:39	919	M40	97	696
305	Samantha	Walker	Female			00:53:29	886	00:52:37	917	F35	32	189
2259	Roger	Silk	Male	Clwb Rhedeg Pontard		00:53:29	887	00:51:56	858	M60	25	697
469	Doreen	Caniga	Female			00:53:33	888	00:52:47	933	F50	12	190
1350	Paul	Evans	Male	Brecon AC		00:53:33	889	00:52:02	868	M45	80	698
879	Max	Hopkins	Male			00:53:34	890	00:51:58	863	MS	255	699
1380	Callum	Rothwell	Male			00:53:35	891	00:52:45	928	MS	256	700
2679	Kate	Mackey	Female			00:53:35	892	00:52:53	942	FS	74	191
1239	Courtney	Hardy	Male			00:53:36	893	00:52:29	905	MS	257	701
848	Elise	Morgan-gr	Female			00:53:36	894	00:52:31	911	F40	26	192
504	Warren	Button	Male			00:53:36	895	00:52:30	908	M60	26	702
3336	Jon	Tallis	Male			00:53:39	896	00:52:12	877	M50	59	703
3024	James	Kirk	Male	Forest of Dean AC		00:53:39	897	00:52:27	901	M55	44	704
2616	Andy	Blue	Male			00:53:40	898	00:52:37	918	M60	27	705
3266	Chris	Grayson	Male			00:53:41	899	00:52:30	909	M35	99	706
3505	Sasha	Martin	Female	Tri Hard Hg	Tri hard ha	00:53:41	900	00:53:02	960	F45	28	193
3702	Kathryn	John	Female	Run4All Neath		00:53:41	901	00:52:42	923	F55	9	194
684	Christie	Coleman	Male			00:53:41	902	00:53:00	956	M55	45	707
542	Ben	Moss	Male			00:53:41	903	00:50:02	746	MS	258	708
3023	Anne	Kirk	Female	Forest of Dean AC		00:53:42	904	00:52:30	907	F55	10	195
474	Matt	Stride	Male			00:53:42	905	00:52:00	865	M40	98	709
944	Joel	Bladen	Male			00:53:44	906	00:53:06	970	MS	259	710
943	Abigail	Bladen	Female			00:53:44	907	00:53:05	968	FS	75	196
678	Luke	Griffiths	Male			00:53:44	908	00:53:03	962	MS	260	711
704	Daniel	Caswell	Male			00:53:45	909	00:51:54	854	MS	261	712
2799	Elin	Ludgate	Female			00:53:47	910	00:52:12	878	FS	76	197
120	Gavin	Collins	Male			00:53:47	911	00:53:24	1002	M40	99	713
1402	Peter	Moryc	Male			00:53:47	912	00:52:27	897	M65	11	714
1334	Simon	Strickland	Male			00:53:48	913	00:52:49	938	M35	100	715
910	Ben	Cheesbrou	Male			00:53:49	914	00:53:14	988	M35	101	716
1681	Jason	Russell	Male	Islwyn RC		00:53:49	915	00:52:27	899	M45	81	717
3705	Lottie	Whitmarsh	Female			00:53:50	916	00:53:16	990	FS	77	198
105	Hannah	King	Female			00:53:50	917	00:51:57	860	FS	78	199
618	Rhys	Hughes	Male			00:53:50	918	00:52:52	941	M45	82	718
3709	Troy	Badenski	Male			00:53:51	919	00:52:27	900	MS	262	719
1882	Paul	Jones	Male			00:53:51	920	00:51:58	861	M50	60	720
2582	Robert	Evans	Male	Fairlands Valley Spart		00:53:52	921	00:52:33	913	M45	83	721
1931	Sarah	Puetz	Female			00:53:54	922	00:53:07	974	FS	79	200
183	Aiden	Best	Male			00:53:56	923	00:52:03	869	MS	263	722
2025	Wendy	Johnson	Female	WPT Thai		00:53:58	924	00:53:34	1020	F45	29	201
2372	Roger	Morgan	Male			00:53:58	925	00:52:49	937	M65	12	723
725	Ryan	Davies	Male			00:54:00	926	00:52:17	886	M40	100	724
2181	Febe	Ashley	Female			00:54:01	927	00:52:54	944	FS	80	202
2180	Lloyd	Ashley	Male			00:54:01	928	00:52:54	943	MS	264	725
2458	Ruth	Winney	Female			00:54:01	929	00:52:23	894	F40	27	203
344	Amanda	Smith	Female			00:54:02	930	00:52:50	939	F45	30	204
471	Deborah	Walsh	Female	Hereford Couriers		00:54:03	931	00:53:19	998	F35	33	205
3177	Rachel	Wallis	Female			00:54:03	932	00:52:30	906	F45	31	206
273	Stephen	Willmett-le	Male			00:54:04	933	00:52:28	904	M35	102	726
2624	Aled	Williams	Male			00:54:05	934	00:52:08	875	MS	265	727
1817	Rick	Pearl	Male			00:54:05	935	00:51:55	856	M50	61	728
516	Liza	Dones	Female			00:54:06	936	00:51:52	852	F40	28	207
1507	Jesse	Davies	Male			00:54:07	937	00:52:56	952	MS	266	729
2767	Ben	Knight	Male			00:54:10	938	00:52:34	914	MS	267	730
3163	Rebecca	Foley	Female	Parc Bryn S Running C		00:54:10	939	00:53:01	958	FS	81	208
3504	Ian	Evans	Male			00:54:11	940	00:52:14	883	M35	103	731
1262	Anthony	Jones	Male	3M Gorseinon Road R		00:54:11	941	00:53:16	991	M50	62	732
343	Rachel	Loye	Female			00:54:11	942	00:53:49	1045	FS	82	209
3503	Liam	Evans	Male			00:54:12	943	00:52:16	884	MJ	25	733
1139	Andrew	Keegan	Male			00:54:13	944	00:52:56	950	M35	104	734
1561	Stephen	Lewis	Male			00:54:14	945	00:53:13	983	M50	63	735

2939	Oliver	Dugdale	Male			00:54:15	946	00:53:31	1016	M40		101	736
2072	Teilo	Trimble	Male		Trimbles	00:54:15	947	00:52:44	925	M40		102	737
930	Wendy	Griffiths	Female			00:54:15	948	00:52:35	916	F45		32	210
1711	Jeff	Jones	Male			00:54:17	949	00:52:48	936	M55		46	738
2751	Julie	Jones	Female			00:54:18	950	00:53:32	1017	F50		13	211
707	Elliot	Thomas	Male			00:54:19	951	00:52:24	895	MS		268	739
3479	Angela	James	Female		Port Talbot Harriers	00:54:20	952	00:52:56	951	F45		33	212
1359	Jason	Nutt	Male			00:54:21	953	00:53:26	1007	M50		64	740
2640	Matthew	Reece	Male			00:54:21	954	00:52:59	954	M50		65	741
567	Steven	Jones	Male			00:54:22	955	00:49:02	669	M50		66	742
2325	Siwan	Morris	Female			00:54:23	956	00:52:47	932	FS		83	213
762	Tim	Padfield	Male			00:54:23	957	00:53:03	964	M55		47	743
596	Donna	Warburton	Female			00:54:23	958	00:53:44	1035	F35		34	214
3515	Zoe	Anthony	Female			00:54:24	959	00:53:20	1000	F45		34	215
3632	Hannah	Lewis	Female		Run4All NeRun4All Ne	00:54:24	960	00:53:17	992	F35		35	216
1469	David	Perry	Male			00:54:25	961	00:52:47	934	M65		13	744
214	Liz	Mahoney	Female			00:54:25	962	00:53:47	1042	F45		35	217
783	Hywel	Davis	Male			00:54:26	963	00:52:55	947	M35		105	745
520	Tyler	Rowland	Male			00:54:26	964	00:53:05	966	MS		269	746
213	Aaron	Hill	Male			00:54:27	965	00:53:06	969	MS		270	747
1842	Matt	Leeke	Male		Hensol Cas	00:54:28	966	00:52:47	935	M40		103	748
1153	Isabella	Centeleghe	Female			00:54:28	967	00:53:24	1001	FS		84	218
1154	Oliver	Harris	Male			00:54:28	968	00:53:25	1005	MS		271	749
1819	Emrys	Evans	Male		Team T-Re	00:54:30	969	00:53:08	976	MS		272	750
941	Niall	Hughes	Male		San Domenico RC	00:54:30	970	00:53:34	1019	M45		84	751
1820	Anna	Evans	Female		Team T-Re	00:54:30	971	00:53:08	977	FS		85	219
1909	Chris	Cundill	Male			00:54:30	972	00:53:45	1036	M35		106	752
2518	Andrew	Harper	Male			00:54:30	973	00:53:15	989	M40		104	753
2263	Chris	Smith	Male			00:54:31	974	00:52:56	949	M45		85	754
1451	Henry	Todd-collin	Male			00:54:32	975	00:52:31	910	M35		107	755
3478	Christophe	Bird	Male			00:54:32	976	00:53:00	957	M45		86	756
166	Bryson	James	Male			00:54:33	977	00:53:07	972	MS		273	757
2390	Jason	Rourke	Male			00:54:33	978	00:53:29	1013	M35		108	758
2479	Will	Williams	Male			00:54:33	979	00:52:43	924	M40		105	759
3601	Melanie	Jenkins	Female		Merthyr Running Club	00:54:35	980	00:53:31	1015	F45		36	220
1123	Arabella	Calder	Female		Penarth & Dinas Runn	00:54:37	981	00:53:43	1034	F50		14	221
1279	Dudley	Ashford	Male			00:54:39	982	00:53:07	973	M50		67	760
1311	Jonathan	Cornish	Male			00:54:39	983	00:53:10	979	M50		68	761
1611	Naomi	Templeton	Female			00:54:40	984	00:52:45	926	FS		86	222
518	Marcus	Axworthy	Male			00:54:40	985	00:52:45	927	M40		106	762
1390	John Grah	Evans	Male			00:54:41	986	00:53:13	984	M65		14	763
2769	Katie	Morris	Female			00:54:41	987	00:52:40	920	FS		87	223
192	Matt	Tumber	Male			00:54:42	988	00:53:13	985	MS		274	764
1200	Paul	Abraham	Male			00:54:42	989	00:53:37	1026	M35		109	765
2657	Nicola	Rimmer	Female			00:54:42	990	00:54:21	1099	F35		36	224
374	Nina	Watkeys	Female		Basingstoke & Mid Ha	00:54:43	991	00:53:28	1009	F35		37	225
1998	Jacob	Weaver-jor	Male			00:54:43	992	00:53:49	1047	MS		275	766
3658	Denise	Mason	Female		Barnet & District AC	00:54:44	993	00:53:17	994	F55		11	226
1682	David	Rees	Male			00:54:44	994	00:53:41	1029	M65		15	767
1952	Mark	Staples	Male			00:54:44	995	00:53:19	997	M45		87	768
2008	Elen	Jones	Female			00:54:44	996	00:53:49	1044	FS		88	227
1816	Holly	Griffin	Female			00:54:45	997	00:53:29	1010	FS		89	228
502	Grace	Twyford	Female			00:54:46	998	00:53:05	967	FS		90	229
3010	Chris	James	Male			00:54:47	999	00:53:12	980	M45		88	769
519	Claire	Johnston	Female			00:54:47	1000	00:53:41	1030	F40		29	230
1405	Richard	Barrow	Male			00:54:47	1001	00:54:24	1104	M45		89	770
1177	Owen	Pearse	Male			00:54:47	1002	00:53:51	1049	M40		107	771
626	Ben	Batchelor	Male		Ogmore Phoenix Runn	00:54:48	1003	00:53:13	981	MS		276	772
1876	Beth	James	Female			00:54:50	1004	00:52:46	930	FS		91	231
3264	Lyn	Gravell	Male			00:54:51	1005	00:53:18	996	M45		90	773
2126	Tink	Remec	Female			00:54:51	1006	00:53:13	986	FS		92	232
2882	Adrian	Miller	Male			00:54:51	1007	00:53:48	1043	M35		110	774
2892	Phil	Marshall	Male			00:54:51	1008	00:54:05	1075	M45		91	775
2475	Simon	Gutierrez	Male			00:54:52	1009	00:53:56	1055	M35		111	776
3690	Andrej	Remec	Male			00:54:52	1010	00:53:14	987				777
3017	Dale	Newell	Male			00:54:52	1011	00:54:32	1119	M35		112	778
983	Anna	Davies	Female			00:54:53	1012	00:53:36	1023	F40		30	233
933	Nicole	Boland	Female			00:54:53	1013	00:53:35	1022	FS		93	234
1813	Katie	Davies	Female			00:54:54	1014	00:54:02	1065	F35		38	235
3459	Jenni	Jordan	Female			00:54:54	1015	00:53:43	1033	FS		94	236
3673	Hannah	Knight	Female			00:54:55	1016	00:53:27	1008	FS		95	237
3629	Melanie	Graham	Female		Builth & District	00:54:55	1017	00:53:46	1040	F60		4	238
1654	Lisa	Hill	Female			00:54:55	1018	00:54:03	1069	F35		39	239
3199	Claire	Costello	Female		Pontypridd Roadents A	00:54:56	1019	00:54:01	1064	F45		37	240
2968	David	Mather	Male		Pontypridd Roadents A	00:54:56	1020	00:54:01	1063	M55		48	779
3030	Matt	Eynon	Male			00:54:57	1021	00:53:04	965	M45		92	780
617	Charlie	Hughes	Male			00:54:57	1022	00:53:58	1057	MS		277	781
1610	Robert	Templeton	Female			00:54:57	1023	00:52:56	953	FS		96	241
2527	Paramesh	Puttasidda	Male			00:54:57	1024	00:53:24	1004	M50		69	782
334	Lucy	Hughes	Female		Joe's Ice C	00:54:59	1025	00:53:06	971	F35		40	242
3640	Lance	Jones	Male		Two Drago	00:54:59	1026	00:53:26	1006	M40		108	783
2154	Tim	Heath	Male			00:54:59	1027	00:53:29	1012	M40		109	784
3532	Mike	John	Male			00:55:00	1028	00:53:19	999	M35		113	785
2414	Philip	Allnatt	Male			00:55:00	1029	00:54:32	1117	M40		110	786
3506	Vicky	Tyler	Female			00:55:01	1030	00:54:22	1100	F45		38	243
3591	Emyr	Thomas	Male			00:55:01	1031	00:54:08	1082	MS		278	787

137	Jordan	Collier	Male			00:55:02	1032	00:54:12	1089	MS	279	788
3520	Lanvell	Blake	Male		Jamaica M	00:55:03	1033	00:53:54	1052	MS	280	789
679	Lee	Carbis	Male			00:55:05	1034	00:53:45	1038	M40	111	790
1286	Robert	George	Male			00:55:06	1035	00:54:12	1087	M55	49	791
2912	Jim	Hyden	Male			00:55:07	1036	00:53:13	982	M50	70	792
383	Joel	Osborn	Male		Paul Popham Running	00:55:07	1037	00:53:02	959	MS	281	793
237	Tom	Barritt	Male			00:55:08	1038	00:53:24	1003	M35	114	794
2928	Lloyd	Jones	Male			00:55:08	1039	00:54:00	1062	MS	282	795
1194	Nicola	Davies Nei	Female			00:55:09	1040	00:53:09	978	FS	97	244
2151	Mark	Williamson	Male		Forest of Dean AC	00:55:09	1041	00:54:02	1068	M60	28	796
3322	Rhys	Morgan	Male			00:55:10	1042	00:53:17	995	MS	283	797
851	Shan	Castley	Female		Port Talbot Harriers	00:55:13	1043	00:53:49	1046	F45	39	245
2752	Miss J	Crumpton	Female			00:55:13	1044	00:53:41	1028	F50	15	246
2507	Craig	Hawker-th	Male			00:55:14	1045	00:54:07	1078	M45	93	798
495	Beth	Ellis	Female		Cornelly Striders AC	00:55:15	1046	00:54:29	1112	FS	98	247
534	Andrew	Rennie	Male			00:55:15	1047	00:54:44	1134	M35	115	799
571	Donna	Evans	Female		Port Talbot Harriers	00:55:15	1048	00:53:53	1050	F45	40	248
734	No	Cromwell	Male			00:55:16	1049	00:54:12	1088	M45	94	800
883	Sian	Williams-sr	Female			00:55:18	1050	00:54:11	1086	F45	41	249
1298	Rhys	Beck	Male			00:55:20	1051	00:54:07	1079	MS	284	801
1512	Alys	Kaye	Female			00:55:21	1052	00:53:07	975	F35	41	250
1237	Simon	Knight	Male			00:55:22	1053	00:53:46	1039	M45	95	802
3448	Eirwen	Davies	Female			00:55:23	1054	00:54:28	1111	F60	5	251
1319	Andrew	Pullin	Male		GCS	00:55:23	1055	00:54:16	1091	MS	285	803
2764	Clare	Spiller	Female			00:55:23	1056	00:53:29	1011	F45	42	252
497	Sarah	Grant	Female			00:55:24	1057	00:54:05	1073	F45	43	253
2860	Alex	Robb	Male		Paul Popham Running	00:55:24	1058	00:53:42	1032	M40	112	804
2003	Jon	Playsted	Male			00:55:26	1059	00:53:36	1024	M45	96	805
1316	Steve	Glass	Male		GCS	00:55:26	1060	00:54:02	1066	M40	113	806
3433	Martyn	O'brien	Male			00:55:27	1061	00:53:45	1037	M55	50	807
736	Kaye	Pedler	Female		Ogmore Phoenix Runnr	00:55:27	1062	00:54:24	1101	F45	44	254
3078	Deborah	Edwards	Female		Ogmore Phoenix Runnr	00:55:27	1063	00:54:25	1105	FS	99	255
496	Nathan	Butler-pow	Male			00:55:28	1064	00:52:41	922	MS	286	808
2621	Jamie	Hughes	Male		Run4All Neath	00:55:29	1065	00:53:02	961	M40	114	809
1525	Gareth	Baglow	Male			00:55:30	1066	00:53:58	1058	MS	287	810
855	Gavin	Thomas	Female			00:55:31	1067	00:53:53	1051	F40	31	256
533	Ravi	Midha	Male			00:55:32	1068	00:53:34	1021	M60	29	811
2705	Matthew	Miller	Male			00:55:32	1069	00:53:50	1048	M50	71	812
2058	David	Ball	Male			00:55:33	1070	00:54:45	1137	MS	288	813
1379	Amy	Tucker	Female		Llanelli AC	00:55:34	1071	00:54:10	1084	FJ	11	257
985	Anthony	Dew	Male		Trots	00:55:34	1072	00:54:03	1070	M45	97	814
2569	Rachel	Lewis	Female			00:55:34	1073	00:53:58	1059	F40	32	258
2266	Keiron	Owen	Male			00:55:36	1074	00:54:30	1115	M40	115	815
1640	Catherine	Wilkins	Female			00:55:37	1075	00:54:50	1150	F40	33	259
2817	Rachel	Thomas	Female			00:55:38	1076	00:54:04	1071	F35	42	260
2156	Mark	Brueton	Male			00:55:39	1077	00:54:43	1132	M45	98	816
905	Ian	Broderick	Male			00:55:40	1078	00:54:26	1106	M35	116	817
1303	Claire	Williams	Female		Clwb Rhedeg Pontard	00:55:40	1079	00:54:42	1131	F60	6	261
1941	Jamie	Stearman	Male			00:55:41	1080	00:54:37	1124	MS	289	818
1333	Gareth	Davies	Male		Clwb Rhedeg Pontard	00:55:42	1081	00:54:05	1074	MS	290	819
3077	Donna	Fernandez	Female			00:55:43	1082	00:54:06	1076	F35	43	262
2685	Rhian	Turner	Female			00:55:46	1083	00:54:19	1094	F45	45	263
2278	Andrew	May	Male		Penarth & Dinas Runnr	00:55:46	1084	00:54:33	1120	M50	72	820
829	Kellie	Bateman	Female			00:55:48	1085	00:54:32	1118	FS	100	264
932	Anthony	Fletcher	Male			00:55:48	1086	00:53:56	1054	M35	117	821
276	Jo	Burton	Female			00:55:48	1087	00:52:46	931	FS	101	265
1101	Paul	Blake	Male			00:55:49	1088	00:53:32	1018	M55	51	822
885	Kevin	Davies	Male			00:55:49	1089	00:54:41	1129	M50	73	823
3041	Jen	Bickford	Female			00:55:50	1090	00:53:59	1060	FS	102	266
1051	Ron	Raddenbur	Male			00:55:51	1091	00:54:20	1096	M55	52	824
1306	Michael	Glover	Male		GCS	00:55:53	1092	00:54:02	1067	M50	74	825
462	George	Mellowship	Male			00:55:53	1093	00:53:40	1027	MS	291	826
638	Tomos Llyn	Jones	Male			00:55:53	1094	00:54:36	1122	MS	292	827
3630	Gareth	Blackwell	Male			00:55:54	1095	00:54:30	1114	M35	118	828
2261	James	Plant	Male			00:55:55	1096	00:53:54	1053	M35	119	829
2120	Gareth	Rees	Male			00:55:55	1097	00:54:39	1127	M35	120	830
2049	Adrian	Price	Male			00:55:56	1098	00:54:24	1103	M50	75	831
2526	Nicholas	Hunt	Male			00:55:56	1099	00:54:19	1095	M50	76	832
1470	Howard	Roberts	Male			00:55:56	1100	00:54:24	1102	M60	30	833
2556	John	Evans	Male			00:55:57	1101	00:54:20	1097	M55	53	834
3057	Dorsal 3717					00:55:58	1102	00:55:17	1193			
2553	Lynsey	Evan's	Female			00:55:58	1103	00:53:59	1061	F35	44	267
202	Wendy	Shen	Female			00:56:00	1104	00:54:36	1123	FS	103	268
1636	Stephanie	Rimmer	Female			00:56:02	1105	00:54:17	1093	FS	104	269
1878	Clare	Mortensen	Female			00:56:02	1106	00:54:17	1092	FS	105	270
2918	Gavin	Worrall	Male		Fairwater Runners Cw	00:56:04	1107	00:54:06	1077	M35	121	835
1434	Angelo	Pucella	Male			00:56:05	1108	00:55:16	1192	M45	99	836
2910	Sarah	Evans	Female			00:56:06	1109	00:54:50	1148	F45	46	271
2909	Andrew	Payne	Male			00:56:06	1110	00:54:49	1145	M45	100	837
3042	Nic	Ryder	Male			00:56:07	1111	00:54:10	1085	M45	101	838
2963	Emma	Matthews	Female			00:56:07	1112	00:54:07	1080	F35	45	272
2942	Geoff	Hall	Male			00:56:07	1113	00:54:09	1083	M65	16	839
1678	Mark	Spendlove	Male			00:56:07	1114	00:55:02	1171	M50	77	840
2277	Angela	James	Female			00:56:07	1115	00:55:36	1217	FS	106	273
1658	Nicole	Cheung	Female			00:56:08	1116	00:52:55	945	FS	107	274
3036	Simone	Gregory	Female			00:56:09	1117	00:54:50	1147	F50	16	275

2436	Pietro	Pucella	Male	Porthcawl Runners	00:56:10	1118	00:55:21	1196	M55	54	841
958	David	Griffiths	Male		00:56:10	1119	00:53:47	1041	M55	55	842
1886	Alison	Williams	Female		00:56:10	1120	00:54:20	1098	F50	17	276
279	Nathan	Munkley	Male		00:56:11	1121	00:53:56	1056	MS	293	843
1365	Aaron	Cornish	Male		00:56:11	1122	00:54:48	1141	MS	294	844
3331	Natalia	Langowska	Female	Five Guys	00:56:11	1123	00:53:17	993	FS	108	277
3302	Robert	Howard	Male		00:56:12	1124	00:54:48	1142	M50	78	845
3561	Paul	Shuttleworth	Male		00:56:12	1125	00:54:29	1113	M50	79	846
2091	Jack	Stinchcombe	Male		00:56:13	1126	00:54:28	1109	MS	295	847
1415	Matthew	Belt	Male		00:56:13	1127	00:54:15	1090	MS	296	848
376	Natalie	Coughlan	Female	Swansea Harriers	00:56:13	1128	00:54:47	1139	FJ	12	278
1413	Steve	Richardson	Male		00:56:13	1129	00:54:45	1135	M65	17	849
1949	Chris	Bryan	Male		00:56:14	1130	00:54:48	1143	M50	80	850
197	Giorga	Watson Clark	Female		00:56:14	1131	00:54:57	1165	FS	109	279
1215	Paul	Ray	Male		00:56:15	1132	00:54:28	1110	M60	31	851
3680	William	Peters	Male		00:56:15	1133	00:56:00	1263	MS	297	852
3368	Chris	Wheeler	Male	Five Guys	00:56:17	1134	00:53:30	1014	MS	298	853
128	Thomas	Judge	Male		00:56:17	1135	00:55:03	1174	MS	299	854
2061	Paul	Peters	Male		00:56:17	1136	00:54:26	1107	M55	56	855
3553	Adam	James	Male	Ferry Flatli	00:56:18	1137	00:54:53	1158	MS	300	856
3554	Luisa	Barnes	Female	Ferry Flatli	00:56:18	1138	00:54:53	1159	FS	110	280
3606	Andrew	Mainwaring	Male		00:56:19	1139	00:54:50	1149	M55	57	857
688	Debbie	Rees	Female	Penarth & Dinas Runners	00:56:19	1140	00:55:25	1202	F55	12	281
1077	Louise	Draycott	Female	Pembrokeshire Harriers	00:56:19	1141	00:54:52	1154	F55	13	282
2990	Peggy	Edwards	Female	Pontypridd Roadrunners	00:56:19	1142	00:55:25	1203	F55	14	283
3450	Rhodri	Davies	Male		00:56:20	1143	00:55:04	1175	M35	122	858
3103	Bob	Gwynnett	Male	Vegan Runners	00:56:20	1144	00:54:41	1130	M45	102	859
1974	Gemma	Jones	undisclosed	Run4All Neath	00:56:21	1145	00:55:12	1183			2
3444	Ellis	Reed	Male		00:56:24	1146	00:54:39	1126	MS	301	860
2438	Neil	Morgan	Male	Bagle brook	00:56:24	1147	00:54:52	1153	M45	103	861
2340	Neil	Smith	Male		00:56:25	1148	00:54:58	1169	M40	116	862
3621	Terry	Jones	Male	Port Talbot Harriers	00:56:25	1149	00:54:57	1166	M70	5	863
2682	John	Hayton	Male		00:56:25	1150	00:54:49	1146	M60	32	864
2226	Amy	Wallace	Female		00:56:26	1151	00:55:17	1194	FS	111	284
3638	Elliot	Haddon	Male		00:56:26	1152	00:55:17	1195	MS	302	865
3064	Demi	Griffiths	Female	Clwb Rhedeg Pontarddulais	00:56:26	1153	00:55:29	1209	FS	112	285
1136	Timothy	Soar	Male		00:56:27	1154	00:55:29	1210	M55	58	866
1593	Phil	Blackler	Male		00:56:28	1155	00:54:54	1162	M60	33	867
2070	Jamie	Rees	Male		00:56:28	1156	00:54:40	1128	M50	81	868
2656	Michelle	Glen	Female	Run4All Neath	00:56:28	1157	00:54:28	1108	F55	15	286
2523	Kelly	Wake	Female		00:56:28	1158	00:54:50	1151	F45	47	287
3537	Jeremy	Obrien	Male		00:56:29	1159	00:54:49	1144	M50	82	869
821	Charlie	Heath	Male		00:56:30	1160	00:52:51	940	MS	303	870
55	Dewi	West	Male		00:56:30	1161	00:55:03	1173			871
2387	Samantha	Stockley	Female		00:56:32	1162	00:55:55	1257	F50	18	288
2427	Rebecca	Lees	Female		00:56:33	1163	00:54:54	1161	F45	48	289
1864	Mark	Cook	Male		00:56:35	1164	00:55:07	1177	M55	59	872
1556	Gary	Kirby	Male		00:56:36	1165	00:54:39	1125	M60	34	873
955	Ceri	Caswell	Female	Parc Bryn S Running Club	00:56:38	1166	00:55:27	1207	F45	49	290
3526	Andrew	Coates	Male		00:56:38	1167	00:54:57	1168	M40	117	874
477	Annabelle	Thompson	Female		00:56:39	1168	00:55:32	1214	FS	113	291
1999	Laura	Miles	Female	Port Talbot Harriers	00:56:39	1169	00:55:16	1190	F35	46	292
3346	Robert G	Bevan	Male		00:56:41	1170	00:54:51	1152	M35	123	875
2746	Stuart	Prouse	Male		00:56:42	1171	00:54:48	1140	M55	60	876
3084	Vicky	Morris	Female		00:56:43	1172	00:55:02	1172	F35	47	293
3652	Jack	Buttriss	Male		00:56:43	1173	00:55:14	1186	MS	304	877
1107	Gareth	Thomas	Male	Run4All Neath	00:56:44	1174	00:55:08	1178	M55	61	878
267	Frazer	Downie	Male		00:56:44	1175	00:55:01	1170	MS	305	879
728	Phil	Kettley	Male		00:56:45	1176	00:56:12	1287	M50	83	880
358	Valerie	Nelson	Female		00:56:45	1177	00:55:58	1261	F45	50	294
1497	Dawn	Crisp	Female	Amman Valley Harriers	00:56:45	1178	00:55:51	1252	F50	19	295
2529	Karen	Day	Female	Llswerry Runners	00:56:46	1179	00:55:08	1179	F35	48	296
404	Simon	Morgan	Male		00:56:48	1180	00:55:05	1176	MS	306	881
1419	Chloe	Phelps	Female	eAccounts	00:56:48	1181	00:54:56	1164	FS	114	297
3618	Fiona	Jackson	Female		00:56:48	1182	00:54:53	1157	F40	34	298
2715	Richard	Davies	Male		00:56:49	1183	00:55:44	1230	M35	124	882
3390	Emily	Grey	Female		00:56:52	1184	00:55:14	1185	FS	115	299
2931	Christophe	Bevan	Male		00:56:53	1185	00:55:44	1232	M45	104	883
399	Mark	Terry	Male	Amman Valley Harriers	00:56:54	1186	00:55:10	1180	M65	18	884
590	Graham	Morgan	Male		00:56:54	1187	00:55:25	1200	M60	35	885
999	Lucy	Phillipotts	Female		00:56:55	1188	00:56:34	1322	F40	35	300
382	Jade	Taylor	Female	Forest of Dean Runners	00:56:55	1189	00:55:48	1242	FS	116	301
368	Iona	Evans	Female		00:56:56	1190	00:56:37	1326	F35	49	302
3288	Sam	Newbury	Male		00:56:57	1191	00:53:36	1025	MS	307	886
3383	Jonathan	Pearn	Male	Run4All Neath	00:56:58	1192	00:55:50	1249	M55	62	887
3173	Richard	Truman	Male		00:56:58	1193	00:54:46	1138	M35	125	888
2650	Bev	Jones	Female		00:56:59	1194	00:55:21	1197	F60	7	303
2302	Jeremy	Tree	Male		00:56:59	1195	00:54:55	1163	M50	84	889
595	Kellie-ann	Balman	Female		00:56:59	1196	00:56:20	1295	F40	36	304
283	Jamie	Chapman	Male		00:56:59	1197	00:56:24	1302	M45	105	890
446	Ayeisha	Blake	Female		00:57:00	1198	00:56:20	1296	FS	117	305
2305	Emma	Jones	Female		00:57:00	1199	00:55:37	1220	FS	118	306
2701	Monufor	Ali	Male		00:57:02	1200	00:56:29	1315	M45	106	891
3389	Daniel	Grey	Male		00:57:02	1201	00:55:24	1198	MS	308	892
811	Kimberley	Talbot	Female		00:57:03	1202	00:55:26	1206	F35	50	307
1059	Kathryn	Price	Female	Parc Bryn S Running Club	00:57:04	1203	00:55:41	1226	F50	20	308

2584	Julian	Wake	Male			00:57:05	1204	00:55:27	1208	M50	85	893
1408	Alex	Powell	Male			00:57:06	1205	00:54:08	1081	MS	309	894
1904	Rachel	Long	Female			00:57:06	1206	00:56:08	1276	F35	51	309
2895	Neil	Powell	Male			00:57:06	1207	00:54:53	1160	M60	36	895
2459	John	Winney	Male			00:57:07	1208	00:55:25	1201	M40	118	896
2159	Emily	Mountain	Female			00:57:08	1209	00:54:45	1136	F35	52	310
312	Carson	Pryce	Male			00:57:08	1210	00:55:49	1247	MS	310	897
1366	Matthew	Sweeney	Male			00:57:09	1211	00:52:17	887	M40	119	898
1743	Catlin	Powell	Female			00:57:09	1212	00:52:18	888	FS	119	311
292	James	Shannon	Male			00:57:10	1213	00:56:15	1290	M50	86	899
1449	Sean	Clarke	Male			00:57:10	1214	00:55:35	1215	M50	87	900
1592	Claire	Pavey	Female			00:57:11	1215	00:55:51	1251	F35	53	312
1599	Richard	Jones	Male			00:57:11	1216	00:55:45	1235	M60	37	901
3169	Leslie	Shipley	Male			00:57:12	1217	00:56:10	1278	M70	6	902
1642	Faye	Thomas	Female			00:57:13	1218	00:55:24	1199	F35	54	313
1758	Rob	Evans	Male			00:57:13	1219	00:55:10	1182	M45	107	903
912	Jack	Haggett	Male			00:57:14	1220	00:53:03	963	MS	311	904
706	Mike	Davies	Male			00:57:14	1221	00:55:13	1184	M65	19	905
464	Megan	Stark	Female	Pont-Y-Pwl & District F		00:57:16	1222	00:55:48	1243	FS	120	314
1694	Yvonne	Hobday	Female	Heanor RU	Heanor RU	00:57:17	1223	00:55:54	1254	F60	8	315
3327	Rebecca	Stevens	Female			00:57:17	1224	00:55:44	1231	F35	55	316
1839	Stephen	Lloyd-jones	Male			00:57:17	1225	00:56:05	1275	M60	38	906
2402	Gayle	Miller	Female			00:57:17	1226	00:55:43	1229	F40	37	317
1961	Mirella	Burgess	Female			00:57:22	1227	00:55:25	1204	FS	121	318
3544	Michael	Ijaiyemakin	Male			00:57:22	1228	00:54:31	1116	MS	312	907
3083	Paul	Iddon	Male	Pontypridd Roadents A		00:57:22	1229	00:55:38	1223	M45	108	908
865	Owen	Jones	Male	Llisbury Runners		00:57:22	1230	00:54:04	1072	M55	63	909
352	Ruth	Salmon	Female			00:57:23	1231	00:55:15	1189	F40	38	319
3559	Rhian	Bowden	Female			00:57:25	1232	00:55:43	1228	F45	51	320
479	Rhian	Pascoe	Female	Run4All Neath		00:57:25	1233	00:56:25	1307	F50	21	321
2719	Jan	Williams	Female	Run4All Neath		00:57:25	1234	00:56:11	1281	F65	1	322
2209	Karen	Skinley	Female	Pencoed Panthers		00:57:27	1235	00:56:26	1310	F50	22	323
1084	Sally	Kingston	Female			00:57:27	1236	00:56:11	1280	FS	122	324
3414	Greg	Matthews	Male			00:57:29	1237	00:55:40	1225	M35	126	910
2256	George	Humphrey	Male			00:57:29	1238	00:56:32	1320	MS	313	911
2194	Richard	Bracken	Male			00:57:29	1239	00:56:29	1316	M45	109	912
3223	Megan	Caswell	Female			00:57:29	1240	00:56:31	1319	FS	123	325
1094	Neil	Jones	Male			00:57:29	1241	00:55:48	1245	M40	120	913
499	Lynsey	Monks	Female			00:57:29	1242	00:56:43	1340	F55	16	326
1808	Steven	Eley	Male			00:57:32	1243	00:56:05	1273	M45	110	914
2934	Anna	Roberts	Female			00:57:32	1244	00:55:36	1216	F40	39	327
1807	Neil	Davidge	Male			00:57:33	1245	00:56:05	1274	M40	121	915
521	Elen	Martin	Female			00:57:34	1246	00:56:27	1311	FS	124	328
2581	Hywel	Evans	Male			00:57:36	1247	00:56:17	1292	MJ	26	916
3138	Adrian	Groves	Male			00:57:36	1248	00:55:10	1181	M50	88	917
3560	Beth	Morgan	Female			00:57:36	1249	00:55:56	1259	F45	52	329
692	Ricky	Kerr	Male			00:57:37	1250	00:55:46	1236	MS	314	918
1498	Mel	Crisp	Male	Amman Valley Harriers		00:57:37	1251	00:55:30	1212	M50	89	919
771	Taylor	Rowden	Female			00:57:38	1252	00:55:46	1238	FS	125	330
2440	Vicki	Frankcom	Female	Bagle broo		00:57:38	1253	00:55:49	1248	F40	40	331
2641	Rebecca	Reece	Female			00:57:39	1254	00:56:18	1293	F50	23	332
3394	Kc	Gonzales	Female	Five Guys		00:57:39	1255	00:54:52	1155	FS	126	333
2189	Leah	Williams	Female	DPP		00:57:39	1256	00:55:43	1227	FS	127	334
491	Temba	Mahari	Male			00:57:39	1257	00:56:22	1301	MS	315	920
565	Mike	Walton	Male			00:57:40	1258	00:56:20	1297	M65	20	921
494	David	Edwards	Male			00:57:41	1259	00:55:48	1244	M50	90	922
3494	Alan	Bridson	Male			00:57:43	1260	00:55:54	1255	M40	122	923
2870	Mark	Jones	Male			00:57:43	1261	00:54:44	1133	M45	111	924
472	Lisa	Williams	Female	Hereford Couriers		00:57:43	1262	00:56:59	1363	F50	24	335
3708	Mike	Scott	Male			00:57:44	1263	00:55:57	1260	M45	112	925
3615	Philip	Williams	Male	Pencoed Panthers		00:57:46	1264	00:55:36	1218	M45	113	926
2820	Emily	Thomas	Female	Thomas'		00:57:49	1265	00:56:39	1328	FS	128	336
814	Kelvin	Williams	Male			00:57:49	1266	00:56:47	1345	M55	64	927
3625	Liam	Heath	Male			00:57:49	1267	00:56:21	1300	MS	316	928
2809	Robert	Thomas	Male	Thomas'		00:57:50	1268	00:56:40	1332	M55	65	929
2850	Richard	Adams	Other	Clwb Rhedeg Pontard		00:57:50	1269	00:56:49	1347			1
2902	Emily	Chilcott	Female			00:57:50	1270	00:55:59	1262	FS	129	337
2901	Fergus	Nelson	Male			00:57:50	1271	00:56:00	1264	MS	317	930
2471	Melanie	Wells	Female			00:57:51	1272	00:56:01	1268	F40	41	338
3637	Toby	Wells	Male			00:57:51	1273	00:56:00	1266	M40	123	931
1515	Paul	Key	Male			00:57:54	1274	00:55:47	1241	M50	91	932
1423	Charlotte	Steventon	Female			00:57:54	1275	00:53:41	1031	FS	130	339
1757	Owain	James	Male	Celtic Tri		00:57:55	1276	00:57:12	1381	MJ	27	933
1043	Megan	Spacie	Female			00:57:56	1277	00:56:24	1306	F35	56	340
3167	Joanne	Berry	Female			00:57:56	1278	00:56:58	1361	F35	57	341
1683	Ashlea	Hilton	Female			00:57:56	1279	00:56:28	1314	FS	131	342
1156	James	Harris	Male	DECOW		00:57:57	1280	00:54:52	1156	M60	39	934
1157	Brian	Tumbali	Male			00:57:57	1281	00:56:20	1298	MS	318	935
864	Alex	Williams	Male	Port Talbot Harriers		00:57:57	1282	00:56:04	1271	M50	92	936
2201	Lucy	Li	Female			00:57:58	1283	00:55:50	1250	FS	132	343
836	Martin	Summons	Male			00:57:58	1284	00:55:44	1233	M45	114	937
1170	Claire	Newell	Female			00:57:59	1285	00:55:36	1219	F50	25	344
2720	Jane	Matthews	Female			00:58:00	1286	00:57:03	1370	F50	26	345
1295	Nathan	Perrin	Male			00:58:01	1287	00:54:36	1121	MS	319	938
2552	Nicola	Evans	Female			00:58:01	1288	00:56:02	1269	F35	58	346
468	Amber	Lewis	Female			00:58:01	1289	00:56:51	1350	FS	133	347

652	Steve	Dance	Male			00:58:03	1290	00:56:28	1312	M55	66	939
2005	Arabella	Llewelyn	Female	3M Gorseinon Road R		00:58:03	1291	00:56:24	1305	F50	27	348
3144	Lily	Peace	Female	Tri Hard Harriers		00:58:04	1292	00:56:13	1288	FS	134	349
633	Jean	Marchant	Female	Pontypridd Roadents A		00:58:04	1293	00:57:10	1379	F55	17	350
2841	Dave	Hebbes	Male			00:58:04	1294	00:56:14	1289	M70	7	940
1193	Alice	Watts-jones	Female			00:58:06	1295	00:56:44	1341	FS	135	351
2904	Jody	Francis	Female			00:58:06	1296	00:56:11	1279	F45	53	352
2216	Simon	Thomas	Male			00:58:06	1297	00:56:00	1265	M45	115	941
3417	Mike	Tivnen	Male	The Stragglers Running		00:58:06	1298	00:56:59	1365	M65	21	942
2854	Laura	Kennedy	Female	Port Talbot Harriers		00:58:06	1299	00:56:12	1283	F35	59	353
1232	Matt	Renwick	Male			00:58:07	1300	00:56:44	1343	MS	320	943
3447	Cassy	Hoare	Female			00:58:08	1301	00:56:12	1286	FS	136	354
2084	Marcus	Bennetto	Male	Forest of Dean AC		00:58:09	1302	00:56:11	1282	MS	321	944
866	Tracy	Drummond	Female		GCS	00:58:10	1303	00:56:24	1303	F50	28	355
2610	Denise	Jones	Female	Clwb Run Wales		00:58:10	1304	00:55:54	1256	F55	18	356
3197	Jason	Boucher	Male		Gravells	00:58:11	1305	00:55:30	1211	M40	124	945
1351	Nichola	Watkins	Female			00:58:11	1306	00:56:35	1323	F45	54	357
2855	Noel	Evans	Male			00:58:13	1307	00:57:52	1439	M50	93	946
3106	Nick	Lord	Male	Forest of Dean AC		00:58:15	1308	00:57:07	1375	M50	94	947
1535	Aoife	Mahon	Female			00:58:18	1309	00:56:52	1353	FS	137	358
1840	Jo	Lucas	Female		Hensol Cas	00:58:18	1310	00:55:16	1191	F45	55	359
876	Richard	Morgan	Male			00:58:19	1311	00:56:00	1267	M55	67	948
1565	Barry	Roberts	Male		De Vires is	00:58:21	1312	00:57:19	1389	M35	127	949
543	Tony	Wager	Male			00:58:22	1313	00:56:25	1308	M60	40	950
3535	Claire	Rawle	Female			00:58:23	1314	00:56:19	1294	F45	56	360
2298	Josephine	Rance	Female			00:58:27	1315	00:56:24	1304	F50	29	361
3097	Andrew	Morris	Male	Llanelli AC		00:58:28	1316	00:57:12	1382	M60	41	951
2373	Claire	Morgan	Female			00:58:28	1317	00:57:19	1388	F60	9	362
2053	Graeme	Hazelwood	Male			00:58:28	1318	00:55:15	1188	M35	128	952
1091	Jenny	Heath	Female			00:58:29	1319	00:57:00	1366	F35	60	363
2198	Tanya	Szabo	Female		Team Gow	00:58:30	1320	00:55:55	1258	F35	61	364
2351	Lucy	Howells	Female			00:58:31	1321	00:56:42	1338	FS	138	365
3449	Hayley	Thomas	Female	Run4All Neath		00:58:33	1322	00:57:30	1405	F40	42	366
3441	Chris	Loynes	Male	Run4All Neath		00:58:33	1323	00:57:30	1407	M45	116	953
2268	Rachel	Vanhegan	Female			00:58:33	1324	00:57:25	1398	F40	43	367
3058	Sharon	Koekemoer	Female			00:58:33	1325	00:55:26	1205	F55	19	368
1339	Terry	Humphreys	Male	Clwb Rhedeg Pontard		00:58:36	1326	00:57:02	1368	M65	22	954
3517	Emma	Shepherd	Female			00:58:37	1327	00:57:00	1367	F50	30	369
2565	David	Doherty	Male	3M Gorseinon Road R		00:58:38	1328	00:56:59	1364	M65	23	955
894	Uku	Kumari	Male			00:58:38	1329	00:58:04	1452	M70	8	956
3152	Felicity	Brazington	Female			00:58:40	1330	00:57:16	1387	FS	139	370
1871	Joe	Penaluna	Male			00:58:40	1331	00:56:46	1344	MS	322	957
1427	Daniel	Haman	Male			00:58:41	1332	00:55:38	1222	MS	323	958
2341	Hailey	Jones	Female			00:58:42	1333	00:57:52	1440	F40	44	371
858	Chris	Whitworth	Male		TEAM WH	00:58:43	1334	00:57:16	1386	M45	117	959
569	Sarah	Whiddett	Female			00:58:44	1335	00:56:49	1348	F60	10	372
3195	Nick	Thorne	Male	Dragons Running Club		00:58:45	1336	00:56:39	1329	M35	129	960
1273	Peter	Jones	Male			00:58:49	1337	00:56:41	1333	MS	324	961
1255	Christine	Williams	Female	Port Talbot Harriers		00:58:49	1338	00:57:34	1412	F55	20	373
782	Lloyd	Wells	Male			00:58:49	1339	00:56:53	1355	M35	130	962
1637	Iwan	Hughes	Male			00:58:52	1340	00:57:22	1391	M50	95	963
308	Matthew	Jenkins	Male			00:58:53	1341	00:56:28	1313	M35	131	964
421	Ceri	Nicholas	Female			00:58:53	1342	00:57:03	1369	FS	140	374
3668	Geraint	Nicholas	Male			00:58:53	1343	00:56:36	1325	M60	42	965
1888	Jessica	Morgan	Female			00:58:55	1344	00:56:41	1334	F35	62	375
1050	Tracey	Hughesjen	Female			00:58:55	1345	00:56:30	1317	F50	31	376
2756	Melony	Brown	Female			00:58:56	1346	00:57:30	1406	F40	45	377
1782	Emma	Williams	Female	Amman Valley Harriers		00:58:57	1347	00:57:24	1395	F45	57	378
2410	David	Ford	Male			00:58:57	1348	00:56:09	1277	M35	132	966
1866	Miss	Williams	Female			00:58:57	1349	00:55:15	1187	F50	32	379
1609	Dennis	Grant	Male			00:58:57	1350	00:55:45	1234	M60	43	967
1929	Georgia	Shepherd	Female	3M Gorseinon Road R		00:58:58	1351	00:56:47	1346	FS	141	380
918	Kristian	Thomas	Male		TeamThorn	00:58:59	1352	00:57:32	1409	MS	325	968
2076	Mark	Evans	Male			00:58:59	1353	00:55:40	1224	M40	125	969
919	Peyton	Jones	Female		TeamThorn	00:58:59	1354	00:57:32	1410	FS	142	381
2940	Martin	Holland	Male			00:59:01	1355	00:55:54	1253	M60	44	970
577	Denise	Sullivan	Female			00:59:01	1356	00:57:33	1411	F40	46	382
3018	Darren	Williams	Male			00:59:02	1357	00:56:12	1284	M35	133	971
570	Jodanna	Jones	Female	Run4All Neath		00:59:04	1358	00:55:47	1240	F35	63	383
826	Darren	Hill	Male			00:59:04	1359	00:57:10	1378	M50	96	972
3573	Jayne	Howe	Female			00:59:04	1360	00:56:21	1299	F55	21	384
1391	Elliot	Evans	Other			00:59:04	1361	00:56:52	1352			2
223	Luke	Bennett	Male			00:59:05	1362	00:54:57	1167	MS	326	973
2732	Joanne	Kilby	Female	Parc Bryn S Running C		00:59:06	1363	00:56:39	1330	F45	58	385
583	Stephanie	Richards	Female	Merthyr Running Club		00:59:06	1364	00:58:24	1475	F55	22	386
277	Sam	Culley	Male			00:59:07	1365	00:56:54	1356	M35	134	974
1850	Irene	Cooper-sm	Female	Fordy Runs Running C		00:59:07	1366	00:57:44	1427	F55	23	387
2212	Beth	Haile	Female			00:59:07	1367	00:57:59	1445	FS	143	388
1069	Michael	Bevan	Male			00:59:08	1368	00:56:42	1337	M35	135	975
230	Siobhan	Evans	Female			00:59:08	1369	00:57:07	1374	F35	64	389
2611	Denzil	Bevan	Male			00:59:09	1370	00:56:42	1336	M65	24	976
3332	Lauren	O'sullivan	Female			00:59:09	1371	00:57:23	1393	FS	144	390
1220	Angharad	Jones	Female			00:59:09	1372	00:57:21	1390	F40	47	391
1041	Tony	Lewis	Male	Parc Bryn S Running C		00:59:10	1373	00:57:23	1392	M55	68	977
443	Richard	Bennett	Male			00:59:10	1374	00:57:14	1383	M40	126	978
3644	Dave	Bould	Male		Two Drago	00:59:11	1375	00:56:12	1285	M45	118	979

974	Neil	Hammett	Male	Run4All Neath	00:59:12	1376	00:58:05	1453	M45	119	980
1392	Paula	Foscarini-c	Female		00:59:13	1377	00:56:50	1349	F35	65	392
1869	Miriam	Paris	Female		00:59:13	1378	00:56:42	1339	F55	24	393
2981	Chris	Donovan	Male		00:59:13	1379	00:57:08	1377	MS	327	981
2938	Mike	Bates	Male		00:59:13	1380	00:56:30	1318	M35	136	982
1716	Rachel	Beard	Female	Forest of Dean AC	00:59:14	1381	00:56:44	1342	F50	33	394
2637	Alex	Siow	Male		00:59:15	1382	00:55:49	1246	M50	97	983
2678	Hugh	Thomas	Male		00:59:15	1383	00:57:39	1420	M55	69	984
2344	Ryan	Orton	Male	Bagle broo	00:59:16	1384	00:55:30	1213	M45	120	985
3422	Jodie	Denniss	Female		00:59:16	1385	00:57:05	1373	F50	34	395
3022	John	May	Male		00:59:16	1386	00:58:27	1479	M60	45	986
561	Cole	Cheetham	Male		00:59:16	1387	00:58:57	1527	MJ	28	987
720	June	Avery	Female		00:59:20	1388	00:58:20	1465	F60	11	396
1604	Kevin	Ridgway	Male		00:59:20	1389	00:57:07	1376	M40	127	988
1550	Andrew	Miller	Male	Clwb Rhedeg Pontard	00:59:21	1390	00:58:21	1467	M45	121	989
1573	Aaron	Butler	Male		00:59:21	1391	00:57:28	1401	MS	328	990
1799	Steve	Roberts	Male		00:59:21	1392	00:57:15	1384	M55	70	991
3614	Catrin	Budd	Female	Run4All Neath	00:59:22	1393	00:58:14	1462	FS	145	397
1574	Delun	Allcock	Female		00:59:22	1394	00:57:30	1404	FS	146	398
244	Peter	Soper	Male		00:59:22	1395	00:57:43	1425	M50	98	992
2313	Brinley	Aherne	Male		00:59:24	1396	00:57:40	1423	M70	9	993
220	Steve	Burgess	Male		00:59:25	1397	00:57:36	1417	M60	46	994
1691	Matthew	Pitt	Male		00:59:26	1398	00:58:30	1482	M40	128	995
470	Mark	Davies	Male		00:59:27	1399	00:57:58	1444	M45	122	996
1087	Russell	Jones	Male		00:59:28	1400	00:57:15	1385	M55	71	997
461	Kate	Thomas	Female		00:59:28	1401	00:56:04	1270	FS	147	399
2284	Beth	Evans	Female		00:59:31	1402	00:57:39	1421	F45	59	400
2486	Rya	Davies	Female		00:59:32	1403	00:58:41	1497	F40	48	401
1235	Howard	Davies	Male		00:59:33	1404	00:57:27	1400	M50	99	998
3251	Daniel	Spurling	Male		00:59:35	1405	00:57:04	1372	MS	329	999
1023	Lucie	Bastin	Female		00:59:37	1406	00:58:23	1470	FS	148	402
1233	Jessica	Timelin	Female		00:59:38	1407	00:56:04	1272	FS	149	403
1314	Lucy	Hartnoll	Female	GCS	00:59:38	1408	00:56:34	1321	F45	60	404
253	Colin	Johns	Male		00:59:40	1409	00:55:38	1221	M50	100	1000
2042	Linda	Poulson	Female	Emlyn Runners	00:59:40	1410	00:55:46	1237	F55	25	405
3671	Meilyr	Gruffudd	Male		00:59:41	1411	00:56:40	1331	M35	137	1001
1353	Alan	Davies	Male		00:59:42	1412	00:57:47	1434	M40	129	1002
3158	Caryl	Stokes	Female	Merthyr Running Club	00:59:43	1413	00:58:09	1457	F45	61	406
2672	Melanie	Phillips	Female		00:59:44	1414	00:56:17	1291	F45	62	407
2028	Sally	Rees	Female		00:59:44	1415	00:58:52	1517	F50	35	408
1090	Ian	Stevenson	Male		00:59:45	1416	00:57:32	1408	M50	101	1003
3060	Clair	Edwards	Female	Parc Bryn S Running C	00:59:46	1417	00:57:26	1399	F45	63	409
2560	Lydia	Smith	Female		00:59:47	1418	00:57:11	1380	F50	36	410
1086	Harri	Jones	Male		00:59:48	1419	00:57:35	1415	MJ	29	1004
1872	Matthew	Bowen	Male		00:59:49	1420	00:57:55	1441	MS	330	1005
3369	Daniel	Thomas	Male	Joe's Ice C	00:59:50	1421	00:56:26	1309	MS	331	1006
1067	Angelika	Janos	Female		00:59:50	1422	00:58:24	1477	FS	150	411
1754	Michael	Brooks	Male		00:59:52	1423	00:57:42	1424	M55	72	1007
1030	Hamish	Ross	Male		00:59:52	1424	00:58:43	1498	M60	47	1008
278	Michael	Haworth	Male		00:59:53	1425	00:56:38	1327	M35	138	1009
1324	Alex	Roebuck	Male		00:59:53	1426	00:56:52	1351	MS	332	1010
869	Paul	Jones	Male		00:59:56	1427	00:59:14	1561	M40	130	1011
2245	Craig	Hurst	Male		00:59:56	1428	00:57:48	1435	M40	131	1012
834	Mark	Heycock	Male		00:59:57	1429	00:58:13	1461	M40	132	1013
3651	Jamie	Comey	Male		00:59:57	1430	00:57:43	1426	M35	139	1014
1841	Darren	Wakely	Male	Hensol Cas	00:59:57	1431	00:56:58	1362	M40	133	1015
1020	Rebecca	Allen	Female	Paul Popham Running	00:59:58	1432	00:57:51	1437	F35	66	412
924	Scott	Mcmurray	Male		00:59:58	1433	00:58:07	1455	M35	140	1016
1173	David	Hutchinson	Male		01:00:00	1434	00:57:45	1430	M55	73	1017
777	Emma	Jenkins	Female	Run4All Neath	01:00:01	1435	00:58:32	1484	F40	49	413
2911	Lisa	Phillips	Female		01:00:02	1436	00:59:08	1542	F55	26	414
3170	Lindsay	Crutchley	Female		01:00:02	1437	00:59:09	1548	F40	50	415
600	Keri	Hiles	Male		01:00:05	1438	00:56:52	1354	M45	123	1018
1282	Beth	Boyce	Female		01:00:05	1439	00:57:51	1438	F40	51	416
840	Ali	Tahir	Male		01:00:07	1440	00:56:42	1335	MS	333	1019
1238	Ruth	Knight	Female		01:00:08	1441	00:58:30	1483	F40	52	417
778	David	Curtis	Male		01:00:08	1442	00:58:47	1507	M40	134	1020
1912	James	Dewitt	Male		01:00:09	1443	00:59:11	1555	M35	141	1021
992	Zoe	Elver	Female	Pont-Y-Pwl & District F	01:00:11	1444	00:58:09	1458	F50	37	418
1863	Patrick	Teughals	Male		01:00:12	1445	00:57:39	1419	M55	74	1022
3040	Mike	Timbrell	Male		01:00:13	1446	00:58:58	1529	M50	102	1023
2286	Paul	Fencott	Male		01:00:16	1447	00:56:57	1359	M55	75	1024
3616	Melanie	Williams	Female	Pencoed Panthers	01:00:18	1448	00:58:09	1456	F45	64	419
3548	Sioned	Rees	Female		01:00:18	1449	00:59:14	1560	FS	151	420
115	Ashley	Williams	Male		01:00:18	1450	00:57:45	1429	MS	334	1025
1913	Leigh	Wanklyn	Female		01:00:19	1451	00:59:20	1570	F35	67	421
3004	Bethan	Mackay	Female		01:00:19	1452	00:57:24	1397	F35	68	422
3001	Nichola	Thomas	Female		01:00:19	1453	00:57:23	1394	F40	53	423
3215	Luisa	Arianna	Female		01:00:19	1454	00:58:07	1454	F40	54	424
1779	Iago	Harris Brat	Male	Hikey Bois	01:00:21	1455	00:58:21	1466	MS	335	1026
269	Jolon	Price	Male		01:00:21	1456	00:57:34	1414	MS	336	1027
773	Maddie	Harris	Female		01:00:22	1457	00:58:01	1449	FS	152	425
1411	Allen	Bevan	Male	Pontypridd Roadents A	01:00:22	1458	00:59:32	1586	M65	25	1028
772	Tom	Webb	Male		01:00:23	1459	00:58:02	1451	MS	337	1029
2808	Andrea	Plester	Female		01:00:23	1460	00:58:15	1463	F55	27	426
3497	Barry	James	Male	Porthcawl Runners	01:00:23	1461	00:59:09	1551	M70	10	1030

3446	Martin	Davies	Male			01:00:24	1462	00:59:27	1580	M55	76	1031
144	Lee	Landeg	Male			01:00:27	1463	00:56:56	1358	MS	338	1032
2136	Clive	Davies	Male			01:00:28	1464	01:00:03	1632	M60	48	1033
3248	James	Baker	Male			01:00:28	1465	00:57:59	1446	MS	339	1034
844	Sam	Milligan	Male			01:00:28	1466	00:59:58	1618	MS	340	1035
288	Luke	Burge	Male			01:00:30	1467	00:56:56	1357	MS	341	1036
3502	Alison	Colderick	Female			01:00:30	1468	00:57:29	1403	F50	38	427
2073	Johanne	Hughes-do	Female	3M Gorseinon Road R		01:00:30	1469	00:58:51	1516	F50	39	428
1891	Sian	Passey	Female			01:00:31	1470	00:59:33	1587	F55	28	429
1903	Chloe	Davies	Female			01:00:31	1471	00:59:02	1535	FS	153	430
2807	David	Plester	Male			01:00:32	1472	00:58:39	1495	M55	77	1037
592	Simon	Jenkins	Male			01:00:32	1473	00:58:33	1486	M35	142	1038
2878	Mark	Rush	Male			01:00:32	1474	00:57:36	1416	M35	143	1039
2360	Sion	Buckley	Male			01:00:32	1475	00:58:51	1514	M35	144	1040
591	Dafydd	Jones	Male			01:00:32	1476	00:57:47	1433	M45	124	1041
1110	Russell	Crocker	Male			01:00:33	1477	00:58:47	1509	M45	125	1042
1111	Tina	Crocker	Female			01:00:33	1478	00:58:48	1510	F40	55	431
3361	Nicola	Baker	Female	Ogmore Phoenix Runnr		01:00:33	1479	00:59:30	1583	FS	154	432
868	Kristina	Williams	Female			01:00:34	1480	00:59:46	1603	F45	65	433
2927	Gary	Bartram	Male			01:00:34	1481	00:58:44	1502	M45	126	1043
926	Debbie	Davies	Female	Lonely Goat RC		01:00:34	1482	00:58:57	1526	F40	56	434
2926	Sarah	Bartram	Female			01:00:34	1483	00:58:44	1500	F35	69	435
2549	Alex	Pridmore	Male	Tri Hard Harriers		01:00:34	1484	00:59:42	1598	MS	342	1044
3716	Michael	Coffey	Male			01:00:38	1485	00:57:29	1402	M35	145	1045
3563	Dai	Phillips	Male	Les Croupiers		01:00:38	1486	00:58:44	1501	M40	135	1046
1269	Sarah	Wagstaff	Female			01:00:38	1487	00:59:51	1610	F40	57	436
234	Jordan	Howells	Male			01:00:39	1488	01:00:00	1623	M35	146	1047
1412	Paula	Taylor	Female	Pontypridd Roadents A		01:00:41	1489	00:59:51	1609	F45	66	437
1132	Pete	King	Male			01:00:42	1490	00:57:24	1396	M55	78	1048
3318	Emyr	Harris	Male			01:00:43	1491	00:59:09	1552	MS	343	1049
3316	Josh	James	Male			01:00:44	1492	00:59:10	1553	MJ	30	1050
2842	Philomena	Tidman	Female			01:00:44	1493	00:58:35	1488	F50	40	438
745	Ian	Humphreys	Male			01:00:45	1494	00:59:12	1556	M40	136	1051
2738	Paul	Young	Male			01:00:46	1495	00:58:57	1528	M45	127	1052
2158	James	Mountain	Male			01:00:47	1496	00:58:24	1473	M35	147	1053
3699	Dozie	Uwakwe	Male			01:00:48	1497	00:57:57	1442	MS	344	1054
400	Alison	Terry	Female	Amman Valley Harriers		01:00:48	1498	00:59:04	1537	F60	12	439
3225	Melvin	Thomas	Male	Gravells		01:00:49	1499	00:58:24	1476	M55	79	1055
957	Marina	Konstantin	Female			01:00:51	1500	00:58:27	1480	F40	58	440
3362	Hannah	May	Female	Cornelly Striders AC		01:00:52	1501	00:58:54	1522	FS	155	441
3410	Emma	Daniels	Female			01:00:55	1502	00:58:45	1503	F45	67	442
1061	Andrew	Hoskins	Male			01:00:56	1503	00:59:08	1543	M35	148	1056
1294	Chris	Ahern	Male			01:00:57	1504	00:58:39	1496	M35	149	1057
3516	Peter	Anthony	Male			01:00:58	1505	00:58:47	1508	M55	80	1058
1117	Tracy	Jones	Female			01:01:01	1506	00:59:23	1576	F45	68	443
1393	Dan	Craggs	Male			01:01:01	1507	00:58:38	1494	MS	345	1059
1356	Peter	Bullen	Male			01:01:02	1508	00:58:54	1523	M45	128	1060
3244	Llewellyn	Richard	Male			01:01:02	1509	00:55:46	1239	M50	103	1061
576	Bethan	Thomas	Female			01:01:03	1510	00:58:00	1447	FS	156	444
877	Rhian	Costello	Female			01:01:04	1511	00:59:36	1593	F35	70	445
158	Emma	Evans	Female			01:01:05	1512	00:58:59	1533	F35	71	446
2517	Jessica	Pritchard	Female			01:01:08	1513	00:58:56	1525	FS	157	447
3596	Sarah	Motley	Female			01:01:08	1514	00:59:14	1558	F35	72	448
3273	Eiry	Miles	Female			01:01:09	1515	00:59:14	1563	F40	59	449
632	Alison	Jones	Male	Team Jones		01:01:09	1516	00:58:36	1490	M50	104	1062
631	Elin	Jones	Female	Team Jones		01:01:09	1517	00:58:37	1493	FJ	13	450
2699	Gillon	Benoy	Male			01:01:12	1518	00:57:34	1413	M45	129	1063
2247	Helena	Geach	Female			01:01:13	1519	00:57:38	1418	F35	73	451
2322	Kyle	Esmonde	Male			01:01:14	1520	00:58:24	1472	MS	346	1064
945	Naomi	Frere	Female			01:01:14	1521	00:59:36	1592	FS	158	452
118	Geoffrey	Fletcher	Male			01:01:14	1522	00:58:51	1515	MS	347	1065
946	Lloyd	Roberts	Male			01:01:14	1523	00:59:35	1590	MS	348	1066
3512	Scott	Willett	Male			01:01:15	1524	00:58:58	1530	MS	349	1067
604	Helen	Pinkawa	Female			01:01:15	1525	00:57:58	1443	F35	74	453
1763	Jonathan	Payne	Male			01:01:16	1526	00:58:52	1518	M50	105	1068
114	Geraint	Thomas	Male			01:01:16	1527	00:59:14	1559	M55	81	1069
2949	Donna	Rees	Female			01:01:19	1528	00:58:34	1487	F50	41	454
2388	Fiona	Eagle	Female	Run4All Neath		01:01:19	1529	00:59:10	1554	F45	69	455
2497	Den	Baker	Male			01:01:19	1530	00:59:51	1611	M35	150	1070
751	Philip	Roberts	Male			01:01:19	1531	00:58:46	1505	M40	137	1071
1594	Andrew	Foley	Male			01:01:23	1532	00:59:52	1613	M55	82	1072
1270	Darren	Hall	Male	GCS		01:01:23	1533	00:59:54	1615	M40	138	1073
3038	Vince	Lovell	Male	Lliswerry Runners		01:01:24	1534	00:58:55	1524	M55	83	1074
1626	Rhodri	Costello	Male			01:01:24	1535	00:59:13	1557	M35	151	1075
3153	Lynfa	Caddy	Female			01:01:25	1536	00:59:58	1620	F55	29	456
2960	Emma	Edworthy	Female			01:01:25	1537	00:59:58	1619	F45	70	457
340	Lucy	Henwood	Female			01:01:27	1538	01:01:05	1698	FS	159	458
3435	Maddie	Dawson	Female	Porthcawl Runners		01:01:28	1539	00:58:58	1531	FS	160	459
247	Sam	Durell	Male			01:01:28	1540	00:58:53	1520	MS	350	1076
1267	Michael	Giffard	Male			01:01:28	1541	00:59:44	1599	M40	139	1077
265	Matthew	Jones	Male			01:01:28	1542	00:58:53	1521	MS	351	1078
384	Rebecca	Williams	Female	Paul Popham Running		01:01:29	1543	00:58:59	1532	F45	71	460
2950	Katharine	Powell	Female			01:01:30	1544	00:58:47	1506	F45	72	461
236	Rachel	Roberts	Female			01:01:31	1545	00:59:19	1566	FS	161	462
522	Annell	Prosser	Female			01:01:31	1546	00:59:23	1574	FS	162	463
3523	Rhian	Thomas	Female	Paul Popham Running		01:01:32	1547	00:59:02	1534	F60	13	464

730	Isabel	Francis	Female	Run4All Neath	01:01:32	1548	00:59:30	1582	FS	163	465
441	Huw	Collins	Male		01:01:32	1549	00:58:29	1481	MS	352	1079
2193	Suzanne	Merecith-b	Female		01:01:32	1550	00:58:11	1460	F45	73	466
2001	Emily	Thomas	Female		01:01:32	1551	00:59:29	1581	FS	164	467
1429	Sarah	Davies	Female		01:01:32	1552	00:59:21	1572	FS	165	468
1254	Robyn	Curtis	Female		01:01:32	1553	01:00:17	1649	FS	166	469
1466	Joanna	Cullen	Female		01:01:33	1554	01:00:32	1666	FS	167	470
537	Jack	Davies	Male		01:01:33	1555	00:59:23	1575	MS	353	1080
1447	David	James	Male		01:01:36	1556	00:59:19	1567	M70	11	1081
1448	Peter	Thomas	Male		01:01:36	1557	00:59:19	1568	M45	130	1082
1881	Catherine	Drinkall	Female		01:01:36	1558	00:59:39	1597	FS	168	471
3182	Mark	Sellars	Male		01:01:37	1559	00:59:56	1616	M50	106	1083
1213	Eric	Evans	Male		01:01:38	1560	01:00:04	1633	M70	12	1084
1151	Branwen	Lommelen	Female		01:01:39	1561	00:59:50	1608	FS	169	472
3416	Edward	Jones	Male		01:01:40	1562	00:59:52	1612	M35	152	1085
2065	Jude	Toasland	Female		01:01:40	1563	00:59:21	1571	F55	30	473
3470	Rhodri	Hunt	Male		01:01:40	1564	00:57:50	1436	MS	354	1086
3219	Chris	Griffiths	Male		01:01:40	1565	00:56:36	1324	M35	153	1087
1755	Jessica	Langley	Female		01:01:41	1566	00:59:07	1540	FS	170	474
2635	Emyr	Cummins	Male		01:01:42	1567	00:58:43	1499	M60	49	1088
1281	Alexander	Hill	Male		01:01:43	1568	00:58:37	1492	MS	355	1089
3008	Corissa	Smith	Female		01:01:45	1569	00:57:40	1422	FS	171	475
2536	Lyndsey	Wheeler	Female	Aberystwyth AC	01:01:45	1570	00:58:22	1468	F35	75	476
779	Gerald	Curtis	Male		01:01:46	1571	01:00:24	1658	M65	26	1090
2248	Davies	Sarah	Female		01:01:46	1572	00:59:33	1588	F35	76	477
3626	Benjamin L	Allagosta	Male		01:01:46	1573	00:57:45	1431	MJ	31	1091
1032	Abigail	Hamilton-s	Female		01:01:46	1574	00:59:45	1602	FS	172	478
3628	Ethan	Allagosta	Male		01:01:46	1575	00:57:46	1432	MJ	32	1092
130	Sam	Mills	Male		01:01:46	1576	00:59:36	1594	MS	356	1093
2412	Caroline	Morgan	Female	3M Gorseinon Road R	01:01:47	1577	01:00:08	1637	F50	42	479
3242	Paul	Cullen	Male		01:01:48	1578	00:58:02	1450	M60	50	1094
394	Greg	Harper	Male		01:01:49	1579	00:58:49	1513	M35	154	1095
2578	Kelly	Tremlett	Female		01:01:49	1580	00:59:15	1564	F45	74	480
439	Susan	Evans	Female	Pencoed Panthers	01:01:50	1581	00:59:20	1569	F50	43	481
3717	Paul	Wilson	Male		01:01:51	1582	01:01:09	1705	M55	84	1096
1027	Rhian	Thomas	Female	Port Talbot Harriers	01:01:51	1583	00:59:08	1546	FS	173	482
523	Joceline	Keenan	Female		01:01:51	1584	00:59:46	1604	F45	75	483
550	Nicholas	Evans	Male	Pembrokeshire Harrier	01:01:51	1585	00:58:45	1504	M60	51	1097
3589	Michael	Halsall	Male	Amman Valley Harriers	01:01:52	1586	01:01:29	1725	M45	131	1098
2919	John	Rees	Male		01:01:52	1587	01:00:02	1625	M70	13	1099
3047	Melanie	Killingswor	Female		01:01:52	1588	01:00:45	1676	F40	60	484
3349	Sarah	Black	Female		01:01:52	1589	00:59:22	1573	F35	77	485
2973	Allan	Bartlett	Male		01:01:53	1590	00:58:33	1485	M60	52	1100
3475	Nicole	Blackmore	Female		01:01:53	1591	00:58:35	1489	F40	61	486
643	Charlotte	Avery	Female		01:01:53	1592	01:00:50	1681	F45	76	487
138	Kevin	Foley	Male		01:01:54	1593	00:59:49	1606	M50	107	1101
981	Jason	Evans	Male		01:01:54	1594	00:58:01	1448	M50	108	1102
795	Chrissy	Harrison	Female		01:01:55	1595	01:00:50	1684	F45	77	488
3333	Jayne	O'kelly	Female		01:01:55	1596	01:00:21	1654	F40	62	489
2453	Ian	Morgan	Male	Bagle broo	01:01:55	1597	00:58:22	1469	M45	132	1103
2915	Natalie	Jones	Female		01:01:56	1598	01:00:42	1673	FS	174	490
2515	Susan Den	Jones	Female		01:01:56	1599	01:00:42	1674	F65	2	491
2446	Michael	Kingdom	Male	Bagle broo	01:01:56	1600	00:58:23	1471	M45	133	1104
849	Lisa	Thomas	Female		01:01:56	1601	00:59:18	1565	F50	44	492
1635	Richard	Teulon	Male		01:01:57	1602	00:59:32	1585	M55	85	1105
2959	Ann	Konzolik	Female	Central Park Athletics	01:01:57	1603	00:59:30	1584	F60	14	493
1528	Thomas	Longland	Male		01:01:57	1604	01:00:01	1624	MS	357	1106
3059	Lucy	Griffin	Female		01:01:59	1605	01:00:24	1656	F50	45	494
2961	Martha Red	Rees	Female		01:02:00	1606	01:00:24	1657	F50	46	495
1962	Menna	Brown	Female		01:02:01	1607	01:00:03	1629	F40	63	496
2964	David	Boucher	Male		01:02:02	1608	01:00:02	1627	M70	14	1107
2654	Robert	Pritchard	Male		01:02:02	1609	01:01:23	1717	M55	86	1108
2419	William	Davies	Male		01:02:03	1610	01:01:23	1716	M70	15	1109
3136	Adam	Lewis	Male		01:02:03	1611	00:56:58	1360	M40	140	1110
60	Steve	Burton	Male		01:02:03	1612	00:59:34	1589			1111
3272	Cerys	Bowen	Female		01:02:05	1613	01:00:10	1639	FS	175	497
463	Catherine	Llewellyn	Female	Merthyr Running Club	01:02:06	1614	01:01:24	1721	F55	31	498
3476	Matthew	Norris	Male		01:02:06	1615	00:58:10	1459	M35	155	1112
2618	Suzanne	D'auria	Female	Badass Mc	01:02:08	1616	00:59:07	1541	F45	78	499
353	John	Brace	Male		01:02:09	1617	00:58:24	1474	MS	358	1113
2188	Debbie	Fielder	Female		01:02:10	1618	01:01:01	1693	F50	47	500
1072	Stephen	Palmer	Male		01:02:11	1619	00:59:05	1539	M55	87	1114
556	Sue	Peters	Female	Tri Hard Harriers	01:02:14	1620	00:57:04	1371	F60	15	501
2731	Bob	Davies	Male	Run4All Neath	01:02:14	1621	00:58:16	1464	M60	53	1115
2603	Mark	Biscoe	Male		01:02:15	1622	00:59:37	1595	M45	134	1116
753	Louise	Tuson	Female		01:02:15	1623	01:00:51	1686	F50	48	502
752	Matthew	Scarratt	Male		01:02:15	1624	01:00:52	1687	M45	135	1117
1328	Liza	Darroch	Female	Cirencester AC	01:02:15	1625	01:00:19	1652	F70	1	503
1984	Grace	Hannaford	Female		01:02:18	1626	00:59:25	1579	FS	176	504
455	Richard	Street	Male		01:02:18	1627	00:57:45	1428	M65	27	1118
2238	Saranne	Davies	Female		01:02:19	1628	01:01:55	1746	F45	79	505
748	Philippa	Brooks	Female		01:02:19	1629	00:58:49	1512	F50	49	506
2432	Cassian	Wright	Male	Gravells	01:02:19	1630	01:00:11	1640	M35	156	1119
1656	Ben	Seabourne	Male		01:02:19	1631	01:00:25	1660	M40	141	1120
2123	Camron	Williams	Male		01:02:23	1632	01:00:08	1636	MS	359	1121
331	Mel	Pursey	Female		01:02:25	1633	00:58:48	1511	FS	177	507

2215	Andrew	Brooks	Male			01:02:26	1634	01:01:16	1711	M50		109	1122
2633	Jay	Steers	Male			01:02:27	1635	01:00:30	1663	MS		360	1123
3696	Diana	Meza	Female			01:02:27	1636	01:01:09	1704	F35		78	508
939	Colin	Thomas	Male			01:02:28	1637	01:00:50	1683	M50		110	1124
870	Heiddwen	Tomos	Female			01:02:29	1638	01:00:49	1680	F45		80	509
2948	Lucy	Wood	Female			01:02:29	1639	00:59:45	1601	F35		79	510
1309	Liam	Pinnell	Male			01:02:33	1640	00:59:58	1621	MS		361	1125
1326	James	Wood	Male			01:02:34	1641	01:00:21	1653	M45		136	1126
310	Lee	Garden	Male			01:02:34	1642	00:59:03	1536	M35		157	1127
1308	Paul	Vink	Male			01:02:35	1643	01:01:17	1713	M45		137	1128
980	Kerry	Owen	Female			01:02:37	1644	00:59:48	1605	FS		178	511
967	Dan	Lammas	Male			01:02:38	1645	01:00:06	1635	M45		138	1129
1162	Stewart	Seaborne	Male			01:02:38	1646	01:00:38	1670	M35		158	1130
968	Gemma	Lammas	Female			01:02:38	1647	01:00:05	1634	F40		64	512
1865	Clive	Searle	Male			01:02:40	1648	01:00:03	1631	M60		54	1131
3407	Megan	Rand	Female	Ogmore Phoenix Runr		01:02:40	1649	01:01:37	1731	FS		179	513
857	Natalia	Glowinkow	Female			01:02:41	1650	01:00:16	1645	FS		180	514
490	Gavin	Maiden	Male			01:02:45	1651	00:59:57	1617	M45		139	1132
3593	Ben	O'callaghan	Male			01:02:45	1652	00:59:14	1562	M35		159	1133
242	Sarah-jane	Sweet	Female			01:02:46	1653	01:00:43	1675	FS		181	515
2838	Matthew	Alexander	Male			01:02:46	1654	01:01:10	1706	MS		362	1134
1403	Martyn	Goss	Male			01:02:48	1655	01:00:54	1688	M40		142	1135
3522	Rebecca	Picton-jam	Female			01:02:49	1656	01:01:03	1696	FS		182	516
2759	Paul	Morgan	Male			01:02:50	1657	01:01:57	1750	M50		111	1136
2454	Christian	Rees	Male	Bagle broo		01:02:50	1658	00:59:08	1547	M45		140	1137
2121	Julie	Tucker	Female			01:02:53	1659	01:00:18	1650	F60		16	517
3046	Ruth	Carver	Female	Clwb Rhedeg Pontard		01:02:53	1660	01:01:53	1740	F55		32	518
2185	Mags	Evans	Female			01:02:54	1661	00:58:37	1491	F55		33	519
3274	Eva	Tamas Szc	Female			01:02:56	1662	00:59:37	1596	F35		80	520
3325	Amy	Simpson	Female			01:02:57	1663	00:59:04	1538	FS		183	521
420	Laura	Wilson	Female			01:02:57	1664	01:00:50	1682	FS		184	522
150	John	Richards	Male			01:02:58	1665	01:00:16	1647	M50		112	1138
2444	Rae	Orton	Female	Bagle broo		01:02:59	1666	00:58:53	1519	F40		65	523
2333	Jane	Thomas	Female	Clwb Rhedeg Pontard		01:03:01	1667	01:00:51	1685	F50		50	524
1174	Rebecca	Jenkins	Female			01:03:01	1668	00:59:35	1591	F35		81	525
3588	Andrew	Mclaughlan	Male			01:03:04	1669	00:59:08	1544	M40		143	1139
822	Jason	Welsh	Male			01:03:04	1670	00:59:08	1545	M40		144	1140
1293	Debra	Meredith	Female	Clwb Rhedeg Pontard		01:03:04	1671	01:02:04	1755	F55		34	526
825	Paul	Mullins	Male			01:03:04	1672	00:59:09	1549	MS		363	1141
824	Jamie	Murphy	Male			01:03:05	1673	00:59:09	1550	M45		141	1142
2703	Joanne	Bartlett	Female			01:03:07	1674	01:01:35	1729	F40		66	527
3096	Lee	Sexton	undisclosed			01:03:09	1675	01:01:01	1694				3
1435	Gordon	Mcdowall	Male	Sospan Road Runners		01:03:10	1676	01:01:15	1709	M60		55	1143
2704	Kevin	Isaac	Male			01:03:12	1677	01:02:20	1772	M50		113	1144
1341	Damian	Hill	Male			01:03:12	1678	00:59:25	1578	M35		160	1145
205	Bhaskar	Mahajan	Male			01:03:13	1679	01:00:38	1671	MS		364	1146
1243	Angharad	Fortey	Female			01:03:13	1680	01:01:25	1722	F40		67	528
805	Edwin	Wiseman	Male			01:03:14	1681	01:02:26	1779	M40		145	1147
841	Radoslaw	Zawislak	Male			01:03:15	1682	01:00:11	1641	M45		142	1148
2089	Maximilian	Barrett	Male			01:03:16	1683	00:58:25	1478	MS		365	1149
3310	Dan	Somers	Male	Five Guys		01:03:16	1684	01:00:17	1648	MS		366	1150
3429	Nicholas	Griffiths	Male	Paul Popham Running		01:03:19	1685	01:01:11	1707	M50		114	1151
3193	Stephanie	Smith	Female	Reading Roadrunners		01:03:19	1686	01:00:55	1691	F60		17	529
2057	Caroline	Hiorns	Female			01:03:27	1687	00:59:50	1607	F55		35	530
2339	Craig	Lewis-robe	Male			01:03:27	1688	01:00:12	1643	MS		367	1152
3363	Natalie	Williams	Female	Running Bear		01:03:28	1689	01:00:31	1664	F45		81	531
2405	Heidi	Lyth	Female			01:03:29	1690	01:00:09	1638	F50		51	532
2836	Sarah	Andrews	Female			01:03:30	1691	01:00:14	1644	F35		82	533
3477	Gareth	Davies	Male			01:03:34	1692	00:59:45	1600	M45		143	1153
3249	Charlotte	Holland	Female			01:03:34	1693	01:01:58	1751	F35		83	534
3486	Scott	Sainsbury	Male			01:03:35	1694	01:00:27	1661	MJ		33	1154
1036	Star	Rose	Female	Rose troop		01:03:37	1695	01:00:03	1628	FS		185	535
1037	Alan	Rose	Male	Rose troop		01:03:38	1696	01:00:03	1630	M65		28	1155
2231	Nia	Young	Female			01:03:39	1697	01:00:19	1651	F35		84	536
2816	Matthew	Teasdale	Male			01:03:40	1698	01:01:53	1742	M50		115	1156
3442	Phil	James	Male			01:03:41	1699	00:59:59	1622	M50		116	1157
2361	Katie	Lamb	Female			01:03:42	1700	01:00:39	1672	FS		186	537
2922	Chris	Hockley	Male			01:03:43	1701	01:00:16	1646	MS		368	1158
1889	Liliana	Mitchell	Female			01:03:43	1702	01:02:13	1762	FJ		14	538
2318	Stephanie	Lewis-robe	Female			01:03:46	1703	01:00:31	1665	FS		187	539
1098	Marie	Scott	Female			01:03:47	1704	01:01:56	1748	F50		52	540
1425	Simone	Richards	Female			01:03:48	1705	01:02:43	1798	F40		68	541
710	Matthew	Amery	Male			01:03:48	1706	01:01:18	1715	M40		146	1159
711	Rhian	Jones	Female			01:03:49	1707	01:01:18	1714	FS		188	542
3253	Gavin	Jones	Male			01:03:49	1708	01:01:06	1700	M35		161	1160
2957	David	Pallett	Male			01:03:49	1709	01:01:06	1699	M35		162	1161
3255	Sarah	Bryant	Female			01:03:50	1710	01:00:34	1667	F45		82	543
3238	Jane	Maclennan	Female			01:03:50	1711	01:01:26	1724	F65		3	544
3320	Callum	Spencer	Male			01:03:55	1712	01:02:01	1752	MS		369	1162
2222	Poppy	Wright	Female			01:03:55	1713	00:59:53	1614	FS		189	545
2424	Sian	Lewis	Female			01:03:55	1714	01:00:46	1679	F40		69	546
838	Sophie	Cartwright	Female			01:03:56	1715	01:00:25	1659	FS		190	547
705	Neil	Caswell	Male			01:03:57	1716	01:02:05	1757	M50		117	1163
1407	Nadia	Cooper	Female			01:03:57	1717	01:02:17	1766	F40		70	548
2675	Joy	Salini	Female			01:03:58	1718	01:01:53	1741	F50		53	549
2017	Elizabeth	Murphy	Female			01:03:58	1719	01:02:56	1814	F35		85	550

3583	Dewi	Jones	Male			01:03:59	1720	01:01:08	1702	FS	191	1164
3582	Mali	Jones	Female			01:03:59	1721	01:01:09	1703	FS	192	551
3324	Paul	Mason	Male	Sospan Road Runners		01:04:00	1722	01:02:06	1758	M55	88	1165
3226	Charles	Osborne	Male		Gravells	01:04:03	1723	01:01:38	1732	M50	118	1166
2110	Craig	Henton	Male			01:04:06	1724	01:02:18	1768	M50	119	1167
646	Danielle	Bidder	Female			01:04:07	1725	01:00:46	1677	FS	193	552
2239	Cerys	Clark	Female			01:04:07	1726	01:02:41	1796	FS	194	553
637	Owen	Walbyoff	Male			01:04:07	1727	01:00:46	1678	MS	370	1168
1288	James	Brice	Male		GCS	01:04:08	1728	01:01:30	1726	M40	147	1169
1179	Ellen	Parker-jones	Female			01:04:09	1729	01:01:12	1708	F45	83	554
2429	Clive	Williams	Male			01:04:09	1730	01:03:41	1866	M65	29	1170
1383	Peter	Jones	Male			01:04:10	1731	01:02:57	1815	M60	56	1171
1376	Sophie	Hopton	Female			01:04:11	1732	01:01:34	1728	FS	195	555
3122	Leigh	Mansell	Male			01:04:13	1733	01:01:04	1697	M65	30	1172
714	Catherine	Munson	Female			01:04:17	1734	01:00:36	1669	F60	18	556
2623	Chris	Pinnington	Male		Teulu Pinn	01:04:17	1735	01:02:49	1802	M40	148	1173
768	Chris	Davies	Male			01:04:17	1736	01:01:48	1738	M40	149	1174
2182	Helen	Lewis	Female	Pencoed Panthers		01:04:18	1737	01:03:17	1834	F45	84	557
2056	David	Jones	Male			01:04:19	1738	01:00:11	1642	MS	371	1175
1879	David	Thomas	Male			01:04:20	1739	01:02:38	1793	M55	89	1176
1382	Collette	Stewart	Female			01:04:22	1740	01:02:33	1787	F40	71	558
559	Allison	Fry	Female			01:04:23	1741	01:00:55	1689	F45	85	559
2773	Alison	Hopkins	Female			01:04:24	1742	01:01:07	1701	F35	86	560
231	Michael	Foley	Male			01:04:24	1743	01:02:53	1811	MS	372	1177
3115	Helyn	Latimer	Female			01:04:25	1744	01:01:37	1730	F55	36	561
1545	Ella	Rees	Female		Team Rees	01:04:26	1745	01:02:30	1785	FJ	15	562
1991	Marcus	Berwick	Male			01:04:26	1746	01:00:28	1662	M40	150	1178
1546	Philip	Rees	Male		Team Rees	01:04:26	1747	01:02:31	1786	M55	90	1179
2802	Angharad	Cummings	Female	Merthyr Running Club		01:04:29	1748	01:03:32	1856	F40	72	563
3174	Shelley	Randall	Female			01:04:30	1749	01:01:26	1723	F35	87	564
597	Sarah	Methuen	Female	Forest of Dean Runne		01:04:33	1750	01:03:21	1842	F40	73	565
2144	Jiranan	Kaewchang	Female			01:04:33	1751	01:00:35	1668	F40	74	566
3378	Christophe	Lloyd	Male			01:04:35	1752	01:02:03	1754	M60	57	1180
369	Richard	Donne	Male	3M Gorseinon Road R		01:04:45	1753	01:01:48	1739	M60	58	1181
1772	Luke	Harris	Male			01:04:46	1754	01:01:46	1736	M35	163	1182
1551	Donna	Henderson	Female	Parc Bryn S Running C		01:04:46	1755	01:03:23	1847	F50	54	567
406	Sam	Collier	Male			01:04:47	1756	01:01:46	1737	M35	164	1183
3343	Roger	Stein	Male			01:04:48	1757	01:03:35	1859	M65	31	1184
2722	Francine	Pardoe	Female		Two Drago	01:04:48	1758	01:00:02	1626	FJ	16	568
3687	Lucy	Morley	Female			01:04:51	1759	01:03:21	1843	FS	196	569
2706	Noe	Casadesus	Female			01:04:51	1760	01:03:22	1846	F40	75	570
2488	Debbie	Kiley	Female			01:04:51	1761	01:03:09	1827	F45	86	571
3289	Sarah	Newbury	Female			01:04:52	1762	01:01:31	1727	F50	55	572
1862	Shaun	Barry	Male			01:04:52	1763	01:02:21	1774	M55	91	1185
3437	Rhodri	Hughes	Male			01:04:53	1764	01:00:55	1690	M40	151	1186
1029	Clare	Pheasant	Female			01:04:53	1765	01:02:33	1788	F35	88	573
1322	Kathleen	Pheasant	Female			01:04:54	1766	01:02:34	1789	F35	89	574
2852	Rebecca	Hall	Female			01:04:55	1767	01:03:39	1863	FS	197	575
3166	Carina	Harries	Female			01:04:55	1768	01:03:41	1868	F35	90	576
1902	Rhian	John	Female			01:04:59	1769	01:04:17	1910	F35	91	577
819	Alan	Dawkins	Male			01:05:00	1770	01:01:00	1692	M50	120	1187
2062	Jayne	Burgess	Female			01:05:00	1771	01:03:00	1819	F40	76	578
544	Lauren	Jones	Female			01:05:02	1772	01:04:06	1895	FS	198	579
1381	Tonya	Ross	Female			01:05:03	1773	01:02:21	1775	F40	77	580
1120	Jacqueline	Richards	Female	Port Talbot Harriers		01:05:03	1774	01:02:21	1776	F55	37	581
2739	Karly	Gorman	Female			01:05:04	1775	01:02:03	1753	F35	92	582
949	Ian	Llewelyn	Male			01:05:06	1776	01:01:15	1710	M50	121	1188
412	Ruben	De Palacio	Male			01:05:07	1777	01:04:05	1894	M45	144	1189
1745	Richard	Thomas	Male			01:05:07	1778	01:02:18	1770	M45	145	1190
3685	Paul	Gray	Male			01:05:07	1779	01:03:18	1837	M55	92	1191
831	Ffion	Morris	Female			01:05:07	1780	01:02:52	1808	FS	199	583
830	Owen	Morris	Male			01:05:07	1781	01:02:53	1809	MS	373	1192
1591	Lee	Dando	Male			01:05:08	1782	01:01:24	1720	M50	122	1193
1744	Brenda	Thomas	Female			01:05:09	1783	01:02:18	1769	F45	87	584
911	Ceri	Gethin	Female			01:05:09	1784	01:02:20	1773	F35	93	585
1048	Melloney	Beynon	Female			01:05:10	1785	01:02:44	1799	F55	38	586
3712	Sarah	D'angeli	Female			01:05:14	1786	01:02:49	1804	F40	78	587
1363	Philippa	Francis	Female			01:05:15	1787	01:02:19	1771	F55	39	588
1883	Susan	Edwards	Female	Run4All Neath		01:05:15	1788	01:02:43	1797	F55	40	589
109	William	Harrison-w	Male			01:05:15	1789	00:59:24	1577	MJ	34	1194
3367	Joshua	Hanney	Male		Five Guys	01:05:16	1790	01:02:30	1784	MS	374	1195
1258	Alexandra	Twigg	Female			01:05:18	1791	01:04:01	1886	FS	200	590
3020	Maggie	Inman	Female			01:05:19	1792	01:03:01	1820	F55	41	591
767	Mike	Cox	Male			01:05:21	1793	01:02:07	1760	M55	93	1196
2684	Leigh	Mcgrath	Male			01:05:22	1794	01:00:24	1655	M40	152	1197
3070	Kar	Smith	Female			01:05:23	1795	01:04:26	1924	F50	56	592
264	Lowri	Morgan	Female			01:05:27	1796	01:03:14	1832	FS	201	593
1361	Kathleen	Jervis	Female	Parc Bryn S Running C		01:05:28	1797	01:03:03	1822	F65	4	594
1526	Rhys	Jones	Male			01:05:28	1798	01:01:39	1733	MS	375	1198
1728	Cathy	Wright	Female			01:05:29	1799	01:01:39	1734	FS	202	595
587	Sian	Watkins	Female			01:05:31	1800	01:04:35	1939	FS	203	596
3612	Nia	Evans	Female	Caerphilly Runners		01:05:32	1801	01:03:29	1854	FS	204	597
1570	Saira	Luckman	Female			01:05:36	1802	01:02:08	1761	F55	42	598
2985	Sara	Clement	Female			01:05:37	1803	01:02:14	1764	F50	57	599
3090	Peter	Clement	Male	3M Gorseinon Road R		01:05:37	1804	01:02:14	1763	M55	94	1199
1951	Sharon	Fear	Female			01:05:39	1805	01:02:26	1778	F45	88	600

2045	Nathan	George	Male			01:05:39	1806	01:01:55	1744	MS	376	1200
3309	Sophie	Bowen	Female			01:05:39	1807	01:01:55	1745	FS	205	601
1953	Suzanne	Staples	Female			01:05:39	1808	01:02:24	1777	F45	89	602
1950	Cerys	Staples	Female			01:05:40	1809	01:02:27	1780	FS	206	603
2843	Marguerite	Botwood	Female			01:05:41	1810	01:03:26	1852	F55	43	604
431	Michael	Larkman	Male			01:05:43	1811	01:02:16	1765	M35	165	1201
1990	Bethan	Edwards	Female	Run4All Neath		01:05:45	1812	01:03:44	1874	F35	94	605
3706	Donovan	Embury	Male	Port Talbot Harriers		01:05:47	1813	01:05:11	1968	M40	153	1202
2317	Deborah	Parfitt	Female		Vegan Run	01:05:47	1814	01:02:29	1783	F50	58	606
1268	Megan	Bleasdale	Female	Amman Valley Harriers		01:05:47	1815	01:03:45	1875	FS	207	607
2377	Michael	Clinch	Male			01:05:50	1816	01:01:57	1749	M60	59	1203
146	Helen	Williams	Female			01:05:51	1817	01:04:57	1955	F40	79	608
2562	Gareth	Keatley	Male			01:05:52	1818	01:03:40	1864	M35	166	1204
2561	Rachel	Keatley	Female			01:05:52	1819	01:03:41	1867	F35	95	609
1468	Joshua	Williams	Male			01:05:52	1820	01:02:27	1781	MS	377	1205
787	Emily	Holding	Female			01:05:53	1821	01:03:17	1835	FS	208	610
3391	Josh	Caulton	Male			01:05:53	1822	01:02:47	1801	MS	378	1206
540	Ruth	Caulton	Female	Run4All Neath		01:05:54	1823	01:02:47	1800	FS	209	611
3101	Ali	Morgan	Female	Forest of Dean AC		01:05:55	1824	01:03:23	1848	F55	44	612
3107	Tracy	Lord	Female	Forest of Dean AC		01:05:55	1825	01:03:24	1849	F50	59	613
1000	Brendan	Sweeney	Male			01:05:55	1826	01:01:40	1735	M55	95	1207
3360	Alex	Berwick	Male			01:05:56	1827	01:01:23	1718	M40	154	1208
875	Emily	Mcmanus	Female			01:05:57	1828	01:04:28	1925	FJ	17	614
3482	Leland	Davies	Male			01:05:58	1829	01:02:53	1810	MJ	35	1209
2712	Will	Rhodes	Male			01:06:01	1830	01:01:02	1695	MS	379	1210
2801	Laura	Stephenso	Female			01:06:04	1831	01:03:02	1821	F35	96	615
1452	Paul	Todd-collir	Male			01:06:06	1832	01:01:16	1712	M45	146	1211
3584	Zana	Bryan	Female	Amman Valley Harriers		01:06:08	1833	01:04:16	1909	F40	80	616
1625	Pablo	Abrahams	Male	Paul Popham Running		01:06:09	1834	01:04:02	1889	M45	147	1212
3436	Kayleigh	Mackay	Female			01:06:10	1835	01:02:49	1805	FS	210	617
3485	Georgie	Wilson	Female			01:06:11	1836	01:03:06	1826	FJ	18	618
303	Jack	Whiffin	Male			01:06:13	1837	01:04:32	1934	MS	380	1213
1768	Alison	Hamilton	Female			01:06:16	1838	01:04:16	1908	F50	60	619
3137	Ceri	Lyons	Male			01:06:17	1839	01:04:03	1892	M35	167	1214
1057	Emma	Gittoes	Female			01:06:18	1840	01:02:59	1818	FS	211	620
1766	Ceri	Gibbon	Female	Team Bada		01:06:20	1841	01:04:20	1915	F50	61	621
3675	Aldo	Picek	Male			01:06:21	1842	01:04:23	1920	M50	123	1215
2557	Dorsal 3682					01:06:24	1843	01:04:11	1902			
902	Kelyn	Joseph	Male	Swansea C		01:06:25	1844	01:01:23	1719	MJ	36	1216
437	Mas	Minou	Female			01:06:28	1845	01:05:35	1989	F45	90	622
659	Samantha	Karboun	Female			01:06:28	1846	01:02:59	1817	F45	91	623
364	Arturo	Sanorjo Jr	Male			01:06:29	1847	01:02:40	1795	M40	155	1217
1884	Isobel	Love	Female			01:06:29	1848	01:03:04	1824	FS	212	624
3623	Francesca	Chentoufi	Female			01:06:30	1849	01:02:50	1806	FS	213	625
2137	Dave	Dunfee	Male			01:06:30	1850	01:06:05	2019	MS	381	1218
901	Michael	Wescombe	Male			01:06:32	1851	01:04:30	1929	MS	382	1219
3571	Lorraine	Evans	Female			01:06:32	1852	01:06:07	2024	F40	81	626
3499	Anna	Edmunds	Female			01:06:35	1853	01:01:54	1743	F55	45	627
3634	Maria	Evans	Female			01:06:37	1854	01:05:01	1959	FS	214	628
2491	Gethin	Harries	Male			01:06:38	1855	01:04:32	1935	M35	168	1220
1265	Jill	Farrow	Female			01:06:39	1856	01:03:05	1825	F45	92	629
2542	Lowri	Douch	Female			01:06:39	1857	01:04:32	1936	FS	215	630
3377	Stephanie	Bagshaw	Female			01:06:40	1858	01:03:21	1844	F40	82	631
3376	Paul	Bagshaw	Male			01:06:40	1859	01:03:21	1845	M50	124	1221
145	Nevern	O'Neill	Male			01:06:41	1860	01:02:51	1807	M35	169	1222
619	Anna	Oswowicka	Female	Running 4		01:06:41	1861	01:04:17	1911	F35	97	632
1212	Micky	Warwick	Male			01:06:41	1862	01:05:52	2010	M65	32	1223
1855	Christophe	Leeke	Male	Hensol Cas		01:06:41	1863	01:03:43	1872	M40	156	1224
3498	Amber	Brundle	Female	Paul Popham Running		01:06:41	1864	01:04:33	1937	F45	93	633
2470	Catrin	Rees	Female			01:06:42	1865	01:02:05	1756	FS	216	634
1695	Kyaw Htun	Aye	Male			01:06:42	1866	01:01:56	1747	M50	125	1225
1687	Tony	Toole	Male			01:06:42	1867	01:02:37	1791	M70	16	1226
2598	Rachel	Evans	Female	Llanelli AC		01:06:42	1868	01:02:55	1812	F50	62	635
2469	Eluned	Evans	Female			01:06:44	1869	01:02:06	1759	FS	217	636
2472	Samantha	Munson	Female			01:06:44	1870	01:03:41	1869	FS	218	637
2364	Elana	Farrant	Female			01:06:44	1871	01:04:11	1903	F40	83	638
1105	Nick	Dorward	Male			01:06:44	1872	01:02:56	1813	M60	60	1227
2299	Donna	Lukes	Female	Paul Popham Running		01:06:45	1873	01:04:47	1947	F45	94	639
3164	Andrew	Foley	Male			01:06:46	1874	01:05:36	1993	MS	383	1228
2295	Cariad	Tanner	Female			01:06:46	1875	01:03:43	1871	FS	219	640
2179	Simon	Keane	Male			01:06:49	1876	01:03:27	1853	M50	126	1229
2987	Kate	Powell	Female			01:06:52	1877	01:04:19	1914	F50	63	641
2411	Sarah	Hanks	Female	Paul Popham Running		01:06:53	1878	01:03:53	1879	F35	98	642
3657	Rowan	Hunter	Male			01:06:54	1879	01:03:57	1881	MS	384	1230
3481	Emily	Penry	Female			01:06:54	1880	01:04:51	1954	F35	99	643
611	Leanne	Romano	Female			01:06:55	1881	01:04:44	1942	F40	84	644
3282	Sarah	Alford	Female			01:06:55	1882	01:02:49	1803	F35	100	645
884	Kay	Saunders	Female	Clwb Run Wales		01:06:56	1883	01:05:34	1988	F60	19	646
1709	David	Evans	Male			01:06:58	1884	01:02:17	1767	M70	17	1231
2004	Jessica	Heath	Female			01:06:58	1885	01:02:37	1792	FS	220	647
1389	Beverley	Spear	Female	Clwb Rhedeg Pontard		01:06:59	1886	01:05:59	2012	F45	95	648
2044	Cheryl	Gittins	Female			01:07:00	1887	01:04:37	1940	F60	20	649
1346	Paul	Clayton	Male			01:07:01	1888	01:03:12	1829	M60	61	1232
1188	Sharon	Rogers	Female			01:07:01	1889	01:04:49	1950	F55	46	650
2054	Heulwen	Jones	Female			01:07:02	1890	01:03:46	1876	F40	85	651
644	Alice	Griffiths	Female			01:07:03	1891	01:03:40	1865	FS	221	652

2117	Rich	Buchanan	Male			01:07:05	1892	01:04:25	1922	M40		157	1233
2461	Liam	Thorley	Male	Llanelli AC		01:07:06	1893	01:03:18	1836	MS		385	1234
396	Debbie	Johnson	Female			01:07:06	1894	01:05:10	1966	F55		47	653
393	Corrine	Davies	Female			01:07:07	1895	01:05:10	1967	F45		96	654
3533	Stuart	Southwell	Male			01:07:07	1896	01:05:12	1969	M35		170	1235
1835	Joy	John	Female			01:07:08	1897	01:03:42	1870	F45		97	655
1791	Prunella	Nelson	Female			01:07:08	1898	01:04:08	1897	F50		64	656
2506	Craig	Kearney	Male	Llanelli AC		01:07:10	1899	01:03:19	1838	M40		158	1236
2608	Daniel	Taylor	Male			01:07:10	1900	01:02:35	1790	MS		386	1237
3403	Yvonne	Davies	Female	Trots		01:07:10	1901	01:04:59	1956	F40		86	657
1947	Victoria	Wall	Female			01:07:11	1902	01:03:59	1884	F40		87	658
1943	Jayne	Butler	Female	Trots		01:07:11	1903	01:03:59	1883	F45		98	659
2505	Claire	Kearney	Female	Llanelli AC		01:07:16	1904	01:03:25	1851	F40		88	660
1880	Steve	Daniels	Male			01:07:18	1905	01:04:07	1896	M55		96	1238
2877	Andy	Hawkins	Male			01:07:18	1906	01:04:08	1898	M50		127	1239
2343	Megan	Finch	Female			01:07:19	1907	01:03:04	1823	FS		222	661
480	Allen	Skuse	Male			01:07:19	1908	01:03:34	1857	MS		387	1240
2251	Lisa	Salkeld	Female	Pencoed Panthers		01:07:19	1909	01:03:44	1873	F45		99	662
3700	Daniel	Jones	Male		GCS	01:07:19	1910	01:04:15	1905	MS		388	1241
2077	Andy	Emm	Male			01:07:19	1911	01:04:17	1912	M45		148	1242
3664	Lella	Nouri	Female		Two Drago	01:07:20	1912	01:04:08	1899	F35		101	663
1873	Phil	Bowen	Male			01:07:20	1913	01:04:09	1901	M50		128	1243
3358	Peter	Davies	Male			01:07:20	1914	01:03:24	1850	M40		159	1244
1210	Jennie	Jones	Female			01:07:21	1915	01:04:59	1957	FS		223	664
390	Sue	Buckingham	Female			01:07:23	1916	01:04:49	1952	F60		21	665
2673	Harvey	Reeman	Male			01:07:25	1917	01:03:58	1882	M75		1	1245
2476	Lorna	Powell	Female	Llanelli AC		01:07:25	1918	01:03:37	1860	F50		65	666
3693	Jonathan	Phillips	Male			01:07:28	1919	01:02:57	1816	MS		389	1246
1494	Neil	Rainey	Male			01:07:29	1920	01:04:02	1888	M55		97	1247
402	Anest	James	Female			01:07:29	1921	01:03:11	1828	FS		224	667
395	Dan	Grover	Male			01:07:34	1922	01:05:22	1978	MS		390	1248
1445	Luke	Hammond	Male			01:07:35	1923	01:05:21	1976	MS		391	1249
3000	Amy	Nichols	Female			01:07:36	1924	01:02:28	1782	F35		102	668
3421	Alexa	Parry	Female			01:07:36	1925	01:05:41	2003	F40		89	669
1742	Simon	West	Male			01:07:37	1926	01:04:02	1890	M35		171	1250
2586	Kate	Mills	Female			01:07:37	1927	01:03:13	1830	F55		48	670
1736	Krystle	Hall	Female			01:07:37	1928	01:05:26	1980	F35		103	671
2585	Graham	Hutt	Male			01:07:37	1929	01:03:13	1831	M55		98	1251
1741	Sarah	Davies	Female			01:07:37	1930	01:04:02	1891	F35		104	672
1214	Steven	Bass	Male			01:07:40	1931	01:05:03	1961	M55		99	1252
2566	Joanna	Furber	Female			01:07:41	1932	01:03:38	1861	F45		100	673
2750	Jenny	Jones	Female			01:07:42	1933	01:06:09	2027	FS		225	674
3187	Katie	Thomas	Female		Team Thor	01:07:43	1934	01:05:41	2002	F40		90	675
1290	Nicole	Lee	Female		GCS	01:07:44	1935	01:03:39	1862	FS		226	676
3458	Allyson	Bray	Female	Run4All Neath		01:07:44	1936	01:06:30	2051	F55		49	677
3453	Elaine	Gibbs	Female	Run4All Neath		01:07:44	1937	01:06:29	2050	F65		5	678
1698	Mark	Fermandel	Male			01:07:44	1938	01:06:03	2017	M45		149	1253
3339	Natasha	Pedrick	Female			01:07:44	1939	01:06:02	2015	F45		101	679
3142	Ciaran	Ryan	Male			01:07:47	1940	01:03:17	1833	M40		160	1254
557	Phil	Stone	Male			01:07:48	1941	01:04:21	1918	M70		18	1255
185	Jonathan	Evans	Male			01:07:49	1942	01:04:34	1938	M40		161	1256
2176	Cathy	White	Female			01:07:52	1943	01:02:38	1794	F65		6	680
505	Carl	Mort	Male			01:07:53	1944	01:03:19	1841	M45		150	1257
2709	Phil	Jones	Male			01:07:53	1945	01:03:19	1839	M40		162	1258
1513	Helen	Williams	Female	Aberystwyth AC		01:07:54	1946	01:04:30	1927	F60		22	681
2448	Stephen	Smithers	Male		Bagle broo	01:07:55	1947	01:04:13	1904	M45		151	1259
1433	M	Mancini	Female			01:07:55	1948	01:04:19	1913	F55		50	682
3344	Seren	Jones	Female		Five Guys	01:07:57	1949	01:04:59	1958	FS		227	683
3490	Ray	James	Male			01:07:58	1950	01:03:52	1878	M60		62	1260
2148	Samantha	Lloyd	Female	Amman Valley Harriers		01:08:01	1951	01:05:15	1973	F35		105	684
2441	Sherri	Trott	Female		Bagle broo	01:08:03	1952	01:04:24	1921	F40		91	685
524	Lisa	Slee	Female			01:08:03	1953	01:04:25	1923	F45		102	686
3091	Sian	Wright	Female			01:08:03	1954	01:06:46	2065	F35		106	687
620	Andrew	Kingdon	Male		Running 4	01:08:04	1955	01:05:40	2000	M40		163	1261
2590	Lily	Crossley	Female			01:08:05	1956	01:04:47	1946	FS		228	688
2606	Jacob	Sells	Male			01:08:05	1957	01:04:48	1948	MS		392	1262
907	Andrew	Chilcott	Male			01:08:06	1958	01:05:38	1995	M45		152	1263
959	Jonathan	Hughes	Male			01:08:06	1959	01:05:38	1996	M45		153	1264
1602	David	Williams	Male			01:08:06	1960	01:05:39	1997	M40		164	1265
1566	Sally	Roberts	Female		De Vires is	01:08:07	1961	01:07:02	2082	F55		51	689
654	Denise	Cotterell	Female			01:08:08	1962	01:04:01	1887	F55		52	690
1789	Julia	Jones	Female	Port Talbot Harriers		01:08:08	1963	01:03:19	1840	F55		53	691
1564	Ben	Roberts	Male		De Vires is	01:08:08	1964	01:07:03	2085	MS		393	1266
1796	Roxanne	Kucyj	Female			01:08:09	1965	01:03:31	1855	F45		103	692
1504	Robert	Ralph	Male			01:08:11	1966	01:06:06	2020	MS		394	1267
2288	Rory	Mcintire	Male			01:08:11	1967	01:05:36	1994	MS		395	1268
2308	Lucy	Osborne	Female			01:08:11	1968	01:05:36	1992	FS		229	693
1252	Emma	Rees	Female			01:08:12	1969	01:06:13	2035	F40		92	694
1814	Steph	Davies	Female			01:08:12	1970	01:06:56	2077	FS		230	695
1021	Julia	Blake	Female	Clwb Run Wales		01:08:15	1971	01:06:53	2072	F60		23	696
3691	Samantha	Williams	Female			01:08:16	1972	01:05:14	1972				697
2771	Abigail	John	Female			01:08:22	1973	01:04:22	1919	F50		66	698
2400	Robert	Williams	Male			01:08:22	1974	01:04:15	1906	M40		165	1269
363	Lysa	Doe	Female			01:08:24	1975	01:06:11	2033	F40		93	699
2899	Miles	Preece	Male			01:08:24	1976	01:04:00	1885	M60		63	1270
3602	Chris	Howells	Male	Sospan Road Runners		01:08:25	1977	01:05:34	1986	M60		64	1271

3276	Pippa	Davies	Female			01:08:25	1978	01:03:35	1858	FS		231	700
2930	Annmarie	Davies	Female			01:08:26	1979	01:06:27	2048	FS		232	701
221	Chloe	Eveleigh	Female			01:08:30	1980	01:04:31	1930	FS		233	702
813	Emily	Meller	Female			01:08:30	1981	01:07:41	2130	FJ		19	703
252	Keiran	Summers	Male			01:08:31	1982	01:04:31	1931	MS		396	1272
585	Ed	Bishop	Male			01:08:32	1983	01:04:20	1916	MS		397	1273
1008	Rhys	Smith	Male			01:08:33	1984	01:03:48	1877	MS		398	1274
2609	Lleucu	Davies	Female			01:08:35	1985	01:04:29	1926	F35		107	704
274	Codey	Probert	Female			01:08:37	1986	01:05:04	1962	FS		234	705
2785	Hazel	Morgan	Female			01:08:38	1987	01:04:49	1951	F55		54	706
1355	Tammy	Crewe	Female		Rhymney Valley AC	01:08:40	1988	01:07:46	2138	F45		104	707
982	Sadie	North	Female			01:08:40	1989	01:05:34	1987	F45		105	708
2691	Simon	Tretharne	Male		Paul Popham Running	01:08:42	1990	01:06:10	2031	M55		100	1275
1985	Paul	Davies	Male			01:08:46	1991	01:07:23	2112	M60		65	1276
1568	Joanna	Amos	Female			01:08:46	1992	01:07:20	2106	F40		94	709
1539	Craig	Davies	Male			01:08:47	1993	01:03:55	1880	MS		399	1277
880	Dorsal 3686					01:08:48	1994	01:07:13	2093				
486	Sarah	Edwards	Female			01:08:48	1995	01:05:16	1974	F50		67	710
1460	Lettie	Tomkins	Female			01:08:49	1996	01:04:46	1945	FS		235	711
3014	Melanie	Tomkins	Female			01:08:49	1997	01:04:46	1944	F50		68	712
1035	Hannah	Cox	Female			01:08:51	1998	01:06:50	2068	FS		236	713
1360	Alexandra	Anderson	Female			01:08:53	1999	01:04:04	1893	F55		55	714
3239	Nicola	Murphy	Female			01:08:53	2000	01:07:50	2146	F40		95	715
3032	Stephen	Pritchard	Male			01:08:53	2001	01:04:31	1933	M45		154	1278
3645	Ellie	Wiffen	Female		Two Drago	01:08:54	2002	01:04:09	1900	FS		237	716
266	Jenny	Hobbs	Female			01:08:54	2003	01:06:18	2041	F35		108	717
126	Claire	Charlton	Female			01:08:55	2004	01:05:08	1965	F45		106	718
453	Sian	Thomas	Female			01:08:56	2005	01:06:30	2052	F55		56	719
454	Paul	Thomas	Male			01:08:56	2006	01:06:31	2053	M60		66	1279
1397	Jessica	Lewis	Female			01:08:58	2007	01:06:00	2013	FS		238	720
2352	Lisa	Powell	Female			01:08:59	2008	01:05:27	1981	F45		107	721
430	Geraint	Davies	Male			01:09:01	2009	01:05:35	1990	M35		172	1280
1033	Lisa	Davies	Female		Ciwb Run Wales	01:09:02	2010	01:07:41	2129	F45		108	722
670	Catrin	Jones	Female			01:09:06	2011	01:08:13	2169	F35		109	723
808	John	Weatherbe	Male		Lliswerry Runners	01:09:08	2012	01:04:15	1907	M60		67	1281
2524	Robert	Holdsworth	Male			01:09:10	2013	01:04:30	1928	M40		166	1282
1509	Tyer	May	Female			01:09:11	2014	01:06:13	2034	FS		239	724
1518	Katherine	Spofforth	Female			01:09:11	2015	01:04:49	1949	FS		240	725
361	Jane	King	Female			01:09:12	2016	01:05:31	1983	F55		57	726
359	Rob	King	Male			01:09:12	2017	01:05:31	1984	M55		101	1283
2374	Anthony	Wilson	Male			01:09:15	2018	01:04:21	1917	M60		68	1284
425	Fred	Hunter	Male			01:09:16	2019	01:04:31	1932	M65		33	1285
2952	Maria	Griffiths-na	Female			01:09:16	2020	01:05:20	1975	FS		241	727
2328	Toria	Owen-brow	Female		Run4All Neath	01:09:17	2021	01:08:08	2161	F35		110	728
2647	Bernita	De Wet	Female		3M Gorseion Road R	01:09:17	2022	01:07:02	2084	F50		69	729
747	Joanne	Juliff	Female			01:09:18	2023	01:05:48	2008	F45		109	730
3120	Katie	Smart	Female		Run4All Neath	01:09:19	2024	01:04:50	1953	FS		242	731
3317	Helen	Smith	Female			01:09:21	2025	01:07:47	2139	F40		96	732
3300	Anthony	Lawrence	Male		Five Guys	01:09:28	2026	01:06:32	2056	M35		173	1286
1138	Richard	Heys	Male			01:09:29	2027	01:06:38	2058	MS		400	1287
2554	Kate	Clarke	Female			01:09:30	2028	01:06:25	2045	F40		97	733
3514	Ian	Bowen-mo	Male			01:09:32	2029	01:08:14	2171	M55		102	1288
201	Aaron	Moffatt	Male			01:09:33	2030	01:04:43	1941	MS		401	1289
3110	Lisa	Newton	Female			01:09:33	2031	01:06:09	2025	F45		110	734
896	Mark	Mcdevitt	Male		Pontypridd Roadents A	01:09:33	2032	01:08:19	2175	M40		167	1290
991	Kirsty	Palmer	Female			01:09:33	2033	01:05:14	1971	F40		98	735
1677	Lucy	Ashton	Female			01:09:34	2034	01:06:10	2030	F45		111	736
615	Adrian	Roberts	Male			01:09:34	2035	01:04:45	1943	M60		69	1291
3594	Katherine	Dodd	Female			01:09:34	2036	01:06:10	2029	F45		112	737
716	Gina	Gavigan	Female			01:09:35	2037	01:06:03	2016	F40		99	738
856	Chris	Thomas	Female			01:09:36	2038	01:06:26	2046	F65		7	739
717	Leanne	John	Female			01:09:36	2039	01:06:03	2018	F40		100	740
1289	Rachel	Thomas	Female		GCS	01:09:37	2040	01:06:32	2055	F50		70	741
1332	Robert	Mckinley	Male			01:09:38	2041	01:05:39	1998	M60		70	1292
1331	Robert Tho	Mckinley	Male			01:09:39	2042	01:05:40	2001	MS		402	1293
923	Ellie	Mcmurray	Female			01:09:40	2043	01:07:49	2142	F35		111	742
2577	Olugbenga	Fakande	Male			01:09:42	2044	01:08:27	2185	M60		71	1294
990	Elin	Pritchard	Female			01:09:42	2045	01:06:51	2070	FS		243	743
108	Rosie	Mortlock	Female			01:09:43	2046	01:07:07	2090	FS		244	744
820	Kathy	Dawkins	Female			01:09:47	2047	01:05:48	2009	F50		71	745
3507	Helen	Dennis	Female			01:09:48	2048	01:05:21	1977	F45		113	746
1247	Ryan	Phillips	Male			01:09:49	2049	01:08:34	2192	MS		403	1295
3240	Anna	Lewis	Female			01:09:49	2050	01:05:02	1960	FS		245	747
1053	Alan	Sargeant	Male			01:09:51	2051	01:05:46	2006	M60		72	1296
1444	Jamie	Lannen	Male			01:09:51	2052	01:05:39	1999	M40		168	1297
1861	Phillip	Doel	Male			01:09:52	2053	01:07:19	2105	M60		73	1298
401	Rhian	Sutton	Female			01:09:53	2054	01:07:48	2140	F45		114	748
370	Marianne J	Pasion	Female			01:09:54	2055	01:06:07	2023	FS		246	749
3388	Catrin	Hannant	Female			01:09:55	2056	01:05:04	1963	F35		112	750
1696	Htet Nwe	Win	Female			01:09:59	2057	01:05:13	1970	F50		72	751
553	Ali	Roberts	Female			01:10:00	2058	01:07:51	2148	F55		58	752
1675	Alex	Hemingway	Female			01:10:00	2059	01:05:33	1985	FS		247	753
2688	Gavin	Roberts	Female			01:10:02	2060	01:06:17	2039	F50		73	754
302	Rachel	Bryant	Female			01:10:02	2061	01:05:23	1979	FS		248	755
337	Betsan	Williams	Female			01:10:03	2062	01:06:00	2014	FS		249	756
1358	Cerys	Nutt	Female			01:10:03	2063	01:06:58	2078	FJ		20	757

2695	Kathryn	Tomos	Female			01:10:04	2064	01:08:49	2209	F35		113	758
2370	Linda	Morris	Female			01:10:05	2065	01:07:06	2089	F40		101	759
1790	Paula	Burgess	Female			01:10:06	2066	01:07:04	2087	F45		115	760
2530	Howard	Davies	Male			01:10:08	2067	01:05:36	1991	M50		129	1299
1209	Morwenna	Stephens	Female			01:10:09	2068	01:05:05	1964	F70		2	761
2620	Kay	Hyde	Female			01:10:11	2069	01:07:12	2092	F45		116	762
2336	Rachael	Godwin	Female			01:10:12	2070	01:07:13	2094	F40		102	763
388	Paula	Price	Female	Crickhowell Running C		01:10:13	2071	01:06:14	2036	F55		59	764
1116	Meleri	Hicks	Female			01:10:13	2072	01:05:46	2005	FS		250	765
2689	Julie	Ransom	Female	Ogmore Phoenix Runr		01:10:13	2073	01:06:32	2054	F45		117	766
1476	Catherine	Harries	Female			01:10:16	2074	01:07:13	2095	FS		251	767
1292	Sarah	Jones	Female			01:10:21	2075	01:09:07	2229	FS		252	768
3217	Martin	Harrison	Male			01:10:22	2076	01:06:51	2069	M60		74	1300
2355	Dhiren	Mistry	Male			01:10:22	2077	01:06:51	2071	MS		404	1301
465	Wayne	Bowen	Male	Run4All Neath		01:10:23	2078	01:06:07	2022	M45		155	1302
466	Nicola	Bowen	Female			01:10:23	2079	01:06:06	2021	F50		74	769
1418	Carly	Morgan	Female			01:10:25	2080	01:07:38	2125	FS		253	770
2124	Christian	Hole	Male			01:10:26	2081	01:09:04	2224	M45		156	1303
2791	Gabrielle	Robbins	Female			01:10:26	2082	01:09:04	2226	F55		60	771
1671	Phillip	Williams	Male			01:10:26	2083	01:08:24	2179	M55		103	1304
1704	Ruth	Yandle	Female			01:10:26	2084	01:08:04	2155	F55		61	772
3180	Jane	Richards	Female			01:10:30	2085	01:07:42	2132	F55		62	773
872	Nia	Jones	Female			01:10:32	2086	01:05:53	2011	F45		118	774
398	Ms C	Joseph	Female			01:10:33	2087	01:07:02	2083	F45		119	775
2157	Ceri	Brueton	Female			01:10:34	2088	01:05:45	2004	F40		103	776
560	Julian	Hussell	Male			01:10:35	2089	01:05:47	2007	M50		130	1305
189	Diana	Agha	Female			01:10:36	2090	01:06:56	2076	FS		254	777
2832	Gary	Brewster	Male	Lliswerry Runners		01:10:41	2091	01:06:26	2047	M35		174	1306
385	Ben	Heath	Male			01:10:43	2092	01:09:12	2230	MS		405	1307
3581	Liz	Pawan	Female	Run4All Neath		01:10:44	2093	01:08:39	2195	F40		104	778
2693	Sue	Jones	Female			01:10:44	2094	01:07:17	2102	F55		63	779
286	Natalie	Davies	Female			01:10:45	2095	01:07:22	2111	FS		255	780
3114	Jonathan	Griffin	Male			01:10:47	2096	01:08:06	2156	M50		131	1308
640	Victoria	Woodman	Female			01:10:47	2097	01:08:07	2157	F40		105	781
2535	Tristan	Davies	Male			01:10:49	2098	01:06:09	2026	M45		157	1309
2881	Gary	Phillips	Male			01:10:49	2099	01:05:31	1982	M50		132	1310
2687	Tom	Henwood	Male			01:10:51	2100	01:07:50	2145	M35		175	1311
1802	Lucy	Painter	Female			01:10:58	2101	01:07:15	2097	FS		256	782
1369	Liam	Buften	Male			01:11:01	2102	01:08:26	2182	MS		406	1312
1371	Mathew	Colwell	Male			01:11:01	2103	01:08:27	2183	MS		407	1313
2111	Sarah	Skuse	Female	Lliswerry Runners		01:11:01	2104	01:06:47	2066	F40		106	783
3531	Helen	Parrott	Female			01:11:02	2105	01:08:38	2194	FS		257	784
3552	Mark	Carley	Male			01:11:04	2106	01:06:11	2032	M55		104	1314
1461	Tracy	Kinsella-ev	Female			01:11:04	2107	01:06:53	2074	F45		120	785
2660	Nia	Allen	Female	Ciwb Rhedeg Pontard		01:11:04	2108	01:08:54	2214	F45		121	786
1133	Ann	Hinder	Female			01:11:05	2109	01:06:16	2038	F50		75	787
1340	Sandra	Humphreys	Female	Ciwb Rhedeg Pontard		01:11:05	2110	01:08:53	2213	F60		24	788
538	Amy	Marston	Female	Run4All Neath		01:11:06	2111	01:06:28	2049	FS		258	789
1893	Isaac	Walters	Male			01:11:08	2112	01:06:41	2061	MS		408	1315
3015	David	Hirst	Male			01:11:08	2113	01:07:06	2088	M65		34	1316
3016	Jemma	Hirst	Female			01:11:08	2114	01:07:07	2091	FS		259	790
1002	Keighley	Lloyd	Female			01:11:09	2115	01:06:18	2042	F35		114	791
607	Sophie	Mclever	Female			01:11:09	2116	01:08:09	2162	FS		260	792
1003	Rebecca	Williams	Female			01:11:09	2117	01:06:18	2043	F35		115	793
970	Emily	Proctor	Female			01:11:10	2118	01:08:48	2208	FS		261	794
1584	Ethan	Beard	Male			01:11:10	2119	01:08:48	2206	MS		409	1317
3464	Gemma	Winchcomb	Female			01:11:10	2120	01:06:19	2044	F35		116	795
1178	Neil	Higgins	Male			01:11:10	2121	01:06:16	2037	M50		133	1318
979	Angharad	Dew	Female	Trots		01:11:11	2122	01:08:59	2221	F45		122	796
2894	Ollly	Penn	Male			01:11:11	2123	01:06:17	2040	M40		169	1319
1113	Chrstina	Mcgriele	Female			01:11:12	2124	01:07:01	2080	F55		64	797
1186	Sandra	Edwards	Female			01:11:13	2125	01:07:01	2081	F50		76	798
1586	Susan	Duggan	Female			01:11:14	2126	01:09:49	2250	F55		65	799
1431	Craig	Jones	Male			01:11:16	2127	01:07:33	2117	M45		158	1320
816	Sally	Harris	Female			01:11:18	2128	01:08:13	2170	F60		25	800
2393	Norman	Spencer	Male			01:11:18	2129	01:07:33	2119	M75		2	1321
3296	Thomas	Gage	Male			01:11:18	2130	01:08:31	2189	MS		410	1322
1557	Debra	Catt	Female			01:11:19	2131	01:07:04	2086	F55		66	801
3295	Richard	Cushion	Male	Five Guys		01:11:19	2132	01:08:25	2180	MS		411	1323
2810	Penny	Maisey	Female			01:11:19	2133	01:07:20	2107	F50		77	802
2821	Geraldine	Blake	Female	Brecon AC		01:11:21	2134	01:07:22	2110	F50		78	803
601	Rachel	Davies	Female			01:11:22	2135	01:09:12	2231	FS		262	804
1068	William	Rees	Male			01:11:22	2136	01:07:17	2101	MJ		37	1324
1828	Jemma	Cocks	Female	Hensol Cas		01:11:22	2137	01:06:50	2067	FS		263	805
2490	Carl	Holding	Male	Llangunnot		01:11:24	2138	01:06:41	2062	M35		176	1325
2165	Megan	Clement	Female			01:11:25	2139	01:06:53	2075	FS		264	806
2971	Harriet	John	Female			01:11:28	2140	01:06:39	2059	F35		117	807
332	Charlotte	Charles	Female			01:11:29	2141	01:07:52	2149	F40		107	808
3348	Morag	De Waal	Female			01:11:29	2142	01:07:26	2114	F35		118	809
1759	Christina	Jones	Female			01:11:29	2143	01:08:55	2215	F60		26	810
2840	Elaine	Morgans	Female			01:11:30	2144	01:06:10	2028	F50		79	811
3460	Jon	Griffiths	Male			01:11:31	2145	01:06:37	2057	M35		177	1326
2888	Michael	Griffiths	Male			01:11:31	2146	01:06:40	2060	M70		19	1327
1010	Rhodri	Phillips	Male			01:11:32	2147	01:07:33	2120	MS		412	1328
1011	Rowan	Smith	Female			01:11:33	2148	01:07:34	2121	FS		265	812
2629	Wendy	Cornelius	Female			01:11:33	2149	01:08:02	2154	F50		80	813

1012	Jodie	Donovan	Female			01:11:34	2150	01:09:07	2228	FS	266	814
1421	Ceri	Parker	Male			01:11:36	2151	01:08:08	2159	MS	413	1329
3611	Heidi	Harrison	Female			01:11:39	2152	01:07:46	2137	F40	108	815
1664	Anna	Rees	Female			01:11:40	2153	01:08:02	2153	F40	109	816
685	Carolyn	Foley	Female	Port Talbot Harriers		01:11:42	2154	01:06:53	2073	F60	27	817
1810	Antony	Morgan	Male			01:11:43	2155	01:09:21	2238	M40	170	1330
2350	A	Bryant	Female			01:11:43	2156	01:07:15	2096	F35	119	818
2978	Gemma	McDonald	Female			01:11:45	2157	01:07:35	2122	F50	81	819
2979	Warren	Grant	Male			01:11:46	2158	01:07:37	2124	M50	134	1331
2357	Alice	Frater	Female			01:11:47	2159	01:07:33	2118	FS	267	820
2666	Nigel	Perks	Male	59ers		01:11:48	2160	01:07:48	2141	M60	75	1332
3683	Amberley	Temudo	Female			01:11:48	2161	01:08:01	2151	FS	268	821
2941	Anwar	M Ali	Male			01:11:48	2162	01:11:14	2317	M50	135	1333
727	Jen	Howlett	Female			01:11:49	2163	01:09:47	2248	F35	120	822
3054	Rachel	Adams	Female			01:11:50	2164	01:06:43	2063	FS	269	823
1971	Eric	Davey	Male			01:11:50	2165	01:10:06	2273	M70	20	1334
1503	Lydia	Davey	Female			01:11:51	2166	01:10:06	2275	FS	270	824
1459	Tracy	Davies	Female			01:11:51	2167	01:07:39	2127	F50	82	825
3053	Liam Ross	Forde	Male			01:11:51	2168	01:06:44	2064	MS	414	1335
2300	Elizabeth	Tanguay	Female			01:11:52	2169	01:07:31	2116	F40	110	826
1446	Kirsty	Brookes	Female			01:11:53	2170	01:07:40	2128	FS	271	827
1778	Raymond	Tang	Male	Hikey Bois		01:11:55	2171	01:09:54	2257	MS	415	1336
1777	Raj	Rawal	Male	Hikey Bois		01:11:55	2172	01:09:55	2259	MS	416	1337
703	Ffion	Alexander	Female			01:11:56	2173	01:09:17	2237	FS	272	828
1135	Siriol	Jones	Female			01:11:59	2174	01:08:24	2178	F55	67	829
1487	Mike	Mike	Male			01:12:00	2175	01:08:08	2158	M70	21	1338
722	Edward	Hopkin	Male			01:12:01	2176	01:08:35	2193	M35	178	1339
2191	Cheryl	Booker	Female			01:12:02	2177	01:07:38	2126	FS	273	830
892	Ryan	Chard	Male			01:12:02	2178	01:07:42	2133	M35	179	1340
1795	Garfield	Thomas	Male			01:12:04	2179	01:07:16	2098	M80	1	1341
2208	Rachael	Buften	Female			01:12:05	2180	01:07:41	2131	F35	121	831
2602	Zoe	Yetman	Female	Port Talbot Harriers		01:12:10	2181	01:07:21	2108	F45	123	832
3431	Ruth	Davies	Female			01:12:11	2182	01:08:45	2203	FS	274	833
1384	Cherry-li	Manley	Female			01:12:13	2183	01:07:42	2135	FS	275	834
1401	Faye	Moryc	Female			01:12:14	2184	01:10:42	2304	F45	124	835
1109	Ryan	Ace	Male			01:12:14	2185	01:07:42	2134	MS	417	1342
198	Bev	Edwards	Female			01:12:15	2186	01:09:13	2232	FS	276	836
708	Kevin	Watts	Male			01:12:16	2187	01:07:21	2109	M35	180	1343
2233	Helen	Dyer	Female			01:12:16	2188	01:08:01	2152	F40	111	837
3443	Emma	Jones	Female	Tri Hard H	Tri hard ha	01:12:17	2189	01:10:07	2278	FS	277	838
3003	Nicci	Southard-s	Female	Tri Hard Harriers		01:12:17	2190	01:10:07	2279	F50	83	839
1538	Ellen	Maine	Female	Tri Hard Harriers		01:12:17	2191	01:10:09	2283	F50	84	840
3002	Claire	Wellington	Female	Tri Hard Harriers		01:12:17	2192	01:10:08	2282	F50	85	841
3178	Rhiannon	Maine	Female			01:12:18	2193	01:10:08	2281	FS	278	842
298	Vicky	Ward	Female			01:12:18	2194	01:08:34	2191	F35	122	843
966	Glenn	Foster	Male			01:12:18	2195	01:08:12	2166	M60	76	1344
2596	Lee	Williams	Male			01:12:19	2196	01:07:35	2123	M40	171	1345
2975	Alyson	Smith	Female			01:12:20	2197	01:06:59	2079	F55	68	844
1905	Nicola	Bobyk	Female			01:12:23	2198	01:08:10	2165	F35	123	845
3650	Tyrone	Price	Male			01:12:23	2199	01:11:02	2314	M50	136	1346
1338	Stacey	Davies	Female			01:12:23	2200	01:08:57	2219	FS	279	846
1727	Victoria	Newman	Female			01:12:24	2201	01:11:21	2323	F40	112	847
3711	Craig	Litchfield	Male	Joe's Ice C		01:12:24	2202	01:07:29	2115	M40	172	1347
1726	Greg	Newman	Male			01:12:25	2203	01:11:21	2321	M45	159	1348
529	James	Calnon	Male			01:12:25	2204	01:07:18	2104	M35	181	1349
2874	Aerona	Davies	Female			01:12:26	2205	01:08:08	2160	F55	69	848
2500	Christophe	Richards	Male			01:12:26	2206	01:07:17	2100	M40	173	1350
554	Kayla	Meisl	Female			01:12:29	2207	01:08:39	2196	FS	280	849
2404	Deborah	John	Female	Llanelli AC		01:12:30	2208	01:08:41	2199	F60	28	850
960	Jennifer	Wallen	Female	Porthcawl Runners		01:12:31	2209	01:08:00	2150	F35	124	851
2389	David	Eagle	Male	Run4All Neath		01:12:32	2210	01:07:16	2099	M45	160	1351
713	Janette	Ibanez Bec	Female			01:12:32	2211	01:07:18	2103	F35	125	852
2744	Spencer	Veck	Male			01:12:33	2212	01:09:01	2223	M50	137	1352
1837	Kayleigh	Rose	Female			01:12:33	2213	01:07:50	2144	FS	281	853
3259	Ceri	James	Female			01:12:35	2214	01:07:26	2113	F40	113	854
3304	Sarah	Howard	Female	Port Talbot Harriers		01:12:38	2215	01:07:49	2143	FS	282	855
1216	Stuart	Walters	Male			01:12:38	2216	01:10:02	2270	M50	138	1353
3303	Daniel	Howard	Male			01:12:39	2217	01:07:51	2147	MS	418	1354
1847	Lucas	Dower	Male			01:12:40	2218	01:08:13	2168	MS	419	1355
3678	Meinir	James	Female			01:12:45	2219	01:11:25	2325	F45	125	856
3557	Daniels	Azun	Male	MENTAL H		01:12:45	2220	01:09:51	2253	M35	182	1356
846	Angelina	Lewis	Female			01:12:46	2221	01:08:16	2172	F55	70	857
435	Rachel	Cronin	Female			01:12:48	2222	01:08:19	2174	FS	283	858
1972	Abdul	Al-meshhe	Male			01:12:49	2223	01:08:40	2198	MS	420	1357
2172	Tess	Bell	Female	Forest Of L		01:12:51	2224	01:11:40	2336	F50	86	859
1747	Sophie	Thompson	Female			01:12:51	2225	01:11:05	2316	FS	284	860
547	Maggie	Pope	Female			01:12:52	2226	01:08:25	2181	F55	71	861
1956	Steve	Gray	Male			01:12:53	2227	01:08:10	2164	M35	183	1358
3257	Anne	Field	Female			01:12:54	2228	01:07:45	2136	F45	126	862
2365	Kim	Evans	Female			01:12:54	2229	01:10:06	2274	F65	8	863
2293	Teresa	Hoult	Female			01:12:56	2230	01:11:44	2342	F60	29	864
3662	Alice	Sullivan	Female	3M Gorseinon Road R		01:12:57	2231	01:09:06	2227	F45	127	865
2462	Michelle	Bowen	Female	Llanelli AC		01:13:03	2232	01:09:14	2233	F50	87	866
2741	Sam	Mears	Female			01:13:04	2233	01:08:27	2184	FS	285	867
2716	Robert	Workman	Male			01:13:08	2234	01:10:12	2288	M45	161	1359
1761	Deborah	Lewis	Female			01:13:08	2235	01:08:56	2216	FS	286	868

690	Julie	Wilkins	Female			01:13:09	2236	01:08:22	2177	F45		128	869
391	Karen	Dawson	Female			01:13:09	2237	01:08:28	2187	F55		72	870
1753	Mark	Rowland	Male			01:13:10	2238	01:09:47	2249	M55		105	1360
3338	Jonathan	Richards	Male		Joe's Ice C	01:13:10	2239	01:08:12	2167	M35		184	1361
718	Natalya	Romaniw	Female			01:13:15	2240	01:08:30	2188	F35		126	871
107	Annaliese	Freeman	Female			01:13:17	2241	01:10:41	2302	FS		287	872
2639	Nigel Leigh	Jones	Male			01:13:21	2242	01:12:07	2354	M65		35	1362
1266	Karen	Flannery	Female		GCS	01:13:22	2243	01:10:18	2292	F50		88	873
3655	Jody	Ralph	Female		GCS	01:13:22	2244	01:10:19	2293	F35		127	874
1015	Laura	Noble	Female			01:13:23	2245	01:11:17	2319	F35		128	875
1374	Kate	Regan	Female			01:13:23	2246	01:08:18	2173	FS		288	876
784	Tom	Noble	Male			01:13:24	2247	01:11:17	2318	M35		185	1363
2649	Debbie	Lewis	Female			01:13:25	2248	01:08:43	2201	F50		89	877
1398	James	Howells	Male			01:13:26	2249	01:08:53	2212	M35		186	1364
285	Christophe	Hodgetts	Male			01:13:27	2250	01:09:54	2255	M35		187	1365
3666	Estella	Chambers	Female			01:13:27	2251	01:08:46	2205	FS		289	878
3667	Geraint	Lloyd-bren	Male			01:13:28	2252	01:08:45	2204	MS		421	1366
1465	Thomas	Peters	Male			01:13:28	2253	01:12:04	2352	M35		188	1367
683	Nicola	Bailey	Female			01:13:29	2254	01:08:41	2200	F40		114	879
686	Ann	Thomas	Female		Port Talbot Harriers	01:13:29	2255	01:08:09	2163	F70		3	880
761	Dione	Dione	Female			01:13:29	2256	01:08:40	2197	F55		73	881
3574	Claire	Robinson	Female			01:13:29	2257	01:08:51	2210	F40		115	882
1797	Martyn	Waygood	Male			01:13:29	2258	01:08:19	2176	M65		36	1368
3575	Lindsey	Barnard	Female			01:13:29	2259	01:08:52	2211	F35		129	883
1221	Emma	Lewin	Female		Lonely Goat RC	01:13:30	2260	01:08:32	2190	F50		90	884
1940	Emily	Hammett	Female			01:13:32	2261	01:10:13	2289	F40		116	885
380	Sally	Fuller	Female			01:13:32	2262	01:10:18	2291	F50		91	886
2078	Ged	Wood	Male			01:13:33	2263	01:08:43	2202	M65		37	1369
2846	John	Gabb	Male			01:13:35	2264	01:08:56	2217	M65		38	1370
350	Kathryn	Perkins	Female			01:13:35	2265	01:09:55	2261	F40		117	887
3330	Paula	Clarke	Female			01:13:35	2266	01:08:59	2220	F50		92	888
2823	Gita	Kalinina	Female			01:13:36	2267	01:10:00	2266	F40		118	889
3123	Joe	Mathews	Male			01:13:36	2268	01:10:01	2267	M40		174	1371
1207	Cath	Hawkins	Female			01:13:37	2269	01:10:01	2268	F50		93	890
1396	Bethan	Davies	Female			01:13:37	2270	01:10:10	2285	F35		130	891
1489	Chris	Morris	Male			01:13:38	2271	01:08:48	2207	MS		422	1372
987	Andrew	Tucker	Male		Tri Hard Harriers	01:13:38	2272	01:10:10	2286	M50		139	1373
2103	Katie	Murphy	Other			01:13:39	2273	01:08:28	2186				3
70	Fran	Newman	Female			01:13:40	2274	01:09:32	2243				892
2914	Jimmy	Ward	Male			01:13:43	2275	01:11:35	2333	M35		189	1374
2164	Rhidian	Clement	Male			01:13:46	2276	01:09:14	2234	M45		162	1375
475	Rhian	Bryan	Female		Run4All Neath	01:13:48	2277	01:09:04	2225	F50		94	893
532	Zihan	Lin	Female			01:13:51	2278	01:09:42	2246	FJ		21	894
2271	Amy	Lewis	Female			01:13:53	2279	01:09:40	2245	FS		290	895
1738	Ben	Grunhut	Male			01:13:53	2280	01:12:07	2355	MS		423	1376
3236	Karen	Grunhut	Female		Paul Popham Running	01:13:55	2281	01:12:08	2356	F55		74	896
938	Sarah	Williams	Female			01:13:57	2282	01:09:16	2236	F35		131	897
2668	Jeremy	Jones	Male		59ers	01:13:58	2283	01:09:58	2263	M60		77	1377
726	Richard	Lowe	Male		Swansea C	01:13:58	2284	01:08:57	2218	MS		424	1378
2075	Sharon	Punter	Female			01:13:59	2285	01:09:44	2247	F45		129	898
2667	Liz	Knowles	Female		59ers	01:13:59	2286	01:09:58	2265	F60		30	899
2944	Becs	Wadley	Female			01:13:59	2287	01:09:58	2264	F50		95	900
1317	Melanie	Earles	Female		GCS	01:14:00	2288	01:09:31	2242	F40		119	901
903	Stephen	Joseph	Male		Swansea C	01:14:02	2289	01:09:00	2222	M40		175	1379
2422	Kenneth W	Oliver	Male			01:14:02	2290	01:12:38	2373	M60		78	1380
1897	Tiv	Thomas	Male			01:14:05	2291	01:10:07	2277	M65		39	1381
336	Mike	Jones	Male			01:14:05	2292	01:09:24	2239	M70		22	1382
2206	Andrew	Bagley	Male			01:14:07	2293	01:10:29	2296	M45		163	1383
541	Rachael	Morris	Female			01:14:13	2294	01:13:50	2432	F40		120	902
1344	Lucy	Brown	Female			01:14:13	2295	01:10:01	2269	F35		132	903
3527	Louise	Parry	Female			01:14:14	2296	01:09:27	2240	F35		133	904
2713	Gareth	Clark	Male			01:14:15	2297	01:09:31	2241	M40		176	1384
1148	Helen	Watkins	Female		Clwb Run Wales	01:14:16	2298	01:09:51	2252	F45		130	905
1945	Nicola	Brown	Female			01:14:16	2299	01:11:04	2315	F40		121	906
1420	James	Cornwell	Male			01:14:18	2300	01:10:33	2300	M75		3	1385
2898	Lewis	Wallis	Male			01:14:18	2301	01:09:52	2254	M45		164	1386
2786	Angela	Morgan	Female			01:14:21	2302	01:10:33	2299	F60		31	907
473	Ian	Lamont	Male		Cornelly Striders AC	01:14:27	2303	01:11:38	2334	M55		106	1387
3117	Sam	Grunhut	Male			01:14:31	2304	01:12:45	2382	MS		425	1388
1746	Gethin	Rees	Male			01:14:31	2305	01:12:45	2383	MS		426	1389
3364	Shane	Hurford	Male		Joe's Ice C	01:14:32	2306	01:09:37	2244	M45		165	1390
3207	Sarah Jane	Evans	Female		Fylde Coast Runners	01:14:32	2307	01:10:15	2290	F60		32	908
1542	Jacob	Dyson	Male			01:14:32	2308	01:10:56	2311	MS		427	1391
1543	Tim	Dyson	Male			01:14:32	2309	01:10:57	2312	M50		140	1392
1994	Richard	Phillips	Male			01:14:35	2310	01:09:57	2262	M50		141	1393
3121	Graham	Bingham	Male			01:14:37	2311	01:09:15	2235	M55		107	1394
2243	Hayley	Pugh	Female		Pontypridd Pugh's pos	01:14:37	2312	01:10:08	2280	F45		131	909
2632	Amanda	Toms	Female		Lliswerry Runners	01:14:39	2313	01:10:25	2294	F45		132	910
3168	Pearl	Shipley	Female			01:14:42	2314	01:13:40	2422	F65		9	911
3299	Alex	Mason	Male		Five Guys	01:14:43	2315	01:11:55	2350	MS		428	1395
1190	Ben	Fritsche	Male			01:14:47	2316	01:12:42	2378	MS		429	1396
1189	Sophie	Davies	Female			01:14:48	2317	01:12:44	2381	FS		291	912
3488	Kevin	Sainsbury	Male			01:14:49	2318	01:11:43	2341	M35		190	1397
161	Chris	Demellwee	Male			01:14:49	2319	01:10:11	2287	M50		142	1398
2291	Gwen	Malson	Female			01:14:50	2320	01:10:10	2284	F35		134	913
860	Ruth	Richards	Female			01:14:53	2321	01:09:54	2256	F35		135	914

2052	Mark	Steer	Male			01:14:55	2322	01:12:43	2380	M45		166	1399
861	Luke	Richards	Male		RichardsR	01:14:55	2323	01:09:55	2260	M45		167	1400
1585	Chrissie	Hynam	Female			01:14:57	2324	01:13:32	2417	F50		96	915
3005	Rhian	Lewis	Female			01:14:57	2325	01:13:38	2418	F50		97	916
1992	Simone	Gregory	Female			01:14:57	2326	01:13:39	2421	F50		98	917
1310	Nicola	Prosser	Female		GCS	01:14:58	2327	01:11:53	2348	F40		122	918
807	Cheryl	Jones	Female		Lliswerry Runners	01:14:59	2328	01:10:06	2272	F40		123	919
1176	Mitchell	Williams	Male			01:15:00	2329	01:10:07	2276	MS		430	1401
3065	Andrew	Rhodes	Male			01:15:01	2330	01:09:54	2258	M40		177	1402
3340	Leigh	Mathews	Male		Joe's Ice C	01:15:01	2331	01:10:05	2271	M50		143	1403
1734	Joshua	Davies	Male			01:15:02	2332	01:13:24	2408	M35		191	1404
2207	Catherine	Hill	Female			01:15:04	2333	01:11:48	2343	F50		99	920
2269	Menna	Lewis	Female			01:15:04	2334	01:11:22	2324	F60		33	921
159	Jasmin	Thomas	Female			01:15:05	2335	01:09:51	2251	F40		124	922
1185	Samantha	Bills	Female			01:15:09	2336	01:10:58	2313	F35		136	923
2728	William	Morgan	Male			01:15:11	2337	01:12:10	2358	M60		79	1405
2579	Joanne	Heath	Female		Sarn Helen	01:15:11	2338	01:11:31	2332	F50		100	924
3141	Claire	Dixon	Female			01:15:13	2339	01:13:13	2400	F40		125	925
790	Sarah	Mitchell	Female			01:15:14	2340	01:10:26	2295	FS		292	926
756	Carolyn	Lewis	Female		Pegasus Running Clu	01:15:16	2341	01:10:36	2301	F40		126	927
3113	Sarah	Griffin	Female			01:15:17	2342	01:10:41	2303	F45		133	928
1263	Jodie	Stirling	Female			01:15:18	2343	01:10:29	2297	F35		137	929
1946	Mrs	Lewis	Female			01:15:18	2344	01:12:06	2353	F40		127	930
3134	Jackie	Meyrick	Female			01:15:20	2345	01:12:31	2368	F60		34	931
163	Lee	Smith	Male			01:15:22	2346	01:13:38	2419	MS		431	1406
996	Louise	Muteham	Female		Lliswerry Runners	01:15:24	2347	01:14:56	2463	F35		138	932
3079	Rhian	Broad	Female			01:15:24	2348	01:10:49	2306	F50		101	933
1083	Paul	Neale	Male		Hatch Warren Runners	01:15:26	2349	01:10:55	2308	M50		144	1407
1877	Huw	Jones	Male			01:15:27	2350	01:10:32	2298	M65		40	1408
1854	Laura	Smith	Female		Hensol Cas	01:15:28	2351	01:10:56	2310	FS		293	934
3104	Sioned	Howells	Female			01:15:32	2352	01:11:43	2340	FS		294	935
839	Nicole	Daniels	Female			01:15:34	2353	01:10:56	2309	FS		295	936
1659	Steve	Davies	Male		Clwb Rhedeg Pontard	01:15:39	2354	01:10:44	2305	M55		108	1409
656	Courtney	Williams	Female		Ogmore Phoenix Runr	01:15:39	2355	01:11:20	2320	FS		296	937
3311	Jack	Evans	Male			01:15:39	2356	01:11:31	2330	MS		432	1410
1629	Olivia	Fisher	Female			01:15:41	2357	01:12:08	2357	FS		297	938
573	Suzanne	Greenow	Female		Chatty pac	01:15:44	2358	01:11:40	2337	F35		139	939
572	Amy	Collins	Female			01:15:45	2359	01:11:40	2338	F40		128	940
1583	Lucy	Jenkins	Female			01:15:45	2360	01:11:41	2339	F35		140	941
3382	Kate	Strong	Female		Cornelly Striders AC	01:15:48	2361	01:11:21	2322	F40		129	942
3669	Josh	Morgan	Male			01:15:49	2362	01:14:25	2452	MS		433	1411
3665	Ellie	Morgan	Female			01:15:49	2363	01:14:25	2451	FS		298	943
2099	Jade	Hackney	Female		Run4All Neath	01:15:50	2364	01:12:33	2370	FS		299	944
2735	Deanne	Rebane	Female			01:15:51	2365	01:10:50	2307	F60		35	945
3329	Sam	Lewis	Female			01:15:53	2366	01:12:43	2379	FS		300	946
3312	Steve	Evans	Male			01:16:01	2367	01:11:54	2349	M50		145	1412
935	Rachel	Lloyd	Female		Run4All Neath	01:16:03	2368	01:12:33	2369	F35		141	947
3510	Elinor	Wellington	Female		Run4All Neath	01:16:03	2369	01:12:34	2372	F35		142	948
746	Hannah	Hunt	Female		Run4All Neath	01:16:03	2370	01:12:33	2371	FS		301	949
1679	Kathryn	Spendlove	undisclosed		Heanor Ru	01:16:09	2371	01:12:12	2359				4
2512	Charlotte	Greves O	Female			01:16:09	2372	01:11:26	2326	F35		143	950
2513	Gethin	Greves	Male			01:16:09	2373	01:11:26	2328	M35		192	1413
2597	Ceri	Williams	Female			01:16:10	2374	01:11:26	2327	F35		144	951
317	Rebecca	Morgan	Female			01:16:10	2375	01:12:15	2361	F35		145	952
1719	Lisa	Cloke	Female			01:16:13	2376	01:11:53	2347	F40		130	953
379	Catherine	Walsh	Female			01:16:13	2377	01:12:58	2392	F55		75	954
2218	Janet	Wright	Female			01:16:15	2378	01:12:13	2360	F45		134	955
2563	Angharad	Rogers	Female			01:16:15	2379	01:13:13	2401	F35		146	956
2659	Liz	Griffiths	Female		Lonely Goat RC	01:16:18	2380	01:12:15	2362	F40		131	957
3370	Jan	Jones	Female			01:16:20	2381	01:13:20	2404	F55		76	958
290	Sarah	Williams	Female			01:16:26	2382	01:11:53	2346	F35		147	959
1256	Charlotte	Gravell	Female		Gravells	01:16:29	2383	01:11:50	2345	F45		135	960
2564	James	Rogers	Male			01:16:29	2384	01:13:30	2416	M35		193	1414
2060	Sarah	Hopkins	Female			01:16:29	2385	01:11:30	2329	F35		148	961
2292	Arwen	Nixon	Other			01:16:32	2386	01:11:38	2335				4
2050	Jessica	Cooper	Female			01:16:32	2387	01:12:39	2374	FS		302	962
2051	Abigail	Cooper	Female			01:16:32	2388	01:12:40	2375	FS		303	963
1899	Howard	Sims	Male		Run4All Neath	01:16:34	2389	01:11:56	2351	M50		146	1415
3128	Thomas	Jones	undisclosed			01:16:34	2390	01:11:31	2331				5
3352	Deborah	Rosser	Female			01:16:37	2391	01:12:20	2364	F55		77	964
3269	Hywel	Pugh	Male			01:16:40	2392	01:11:50	2344	M35		194	1416
2006	Laura	Potter	Female		Porthcawl Runners	01:16:44	2393	01:12:16	2363	F55		78	965
3161	Eluned	Evans	Female		Run4All Neath	01:16:48	2394	01:14:44	2459	F45		136	966
1896	Lauren	Thomas	Female			01:16:53	2395	01:12:53	2388	FS		304	967
680	Christophe	Bodley	Male			01:16:57	2396	01:13:29	2412	M40		178	1417
2683	Margaret	Cleverly	Female			01:17:00	2397	01:12:57	2391	F65		10	968
3375	Catrin	Nicholls	Female			01:17:01	2398	01:13:07	2395	FS		305	969
1500	Susan	Baugh	Female		Clwb Rhedeg Pontard	01:17:09	2399	01:12:30	2367	F50		102	970
3592	Chelsea	Alcantar	Female			01:17:11	2400	01:13:24	2407	FS		306	971
2223	Lily	Courts	Female			01:17:14	2401	01:13:12	2398	FS		307	972
658	Zoe	Adams	Female			01:17:14	2402	01:13:43	2426	F45		137	973
2272	Samantha	Earle	Female			01:17:17	2403	01:12:25	2365	F55		79	974
2380	Melanie Ad	Williams	Female			01:17:21	2404	01:12:25	2366	F50		103	975
867	Bryony	Hopkins	Female			01:17:26	2405	01:13:21	2405	FS		308	976
2224	Cath	Courts	Female			01:17:26	2406	01:13:25	2409	F50		104	977
916	Carol	Bale	Female			01:17:27	2407	01:13:22	2406	F60		36	978

1970	Caitlin	Ward	Female			01:17:29	2408	01:13:42	2425	FS		309	979
2040	Paul	Ward	Male			01:17:29	2409	01:13:41	2424	M55		109	1418
3703	Paul	Neck	Male			01:17:30	2410	01:12:40	2376	M50		147	1419
3307	Sally	Macmillan	Female			01:17:30	2411	01:13:59	2437	F60		37	980
2953	Kyle	Griffiths-na	Male			01:17:38	2412	01:13:41	2423	MS		434	1420
622	Elizabeth	Humphries	Female			01:17:39	2413	01:13:04	2393	F45		138	981
1104	Rose	Dorward	Female			01:17:39	2414	01:13:50	2434	FS		310	982
3604	Miss	Cooper	Female			01:17:39	2415	01:13:05	2394	F40		132	983
3185	Jane	Pritchard	Female			01:17:41	2416	01:14:51	2460	F65		11	984
3280	Dylan	Radbone	Male		Joe's Ice C	01:17:42	2417	01:12:46	2385	MS		435	1421
793	Fossey	Fossey	Female			01:17:43	2418	01:12:56	2390	F50		105	985
1399	Stephanie	Duggan	Female			01:17:45	2419	01:13:13	2399	F50		106	986
2426	Megan	Parker	Female			01:17:45	2420	01:13:49	2430	FS		311	987
2112	Julian	Viggers	Male			01:17:45	2421	01:12:46	2384	M55		110	1422
952	Kia	Bruton	Female			01:17:46	2422	01:13:14	2403	FS		312	988
2113	Marie	Viggers	Female			01:17:47	2423	01:12:47	2387	F55		80	989
1039	Jayson	Arnold	Male			01:17:50	2424	01:15:50	2494	M50		148	1423
476	Michele	David	Female		Run4All Neath	01:17:51	2425	01:13:07	2397	F55		81	990
2871	Pippa	Hart	Female			01:17:52	2426	01:13:26	2410	F45		139	991
2845	Holly	Vickers	Female			01:17:52	2427	01:13:27	2411	F35		149	992
1510	Matthew	Griffiths	Male			01:17:53	2428	01:12:41	2377	M40		179	1424
1792	Joanna	England	Female			01:17:55	2429	01:17:12	2528	F45		140	993
3156	Adele	Harden	Female			01:17:55	2430	01:12:47	2386	F50		107	994
1537	Niamh	Allison	Female			01:17:58	2431	01:13:07	2396	F35		150	995
3445	Kyle	Jones	Male		Five Guys	01:18:00	2432	01:15:04	2464	MS		436	1425
1205	Paul	Davies	Male			01:18:05	2433	01:12:56	2389	M60		80	1426
2805	Fran	Hoksberge	Female			01:18:11	2434	01:16:39	2513	FS		313	996
405	Cerys	Collier	Female			01:18:12	2435	01:15:12	2471	FS		314	997
2455	Malcolm	Parker	Male		Islwyn RC	01:18:13	2436	01:14:17	2444	M80		2	1427
3129	Ashley	Baxter	Male			01:18:15	2437	01:13:13	2402	M40		180	1428
1895	Nia	Walters	Female			01:18:16	2438	01:13:30	2414	F45		141	998
1155	Emma-kate	Thomas	Female			01:18:17	2439	01:13:30	2413	F50		108	999
1662	Adrian	Williams	Male		Tech-Wale	01:18:17	2440	01:13:30	2415	M45		168	1429
3688	Richard	Samphier	Male			01:18:22	2441	01:13:48	2429	M50		149	1430
3689	Andrew	Samphier	Male			01:18:22	2442	01:13:48	2428	MS		437	1431
3647	Lindsey	Mullins	Female		Two Drago	01:18:25	2443	01:13:39	2420	F40		133	1000
2166	Richard	Harry	Male			01:18:25	2444	01:13:43	2427	M45		169	1432
386	Nicki	Suddell	Female			01:18:27	2445	01:14:18	2446	F45		142	1001
3220	Joce	Darch	Female			01:18:28	2446	01:15:08	2468	F65		12	1002
1182	Chantel	Coleman	Female			01:18:29	2447	01:14:17	2442	F35		151	1003
1028	Rachel	Martin	Female			01:18:33	2448	01:13:50	2431	F50		109	1004
3335	Lucy	Baker	Female		Five Guys	01:18:33	2449	01:15:38	2487	FS		315	1005
2375	Jenny	Clinch	Female			01:18:40	2450	01:14:37	2456	F35		152	1006
3172	Lynne	Peet	Female			01:18:41	2451	01:14:04	2440	F40		134	1007
545	Aaryn	Hughes	Male			01:18:41	2452	01:14:00	2438	MS		438	1433
649	Delyth	Sambrook	Female			01:18:41	2453	01:13:58	2436	F50		110	1008
548	Chris	Collin	Male		Ogmore Phoenix Runr	01:18:44	2454	01:14:02	2439	M40		181	1434
998	Emma-jane	Lovell	Female			01:18:45	2455	01:15:47	2492	FS		316	1009
1367	Donald	Harvey	Male			01:18:46	2456	01:15:09	2469	M75		4	1435
243	Krishnan	Subramani	Male			01:18:46	2457	01:13:50	2433	M40		182	1436
1496	Richie	Betts	Male			01:18:47	2458	01:15:05	2466	MS		439	1437
1368	Olivia	Harvey	Female			01:18:47	2459	01:15:10	2470	FS		317	1010
3118	Jasmin	Howell	Female			01:18:48	2460	01:15:16	2474	FS		318	1011
1300	Ann	Weetch	Female			01:18:48	2461	01:16:21	2504	F55		82	1012
1846	Nicola	Staveley	Female		Hensol Cas	01:18:49	2462	01:14:18	2445	F35		153	1013
3157	Rhian	Stokes-tho	Female		Merthyr Running Club	01:18:49	2463	01:15:36	2485	F50		111	1014
333	Emily	Flight	Female			01:18:51	2464	01:13:55	2435	FS		319	1015
2676	Rebekah	Long	Female			01:18:56	2465	01:14:24	2449	FS		320	1016
2797	Rhiannon	Carpenter	Female			01:18:56	2466	01:14:19	2447	F45		143	1017
2493	Stuart	Turner	Male		Llanelli AC	01:18:57	2467	01:16:12	2499	M45		170	1438
2494	Vicki	Turner	Female		Llanelli AC	01:18:57	2468	01:16:12	2500	F35		154	1018
2993	Sally	Bloomfield	Female			01:18:58	2469	01:14:32	2454	F55		83	1019
749	Catherine	Evans	Female		Crickhowell Running C	01:19:00	2470	01:14:53	2461	F50		112	1020
1377	Tracey	Morgan	Female			01:19:01	2471	01:14:34	2455	F45		144	1021
2714	Tara	Archer-clar	Female			01:19:02	2472	01:14:17	2443	F45		145	1022
530	Mair	Billington	Female		Gravells	01:19:03	2473	01:14:24	2450	F50		113	1023
647	Paula	Bidder	Female			01:19:05	2474	01:15:43	2488	F50		114	1024
1601	Upendo	Moshi	Female			01:19:06	2475	01:16:48	2516	F40		135	1025
1400	Anna	Irving	Female			01:19:07	2476	01:14:20	2448	FS		321	1026
3268	Chris	Norman	Male			01:19:08	2477	01:15:37	2486	M35		195	1439
1890	Dale	Habberfeld	Male			01:19:10	2478	01:17:10	2526	M40		183	1440
2252	Leanne	Hopkins	Female			01:19:10	2479	01:15:29	2479	F40		136	1027
1907	Victoria	Mitchell	Female			01:19:11	2480	01:17:11	2527	F40		137	1028
835	Alison	Gubb	Female			01:19:12	2481	01:14:41	2457	F50		115	1029
845	Karen	Rogers	Female			01:19:13	2482	01:14:41	2458	F55		84	1030
3562	Camille	Ebden	Female			01:19:17	2483	01:14:29	2453	F35		155	1031
3572	Deb	Knight-dav	Female		Lliswerry Runners	01:19:20	2484	01:15:06	2467	F55		85	1032
2819	Brenda	Palmer	Female			01:19:21	2485	01:16:10	2498	F65		13	1033
2167	Leigh	King	Female			01:19:26	2486	01:16:09	2497	F40		138	1034
512	Angela	Jones	Female			01:19:26	2487	01:15:46	2491	F40		139	1035
2397	Lyndon	Lewis	Male		Bagle broo	01:19:29	2488	01:15:18	2475	M55		111	1441
2729	Peter	Burns	Male			01:19:30	2489	01:14:15	2441	M50		150	1442
2115	Sophie	Blackadder	Female			01:19:31	2490	01:15:05	2465	F40		140	1036
1245	Ciera	Branagh	Female			01:19:31	2491	01:15:20	2477	FS		322	1037
2482	Natasha	Davies	Female		Llanelli AC	01:19:33	2492	01:15:44	2489	F45		146	1038
2481	Geraint	Davies	Male		Llanelli AC	01:19:33	2493	01:15:44	2490	M45		171	1443

1930	Gareth	Crowther	Male			01:19:36	2494	01:14:55	2462	M35		196	1444
423	Gareth	Cummings	Male			01:19:37	2495	01:16:21	2503	MS		440	1445
1874	Sian	Williams	Female			01:19:38	2496	01:15:12	2472	F40		141	1039
2974	Ellen	Davies	Female		Big Massiv	01:19:43	2497	01:15:29	2480	FS		323	1040
1631	Gareth	Thomas	Male			01:19:51	2498	01:19:07	2561	M80		3	1446
1995	Moirra	Jones	Female			01:19:51	2499	01:15:13	2473	F45		147	1041
531	Ken	Billington	Male		Gravells	01:19:58	2500	01:15:19	2476	M50		151	1447
1668	Zoe	Johnson	Female			01:19:58	2501	01:15:33	2482	FS		324	1042
1669	Elliot	Ismail	Male			01:19:58	2502	01:15:34	2483	MS		441	1448
1731	Yvonne	O'sullivan	Female		Paul Popham Running	01:19:59	2503	01:17:27	2533	F55		86	1043
301	Rebecca	Ryan	Female			01:20:01	2504	01:15:35	2484	FS		325	1044
2800	Susan	Childs	Female			01:20:11	2505	01:16:32	2512	F50		116	1045
1688	Jacob	John	Male			01:20:14	2506	01:16:23	2505	MS		442	1449
258	Richard	Boobyer	Male			01:20:15	2507	01:15:21	2478	M35		197	1450
588	Andrew	Gibbs	Female			01:20:22	2508	01:16:45	2514	F40		142	1046
2645	Caitlin	Llewelyn	Female			01:20:23	2509	01:18:51	2554	FS		326	1047
3037	Gabrielle	Lovell	Female		Lliswerry Runners	01:20:25	2510	01:15:33	2481	F55		87	1048
3704	Emma	Forrester	Female			01:20:31	2511	01:16:45	2515	FS		327	1049
1009	Jessica	Taylor	Female			01:20:32	2512	01:15:48	2493	FS		328	1050
634	Timothy	Davies	Male			01:20:42	2513	01:15:57	2495	M45		172	1451
371	Bethan	Gwyther	Female			01:20:48	2514	01:16:13	2501	FS		329	1051
1803	Thinzar	Min	Female		TM	01:20:50	2515	01:16:04	2496	F40		143	1052
2069	11	Reed	Female			01:20:58	2516	01:16:17	2502	FS		330	1053
701	Stephen	Blake	Male		Pegasus Running Clut	01:21:07	2517	01:18:47	2549	M50		152	1452
2442	Sarah	Jones	Female		Bagle broo	01:21:08	2518	01:17:02	2523	F40		144	1054
1968	Lisa	Jones	Female			01:21:11	2519	01:16:31	2510	FS		331	1055
2297	Sarah	Davies	Female			01:21:16	2520	01:16:52	2517	F40		145	1056
1362	Ariene	Osman	Female		Parc Bryn S Running C	01:21:16	2521	01:18:49	2551	F50		117	1057
2019	Angie	Jenkins	Female			01:21:18	2522	01:17:42	2535	F55		88	1058
2147	Allison	Walker	Female			01:21:19	2523	01:16:30	2507	F45		148	1059
2146	Louise	Rouch	Female			01:21:19	2524	01:16:30	2508	F45		149	1060
3198	Lucy	Nichols	Female			01:21:21	2525	01:16:31	2511	FS		332	1061
1764	Sara	Bartlett	Female			01:21:29	2526	01:18:25	2546	F55		89	1062
1217	Rebecca	Hopkins	Female			01:21:32	2527	01:16:57	2519	F35		156	1063
3393	Lindsey	Newman	Female			01:21:41	2528	01:16:29	2506	F45		150	1064
478	Clare	Edwards	Female			01:21:41	2529	01:16:56	2518	F45		151	1065
3050	Kelly	O'rourke	Female			01:21:41	2530	01:20:33	2598	F40		146	1066
3334	Nonie	Hempson	Female			01:21:42	2531	01:16:30	2509	F60		38	1067
3221	Katryn	James-land	Female		Clwb Rhedeg Pontard	01:21:42	2532	01:18:36	2547	F35		157	1068
2614	Amanda	Ward	Female		Run4All Neath	01:21:44	2533	01:19:40	2574	F40		147	1069
3639	Ceri	Thomas	Female		Run4All Neath	01:21:45	2534	01:19:38	2573	F50		118	1070
1181	Andrew	Harper	Male			01:21:47	2535	01:20:26	2594	M60		81	1453
1523	Alice	Lewis-gray	Female			01:21:52	2536	01:17:03	2525	FS		333	1071
801	Maria	Owen	Female			01:21:55	2537	01:18:56	2557	F40		148	1072
2250	Shawn	Cullen	Male		Ogmore Phoenix Runn	01:21:56	2538	01:18:15	2541	M45		173	1454
3642	Gemma	Morgan	Female		Two Drago	01:22:01	2539	01:18:49	2552	FS		334	1073
2128	L	Hoskins	Female		Parc Bryn S Running C	01:22:01	2540	01:19:35	2569	F55		90	1074
2445	Anthony	Myerscoug	Male		Bagle broo	01:22:05	2541	01:18:24	2545	M55		112	1455
3306	Sue	Pendleton	Female			01:22:07	2542	01:17:01	2521	F50		119	1075
3366	Angela	Coleman	Female			01:22:07	2543	01:17:01	2522	F55		91	1076
1348	Maria	Bowers	Female		Itchen Spitfires Runnin	01:22:10	2544	01:17:28	2534	F45		152	1077
1655	Rachel	Evans	Female			01:22:14	2545	01:17:23	2530	F40		149	1078
798	Gabriel	James	Male			01:22:16	2546	01:17:25	2531	MS		443	1456
1102	Bev	Cheetham	Female		Run4All Neath	01:22:16	2547	01:17:48	2537	F50		120	1079
1646	Maria	Tuohy	Female			01:22:17	2548	01:17:02	2524	FS		335	1080
2806	Sara	Kane	Female			01:22:17	2549	01:17:22	2529	F45		153	1081
1648	Surekha	Tuohy	Female			01:22:17	2550	01:17:01	2520	F50		121	1082
3222	Catrin	Probert	Female			01:22:18	2551	01:17:52	2540	FS		336	1083
1364	Susan	Newton	Female			01:22:18	2552	01:17:26	2532	F55		92	1084
2857	Ally	Williams	Female			01:22:24	2553	01:19:42	2575	F40		150	1085
2858	Eryl	Steele	Female			01:22:25	2554	01:19:43	2576	F40		151	1086
2143	Richard	Jones	Male			01:22:29	2555	01:19:07	2560	M50		153	1457
1784	Tim	Williams	Male			01:22:32	2556	01:19:09	2564	M40		184	1458
2100	Jade	Hill	Female		Run4All Neath	01:22:33	2557	01:17:50	2538	FS		337	1087
2324	Paul	Maunder	Male			01:22:34	2558	01:17:50	2539	M35		198	1459
440	Karen	Jones	Female		Run4All Neath	01:22:42	2559	01:20:37	2603	F50		122	1088
1614	Aimee	Mathias	Female		Leaimee	01:22:43	2560	01:19:36	2570	FS		338	1089
1582	Catrin	Jones	Female		Leaimee	01:22:43	2561	01:19:36	2571	FS		339	1090
1615	Leanne	Evans	Male		Leaimee	01:22:44	2562	01:19:37	2572	M40		185	1460
2510	Victoria	Coady	Female			01:22:44	2563	01:18:16	2542	F50		123	1091
3076	Louise	Coleman	Female		Run4All Neath	01:22:47	2564	01:20:39	2604	F40		152	1092
2406	Peter	Stock	Male			01:22:47	2565	01:20:45	2607	M55		113	1461
2570	Sara	Galletly	Female		Sospan Road Runners	01:22:52	2566	01:19:26	2567	F50		124	1093
1022	Gemma M	O'connell	Female			01:22:57	2567	01:21:41	2630	FS		340	1094
2367	Linda	Welch	Female			01:22:58	2568	01:17:46	2536	F60		39	1095
2064	Sam	Gardner	Male			01:22:59	2569	01:18:18	2543	MS		444	1462
3550	Linos	Gilmore-jor	Female			01:23:07	2570	01:19:15	2565	F35		158	1096
2503	Andrew	Stephens	Male		Llanelli AC	01:23:08	2571	01:19:15	2566	M55		114	1463
2546	Jo	Rowlands	Female		Porthcawl Runners	01:23:14	2572	01:18:38	2548	F60		40	1097
1733	Natassia	Pearson	Female			01:23:16	2573	01:20:03	2586	FS		341	1098
593	Liz	Perring	Female			01:23:17	2574	01:19:44	2577	F40		153	1099
1118	Bethan	Driscoll	Female			01:23:19	2575	01:18:24	2544	F35		159	1100
513	Natalie	Moran	Female			01:23:36	2576	01:18:53	2556	F45		154	1101
3305	Darran	Moran	Male		Clwb Run Wales	01:23:36	2577	01:18:53	2555	M50		154	1464
2420	Poppy	Reynolds	Female			01:23:41	2578	01:19:08	2562	FS		342	1102
2933	Hugh	Reynolds	Male			01:23:42	2579	01:19:08	2563	M60		82	1465

1119	Anna	Hicks	Female			01:23:43	2580	01:18:48	2550	FS	343	1103
2010	Mairwen	Richards	Female			01:23:46	2581	01:20:33	2599	F40	154	1104
3543	Gideon	Imoluamen	Male			01:23:47	2582	01:20:51	2611	MS	445	1466
664	Emma	Lerigo	Female			01:23:49	2583	01:20:10	2591	F35	160	1105
1806	Amanda	Buckley	Female			01:23:49	2584	01:20:10	2590	FS	344	1106
2401	Donna	Rees	Female			01:23:52	2585	01:20:03	2585	F50	125	1107
3052	Andrew	Pincombe	Male			01:23:58	2586	01:18:50	2553	M55	115	1467
2376	Charmaine	Clinch	Female			01:24:04	2587	01:20:01	2584	F55	93	1108
3579	Rhiannon	Kendrick	Female			01:24:09	2588	01:20:27	2596	F35	161	1109
357	Richard	Mills	Male			01:24:11	2589	01:19:02	2559	M40	186	1468
1885	Ciara	Santos	Female			01:24:11	2590	01:20:46	2609	FS	345	1110
1710	Kathryn	Ilisley	Female			01:24:13	2591	01:20:08	2588	FS	346	1111
1304	Jodi	Jones	Female	GCS		01:24:13	2592	01:19:28	2568	FS	347	1112
3545	Theresa	Ogbekhiulu	Female			01:24:17	2593	01:21:25	2621	FS	348	1113
1201	Claire	Denshsm	Female			01:24:20	2594	01:19:47	2581	F55	94	1114
3347	Helena	Venter	Female			01:24:21	2595	01:20:18	2593	F45	155	1115
568	Heather	Merrin	Female			01:24:21	2596	01:19:01	2558	F50	126	1116
1144	Claire	Bond	Female	KM4KW		01:24:25	2597	01:19:45	2578	F45	156	1117
2545	Daniel	Davies	Male			01:24:26	2598	01:19:47	2580	M35	199	1469
3409	Ruth	Bunting	Female			01:24:30	2599	01:20:35	2601	F45	157	1118
623	Zoe	Perry	Female			01:24:31	2600	01:20:36	2602	F45	158	1119
2890	Ralph	Allemano	Male	Swansea Harriers		01:24:33	2601	01:19:54	2583	M70	23	1470
3072	Louise	Amery	Female			01:24:34	2602	01:21:08	2617	F55	95	1120
3283	Marta	Rybicka	Female	Joe's Ice C		01:24:41	2603	01:19:45	2579	F45	159	1121
434	Cheryl	Hughes	Female			01:24:42	2604	01:20:12	2592	F55	96	1122
3495	Ken	Williams	Male			01:24:50	2605	01:23:50	2662	M50	155	1471
3411	Caroline	Thomas	Female			01:24:51	2606	01:23:51	2663	F55	97	1123
80	Manisha	Rickards	Male			01:24:52	2607	01:20:27	2595			1472
2079	Rhiannon	Boyce Cole	Female			01:24:57	2608	01:19:53	2582	F40	155	1124
738	Rachel	Lewis	Female			01:25:00	2609	01:20:57	2615	F45	160	1125
2307	Lucy	Sullivan	Female			01:25:05	2610	01:20:52	2612	FS	349	1126
2306	Beth	Price	Female			01:25:05	2611	01:20:52	2613	FS	350	1127
3585	James	Allford	Male			01:25:09	2612	01:21:29	2623	MS	446	1473
2511	Kelly	Humphreys	Female			01:25:10	2613	01:21:08	2618	F35	162	1128
3715	Kelly	Zervas	Female			01:25:10	2614	01:21:09	2619	FS	351	1129
673	Marie	Harrison	Female			01:25:12	2615	01:20:10	2589	F35	163	1130
1529	Maddie	Chesmore	Female			01:25:18	2616	01:20:41	2605	FS	352	1131
1327	Rupert	Chesmore	Male	Cirencester AC		01:25:18	2617	01:20:41	2606	M60	83	1474
859	Amy	Doughty	Female			01:25:19	2618	01:20:45	2608	F35	164	1132
1149	Steve	West	Male			01:25:28	2619	01:20:07	2587	M35	200	1475
3290	Angharad	John	Female	Joe's Ice C		01:25:29	2620	01:20:32	2597	FS	353	1133
1064	Rhoslyn	Perry	Female			01:25:31	2621	01:20:47	2610	F35	165	1134
3175	Jenny	Tomkins	Female	Cornelly Striders AC		01:25:34	2622	01:21:36	2627	F45	161	1135
827	Collette	Bridgeman	Female			01:25:35	2623	01:20:35	2600	F50	127	1136
2133	Mel	Jones	Female			01:25:38	2624	01:22:54	2647	F40	156	1137
2707	Angela	Shendy	Female	Big Massiv		01:25:44	2625	01:21:28	2622	FS	354	1138
259	Lee	Whittaker	Male			01:25:45	2626	01:20:55	2614	M35	201	1476
3315	Natalie	Mccarthy	Female			01:25:45	2627	01:25:20	2683	F35	166	1139
1651	Natalie	Mays	Female			01:25:47	2628	01:20:57	2616	F35	167	1140
3013	Laura	Hammond	Female			01:25:51	2629	01:21:22	2620	FS	355	1141
2285	Jeremy	Thomas	Male			01:25:52	2630	01:21:36	2628	M60	84	1477
335	Alice	Johnson	Female			01:26:05	2631	01:22:24	2639	FS	356	1142
3356	Matt	Milum	Male			01:26:05	2632	01:22:25	2640	MS	447	1478
3149	Melanie	Jones	Female	Paul Popham Running		01:26:05	2633	01:21:32	2624	F50	128	1143
2831	Emily	Spencer	Female			01:26:05	2634	01:21:32	2625	FS	357	1144
648	Janet	Feathersto	Female	Clwb Rhedeg Pontard		01:26:11	2635	01:21:35	2626	F55	98	1145
3132	Fran	George	Female			01:26:26	2636	01:23:17	2652	F65	14	1146
1532	Hollie	Riste	Female			01:26:29	2637	01:23:03	2651	F35	168	1147
1628	Amanda	Guard	Female			01:26:32	2638	01:22:05	2634	F55	99	1148
1676	Peter	Guard	Male			01:26:32	2639	01:22:06	2635	M50	156	1479
2847	Judith	Gabb	Female			01:26:33	2640	01:21:54	2633	F65	15	1149
3062	Tom	Morris	Male	Paul Popham Running		01:26:36	2641	01:21:40	2629	M70	24	1480
1848	Alex	Hanson	Male			01:26:40	2642	01:22:10	2637	MS	448	1481
641	Megan Oct	Lewis	Female			01:26:47	2643	01:22:54	2649	FS	358	1150
2039	Jessica	Jenkins	Female			01:26:59	2644	01:21:46	2631	FS	359	1151
2686	Christophe	Lodwig	Male			01:27:04	2645	01:21:49	2632	M45	174	1482
2041	Claire	Morgan	Female			01:27:13	2646	01:25:58	2690	FS	360	1152
2851	Kimberley	Dawtry	Female			01:27:14	2647	01:22:08	2636	FS	361	1153
2265	Emma	Phillips	Female			01:27:17	2648	01:22:24	2638	F40	157	1154
1096	Vicky	Prosser	Female			01:27:20	2649	01:25:26	2686	F40	158	1155
2055	Jennifer	Hawes	Female			01:27:21	2650	01:22:25	2641	F35	169	1156
691	Natalie	Moyce	Female			01:27:30	2651	01:23:22	2653	F45	162	1157
2921	Lisa	Lloyd	Female			01:27:35	2652	01:22:54	2648	F35	170	1158
574	Louisa	Edwards-b	Female			01:27:35	2653	01:22:42	2644	F45	163	1159
3277	Ruth	Law	Female			01:27:35	2654	01:22:42	2645	F55	100	1160
1630	Jinny	Fisher	Female			01:27:38	2655	01:24:05	2664	F60	41	1161
2727	Richard	Percy	Male			01:27:42	2656	01:22:27	2642	M65	41	1483
324	Simon	Peterson	Male	Islwyn RC		01:27:42	2657	01:23:27	2655	M50	157	1484
2740	Robyn	Percy	Female			01:27:42	2658	01:22:28	2643	F35	171	1162
2848	Rhian	Peterson	Female			01:27:43	2659	01:23:28	2656	F45	164	1163
3247	Charlotte	Evans	Female			01:27:56	2660	01:23:01	2650	FS	362	1164
3216	David	Wigley	Male			01:27:59	2661	01:22:46	2646	M45	175	1485
2130	Lorraine	Parry	Female			01:28:03	2662	01:25:18	2680	F65	16	1165
2747	Susan	Morgan	Female			01:28:13	2663	01:23:33	2657	F45	165	1166
3143	Lindsay	Thomas	Female			01:28:13	2664	01:23:44	2658	F65	17	1167
823	Stacey	Murphy	Female			01:28:15	2665	01:24:17	2665	F45	166	1168

660	Adrian	Lerigo	Male			01:28:16	2666	01:24:38	2670	M40		187	1486
662	Evie	Lerigo	Female			01:28:16	2667	01:24:38	2669	FJ		22	1169
2132	Jan	Parry	Female			01:28:20	2668	01:25:35	2687	F70		4	1170
3112	Kate	Jones	Female			01:28:27	2669	01:23:44	2659	F40		159	1171
1099	Laura	Davis De G	Female			01:28:28	2670	01:26:24	2694	FS		363	1172
3674	Laura	Williams	Female			01:28:29	2671	01:23:26	2654	F40		160	1173
1660	James	Griffith	Male		Tech-Wale	01:28:34	2672	01:23:47	2661	MS		449	1487
1621	Caitlin	Stephens	Female			01:28:44	2673	01:24:51	2673	FS		364	1174
1620	Ceirran	James	Male			01:28:45	2674	01:24:51	2674	MS		450	1488
3116	Oliver	Long	Male		CDF Runners	01:28:54	2675	01:23:45	2660	M35		202	1489
2220	Kate	Chamberla	Female			01:28:57	2676	01:25:15	2678	F55		101	1175
2550	Tony	Henebery	Male			01:29:11	2677	01:24:36	2668	M55		116	1490
3648	Kian	Mullins	Male		Two Drago	01:29:29	2678	01:24:44	2671	MJ		38	1491
3646	Ellie	Draper	Female		Two Drago	01:29:32	2679	01:24:46	2672	FS		365	1176
2227	Joseph	Davern	Male		Big Massiv	01:29:33	2680	01:25:19	2681	MS		451	1492
1049	Hannah	Pridmore	Female			01:29:37	2681	01:27:09	2702	FS		366	1177
3313	Sally	Herring	Female			01:29:45	2682	01:24:21	2666	F55		102	1178
3139	Nikola	Jenkins	Female			01:29:46	2683	01:25:16	2679	F55		103	1179
3201	Alex	Herring	Female			01:29:50	2684	01:24:27	2667	FS		367	1180
898	Lorri	Mathews	Female			01:29:53	2685	01:24:52	2675	F60		42	1181
2326	Bryony	Harris	Female			01:29:54	2686	01:24:52	2676	FS		368	1182
2477	Nic	Mathews	Female			01:29:54	2687	01:24:52	2677	F45		167	1183
1274	Dewi	Williams	Male			01:30:07	2688	01:25:19	2682	M35		203	1493
2007	Alfryn	Easter	Male		3M Gorseinon Road R	01:30:15	2689	01:25:20	2684	M70		25	1494
1916	Betsy	Thomas	Female			01:30:15	2690	01:25:21	2685	FJ		23	1184
2451	John	Davies	Male		Bagle broo	01:30:19	2691	01:26:09	2691	M65		42	1495
2092	Ann	Thomas	Female			01:30:32	2692	01:25:52	2689	F60		43	1185
2625	Louise	Mathias	Female			01:30:52	2693	01:26:33	2698	F45		168	1186
2242	Carwyn	Pugh	Male		Pugh's pos	01:30:59	2694	01:26:30	2696	MS		452	1496
2244	Derwyn	Pugh	Male		Pugh's pos	01:31:00	2695	01:26:32	2697	M50		158	1497
498	Cerys	Davies	Female			01:31:05	2696	01:26:26	2695	FS		369	1187
1558	Paula	Stockley	Female		3M Gorseinon Road R	01:31:09	2697	01:26:20	2693	F40		161	1188
2555	Malcolm	Poole	Male			01:31:09	2698	01:25:51	2688	M75		5	1498
2619	Gareth	Glover	Male			01:31:11	2699	01:26:20	2692	M35		204	1499
3530	Kokisa	Buka	Male		MENTAL H	01:31:15	2700	01:28:18	2715	M70		26	1500
1697	Cameron	Fermandel	Male			01:31:24	2701	01:29:43	2727	MS		453	1501
2038	Helen	Mainwaring	Female			01:31:26	2702	01:27:37	2707	F45		169	1189
2037	Gareth	Mainwaring	Male			01:31:28	2703	01:27:41	2709	MJ		39	1502
3549	Rita	Akonobi	Female		MENTAL H	01:31:34	2704	01:28:37	2720	FS		370	1190
3291	Eleanor	Hogg	Female		Joe's Ice C	01:31:35	2705	01:26:41	2699	FS		371	1191
2332	Susan	Thomas	Female		Clwb Rhedeg Pontard	01:32:03	2706	01:27:27	2704	F65		18	1192
2433	Kate	Nicholson	Female		Clwb Rhedeg Pontard	01:32:04	2707	01:27:27	2705	F50		129	1193
1499	Mark	Jones	Male			01:32:10	2708	01:30:08	2732	M50		159	1503
2575	Richard	Thyer	Male		Dragons Running Club	01:32:11	2709	01:26:58	2701	M55		117	1504
121	Jay	Doherty-st	Female			01:32:11	2710	01:30:08	2731	FS		372	1194
3286	Sarah	Ford Matta	Female		Joe's Ice C	01:32:12	2711	01:27:17	2703	F35		172	1195
195	Susan	Watt	Female			01:32:16	2712	01:26:55	2700	F40		162	1196
2976	Carolyn	Ford	Female			01:32:19	2713	01:27:54	2712	F55		104	1197
2977	Sarah	Cross	Female			01:32:20	2714	01:27:54	2713	F50		130	1198
3351	June	John	Female		Paul Popham Running	01:32:20	2715	01:27:44	2710	F70		5	1199
3353	Jacqueline	Burt	Female		Paul Popham Running	01:32:21	2716	01:27:44	2711	F45		170	1200
3491	Rebecca	Powilson	Female		Joe's Ice C	01:32:37	2717	01:27:40	2708	F35		173	1201
1705	Sian	Roberts	Female			01:32:39	2718	01:27:28	2706	FS		373	1202
2027	Helen	Lloyd Jones	Female		Pegasus R CLEMENT	01:32:57	2719	01:28:16	2714	F70		6	1203
2473	John	Vine	Male			01:33:08	2720	01:30:28	2736	M75		6	1505
445	Debra	Walford-jor	Female			01:33:09	2721	01:28:59	2721	F50		131	1204
90	Richard	Webster	Male			01:33:15	2722	01:28:23	2716				1506
1831	Steph	Hole	Female			01:33:36	2723	01:30:16	2733	FS		374	1205
1832	Denver	Blue	Female			01:33:36	2724	01:30:16	2734	FS		375	1206
341	Lucie	Isaac	Female			01:33:40	2725	01:29:12	2723	FS		376	1207
2757	Melanie	Williams	Female		Llanelli AC	01:33:43	2726	01:28:32	2717	F50		132	1208
2758	Chloe	Darlington	Female		Llanelli AC	01:33:44	2727	01:28:32	2718	FS		377	1209
3676	Angela	Weeks	Female		Les Croupiers	01:33:49	2728	01:29:09	2722	F75		1	1210
3073	Paul	Brain	Male			01:33:53	2729	01:28:34	2719	M75		7	1507
3245	Jessica	Hayden	Female			01:33:58	2730	01:29:32	2725	FS		378	1211
2279	Ian	Kershaw	Male			01:34:19	2731	01:29:29	2724	M40		188	1508
3401	Luke	Bynt	Male		Five Guys	01:34:33	2732	01:31:36	2739	MS		454	1509
2219	Reshma	Patil	Female			01:34:40	2733	01:29:55	2729	F45		171	1212
1957	Yasmin	Zahra	Female			01:34:50	2734	01:30:08	2730	FS		379	1213
356	Teresa	Mills	Female			01:34:57	2735	01:29:49	2728	F35		174	1214
2163	Michelle	Barrett	Female			01:35:12	2736	01:30:20	2735	F50		133	1215
913	Bethan	Crisfield	Female			01:35:34	2737	01:29:35	2726	FS		380	1216
2394	Helen	Gwenllian	Female			01:36:01	2738	01:31:11	2738	F35		175	1217
2638	Claire	Westacott	Female			01:36:19	2739	01:31:01	2737	F45		172	1218
3622	Rosemarie	Jones	Female			01:36:33	2740	01:32:20	2742	F65		19	1219
2814	Dorsal 3695					01:36:37	2741	01:32:13	2741				
1040	Natasha	Hughes	Female			01:36:40	2742	01:31:46	2740	FS		381	1220
1670	Laura	Worrall	Female		Ogmore Phoenix Runn	01:37:20	2743	01:33:53	2745	FS		382	1221
2737	Rachel	Richards	Female		Aberystwyth AC	01:37:32	2744	01:34:07	2746	F50		134	1222
2395	Richard	Lavis	undisclosed		Bagle broo	01:38:30	2745	01:34:20	2748				6
2398	Philip	Godwin	Male		Bagle broo	01:38:31	2746	01:34:20	2749	M65		43	1510
3260	Rhian	Evans	Female			01:38:33	2747	01:33:21	2743	F40		163	1223
1724	Sarah	Bridgeman	Female			01:38:55	2748	01:33:51	2744	F45		173	1224
3308	Sally	Gardner	Female		Five Guys	01:39:06	2749	01:36:08	2756	F35		176	1225
3297	Dawn	Gage	Female			01:39:06	2750	01:36:08	2757	F35		177	1226
1474	Bethan	Kilby	Female			01:39:23	2751	01:35:16	2751	F40		164	1227

1071	Gaynor	Kennedy	Female	Port Talbot Harriers	01:39:31	2752	01:34:10	2747	F65	20	1228
1164	Vicki	Pinch	Female		01:39:34	2753	01:34:35	2750	F45	174	1229
1127	Leanne	Jones	Female	Parc bryn S	01:40:50	2754	01:36:38	2759	F40	165	1230
1373	Holly	Chard	Female		01:40:52	2755	01:35:49	2754	FS	383	1231
1357	Michelle	Rodway	Female	Rhymney Valley AC	01:40:54	2756	01:35:49	2755	F50	135	1232
3483	Mandy	Town	Female		01:40:55	2757	01:35:34	2752	F55	105	1233
1014	Debbie	Lewis	Female		01:40:56	2758	01:35:37	2753	F50	136	1234
1330	Linda	Harry	Female		01:41:10	2759	01:36:57	2761	F60	44	1235
1457	Alison	Holland	Female		01:41:10	2760	01:36:58	2762	F55	106	1236
1078	Darren	Forrester	Male		01:41:29	2761	01:36:11	2758	M50	160	1511
3233	Cathrine	Rees	Female		01:41:31	2762	01:38:00	2765	F35	178	1237
3234	Monica	Arianna	Female		01:41:37	2763	01:38:05	2766	F35	179	1238
1701	Kathryn	Tucker	Female		01:42:00	2764	01:36:42	2760	F60	45	1239
2002	Sarah	Rees	Female	Run4All Neath	01:42:37	2765	01:37:29	2763	F45	175	1240
1280	Vickie	Humber	Female		01:43:05	2766	01:37:57	2764	F45	176	1241
1079	Evie	Forrester	Female		01:45:00	2767	01:39:39	2767	FS	384	1242
921	Kate	Greenfield	Female		01:46:27	2768	01:41:49	2769	F45	177	1243
920	John	Greenfield	Male		01:46:27	2769	01:41:27	2768	M80	4	1512
1549	Val	Miller	Female	Clwb Rhedeg Pontard	01:47:45	2770	01:43:08	2770	F70	7	1244
1315	Louise	Dempster	Female	GCS	01:48:22	2771	01:43:53	2771	F40	166	1245
1277	Kelly	Hookings	Female		01:50:05	2772	01:44:42	2772	F45	178	1246
809	Tina	Weatherbe	Female	Lliswerry Runners	01:51:54	2773	01:46:46	2773	F50	137	1247