

Bib	Overall Position	Name	Guntime	Chiptime	Category	Category Position	Team / Club	Gender	Gender Position	Avg speed	Avg pace	Status
1	1	Matt Clowes	00:29:47	00:29:47	M5EN	1	CARDIFF	m	1	12.52	04:48	Finished
3	2	Abed Teweldebrhan	00:31:15	00:31:15	M5EN	2	NEWPORT/ERITREA	m	2	11.93	05:02	Finished
5	3	Marc Hobbs	00:31:24	00:31:24	M5EN	3	SWANSEA HARRIERS	m	3	11.87	05:03	Finished
4	4	James Hunt	00:31:38	00:31:38	M5EN	4	CARDIFF AAC	m	4	11.79	05:05	Finished
4334	5	Aaron Phelps	00:31:58	00:31:58	M5EN	5	STROUD & DISTRICT AC	m	5	11.66	05:09	Finished
2	6	Adam Bull	00:32:05	00:32:05	M5EN	6	ABERDARE	m	6	11.62	05:10	Finished
6	7	Matthew Rees	00:32:12	00:32:12	M5EN	7	SWANSEA HARRIERS	m	7	11.58	05:11	Finished
2859	8	Christopher Richards	00:32:22	00:32:21	MJ	1	SALFORD HARRIERS & AC	m	8	11.52	05:12	Finished
1972	9	Samuel Richards	00:33:23	00:33:22	M5EN	8	PONTYPRIDD ROADENTS AC	m	9	11.17	05:22	Finished
2949	10	Jack Blackburn	00:33:38	00:33:37	M5EN	9	PONTYPRIDD ROADENTS AC	m	10	11.09	05:25	Finished
2921	11	Paul Graham	00:33:40	00:33:40	M5EN	10	PONTYPRIDD ROADENTS AC	m	11	11.07	05:25	Finished
2621	12	Joe Connors	00:33:59	00:33:58	MJ	2	WESTBURY HARRIERS	m	12	10.98	05:28	Finished
1939	13	Ben Williams	00:34:08	00:34:06	M5EN	11	PORT TALBOT HARRIERS	m	13	10.93	05:29	Finished
2774	14	Simon Lewis	00:34:19	00:34:18	M40	1	PONTYPRIDD ROADENTS AC	m	14	10.87	05:31	Finished
2609	15	Sion Price	00:34:23	00:34:22	M5EN	12	SARN HELEN	m	15	10.85	05:32	Finished
2080	16	Lee Aherne	00:34:27	00:34:26	M50	1	PARC BRYN BACH RUNNING CLUB	m	16	10.83	05:32	Finished
4450	17	Bradley Courtney-Pinn	00:34:32	00:34:32	M5EN	13	PONTYPRIDD ROADENTS AC	m	17	10.8	05:33	Finished
3160	18	Matthew Jacklin	00:34:34	00:34:32	M40	2	ABERDARE VALLEY AAC	m	18	10.8	05:33	Finished
3055	19	Daniel Triggs	00:34:42	00:34:41	M5EN	14	NEATH HARRIERS	m	19	10.75	05:35	Finished
8	20	Ruth Barnes	00:34:45	00:34:45	F35	1	AVON VALLEY RUNNERS	f	1	10.73	05:36	Finished
4180	21	Richard Jones	00:34:55	00:34:54	M40	3	LLISWERY RUNNERS	m	20	10.68	05:37	Finished
10	22	Rachel Felton	00:35:02	00:35:02	F35	2	SHAFTESBURY BARNET	f	2	10.64	05:38	Finished
32	23	Finley Hines	00:35:17	00:35:15	MJ	3	m	m	21	10.58	05:40	Finished
604	24	Michael Rix	00:35:20	00:35:20	M40	4	m	m	22	10.55	05:41	Finished
2265	25	Ian Owen	00:35:22	00:35:21	M5EN	15	SAN DOMENICO RRC	m	23	10.55	05:41	Finished
9	26	Natasha Cockram	00:35:23	00:35:23	F5EN	1	MICKY MORRIS RUNNERS RC	f	3	10.54	05:42	Finished
94	27	Andrew Reynolds	00:35:23	00:35:20	M5EN	16	NEATH HARRIERS	m	24	10.55	05:41	Finished
4245	28	Steve Williams	00:35:26	00:35:24	M40	5	LLANELLI AC	m	25	10.53	05:42	Finished
905	29	Rob Davies	00:35:28	00:35:26	M5EN	17	AMMAN VALLEY HARRIERS	m	26	10.52	05:42	Finished
2320	30	Declan Toomey	00:35:34	00:35:32	MJ	4	BOLTON UNITED HARRIERS & AC	m	27	10.49	05:43	Finished
4328	31	Daniel James	00:35:38	00:35:37	M40	6	RUN4ALL RUNNING CLUB	m	28	10.47	05:44	Finished
763	32	Gareth Poston	00:35:42	00:35:39	M5EN	18	PORT TALBOT HARRIERS	m	29	10.46	05:44	Finished
2007	33	Craig Foley	00:35:45	00:35:42	M5EN	19	PORT TALBOT HARRIERS	m	30	10.44	05:45	Finished
3321	34	Martin Colwill	00:35:57	00:35:54	M50	2	BIDEFORD AAC	m	31	10.39	05:47	Finished
3371	35	James Dean	00:36:05	00:36:03	M5EN	20	SWANSEA HARRIERS	m	32	10.34	05:48	Finished
3488	36	Simon Rees	00:36:06	00:36:04	M5EN	21	LLANELLI AC	m	33	10.34	05:48	Finished
3620	37	Luke Williams	00:36:08	00:36:08	M5EN	22	SAN DOMENICO RRC	m	34	10.32	05:49	Finished
3363	38	Clara Evans	00:36:08	00:36:08	F5EN	2	CARDIFF AAC	f	4	10.32	05:49	Finished
2346	39	Eamonn Kirk	00:36:13	00:36:12	M40	7	SWANSEA HARRIERS	m	35	10.3	05:50	Finished
368	40	Jon Belcher	00:36:22	00:36:21	M40	8	LLISWERY RUNNERS	m	36	10.26	05:51	Finished
4043	41	Andrew Hunt	00:36:27	00:36:25	M5EN	23	BRISTOL AND WEST AC	m	37	10.24	05:52	Finished
216	42	Chris Oxley	00:36:33	00:36:32	M5EN	24	SAN DOMENICO RRC	m	38	10.21	05:53	Finished
2930	43	James Calton	00:36:36	00:36:35	M5EN	25	m	m	39	10.19	05:53	Finished
2863	44	Simon Davies	00:36:41	00:36:38	M5EN	26	m	m	40	10.18	05:54	Finished
4141	45	Steven Flowers	00:36:45	00:36:43	M5EN	27	WYE VALLEY RUNNERS	m	41	10.15	05:55	Finished
3515	46	Gareth Davey	00:36:47	00:36:44	M40	9	NEATH HARRIERS	m	42	10.15	05:55	Finished
2534	47	Alex Scott	00:36:48	00:36:45	M5EN	28	m	m	43	10.14	05:55	Finished
4330	48	Stephen Bartlett	00:36:52	00:36:47	M50	3	m	m	44	10.14	05:55	Finished
3512	49	Kieran Giffedder	00:36:54	00:36:52	M5EN	29	WYCOMBE PHOENIX HARRIERS	m	45	10.11	05:56	Finished
2763	50	Gareth Ayres	00:36:55	00:36:53	M5EN	30	PORT TALBOT HARRIERS	m	46	10.11	05:56	Finished
4252	51	David Jones	00:36:56	00:36:54	M5EN	31	CARMARTHEN AND DISTRICT HARRIERS	m	47	10.1	05:56	Finished
3767	52	Ken Caultlett	00:36:56	00:36:51	M5EN	32	SARN HELEN	m	48	10.12	05:56	Finished
3605	53	Llyr Ab Einion	00:36:58	00:36:54	MJ	5	ABERYSTWYTH AC	m	49	10.1	05:56	Finished
3417	54	Lee Murphy	00:37:05	00:37:01	M5EN	33	AMPTHILL & FLITWICK FLYERS RC	m	50	10.07	05:57	Finished
2985	55	Daryn David	00:37:11	00:37:07	M5EN	34	PORT TALBOT HARRIERS	m	51	10.04	05:58	Finished
2119	56	Emyr Morgan	00:37:19	00:37:17	M40	10	LES CROUPIERS	m	52	10	06:00	Finished
171	57	Peter Morton	00:37:22	00:37:20	M5EN	35	m	m	53	9.99	06:00	Finished
1750	58	Gareth Elliott	00:37:22	00:37:21	M5EN	36	PEMBROKESHIRE HARRIERS	m	54	9.98	06:01	Finished
3807	59	Jonathan Northcott	00:37:23	00:37:20	M5EN	37	m	m	55	9.99	06:00	Finished
3361	60	Cory Sherwin	00:37:24	00:37:22	MJ	6	FOREST OF DEAN AC	m	56	9.98	06:01	Finished
3372	61	Andrew Brain	00:37:27	00:37:24	M40	11	RUN4ALL RUNNING CLUB	m	57	9.97	06:01	Finished
3059	62	Trystan Daniels	00:37:29	00:37:27	M5EN	38	RUN4ALL RUNNING CLUB	m	58	9.96	06:02	Finished
3385	63	John Morgan	00:37:29	00:37:26	M5EN	39	m	m	59	9.96	06:01	Finished
3963	64	Patrick Jones	00:37:30	00:37:30	M5EN	40	m	m	60	9.94	06:02	Finished
3248	65	Johnny Lam	00:37:36	00:37:33	M40	12	SAN DOMENICO RRC	m	61	9.93	06:03	Finished
3615	66	David Dwyer	00:37:45	00:37:40	M40	13	m	m	62	9.9	06:04	Finished
1776	67	Benjamin Bowen	00:37:45	00:37:40	M5EN	41	m	m	63	9.9	06:04	Finished
2631	68	Daniel Morgan	00:37:50	00:37:46	M5EN	42	SWANSEA HARRIERS	m	64	9.87	06:05	Finished
12	69	Fiona Clark	00:37:51	00:37:51	F35	3	CRAWLEY HARRIERS	f	5	9.85	06:05	Finished
2137	70	Daniel Otteson	00:37:53	00:37:49	M5EN	43	SWANSEA HARRIERS	m	65	9.86	06:05	Finished
4124	71	Hisham Abass	00:37:55	00:37:47	M5EN	44	m	m	66	9.87	06:05	Finished
1738	72	James Butler	00:37:57	00:37:45	M5EN	45	m	m	67	9.88	06:05	Finished
2757	73	Phillip Williams	00:37:57	00:37:52	M40	14	PONTYPRIDD ROADENTS AC	m	68	9.85	06:06	Finished
3382	74	Wayne Bevan	00:37:59	00:37:56	M40	15	FOREST OF DEAN AC	m	69	9.83	06:06	Finished
4300	75	Joe Lingard	00:37:59	00:37:48	M5EN	46	WYCOMBE PHOENIX RUNNERS	m	70	9.86	06:05	Finished
2615	76	Ryan Evans	00:37:59	00:37:55	M5EN	47	OGMORE PHOENIX RUNNERS	m	71	9.83	06:06	Finished
4134	77	Aled Jones-Davies	00:38:06	00:38:03	M5EN	48	TROTS	m	72	9.8	06:07	Finished
4138	78	Martyn Hughes-Dowdle	00:38:08	00:38:07	M50	4	SWANSEA HARRIERS	m	73	9.78	06:08	Finished
4186	79	Craig Jones	00:38:15	00:38:12	M5EN	49	SWANSEA HARRIERS	m	74	9.76	06:09	Finished
3749	80	Lauren Cooper	00:38:17	00:38:15	F5EN	3	PARC BRYN BACH RUNNING CLUB	f	6	9.75	06:09	Finished
4249	81	Wayne Bowen	00:38:19	00:38:14	M40	16	SWANSEA HARRIERS	m	75	9.75	06:09	Finished
3271	82	Lea Wood	00:38:19	00:38:13	M5EN	50	m	m	76	9.76	06:09	Finished
2585	83	Richard Davies	00:38:22	00:38:19	M5EN	51	PORT TALBOT HARRIERS	m	77	9.73	06:10	Finished
3268	84	Robert Hunt	00:38:23	00:38:20	M50	5	BRIDGEND AC	m	78	9.73	06:10	Finished
3979	85	Christopher Jenkins	00:38:24	00:38:20	M40	17	NEATH HARRIERS	m	79	9.73	06:10	Finished
4297	86	Kevin O'Sullivan	00:38:24	00:38:12	M5EN	52	m	m	80	9.76	06:09	Finished
4258	87	Gary James	00:38:26	00:38:19	M40	18	m	m	81	9.73	06:10	Finished
4039	88	Peter Coles	00:38:29	00:38:25	M50	6	PONTYPRIDD ROADENTS AC	m	82	9.7	06:11	Finished
4420	89	Matthew Phillips	00:38:30	00:38:27	M5EN	53	LLANELLI AC	m	83	9.7	06:11	Finished
3297	90	Jeff Thomas	00:38:30	00:38:25	M50	7	BRIDGEND AC	m	84	9.7	06:11	Finished
13	91	Carys Mai Hughes	00:38:43	00:38:43	F5EN	4	CARDIFF	f	7	9.63	06:14	Finished
4225	92	Kristian Walters	00:38:45	00:38:41	M40	19	PONTYPRIDD ROADENTS AC	m	85	9.64	06:14	Finished
3787	93	Raul Reismann	00:38:46	00:38:35	M40	20	SWANSEA HARRIERS	m	86	9.66	06:13	Finished
4402	94	John Camani	00:38:47	00:38:44	M5EN	54	PEMBROKESHIRE HARRIERS	m	87	9.63	06:14	Finished
2330	95	Niki Puleio	00:38:48	00:38:44	M40	21	OGMORE PHOENIX RUNNERS	m	88	9.63	06:14	Finished
3562	96	Geoffrey Robinson	00:38:50	00:38:47	M50	8	SWANSEA HARRIERS	m	89	9.61	06:14	Finished
2931	97	Jonathan Jarvis	00:38:58	00:38:55	M5EN	55	RUN4ALL RUNNING CLUB	m	90	9.58	06:16	Finished
3119	98	Michael Riley	00:38:59	00:38:55	M40	22	LES CROUPIERS	m	91	9.58	06:16	Finished
3947	99	Matthew Reynolds	00:39:06	00:39:02	M5EN	56	PORT TALBOT HARRIERS	m	92	9.55	06:17	Finished
3799	100	Andrew Dwyer	00:39:08	00:39:03	M50	9	SWANSEA HARRIERS	m	93	9.55	06:17	Finished
4250	101	Tom Avington	00:39:09	00:39:04	M5EN	57	SWANSEA HARRIERS	m	94	9.54	06:17	Finished
1827	102	Dafydd Lambeth	00:39:11	00:39:02	M40	23	ISLWYN RC	m	95	9.55	06:17	Finished
4018	103	Scott Morris	00:39:13	00:39:10	M5EN	58	m	m	96	9.52	06:18	Finished
2097	104	Joseph Peters	00:39:19	00:39:05	M5EN	59	CORNWALL AC	m	97	9.54	06:17	Finished
3041	105	Declan Lynch	00:39:21	00:38:55	M5EN	60	m	m	98	9.58	06:16	Finished
1098	106	Ian Phillips	00:39:23	00:39:19	M5EN	61	ADMIRAL	m	99			

2807	115	Darragh Hanley-Crofts	00:39:37	00:39:32	MSEN	67	PEGASUS RC	m	107	9.43	06:22	Finished
4081	116	Edward Cullen	00:39:38	00:39:33	MSEN	68	PAUL POPHAM RUNNING CLUB	m	108	9.43	06:22	Finished
3073	117	Paul Dodd	00:39:39	00:39:35	M60	1	CHEPSTOW HARRIERS	m	109	9.42	06:22	Finished
378	118	Adam Meyrick	00:39:39	00:39:28	MJ	7		m	110	9.45	06:21	Finished
3256	119	Ed Butler	00:39:41	00:39:35	MSEN	69		m	111	9.42	06:22	Finished
1741	120	Trystan Leech	00:39:41	00:39:35	MJ	8	CARMARTHEN AND DISTRICT HARRIERS	m	112	9.42	06:22	Finished
3357	121	Philip Martin	00:39:41	00:39:14	MSEN	70		m	113	9.5	06:19	Finished
1982	122	Ori Bowen	00:39:46	00:39:41	MSEN	71		m	114	9.39	06:23	Finished
2628	123	Aaron McCalmon	00:39:46	00:39:41	M40	26		m	115	9.39	06:23	Finished
2893	124	Sioned Howells	00:39:48	00:39:45	FSEN	5	AMMAN VALLEY HARRIERS	f	9	9.38	06:24	Finished
2041	125	Gary Webber	00:39:51	00:39:45	M50	10		m	116	9.38	06:24	Finished
40	126	Ashley Pascoe	00:39:52	00:39:46	M40	27	3M'S PACER	m	117	9.38	06:24	Finished
2695	127	Trevor Hedges	00:39:52	00:39:47	M40	28		m	118	9.37	06:24	Finished
2321	128	Ross Jelf	00:39:53	00:39:47	MSEN	72		m	119	9.37	06:24	Finished
1952	129	Ian Bell	00:39:54	00:39:47	M50	11	SAN DOMENICO RRC	m	120	9.37	06:24	Finished
4434	130	Simon Brewer	00:39:55	00:39:53	M40	29	SWANSEA HARRIERS	m	121	9.35	06:25	Finished
195	131	Andrew Reed	00:39:58	00:39:49	M50	12		m	122	9.36	06:24	Finished
4277	132	Stuart Booker	00:39:59	00:39:53	MSEN	73	SWANSEA HARRIERS	m	123	9.35	06:25	Finished
1583	133	Gareth Parry	00:39:59	00:39:53	MSEN	74	3MS GORSEINON ROAD RUNNERS	m	124	9.35	06:25	Finished
1186	134	Alberto Gonzalez	00:40:00	00:39:50	MSEN	75	ADMIRAL	m	125	9.36	06:25	Finished
2171	135	Richard Jones	00:40:01	00:40:01	M50	13		m	126	9.32	06:26	Finished
2781	136	Ryan Govier	00:40:03	00:39:59	MSEN	76	SWANSEA HARRIERS	m	127	9.32	06:26	Finished
2380	137	Dean Protheroe	00:40:04	00:40:02	MSEN	77		m	128	9.31	06:27	Finished
2599	138	Ross Hudson	00:40:10	00:40:06	MSEN	78	PORT TALBOT HARRIERS	m	129	9.3	06:27	Finished
2385	139	Samuel Tucker	00:40:11	00:40:07	MSEN	79	RUN4ALL RUNNING CLUB	m	130	9.29	06:27	Finished
3075	140	Sam Figures	00:40:11	00:40:03	MSEN	80	PORT TALBOT HARRIERS	m	131	9.31	06:27	Finished
4073	141	Peter Osborne	00:40:11	00:40:08	M50	14	LLANELLI AC	m	132	9.29	06:28	Finished
2644	142	Ben Hubbard	00:40:16	00:40:08	MSEN	81		m	133	9.29	06:28	Finished
3269	143	David Robinson	00:40:16	00:40:11	MSEN	82		m	134	9.28	06:28	Finished
1282	144	Andrew Smedley	00:40:16	00:40:08	MSEN	83		m	135	9.29	06:28	Finished
4384	145	Elio Lepore	00:40:17	00:40:13	M60	2		m	136	9.27	06:28	Finished
440	146	Daniel Richards	00:40:18	00:40:08	MSEN	84		m	137	9.29	06:28	Finished
3879	147	Llino Jones	00:40:20	00:40:18	F35	4	SWANSEA HARRIERS	f	10	9.25	06:29	Finished
777	148	Owen Shadick	00:40:22	00:40:09	MSEN	85		m	138	9.29	06:28	Finished
3006	149	Mike Warner	00:40:26	00:40:20	M50	15	RUN4ALL RUNNING CLUB	m	139	9.24	06:29	Finished
2120	150	Janneke Van Beijnum	00:40:34	00:40:27	F35	5	LES CROUPIERS	f	11	9.22	06:31	Finished
945	151	Mark Taylor	00:40:37	00:40:32	M40	30	PORT TALBOT HARRIERS	m	140	9.2	06:31	Finished
839	152	Michelle Cole	00:40:37	00:40:32	F35	6		f	12	9.2	06:31	Finished
2897	153	Paul Morton	00:40:38	00:40:29	MSEN	86	LES CROUPIERS	m	141	9.21	06:31	Finished
3945	154	Paul Rees	00:40:40	00:40:32	M50	16	PORT TALBOT HARRIERS	m	142	9.2	06:31	Finished
3067	155	Nicola Jukes	00:40:40	00:40:37	F45	1	PARC BRYN BACH RUNNING CLUB	f	13	9.18	06:32	Finished
3903	156	Steve Williams	00:40:45	00:40:37	M60	3	NEATH HARRIERS	m	143	9.18	06:32	Finished
2938	157	Daniel Hall	00:40:49	00:40:42	MSEN	87		m	144	9.16	06:33	Finished
2659	158	Carl Payne	00:40:51	00:40:43	MSEN	88		m	145	9.16	06:33	Finished
2595	159	Andrew Proctor	00:40:53	00:40:46	M40	31		m	146	9.15	06:34	Finished
3345	160	Haydn Hartnell	00:40:54	00:40:50	M50	17	PARC BRYN BACH RUNNING CLUB	m	147	9.13	06:34	Finished
4304	161	Alice Earle	00:40:55	00:40:43	FSEN	6	CHELtenham & COUNTY HARRIERS	f	14	9.16	06:33	Finished
4375	162	Shaun Morgans	00:40:56	00:40:47	MJ	9		m	148	9.14	06:34	Finished
3484	163	Richard Pegler	00:40:57	00:40:44	M40	32	FOREST OF DEAN AC	m	149	9.15	06:33	Finished
2014	164	Ben Hughes	00:40:57	00:40:49	MSEN	89		m	150	9.13	06:34	Finished
2862	165	Alun Williams	00:40:58	00:40:50	M40	33	PORTHCAWL RUNNERS	m	151	9.13	06:34	Finished
2091	166	Ellie Robins	00:40:58	00:40:51	FJ	2		f	15	9.13	06:34	Finished
618	167	Geoffrey Dodd	00:40:59	00:40:48	MSEN	90	BRIDGEND AC	m	152	9.14	06:34	Finished
3341	168	Adam Runacres	00:41:02	00:40:57	MSEN	91		m	153	9.1	06:35	Finished
2587	169	Alan Hall	00:41:02	00:40:54	MSEN	92	PORT TALBOT HARRIERS	m	154	9.12	06:35	Finished
3663	170	Alun Jones	00:41:09	00:41:04	MSEN	93		m	155	9.08	06:37	Finished
2592	171	Tom Rankin	00:41:10	00:40:49	MSEN	94		m	156	9.13	06:34	Finished
3369	172	Cassandra Miles	00:41:12	00:41:06	FSEN	7	RUN4ALL RUNNING CLUB	f	16	9.07	06:37	Finished
3877	173	Richard Evans	00:41:12	00:40:36	MSEN	95		m	157	9.18	06:32	Finished
888	174	James Ocallaghan	00:41:15	00:41:05	M40	34		m	158	9.07	06:37	Finished
3741	175	Charlie Bleasdale	00:41:18	00:41:04	MSEN	96		m	159	9.08	06:37	Finished
3814	176	Robert Stephens	00:41:18	00:41:14	M40	35		m	160	9.04	06:38	Finished
3550	177	Mathew Hendery	00:41:19	00:41:04	MSEN	97	SWANSEA HARRIERS	m	161	9.08	06:37	Finished
2530	178	Matthew Bound	00:41:21	00:41:10	M40	36		m	162	9.06	06:38	Finished
3624	179	Mark Hiddlestone	00:41:23	00:41:20	M40	37	PORT TALBOT HARRIERS	m	163	9.02	06:39	Finished
4207	180	Rich Jones	00:41:24	00:41:11	M40	38	VEGAN RUNNERS UK	m	164	9.05	06:38	Finished
3328	181	Stephen Arnold	00:41:27	00:41:09	M40	39	PAUL POPHAM RUNNING CLUB	m	165	9.06	06:37	Finished
879	182	Rhys Francis	00:41:28	00:41:17	MSEN	98	BRACKLA HARRIERS	m	166	9.03	06:39	Finished
4222	183	Clive Granger	00:41:32	00:41:24	M50	18	CARDIFF TRIATHLETES	m	167	9.01	06:40	Finished
102	184	David Bennett	00:41:33	00:41:24	M40	40	PORTHCAWL RUNNERS	m	168	9.01	06:40	Finished
1231	185	Luke Stephens	00:41:33	00:41:25	MSEN	99	ADMIRAL	m	169	9	06:40	Finished
509	186	Robin Edwards	00:41:35	00:41:29	M40	41		m	170	8.99	06:41	Finished
3536	187	Simon Eastwood	00:41:37	00:41:30	M40	42	SWANSEA HARRIERS	m	171	8.98	06:41	Finished
3956	188	Simon Crane	00:41:38	00:41:29	M40	43		m	172	8.99	06:41	Finished
1990	189	Elin Morgan	00:41:40	00:41:35	FSEN	8		f	17	8.97	06:42	Finished
2217	190	Dean Cunah	00:41:40	00:41:27	MSEN	100		m	173	8.99	06:40	Finished
3720	191	Richard Davies	00:41:44	00:41:33	M50	19	LES CROUPIERS	m	174	8.97	06:41	Finished
4240	192	Eryl Husband	00:41:45	00:41:33	M60	4	LANCASTER & MORECAMBE AC	m	175	8.97	06:41	Finished
3399	193	Michael Murphy	00:41:46	00:41:41	M60	5	LES CROUPIERS	m	176	8.92	06:42	Finished
3716	194	Shelley Brace	00:41:48	00:41:41	FSEN	9	CITY OF STOKE RC	f	18	8.94	06:42	Finished
3816	195	Craig Hughes	00:41:50	00:41:43	MSEN	101		m	177	8.94	06:43	Finished
3580	196	Liz Robbins	00:41:53	00:41:40	FSEN	10	LLANELLI AC	f	19	8.95	06:42	Finished
2904	197	Andrew Hughes	00:41:53	00:41:43	M40	44		m	178	8.94	06:43	Finished
1221	198	Gavin Petrelli	00:41:55	00:41:47	MSEN	102	ADMIRAL	m	179	8.92	06:43	Finished
4433	199	Anthony Jones	00:41:56	00:41:47	MSEN	103		m	180	8.92	06:43	Finished
1464	200	Heath Brett	00:42:00	00:41:50	M40	45	SWANSEA HARRIERS	m	181	8.91	06:44	Finished
1066	201	Rhys Jones	00:42:02	00:41:48	MSEN	104	ADMIRAL	m	182	8.92	06:44	Finished
2008	202	Damian Wilkinson	00:42:05	00:41:52	M40	46		m	183	8.91	06:44	Finished
3117	203	Joel Giuffrida	00:42:08	00:42:02	MSEN	105	EALING EAGLES RUNNING CLUB	m	184	8.87	06:46	Finished
3505	204	Gareth Meardon	00:42:08	00:41:55	MSEN	106		m	185	8.89	06:45	Finished
3433	205	Daniel Morgan	00:42:08	00:41:56	M40	47	BRIDGEND AC	m	186	8.89	06:45	Finished
1355	206	Wayne Hayhurst	00:42:09	00:42:04	M40	48	OGMORE PHOENIX RUNNERS	m	187	8.86	06:46	Finished
4244	207	Jim Murray	00:42:10	00:41:57	M40	49	PONTYPRIDD ROADENTS AC	m	188	8.89	06:45	Finished
1076	208	Simon Locke	00:42:12	00:41:56	MSEN	107	ADMIRAL	m	189	8.89	06:45	Finished
3971	209	Paul Warren	00:42:17	00:42:04	MSEN	108	ALMOST ATHLETES	m	190	8.86	06:46	Finished
3718	210	Kristie O'Connell-James	00:42:18	00:42:03	FSEN	11		f	20	8.87	06:46	Finished
757	211	Terry O'Brien	00:42:19	00:41:54	M60	6		m	191	8.9	06:45	Finished
4376	212	Harley Davies	00:42:19	00:42:10	MJ	10		m	192	8.84	06:47	Finished
734	213	Helen-Marie Davies	00:42:20	00:42:11	F35	7	SWANSEA HARRIERS	f	21	8.84	06:47	Finished
3038	214	Callum Campion	00:42:21	00:42:17	MJ	11	LLANELLI AC	m	193	8.82	06:48	Finished
3554	215	Paul Robbins	00:42:22	00:42:07	M40	50	LLANELLI AC	m	194	8.85	06:47	Finished
1775	216	Lee Price	00:42:23	00:42:13	M40	51		m	195	8.83	06:48	Finished
3131	217	Niall Lewis	00:42:25	00:42:12	MSEN	109		m	196	8.83	06:47	Finished
2513	218	Alan Matthews	00:42:28	00:42:21	M50	20		m	197	8.8	06:49	Finished
1326	219	Ian Kent	00:42:29	00:42:21	MSEN	110	PARC BRYN BACH RUNNING CLUB	m	198	8.8	06:49	Finished
4253	220	Rob Hughes	00:42:30	00:42:13	MSEN	111	SWANSEA HARRIERS	m	199	8.83	06:48	Finished
3368	221	Damian Grinter	00:42:31	00:42:05	MSEN	112		m	200	8.86	06:46	Finished
4173	222	Mathew Giles	00:42:31	00:42:14</								

2827	230	Rich Drewett	00:42:44	00:42:37	M50	22		m	208	8.75	06:52	Finished
2979	231	Bryan Meredith	00:42:45	00:42:30	M50	23	RHONDDA VALLEY RUNNERS	m	209	8.77	06:50	Finished
1984	232	Shaun Lombardo	00:42:47	00:42:07	M5EN	115		m	210	8.85	06:47	Finished
2101	233	Peter Hartley-Green	00:42:48	00:42:40	M40	55		m	211	8.74	06:52	Finished
3405	234	Daniel Papura	00:42:50	00:42:43	M5EN	116		m	212	8.73	06:52	Finished
4430	235	Chelsea Edwards	00:42:54	00:42:47	F5EN	13		f	23	8.71	06:53	Finished
2603	236	Carne Jones	00:42:55	00:42:42	M5EN	117		m	213	8.73	06:52	Finished
3617	237	Dyfed Davies	00:42:56	00:42:46	M5EN	118		m	214	8.72	06:53	Finished
892	238	Lloyd Manning-James	00:42:56	00:42:48	M5EN	119		m	215	8.71	06:53	Finished
2035	239	Richard Rees	00:42:59	00:42:43	M5EN	120		m	216	8.73	06:52	Finished
1933	240	Dennie Mainwaring	00:43:00	00:42:53	F5EN	14	PORTHCAWL RUNNERS	f	24	8.69	06:54	Finished
901	241	Gareth Jones	00:43:00	00:42:51	M50	24		m	217	8.7	06:54	Finished
2335	242	Leigh Fennell	00:43:00	00:42:53	M40	56	SWANSEA HARRIERS	m	218	8.69	06:54	Finished
101	243	Caroline Rimmer	00:43:01	00:42:44	F35	8		f	25	8.72	06:53	Finished
3893	244	Ceri Isaac	00:43:01	00:42:55	M5EN	121	3MS GORSEINON ROAD RUNNERS	m	219	8.69	06:54	Finished
3176	245	Oliver Rennison	00:43:03	00:42:52	MJ	12	FOREST OF DEAN AC	m	220	8.7	06:54	Finished
3556	246	Mark Neal	00:43:03	00:42:42	M60	8	ABERDARE VALLEY AAC	m	221	8.73	06:52	Finished
2582	247	Joe Collins	00:43:04	00:42:46	M5EN	122		m	222	8.72	06:53	Finished
319	248	Nina Brocklebank	00:43:05	00:42:54	F45	2	SWANSEA HARRIERS	f	26	8.69	06:54	Finished
3760	249	Rob Walters	00:43:06	00:42:51	M40	57		m	223	8.7	06:54	Finished
723	250	Deb Goule	00:43:07	00:43:00	F45	3	PORTHCAWL RUNNERS	f	27	8.67	06:55	Finished
4149	251	Steven Preddy	00:43:07	00:42:47	M40	58	LES CROUPIERS	m	224	8.71	06:53	Finished
3260	252	Andy Deacon	00:43:08	00:42:57	F5EN	15		f	28	8.68	06:55	Finished
2169	253	Peter Jones	00:43:09	00:42:59	M60	9		m	225	8.67	06:55	Finished
2272	254	Owen Howells	00:43:11	00:42:54	M5EN	123		m	226	8.69	06:54	Finished
7	255	Leon Britton	00:43:11	00:42:47	M5EN	124		m	227	8.71	06:53	Finished
2203	256	Andrew Prosser	00:43:12	00:42:31	M5EN	125		m	228	8.77	06:51	Finished
1399	257	Anthony Nuttall	00:43:13	00:42:53	M5EN	126		m	229	8.69	06:54	Finished
4228	258	Paul Martin	00:43:13	00:42:48	M5EN	127		m	230	8.71	06:53	Finished
2601	259	Huw Davies	00:43:17	00:43:09	M40	59	CARMARTHEN AND DISTRICT HARRIERS	m	231	8.64	06:57	Finished
2572	260	Scott Morris	00:43:17	00:42:55	M5EN	128		m	232	8.69	06:54	Finished
2739	261	Lee Jenkins	00:43:19	00:43:02	M5EN	129	RUNALL RUNNING CLUB	m	233	8.66	06:56	Finished
2777	262	Sharan Chugani	00:43:20	00:42:53	M5EN	130		m	234	8.69	06:54	Finished
655	263	Josh Eynon	00:43:20	00:42:46	M5EN	131		m	235	8.72	06:53	Finished
2439	264	Darren Harris	00:43:21	00:43:06	M50	25	PONTARDAWE RUNNING CLUB	m	236	8.65	06:56	Finished
4001	265	Abigayle Goodrick-Latham	00:43:25	00:43:15	F5EN	16	SWANSEA HARRIERS	f	29	8.62	06:58	Finished
601	266	Mark Roberts	00:43:25	00:43:09	M50	26	BRECON AC	m	237	8.64	06:57	Finished
4093	267	Nick Hughes	00:43:29	00:42:56	M5EN	132		m	238	8.68	06:55	Finished
4342	268	Andrew Davies	00:43:30	00:43:18	M40	60		m	239	8.61	06:58	Finished
824	269	Robert Kestin	00:43:31	00:43:14	M5EN	133	PORT TALBOT HARRIERS	m	240	8.62	06:57	Finished
3800	270	Alexander Jones	00:43:32	00:43:09	M5EN	134		m	241	8.64	06:57	Finished
3365	271	Mick McGeoch	00:43:34	00:43:23	M60	10	LES CROUPIERS	m	242	8.59	06:59	Finished
3076	272	Susan Watson	00:43:35	00:43:17	F45	4	LES CROUPIERS	f	30	8.61	06:58	Finished
779	273	Christopher Montenegro	00:43:37	00:43:24	M5EN	135		m	243	8.59	06:59	Finished
4025	274	David Gibson	00:43:37	00:43:16	M60	11		m	244	8.62	06:58	Finished
3128	275	Aron Jones	00:43:38	00:43:27	M5EN	136	3MS GORSEINON ROAD RUNNERS	m	245	8.58	07:00	Finished
3940	276	Alistair Murray	00:43:38	00:43:14	M5EN	137		m	246	8.62	06:57	Finished
2953	277	Ryan Minard	00:43:40	00:43:31	M5EN	138	ABERDARE VALLEY AAC	m	247	8.57	07:00	Finished
2300	278	Jamie Richmond	00:43:41	00:43:36	M5EN	139		m	248	8.55	07:01	Finished
3719	279	Karl Davies	00:43:42	00:43:25	M40	61		m	249	8.59	06:59	Finished
529	280	Julie Williams	00:43:44	00:43:31	F45	5		f	31	8.57	07:00	Finished
434	281	Liz May	00:43:44	00:43:32	F35	9	PONTYPRIDD ROADENTS AC	f	32	8.56	07:00	Finished
4296	282	Michael Worlock	00:43:45	00:43:33	M50	27		m	250	8.56	07:01	Finished
2366	283	John Burridge	00:43:45	00:43:34	M5EN	140	OGMORE PHOENIX RUNNERS	m	251	8.56	07:01	Finished
658	284	Darren Evans	00:43:47	00:43:32	M5EN	141		m	252	8.56	07:00	Finished
4275	285	Tenniel O'Brien	00:43:48	00:43:30	M40	62	PAUL POPHAM RUNNING CLUB	m	253	8.57	07:00	Finished
1315	286	John Marson	00:43:49	00:43:38	M40	63	LLANELLI AC	m	254	8.54	07:01	Finished
3608	287	Jon Hancock	00:43:49	00:43:36	M40	64		m	255	8.55	07:01	Finished
3370	288	David Bembo	00:43:50	00:43:25	M50	28		m	256	8.59	06:59	Finished
1122	289	Andrew Stead	00:43:50	00:43:24	M5EN	142	ADMIRAL	m	257	8.59	06:59	Finished
875	290	Neil Draper	00:43:51	00:43:11	M5EN	143		m	258	8.63	06:57	Finished
4002	291	Jon Cousins	00:43:52	00:43:16	M40	65		m	259	8.62	06:58	Finished
3033	292	Sean Piles	00:43:53	00:43:35	M5EN	144	PORT TALBOT HARRIERS	m	260	8.55	07:01	Finished
4041	293	Anita Sherman	00:43:53	00:43:46	F55	1	WORTHING & DISTRICT HARRIERS	f	33	8.52	07:03	Finished
4269	294	Gareth Hill	00:43:54	00:43:43	M40	66		m	261	8.53	07:02	Finished
2549	295	Matt Bowmer	00:43:54	00:43:35	M50	29	BEDFORD HARRIERS AC	m	262	8.55	07:01	Finished
3046	296	Dean House	00:43:55	00:43:47	M50	30	PEGASUS RC	m	263	8.52	07:03	Finished
4098	297	Carwyn Jenkins	00:43:55	00:43:34	M40	67	3MS GORSEINON ROAD RUNNERS	m	264	8.56	07:01	Finished
3797	298	Sean Dodington	00:43:56	00:43:45	M5EN	145		m	265	8.52	07:02	Finished
4424	299	Paul Mcenery	00:43:57	00:43:43	M40	68		m	266	8.53	07:02	Finished
3224	300	Robyn Williams	00:43:58	00:43:36	M5EN	146		m	267	8.55	07:01	Finished
1108	301	Darren Ritchie	00:43:59	00:43:46	M5EN	147	ADMIRAL	m	268	8.52	07:03	Finished
2964	302	Kevin Skinner	00:43:59	00:43:45	M5EN	148		m	269	8.52	07:02	Finished
462	303	Tony Morris	00:44:00	00:43:29	M50	31	ST AUSTELL RUNNING CLUB	m	270	8.57	07:00	Finished
3846	304	Matthew Evans	00:44:01	00:43:34	M5EN	149		m	271	8.56	07:01	Finished
1665	305	David Miller	00:44:02	00:43:52	M5EN	150	BULGH & DISTRICT	m	272	8.5	07:04	Finished
4132	306	Gareth Richards	00:44:05	00:43:57	M40	69	OGMORE PHOENIX RUNNERS	m	273	8.48	07:04	Finished
2339	307	Tomos King	00:44:06	00:43:53	MJ	13		m	274	8.5	07:04	Finished
3039	308	Robert Campion	00:44:06	00:43:51	M40	70	LLANELLI AC	m	275	8.5	07:03	Finished
1174	309	Joshua Davies	00:44:07	00:43:56	M5EN	151	ADMIRAL	m	276	8.49	07:04	Finished
874	310	Ian Scrine	00:44:09	00:43:29	M5EN	152		m	277	8.57	07:00	Finished
3555	311	Nina Davies	00:44:09	00:43:59	F35	10	ABERDARE VALLEY AAC	f	34	8.48	07:05	Finished
2276	312	Dafydd Weaver	00:44:10	00:43:51	MJ	14		m	278	8.5	07:03	Finished
2920	313	Julian Lewis	00:44:10	00:43:56	M40	71	TROTS	m	279	8.49	07:04	Finished
528	314	Simon Coombes	00:44:13	00:44:06	M40	72	SWANSEA HARRIERS	m	280	8.45	07:06	Finished
4241	315	Luke Braidwood	00:44:13	00:43:57	M5EN	153		m	281	8.48	07:04	Finished
3778	316	Andrew Gemmill	00:44:14	00:43:48	M40	73		m	282	8.51	07:03	Finished
3902	317	John Hewson	00:44:17	00:43:57	M40	74		m	283	8.48	07:04	Finished
2636	318	Marc Batcup	00:44:17	00:44:11	M5EN	154		m	284	8.44	07:07	Finished
4144	319	Philip Cushion	00:44:19	00:44:00	M40	75		m	285	8.47	07:05	Finished
2225	320	Paul Beck	00:44:21	00:43:56	M5EN	155		m	286	8.49	07:04	Finished
3992	321	Nikki Kelly	00:44:21	00:44:11	FJ	3	TAVISTOCK AC	f	35	8.44	07:07	Finished
225	322	Marc Bishara	00:44:21	00:44:03	M40	76		m	287	8.46	07:05	Finished
3243	323	Michael Price	00:44:22	00:43:43	M5EN	156	MARLOW STRIDERS	m	288	8.53	07:02	Finished
2694	324	Andrew Johnson	00:44:22	00:44:10	M5EN	157		m	289	8.44	07:06	Finished
3362	325	Colleen Bond	00:44:23	00:44:03	F55	2		f	36	8.46	07:05	Finished
1050	326	James Hart	00:44:23	00:43:55	M5EN	158	ADMIRAL	m	290	8.49	07:04	Finished
1423	327	Tim Williams	00:44:23	00:43:48	M5EN	159		m	291	8.51	07:03	Finished
3490	328	Sheryl Evans	00:44:24	00:44:17	F45	6	HEREFORD COURIERS	f	37	8.42	07:08	Finished
3337	329	Christine Bevan	00:44:27	00:44:04	F45	7		f	38	8.46	07:06	Finished
3052	330	Dewi Jones	00:44:27	00:44:03	M5EN	160		m	292	8.46	07:05	Finished
4016	331	Emma Colwill	00:44:29	00:44:20	F5EN	17	RUNALL RUNNING CLUB	f	39	8.41	07:08	Finished
3482	332	Carly Thomas	00:44:30	00:44:07	F5EN	18		f	40	8.45	07:06	Finished
1080	333	Dominic Melville	00:44:31	00:44:17	M40	77	ADMIRAL	m	293	8.42	07:08	Finished
4087	334	Paul Davies	00:44:31	00:44:05	M50	32		m	294	8.46	07:06	Finished
3019	335	Tom Longden	00:44:32	00:44:07	M5EN	161		m	295	8.45	07:06	Finished
1084	336	Carl Morris	00:44:32	00:44:10	M5EN	162	ADMIRAL	m	296	8.44	07:06	Finished
1781	337	Stephanie Davies	00:44:33	00:44:20	F5EN	19						

790	345	Steve James	00:44:40	00:44:12	MSEN	168	m	303	8.43	07:07	Finished
3212	346	Tim Jones	00:44:40	00:44:20	MSEN	169	m	304	8.41	07:08	Finished
1754	347	David Johnson	00:44:42	00:44:24	M40	78	m	305	8.4	07:09	Finished
4367	348	Rob Home	00:44:43	00:44:32	M40	79	m	306	8.37	07:10	Finished
2853	349	Peter Rigler	00:44:44	00:44:31	M50	34	m	307	8.37	07:10	Finished
4074	350	Lindy Eynon	00:44:46	00:44:35	F55	3	f	43	8.36	07:10	Finished
3691	351	John Hopkins	00:44:47	00:44:30	M50	35	m	308	8.38	07:10	Finished
2778	352	Gareth Danter Hill	00:44:49	00:44:32	MSEN	170	m	309	8.37	07:10	Finished
2797	353	Matthew Martin	00:44:50	00:44:32	MSEN	171	m	310	8.37	07:10	Finished
3936	354	Lewys Elvins	00:44:50	00:44:27	MJ	15	m	311	8.39	07:09	Finished
2727	355	Sam Howell-Jones	00:44:51	00:44:45	MSEN	172	m	312	8.33	07:12	Finished
2746	356	Stephen Dawson	00:44:51	00:44:32	F35	11	f	44	8.37	07:10	Finished
372	357	Kevin Bates	00:44:52	00:44:28	M40	80	m	313	8.38	07:09	Finished
4068	358	Alex Hallett	00:44:53	00:44:37	MJ	16	m	314	8.36	07:11	Finished
3551	359	James Ley	00:44:53	00:44:33	M50	36	m	315	8.37	07:10	Finished
1491	360	Mandy Morris	00:44:53	00:44:37	F45	8	f	45	8.36	07:11	Finished
3745	361	Andrew Stoneman	00:44:54	00:44:36	MSEN	173	m	316	8.36	07:11	Finished
3961	362	Matthew Blackmore	00:44:54	00:44:31	M40	81	m	317	8.37	07:10	Finished
2053	363	Michael Holding	00:44:55	00:44:27	MSEN	174	m	318	8.39	07:09	Finished
3724	364	Carl McClarnan	00:44:55	00:44:37	F45	9	f	46	8.36	07:11	Finished
997	365	Mike Chipping	00:44:55	00:44:35	M60	12	m	319	8.36	07:10	Finished
1599	366	Louise Collins	00:44:56	00:44:33	F35	12	f	47	8.37	07:10	Finished
2661	367	John Rees	00:44:56	00:44:34	MSEN	175	m	320	8.37	07:10	Finished
1958	368	Jonathan Clark	00:44:56	00:44:34	MSEN	176	m	321	8.37	07:10	Finished
2722	369	Christian Madge	00:44:57	00:44:31	MSEN	177	m	322	8.37	07:10	Finished
3649	370	Thierry Maffei	00:44:58	00:44:35	M40	82	m	323	8.36	07:10	Finished
3170	371	Stephen Phillips	00:44:58	00:44:37	MSEN	178	m	324	8.36	07:11	Finished
1031	372	David Dewey	00:44:58	00:44:41	MSEN	179	m	325	8.34	07:11	Finished
1567	373	Liam Chesters	00:44:59	00:44:36	MSEN	180	m	326	8.36	07:11	Finished
1502	374	Nigel Crawford	00:45:00	00:44:43	M50	37	m	327	8.34	07:12	Finished
2424	375	Piotr Kalinowski	00:45:01	00:44:44	MSEN	181	m	328	8.33	07:12	Finished
2740	376	Ashley Brew	00:45:01	00:44:44	MSEN	182	m	329	8.33	07:12	Finished
4030	377	Leon Shuall	00:45:02	00:44:21	M40	83	m	330	8.41	07:08	Finished
2717	378	Peter Carwardine	00:45:03	00:44:43	M60	13	m	331	8.34	07:12	Finished
1151	379	Thomas Abbott	00:45:03	00:44:34	MSEN	183	m	332	8.37	07:10	Finished
369	380	Rachel Bowen	00:45:05	00:44:42	F35	13	f	48	8.34	07:12	Finished
2884	381	Kristian Davies	00:45:06	00:44:31	MSEN	184	m	333	8.37	07:10	Finished
623	382	Carl Johnson	00:45:06	00:44:48	M40	84	m	334	8.32	07:13	Finished
3613	383	Richard Dwyer	00:45:06	00:44:44	MSEN	185	m	335	8.33	07:12	Finished
242	384	Thomas Morris	00:45:09	00:44:38	MSEN	186	m	336	8.35	07:11	Finished
1609	385	John Davies	00:45:11	00:44:54	MSEN	187	m	337	8.3	07:14	Finished
3285	386	Joel Reeves	00:45:12	00:45:02	MSEN	188	m	338	8.28	07:15	Finished
4077	387	Gareth Morgan	00:45:12	00:45:06	M40	85	m	339	8.27	07:15	Finished
3527	388	Foyez Ahmed	00:45:13	00:44:57	MSEN	189	m	340	8.29	07:14	Finished
4316	389	James Walker	00:45:13	00:45:01	MSEN	190	m	341	8.28	07:15	Finished
547	390	Dominic Shields	00:45:14	00:45:07	M50	38	m	342	8.26	07:16	Finished
3354	391	Simon Hughes	00:45:14	00:45:04	MSEN	191	m	343	8.27	07:15	Finished
4289	392	Andrew Golley	00:45:17	00:44:50	M50	39	m	344	8.32	07:13	Finished
2377	393	Thomas Bryans	00:45:17	00:44:44	MSEN	192	m	345	8.33	07:12	Finished
1325	394	Alan Jordon	00:45:19	00:44:58	M50	40	m	346	8.29	07:14	Finished
4088	395	Thomas Rees-Gralton	00:45:21	00:44:57	MSEN	193	m	347	8.29	07:14	Finished
4024	396	Rhys Collins	00:45:23	00:45:10	MSEN	194	m	348	8.25	07:16	Finished
3056	397	Natalie Holborow	00:45:24	00:45:01	F5EN	21	f	49	8.28	07:15	Finished
45	398	Christopher Simons	00:45:24	00:45:05	MSEN	195	m	349	8.27	07:15	Finished
3687	399	Chris Jones	00:45:25	00:45:12	MSEN	196	m	350	8.25	07:16	Finished
4292	400	Tudur Hallam	00:45:26	00:45:07	M40	86	m	351	8.26	07:16	Finished
1263	401	Richard Ellis	00:45:27	00:45:05	MSEN	197	m	352	8.27	07:15	Finished
91	402	Calum O'Connell	00:45:29	00:44:28	MSEN	198	m	353	8.38	07:09	Finished
122	403	Justin Showell	00:45:31	00:45:09	M40	87	m	354	8.26	07:16	Finished
2639	404	Michael Rimmer	00:45:34	00:44:57	M60	14	m	355	8.29	07:14	Finished
4027	405	Calum Shaw	00:45:38	00:45:24	MSEN	199	m	356	8.21	07:18	Finished
1564	406	Paul Bailey	00:45:40	00:45:01	MSEN	200	m	357	8.28	07:15	Finished
145	407	Alan Robertson	00:45:40	00:45:20	M60	15	m	358	8.22	07:18	Finished
1538	408	John Dewar	00:45:41	00:45:18	MSEN	201	m	359	8.23	07:17	Finished
1537	409	James Lowery	00:45:41	00:45:18	MSEN	202	m	360	8.23	07:17	Finished
1623	410	Ruth Nunn	00:45:46	00:45:14	MSEN	203	m	361	8.24	07:17	Finished
1208	411	Scott Lewis	00:45:49	00:45:13	MSEN	204	m	362	8.25	07:17	Finished
2514	412	Hayley Phillips	00:45:50	00:45:35	F35	14	f	50	8.18	07:20	Finished
1250	413	Linda Tyler	00:45:52	00:45:36	F55	4	f	51	8.18	07:20	Finished
4448	414	Tim Hughes	00:45:53	00:45:20	MSEN	205	m	363	8.22	07:18	Finished
675	415	Martyn Norris	00:45:54	00:45:37	M40	88	m	364	8.17	07:20	Finished
4022	416	Glenn Stephens	00:45:56	00:45:42	MSEN	206	m	365	8.16	07:21	Finished
303	417	Rhys Evans	00:45:57	00:45:12	MJ	17	m	366	8.25	07:16	Finished
4097	418	Gareth Simpson	00:45:57	00:45:36	M40	89	m	367	8.18	07:20	Finished
1934	419	Bob Depledge	00:45:57	00:45:20	M60	16	m	368	8.22	07:18	Finished
4242	420	John Young	00:45:58	00:45:41	M40	90	m	369	8.16	07:21	Finished
4257	421	Tim Davies	00:45:58	00:45:44	MSEN	207	m	370	8.15	07:22	Finished
1230	422	Matthew Siggins	00:45:59	00:45:43	MSEN	208	m	371	8.16	07:21	Finished
560	423	Isobel Dawson	00:45:59	00:45:40	F35	15	f	52	8.16	07:21	Finished
797	424	Rhodri Morgan	00:46:00	00:45:33	MSEN	209	m	372	8.18	07:20	Finished
2991	425	Samuel Marsh	00:46:01	00:45:23	MSEN	210	m	373	8.21	07:18	Finished
1546	426	Harry Merriman	00:46:02	00:45:28	MSEN	211	m	374	8.2	07:19	Finished
3479	427	Thomas Davies	00:46:03	00:45:44	MSEN	212	m	375	8.15	07:22	Finished
3803	428	Lynn Sheppard	00:46:04	00:45:46	M50	41	m	376	8.15	07:22	Finished
3804	429	Tony Sheppard	00:46:04	00:45:46	M50	42	m	377	8.15	07:22	Finished
2100	430	Julie Hartley-Green	00:46:06	00:45:55	F35	16	f	53	8.12	07:23	Finished
2250	431	Joe Warchal	00:46:07	00:45:50	MSEN	213	m	378	8.13	07:23	Finished
1319	432	Kimberley Price	00:46:07	00:45:47	F35	17	f	54	8.14	07:22	Finished
2705	433	Gareth Tomos	00:46:07	00:45:44	MSEN	214	m	379	8.15	07:22	Finished
4382	434	Adam Miguel	00:46:08	00:45:26	MSEN	215	m	380	8.21	07:19	Finished
1648	435	Tom Jones	00:46:08	00:45:18	MSEN	216	m	381	8.23	07:17	Finished
3009	436	Chris Williams	00:46:08	00:45:32	M40	91	m	382	8.19	07:20	Finished
4380	437	Leigh Risleley	00:46:10	00:45:50	MSEN	217	m	383	8.13	07:23	Finished
4009	438	Ian Lewis	00:46:11	00:45:46	M40	92	m	384	8.15	07:22	Finished
3569	439	Cara-Leanne Farley	00:46:14	00:46:05	FJ	4	f	55	8.09	07:25	Finished
4349	440	Jane Griffiths	00:46:14	00:45:53	F35	18	f	56	8.13	07:23	Finished
1485	441	Jennifer Martin	00:46:15	00:45:42	F35	19	f	57	8.16	07:21	Finished
1786	442	Jack Davies	00:46:17	00:45:56	MSEN	218	m	385	8.12	07:24	Finished
3534	443	Tim Rees	00:46:17	00:45:57	M50	43	m	386	8.11	07:24	Finished
2177	444	Sean Snell	00:46:18	00:45:41	MSEN	219	m	387	8.16	07:21	Finished
3314	445	Andrew Mundy	00:46:19	00:46:06	M40	93	m	388	8.09	07:25	Finished
4313	446	John Doherty	00:46:20	00:46:07	MSEN	220	m	389	8.08	07:25	Finished
1259	447	Timothy Warner	00:46:22	00:45:51	M40	94	m	390	8.13	07:23	Finished
3282	448	Simon Rawlinson	00:46:23	00:46:04	MSEN	221	m	391	8.09	07:25	Finished
4230	449	Michael Byng	00:46:24	00:46:10	MSEN	222	m	392	8.08	07:26	Finished
4070	450	Chad Griffiths	00:46:24	00:45:52	MSEN	223	m	393	8.13	07:23	Finished
4148	451	Alun Evans	00:46:25	00:46:16	M50	44	m	394	8.06	07:27	Finished
4056	452	Duncan Crawley	00:46:25	00:46:16	M50	45	m	395	8.06	07:27	Finished
2113	453	Lloyd Ebden	00:46:26	00:45:47	MSEN	224	m	396	8.14	07:22	Finished
3540	454	James Holness	00:46:26	00:45:55	M40	95	m	397	8.12	07:23	Finished
4279	455	Gwyn Jones	00:46:28	00:45:45	M50	46	m	398	8.15	07:22	Finished
1256	456	Dominic Cashman	00:46:31	00:45:46	M40	96	m	399	8.15	07:22	Finished
3164	457	Rob Jenkins	00:46:33	00:46:06	M40	97	m	400	8.09	07:25	Finished
3657	458	Lewis Buckley	00:46:33	00:46:10	MSEN	225	m	401	8.08	07:26	Finished
2716	459	Elaine Carwardine	00:46:34	00:46:13	F55	5	f	58	8.		

4298	460	Rhys Morgan	00:46:35	00:45:59 M5EN	226	m	402	8.11	07:24	Finished
539	461	Andrew Jones	00:46:39	00:46:19 M50	47	m	403	8.05	07:27	Finished
2899	462	Joseff Evans	00:46:39	00:46:16 MJ	18	m	404	8.06	07:27	Finished
948	463	Thomas Long	00:46:41	00:46:04 M5EN	227	m	405	8.09	07:25	Finished
2787	464	Tom Denham	00:46:42	00:46:32 M5EN	228	m	406	8.01	07:29	Finished
3703	465	Lucy Tothill	00:46:43	00:46:27 FJ	5	f	59	8.03	07:29	Finished
4096	466	Kevin Williams	00:46:43	00:46:14 M5EN	229	m	407	8.06	07:26	Finished
2986	467	Stephen Dallow	00:46:44	00:46:15 M60	17	m	408	8.06	07:27	Finished
1215	468	Andrew Morgan	00:46:44	00:46:14 M5EN	230	m	409	8.06	07:26	Finished
694	469	Matthew Doel	00:46:45	00:46:06 M5EN	231	m	410	8.09	07:25	Finished
1659	470	Andrew Downie	00:46:46	00:46:31 M5EN	232	m	411	8.01	07:29	Finished
4211	471	John Martin	00:46:46	00:45:48 M40	98	m	412	8.14	07:22	Finished
700	472	Telfion Maddocks	00:46:48	00:46:28 M5EN	233	m	413	8.02	07:29	Finished
2394	473	Kevin Halmkan	00:46:49	00:46:22 M5EN	234	m	414	8.04	07:28	Finished
495	474	Dylan Jones	00:46:49	00:46:30 M40	99	m	415	8.02	07:29	Finished
3529	475	Gareth Denton	00:46:50	00:46:24 M40	100	m	416	8.03	07:28	Finished
1887	476	Carl Walsh	00:46:50	00:46:23 M40	101	m	417	8.04	07:28	Finished
3401	477	Owen Davies	00:46:53	00:46:45 M5EN	235	m	418	7.97	07:31	Finished
4331	478	Justin Jones	00:46:54	00:46:44 M40	102	m	419	7.98	07:31	Finished
4123	479	Thomas Kirton	00:46:54	00:46:00 MJ	19	m	420	8.1	07:24	Finished
442	480	Gary Staddon	00:46:56	00:45:48 M5EN	236	m	421	8.14	07:22	Finished
4107	481	Dan Edy	00:46:56	00:46:24 M5EN	237	m	422	8.03	07:28	Finished
1826	482	Dean Hughes	00:46:58	00:46:23 M40	103	m	423	8.04	07:28	Finished
1524	483	Kris Emes	00:46:58	00:46:33 M40	104	m	424	8.01	07:29	Finished
3656	484	Ashley Lidgett	00:46:58	00:46:21 M5EN	238	m	425	8.04	07:28	Finished
3559	485	Tahir Altimimi	00:46:59	00:46:40 M50	48	m	426	7.99	07:31	Finished
3461	486	Daniel Meade	00:46:59	00:46:16 M5EN	239	m	427	8.06	07:27	Finished
552	487	Wayne Edwards	00:46:59	00:46:27 M50	49	m	428	8.03	07:29	Finished
1620	488	Tom Bacon	00:47:00	00:46:44 M5EN	240	m	429	7.98	07:31	Finished
3866	489	Andy Fisher	00:47:00	00:46:47 M50	50	m	430	7.97	07:32	Finished
799	490	Chris Small	00:47:01	00:46:41 M5EN	241	m	431	7.99	07:31	Finished
3994	491	Richard Sullivan	00:47:04	00:46:45 M40	105	m	432	7.97	07:31	Finished
1993	492	Abby Forster	00:47:05	00:46:32 F5EN	22	f	60	8.01	07:29	Finished
3913	493	Jonathan Davies	00:47:06	00:46:47 MJ	20	m	433	7.97	07:32	Finished
2440	494	Dylan Harris	00:47:07	00:46:52 M5EN	242	m	434	7.95	07:33	Finished
1600	495	Stacey Yuen	00:47:07	00:46:43 F5EN	23	f	61	7.98	07:31	Finished
3168	496	Hannah Williams	00:47:08	00:46:37 F5EN	24	f	62	8	07:30	Finished
1285	497	Neil Lewis	00:47:08	00:46:26 M50	51	m	435	8.03	07:28	Finished
3480	498	Karen Talbot	00:47:10	00:46:55 F55	6	f	63	7.95	07:33	Finished
3779	499	Matthew Sellick	00:47:11	00:46:32 M5EN	243	m	436	8.01	07:29	Finished
3050	500	Adrian Bytheway	00:47:11	00:46:33 M50	52	m	437	8.01	07:29	Finished
4396	501	Andrew Hughes	00:47:11	00:46:28 M5EN	244	m	438	8.02	07:29	Finished
870	502	Nicholas Roberts	00:47:14	00:46:27 M5EN	245	m	439	8.03	07:29	Finished
1913	503	Nathan Williams	00:47:17	00:46:54 M5EN	246	m	440	7.95	07:33	Finished
3014	504	Chris Thomas	00:47:17	00:46:48 M5EN	247	m	441	7.97	07:32	Finished
2324	505	John Shrewsbury	00:47:18	00:46:52 M5EN	248	m	442	7.95	07:33	Finished
2083	506	Andy Rees	00:47:18	00:46:56 M50	53	m	443	7.94	07:33	Finished
4071	507	Martin Davies	00:47:25	00:47:03 M40	106	m	444	7.92	07:34	Finished
760	508	Gary Watts	00:47:26	00:46:41 M50	54	m	445	7.99	07:31	Finished
2623	509	Peter Richards	00:47:30	00:47:04 M5EN	249	m	446	7.92	07:34	Finished
3074	510	Morgan Brown	00:47:30	00:46:53 M5EN	250	m	447	7.95	07:33	Finished
4346	511	Mark Mckay	00:47:30	00:46:45 M40	107	m	448	7.97	07:31	Finished
202	512	Dorian Waters	00:47:31	00:46:54 M50	55	m	449	7.95	07:33	Finished
1195	513	Matthew Hooper	00:47:31	00:47:06 M5EN	251	m	450	7.92	07:35	Finished
1078	514	Gary Masterson	00:47:32	00:47:03 M5EN	252	m	451	7.92	07:34	Finished
342	515	Kevin Pugh	00:47:35	00:46:37 M50	56	m	452	8	07:30	Finished
1705	516	Walter Latham	00:47:36	00:46:58 M60	18	m	453	7.94	07:34	Finished
2811	517	Kate Penquet	00:47:36	00:47:14 F35	20	f	64	7.89	07:36	Finished
2131	518	John Sanderson	00:47:36	00:47:15 M60	19	m	454	7.89	07:36	Finished
3937	519	Colin Elvins	00:47:37	00:47:15 M50	57	m	455	7.89	07:36	Finished
2373	520	Kate Thomas	00:47:37	00:46:52 F5EN	25	f	65	7.95	07:33	Finished
174	521	Thomas Jackson	00:47:37	00:46:58 M40	108	m	456	7.94	07:34	Finished
494	522	Mark Williamson	00:47:38	00:46:59 M50	58	m	457	7.94	07:34	Finished
1798	523	Cat Mayes	00:47:39	00:46:31 F5EN	26	f	66	8.01	07:29	Finished
3178	524	Craig Petherbridge	00:47:40	00:47:20 M5EN	253	m	458	7.88	07:37	Finished
2961	525	Iestyn Henson	00:47:42	00:47:02 M50	59	m	459	7.93	07:34	Finished
682	526	Alan John	00:47:42	00:47:15 M40	109	m	460	7.89	07:36	Finished
1853	527	Geraint Conlon	00:47:42	00:47:11 M5EN	254	m	461	7.9	07:36	Finished
1313	528	Luke Williams	00:47:43	00:47:25 M5EN	255	m	462	7.86	07:38	Finished
565	529	Jade Hughes	00:47:44	00:45:49 F35	21	f	67	8.14	07:22	Finished
4460	530	Andrew Horner	00:47:45	00:47:00 M5EN	256	m	463	7.93	07:34	Finished
2785	531	Alison Nicholls	00:47:45	00:47:17 F55	7	f	68	7.88	07:37	Finished
3322	532	Marc Hanson	00:47:46	00:47:19 M5EN	257	m	464	7.88	07:37	Finished
4108	533	Tifanie Jones	00:47:46	00:47:37 F5EN	27	f	69	7.83	07:40	Finished
486	534	Alex Humphreys	00:47:46	00:47:11 M40	110	m	465	7.9	07:36	Finished
1753	535	Ashleigh Johnson	00:47:46	00:47:29 F5EN	28	f	70	7.85	07:39	Finished
1059	536	Michael John	00:47:48	00:47:21 M5EN	258	m	466	7.87	07:37	Finished
2654	537	Luciano Pelusi	00:47:48	00:47:30 M50	60	m	467	7.85	07:39	Finished
3789	538	Neville Turner	00:47:50	00:47:30 M50	61	m	468	7.85	07:39	Finished
1745	539	Chase Millichamp	00:47:51	00:47:20 M5EN	259	m	469	7.88	07:37	Finished
3713	540	David Masters	00:47:52	00:47:14 M5EN	260	m	470	7.89	07:36	Finished
982	541	Huw Griffiths	00:47:53	00:47:13 M5EN	261	m	471	7.9	07:36	Finished
1333	542	Jake Major	00:47:54	00:46:32 M5EN	262	m	472	8.01	07:29	Finished
332	543	Steve Mclelland	00:47:55	00:47:36 M60	20	m	473	7.83	07:40	Finished
3783	544	Craig Hopkins	00:47:56	00:47:25 M5EN	263	m	474	7.86	07:38	Finished
3024	545	Nick Hallchurch	00:47:58	00:47:07 M5EN	264	m	475	7.91	07:35	Finished
366	546	Adam Foote	00:48:02	00:46:18 M5EN	265	m	476	8.05	07:27	Finished
2464	547	Christopher Morgan	00:48:03	00:47:31 M5EN	266	m	477	7.85	07:39	Finished
2970	548	Andrew Brown	00:48:03	00:47:20 M40	111	m	478	7.88	07:37	Finished
2465	549	Richard Morgan	00:48:04	00:47:32 M5EN	267	m	479	7.84	07:39	Finished
193	550	Justin Williams	00:48:04	00:47:30 M40	112	m	480	7.85	07:39	Finished
3002	551	Steve James	00:48:06	00:47:43 M40	113	m	481	7.81	07:41	Finished
4058	552	James Tucker	00:48:10	00:47:30 M5EN	268	m	482	7.85	07:39	Finished
1283	553	Nicky Thorne	00:48:12	00:47:29 M5EN	269	m	483	7.85	07:39	Finished
3027	554	Tom Hodgson	00:48:14	00:47:22 M5EN	270	m	484	7.87	07:37	Finished
508	555	Brian Jenkins	00:48:15	00:47:56 M50	62	m	485	7.78	07:43	Finished
2561	556	David Hardacre	00:48:15	00:47:21 M5EN	271	m	486	7.87	07:37	Finished
1008	557	John Piper	00:48:15	00:47:55 M5EN	272	m	487	7.78	07:43	Finished
2345	558	John Hunt	00:48:15	00:47:41 M5EN	273	m	488	7.82	07:40	Finished
4040	559	Andrew Knowles	00:48:16	00:47:36 M40	114	m	489	7.83	07:40	Finished
3298	560	Mark Howells	00:48:20	00:46:27 M40	115	m	490	8.03	07:29	Finished
1422	561	Leigh Williams	00:48:21	00:47:46 M5EN	274	m	491	7.81	07:41	Finished
3998	562	Robin Darcy	00:48:22	00:48:06 M5EN	275	m	492	7.75	07:44	Finished
3626	563	Aaron Benwell	00:48:25	00:48:05 MJ	21	m	493	7.75	07:44	Finished
4256	564	Robert Evans	00:48:25	00:48:15 M60	21	m	494	7.73	07:46	Finished
4403	565	Madison Shaddick	00:48:26	00:47:52 F5EN	29	f	71	7.79	07:42	Finished
1056	566	Jesse Andrews	00:48:26	00:47:58 F35	22	f	72	7.77	07:43	Finished
2264	567	Nicholas Avery	00:48:26	00:47:53 M40	116	m	495	7.79	07:42	Finished
3905	568	Jamie Jenkins	00:48:27	00:48:08 M5EN	276	m	496	7.75	07:45	Finished
1369	569	Michael Coffey	00:48:28	00:47:17 M50	63	m	497	7.88	07:37	Finished
1357	570	Clare Phillips	00:48:28	00:47:52 F45	10	f	73	7.79	07:42	Finished
141	571	Philip Pleass	00:48:29	00:48:03 M50	64	m	498	7.76	07:44	Finished
4310	572	Damien Holmes	00:48:30	00:47:43 M5EN	277	m	499	7.81	07:41	Finished
2543	573	Sarah Mainwaring	00:48:30	00:48:00 F35	23	f	74	7.77	07:43	Finished
2212	574	Rhianonn Smith	00:48:32	00:47:55 FJ	6	f	75	7.78	07:43	Finished

3266	575	Paul Williams	00:48:32	00:48:00	MSEN	278		m	500	7.77	07:43	Finished
2955	576	Dave Martin	00:48:33	00:48:06	M40	117		m	501	7.75	07:44	Finished
1642	577	Samuel Knowles	00:48:34	00:48:13	MSEN	279		m	502	7.73	07:46	Finished
2825	578	Andrew Silk	00:48:34	00:47:49	MSEN	280		m	503	7.8	07:42	Finished
2245	579	Andy Smith	00:48:34	00:47:57	M40	118		m	504	7.78	07:43	Finished
2419	580	Gary Doyle	00:48:35	00:47:42	M50	65		m	505	7.82	07:41	Finished
1410	581	Amanda John	00:48:35	00:48:20	F45	11		f	76	7.71	07:47	Finished
2130	582	Karl Jones	00:48:36	00:47:49	M40	119		m	506	7.8	07:42	Finished
1099	583	Rob Gollledge	00:48:37	00:48:09	MSEN	281		m	507	7.74	07:45	Finished
3211	584	Michael Halsall	00:48:39	00:48:28	M40	120		m	508	7.69	07:48	Finished
3079	585	Darren Evans	00:48:40	00:48:15	M40	121		m	509	7.73	07:46	Finished
1184	586	Hayley Ford	00:48:40	00:47:46	FSEN	30		f	77	7.81	07:41	Finished
867	587	Stephen Ellis	00:48:40	00:47:56	MSEN	282		m	510	7.78	07:43	Finished
3018	588	Simon Robison	00:48:42	00:48:05	MSEN	283		m	511	7.75	07:44	Finished
1616	589	Richard Treadgold	00:48:44	00:48:04	M60	22		m	512	7.76	07:44	Finished
1886	590	Kevin Thomas	00:48:44	00:47:47	MSEN	284		m	513	7.8	07:41	Finished
1475	591	Jessica Ramsey	00:48:45	00:47:54	FSEN	31		f	78	7.78	07:43	Finished
2204	592	Maryann Tobin	00:48:47	00:48:05	FSEN	32		f	79	7.75	07:44	Finished
2697	593	Paul May	00:48:48	00:47:52	M50	66		m	514	7.79	07:42	Finished
3425	594	Laura Hughes-Dowdle	00:48:48	00:48:27	FJ	7		f	80	7.69	07:48	Finished
4103	595	Sheridan Lewis	00:48:48	00:48:25	M50	67		m	515	7.7	07:48	Finished
476	596	Gary Adsett	00:48:49	00:48:49	M40	122		m	516	7.64	07:51	Finished
4417	597	Stephen Murphy	00:48:50	00:48:31	M50	68		m	517	7.68	07:48	Finished
1672	598	Sue Parsons	00:48:51	00:48:41	F45	12		f	81	7.66	07:50	Finished
3272	599	David Harrison	00:48:54	00:48:27	M40	123		m	518	7.69	07:48	Finished
2624	600	Mark Govier	00:48:54	00:48:31	MSEN	285		m	519	7.68	07:48	Finished
2918	601	Craig Ward	00:48:55	00:48:00	MSEN	286		m	520	7.77	07:43	Finished
282	602	Darren Rogers	00:48:56	00:48:10	M40	124		m	521	7.74	07:45	Finished
2405	603	Hywel Ace	00:48:56	00:48:24	M60	23		m	522	7.7	07:47	Finished
3396	604	Owen Lewis	00:48:58	00:47:51	M40	125		m	523	7.79	07:42	Finished
2728	605	Linda Woodland	00:48:58	00:48:39	F55	8		f	82	7.66	07:50	Finished
4278	606	Steven Clark	00:48:59	00:48:15	M40	126		m	524	7.73	07:46	Finished
2738	607	Jason Hughes	00:48:59	00:48:11	MSEN	287		m	525	7.74	07:45	Finished
1036	608	John Fensome	00:49:00	00:47:19	MSEN	288		m	526	7.88	07:37	Finished
4428	609	Matthew Dennis	00:49:00	00:48:23	MSEN	289		m	527	7.71	07:47	Finished
4075	610	Steve Hagget	00:49:01	00:48:35	M40	127		m	528	7.67	07:49	Finished
3630	611	Nia Evans	00:49:01	00:48:17	F35	24		f	83	7.72	07:46	Finished
4337	612	Kevin Ridgway	00:49:02	00:48:43	MSEN	290		m	529	7.65	07:50	Finished
3563	613	Alfie Robinson	00:49:03	00:48:54	MJ	22		m	530	7.62	07:52	Finished
2414	614	Gareth Sullivan	00:49:04	00:48:49	MSEN	291		m	531	7.64	07:51	Finished
1878	615	Anna Parsons	00:49:06	00:48:41	F45	13		f	84	7.66	07:50	Finished
3876	616	Daniel Mcshane	00:49:06	00:48:10	MSEN	292		m	532	7.74	07:45	Finished
2292	617	Wayne Preece	00:49:06	00:48:30	M60	24		m	533	7.69	07:48	Finished
3464	618	Iestyn Hampson-Jones	00:49:07	00:48:46	MSEN	293		m	534	7.65	07:51	Finished
676	619	Daniel Lewis	00:49:07	00:47:58	MJ	23		m	535	7.77	07:43	Finished
2552	620	Ruth Goodfellow Jones	00:49:07	00:48:38	F45	14		f	85	7.67	07:50	Finished
1936	621	Beth Jones	00:49:08	00:48:47	FJ	8		f	86	7.64	07:51	Finished
3666	622	Maciej Fortuniak	00:49:08	00:48:13	MSEN	294		m	536	7.73	07:46	Finished
3320	623	Helen Colwill	00:49:09	00:48:25	F45	15		f	87	7.7	07:48	Finished
3115	624	Suzanne Bevan	00:49:12	00:48:36	F45	16		f	88	7.67	07:49	Finished
192	625	Joseph Galloway	00:49:12	00:48:08	M40	128		m	537	7.75	07:45	Finished
989	626	Allison Leather	00:49:13	00:48:28	F45	17		f	89	7.69	07:48	Finished
2627	627	Jayne Brewer	00:49:13	00:48:50	F35	25		f	90	7.63	07:52	Finished
3841	628	Gary Bartram	00:49:14	00:48:55	M40	129		m	538	7.62	07:52	Finished
3820	629	Chris Carey	00:49:14	00:48:36	MSEN	295		m	539	7.67	07:49	Finished
1759	630	Adam Thomas	00:49:14	00:48:47	MSEN	296		m	540	7.64	07:51	Finished
2629	631	Juliet Picton	00:49:15	00:48:42	F45	18		f	91	7.66	07:50	Finished
3203	632	Ben Jenkins	00:49:15	00:48:46	MSEN	297		m	541	7.65	07:51	Finished
3618	633	James Henderson	00:49:16	00:47:52	MSEN	298		m	542	7.79	07:42	Finished
3894	634	Thomas J Evans	00:49:17	00:48:34	MSEN	299		m	543	7.68	07:49	Finished
1294	635	Gareth Walters	00:49:17	00:48:10	MSEN	300		m	544	7.74	07:45	Finished
4208	636	Jordan Price	00:49:18	00:47:35	MJ	24		m	545	7.84	07:39	Finished
1131	637	Matthew Tumber	00:49:18	00:48:08	MSEN	301		m	546	7.75	07:45	Finished
2037	638	David Lewis	00:49:19	00:48:21	M50	69		m	547	7.71	07:47	Finished
3031	639	Ben Turberville	00:49:21	00:48:25	MSEN	302		m	548	7.7	07:48	Finished
969	640	Dhiren Mistry	00:49:21	00:48:35	MSEN	303		m	549	7.67	07:49	Finished
4084	641	Aimee Pink	00:49:23	00:48:59	FSEN	33		f	92	7.61	07:53	Finished
206	642	Dominic Johnson	00:49:23	00:48:58	M40	130		m	550	7.61	07:53	Finished
2199	643	Ray Davies	00:49:24	00:48:42	M50	70		m	551	7.66	07:50	Finished
2355	644	Michael Cranwell	00:49:25	00:49:05	M60	25		m	552	7.6	07:54	Finished
656	645	Mark Jones	00:49:25	00:48:29	M50	71		m	553	7.69	07:48	Finished
1428	646	Neale Davies	00:49:25	00:48:26	M50	72		m	554	7.7	07:48	Finished
858	647	Kieran Lloyd-Jones	00:49:26	00:48:12	MSEN	304		m	555	7.73	07:45	Finished
3740	648	Mark Bleasdale	00:49:27	00:48:46	M50	73		m	556	7.65	07:51	Finished
4190	649	Stephen Wood	00:49:28	00:48:47	M40	131		m	557	7.64	07:51	Finished
4189	650	Paula Allen	00:49:29	00:48:48	F35	26		f	93	7.64	07:51	Finished
3593	651	Dominic Williams	00:49:29	00:48:16	M40	132		m	558	7.72	07:46	Finished
4291	652	David James	00:49:29	00:48:10	MSEN	305		m	559	7.74	07:45	Finished
3517	653	Lee Llewellyn	00:49:30	00:49:13	M40	133		m	560	7.58	07:55	Finished
1409	654	Rachel Evans	00:49:35	00:49:09	F45	19		f	94	7.59	07:55	Finished
3948	655	Cameron Beynon	00:49:36	00:48:37	MJ	25		m	561	7.67	07:49	Finished
737	656	Jason Cotterell	00:49:36	00:48:37	M40	134		m	562	7.67	07:49	Finished
3473	657	Laura Thomas	00:49:37	00:49:09	FSEN	34		f	95	7.59	07:55	Finished
1032	658	Gethin Down	00:49:38	00:48:40	MSEN	306		m	563	7.66	07:50	Finished
3795	659	Mattie Foligno	00:49:38	00:49:23	MSEN	307		m	564	7.55	07:57	Finished
1000	660	Adrian Hearne	00:49:39	00:48:38	M40	135		m	565	7.67	07:50	Finished
189	661	Emma Duffield	00:49:39	00:49:05	F45	20		f	96	7.6	07:54	Finished
3149	662	Richard Hazell	00:49:40	00:49:22	MSEN	308		m	566	7.55	07:57	Finished
1244	663	Sara Williams	00:49:40	00:49:21	F35	27		f	97	7.55	07:57	Finished
1106	664	Richard Roberts	00:49:42	00:48:43	M40	136		m	567	7.65	07:50	Finished
2304	665	Bob Woolterton	00:49:42	00:49:38	M60	26		m	568	7.51	07:59	Finished
1833	666	Rhys Isacc	00:49:42	00:48:26	MSEN	309		m	569	7.7	07:48	Finished
2157	667	David Warrington	00:49:44	00:48:57	MSEN	310		m	570	7.62	07:53	Finished
3662	668	Tim Owen	00:49:44	00:49:38	M50	74		m	571	7.51	07:59	Finished
1542	669	Gareth Robinson	00:49:45	00:48:58	M40	137		m	572	7.61	07:53	Finished
721	670	Ian Parfitt	00:49:47	00:48:58	M40	138		m	573	7.61	07:53	Finished
754	671	Andrew Davies	00:49:47	00:49:03	M40	139		m	574	7.6	07:54	Finished
831	672	Beth Beemer	00:49:48	00:49:20	F35	28		f	98	7.56	07:56	Finished
1840	673	Abdul Miah	00:49:48	00:49:01	MSEN	311		m	575	7.61	07:53	Finished
1889	674	Michael Bellew	00:49:49	00:48:58	MJ	26		m	576	7.61	07:53	Finished
92	675	Morgan Lewis	00:49:49	00:48:49	MSEN	312		m	577	7.64	07:51	Finished
4326	676	Tim Rees	00:49:52	00:48:49	M50	75		m	578	7.64	07:51	Finished
1799	677	Stephen Sargeant	00:49:55	00:48:46	MSEN	313		m	579	7.65	07:51	Finished
4198	678	William Edwards	00:49:56	00:49:30	MSEN	314		m	580	7.53	07:58	Finished
106	679	Chris Wood	00:49:57	00:49:24	M40	140		m	581	7.55	07:57	Finished
99	680	Daniel Hayes-Lissack	00:49:57	00:49:24	MSEN	315		m	582	7.55	07:57	Finished
1180	681	Luke Erickson	00:49:57	00:49:09	MSEN	316		m	583	7.59	07:55	Finished
166	682	John Rees	00:49:58	00:49:08	M50	76		m	584	7.59	07:54	Finished
1780	683	Andy Davies	00:49:58	00:49:43	M50	77		m	585	7.5	08:00	Finished
2323	684	Nathan Jackson	00:49:58	00:49:40	MSEN	317		m	586	7.51	08:00	Finished
3458	685	Cearan Bryan	00:49:59	00:49:14	MSEN	318		m	587	7.57	07:55	Finished
149	686	Tim Stewart	00:50:00	00:49:12	M50	78		m	588	7.58	0	

3048	690	Ross Fortune	00:50:01	00:49:09	MSEN	321		m	591	7.59	07:55	Finished
3442	691	Stuart Williams	00:50:01	00:50:01	M40	141		m	592	7.45	08:03	Finished
4177	692	Helen Janney	00:50:03	00:49:26	F45	21	AMMAN VALLEY HARRIERS	f	100	7.54	07:57	Finished
2851	693	Lorna Johnson	00:50:03	00:49:17	F45	22		f	101	7.56	07:56	Finished
622	694	Alison Bennett	00:50:03	00:48:35	F45	23		f	102	7.67	07:49	Finished
4338	695	Ashley Phillips	00:50:05	00:49:06	MSEN	322		m	593	7.59	07:54	Finished
2676	696	David Sanders	00:50:05	00:48:52	M40	142		m	594	7.63	07:52	Finished
2390	697	Gerwyn Evans	00:50:06	00:49:20	M60	27		m	595	7.56	07:56	Finished
3670	698	Darren Jones	00:50:06	00:49:10	M40	143	CORNELLY STRIDERS AC	m	596	7.58	07:55	Finished
4357	699	Kevin James	00:50:06	00:49:22	M40	144		m	597	7.55	07:57	Finished
4246	700	Eleri Wood	00:50:08	00:49:24	FJ	9		f	103	7.55	07:57	Finished
770	701	Gavin Jones	00:50:09	00:49:18	M50	79		m	598	7.56	07:56	Finished
1218	702	Rory O'Brien	00:50:09	00:49:37	MSEN	323	ADMIRAL	m	599	7.51	07:59	Finished
3095	703	Julian Hunt	00:50:10	00:49:24	M40	145	SOSPAN ROAD RUNNERS	m	600	7.55	07:57	Finished
1551	704	Michael Powell	00:50:10	00:49:30	MSEN	324		m	601	7.53	07:58	Finished
2153	705	Tim Cross	00:50:10	00:49:35	MSEN	325		m	602	7.52	07:59	Finished
3766	706	Rees Morrell	00:50:10	00:49:16	M40	146		m	603	7.57	07:56	Finished
3910	707	Luke Daniel	00:50:11	00:49:14	MSEN	326		m	604	7.57	07:55	Finished
3972	708	Charmaine Brunt	00:50:11	00:49:28	F35	29	ALMOST ATHLETES	f	104	7.54	07:58	Finished
1271	709	Kes Sumner	00:50:11	00:49:06	M50	80		m	605	7.59	07:54	Finished
3664	710	Andrew Baker	00:50:12	00:48:38	MSEN	327		m	606	7.67	07:50	Finished
3123	711	Gareth Jones	00:50:12	00:49:20	MSEN	328		m	607	7.56	07:56	Finished
2275	712	Jonathan Gough	00:50:12	00:49:27	M40	147		m	608	7.54	07:57	Finished
3946	713	Joshua Grace	00:50:13	00:49:20	MSEN	329		m	609	7.56	07:56	Finished
4111	714	Liam Murphy	00:50:13	00:50:05	MSEN	330		m	610	7.44	08:04	Finished
3453	715	John Bibby	00:50:13	00:49:43	M50	81		m	611	7.5	08:00	Finished
2318	716	Aneurin Claydon	00:50:14	00:48:58	MSEN	331		m	612	7.61	07:53	Finished
270	717	Ffion Evans	00:50:14	00:49:12	FSEN	36		f	105	7.58	07:55	Finished
269	718	Dafydd Evans	00:50:14	00:49:11	MJ	27		m	613	7.58	07:55	Finished
4182	719	Leighton Webb	00:50:15	00:49:34	MSEN	332	LLANELLI AC	m	614	7.52	07:59	Finished
2632	720	Robert Mcglone	00:50:15	00:48:57	M40	148		m	615	7.62	07:53	Finished
3901	721	Calder Devine	00:50:15	00:49:48	MJ	28		m	616	7.49	08:01	Finished
3130	722	Martin Jones	00:50:15	00:49:16	M40	149		m	617	7.57	07:56	Finished
2583	723	Nichola Wilcox	00:50:16	00:49:17	F35	30	PORT TALBOT HARRIERS	f	106	7.56	07:56	Finished
1498	724	Kevin Thomas	00:50:16	00:49:52	M50	82		m	618	7.48	08:02	Finished
2038	725	Amie Williams	00:50:17	00:49:42	FSEN	37		f	107	7.5	08:00	Finished
2693	726	Grant Burton	00:50:17	00:49:16	M40	150		m	619	7.57	07:56	Finished
3250	727	Neil Rusconi	00:50:19	00:49:21	M40	151		m	620	7.55	07:57	Finished
2494	728	David Williams	00:50:20	00:49:36	MSEN	333		m	621	7.52	07:59	Finished
3439	729	Lee Parpworth	00:50:20	00:49:28	M40	152		m	622	7.54	07:58	Finished
1988	730	John Murray	00:50:20	00:49:24	MSEN	334		m	623	7.55	07:57	Finished
3573	731	Pat Heaton	00:50:20	00:49:50	M60	28		m	624	7.48	08:01	Finished
2791	732	Emma Milloy	00:50:21	00:49:35	F35	31		f	108	7.52	07:59	Finished
251	733	Peter Bell	00:50:22	00:49:23	M40	153		m	625	7.55	07:57	Finished
2148	734	Louise Udiawar	00:50:22	00:49:23	F35	32	PONTARDAWE RUNNING CLUB	f	109	7.55	07:57	Finished
690	735	Mick Grant	00:50:23	00:49:39	M60	29	ROAD RUNNERS CLUB	m	626	7.51	07:59	Finished
1190	736	Scott Hamilton-Shaw	00:50:24	00:50:02	MSEN	335	ADMIRAL	m	627	7.45	08:03	Finished
2562	737	Michael Brunger	00:50:24	00:49:56	MSEN	336		m	628	7.47	08:02	Finished
2485	738	Claire Morgan	00:50:24	00:49:37	F35	33		f	110	7.51	07:59	Finished
4459	739	Ashley Pook	00:50:25	00:49:57	FSEN	38		f	111	7.46	08:02	Finished
620	740	Laura Mason	00:50:26	00:49:50	F35	34		f	112	7.48	08:01	Finished
951	741	Jacqueline Trow	00:50:26	00:49:19	FSEN	39		f	113	7.56	07:56	Finished
1896	742	Christopher Payne	00:50:26	00:49:29	MSEN	337		m	629	7.53	07:58	Finished
3000	743	Kristy Smith	00:50:27	00:50:03	FJ	10		f	114	7.45	08:03	Finished
1544	744	Andrew Merriman	00:50:27	00:49:52	M50	83		m	630	7.48	08:02	Finished
2673	745	James Hedley	00:50:27	00:49:18	MSEN	338		m	631	7.56	07:56	Finished
4318	746	Aura Frizzati	00:50:28	00:48:42	FSEN	40		f	115	7.66	07:50	Finished
3150	747	Laurence Richards	00:50:29	00:49:25	MSEN	339		m	632	7.54	07:57	Finished
1035	748	Alex Wotman	00:50:29	00:49:15	MSEN	340	ADMIRAL	m	633	7.57	07:56	Finished
4437	749	Cai Owens	00:50:30	00:49:21	MSEN	341		m	634	7.55	07:57	Finished
1241	750	Toby Warren	00:50:30	00:50:03	MSEN	342	ADMIRAL	m	635	7.45	08:03	Finished
1466	751	Gareth Mole	00:50:30	00:49:56	M40	154	PORTHCAWL RUNNERS	m	636	7.47	08:02	Finished
1146	752	Chris Williamson	00:50:31	00:50:09	M60	30	ADMIRAL	m	637	7.43	08:04	Finished
2699	753	Chris Osborne	00:50:32	00:50:14	M50	84		m	638	7.42	08:05	Finished
934	754	Rebecca Thomas	00:50:33	00:50:17	FSEN	41		f	116	7.41	08:06	Finished
835	755	Gregory Thomas	00:50:35	00:49:46	M40	155	DRAGONS RUNNING CLUB	m	639	7.49	08:01	Finished
3215	756	Ceri Prosser	00:50:35	00:49:38	M40	156	DRAGONS RUNNING CLUB	m	640	7.51	07:59	Finished
3589	757	Terry Jones	00:50:36	00:50:14	MSEN	343		m	641	7.42	08:05	Finished
1569	758	Gavin Jones	00:50:38	00:49:10	MSEN	344		m	642	7.58	07:55	Finished
2215	759	Martin Foster	00:50:39	00:50:24	M60	31	BOURNEVILLE HARRIERS	m	643	7.4	08:07	Finished
2021	760	Cath James	00:50:39	00:50:20	F35	35	CAERPHILLY RUNNERS	f	117	7.41	08:06	Finished
1284	761	Bethan Williams	00:50:39	00:50:18	FSEN	42		f	118	7.41	08:06	Finished
1819	762	Lee Kwok	00:50:40	00:49:50	M40	157	RUN4ALL RUNNING CLUB	m	644	7.48	08:01	Finished
50	763	Ian Bamford	00:50:41	00:49:55	M40	158	3M'S PACER	m	645	7.47	08:02	Finished
1576	764	Wesley Brice	00:50:41	00:49:46	F55	9		f	119	7.49	08:01	Finished
3194	765	Alan Smith	00:50:42	00:49:49	M50	85		m	646	7.48	08:01	Finished
4179	766	Simon Jones	00:50:43	00:49:38	MSEN	345		m	647	7.51	07:59	Finished
3542	767	Tim Soar	00:50:43	00:50:09	M50	86		m	648	7.43	08:04	Finished
3500	768	Christopher Ludlow	00:50:46	00:50:05	M40	159		m	649	7.44	08:04	Finished
4410	769	Paul Duggan	00:50:47	00:50:20	MSEN	346		m	650	7.41	08:06	Finished
3707	770	Nigel James	00:50:48	00:49:44	M40	160		m	651	7.5	08:00	Finished
1996	771	Dan Marley	00:50:48	00:50:07	M40	161		m	652	7.44	08:04	Finished
2393	772	Dawn Lau	00:50:48	00:49:41	F35	36		f	120	7.5	08:00	Finished
3604	773	Wilm Jones	00:50:49	00:49:27	MSEN	347		m	653	7.54	07:57	Finished
4170	774	Andrew Thomas	00:50:49	00:50:01	M40	162		m	654	7.45	08:03	Finished
3441	775	Andrew Doyle	00:50:49	00:50:31	MSEN	348		m	655	7.38	08:08	Finished
3619	776	Einion Gruffudd	00:50:50	00:49:53	M50	87		m	656	7.47	08:02	Finished
2652	777	Mark Lewis	00:50:52	00:50:25	MSEN	349		m	657	7.39	08:07	Finished
3922	778	Wendy Tromans	00:50:53	00:49:58	F45	24		f	121	7.46	08:02	Finished
4159	779	Jon Dand	00:50:53	00:50:16	MSEN	350		m	658	7.42	08:05	Finished
4125	780	Helen Ryan	00:50:54	00:50:26	F45	25		f	122	7.39	08:07	Finished
4348	781	Nia Dunsheath	00:50:55	00:50:00	F35	37	EMLYN RUNNERS	f	123	7.46	08:03	Finished
4129	782	Darren Webborn	00:50:56	00:50:17	MSEN	351	PAUL POPHAM RUNNING CLUB	m	659	7.41	08:06	Finished
3460	783	Neil Watkins	00:50:56	00:50:13	M50	88		m	660	7.42	08:05	Finished
2550	784	Cerith Thomas	00:50:58	00:49:51	M50	89		m	661	7.48	08:01	Finished
1433	785	Andrew Underhill	00:50:58	00:49:50	MSEN	352	SAN DOMENICO RRC	m	662	7.48	08:01	Finished
3676	786	Donald Minnett	00:50:59	00:50:00	M40	163		m	663	7.46	08:03	Finished
4209	787	Rohan Arnold	00:50:59	00:49:19	MJ	29		m	664	7.56	07:56	Finished
1715	788	Alan Morgan	00:51:00	00:49:42	M50	90		m	665	7.5	08:00	Finished
3878	789	Lucy Seabourne	00:51:00	00:50:40	FSEN	43		f	124	7.36	08:09	Finished
3375	790	Melinda Ann Ruck	00:51:03	00:50:46	F45	26	FOREST OF DEAN AC	f	125	7.34	08:10	Finished
3374	791	Daren Smith	00:51:03	00:50:46	M50	91	FOREST OF DEAN AC	m	666	7.34	08:10	Finished
3927	792	Roxanne Turner	00:51:04	00:50:17	FSEN	44	LLANELLI AC	f	126	7.41	08:06	Finished
1058	793	Jodie Hubbard	00:51:06	00:50:16	FSEN	45	ADMIRAL	f	127	7.42	08:05	Finished
2412	794	Natalie Jones	00:51:07	00:50:15	FSEN	46	LLANELLI AC	f	128	7.42	08:05	Finished
2201	795	Jonathan Bailey	00:51:08	00:51:08	M50	92		m	667	7.29	08:14	Finished
234	796	Emma Fortune	00:51:08	00:50:06	F35	38		f	129	7.44	08:04	Finished
769	797	Berwyn Lewis	00:51:08	00:50:23	M40	164		m	668	7.4	08:07	Finished
1474	798	Paula Ramsey	00:51:09	00:50:18	F45	27		f	130	7.41	08:06	

2981	805	Jason Doyle	00:51:14	00:50:58	M40	169		m	674	7.32	08:12	Finished
1646	806	Lucy Chapman	00:51:15	00:50:24	F45	28		f	132	7.4	08:07	Finished
2916	807	Gavin Davies	00:51:17	00:50:41	M5EN	353		m	675	7.36	08:09	Finished
1547	808	Sasha Bailey	00:51:17	00:49:56	F5EN	48		f	133	7.47	08:02	Finished
1748	809	Nicholas Jones	00:51:18	00:50:15	M5EN	354		m	676	7.42	08:05	Finished
98	810	Michaela Renouf	00:51:19	00:50:46	F45	29	HEART RADIO	f	134	7.34	08:10	Finished
1316	811	Conner Street	00:51:21	00:50:50	M5EN	355		m	677	7.33	08:11	Finished
600	812	Tomos Llyr Jones	00:51:22	00:50:12	M5EN	356		m	678	7.43	08:05	Finished
3599	813	Fiona Colwill	00:51:23	00:50:18	F45	30		f	135	7.41	08:06	Finished
2973	814	Paul Turner	00:51:23	00:51:07	M50	93	FOREST OF DEAN AC	m	679	7.29	08:14	Finished
2842	815	Michael Thomas	00:51:23	00:49:27	MJ	30		m	680	7.54	07:57	Finished
4042	816	Allison Crossman	00:51:24	00:50:29	F45	31		f	136	7.39	08:07	Finished
2388	817	Andrew Daniel	00:51:24	00:50:34	M40	170		m	681	7.37	08:08	Finished
3107	818	Kim Phelps	00:51:26	00:50:31	F35	39		f	137	7.38	08:08	Finished
1509	819	Steve Crowther	00:51:26	00:48:49	M50	94	LLISWERRY RUNNERS	m	682	7.64	07:51	Finished
651	820	Gareth Mugford	00:51:27	00:50:17	M5EN	357		m	683	7.41	08:06	Finished
2114	821	Martyn Williams	00:51:27	00:50:08	M40	171		m	684	7.44	08:04	Finished
3280	822	Gareth Thomas	00:51:28	00:50:29	M40	172		m	685	7.39	08:07	Finished
1157	823	Nicola Bowman	00:51:29	00:50:42	F45	32	ADMIRAL	f	138	7.35	08:10	Finished
2088	824	Wil Daniels	00:51:29	00:50:53	M5EN	358		m	686	7.33	08:11	Finished
464	825	Joseph Cooper	00:51:30	00:49:19	M5EN	359		m	687	7.56	07:56	Finished
2342	826	Eleanor Nichols-Grey	00:51:30	00:50:29	F5EN	49		f	139	7.39	08:07	Finished
3742	827	Jemma Bennett	00:51:32	00:51:16	F5EN	50		f	140	7.27	08:15	Finished
4383	828	Stephen Mansell	00:51:32	00:51:08	M40	173		m	688	7.29	08:14	Finished
423	829	Christopher Williams	00:51:33	00:51:01	M40	174	PORT TALBOT HARRIERS	m	689	7.31	08:13	Finished
3888	830	Geoff White	00:51:34	00:50:44	M40	175	RUN4ALL RUNNING CLUB	m	690	7.35	08:10	Finished
2334	831	Wayne Enticott	00:51:34	00:50:49	M50	95		m	691	7.34	08:11	Finished
660	832	Gayle Budden	00:51:35	00:50:37	F35	40		f	141	7.37	08:09	Finished
2415	833	Caitlin Jones	00:51:35	00:50:19	FJ	11	NEWPORT HARRIERS	f	142	7.41	08:06	Finished
662	834	Mark Jones	00:51:35	00:50:38	M40	176		m	692	7.36	08:09	Finished
3650	835	Ethan Berry	00:51:36	00:50:36	MJ	31		m	693	7.37	08:09	Finished
2890	836	Andrew Howells	00:51:36	00:50:35	M40	177		m	694	7.37	08:08	Finished
3331	837	Stuart Banfield	00:51:36	00:50:55	M5EN	360		m	695	7.32	08:12	Finished
716	838	Roger Capper	00:51:37	00:51:05	M40	178		m	696	7.3	08:13	Finished
2106	839	Linda Edwards	00:51:37	00:50:46	F45	33		f	143	7.34	08:10	Finished
3875	840	Kim Mcshane	00:51:38	00:50:42	F35	41		f	144	7.35	08:10	Finished
4044	841	Christopher Davie	00:51:41	00:50:41	M40	179		m	697	7.36	08:09	Finished
2084	842	John Hill	00:51:42	00:51:06	M40	180		m	698	7.3	08:13	Finished
96	843	Benjamin Evans	00:51:43	00:51:10	M5EN	361	HEART RADIO	m	699	7.29	08:14	Finished
4260	844	Richard Michael	00:51:44	00:50:39	M40	181		m	700	7.36	08:09	Finished
4333	845	Anthony Pomba	00:51:44	00:50:58	M5EN	362		m	701	7.32	08:12	Finished
4188	846	Christopher Perrington	00:51:46	00:49:24	M50	96		m	702	7.55	07:57	Finished
1004	847	Andrew Thomas	00:51:46	00:50:06	M5EN	363	ADMIRAL	m	703	7.44	08:04	Finished
113	848	Craig Williams	00:51:47	00:50:51	M40	182		m	704	7.33	08:11	Finished
374	849	Ian Cole	00:51:47	00:50:40	M40	183		m	705	7.36	08:09	Finished
4026	850	Stephen Mithan	00:51:48	00:50:38	M40	184		m	706	7.36	08:09	Finished
3478	851	Josiah Williams	00:51:48	00:50:36	M5EN	364		m	707	7.37	08:09	Finished
3058	852	Mark Emms	00:51:49	00:51:04	M40	185		m	708	7.3	08:13	Finished
796	853	Dean Price	00:51:49	00:50:59	M40	186		m	709	7.31	08:12	Finished
2600	854	Cerys Davies	00:51:50	00:50:39	FJ	12	CARMARTHEN AND DISTRICT HARRIERS	f	145	7.36	08:09	Finished
2329	855	Derek Claydon	00:51:50	00:50:35	M50	97	PAUL POPHAM RUNNING CLUB	m	710	7.37	08:08	Finished
590	856	Vince Lovell	00:51:51	00:51:08	M50	98		m	711	7.29	08:14	Finished
2327	857	Lewis Saunders	00:51:51	00:51:00	M5EN	365		m	712	7.31	08:12	Finished
1597	858	Hedd-Wyn Jones	00:51:51	00:50:41	M5EN	366		m	713	7.36	08:09	Finished
880	859	Rebekah Thomas	00:51:51	00:51:01	F5EN	51		f	146	7.31	08:13	Finished
3584	860	Dominic Jenkins	00:51:53	00:50:47	M5EN	367		m	714	7.34	08:10	Finished
3475	861	Claire Williams	00:51:54	00:50:50	F55	10	PONTARDAWE RUNNING CLUB	f	147	7.33	08:11	Finished
2000	862	William Harris	00:51:54	00:50:53	M5EN	368		m	715	7.33	08:11	Finished
1072	863	Matthew Lane	00:51:56	00:51:10	M5EN	369	ADMIRAL	m	716	7.29	08:14	Finished
2937	864	Ieuan John Price	00:51:57	00:48:34	M5EN	370		m	717	7.68	07:49	Finished
3057	865	Owain Meardon	00:51:58	00:50:47	M5EN	371		m	718	7.34	08:10	Finished
3111	866	Jane Harwood	00:51:58	00:50:55	F5EN	52	PORT TALBOT HARRIERS	f	148	7.32	08:12	Finished
3695	867	Dylan Rudling	00:52:00	00:51:10	MJ	32		m	719	7.29	08:14	Finished
3625	868	Andy Bowen	00:52:00	00:50:32	M50	99	WEST 4 HARRIERS	m	720	7.38	08:08	Finished
1391	869	Gareth Williams	00:52:00	00:51:17	M5EN	372		m	721	7.27	08:15	Finished
3134	870	Craig Skidmore	00:52:01	00:51:23	M5EN	373	MAINDY HARRIERS	m	722	7.26	08:16	Finished
1085	871	Ian Mort	00:52:03	00:50:06	M50	100	ADMIRAL	m	723	7.44	08:04	Finished
3431	872	Stuart Roach	00:52:03	00:51:00	M5EN	374		m	724	7.31	08:12	Finished
3122	873	Benjamin Nicholls	00:52:03	00:50:59	M5EN	375		m	725	7.31	08:12	Finished
57	874	Captain Beany	00:52:05	00:51:17	M5EN	376		m	726	7.27	08:15	Finished
2338	875	Dale Phillips	00:52:05	00:51:54	M5EN	377		m	727	7.18	08:21	Finished
123	876	Stewart Griffiths	00:52:06	00:51:12	M40	187		m	728	7.28	08:14	Finished
1027	877	Tobi Dasaolu-Wilhelm	00:52:07	00:51:29	M5EN	378	ADMIRAL	m	729	7.24	08:17	Finished
3191	878	Wayne Evans	00:52:08	00:50:56	M40	188		m	730	7.32	08:12	Finished
1658	879	James Hannev	00:52:09	00:51:13	M5EN	379		m	731	7.28	08:15	Finished
3786	880	Alun Jones	00:52:09	00:51:20	M50	101		m	732	7.26	08:16	Finished
915	881	Chris Barnett	00:52:10	00:50:59	M50	102		m	733	7.31	08:12	Finished
1679	882	Gavin Burrigde	00:52:10	00:51:33	M5EN	380		m	734	7.23	08:18	Finished
3591	883	Tara Quinn	00:52:10	00:51:14	F35	42	DUNSTABLE RRC	f	149	7.28	08:15	Finished
3163	884	Anwen Jenkins	00:52:12	00:51:45	F35	43		f	150	7.2	08:20	Finished
1881	885	David Rees	00:52:13	00:51:23	M60	33		m	735	7.26	08:16	Finished
2854	886	Sharon Page	00:52:13	00:51:22	F45	34		f	151	7.26	08:16	Finished
2298	887	Gareth Phillips	00:52:13	00:51:19	M50	103		m	736	7.27	08:16	Finished
4435	888	Blaise Rankin	00:52:15	00:51:06	F5EN	53		f	152	7.3	08:13	Finished
3977	889	Stephanie Gibson	00:52:15	00:51:06	F35	44		f	153	7.3	08:13	Finished
3316	890	Chris Bellamy	00:52:16	00:51:11	M5EN	381		m	737	7.28	08:14	Finished
4168	891	Craig Locke	00:52:17	00:51:00	M5EN	382		m	738	7.31	08:12	Finished
1839	892	Emma Loyns	00:52:19	00:51:57	F35	45	OGMORE PHOENIX RUNNERS	f	154	7.18	08:22	Finished
1402	893	Paige Lewis	00:52:20	00:51:24	F5EN	54		f	155	7.25	08:16	Finished
1479	894	Eugene Prout	00:52:20	00:51:28	MJ	33		m	739	7.24	08:17	Finished
2756	895	Tiago Mil-Homens	00:52:21	00:51:00	M5EN	383		m	740	7.31	08:12	Finished
4127	896	Mike Footman	00:52:22	00:50:45	M40	189		m	741	7.35	08:10	Finished
3105	897	Patricia Williams	00:52:22	00:52:09	F35	46		f	156	7.15	08:24	Finished
3139	898	Eve Bevan	00:52:22	00:51:34	FJ	13		f	157	7.23	08:18	Finished
4060	899	Gareth Nicholas	00:52:24	00:51:08	M60	34		m	742	7.29	08:14	Finished
3673	900	Rhys Morgan	00:52:26	00:50:19	M5EN	384		m	743	7.41	08:06	Finished
855	901	Leigh Besley	00:52:28	00:51:54	M5EN	385		m	744	7.18	08:21	Finished
3733	902	Nathan Watkins	00:52:29	00:51:11	M5EN	386		m	745	7.28	08:14	Finished
3241	903	Cai Williams	00:52:31	00:51:29	M5EN	387		m	746	7.24	08:17	Finished
297	904	Samantha Lloyd	00:52:32	00:51:34	F5EN	55	AMMAN VALLEY HARRIERS	f	158	7.23	08:18	Finished
4449	905	Rhys Williams	00:52:34	00:51:22	M5EN	388		m	747	7.26	08:16	Finished
1368	906	Gareth Bradley	00:52:35	00:51:25	M5EN	389		m	748	7.25	08:16	Finished
3114	907	Georgia Bevan	00:52:35	00:51:34	F5EN	56		f	159	7.23	08:18	Finished
3750	908	Matthew Jones	00:52:36	00:51:00	M5EN	390		m	749	7.31	08:12	Finished
3532	909	Leon Berrill	00:52:37	00:51:54	M5EN	391		m	750	7.18	08:21	Finished
3061	910	Steve Lawrence	00:52:38	00:51:14	M40	190		m	751	7.28	08:15	Finished
706	911	Scott Davies	00:52:39	00:51:59	M5EN	392		m	752	7.17	08:22	Finished
2293	912	Mike Wootley	00:52:42	00:51:55	M40	191	DARTH COASTAL RUNNERS	m	753	7.18	08:21	Finished
4311	913	Edward Harris	00:52:42	00:51:55	M40	192		m	754			

2511	920	Hannah Davies	00:52:48	00:52:04 FSEN	58		f	163	7.16	08:23	Finished
2372	921	Lauren Gaze	00:52:48	00:52:04 FSEN	59		f	164	7.16	08:23	Finished
4243	922	Craig Kelly	00:52:49	00:51:46 MSEN	396	PORT TALBOT HARRIERS	m	758	7.2	08:20	Finished
4224	923	Sam Grey	00:52:49	00:51:47 MSEN	397		m	759	7.2	08:20	Finished
2607	924	Dean Williams	00:52:51	00:52:30 MSEN	398		m	760	7.1	08:27	Finished
2994	925	Matthew Tucker	00:52:51	00:51:51 MSEN	399		m	761	7.19	08:21	Finished
1480	926	Eliza Thomas	00:52:51	00:52:04 FSEN	60		f	165	7.16	08:23	Finished
946	927	Andrew Worthington	00:52:52	00:51:37 M60	35	SOSPAN ROAD RUNNERS	m	762	7.22	08:18	Finished
3333	928	Sam Kruber	00:52:53	00:51:31 MSEN	400		m	763	7.24	08:17	Finished
3404	929	Huseyn Kemal	00:52:54	00:51:31 M40	193		m	764	7.24	08:17	Finished
3381	930	Anna Bevan	00:52:54	00:52:38 F35	48	FOREST OF DEAN AC	f	166	7.08	08:28	Finished
3776	931	Daniel Jones	00:52:55	00:52:16 MSEN	401	PAUL POPHAM RUNNING CLUB	m	765	7.13	08:25	Finished
2425	932	Sam Greenfield	00:52:56	00:52:22 FSEN	61		f	167	7.12	08:26	Finished
4369	933	Tom Mullen	00:52:57	00:51:41 MSEN	402		m	766	7.21	08:19	Finished
3133	934	Tim Davies	00:52:57	00:51:44 M50	104		m	767	7.21	08:20	Finished
3655	935	Nick Bourne	00:52:57	00:51:48 M50	105		m	768	7.2	08:20	Finished
4276	936	Liz Rees	00:52:57	00:51:59 F35	49		f	168	7.17	08:22	Finished
1885	937	Sarah Falconer	00:52:58	00:52:43 FSEN	62		f	169	7.07	08:29	Finished
1252	938	Runner 1252	00:52:58	00:52:25 MSEN	403		m	769	7.11	08:26	Finished
2127	939	Tony Lobo	00:53:01	00:50:49 M50	106		m	770	7.34	08:11	Finished
1495	940	Helen Rees	00:53:01	00:51:17 F35	50		f	170	7.27	08:15	Finished
3546	941	Ross Livingstone	00:53:02	00:51:20 MSEN	404		m	771	7.26	08:16	Finished
1173	942	Byron Davies	00:53:02	00:52:16 M40	194	ADMIRAL	m	772	7.13	08:25	Finished
3012	943	Phil Hobbs	00:53:02	00:52:14 M40	195		m	773	7.14	08:24	Finished
2515	944	Geraint Jones	00:53:02	00:52:28 M40	196		m	774	7.11	08:27	Finished
3817	945	Phil Kilburn	00:53:04	00:51:48 M50	107		m	775	7.2	08:20	Finished
2604	946	Glenn Hiscocks	00:53:06	00:51:55 MSEN	405		m	776	7.18	08:21	Finished
629	947	Cameron Hopkins	00:53:07	00:51:52 MSEN	406		m	777	7.19	08:21	Finished
1412	948	Dave Hebbes	00:53:10	00:52:12 M60	36		m	778	7.14	08:24	Finished
3406	949	Lloyd Williams	00:53:11	00:52:05 M40	197		m	779	7.16	08:23	Finished
940	950	Alison Meredith-Jones	00:53:12	00:51:34 F45	36		f	171	7.23	08:18	Finished
3301	951	Dafydd James	00:53:14	00:52:06 M40	198		m	780	7.16	08:23	Finished
2387	952	Tim Ace	00:53:15	00:52:25 M40	199		m	781	7.11	08:26	Finished
2535	953	Gareth Evans	00:53:15	00:52:52 MSEN	407	PORT TALBOT HARRIERS	m	782	7.05	08:30	Finished
439	954	Daniel Ginn	00:53:15	00:52:07 MSEN	408		m	783	7.15	08:23	Finished
2581	955	Sophia Miller	00:53:16	00:52:19 FSEN	63		f	172	7.13	08:25	Finished
3574	956	Alex Heaton	00:53:17	00:52:47 MSEN	409		m	784	7.06	08:30	Finished
3863	957	Lorraine Dalglish	00:53:17	00:52:58 F55	11	LUTON ATHLETIC CLUB	f	173	7.04	08:31	Finished
147	958	Sian Stephens	00:53:17	00:52:15 F45	37		f	174	7.14	08:25	Finished
1687	959	Josh Keane	00:53:20	00:52:00 MSEN	410		m	785	7.17	08:22	Finished
1667	960	Dai Thomas	00:53:20	00:51:42 MSEN	411		m	786	7.21	08:19	Finished
1666	961	Bethan Herbert-Evans	00:53:20	00:51:42 FSEN	64		f	175	7.21	08:19	Finished
3753	962	Owain Williams	00:53:21	00:52:23 MSEN	412	RUN4ALL RUNNING CLUB	m	787	7.12	08:26	Finished
156	963	Ceri Hughes	00:53:21	00:51:59 M40	200		m	788	7.17	08:22	Finished
3013	964	Matthew Andrews	00:53:22	00:51:44 MSEN	413		m	789	7.21	08:20	Finished
739	965	Ellie Goss	00:53:22	00:53:01 FJ	14		f	176	7.03	08:32	Finished
1001	966	Gareth Alban	00:53:23	00:52:18 M40	201	ADMIRAL	m	790	7.13	08:25	Finished
2990	967	Natalie Summerhil	00:53:24	00:52:46 F35	51		f	177	7.07	08:30	Finished
1688	968	Rhydian Morris	00:53:25	00:51:46 MSEN	414		m	791	7.2	08:20	Finished
958	969	Matthew George	00:53:26	00:51:59 M40	202		m	792	7.17	08:22	Finished
157	970	Ian Portway	00:53:27	00:52:18 M50	108		m	793	7.13	08:25	Finished
2400	971	David Rees	00:53:27	00:52:33 MSEN	415		m	794	7.09	08:27	Finished
785	972	Teresa Aprea-Morgan	00:53:29	00:52:40 F35	52		f	178	7.08	08:29	Finished
3324	973	Lowri Randall-Evans	00:53:29	00:52:12 F35	53	LLANELLI AC	f	179	7.14	08:24	Finished
226	974	Helen Lutley	00:53:29	00:52:20 F55	12	EMLYN RUNNERS	f	180	7.12	08:25	Finished
4117	975	Craig Morris	00:53:30	00:52:36 M40	203		m	795	7.09	08:28	Finished
3849	976	Julian Birkby	00:53:32	00:52:29 M40	204		m	796	7.1	08:27	Finished
3848	977	Rya Cowan-Davies	00:53:32	00:52:30 F35	54		f	181	7.1	08:27	Finished
1269	978	Andrew Morris	00:53:33	00:52:40 M50	109	SOSPAN ROAD RUNNERS	m	797	7.08	08:29	Finished
3768	979	Jenny Caulkett	00:53:34	00:52:29 F35	55	SARN HELEN	f	182	7.1	08:27	Finished
3400	980	Gillian Murphy	00:53:34	00:52:39 F55	13	LES CROUPIERS	f	183	7.08	08:28	Finished
1120	981	Andrew Snow	00:53:34	00:52:43 MSEN	416	ADMIRAL	m	798	7.07	08:29	Finished
131	982	Stuart Crichton	00:53:34	00:52:24 M60	37		m	799	7.11	08:26	Finished
3380	983	Greg Smith	00:53:36	00:52:13 M40	205		m	800	7.14	08:24	Finished
4418	984	Simon Jeremy	00:53:36	00:52:53 MSEN	417		m	801	7.05	08:31	Finished
408	985	Shaun Cotter	00:53:36	00:52:34 M50	110		m	802	7.09	08:28	Finished
367	986	Jordan Williams	00:53:37	00:51:52 MSEN	418		m	803	7.19	08:21	Finished
4120	987	Chris Beck	00:53:37	00:52:15 M40	206		m	804	7.14	08:25	Finished
2333	988	Silke Luhrmann	00:53:39	00:52:59 F45	38		f	184	7.04	08:32	Finished
3702	989	Edward Jeffries	00:53:41	00:52:41 MSEN	419		m	805	7.08	08:29	Finished
2873	990	Scott McMurray	00:53:41	00:52:32 MSEN	420		m	806	7.1	08:27	Finished
3508	991	Megan Colbeck	00:53:42	00:52:13 F35	56		f	185	7.14	08:24	Finished
2261	992	Sara Morgan	00:53:44	00:52:50 F35	57	VILLAGE VIPERS	f	186	7.06	08:30	Finished
2537	993	Erin Thomas	00:53:44	00:52:52 F35	58		f	187	7.05	08:30	Finished
371	994	Stewart Montgomery	00:53:45	00:52:51 MSEN	421		m	807	7.05	08:30	Finished
3188	995	Ryan Farr	00:53:45	00:52:21 MSEN	422		m	808	7.12	08:25	Finished
2336	996	Cheryl Finch	00:53:45	00:53:25 F35	59		f	188	6.98	08:36	Finished
204	997	Aled Jones	00:53:45	00:52:34 MSEN	423		m	809	7.09	08:28	Finished
3774	998	Liam Dunne	00:53:46	00:53:17 MSEN	424		m	810	7	08:35	Finished
1288	999	Sharon Carter	00:53:47	00:53:02 F35	60		f	189	7.03	08:32	Finished
960	1000	Rachel Walters	00:53:47	00:53:21 F45	39	RHONDDA VALLEY RUNNERS	f	190	6.99	08:35	Finished
3017	1001	Gavin Pickett	00:53:48	00:52:44 M40	207		m	811	7.07	08:29	Finished
638	1002	Paul Ray	00:53:49	00:52:37 M50	111		m	812	7.09	08:28	Finished
4395	1003	Wayne Davies	00:53:49	00:52:02 M40	208		m	813	7.17	08:22	Finished
4052	1004	Chris Phillips	00:53:50	00:52:19 MJ	34		m	814	7.13	08:25	Finished
1203	1005	Johanna Jones	00:53:50	00:52:28 FSEN	65	ADMIRAL	f	191	7.11	08:27	Finished
3519	1006	Jon Franklin	00:53:50	00:52:22 M50	112		m	815	7.12	08:26	Finished
2688	1007	Tracy Baker	00:53:52	00:51:54 F45	40		f	192	7.18	08:21	Finished
237	1008	Alun Williams	00:53:52	00:52:27 M50	113		m	816	7.11	08:26	Finished
4412	1009	Diccon Cooper	00:53:53	00:52:49 MSEN	425		m	817	7.06	08:30	Finished
748	1010	Raymond Tilley	00:53:53	00:53:22 M40	209		m	818	6.99	08:35	Finished
2469	1011	Felicity Jones	00:53:53	00:52:59 F35	61		f	193	7.04	08:32	Finished
1403	1012	Darren James	00:53:54	00:53:25 M50	114		m	819	6.98	08:36	Finished
3737	1013	Jonathan Rawlinson	00:53:55	00:52:51 M50	115		m	820	7.05	08:30	Finished
1850	1014	David Elmes	00:53:55	00:52:47 MSEN	426		m	821	7.06	08:30	Finished
1197	1015	Amanda Hutchings	00:53:55	00:53:25 FSEN	66	ADMIRAL	f	194	6.98	08:36	Finished
3113	1016	Neil Roberts	00:53:56	00:52:44 M40	210		m	822	7.07	08:29	Finished
2812	1017	Stuart Mort	00:53:56	00:52:44 M40	211		m	823	7.07	08:29	Finished
2971	1018	Frazer Mccall	00:53:56	00:50:57 M40	212		m	824	7.32	08:12	Finished
2416	1019	Jeremy Jones	00:53:58	00:52:13 M40	213		m	825	7.14	08:24	Finished
3734	1020	Lucas Allfree	00:54:00	00:53:36 MSEN	427		m	826	6.96	08:38	Finished
3731	1021	Reuben Allfree	00:54:00	00:53:36 MSEN	428		m	827	6.96	08:38	Finished
4281	1022	Owen Pearse	00:54:01	00:53:09 MSEN	429		m	828	7.01	08:33	Finished
1187	1023	William Gray	00:54:01	00:52:58 MSEN	430	ADMIRAL	m	829	7.04	08:31	Finished
3154	1024	Jamie Cameron	00:54:02	00:53:26 MJ	35		m	830	6.98	08:36	Finished
2066	1025	Ross Jones	00:54:02	00:53:32 MSEN	431		m	831	6.96	08:37	Finished
1951	1026	Claire Bell	00:54:02	00:53:07 F55	14	LES CROUPIERS	f	195	7.02	08:33	Finished
1644	1027	Michael Brain	00:54:02	00:52:37 M40	214	PENCOED PANTHERS	m	832	7.09	08:28	Finished
1220	1028	Richard Panniers	00:54:03	00:53:02 MSEN	432	ADMIRAL	m	833	7.03	08:32	Finished
2903	1029	Edward Davies	00:54:05	00:53:33 M50	116	3MS GORSEINON ROAD RUNNERS	m	834	6.96	08:37	Finished
186	1030	Lloyd Lewis	00:54:05	00:53:17 MSEN	433		m	835	7	08:35	Finished
2647	1031	Kelly Phillips	00:54:06	00:52:30 F35	62	RUN4ALL RUNNING CLUB	f	196	7.1	08:27	Finished
3645	1032	Aled Evans	00:54:06	00:53:35 MJ	36		m	836	6.		

392	1035	Katy Girdler	00:54:08	00:53:45 F45	41	f	199	6.94	08:39	Finished	
683	1036	Ashley Rees	00:54:08	00:52:29 M5EN	434	m	837	7.1	08:27	Finished	
1655	1037	Michael Britton	00:54:11	00:53:27 M5EN	435	m	838	6.98	08:36	Finished	
2470	1038	David Hutchinson	00:54:11	00:53:40 M50	117	m	839	6.95	08:38	Finished	
3644	1039	Roy Evans	00:54:12	00:53:41 M40	215	m	840	6.94	08:38	Finished	
2839	1040	Lisa Spandryk	00:54:12	00:53:26 F35	65	f	200	6.98	08:36	Finished	
1188	1041	Kimberley Grey	00:54:13	00:53:11 F5EN	67	ADMIRAL	f	201	7.01	08:34	Finished
485	1042	Tim Mayne	00:54:14	00:53:07 M5EN	436	m	841	7.02	08:33	Finished	
3970	1043	Nick Osman	00:54:14	00:52:44 M40	216	PARC BRYN BACH RUNNING CLUB	m	842	7.07	08:29	Finished
3590	1044	Will Harris	00:54:15	00:52:44 M5EN	437	m	843	7.07	08:29	Finished	
4361	1045	Chris Evans	00:54:16	00:52:37 M40	217	m	844	7.09	08:28	Finished	
512	1046	Joy Langan	00:54:18	00:54:00 F55	15	f	202	6.9	08:41	Finished	
2299	1047	Stephen Jeacock	00:54:19	00:53:19 M40	218	m	845	6.99	08:35	Finished	
3481	1048	Jane Creed	00:54:20	00:52:59 F35	66	FOREST OF DEAN AC	f	203	7.04	08:32	Finished
164	1049	Simon Thomas	00:54:20	00:53:01 M40	219	m	846	7.03	08:32	Finished	
3446	1050	Kieron Pugh Jones	00:54:20	00:52:47 MJ	37	m	847	7.06	08:30	Finished	
1652	1051	Stephen Manners	00:54:20	00:53:45 M5EN	438	m	848	6.94	08:39	Finished	
293	1052	Stuart Baker	00:54:21	00:52:20 M40	220	m	849	7.12	08:25	Finished	
714	1053	Ashton Bosman	00:54:21	00:53:00 M40	221	m	850	7.03	08:32	Finished	
2803	1054	Rachel Monks	00:54:22	00:53:14 F5EN	68	f	204	7	08:34	Finished	
2817	1055	Andrew Thomas	00:54:23	00:53:18 M5EN	439	m	851	6.99	08:35	Finished	
1571	1056	Phillip Evans	00:54:23	00:52:55 M50	118	m	852	7.05	08:31	Finished	
4000	1057	Ryan Davies	00:54:24	00:49:56 M40	222	m	853	7.47	08:02	Finished	
774	1058	Keith Johns	00:54:24	00:52:57 M50	119	m	854	7.04	08:31	Finished	
788	1059	Andrew Barter	00:54:25	00:52:52 M40	223	m	855	7.05	08:30	Finished	
3483	1060	Vanessa Pegler	00:54:26	00:53:53 F45	42	FOREST OF DEAN AC	f	205	6.92	08:40	Finished
2249	1061	Samantha Hyett	00:54:27	00:53:07 F35	67	f	206	7.02	08:33	Finished	
133	1062	Christopher Bevan	00:54:28	00:53:37 M40	224	m	856	6.95	08:38	Finished	
3675	1063	Lee Jones	00:54:28	00:52:23 M40	225	m	857	7.12	08:26	Finished	
3509	1064	Jack Mountfield	00:54:29	00:52:59 M5EN	440	m	858	7.04	08:32	Finished	
2348	1065	Philip Ellis	00:54:31	00:52:28 M40	226	m	859	7.11	08:27	Finished	
3110	1066	Robin Biesock	00:54:31	00:53:13 M5EN	441	RUNKALL RUNNING CLUB	m	860	7.01	08:34	Finished
2474	1067	Chris Kellard	00:54:33	00:52:48 M5EN	442	m	861	7.06	08:30	Finished	
3886	1068	Matthew Clegg	00:54:33	00:53:19 M50	120	m	862	6.99	08:35	Finished	
3887	1069	Isabelle Clegg	00:54:33	00:53:20 FJ	15	f	207	6.99	08:35	Finished	
4411	1070	Nicholas Watts	00:54:35	00:50:10 M5EN	443	m	863	7.43	08:04	Finished	
3860	1071	Carol-Jane Jennings	00:54:36	00:53:33 F55	16	PAUL POPHAM RUNNING CLUB	f	208	6.96	08:37	Finished
4013	1072	Lucy Morgan	00:54:36	00:53:41 F35	68	f	209	6.94	08:38	Finished	
2668	1073	Rosie Bristow	00:54:37	00:53:17 F35	69	PEGASUS RC	f	210	7	08:35	Finished
2570	1074	Richard Wilkins	00:54:37	00:53:49 M40	227	m	864	6.93	08:40	Finished	
3326	1075	Lisa Arnold	00:54:38	00:53:12 F35	70	PAUL POPHAM RUNNING CLUB	f	211	7.01	08:34	Finished
920	1076	John Sheehy	00:54:41	00:53:26 M60	38	m	865	6.98	08:36	Finished	
659	1077	Julie Kemp	00:54:41	00:54:27 F55	17	f	212	6.85	08:46	Finished	
1726	1078	Frances Jenkins	00:54:41	00:53:10 F55	18	PAUL POPHAM RUNNING CLUB	f	213	7.01	08:33	Finished
2977	1079	Arthur Patterson	00:54:41	00:52:57 M60	39	m	866	7.04	08:31	Finished	
3459	1080	Sandra Douglas	00:54:42	00:53:10 F45	43	f	214	7.01	08:33	Finished	
2838	1081	Rebecca Fitzpatrick	00:54:42	00:53:17 F35	71	f	215	7	08:35	Finished	
4238	1082	Brian Fox	00:54:43	00:53:37 M60	40	SWANSEA HARRIERS	m	867	6.95	08:38	Finished
2841	1083	Andrew Thomas	00:54:44	00:52:47 M50	121	m	868	7.06	08:30	Finished	
1046	1084	Olivia Gullam	00:54:45	00:53:28 F5EN	69	ADMIRAL	f	216	6.97	08:36	Finished
3434	1085	Abigail Morgan	00:54:46	00:53:58 FJ	16	BRIDGEND AC	f	217	6.91	08:41	Finished
1477	1086	Sophie Chambers	00:54:46	00:52:05 F35	72	f	218	7.16	08:23	Finished	
2420	1087	Hywel Davis	00:54:48	00:53:01 M5EN	444	m	869	7.03	08:32	Finished	
1493	1088	Jean Silcock	00:54:48	00:53:03 F55	19	f	219	7.03	08:32	Finished	
1177	1089	Charm Duggan	00:54:49	00:53:18 F5EN	70	ADMIRAL	f	220	6.99	08:35	Finished
1533	1090	Callum Curtis	00:54:50	00:54:00 M5EN	445	m	870	6.9	08:41	Finished	
910	1091	Martin Williams	00:54:50	00:53:32 M50	122	m	871	6.96	08:37	Finished	
1532	1092	Aaron Salter	00:54:50	00:54:00 M5EN	446	m	872	6.9	08:41	Finished	
3236	1093	Robert Buchan	00:54:50	00:53:45 M40	228	m	873	6.94	08:39	Finished	
3748	1094	Lianne Rollinson	00:54:52	00:53:19 F5EN	71	f	221	6.99	08:35	Finished	
1198	1095	Elizabeth James Mahoney	00:54:53	00:54:39 F35	73	ADMIRAL	f	222	6.82	08:48	Finished
3570	1096	Katie Hamer	00:54:53	00:53:44 F35	74	YSTRAD MYNACH RUNNING CLUB	f	223	6.94	08:39	Finished
1365	1097	Nicholas Jones	00:54:53	00:53:15 M40	229	m	874	7	08:34	Finished	
4054	1098	Mark Davies	00:54:55	00:54:50 M50	123	m	875	6.8	08:49	Finished	
1965	1099	James Dartnell	00:54:55	00:53:24 M5EN	447	m	876	6.98	08:36	Finished	
3302	1100	Mark Edwards	00:54:56	00:53:49 M40	230	m	877	6.93	08:40	Finished	
1408	1101	Andy Evans	00:54:57	00:54:05 M50	124	m	878	6.89	08:42	Finished	
3402	1102	Gareth Williams	00:54:57	00:53:43 M5EN	448	m	879	6.94	08:39	Finished	
2602	1103	Liz Davies	00:54:57	00:53:47 F45	44	CARMARTHEN AND DISTRICT HARRIERS	f	224	6.93	08:39	Finished
1101	1104	Daniel Read	00:54:58	00:53:31 M5EN	449	ADMIRAL	m	880	6.97	08:37	Finished
2206	1105	Louise Draycott	00:54:58	00:54:05 F45	45	SWANSEA HARRIERS	f	225	6.89	08:42	Finished
3858	1106	Hayley Sargeant	00:54:58	00:52:37 F5EN	72	f	226	7.09	08:28	Finished	
1662	1107	Anthony Crecraft	00:54:59	00:54:22 M40	231	m	881	6.86	08:45	Finished	
1134	1108	Christopher Welsby	00:54:59	00:53:41 M5EN	450	ADMIRAL	m	882	6.94	08:38	Finished
3219	1109	Leanne Brake	00:55:00	00:54:20 F5EN	73	f	227	6.86	08:45	Finished	
1093	1110	Matthew Owen	00:55:00	00:53:11 M5EN	451	ADMIRAL	m	883	7.01	08:34	Finished
4352	1111	John Cattam	00:55:01	00:54:20 M5EN	452	m	884	6.86	08:45	Finished	
881	1112	Joanne Bartlett	00:55:01	00:54:03 F35	75	f	228	6.9	08:42	Finished	
3689	1113	Megan Gullam	00:55:02	00:53:44 F5EN	74	f	229	6.94	08:39	Finished	
889	1114	Amanda Moore	00:55:02	00:53:43 F35	76	BRACKLA HARRIERS	f	230	6.94	08:39	Finished
2263	1115	John Dewhurst	00:55:02	00:52:50 M50	125	m	885	7.06	08:30	Finished	
3021	1116	Craig Jones	00:55:03	00:54:10 M5EN	453	m	886	6.88	08:43	Finished	
2610	1117	Ashley Howells	00:55:03	00:54:41 M40	232	OGMORE PHOENIX RUNNERS	m	887	6.82	08:48	Finished
3121	1118	Liz Simeone	00:55:04	00:54:34 F5EN	75	f	231	6.83	08:47	Finished	
3681	1119	Tom Swinton	00:55:05	00:54:43 MJ	38	m	888	6.81	08:48	Finished	
2226	1120	Simon Meyrick	00:55:06	00:54:20 M5EN	454	m	889	6.86	08:45	Finished	
4372	1121	Roberto Sotgiu	00:55:06	00:53:34 M40	233	m	890	6.96	08:37	Finished	
1332	1122	Paul Peters	00:55:07	00:53:48 M50	126	m	891	6.93	08:39	Finished	
3373	1123	Jody Williams	00:55:09	00:53:53 F5EN	76	LLANELLI AC	f	232	6.92	08:40	Finished
1156	1124	Sarah Blacker	00:55:09	00:53:44 F5EN	77	ADMIRAL	f	233	6.94	08:39	Finished
2281	1125	Joshua Caulton	00:55:10	00:53:25 M5EN	455	m	892	6.98	08:36	Finished	
943	1126	Elise Morgan-Green	00:55:10	00:53:16 F35	77	f	234	7	08:34	Finished	
2012	1127	Jamie Walsh	00:55:10	00:54:34 M40	234	m	893	6.83	08:47	Finished	
3190	1128	Charlotte Evans	00:55:11	00:53:59 F35	78	f	235	6.91	08:41	Finished	
2045	1129	Ashley Walsh	00:55:11	00:54:34 M5EN	456	m	894	6.83	08:47	Finished	
3288	1130	David Pollard	00:55:11	00:54:04 M5EN	457	m	895	6.9	08:42	Finished	
1751	1131	Andrew Woodhouse	00:55:12	00:54:11 M40	235	m	896	6.88	08:43	Finished	
1114	1132	Kathryn Scott	00:55:12	00:54:22 F35	79	ADMIRAL	f	236	6.86	08:45	Finished
1725	1133	Deborah Clifford	00:55:13	00:54:17 F45	46	WYE VALLEY RUNNERS	f	237	6.87	08:44	Finished
3578	1134	Dafydd Roach	00:55:14	00:53:17 M5EN	458	m	897	7	08:35	Finished	
4451	1135	Josh Olsen	00:55:15	00:53:54 M5EN	459	m	898	6.92	08:40	Finished	
1685	1136	John Griffiths	00:55:16	00:53:36 M40	236	m	899	6.96	08:38	Finished	
1111	1137	Stefanie Roblin	00:55:16	00:53:58 F5EN	78	ADMIRAL	f	238	6.91	08:41	Finished
4287	1138	Stephen Williams	00:55:17	00:54:33 M5EN	460	m	900	6.83	08:47	Finished	
233	1139	David Prince	00:55:18	00:53:21 M5EN	461	m	901	6.99	08:35	Finished	
3911	1140	Mark Davies	00:55:19	00:54:04 M50	127	PAUL POPHAM RUNNING CLUB	m	902	6.9	08:42	Finished
1721	1141	Abi Pittard	00:55:19	00:54:40 F5EN	79	f	239	6.82	08:48	Finished	
2432	1142	Katie Feagan	00:55:20	00:54:19 F35	80	f	240	6.86	08:44	Finished	
1584	1143	Paul Davies	00:55:20	00:54:13 M40	237	m	903	6.88	08:44	Finished	
1356	1144	Ashley Jenkins	00:55:20	00:54:02 M5EN	462	m	904	6.9	08:42	Finished	
4436	1145	Lucy Swithenbank	00:55:23	00:53:35 F5EN	80	f	241	6.96	08:37	Finished	
1233	1146	Andrew Taylor	00:55:23	00:53:45 M5EN	463	ADMIRAL	m	905	6.94	08:39	Finished
3553	1147	Craig Hawker-Thomas	00:55:24	00:54:39 M40	238	m	906	6.82	08:48	Finished	
931	1148	M Simpson	00:55:24	00:54:17 M40	239	m	907	6.87	08:44	Finished	
4033	1149	Nicholas Huffer	00:55:24	00:54:23 M50							

3277	1150	Hayley Marshallsay	00:55:27	00:54:16 F35	81	f	242	6.87	08:44	Finished
4407	1151	Bryan Lewis	00:55:28	00:53:36 M40	240	m	909	6.96	08:38	Finished
3732	1152	Joshua Merrick	00:55:28	00:55:04 M5EN	464	m	910	6.77	08:52	Finished
886	1153	Luke Lewis	00:55:29	00:53:52 M5EN	465	m	911	6.92	08:40	Finished
3929	1154	Simon Keane	00:55:29	00:53:48 M40	241	m	912	6.93	08:39	Finished
2118	1155	Simon Ball	00:55:29	00:54:21 M5EN	466	m	913	6.86	08:45	Finished
3726	1156	Ian Price	00:55:29	00:54:09 M50	129	m	914	6.88	08:43	Finished
2149	1157	Emma Jones	00:55:30	00:53:56 F45	47	f	243	6.91	08:41	Finished
1809	1158	Claire Woolfe	00:55:31	00:53:36 F35	82	f	244	6.96	08:38	Finished
1340	1159	Rachel Thomas	00:55:31	00:53:36 F5EN	81	f	245	6.96	08:38	Finished
1837	1160	Tina Arthur	00:55:31	00:53:36 F55	20	f	246	6.96	08:38	Finished
1077	1161	Bhaskar Mahajan	00:55:31	00:54:03 M5EN	467	m	915	6.9	08:42	Finished
4419	1162	Ben Wagner	00:55:32	00:53:16 MJ	39	m	916	7	08:34	Finished
4192	1163	Mark James	00:55:32	00:55:00 M5EN	468	m	917	6.78	08:51	Finished
314	1164	David Gates	00:55:33	00:53:47 M50	130	m	918	6.93	08:39	Finished
1761	1165	Carole Morgan	00:55:33	00:55:07 F55	21	f	247	6.76	08:52	Finished
2167	1166	David Husband	00:55:33	00:51:39 M5EN	469	m	919	7.22	08:19	Finished
3761	1167	Benjamin Floate	00:55:33	00:54:20 M5EN	470	m	920	6.86	08:45	Finished
1563	1168	Stuart James	00:55:34	00:54:41 M50	131	m	921	6.82	08:48	Finished
2992	1169	Julian Wood	00:55:34	00:54:07 M50	132	m	922	6.89	08:43	Finished
619	1170	Rebecca King	00:55:34	00:53:56 F5EN	82	f	248	6.91	08:41	Finished
294	1171	Ernie Clift	00:55:35	00:54:45 M60	41	m	923	6.81	08:49	Finished
4353	1172	Zoe Laugharne	00:55:35	00:54:22 FJ	17	f	249	6.86	08:45	Finished
1298	1173	Mark Saunders	00:55:38	00:52:06 M5EN	471	m	924	7.16	08:23	Finished
2768	1174	Stephen Jones	00:55:38	00:53:52 M50	133	m	925	6.92	08:40	Finished
1756	1175	Liza Ludbrook	00:55:38	00:54:52 F45	48	f	250	6.8	08:50	Finished
1727	1176	Philip Clifford	00:55:40	00:54:43 M50	134	m	926	6.81	08:48	Finished
4082	1177	Zoe Dixon	00:55:40	00:55:17 FJ	18	f	251	6.74	08:54	Finished
2733	1178	Niall Hughes	00:55:44	00:54:17 M40	242	m	927	6.87	08:44	Finished
4131	1179	Nigel Williams	00:55:44	00:54:23 M5EN	472	m	928	6.86	08:45	Finished
4085	1180	Tracey Wynne	00:55:44	00:54:19 F45	49	f	252	6.86	08:44	Finished
2064	1181	Sam Grunhut	00:55:44	00:54:47 M5EN	473	m	929	6.81	08:49	Finished
3159	1182	Sion Rockley	00:55:45	00:54:50 MJ	40	m	930	6.8	08:49	Finished
753	1183	Peter Perdue	00:55:45	00:55:32 M50	135	m	931	6.71	08:56	Finished
798	1184	Chris Morgan	00:55:45	00:54:06 M5EN	474	m	932	6.89	08:42	Finished
1223	1185	Laila Quattrini	00:55:45	00:54:52 F45	50	f	253	6.8	08:50	Finished
4274	1186	Peter Roxburgh	00:55:47	00:54:05 M50	136	m	933	6.89	08:42	Finished
1764	1187	Huw Phillips	00:55:48	00:55:16 M5EN	475	m	934	6.75	08:54	Finished
3034	1188	Dean Lower	00:55:48	00:54:41 M5EN	476	m	935	6.82	08:48	Finished
2568	1189	Douglas Livingstone	00:55:48	00:55:10 M5EN	477	m	936	6.76	08:53	Finished
3120	1190	Chris Cole	00:55:48	00:54:30 M5EN	478	m	937	6.84	08:46	Finished
4122	1191	Andy Thomas	00:55:49	00:54:13 M5EN	479	m	938	6.88	08:44	Finished
2556	1192	Angharad Evans	00:55:49	00:54:54 F5EN	83	f	254	6.79	08:50	Finished
2198	1193	Jeffrey Evans	00:55:49	00:54:17 M40	243	m	939	6.87	08:44	Finished
1461	1194	David Edwards	00:55:50	00:54:26 M5EN	480	m	940	6.85	08:46	Finished
2188	1195	Sian Waters	00:55:50	00:54:40 F45	51	f	255	6.82	08:48	Finished
3077	1196	Hannah Miles	00:55:51	00:54:55 F5EN	84	f	256	6.79	08:50	Finished
134	1197	Patrick Murray	00:55:51	00:55:23 M40	244	m	941	6.73	08:55	Finished
2047	1198	Louise Murray	00:55:52	00:55:16 F35	83	f	257	6.75	08:54	Finished
2843	1199	Owen Barnfield	00:55:52	00:53:34 MJ	41	m	942	6.96	08:37	Finished
1462	1200	Joanne Edwards	00:55:52	00:54:28 F35	84	f	258	6.84	08:46	Finished
1942	1201	Natalie Cox	00:55:54	00:54:48 F35	85	f	259	6.8	08:49	Finished
1731	1202	Theresa Shields	00:55:54	00:54:34 F5EN	85	f	260	6.83	08:47	Finished
3890	1203	Richard Davies	00:55:54	00:55:21 M5EN	481	m	943	6.74	08:54	Finished
1127	1204	Adam Thomas	00:55:55	00:55:17 M5EN	482	m	944	6.74	08:54	Finished
4263	1205	Stephen Hughes	00:55:56	00:54:39 M50	137	m	945	6.82	08:48	Finished
3796	1206	Elin Evans	00:55:57	00:54:44 F5EN	86	f	261	6.81	08:49	Finished
3601	1207	Ryan Jones	00:55:57	00:54:24 M5EN	483	m	946	6.85	08:45	Finished
3158	1208	Andrew Rockley	00:55:58	00:54:48 M50	138	m	947	6.8	08:49	Finished
2349	1209	Sarah Lucas-Jones	00:55:58	00:54:12 F45	52	f	262	6.88	08:43	Finished
1404	1210	Sheree Phillips	00:55:58	00:54:15 F35	86	f	263	6.87	08:44	Finished
2815	1211	Lee Crook	00:55:59	00:53:31 M5EN	484	m	948	6.97	08:37	Finished
1893	1212	Peter Chowdhury	00:55:59	00:55:08 M40	245	m	949	6.76	08:52	Finished
2995	1213	Glenn Vaughan	00:55:59	00:55:00 M5EN	485	m	950	6.78	08:51	Finished
1892	1214	Bethan Hughes	00:55:59	00:55:07 F35	87	f	264	6.76	08:52	Finished
647	1215	Scott Jones	00:56:00	00:54:00 M5EN	486	m	951	6.9	08:41	Finished
1545	1216	Becky Thomson	00:56:00	00:55:25 F5EN	87	f	265	6.73	08:55	Finished
1526	1217	Andrew Keegan	00:56:01	00:54:25 M5EN	487	m	952	6.85	08:45	Finished
384	1218	Wayne Watkins	00:56:02	00:54:28 M40	246	m	953	6.84	08:46	Finished
2864	1219	Jasmin Bischoff	00:56:02	00:55:29 F5EN	88	f	266	6.72	08:56	Finished
4254	1220	Helen Robertson	00:56:02	00:55:07 F45	53	f	267	6.76	08:52	Finished
1949	1221	Ian Morgan	00:56:03	00:54:57 M5EN	488	m	954	6.78	08:51	Finished
3040	1222	John Evans	00:56:05	00:54:52 M60	42	m	955	6.8	08:50	Finished
4239	1223	Suzanne Owens	00:56:06	00:54:49 F35	88	f	268	6.8	08:49	Finished
3775	1224	Fiona Jones	00:56:06	00:54:52 F5EN	89	f	269	6.8	08:50	Finished
1744	1225	Diane Ridgeway	00:56:06	00:54:39 F45	54	f	270	6.82	08:48	Finished
3957	1226	Gareth Thomas	00:56:06	00:54:07 M50	139	m	956	6.89	08:43	Finished
2947	1227	Jessica Vickery	00:56:07	00:54:31 F5EN	90	f	271	6.84	08:46	Finished
3594	1228	Ian Price	00:56:07	00:55:44 M50	140	m	957	6.69	08:58	Finished
3924	1229	Steve Nelson	00:56:08	00:54:45 M40	247	m	958	6.81	08:49	Finished
3609	1230	Kevin Button	00:56:08	00:54:45 M40	248	m	959	6.81	08:49	Finished
152	1231	Ashley Pearce	00:56:08	00:54:29 M5EN	489	m	960	6.84	08:46	Finished
3141	1232	David Waters	00:56:08	00:55:14 M60	43	m	961	6.75	08:53	Finished
4199	1233	Trilby James	00:56:09	00:54:50 F35	89	f	272	6.8	08:49	Finished
2063	1234	Rachel Stewart	00:56:09	00:54:53 F35	90	f	273	6.79	08:50	Finished
742	1235	Paul Abraham	00:56:10	00:55:12 M5EN	490	m	962	6.75	08:53	Finished
2933	1236	Anthony Barron	00:56:12	00:55:07 M40	249	m	963	6.76	08:52	Finished
4038	1237	Peter Ludbrook	00:56:12	00:55:06 M50	141	m	964	6.77	08:52	Finished
4032	1238	Andrew Fuller	00:56:13	00:54:06 M50	142	m	965	6.89	08:42	Finished
55	1239	Dewi West	00:56:14	00:54:47 M50	143	m	966	6.81	08:49	Finished
4028	1240	Craig Jenkins	00:56:14	00:56:14 M40	250	m	967	6.63	09:03	Finished
1432	1241	Liam Parry	00:56:16	00:54:44 M5EN	491	m	968	6.81	08:49	Finished
3722	1242	Julie Bland	00:56:18	00:55:28 F45	55	f	274	6.72	08:56	Finished
1121	1243	Stacey Bruce	00:56:20	00:54:40 F5EN	91	f	275	6.82	08:48	Finished
2140	1244	Mike Colwill	00:56:21	00:54:24 M5EN	492	m	969	6.85	08:45	Finished
2341	1245	Barry Nichols-Grey	00:56:21	00:54:51 M5EN	493	m	970	6.8	08:50	Finished
2262	1246	Gary De Buse	00:56:22	00:54:09 M60	44	m	971	6.88	08:43	Finished
1385	1247	Robert Pritchard	00:56:22	00:56:12 M50	144	m	972	6.63	09:03	Finished
173	1248	Simon Lewis	00:56:24	00:55:28 M40	251	m	973	6.72	08:56	Finished
4185	1249	Elliott Williams	00:56:24	00:54:48 M5EN	494	m	974	6.8	08:49	Finished
2205	1250	David Lloyd-Hawshaw	00:56:24	00:54:59 M40	252	m	975	6.78	08:51	Finished
3747	1251	Geraint Rogers	00:56:25	00:55:03 M40	253	m	976	6.77	08:52	Finished
3444	1252	Christie Coleman	00:56:26	00:55:16 M50	145	m	977	6.75	08:54	Finished
2731	1253	Robin Williams	00:56:26	00:54:32 M5EN	495	m	978	6.84	08:47	Finished
2638	1254	Steve Roberts	00:56:27	00:55:15 M50	146	m	979	6.75	08:53	Finished
3377	1255	Andy Oakes	00:56:28	00:55:49 M40	254	m	980	6.68	08:59	Finished
3065	1256	Catrin Smith	00:56:28	00:55:01 F5EN	92	f	276	6.78	08:51	Finished
2680	1257	David Hirst	00:56:30	00:55:00 M60	45	m	981	6.78	08:51	Finished
1335	1258	Jamie Davies	00:56:30	00:56:16 M5EN	496	m	982	6.63	09:03	Finished
1427	1259	Charlie Foulkes	00:56:30	00:55:33 M5EN	497	m	983	6.71	08:56	Finished
375	1260	Tracy Conway	00:56:31	00:54:44 F45	56	f	277	6.81	08:49	Finished
974	1261	Kate Quick	00:56:31	00:54:59 F35	91	f	278	6.78	08:51	Finished
2478	1262	Kelly Harris	00:56:32	00:55:10 F35	92	f	279	6.76	08:53	Finished
2307	1263	Rhian Beresford	00:56:33	00:55:04 F45	57	f	280	6.77	08:52	Finished
3051	1264	Mark Jones	00:56:33	00:56:04 M40	255	m	984	6.65	09:01	Finished

1033	1265	Thomas Dudley	00:56:33	00:54:28	MSEN	498	ADMIRAL	m	985	6.84	08:46	Finished
1068	1266	Thomas Kennedy	00:56:34	00:54:52	MSEN	499	ADMIRAL	m	986	6.8	08:50	Finished
4216	1267	Ryan Flynn	00:56:34	00:52:45	MJ	42		m	987	7.07	08:29	Finished
3926	1268	Palvinder Singh	00:56:36	00:55:45	M40	256		m	988	6.69	08:58	Finished
3085	1269	James Barker	00:56:36	00:54:46	MSEN	500		m	989	6.81	08:49	Finished
2687	1270	Mark Baker	00:56:37	00:54:39	M50	147		m	990	6.82	08:48	Finished
2796	1271	Laura Jones	00:56:37	00:55:53	FSEN	93		f	281	6.67	09:00	Finished
2795	1272	Andrew Rennie	00:56:37	00:55:52	MSEN	501		m	991	6.67	08:59	Finished
2235	1273	Toby Jones	00:56:38	00:54:23	MSEN	502		m	992	6.86	08:45	Finished
302	1274	Rhidian Evans	00:56:39	00:52:20	MJ	43		m	993	7.12	08:25	Finished
3104	1275	Ryan Banner	00:56:39	00:55:00	MSEN	503		m	994	6.78	08:51	Finished
3264	1276	Graham Daniels	00:56:39	00:55:20	M50	148		m	995	6.74	08:54	Finished
208	1277	Christopher Hockley	00:56:40	00:54:54	M40	257		m	996	6.79	08:50	Finished
377	1278	Emilee Fisher	00:56:41	00:55:12	MJ	44		m	997	6.75	08:53	Finished
187	1279	Mark Pickersgill	00:56:41	00:54:45	MSEN	504		m	998	6.81	08:49	Finished
1414	1280	Philip Evans	00:56:41	00:55:02	MSEN	505		m	999	6.77	08:51	Finished
2054	1281	Huw Collins	00:56:42	00:55:44	MSEN	506		m	1000	6.69	08:58	Finished
2941	1282	Liam Crowther	00:56:42	00:54:59	M40	258		m	1001	6.78	08:51	Finished
2874	1283	Gareth James	00:56:45	00:55:50	MSEN	507		m	1002	6.68	08:59	Finished
3845	1284	Beverly Yanez	00:56:47	00:55:58	F55	22	DRAGONS RUNNING CLUB	f	282	6.66	09:00	Finished
2969	1285	Adam Walton	00:56:47	00:55:46	M40	259		m	1003	6.69	08:58	Finished
1255	1286	Jamie Chapman	00:56:48	00:56:48	M40	260		m	1004	6.56	09:08	Finished
1118	1287	James Shannon	00:56:48	00:53:59	M50	149	ADMIRAL	m	1005	6.91	08:41	Finished
1041	1288	Simon Garratt	00:56:48	00:53:58	M40	261	ADMIRAL	m	1006	6.91	08:41	Finished
3637	1289	Michael Huish	00:56:48	00:55:30	MSEN	508		m	1007	6.72	08:56	Finished
743	1290	Sarah Renesto	00:56:48	00:55:46	F35	93		f	283	6.69	08:58	Finished
1013	1291	Janine Bowgen	00:56:49	00:55:36	F35	94	ADMIRAL	f	284	6.71	08:57	Finished
2317	1292	Kathryn Davies	00:56:49	00:54:55	F35	95		f	285	6.79	08:50	Finished
391	1293	Chrisy Harrison	00:56:50	00:56:27	F45	58	RUN4ALL RUNNING CLUB	f	286	6.6	09:05	Finished
3806	1294	Laura Grange	00:56:50	00:55:28	F35	96	LORDSHILL ROAD RUNNERS	f	287	6.72	08:56	Finished
3812	1295	Samantha Grange	00:56:50	00:55:29	F35	97		f	288	6.72	08:56	Finished
1306	1296	Helen Benham	00:56:51	00:56:00	FSEN	94		f	289	6.66	09:01	Finished
992	1297	Rhian Llewelyn	00:56:51	00:55:17	F35	98	DRAGONS RUNNING CLUB	f	290	6.74	08:54	Finished
3809	1298	Aled Williams	00:56:51	00:53:49	MSEN	509		m	1008	6.93	08:40	Finished
2143	1299	Nia Phillipart	00:56:53	00:55:27	FSEN	95		f	291	6.72	08:55	Finished
3467	1300	James Little	00:56:54	00:53:18	MSEN	510		m	1009	6.99	08:35	Finished
2383	1301	Jason Edwards	00:56:55	00:55:36	M40	262		m	1010	6.71	08:57	Finished
4314	1302	Tracey Creedon	00:56:55	00:55:14	F35	99		f	292	6.75	08:53	Finished
2384	1303	Shakira Bennett	00:56:55	00:55:36	FSEN	96		f	293	6.71	08:57	Finished
3242	1304	Jan Williams	00:56:56	00:55:18	F55	23	RUN4ALL RUNNING CLUB	f	294	6.74	08:54	Finished
3097	1305	Allison Swinton	00:56:57	00:55:38	F45	59		f	295	6.7	08:57	Finished
1513	1306	David Brake	00:56:57	00:56:26	M50	150		m	1011	6.61	09:05	Finished
802	1307	Hannah Champion	00:56:58	00:55:36	FSEN	97		f	296	6.71	08:57	Finished
1142	1308	John Williams	00:57:00	00:55:57	MSEN	511	ADMIRAL	m	1012	6.66	09:00	Finished
4143	1309	Matthew John	00:57:01	00:54:11	MSEN	512		m	1013	6.88	08:43	Finished
4363	1310	Kathy Abbott	00:57:01	00:56:31	F35	100		f	297	6.6	09:06	Finished
2175	1311	Charlie James	00:57:02	00:55:23	FSEN	98	3MS GORSEINON ROAD RUNNERS	f	298	6.73	08:55	Finished
3706	1312	Martin Turner	00:57:05	00:55:35	M40	263		m	1014	6.71	08:57	Finished
1307	1313	Iwan Sion Allsup	00:57:05	00:55:54	MSEN	513		m	1015	6.67	09:00	Finished
4370	1314	Joshua Feltrin	00:57:06	00:56:21	MSEN	514		m	1016	6.62	09:04	Finished
1561	1315	Jonathan Simeonides	00:57:06	00:55:55	M40	264		m	1017	6.67	09:00	Finished
1429	1316	Jamie Rees	00:57:08	00:55:34	MSEN	515		m	1018	6.71	08:57	Finished
504	1317	Toni Bing	00:57:09	00:55:33	FSEN	99		f	299	6.71	08:56	Finished
475	1318	Nathan Williams	00:57:09	00:55:40	M40	265		m	1019	6.7	08:58	Finished
119	1319	James Moore	00:57:10	00:55:50	MSEN	516		m	1020	6.68	08:59	Finished
925	1320	Andy Mccall	00:57:11	00:52:59	MSEN	517		m	1021	7.04	08:32	Finished
4315	1321	Dai Phillips	00:57:11	00:55:30	MSEN	518		m	1022	6.72	08:56	Finished
1061	1322	Rebecca John	00:57:12	00:55:23	FSEN	100	ADMIRAL	f	300	6.73	08:55	Finished
3843	1323	Vinny Howitt	00:57:12	00:55:28	M40	266		m	1023	6.72	08:56	Finished
1094	1324	Carrie Peach	00:57:14	00:56:02	FSEN	101	ADMIRAL	f	301	6.65	09:01	Finished
2364	1325	Peter Jones	00:57:14	00:56:31	M60	46		m	1024	6.6	09:06	Finished
844	1326	Rachel Lewis	00:57:14	00:56:10	F35	101		f	302	6.64	09:02	Finished
3739	1327	Claire Morgan	00:57:15	00:55:54	F55	24	FOREST OF DEAN AC	f	303	6.67	09:00	Finished
451	1328	Mark McLaughlin	00:57:15	00:55:22	MSEN	519		m	1025	6.73	08:55	Finished
1747	1329	Dean Shackley	00:57:16	00:55:23	MSEN	520		m	1026	6.73	08:55	Finished
2156	1330	Ann John	00:57:17	00:55:27	F45	60	PENCOED PANTHERS	f	304	6.72	08:55	Finished
3494	1331	Mike Williams	00:57:18	00:55:52	M50	151		m	1027	6.67	08:59	Finished
3148	1332	Christopher ShaOddick	00:57:19	00:56:32	MSEN	521		m	1028	6.59	09:06	Finished
3186	1333	Gary Matthews	00:57:21	00:57:03	M40	267		m	1029	6.54	09:11	Finished
4272	1334	Alex Thomas	00:57:22	00:55:56	FSEN	102	PARC BRYN BACH RUNNING CLUB	f	305	6.67	09:00	Finished
4441	1335	Sandra Rees	00:57:22	00:56:08	F55	25	3MS GORSEINON ROAD RUNNERS	f	306	6.64	09:02	Finished
1762	1336	Mark Sanders	00:57:23	00:54:27	MJ	45		m	1030	6.85	08:46	Finished
3237	1337	Keri Davies	00:57:23	00:55:47	M50	152		m	1031	6.68	08:59	Finished
2885	1338	Dave Wisby	00:57:24	00:55:59	MSEN	522		m	1032	6.66	09:01	Finished
1671	1339	Jade Jones	00:57:25	00:55:55	FSEN	103		f	307	6.67	09:00	Finished
1592	1340	Wendy Godwin	00:57:25	00:56:36	F35	102		f	308	6.59	09:07	Finished
3011	1341	Jonathan Payne	00:57:25	00:55:43	M40	268		m	1033	6.69	08:58	Finished
230	1342	Chloe Aspland	00:57:26	00:56:33	FSEN	104		f	309	6.59	09:06	Finished
4266	1343	Rosie Beresford	00:57:27	00:55:58	FSEN	105		f	310	6.66	09:00	Finished
3213	1344	David Thomas	00:57:27	00:55:41	M50	153		m	1034	6.7	08:58	Finished
1901	1345	Martha Mathias	00:57:27	00:55:58	FSEN	106		f	311	6.66	09:00	Finished
2133	1346	Derek Balsdon	00:57:28	00:55:53	M60	47		m	1035	6.67	09:00	Finished
401	1347	Rhys Thomas	00:57:29	00:56:05	MSEN	523		m	1036	6.65	09:02	Finished
2028	1348	Warren Davies	00:57:30	00:55:44	M60	48		m	1037	6.69	08:58	Finished
2090	1349	Elaine Robinson	00:57:30	00:53:59	F55	26		f	312	6.91	08:41	Finished
3757	1350	Paul Samuel	00:57:30	00:53:45	MSEN	524		m	1038	6.94	08:39	Finished
2761	1351	Laura Robinson	00:57:30	00:56:01	F35	103	PONTARDAWE RUNNING CLUB	f	313	6.66	09:01	Finished
447	1352	Jon Brooks	00:57:30	00:55:40	M50	154		m	1039	6.7	08:58	Finished
928	1353	Gareth John	00:57:30	00:55:47	M40	269		m	1040	6.68	08:59	Finished
929	1354	Amy John	00:57:30	00:55:47	M40	270		m	1041	6.68	08:59	Finished
2891	1355	Garey Davies	00:57:31	00:55:33	M40	271		m	1042	6.71	08:56	Finished
2044	1356	Adrian Davies	00:57:31	00:56:38	M50	155		m	1043	6.58	09:07	Finished
1047	1357	Alex Hammett	00:57:34	00:56:31	MSEN	525	ADMIRAL	m	1044	6.6	09:06	Finished
3993	1358	Amanda Fethney	00:57:35	00:55:36	FSEN	107		f	314	6.71	08:57	Finished
617	1359	Kristina Williams	00:57:37	00:56:38	F45	61		f	315	6.58	09:07	Finished
679	1360	Alice Warren	00:57:38	00:56:02	FJ	19		f	316	6.65	09:01	Finished
1625	1361	Gemma Smith	00:57:38	00:56:03	F35	104		f	317	6.65	09:01	Finished
2932	1362	Carl Joseph	00:57:38	00:56:01	MSEN	526		m	1045	6.66	09:01	Finished
4191	1363	Joanne Rogers	00:57:39	00:56:37	F35	105	PEMBROKESHIRE HARRIERS	f	318	6.59	09:07	Finished
4204	1364	Sioned Gibby	00:57:40	00:56:47	F35	106		f	319	6.57	09:08	Finished
4413	1365	Alex Strawbridge	00:57:40	00:56:01	MSEN	527		m	1046	6.66	09:01	Finished
1465	1366	Vivienne Ventress	00:57:40	00:56:05	F35	107		f	320	6.65	09:02	Finished
3239	1367	Bryony Lewis	00:57:40	00:55:53	FSEN	108		f	321	6.67	09:00	Finished
1660	1368	Ellis Hopkins	00:57:40	00:56:09	M60	49		m	1047	6.64	09:02	Finished
2927	1369	Kate Clarke	00:57:41	00:56:01	F35	108		f	322	6.66	09:01	Finished
3240	1370	Ceri Hill	00:57:41	00:55:54	MSEN	528		m	1048	6.67	09:00	Finished
4086	1371	Catherine Llewellyn	00:57:42	00:56:54	F55	27	MERTHYR RUNNING CLUB	f	323	6.55	09:09	Finished
1998	1372	Clare Bennett	00:57:43	00:55:28	F45	62		f	324	6		

3960	1380	Heddwen Cadwallader	00:57:46	00:55:54	F35	110	f	329	6.67	09:00	Finished
3330	1381	Lindsay Slavin	00:57:46	00:57:22	M50	156	m	1052	6.5	09:14	Finished
795	1382	Noel Shanahan	00:57:46	00:55:54	M50	157	m	1053	6.67	09:00	Finished
4175	1383	Nicola Griffiths	00:57:47	00:56:51	F35	111	f	330	6.56	09:09	Finished
900	1384	Catrin Jones	00:57:48	00:56:02	F45	64	f	331	6.65	09:01	Finished
3247	1385	Tom Brewer	00:57:50	00:55:51	M5EN	530	m	1054	6.68	08:59	Finished
616	1386	Tina Gabb	00:57:51	00:57:04	F35	112	f	332	6.53	09:11	Finished
3004	1387	Yvonne Shore	00:57:51	00:56:20	M60	50	m	1055	6.62	09:04	Finished
3717	1388	Sharon Penhale	00:57:51	00:55:43	F45	65	f	333	6.69	08:58	Finished
3474	1389	Clare Jones	00:57:51	00:57:20	F5EN	111	f	334	6.5	09:14	Finished
3577	1390	Matthew Reece	00:57:53	00:55:42	M40	274	m	1056	6.69	08:58	Finished
3792	1391	Eric Evans	00:57:53	00:56:52	M60	51	m	1057	6.56	09:09	Finished
2062	1392	Duncan Smith	00:57:54	00:57:31	M40	275	m	1058	6.48	09:15	Finished
2444	1393	Shaun Jones	00:57:55	00:55:42	M5EN	531	m	1059	6.69	08:58	Finished
4262	1394	Gregg Harris	00:57:55	00:56:36	M40	276	m	1060	6.59	09:07	Finished
2755	1395	Sian Morgan	00:57:57	00:56:04	F5EN	112	f	335	6.65	09:01	Finished
1779	1396	Simon Reakes	00:57:58	00:56:23	M40	277	m	1061	6.61	09:04	Finished
899	1397	Owen James	00:57:58	00:56:23	M5EN	532	m	1062	6.61	09:04	Finished
3286	1398	Catherine Wilkins	00:57:58	00:56:42	F35	113	f	336	6.58	09:07	Finished
382	1399	Lee Pugh	00:57:58	00:56:11	M5EN	533	m	1063	6.64	09:03	Finished
1618	1400	Stephen Barclay	00:58:00	00:56:01	M40	278	m	1064	6.66	09:01	Finished
2677	1401	Derek Wallace	00:58:00	00:55:20	M60	52	m	1065	6.74	08:54	Finished
2865	1402	Alistair Hargreaves	00:58:00	00:53:14	M5EN	534	m	1066	7	08:34	Finished
1206	1403	Leah Frank	00:58:01	00:56:15	F5EN	113	f	337	6.63	09:03	Finished
1327	1404	Stephen Palmer	00:58:03	00:56:16	M50	158	m	1067	6.63	09:03	Finished
1639	1405	Ffion Jones	00:58:04	00:56:30	FJ	20	f	338	6.6	09:06	Finished
3026	1406	Martin Bowen Jones	00:58:04	00:56:39	M50	159	m	1068	6.58	09:07	Finished
684	1407	Kelly Christopher	00:58:05	00:56:33	F35	114	f	339	6.59	09:06	Finished
4121	1408	Marian Davies	00:58:06	00:56:47	F35	115	f	340	6.57	09:08	Finished
4153	1409	Peter Acland	00:58:07	00:56:28	M40	279	m	1069	6.6	09:05	Finished
4011	1410	Zoe Elver	00:58:07	00:56:50	F45	66	f	341	6.56	09:09	Finished
3912	1411	Nicola Davies	00:58:08	00:56:41	F45	67	f	342	6.58	09:07	Finished
3862	1412	Louise Little	00:58:08	00:55:25	F45	68	f	343	6.73	08:55	Finished
404	1413	Kevin Davis	00:58:09	00:56:05	M50	160	m	1070	6.65	09:02	Finished
363	1414	Laura Kennedy	00:58:09	00:55:27	F5EN	114	f	344	6.72	08:55	Finished
972	1415	Daniel Thorne	00:58:09	00:56:08	M5EN	535	m	1071	6.64	09:02	Finished
630	1416	Sian Lewis	00:58:10	00:56:17	F35	116	f	345	6.62	09:03	Finished
3990	1417	Anthony Wilson	00:58:10	00:57:45	M50	161	m	1072	6.46	09:18	Finished
3251	1418	Raj Vaikunthanathan	00:58:11	00:56:13	M50	162	m	1073	6.63	09:03	Finished
167	1419	Mark Lucas	00:58:12	00:56:22	M50	163	m	1074	6.61	09:04	Finished
3868	1420	Nafiseh Badiei	00:58:13	00:57:50	F45	69	f	346	6.45	09:18	Finished
4347	1421	Darren Bailey	00:58:14	00:56:22	M5EN	536	m	1075	6.61	09:04	Finished
2279	1422	Demi Griffiths	00:58:14	00:56:35	F5EN	115	f	347	6.59	09:06	Finished
2280	1423	Jason Griffiths	00:58:14	00:56:34	M40	280	m	1076	6.59	09:06	Finished
3856	1424	Martin Barron	00:58:15	00:56:56	M40	281	m	1077	6.55	09:10	Finished
503	1425	Kevin Phillips	00:58:18	00:56:17	M40	282	m	1078	6.62	09:03	Finished
564	1426	John Wilkins	00:58:18	00:55:29	M50	164	m	1079	6.72	08:56	Finished
2308	1427	Robert Beresford	00:58:19	00:56:50	M60	53	m	1080	6.56	09:09	Finished
665	1428	Trudy Bryant	00:58:20	00:57:13	F35	117	f	348	6.52	09:12	Finished
961	1429	Debra Perry	00:58:20	00:56:47	F45	70	f	349	6.57	09:08	Finished
2437	1430	Aled Bonnell	00:58:21	00:56:49	M5EN	537	m	1081	6.56	09:09	Finished
1155	1431	Christopher Berry	00:58:21	00:57:21	M50	165	m	1082	6.5	09:14	Finished
4057	1432	Lloyd Crawley	00:58:21	00:57:20	M5EN	538	m	1083	6.5	09:14	Finished
4069	1433	John Hallett	00:58:21	00:56:48	M60	54	m	1084	6.56	09:08	Finished
4099	1434	Samantha Treadwell	00:58:23	00:56:49	F5EN	116	f	350	6.56	09:09	Finished
4381	1435	Pawel Szulc	00:58:26	00:57:42	MJ	46	m	1085	6.46	09:17	Finished
3343	1436	Gerwyn Griffiths	00:58:27	00:56:31	M5EN	539	m	1086	6.6	09:06	Finished
2978	1437	Martin Cleevely	00:58:27	00:55:44	M40	283	m	1087	6.69	08:58	Finished
2748	1438	Jonathan Clennell	00:58:27	00:56:54	M5EN	540	m	1088	6.55	09:09	Finished
2480	1439	Jon Davies	00:58:28	00:57:17	M50	166	m	1089	6.51	09:13	Finished
2479	1440	Jo Davies	00:58:28	00:57:17	F5EN	117	f	351	6.51	09:13	Finished
2872	1441	Carl Baker	00:58:30	00:55:43	M5EN	541	m	1090	6.69	08:58	Finished
3847	1442	Laura Joseph	00:58:30	00:57:42	F35	118	f	352	6.46	09:17	Finished
2822	1443	Victoria Davies	00:58:31	00:57:50	F5EN	118	f	353	6.45	09:18	Finished
1755	1444	Wendy Johnson	00:58:32	00:58:14	F35	119	f	354	6.4	09:22	Finished
3456	1445	Matthew Gorman	00:58:32	00:57:23	M5EN	542	m	1091	6.5	09:14	Finished
432	1446	Anne Evans	00:58:33	00:57:03	F35	120	f	355	6.54	09:11	Finished
2820	1447	Richard Davies	00:58:33	00:57:52	M5EN	543	m	1092	6.44	09:19	Finished
482	1448	Luke Davies	00:58:33	00:56:14	M5EN	544	m	1093	6.63	09:03	Finished
3358	1449	Adriana Snae	00:58:33	00:56:39	F5EN	119	f	356	6.58	09:07	Finished
4442	1450	Rachel Slee	00:58:34	00:57:04	F5EN	120	f	357	6.53	09:11	Finished
3359	1451	Gavin Evans	00:58:34	00:56:39	M5EN	545	m	1094	6.58	09:07	Finished
1869	1452	James Prosser	00:58:35	00:57:14	M5EN	546	m	1095	6.51	09:13	Finished
125	1453	Andy Smith	00:58:35	00:57:28	M50	167	m	1096	6.49	09:15	Finished
1674	1454	Richard Atcherley	00:58:36	00:56:22	M40	284	m	1097	6.61	09:04	Finished
2306	1455	Jessica Payne	00:58:36	00:57:00	F5EN	121	f	358	6.54	09:10	Finished
701	1456	Ben Sampson	00:58:37	00:55:48	M40	285	m	1098	6.68	08:59	Finished
1321	1457	Emma Leadbeater	00:58:38	00:56:23	F35	121	f	359	6.61	09:04	Finished
2126	1458	Dale Foster	00:58:39	00:56:45	M5EN	547	m	1099	6.57	09:08	Finished
1395	1459	Stephen Jerrett	00:58:40	00:56:58	M50	168	m	1100	6.54	09:10	Finished
1097	1460	Rhys Dyke	00:58:40	00:56:32	M5EN	548	m	1101	6.59	09:06	Finished
1630	1461	Andrew Marlog	00:58:40	00:57:09	M5EN	549	m	1102	6.52	09:12	Finished
2150	1462	Philip Jones	00:58:40	00:57:28	M50	169	m	1103	6.49	09:15	Finished
1044	1463	Jo Griffiths	00:58:41	00:57:36	F35	122	f	360	6.47	09:16	Finished
1245	1464	Steven Williams-Jones	00:58:41	00:57:36	M5EN	550	m	1104	6.47	09:16	Finished
3414	1465	Hannah Jones	00:58:43	00:57:26	FJ	21	f	361	6.49	09:15	Finished
3350	1466	Siobhan Greenman	00:58:43	00:57:43	F5EN	122	f	362	6.46	09:17	Finished
2852	1467	Alyson Page	00:58:43	00:56:10	F45	71	f	363	6.64	09:02	Finished
3238	1468	Bethan Holmes	00:58:43	00:57:44	F5EN	123	f	364	6.46	09:17	Finished
4261	1469	Ralph Davey	00:58:43	00:56:48	M60	55	m	1105	6.56	09:08	Finished
3725	1470	Dennis Cattell	00:58:43	00:56:08	M50	170	m	1106	6.64	09:02	Finished
3908	1471	Emily Medway	00:58:44	00:56:43	M5EN	551	m	1107	6.57	09:08	Finished
830	1472	Aldo Picek	00:58:44	00:56:52	M50	171	m	1108	6.56	09:09	Finished
4282	1473	Liz Denton	00:58:44	00:56:48	F55	28	f	365	6.56	09:08	Finished
3714	1474	Peter Pritchard	00:58:46	00:56:54	M40	286	m	1109	6.55	09:09	Finished
3174	1475	William Schubert	00:58:46	00:57:52	M5EN	552	m	1110	6.44	09:19	Finished
762	1476	Tracy Davies	00:58:46	00:57:06	F35	123	f	366	6.53	09:11	Finished
4094	1477	Gwyn Roberts	00:58:47	00:57:23	M40	287	m	1111	6.5	09:14	Finished
878	1478	Isabelle Jones	00:58:47	00:57:44	F5EN	124	f	367	6.46	09:17	Finished
4317	1479	Anthony Wilkinson	00:58:47	00:57:24	M40	288	m	1112	6.5	09:14	Finished
3842	1480	Ian Lamont	00:58:48	00:57:24	M50	172	m	1113	6.5	09:14	Finished
3053	1481	Dave Hodges	00:58:48	00:57:09	M50	173	m	1114	6.52	09:12	Finished
4061	1482	Louise Warren	00:58:50	00:56:39	F35	124	f	368	6.58	09:07	Finished
1312	1483	Thomas Griffiths	00:58:50	00:56:00	M5EN	553	m	1115	6.66	09:01	Finished
2070	1484	Caroline Morgan	00:58:51	00:57:21	F45	72	f	369	6.5	09:14	Finished
2857	1485	Stephen Burgess	00:58:52	00:57:15	M50	174	m	1116	6.51	09:13	Finished
2354	1486	Chris Terblanche	00:58:53	00:57:59	M50	175	m	1117	6.43	09:20	Finished
4112	1487	Sandra Birt	00:58:56	00:57:18	F35	125	f	370	6.51	09:13	Finished
1517	1488	Huw Thomas	00:58:59	00:57:15	M5EN	554	m	1118	6.51	09:13	Finished
3407	1489	Clare Richards	00:59:00	00:57:40	F45	73	f	371	6.47	09:17	Finished
1774	1490	Helen Price	00:59:04	00:57:17	F35	126	f	372	6.51	09:13	Finished
413	1491	Robert Lawrence	00:59:05	00:56:31	M5EN	555	m	1119	6.6	09:06	Finished
4133	1492										

3752	1495	David Curtis	00:59:06	00:57:54	MSEN	556		m	1120	6.44	09:19	Finished
3751	1496	Gerald Curtis	00:59:06	00:57:54	M60	56		m	1121	6.44	09:19	Finished
549	1497	Ann Jenkins	00:59:06	00:56:38	F35	127		f	376	6.58	09:07	Finished
2681	1498	Nic Ryder	00:59:07	00:57:31	M40	289		m	1122	6.48	09:15	Finished
3204	1499	Katherine Giles	00:59:08	00:57:06	F35	128		f	377	6.53	09:11	Finished
1510	1500	Samuel Burke	00:59:11	00:57:37	MSEN	557		m	1123	6.47	09:16	Finished
3683	1501	Matt Hayes	00:59:11	00:57:05	MSEN	558		m	1124	6.53	09:11	Finished
532	1502	Joanne Davies	00:59:12	00:57:11	F45	75		f	378	6.52	09:12	Finished
2174	1503	Dean White	00:59:12	00:58:16	M60	57		m	1125	6.4	09:23	Finished
1413	1504	Andrew Harper	00:59:13	00:57:56	MSEN	559		m	1126	6.44	09:19	Finished
3678	1505	Carly Williams	00:59:13	00:58:25	FSEN	127		f	379	6.38	09:24	Finished
2818	1506	Naomi Thorogood	00:59:14	00:57:03	FJ	22		f	380	6.54	09:11	Finished
231	1507	Owen Weston	00:59:14	00:58:20	MSEN	560		m	1127	6.39	09:23	Finished
3674	1508	Ceri Roberts	00:59:14	00:58:26	F35	129		f	381	6.38	09:24	Finished
496	1509	Mark Davies	00:59:14	00:56:36	MSEN	561		m	1128	6.59	09:07	Finished
593	1510	Arwyn Williams	00:59:15	00:57:16	M50	176		m	1129	6.51	09:13	Finished
1166	1511	Stacey Collier	00:59:16	00:59:02	FSEN	128	ADMIRAL	f	382	6.32	09:30	Finished
1136	1512	Daniel White	00:59:16	00:59:03	MSEN	562	ADMIRAL	m	1130	6.31	09:30	Finished
3873	1513	Mas Minou	00:59:17	00:58:55	F35	130		f	383	6.33	09:29	Finished
778	1514	Karl Taylor	00:59:17	00:56:26	MSEN	563		m	1131	6.61	09:05	Finished
2312	1515	Chris Markall	00:59:18	00:57:26	MSEN	564		m	1132	6.49	09:15	Finished
2835	1516	Joel Francis	00:59:18	00:57:35	M40	290		m	1133	6.47	09:16	Finished
3883	1517	Hugh Thomas	00:59:18	00:57:20	M50	177		m	1134	6.5	09:14	Finished
3526	1518	Lois Finn	00:59:19	00:58:13	FSEN	129		f	384	6.4	09:22	Finished
210	1519	Kirstie James	00:59:20	00:57:49	FSEN	130		f	385	6.45	09:18	Finished
2347	1520	Melanie Ellis	00:59:21	00:57:19	F45	76		f	386	6.5	09:13	Finished
172	1521	Rebecca Andrews-Walker	00:59:22	00:57:45	FSEN	131		f	387	6.46	09:18	Finished
2410	1522	Craig Fisher	00:59:22	00:57:48	MSEN	565		m	1135	6.45	09:18	Finished
2670	1523	Clive Searle	00:59:22	00:57:43	M50	178		m	1136	6.46	09:17	Finished
3423	1524	Kelly Gipson	00:59:22	00:58:47	F45	77	SWANSEA HARRIERS	f	388	6.34	09:28	Finished
1634	1525	Andrew Marsh	00:59:23	00:56:34	M40	291		m	1137	6.59	09:06	Finished
247	1526	Judith Jeeves	00:59:23	00:58:03	F55	29		f	389	6.42	09:21	Finished
1009	1527	Priscilla Nicholls	00:59:23	00:57:39	FSEN	132	ADMIRAL	f	390	6.47	09:17	Finished
1627	1528	Bronwen Williams	00:59:24	00:54:27	F35	131		f	391	6.85	08:46	Finished
727	1529	Margrett Monk	00:59:24	00:58:34	F55	30	PARC BRYN BACH RUNNING CLUB	f	392	6.37	09:26	Finished
3045	1530	Paul Machin	00:59:24	00:58:18	M50	179		m	1138	6.39	09:23	Finished
3811	1531	Marc Thomas	00:59:26	00:56:38	MSEN	566		m	1139	6.58	09:07	Finished
567	1532	Ffion Jonathan	00:59:27	00:58:19	FJ	23		f	393	6.39	09:23	Finished
568	1533	Hayley Jonathan	00:59:27	00:58:20	F45	78		f	394	6.39	09:23	Finished
4201	1534	Mary Jones	00:59:27	00:57:30	FJ	24		f	395	6.48	09:15	Finished
3840	1535	Karen Barnett	00:59:29	00:57:25	F45	79	FOREST OF DEAN AC	f	396	6.49	09:14	Finished
1249	1536	Andrew Buchanan	00:59:29	00:56:53	MSEN	567	RUNALL RUNNING CLUB	m	1140	6.55	09:09	Finished
1054	1537	Shane Hook	00:59:29	00:56:55	MSEN	568	ADMIRAL	m	1141	6.55	09:10	Finished
3116	1538	Claire James	00:59:30	00:58:48	FSEN	133		f	397	6.34	09:28	Finished
1689	1539	Catherine Griffiths	00:59:30	00:57:14	F45	80		f	398	6.51	09:13	Finished
2858	1540	Kieran Hall	00:59:31	00:56:38	MSEN	569		m	1142	6.58	09:07	Finished
1820	1541	Glenn Tidball	00:59:31	00:56:48	MSEN	570		m	1143	6.56	09:08	Finished
1345	1542	Shan Castley	00:59:31	00:56:42	F35	132		f	399	6.58	09:07	Finished
3145	1543	Helen Elward	00:59:32	00:58:22	F45	81		f	400	6.39	09:24	Finished
2715	1544	Joe Tobin	00:59:32	00:57:23	MSEN	571		m	1144	6.5	09:14	Finished
3965	1545	Lara Jenkins	00:59:33	00:56:55	F35	133		f	401	6.55	09:10	Finished
2522	1546	Matthew Edwards	00:59:33	00:57:27	MSEN	572		m	1145	6.49	09:15	Finished
4050	1547	Richard Thomas	00:59:34	00:58:12	M40	292		m	1146	6.41	09:22	Finished
2834	1548	Jody Francis	00:59:35	00:57:50	F35	134		f	402	6.45	09:18	Finished
4128	1549	Ken Salvatore	00:59:35	00:56:32	F45	82		f	403	6.59	09:06	Finished
842	1550	Alana Watkins	00:59:35	00:58:28	F35	135		f	404	6.38	09:25	Finished
896	1551	Katy Powell	00:59:35	00:57:45	F35	136		f	405	6.46	09:18	Finished
3445	1552	Hazel Pugh Jones	00:59:36	00:58:03	F45	83		f	406	6.42	09:21	Finished
2278	1553	Mark Femandel	00:59:37	00:58:44	M40	293		m	1147	6.35	09:27	Finished
614	1554	Helen Eynon	00:59:37	00:58:16	F45	84		f	407	6.4	09:23	Finished
2743	1555	Jane Beer	00:59:37	00:57:44	F55	31		f	408	6.46	09:17	Finished
2526	1556	Amie Halliday	00:59:37	00:58:19	F35	137		f	409	6.39	09:23	Finished
841	1557	Joanna John	00:59:37	00:58:07	F35	138		f	410	6.42	09:21	Finished
2588	1558	Kate Melville	00:59:38	00:58:20	FSEN	134		f	411	6.39	09:23	Finished
1449	1559	Claire Godden	00:59:39	00:56:42	F35	139		f	412	6.58	09:07	Finished
1531	1560	Anna Lloyd	00:59:41	00:57:40	FSEN	135		f	413	6.47	09:17	Finished
2783	1561	Vanessa Buckler	00:59:41	00:57:47	F35	140		f	414	6.45	09:18	Finished
1699	1562	Ali Discombe	00:59:42	00:56:13	FSEN	136		f	415	6.63	09:03	Finished
2577	1563	James Griffiths	00:59:42	00:56:46	MSEN	573		m	1148	6.57	09:08	Finished
3413	1564	Karen Jones	00:59:43	00:57:52	F45	85		f	416	6.44	09:19	Finished
2132	1565	Gareth Lerwell	00:59:45	00:56:36	M40	294		m	1149	6.59	09:07	Finished
3793	1566	Leisa Jones	00:59:45	00:57:59	F45	86	PORTHCAWL RUNNERS	f	417	6.43	09:20	Finished
1196	1567	Jordon Howells	00:59:45	00:57:31	MSEN	574	ADMIRAL	m	1150	6.48	09:15	Finished
4273	1568	Ieuan Rees	00:59:45	00:56:36	M40	295		m	1151	6.59	09:07	Finished
1568	1569	Donna Donnachie	00:59:46	00:56:37	F35	141		f	418	6.59	09:07	Finished
859	1570	James Thompson	00:59:46	00:58:31	MSEN	575		m	1152	6.37	09:25	Finished
2322	1571	Si�n Griffiths	00:59:47	00:57:59	F45	87		f	419	6.43	09:20	Finished
1343	1572	Eleri Hurley	00:59:47	00:58:00	F45	88		f	420	6.43	09:20	Finished
2057	1573	Billy Down	00:59:47	00:57:01	MSEN	576		m	1153	6.54	09:11	Finished
2056	1574	Adam Spector	00:59:47	00:57:02	M60	58	SPIRIT OF MONMOUTHSHIRE	m	1154	6.54	09:11	Finished
3112	1575	Kerry Gill	00:59:47	00:58:45	M40	296		m	1155	6.35	09:27	Finished
2682	1576	Hannah Pritchard	00:59:47	00:58:11	FSEN	137		f	421	6.41	09:22	Finished
3900	1577	Carlo Di Terlizzi	00:59:47	00:56:58	M40	297		m	1156	6.54	09:10	Finished
2058	1578	Imogen Spector-Hill	00:59:47	00:57:02	FSEN	138		f	422	6.54	09:11	Finished
2389	1579	Michael Davies	00:59:48	00:57:51	M50	180		m	1157	6.44	09:19	Finished
3808	1580	Keri Hiles	00:59:48	00:57:35	M40	298		m	1158	6.47	09:16	Finished
3882	1581	Paula Williams	00:59:48	00:57:47	F45	89		f	423	6.45	09:18	Finished
3342	1582	Zoe Marshall	00:59:49	00:59:15	FSEN	139		f	424	6.29	09:32	Finished
1587	1583	Clare Butcher	00:59:49	00:58:59	F35	142		f	425	6.32	09:30	Finished
3654	1584	Maria Rewston	00:59:50	00:58:24	F45	90	PONTARDAWE RUNNING CLUB	f	426	6.38	09:24	Finished
3567	1585	Andrea Evans	00:59:51	00:58:04	F45	91		f	427	6.42	09:21	Finished
2010	1586	Phil Blackler	00:59:53	00:58:06	M50	181		m	1159	6.42	09:21	Finished
1684	1587	Caroline Hellard	00:59:53	00:58:17	F35	143		f	428	6.4	09:23	Finished
953	1588	Hector Stanley	00:59:54	00:57:09	MSEN	577		m	1160	6.52	09:12	Finished
952	1589	William Harrison	00:59:54	00:57:09	MSEN	578		m	1161	6.52	09:12	Finished
591	1590	Amelia Rees	00:59:54	00:57:34	FJ	25		f	429	6.48	09:16	Finished
819	1591	Mike Bosley	00:59:56	00:58:28	M50	182		m	1162	6.38	09:25	Finished
1981	1592	Scott Martin	00:59:57	00:57:59	MSEN	579		m	1163	6.43	09:20	Finished
3987	1593	Marcus Luporini	00:59:57	00:57:42	M40	299		m	1164	6.46	09:17	Finished
592	1594	Sian Rees	00:59:57	00:57:37	F45	92		f	430	6.47	09:16	Finished
648	1595	Rebecca Martin	00:59:57	00:57:58	FSEN	140		f	431	6.43	09:20	Finished
2765	1596	Annabel Jones	00:59:58	00:58:11	M40	300	3MS GORSENIAN ROAD RUNNERS	m	1165	6.41	09:22	Finished
3665	1597	Emma Walford	00:59:58	00:58:13	F35	144		f	432	6.4	09:22	Finished
687	1598	Deborah Williams	00:59:59	00:58:16	F45	93		f	433	6.4	09:23	Finished
2103	1599	Huw Sullivan	01:00:00	00:58:08	M40	301		m	1166	6.41	09:21	Finished
4394	1600	Jose Reyes	01:00:00	00:55:23	MSEN	580		m	1167	6.73	08:55	Finished
120	1601	Richard Adams	01:00:01	00:58:31	MSEN	581		m	1168	6.37	09:25	Finished
2141	1602	Noemi Casadesus Viola	01:00:01	00:58:08	F35	145		f	434	6.41	09:21	Finished
203												

2151	1610	Andy Davies	01:00:07	00:58:26	MSEN	584		m	1173	6.38	09:24	Finished
2919	1611	Christopher Bimson	01:00:07	00:58:28	M40	302		m	1174	6.38	09:25	Finished
3087	1612	Nick Lord	01:00:08	00:58:26	M40	303	FOREST OF DEAN AC	m	1175	6.38	09:24	Finished
1588	1613	Paul Jones	01:00:08	00:59:17	M40	304		m	1176	6.29	09:32	Finished
3989	1614	Tracey Hill	01:00:09	00:57:57	F45	94		f	438	6.43	09:20	Finished
3465	1615	Natalie Jones	01:00:09	00:58:27	F35	147		f	439	6.38	09:24	Finished
1494	1616	Jay Clark	01:00:09	00:57:06	MSEN	585		m	1177	6.53	09:11	Finished
2456	1617	Emma Gilroy	01:00:10	00:58:13	F35	148		f	440	6.4	09:22	Finished
2951	1618	Nicholas Newton	01:00:10	00:57:27	M40	305		m	1178	6.49	09:15	Finished
2516	1619	Simon Beaton	01:00:10	00:56:47	MSEN	586		m	1179	6.57	09:08	Finished
3327	1620	Olivia Arnold	01:00:10	00:58:44	FJ	26	PAUL POPHAM RUNNING CLUB	f	441	6.35	09:27	Finished
1859	1621	Ian Rapsey	01:00:11	00:58:54	MSEN	587		m	1180	6.33	09:29	Finished
2767	1622	Gillian Jones	01:00:12	00:58:26	F45	95		f	442	6.38	09:24	Finished
3606	1623	Mandi Orton	01:00:12	00:57:38	F35	149		f	443	6.47	09:17	Finished
3984	1624	Trish Zimmer	01:00:12	00:57:38	F45	96		f	444	6.47	09:17	Finished
1770	1625	Steven Lovidge	01:00:12	00:59:05	M50	183		m	1181	6.31	09:31	Finished
2860	1626	Bob Gwynnett-Davies	01:00:13	00:57:42	M40	306		m	1182	6.46	09:17	Finished
2413	1627	Stephanie George	01:00:13	00:58:59	F35	150		f	445	6.32	09:30	Finished
1771	1628	Kathryn Rogers	01:00:13	00:59:06	F50	143		f	446	6.31	09:31	Finished
4076	1629	Rebecca Reece	01:00:13	00:58:03	F45	97		f	447	6.42	09:21	Finished
2584	1630	Catherine McGrath	01:00:14	00:58:19	F55	32	PAUL POPHAM RUNNING CLUB	f	448	6.39	09:23	Finished
2559	1631	Emma McCrea	01:00:14	00:58:19	F35	151		f	449	6.39	09:23	Finished
3791	1632	Kelly Buckley	01:00:14	00:58:04	F50	144		f	450	6.42	09:21	Finished
3790	1633	Andrew Knott	01:00:15	00:58:03	MSEN	588	FOREST OF DEAN AC	m	1183	6.42	09:21	Finished
3496	1634	Robert James	01:00:15	00:58:05	M50	184		m	1184	6.42	09:21	Finished
1854	1635	Lowri Edwards	01:00:18	00:59:02	F50	145		f	451	6.32	09:30	Finished
1523	1636	Andrew Miller	01:00:18	00:58:50	M40	307	PONTARDAWE RUNNING CLUB	m	1185	6.34	09:28	Finished
3564	1637	Lucy Morley	01:00:18	00:58:25	F50	146		f	452	6.38	09:24	Finished
4329	1638	Nicola Hendy	01:00:18	00:57:37	F35	152	RUN4ALL RUNNING CLUB	f	453	6.47	09:16	Finished
2421	1639	Gethyn Evans	01:00:18	00:58:23	M60	61		m	1186	6.39	09:24	Finished
1937	1640	Donna Henderson	01:00:19	00:58:41	F45	98		f	454	6.35	09:27	Finished
3612	1641	Richard Crook	01:00:19	00:58:37	M50	185	VEGETARIAN CYCLING & AC	m	1187	6.36	09:26	Finished
260	1642	Owen Matthews	01:00:19	00:56:55	MSEN	589		m	1188	6.55	09:10	Finished
4259	1643	Louise Tuson	01:00:20	00:58:45	F45	99		f	455	6.35	09:27	Finished
3099	1644	Karen Pickering	01:00:21	00:58:49	F50	147		f	456	6.34	09:28	Finished
474	1645	Katie Williams	01:00:21	00:58:52	F35	153		f	457	6.33	09:28	Finished
1489	1646	Victoria Woodman	01:00:22	00:58:27	F35	154		f	458	6.38	09:24	Finished
341	1647	Charlotte Jenkins	01:00:22	00:58:14	F50	148		f	459	6.4	09:22	Finished
2855	1648	Mikaela Burgess	01:00:23	00:58:45	F50	149		f	460	6.35	09:27	Finished
4161	1649	Jonathan West	01:00:23	00:57:49	MSEN	590		m	1189	6.45	09:18	Finished
2856	1650	Sophie Burgess	01:00:24	00:58:47	F50	150		f	461	6.34	09:28	Finished
725	1651	Denise Sullivan	01:00:24	00:58:31	F35	155		f	462	6.37	09:25	Finished
436	1652	Gareth Brown	01:00:26	00:58:26	M40	308		m	1190	6.38	09:24	Finished
4423	1653	Emma Grey	01:00:26	00:58:32	F50	151		f	463	6.37	09:25	Finished
4146	1654	Kieron Rees	01:00:26	00:59:06	MSEN	591		m	1191	6.31	09:31	Finished
3931	1655	Jonathan Glave	01:00:26	00:57:03	MSEN	592		m	1192	6.54	09:11	Finished
2523	1656	Gareth Evans	01:00:27	00:57:03	M40	309		m	1193	6.54	09:11	Finished
3253	1657	Sarah Whitby	01:00:27	00:59:05	F45	100		f	464	6.31	09:31	Finished
2310	1658	Sam Moeller	01:00:27	00:56:33	MSEN	593		m	1194	6.59	09:06	Finished
2502	1659	Victoria Holmes	01:00:28	00:59:15	F50	152	3MS GORSEINON ROAD RUNNERS	f	465	6.29	09:32	Finished
2972	1660	Ryland Lewis	01:00:30	00:57:32	M40	310		m	1195	6.48	09:16	Finished
3978	1661	Nic Baldwin	01:00:32	00:57:08	M40	311		m	1196	6.53	09:12	Finished
2461	1662	David Edwards	01:00:33	00:59:01	M40	312		m	1197	6.32	09:30	Finished
3610	1663	Liz Allcott	01:00:33	00:58:43	F35	156		f	466	6.35	09:27	Finished
4155	1664	Louise Davies	01:00:35	00:59:00	F45	101	REFAIL RUNNERS	f	467	6.32	09:30	Finished
3043	1665	Megan Hill	01:00:35	00:58:48	F50	153		f	468	6.34	09:28	Finished
4031	1666	Fiona Jackson	01:00:35	00:59:07	F35	157		f	469	6.31	09:31	Finished
4455	1667	James Crinson	01:00:35	00:57:11	MSEN	594		m	1198	6.52	09:12	Finished
2076	1668	Hannah Castle	01:00:36	00:58:35	F45	102		f	470	6.36	09:26	Finished
2764	1669	Tim Macdermott	01:00:38	00:59:05	M50	186	3MS GORSEINON ROAD RUNNERS	m	1199	6.31	09:31	Finished
4142	1670	Jo Griffiths	01:00:38	00:57:14	F50	154		f	471	6.51	09:13	Finished
4140	1671	Vicki Griffiths	01:00:39	00:59:51	F35	158	DRAGONS RUNNING CLUB	f	472	6.23	09:38	Finished
3648	1672	Ed Folley	01:00:39	00:58:43	MSEN	595		m	1200	6.35	09:27	Finished
4354	1673	Rodney Laugharne	01:00:39	00:59:26	M40	313		m	1201	6.27	09:34	Finished
1124	1674	Adrian Swan	01:00:40	00:57:56	MSEN	596	ADMIRAL	m	1202	6.44	09:19	Finished
3647	1675	Geraint Ward	01:00:40	00:58:44	MSEN	597	NORTH WALES ROAD RUNNERS	m	1203	6.35	09:27	Finished
340	1676	Leena Parel	01:00:40	00:59:01	F35	159		f	473	6.32	09:30	Finished
849	1677	Mark Williams	01:00:41	00:57:14	M50	187		m	1204	6.51	09:13	Finished
1171	1678	David Lomax	01:00:41	00:58:35	MSEN	598	ADMIRAL	m	1205	6.36	09:26	Finished
93	1679	Clare Morris	01:00:42	00:58:15	F35	160	PRINCES GATE	f	474	6.4	09:22	Finished
1758	1680	John Sloan	01:00:42	00:58:59	MSEN	599		m	1206	6.32	09:30	Finished
2945	1681	Rebecca Bowers	01:00:43	00:58:59	F35	161		f	475	6.32	09:30	Finished
4137	1682	Trevor Vaughan	01:00:43	00:59:03	M60	62		m	1207	6.31	09:30	Finished
1932	1683	Patrick Anderson	01:00:43	00:58:41	M40	314		m	1208	6.35	09:27	Finished
1931	1684	Alys Carlisle	01:00:44	00:58:41	F45	103		f	476	6.35	09:27	Finished
4100	1685	Robert Morgan	01:00:44	00:58:52	M50	188		m	1209	6.33	09:28	Finished
3171	1686	Kathryn Ruse	01:00:44	00:59:05	F45	104	PAUL POPHAM RUNNING CLUB	f	477	6.31	09:31	Finished
235	1687	Anna Griffin	01:00:44	00:59:44	F50	155		f	478	6.24	09:37	Finished
236	1688	Mark Griffin	01:00:44	00:59:44	M50	189		m	1210	6.24	09:37	Finished
4217	1689	Jess Evans	01:00:45	00:56:55	F50	156		f	479	6.55	09:10	Finished
2800	1690	Jade Biggs	01:00:45	00:57:19	F50	157		f	480	6.5	09:13	Finished
2801	1691	Robin Watt	01:00:46	00:57:20	M50	190		m	1211	6.5	09:14	Finished
2650	1692	Kathryn Warren	01:00:47	00:59:21	F35	162		f	481	6.28	09:33	Finished
2984	1693	Jenny Manuel	01:00:48	00:58:50	F35	163		f	482	6.34	09:28	Finished
360	1694	Lydia Smith	01:00:49	00:59:01	F45	105		f	483	6.32	09:30	Finished
887	1695	Daniel Miller	01:00:50	00:58:56	MSEN	600		m	1212	6.33	09:29	Finished
1890	1696	Carter Sellars	01:00:50	00:58:37	MJ	47		m	1213	6.36	09:26	Finished
657	1697	Daniel Hewitt	01:00:51	00:58:31	MSEN	601		m	1214	6.37	09:25	Finished
299	1698	Victoria Rees	01:00:52	00:59:15	F35	164	PAUL POPHAM RUNNING CLUB	f	484	6.29	09:32	Finished
1795	1699	Peter Lee	01:00:53	00:59:28	M40	315		m	1215	6.27	09:34	Finished
1450	1700	Amy Shapland	01:00:53	00:59:23	F50	158		f	485	6.28	09:33	Finished
178	1701	Catheryn Hancock	01:00:53	01:00:11	F45	106		f	486	6.19	09:41	Finished
3958	1702	Susan Rogers	01:00:54	00:59:09	F45	107		f	487	6.3	09:31	Finished
3904	1703	Lisa Morton	01:00:55	00:57:32	F35	165		f	488	6.48	09:16	Finished
885	1704	Rachel Lawrence	01:00:55	00:59:07	F50	159		f	489	6.31	09:31	Finished
919	1705	Jeff Gooding	01:00:56	00:59:28	M50	191		m	1216	6.27	09:34	Finished
1709	1706	Eva Cook	01:00:56	00:59:54	F55	33		f	490	6.22	09:38	Finished
394	1707	Andrew Gwilym	01:00:57	00:58:59	MSEN	602		m	1217	6.32	09:30	Finished
2560	1708	Alan Hardacre	01:00:57	00:59:15	M60	63		m	1218	6.29	09:32	Finished
2454	1709	Dan Gee	01:00:57	01:00:00	MSEN	603		m	1219	6.21	09:39	Finished
2558	1710	Peter Davies	01:00:58	00:59:16	M60	64		m	1220	6.29	09:32	Finished
2462	1711	Lynn Holmes	01:00:58	00:59:44	F55	34	3MS GORSEINON ROAD RUNNERS	f	491	6.24	09:37	Finished
1796	1712	Trevor Woodhall	01:00:59	00:58:34	M50	192		m	1221	6.37	09:26	Finished
4453	1713	Craig Williams	01:00:59	00:59:03	M50	193		m	1222	6.31	09:30	Finished
2926	1714	Andrew Thomas	01:00:59	00:59:03	M50	194		m	1223	6.31	09:30	Finished
2593	1715	Alexander Plaister	01:01:00	00:59:57	MSEN	604		m	1224	6.22	09:39	Finished
4414	1716	Tony Davies	01:01:00	00:59:52	MSEN	605		m	1225	6.23	09:38	Finished
1100	1717	Jonathan Price	01:01:00									

1237	1725	Geraint Thomas	01:01:05	00:57:42 M50	195	ADMIRAL	m	1228	6.46	09:17	Finished
876	1726	Allison Jones	01:01:06	01:00:05 F45	109		f	498	6.21	09:40	Finished
669	1727	Antony Wolfe	01:01:07	00:57:15 M5EN	607		m	1229	6.51	09:13	Finished
1773	1728	Donovan Embury	01:01:08	00:58:13 M5EN	608		m	1230	6.4	09:22	Finished
3537	1729	Paul Domachowski	01:01:08	00:58:41 M40	317	CORNELLY STRIDERS AC	m	1231	6.35	09:27	Finished
3646	1730	Rosie Salvatore	01:01:09	00:58:06 F45	110		f	499	6.42	09:21	Finished
2616	1731	Martin Carter-Thomas	01:01:10	00:57:50 M5EN	609		m	1232	6.45	09:18	Finished
4019	1732	Stephen Blaine	01:01:10	00:58:03 M5EN	610		m	1233	6.42	09:21	Finished
579	1733	Hannah Mogford	01:01:10	01:00:15 FJ	27		f	500	6.19	09:42	Finished
3934	1734	Janine Edwards	01:01:12	00:58:25 F45	111		f	501	6.38	09:24	Finished
1219	1735	Alan Odoherly	01:01:12	00:58:28 M5EN	611	ADMIRAL	m	1234	6.38	09:25	Finished
3106	1736	Elizabeth Weatherup	01:01:12	00:59:33 F55	36		f	502	6.26	09:35	Finished
1800	1737	Matthew Norris	01:01:14	00:57:08 M5EN	612		m	1235	6.53	09:12	Finished
3273	1738	Julia Harrison	01:01:14	00:58:36 F35	167		f	503	6.36	09:26	Finished
2605	1739	Cath Jones	01:01:14	00:59:54 F5EN	163		f	504	6.22	09:38	Finished
1843	1740	Donna Evans	01:01:14	00:58:18 F35	168	PORT TALBOT HARRIERS	f	505	6.39	09:23	Finished
4152	1741	Bill Rumble	01:01:15	00:59:47 M60	65		m	1236	6.24	09:37	Finished
209	1742	Kevin Bennett	01:01:15	00:59:46 M50	196		m	1237	6.24	09:37	Finished
3263	1743	Raymond James	01:01:15	00:58:35 M50	197		m	1238	6.36	09:26	Finished
3983	1744	Rebecca Griffiths	01:01:16	01:00:42 F5EN	164		f	506	6.14	09:46	Finished
1458	1745	Richard Bourke	01:01:16	00:59:41 M40	318		m	1239	6.25	09:36	Finished
4059	1746	Deborah Evans	01:01:16	00:59:31 F5EN	165		f	507	6.26	09:35	Finished
2193	1747	Clare Tucker	01:01:17	00:59:14 F35	169		f	508	6.29	09:32	Finished
473	1748	Sarah Newbury	01:01:17	00:57:55 F45	112		f	509	6.44	09:19	Finished
3507	1749	Jonathan Gillett	01:01:18	00:59:11 M5EN	613		m	1240	6.3	09:31	Finished
2254	1750	Rhia Williams	01:01:18	00:58:31 M5EN	614		m	1241	6.37	09:25	Finished
1765	1751	Alan Bottrell	01:01:19	00:59:47 M60	66		m	1242	6.24	09:37	Finished
2328	1752	Leah Dorrian	01:01:19	00:59:12 F5EN	166		f	510	6.3	09:32	Finished
2192	1753	Berian Davies	01:01:19	00:59:16 M60	67		m	1243	6.29	09:32	Finished
1023	1754	Rachel Coxon	01:01:21	00:58:31 F5EN	167	ADMIRAL	f	511	6.37	09:25	Finished
1141	1755	Ffion Williams	01:01:22	00:59:08 F5EN	168	ADMIRAL	f	512	6.3	09:31	Finished
2837	1756	Nicola Rowe	01:01:24	00:59:02 F45	113		f	513	6.32	09:30	Finished
1619	1757	Bethan Thomas	01:01:24	00:59:59 F35	170	PORT TALBOT HARRIERS	f	514	6.22	09:39	Finished
1436	1758	Christine Underhill	01:01:26	00:58:31 F55	37		f	515	6.37	09:25	Finished
749	1759	Nicola Williams-Tesho	01:01:26	00:59:45 F35	171	AMMAN VALLEY HARRIERS	f	516	6.24	09:37	Finished
3514	1760	Sarah Davies	01:01:26	01:00:55 F5EN	169		f	517	6.12	09:48	Finished
2111	1761	Jane Matthews	01:01:27	00:57:59 F45	114		f	518	6.43	09:20	Finished
30	1762	Brinley Aherne	01:01:27	00:59:50 M60	68		m	1244	6.23	09:38	Finished
3092	1763	Catherine Burr	01:01:27	00:59:08 F35	172		f	519	6.3	09:31	Finished
3143	1764	Neil Fulstow	01:01:27	00:59:53 M40	319		m	1245	6.23	09:38	Finished
2883	1765	Martyn Price	01:01:27	00:59:11 M50	198		m	1246	6.3	09:31	Finished
3142	1766	Natalie Fulstow	01:01:27	00:59:53 F35	173	EMLYN RUNNERS	f	520	6.23	09:38	Finished
4020	1767	Shelley Newport	01:01:28	00:59:48 F45	115		f	521	6.23	09:37	Finished
3086	1768	Elliot Caparros	01:01:28	00:59:08 M50	199		m	1247	6.3	09:31	Finished
761	1769	Izzy Watts	01:01:29	00:59:56 F35	174		f	522	6.22	09:39	Finished
4312	1770	Victoria Diamond	01:01:31	00:58:32 F5EN	170		f	523	6.37	09:25	Finished
705	1771	Helyn Latimer	01:01:32	01:00:12 F45	116		f	524	6.19	09:41	Finished
695	1772	Sian Davies	01:01:33	00:59:12 F5EN	171		f	525	6.3	09:32	Finished
2497	1773	Sophie Harvey	01:01:34	00:58:45 F45	117		f	526	6.35	09:27	Finished
2980	1774	Debbie Watson	01:01:34	00:58:47 F55	38	PEMBROKESHIRE HARRIERS	f	527	6.34	09:28	Finished
1209	1775	Wendy Holloway	01:01:34	00:59:36 F45	118	ADMIRAL	f	528	6.26	09:36	Finished
1341	1776	Sophie Evans	01:01:35	00:59:51 F5EN	172		f	529	6.23	09:38	Finished
1846	1777	Mari Best	01:01:36	00:58:26 F55	39		f	530	6.38	09:24	Finished
4036	1778	Andrew Norling	01:01:36	00:58:43 M50	200		m	1248	6.35	09:27	Finished
1344	1779	Karl Hevizi	01:01:36	00:59:47 M50	201		m	1249	6.24	09:37	Finished
2361	1780	Debra Meredith	01:01:37	01:00:10 F45	119	PONTARDAWE RUNNING CLUB	f	531	6.2	09:41	Finished
2907	1781	Peggy Edwards	01:01:37	00:59:50 F45	120		f	532	6.23	09:38	Finished
2996	1782	Ian Barrett	01:01:38	00:59:49 M5EN	615	LES CROUPIERS	m	1250	6.23	09:38	Finished
1352	1783	Craig Phillips	01:01:38	00:58:16 M5EN	616		m	1251	6.4	09:23	Finished
3782	1784	Ross Thomas	01:01:38	00:59:01 M5EN	617		m	1252	6.32	09:30	Finished
2586	1785	Vikki Coombes	01:01:39	00:58:57 F5EN	173		f	533	6.32	09:29	Finished
148	1786	Nao Stewart	01:01:40	00:58:20 F55	40		f	534	6.39	09:23	Finished
3312	1787	Mandy Knott	01:01:40	00:59:07 F45	121	FOREST OF DEAN AC	f	535	6.31	09:31	Finished
3547	1788	Catrina Firmin	01:01:40	00:59:07 F45	122		f	536	6.31	09:31	Finished
3497	1789	Richard Nixon	01:01:41	00:58:22 M40	320		m	1253	6.39	09:24	Finished
3498	1790	Rachael Parry	01:01:41	00:58:21 F35	175		f	537	6.39	09:23	Finished
4119	1791	Claire Davies	01:01:41	00:59:28 F5EN	174		f	538	6.27	09:34	Finished
2418	1792	Andrea Williams	01:01:42	01:00:04 F45	123		f	539	6.21	09:40	Finished
279	1793	Christopher O'Leary	01:01:43	00:59:23 M5EN	618		m	1254	6.28	09:33	Finished
3223	1794	Faye Ward	01:01:43	00:58:22 F5EN	175		f	540	6.39	09:24	Finished
4064	1795	Lorna Walford	01:01:44	01:01:18 F45	124		f	541	6.08	09:52	Finished
611	1796	Peter Roberts	01:01:44	00:59:25 M50	202		m	1255	6.27	09:34	Finished
4063	1797	Chloe Walford	01:01:44	01:01:19 FJ	28		f	542	6.08	09:52	Finished
944	1798	Lisa Thomas	01:01:45	00:59:49 F45	125		f	543	6.23	09:38	Finished
3334	1799	Tesni Metcalfe	01:01:46	01:00:21 F35	176		f	544	6.18	09:43	Finished
2618	1800	Ellie Codd	01:01:47	01:00:26 FJ	29		f	545	6.17	09:44	Finished
1443	1801	Sian Watkins	01:01:48	01:00:52 F5EN	176		f	546	6.13	09:48	Finished
4062	1802	Laura Lenahan	01:01:49	00:58:26 F5EN	177		f	547	6.38	09:24	Finished
3661	1803	Michelle George	01:01:49	00:59:59 F45	126		f	548	6.22	09:39	Finished
453	1804	Paul Giffard	01:01:50	00:59:57 M5EN	619		m	1256	6.22	09:39	Finished
2025	1805	Paul Jones	01:01:52	00:59:19 M40	321		m	1257	6.29	09:33	Finished
2344	1806	Georgios Komninos	01:01:53	01:00:22 M5EN	620		m	1258	6.18	09:43	Finished
4247	1807	Katherine Wood	01:01:54	00:59:10 F45	127		f	549	6.3	09:31	Finished
2404	1808	Christopher Thomas	01:01:54	00:58:24 M5EN	621		m	1259	6.38	09:24	Finished
2826	1809	Nicola Garnon	01:01:55	00:59:39 F35	177	PAUL POPHAM RUNNING CLUB	f	550	6.25	09:36	Finished
2824	1810	Leanne Casley	01:01:55	01:00:45 F45	128		f	551	6.14	09:47	Finished
2653	1811	Jaki Staddon	01:01:55	01:00:53 F35	178		f	552	6.12	09:48	Finished
1968	1812	Elinor Scruton	01:01:55	00:58:21 F5EN	178		f	553	6.39	09:23	Finished
4034	1813	Anwen Elias	01:01:56	00:58:20 F35	179		f	554	6.39	09:23	Finished
1805	1814	Deborah Edwards	01:01:56	01:00:21 F5EN	179	OGMORE PHOENIX RUNNERS	f	555	6.18	09:43	Finished
1572	1815	Maxine Evans	01:01:58	00:59:40 F45	129		f	556	6.25	09:36	Finished
1570	1816	Emma Jones	01:01:58	00:59:40 F5EN	180		f	557	6.25	09:36	Finished
956	1817	Mike Darch	01:01:58	00:59:14 M5EN	622		m	1260	6.29	09:32	Finished
1633	1818	Claire Sedgwick	01:02:00	01:00:55 F35	180		f	558	6.12	09:48	Finished
4229	1819	Kelli Byng	01:02:00	01:00:59 F5EN	181		f	559	6.11	09:49	Finished
117	1820	Norman Spencer	01:02:00	00:59:16 M60	69		m	1261	6.29	09:32	Finished
3968	1821	Michelle Valerio	01:02:00	01:00:38 F55	41		f	560	6.15	09:45	Finished
2823	1822	Karen Taylor	01:02:00	00:59:51 F35	181	RHONDDA VALLEY RUNNERS	f	561	6.23	09:38	Finished
1766	1823	Archie Castledine	01:02:00	01:00:02 MJ	48		m	1262	6.21	09:40	Finished
3711	1824	Karen Price	01:02:01	01:00:27 F45	130	LLANELLI AC	f	562	6.17	09:44	Finished
2965	1825	Jane Llewellyn	01:02:01	01:00:19 F55	42		f	563	6.18	09:42	Finished
811	1826	Ian Ravenscroft	01:02:01	00:59:19 M5EN	623		m	1263	6.29	09:33	Finished
3430	1827	Paul James	01:02:02	00:58:56 M50	203		m	1264	6.33	09:29	Finished
1280	1828	Adam Wilks	01:02:02	00:59:19 M5EN	624		m	1265	6.29	09:33	Finished
3156	1829	Nicola Beesley	01:02:03	00:59:14 F45	131		f	564	6.29	09:32	Finished
3182	1830	Mark Newey	01:02:03	00:59:05 M5EN	625		m	1266	6.31	09:31	Finished
3183	1831	Lee Bamford	01:02:03	01:00:02 M5EN	626		m	1267	6.21	09:40	Finished
2013	1832	James Roberts	01:02:04	00:59:45 M5EN	627		m	1268	6.24	09:37	Finished
4288	1833	Fay Hawkins	01:02:04	00:59:43 F5EN	182		f	565	6.24	09:37	Finished
4360	1834	Antony Lloyd	01:02:06	01:00:13 M5EN	628		m	1269	6.19	09:41	Finished
2821	1835	Susan Edwards	01:02:06	01:01:25 F45	132		f	566	6.07	09:53	Finished
1377											

3318	1840	Maddie Geeves	01:02:09	01:00:18	FJ	30		f	569	6.18	09:42	Finished
4452	1841	Georgia Walton	01:02:09	01:00:20	FJ	31		f	570	6.18	09:43	Finished
3955	1842	Sian Tucker	01:02:11	00:59:54	F45	133		f	571	6.22	09:38	Finished
2065	1843	Abigail Jones	01:02:11	01:01:42	F5EN	184		f	572	6.04	09:56	Finished
1749	1844	Mark Arnold	01:02:11	00:59:23	M50	204		m	1272	6.28	09:33	Finished
1163	1845	Catherine Morgan	01:02:12	00:59:56	F5EN	185	ADMIRAL	f	573	6.22	09:39	Finished
2751	1846	Ria Appleby	01:02:12	01:00:45	F5EN	186	PONTARDAWE RUNNING CLUB	f	574	6.14	09:47	Finished
2067	1847	Wayne Jones	01:02:12	01:01:43	M50	205		m	1273	6.04	09:56	Finished
3568	1848	Catrin Davies	01:02:12	00:59:58	F35	183		f	575	6.22	09:39	Finished
712	1849	Matthew Bridle	01:02:12	00:59:19	M40	322		m	1274	6.29	09:33	Finished
4421	1850	Joanne Christian	01:02:13	00:59:59	F5EN	187		f	576	6.22	09:39	Finished
1373	1851	Mark Edwards	01:02:14	00:59:26	M40	323	DRAGONS RUNNING CLUB	m	1275	6.27	09:34	Finished
3028	1852	Joshua Thomas	01:02:14	01:01:19	M5EN	630		m	1276	6.08	09:52	Finished
4095	1853	Matt Jones	01:02:14	00:58:48	M40	324		m	1277	6.34	09:28	Finished
3513	1854	Lisa Morgan	01:02:14	01:01:18	F5EN	188		f	577	6.08	09:52	Finished
4005	1855	Rachel Bourne	01:02:15	01:00:56	F5EN	189		f	578	6.12	09:48	Finished
521	1856	Christopher Hurst	01:02:15	00:59:32	M5EN	631		m	1278	6.26	09:35	Finished
1891	1857	Mark Sellars	01:02:15	01:00:03	M40	325		m	1279	6.21	09:40	Finished
3435	1858	Krista Humphrey	01:02:15	01:00:18	M40	326		m	1280	6.18	09:42	Finished
1797	1859	Rob Erskine	01:02:16	00:59:55	M5EN	632		m	1281	6.22	09:39	Finished
1785	1860	Brian Gorvett	01:02:17	01:00:15	M5EN	633		m	1282	6.19	09:42	Finished
2952	1861	Josie Rogers	01:02:18	00:59:12	F35	184		f	579	6.3	09:32	Finished
1181	1862	Beverley Evans	01:02:18	00:59:46	F5EN	190	ADMIRAL	f	580	6.24	09:37	Finished
1505	1863	Bek Carter	01:02:18	01:00:43	F5EN	191		f	581	6.14	09:46	Finished
339	1864	Elma Parel	01:02:18	01:00:40	FJ	32		f	582	6.15	09:46	Finished
791	1865	Anna Roberts	01:02:18	01:00:02	F35	185		f	583	6.21	09:40	Finished
143	1866	Christopher Dunn	01:02:19	01:00:22	M5EN	634		m	1283	6.18	09:43	Finished
2608	1867	Alun Jones	01:02:19	00:58:46	M50	206		m	1284	6.34	09:27	Finished
3390	1868	Becky Gore	01:02:19	00:59:59	F5EN	192		f	584	6.22	09:39	Finished
322	1869	Rebecca Taylor	01:02:20	01:00:42	F5EN	193		f	585	6.14	09:46	Finished
3352	1870	Lauren Thomas	01:02:20	00:59:19	F5EN	194		f	586	6.29	09:33	Finished
3244	1871	Ellie Henderson	01:02:20	01:00:29	F5EN	195		f	587	6.16	09:44	Finished
852	1872	Matthew Dentus	01:02:22	00:59:14	M5EN	635		m	1285	6.29	09:32	Finished
4285	1873	Ceri Edwards	01:02:23	00:59:49	F45	134		f	588	6.23	09:38	Finished
3199	1874	Natalie Anderson	01:02:24	00:59:26	F5EN	196		f	589	6.27	09:34	Finished
1783	1875	Andrew Trotman	01:02:24	01:01:00	M40	327		m	1286	6.11	09:49	Finished
1539	1876	Jess Meyrick	01:02:24	01:01:56	F5EN	197	MERTHYR RUNNING CLUB	f	590	6.02	09:58	Finished
3995	1877	Claire Sullivan	01:02:25	01:01:50	F45	135	PAUL POPHAM RUNNING CLUB	f	591	6.03	09:57	Finished
2547	1878	Matthew Smith	01:02:27	01:00:32	M40	328		m	1287	6.16	09:45	Finished
977	1879	Thomas Rees	01:02:27	01:00:05	MJ	49		m	1288	6.21	09:40	Finished
4377	1880	Julie Loftus	01:02:27	00:59:42	F45	136		f	592	6.24	09:36	Finished
4210	1881	Sasha Martin	01:02:27	01:01:29	F35	187		f	593	6.06	09:54	Finished
3454	1882	Louise Bibby	01:02:28	01:01:08	F45	137		f	594	6.1	09:50	Finished
730	1883	Margaret Cleverly	01:02:29	01:00:11	F55	43		f	595	6.19	09:41	Finished
3319	1884	Bleddyn Edwards	01:02:30	01:01:48	M5EN	636		m	1289	6.03	09:57	Finished
2892	1885	Ellen Parker-Jones	01:02:31	01:01:00	F45	138		f	596	6.11	09:49	Finished
4116	1886	Amanda Bebb	01:02:31	01:01:40	F45	139		f	597	6.05	09:55	Finished
60	1887	Steven Burton	01:02:31	00:59:59	M40	329	3M'S PACER	m	1290	6.22	09:39	Finished
2794	1888	Janet Chiaro	01:02:32	01:00:39	F45	140		f	598	6.15	09:46	Finished
1359	1889	Rita Stacey	01:02:34	01:00:13	F45	141		f	599	6.19	09:41	Finished
1733	1890	Ryan Smith	01:02:35	01:01:52	M40	330		m	1291	6.03	09:57	Finished
3566	1891	Richard Lowe	01:02:35	00:59:57	M40	331		m	1292	6.22	09:39	Finished
3805	1892	Lisa Hughes	01:02:37	00:59:54	F5EN	198		f	600	6.22	09:38	Finished
3765	1893	David Hughes	01:02:37	01:01:20	M50	207		m	1293	6.08	09:52	Finished
1154	1894	Jonathan Bennett	01:02:39	01:01:09	M5EN	637	ADMIRAL	m	1294	6.1	09:50	Finished
4102	1895	Jonathan Lewis	01:02:44	00:59:50	M40	332		m	1295	6.23	09:38	Finished
751	1896	Saira Luckman	01:02:45	01:00:24	F45	142		f	601	6.17	09:43	Finished
3068	1897	Lauren Jones	01:02:46	01:01:19	F5EN	199		f	602	6.08	09:52	Finished
1431	1898	Steve Morgan	01:02:46	01:01:11	M40	333		m	1296	6.09	09:51	Finished
2061	1899	Jacqueline King	01:02:48	01:01:29	F45	143		f	603	6.06	09:54	Finished
1164	1900	Matthew Covey	01:02:49	01:01:15	M5EN	638	ADMIRAL	m	1297	6.09	09:51	Finished
1192	1901	Kristian Harris	01:02:49	01:01:14	M5EN	639	ADMIRAL	m	1298	6.09	09:51	Finished
3541	1902	Hannah Williams	01:02:49	01:01:19	F5EN	200		f	604	6.08	09:52	Finished
1823	1903	Anna Morgan	01:02:49	00:59:59	F5EN	201		f	605	6.22	09:39	Finished
2403	1904	Andrew Griffiths	01:02:50	00:59:20	M5EN	640		m	1299	6.28	09:33	Finished
3424	1905	Johanne Hughes-Dowdle	01:02:50	01:00:59	F45	144	3MS GORSEINON ROAD RUNNERS	f	606	6.11	09:49	Finished
3896	1906	Daniel Grey	01:02:51	01:01:20	M5EN	641		m	1300	6.08	09:52	Finished
4374	1907	Rhys Dumont Jones	01:02:53	01:00:07	M5EN	642		m	1301	6.2	09:40	Finished
4373	1908	Cheryl Madeira-Cole	01:02:54	01:00:08	F35	187		f	607	6.2	09:41	Finished
731	1909	Lindsay Ford	01:02:54	01:01:08	F35	188	PORTHCAWL RUNNERS	f	608	6.1	09:50	Finished
793	1910	Lauren Gillingham	01:02:55	01:01:07	F5EN	202	PORTHCAWL RUNNERS	f	609	6.1	09:50	Finished
2934	1911	Karl Toy	01:02:56	01:01:02	M50	208		m	1302	6.11	09:49	Finished
3544	1912	Caitlyn Densham	01:02:57	01:00:05	FJ	33		f	610	6.21	09:40	Finished
3379	1913	Kirsty Downie	01:02:57	01:01:15	F35	189	FOREST OF DEAN AC	f	611	6.09	09:51	Finished
3329	1914	Sukhjinder Kaur	01:02:57	01:01:22	F35	190	REFAIL RUNNERS	f	612	6.08	09:53	Finished
4047	1915	Stacey Davis	01:02:57	01:01:44	F35	191		f	613	6.04	09:56	Finished
2935	1916	Julie Toy	01:02:57	01:01:02	F45	145	MERTHYR RUNNING CLUB	f	614	6.11	09:49	Finished
3098	1917	Tracy Lord	01:02:57	01:01:15	F45	146	FOREST OF DEAN AC	f	615	6.09	09:51	Finished
4046	1918	Richard Eckley	01:02:57	01:01:44	M50	209		m	1303	6.04	09:56	Finished
1486	1919	Jon Martin	01:02:57	00:59:42	M40	334	LES CROUPIERS	m	1304	6.24	09:36	Finished
3218	1920	Mel Jones	01:02:57	01:00:35	F35	192		f	616	6.15	09:45	Finished
1589	1921	Cathy John	01:02:58	01:00:56	F35	193		f	617	6.12	09:48	Finished
2597	1922	Nigel Leighton Jones	01:02:58	01:02:03	M60	71	LLANELLI AC	m	1305	6.01	09:59	Finished
3928	1923	Kathryn Evans	01:02:59	01:01:39	F55	44		f	618	6.05	09:55	Finished
2163	1924	Lowri Ch'Ng	01:02:59	00:59:53	FJ	34		f	619	6.23	09:38	Finished
4221	1925	Linda Elias	01:02:59	00:59:24	F45	147		f	620	6.28	09:34	Finished
2545	1926	Alan Harris	01:03:00	00:59:47	M60	72		m	1306	6.24	09:37	Finished
2107	1927	Jenna Castle	01:03:00	01:00:59	FJ	35		f	621	6.11	09:49	Finished
477	1928	Kath Adsett	01:03:01	01:01:44	F35	194		f	622	6.04	09:56	Finished
2962	1929	Ceri Powell	01:03:01	01:01:18	F35	195		f	623	6.08	09:52	Finished
4255	1930	Lauren Howells	01:03:06	01:00:21	F5EN	203		f	624	6.18	09:43	Finished
664	1931	Andrew Gough	01:03:07	01:01:19	M40	335		m	1307	6.08	09:52	Finished
3780	1932	Laine Skinner	01:03:10	01:00:09	M40	336		m	1308	6.2	09:41	Finished
1983	1933	Clúicé Meslay	01:03:12	01:02:29	F5EN	204		f	625	5.97	10:03	Finished
3306	1934	Lorien Neale	01:03:12	01:00:34	F35	196		f	626	6.16	09:45	Finished
3530	1935	Michelle Thomas	01:03:15	01:01:27	F35	197		f	627	6.07	09:53	Finished
548	1936	Gareth Rice	01:03:16	00:59:12	M5EN	643		m	1309	6.3	09:32	Finished
2434	1937	Wendy Morgan	01:03:17	01:01:01	F45	148		f	628	6.11	09:49	Finished
3096	1938	Anna Powell	01:03:17	01:01:01	F35	198		f	629	6.11	09:49	Finished
2959	1939	Joanna Otteson	01:03:17	01:00:22	F45	149		f	630	6.18	09:43	Finished
1694	1940	Claire Hyslop	01:03:17	01:00:37	F35	199		f	631	6.15	09:45	Finished
3939	1941	Jason Evans	01:03:18	00:58:42	M40	337		m	1310	6.35	09:27	Finished
3323	1942	Sally Rees	01:03:19	01:01:06	F45	150		f	632	6.1	09:50	Finished
1732	1943	Gareth Hughes	01:03:19	01:02:36	M40	338		m	1311	5.96	10:04	Finished
3089	1944	Jean Edwards	01:03:20	01:01:00	F45	151		f	633	6.11	09:49	Finished
1719	1945	Lauren Neve	01:03:21	00:59:51	F5EN	205		f	634	6.23	09:38	Finished
3710	1946	Daniel Williams	01:03:21	01:01:14	M5EN	644		m	1312	6.09	09:51	Finished
421	1947	Caryl Stokes	01:03:22</									

2218	1955	Alys Jones	01:03:28	01:01:06 FSEN	208		f	640	6.1	09:50	Finished
4183	1956	David Richards	01:03:28	01:00:06 M40	340	PAUL POPHAM RUNNING CLUB	m	1316	6.2	09:40	Finished
2902	1957	Abigail Owen	01:03:29	01:00:57 F35	200		f	641	6.12	09:49	Finished
1970	1958	Jake Lewis	01:03:29	01:00:53 M5EN	645		m	1317	6.12	09:48	Finished
898	1959	Emily Jervis	01:03:30	01:00:37 F5EN	209		f	642	6.15	09:45	Finished
2793	1960	Michael Davies	01:03:30	01:01:34 M40	341		m	1318	6.06	09:54	Finished
2662	1961	Samantha Ball	01:03:30	01:01:45 F5EN	210		f	643	6.04	09:56	Finished
3173	1962	Ian Swanson	01:03:30	01:01:31 M60	74	PORT TALBOT HARRIERS	m	1319	6.06	09:54	Finished
2939	1963	Nia Davies	01:03:31	00:59:59 F35	201		f	644	6.22	09:39	Finished
4265	1964	Stacey Picton	01:03:34	01:02:35 F5EN	211		f	645	5.96	10:04	Finished
950	1965	Jo Harrison	01:03:37	01:00:52 F5EN	212		f	646	6.13	09:48	Finished
4200	1966	Alison Hopkins	01:03:39	01:02:01 F5EN	213		f	647	6.01	09:59	Finished
3468	1967	Philippa Francis	01:03:43	01:01:28 F55	45		f	648	6.07	09:54	Finished
2379	1968	Malcolm Callender	01:03:44	01:01:31 M60	75		m	1320	6.06	09:54	Finished
3692	1969	Kate Brown	01:03:45	01:01:31 F45	155		f	649	6.06	09:54	Finished
1675	1970	Laura Venables	01:03:46	01:02:15 F5EN	214		f	650	5.99	10:01	Finished
3209	1971	Poppy Baines	01:03:46	01:01:25 FJ	36		f	651	6.07	09:53	Finished
1348	1972	Lisa Sullivan	01:03:46	01:00:57 F35	202		f	652	6.12	09:49	Finished
3208	1973	Luke Baines	01:03:46	01:01:25 M40	342		m	1321	6.07	09:53	Finished
1497	1974	Wayne Davies	01:03:47	01:01:50 M5EN	646		m	1322	6.03	09:57	Finished
882	1975	Kevin Isaac	01:03:48	01:02:52 M40	343		m	1323	5.93	10:07	Finished
2718	1976	Claire Davies	01:03:48	01:01:36 F35	203		f	653	6.05	09:55	Finished
856	1977	Andrew Paul Morgan	01:03:49	01:02:52 M40	344		m	1324	5.93	10:07	Finished
2613	1978	Rachel Geehan	01:03:50	00:59:20 F35	204		f	654	6.28	09:33	Finished
2442	1979	Michael Aston	01:03:51	01:02:57 M60	76	LEAMINGTON CYCLING & ATHLETIC CLUB	m	1325	5.92	10:08	Finished
3973	1980	Jodie Charman	01:03:52	01:01:14 F35	205		f	655	6.09	09:51	Finished
4184	1981	Ruth Bourke	01:03:52	01:02:36 F45	156		f	656	5.96	10:04	Finished
1089	1982	Cristina Nestares	01:03:53	00:59:03 F35	206	ADMIRAL	f	657	6.31	09:30	Finished
535	1983	Christopher Goornaden	01:03:53	01:01:40 M5EN	647		m	1326	6.05	09:55	Finished
1082	1984	Aaron Moffat	01:03:53	01:00:28 M5EN	648	ADMIRAL	m	1327	6.17	09:44	Finished
130	1985	Sharon Crichton	01:03:53	01:00:25 F55	46		f	658	6.17	09:43	Finished
2540	1986	Angela Thorpe	01:03:54	01:01:25 F45	157		f	659	6.07	09:53	Finished
3229	1987	Emily New	01:03:54	01:01:36 FJ	37		f	660	6.05	09:55	Finished
877	1988	Eve Jones	01:03:54	01:02:52 FJ	38		f	661	5.93	10:07	Finished
4206	1989	Laura Hiscox	01:03:55	01:01:44 F35	207		f	662	6.04	09:56	Finished
3376	1990	Samantha Berry	01:03:55	01:01:18 F35	208	CORNELLY STRIDERS AC	f	663	6.08	09:52	Finished
4051	1991	Tammy Beshella	01:03:55	01:02:08 F35	209		f	664	6	10:00	Finished
936	1992	David Evans	01:03:56	01:02:42 M50	210		m	1328	5.95	10:05	Finished
935	1993	Alison Evans	01:03:57	01:02:43 F45	158		f	665	5.94	10:06	Finished
1550	1994	Mark Stallworthy	01:03:57	01:00:46 M60	77		m	1329	6.14	09:47	Finished
1991	1995	Isabel Frederick	01:03:57	01:01:40 F5EN	215		f	666	6.05	09:55	Finished
1261	1996	Rosemary Roberts	01:03:59	01:00:29 F55	47	261 FEARLESS CLUB UK	f	667	6.16	09:44	Finished
2050	1997	Nia Dickie	01:04:00	01:02:17 F45	159		f	668	5.99	10:01	Finished
2726	1998	Lyndsey Wheeler	01:04:04	01:01:52 F5EN	216		f	669	6.03	09:57	Finished
1243	1999	Loren Williams	01:04:04	01:02:55 F5EN	217	ADMIRAL	f	670	5.93	10:08	Finished
2142	2000	Alison Phillipart	01:04:06	01:02:38 F55	48		f	671	5.95	10:05	Finished
2145	2001	Belinda Hansford	01:04:07	01:02:39 F55	49		f	672	5.95	10:05	Finished
4319	2002	Jacky Lewis	01:04:08	01:02:53 F55	50	LLANELLI AC	f	673	5.93	10:07	Finished
1103	2003	Charmine Rees	01:04:09	00:59:26 F5EN	218	ADMIRAL	f	674	6.27	09:34	Finished
3452	2004	Alwyn Evans	01:04:12	01:02:04 M60	78		m	1330	6.01	09:59	Finished
3506	2005	Julie Gillett	01:04:13	01:02:06 F35	210		f	675	6	10:00	Finished
1160	2006	Matthew Brown	01:04:14	01:02:00 M5EN	649	ADMIRAL	m	1331	6.01	09:59	Finished
256	2007	Robert James	01:04:15	00:59:24 M60	79		m	1332	6.28	09:34	Finished
1137	2008	Sophie Squibbs	01:04:15	01:02:44 F5EN	219	ADMIRAL	f	676	5.94	10:06	Finished
348	2009	Chelsea Morgan	01:04:16	01:00:35 F5EN	220		f	677	6.15	09:45	Finished
3631	2010	Julie Crossman	01:04:16	01:03:34 F45	160		f	678	5.87	10:14	Finished
264	2011	Suzanne Postlethwaite	01:04:17	01:02:10 F45	161		f	679	6	10:00	Finished
1179	2012	Bethan Edwards	01:04:18	01:02:42 F5EN	221	ADMIRAL	f	680	5.95	10:05	Finished
3411	2013	Helen Griffiths	01:04:18	01:01:51 F5EN	222	CORNELLY STRIDERS AC	f	681	6.03	09:57	Finished
1812	2014	Wendy Wright	01:04:18	01:01:52 F55	51	CORNELLY STRIDERS AC	f	682	6.03	09:57	Finished
561	2015	Dean Howell	01:04:19	01:01:07 M5EN	650		m	1333	6.1	09:50	Finished
1320	2016	Chris Leadbeater	01:04:19	01:02:04 M5EN	651		m	1334	6.01	09:59	Finished
104	2017	Andrew Haxton	01:04:20	01:01:18 M40	345		m	1335	6.08	09:52	Finished
3988	2018	Angelika Skawinska	01:04:20	01:02:08 F5EN	223		f	683	6	10:00	Finished
1371	2019	David Littlehales	01:04:21	01:00:52 M5EN	652		m	1336	6.13	09:48	Finished
1828	2020	Jacqueline Lambeth	01:04:22	01:02:46 F45	162		f	684	5.94	10:06	Finished
3084	2021	Matthew Whittaker	01:04:23	01:02:03 M40	346		m	1337	6.01	09:59	Finished
2745	2022	Liz Balde	01:04:23	01:01:29 F45	163		f	685	6.06	09:54	Finished
2102	2023	Johnny Jones	01:04:23	01:02:53 M50	211		m	1338	5.93	10:07	Finished
2882	2024	Emily Morgan	01:04:25	01:02:17 F5EN	224		f	686	5.99	10:01	Finished
3548	2025	Gill Alderdice	01:04:26	01:02:17 F35	211		f	687	5.99	10:01	Finished
3449	2026	Catherine Hoile-Davies	01:04:27	01:01:46 F45	164	RUN4ALL RUNNING CLUB	f	688	6.04	09:56	Finished
3852	2027	Heather Thomas	01:04:28	01:02:27 F35	212		f	689	5.97	10:03	Finished
3815	2028	Sarah Rees	01:04:29	01:01:44 F45	165		f	690	6.04	09:56	Finished
3518	2029	Vanessa Sharkey	01:04:29	01:02:25 F35	213		f	691	5.97	10:03	Finished
4378	2030	Sarah Rees	01:04:29	01:01:44 F45	166		f	692	6.04	09:56	Finished
3938	2031	Sarah Keogh	01:04:30	01:03:52 F45	167		f	693	5.84	10:17	Finished
759	2032	Stewart Williams	01:04:30	01:02:57 M60	80		m	1339	5.92	10:08	Finished
3595	2033	Lisa Phillips	01:04:30	01:03:52 F45	168		f	694	5.84	10:17	Finished
3466	2034	Laurana Milliner	01:04:30	01:02:49 F5EN	225		f	695	5.94	10:07	Finished
3383	2035	Simon Kingsnorth	01:04:31	01:01:24 M40	347		m	1340	6.07	09:53	Finished
135	2036	Rachel Evans	01:04:32	01:01:36 F45	169		f	696	6.05	09:55	Finished
2708	2037	James Nicholas	01:04:33	01:02:39 M5EN	653		m	1341	5.95	10:05	Finished
2707	2038	Helen Nicholas	01:04:33	01:02:40 F35	214		f	697	5.95	10:05	Finished
3853	2039	Gareth Thomas	01:04:36	01:02:34 M40	348		m	1342	5.96	10:04	Finished
3538	2040	Delia Domachowski	01:04:37	01:03:04 F45	170	CORNELLY STRIDERS AC	f	698	5.91	10:09	Finished
2282	2041	Neil Rainey	01:04:37	01:02:24 M50	212		m	1343	5.97	10:03	Finished
3561	2042	Nicola Williams	01:04:38	01:02:38 F45	171		f	699	5.95	10:05	Finished
1503	2043	Rebecca Doswell	01:04:38	01:01:38 F35	215		f	700	6.05	09:55	Finished
3685	2044	Caroline Jones	01:04:39	01:02:21 F45	172		f	701	5.98	10:02	Finished
358	2045	Paula Searle	01:04:40	01:01:36 F45	173		f	702	6.05	09:55	Finished
89	2046	Debbie Davies	01:04:42	01:04:31 F55	52		f	703	5.78	10:23	Finished
2630	2047	Steve Picton	01:04:42	01:02:54 M40	349	PORHCRAWL RUNNERS	m	1344	5.93	10:07	Finished
3356	2048	Liam Thorley	01:04:44	01:01:35 M5EN	654		m	1345	6.05	09:55	Finished
4343	2049	Denise Raffill	01:04:46	01:01:04 F35	216		f	704	6.11	09:50	Finished
3729	2050	Jenny Andrews	01:04:47	01:03:14 F5EN	226		f	705	5.9	10:11	Finished
2867	2051	Rhianon Hargreaves	01:04:47	01:00:01 F35	217		f	706	6.21	09:40	Finished
3730	2052	Laura Andrews	01:04:47	01:03:14 F5EN	227		f	707	5.9	10:11	Finished
3728	2053	Emily Andrews	01:04:48	01:03:14 F5EN	228	CORNELLY STRIDERS AC	f	708	5.9	10:11	Finished
3132	2054	Hawys Price	01:04:48	01:01:43 F5EN	229		f	709	6.04	09:56	Finished
631	2055	Deborah Lewis	01:04:48	01:00:13 F45	174	MUMBLES MILLERS	f	710	6.19	09:41	Finished
399	2056	Hannah Evans	01:04:48	01:02:09 F5EN	230		f	711	6	10:00	Finished
1637	2057	Richard Lawrence	01:04:49	01:01:46 M50	213		m	1346	6.04	09:56	Finished
2491	2058	Al Wallhead	01:04:49	01:03:10 M40	350		m	1347	5.9	10:10	Finished
4169	2059	Judith Clayton	01:04:50	01:01:46 F55	53		f	712	6.04	09:56	Finished
3303	2060	Laura Coombes	01:04:51	01:01:36 F35	218	LES CROUPIERS	f	713	6.05	09:55	Finished
3078	2061	Robert Mckinley	01:04:51	01:01:32 M50	214		m	1348	6.06	09:54	Finished
4006	2062	Sarah Yates	01:04:51	01:01:36 F35	219		f	714	6.05	09:55	Finished
4110	2063	Jack Rudman	01:04:52	01:04:08 M5EN	655		m	1349	5.81	10:19	Finished
1470	2064	Ryan Lang	01:04:53	01:03:20 M5EN	656		m	1350	5.89	10:12	Finished
1906	2065	Sue Gibbons	01:04:53	01:01:49 F45	175		f	715	6.03	09:57	Finished
1585											

3283	2070	Andy Emm	01:04:55	01:02:17	M40	352		m	1354	5.99	10:01	Finished
3769	2071	Lesley-Ann Evans	01:04:56	01:02:27	F35	221		f	717	5.97	10:03	Finished
2303	2072	Jason Davies	01:04:56	01:03:17	M40	353		m	1355	5.89	10:11	Finished
4270	2073	Jonathan Reed	01:04:56	01:02:31	M40	354		m	1356	5.96	10:04	Finished
2302	2074	Janine Davies	01:04:57	01:03:18	F35	222		f	718	5.89	10:11	Finished
427	2075	Peter Clement	01:04:57	01:03:08	M50	215	3MS GORSEINON ROAD RUNNERS	m	1357	5.91	10:10	Finished
2591	2076	Sharon Griffiths	01:04:57	01:03:42	F45	176	SOSPAN ROAD RUNNERS	f	719	5.95	10:15	Finished
3029	2077	Matthew Cunningham	01:04:58	01:04:05	M5EN	659		m	1358	5.82	10:19	Finished
608	2078	Jonathan Griffin	01:04:59	01:02:02	M40	355		m	1359	6.01	09:59	Finished
1338	2079	Richard Ace	01:04:59	01:03:27	M5EN	660		m	1360	5.88	10:13	Finished
2085	2080	Gwyn William	01:04:59	01:04:29	M40	356		m	1361	5.78	10:23	Finished
1499	2081	Stephen Taylor	01:05:00	01:02:45	M40	357		m	1362	5.94	10:06	Finished
895	2082	Collette Taylor	01:05:00	01:03:24	F35	223		f	720	5.88	10:12	Finished
4406	2083	Sophie Jones	01:05:00	01:01:48	F5EN	231		f	721	6.03	09:57	Finished
450	2084	Katie Rice	01:05:01	01:01:49	F5EN	232		f	722	6.03	09:57	Finished
3539	2085	Jayne Keeley	01:05:01	01:02:04	F55	54		f	723	6.01	09:59	Finished
2208	2086	Hannah Schofield	01:05:02	01:01:57	F5EN	233		f	724	6.02	09:58	Finished
2209	2087	Mark Godden	01:05:02	01:01:58	M5EN	661		m	1363	6.02	09:58	Finished
1211	2088	Dwayne Mcdaid	01:05:02	01:02:04	M5EN	662	ADMIRAL	m	1364	6.01	09:59	Finished
3118	2089	Nirvana Thomas	01:05:03	01:02:14	F5EN	234		f	725	5.99	10:01	Finished
2844	2090	Paul Barnfield	01:05:04	01:02:45	M5EN	663		m	1365	5.94	10:06	Finished
3980	2091	Lisa Thomas	01:05:04	01:02:09	F35	224		f	726	6	10:00	Finished
1624	2092	Bethan Hopkins	01:05:06	01:03:01	F45	177		f	727	5.92	10:08	Finished
3304	2093	Lee Evans	01:05:06	01:03:12	M40	358		m	1366	5.9	10:10	Finished
663	2094	Runner 663	01:05:07	01:03:08	M5EN	664		m	1367	5.91	10:10	Finished
4195	2095	Amber Brundle	01:05:08	01:03:30	F45	178	PAUL POPHAM RUNNING CLUB	f	728	5.87	10:13	Finished
254	2096	Mark Barraclough	01:05:09	01:01:27	M5EN	665		m	1368	6.07	09:53	Finished
3523	2097	Hannah Knight	01:05:10	01:01:28	FJ	39	OGMORE PHOENIX RUNNERS	f	729	6.07	09:54	Finished
2906	2098	Kraig Griffiths	01:05:10	01:03:25	M5EN	666		m	1369	5.88	10:12	Finished
3694	2099	Rowan Durrant	01:05:10	01:02:58	FJ	40		f	730	5.92	10:08	Finished
1969	2100	Deborah Lewis	01:05:10	01:02:34	F5EN	235		f	731	5.96	10:04	Finished
2399	2101	Nia Beynon	01:05:12	01:04:04	F5EN	236		f	732	5.83	10:19	Finished
930	2102	Emma Davies	01:05:14	01:02:53	F35	225		f	733	5.92	10:07	Finished
3259	2103	Debbie Woodward	01:05:15	01:02:32	F45	179	FOREST OF DEAN AC	f	734	5.96	10:04	Finished
3781	2104	Sara Skinner	01:05:16	01:02:16	F35	226		f	735	5.99	10:01	Finished
2032	2105	Andrew Stephens	01:05:16	01:02:29	M50	216		m	1370	5.97	10:03	Finished
207	2106	Emma Davies	01:05:17	01:04:51	F35	227		f	736	5.75	10:26	Finished
2443	2107	Georgia Smith	01:05:18	01:03:06	F5EN	237		f	737	5.91	10:09	Finished
2773	2108	Kate Thomas	01:05:18	01:03:41	F35	228		f	738	5.85	10:15	Finished
3991	2109	Ruth Gates	01:05:21	01:03:51	F35	229		f	739	5.84	10:17	Finished
1264	2110	Stuart Crowhurst	01:05:21	01:01:29	M50	217		m	1371	6.06	09:54	Finished
488	2111	Rhianon Davies	01:05:21	01:02:00	F5EN	238		f	740	6.01	09:59	Finished
3867	2112	Matthew Fincher	01:05:21	01:04:47	M5EN	667		m	1372	5.75	10:26	Finished
4010	2113	Serban Voda	01:05:21	01:02:42	M5EN	668		m	1373	5.95	10:05	Finished
4158	2114	Nicola Thomas	01:05:22	01:02:36	F35	230		f	741	5.96	10:04	Finished
3432	2115	Allison Green	01:05:23	01:01:55	F45	180		f	742	6.02	09:58	Finished
478	2116	Kenneth Wayne Oliver	01:05:23	01:04:14	M50	218	ISLWYN RC	m	1374	5.8	10:20	Finished
519	2117	Hugh Jones	01:05:24	01:01:15	M50	219		m	1375	6.09	09:51	Finished
3367	2118	Rebecca Bushrod	01:05:24	01:02:20	F5EN	239		f	743	5.98	10:02	Finished
3602	2119	Alan Davies	01:05:24	01:01:52	M5EN	669		m	1376	6.03	09:57	Finished
1636	2120	Maria Lawrence	01:05:25	01:02:22	F55	55	RUNALL RUNNING CLUB	f	744	5.98	10:02	Finished
244	2121	Kelly Jones	01:05:26	01:03:08	F35	231		f	745	5.91	10:10	Finished
1698	2122	Andrew Williams	01:05:27	01:02:42	M50	220		m	1377	5.95	10:05	Finished
2489	2123	Alan Williams	01:05:27	01:03:50	M60	81		m	1378	5.84	10:16	Finished
1695	2124	Emma Ferdinando	01:05:28	01:02:43	F45	181		f	746	5.94	10:06	Finished
3628	2125	Sithembinkosi Sibanda	01:05:29	01:01:58	F35	232		f	747	6.02	09:58	Finished
1202	2126	Huw Jones	01:05:30	01:02:39	M50	221	ADMIRAL	m	1379	5.95	10:05	Finished
1577	2127	Simone Monte	01:05:30	01:02:42	M5EN	670		m	1380	5.95	10:05	Finished
88	2128	Pion Sritchard	01:05:30	01:02:42	M5EN	671	HEART RADIO	m	1381	5.95	10:05	Finished
2730	2129	Pippa Tredwell	01:05:31	01:05:00	F5EN	240		f	748	5.74	10:28	Finished
2881	2130	Nicholas Atkins	01:05:31	01:05:00	M5EN	672		m	1382	5.74	10:28	Finished
2337	2131	Sarah Hearne	01:05:32	01:01:56	F45	182		f	749	6.02	09:58	Finished
2831	2132	John Gammon	01:05:34	01:02:47	M50	222		m	1383	5.94	10:06	Finished
1500	2133	Nicola Taylor	01:05:34	01:03:20	F45	183		f	750	5.89	10:12	Finished
4416	2134	Josh Preece	01:05:35	01:02:25	M5EN	673		m	1384	5.97	10:03	Finished
996	2135	David Harvey	01:05:36	01:02:32	M5EN	674		m	1385	5.96	10:04	Finished
2833	2136	Harry Lawrence	01:05:37	01:02:35	M5EN	675		m	1386	5.96	10:04	Finished
869	2137	Bethan Roberts	01:05:38	01:03:28	F35	233		f	751	5.87	10:13	Finished
1018	2138	Joel Chapman	01:05:38	01:02:39	MJ	51	ADMIRAL	m	1387	5.95	10:05	Finished
4136	2139	Rob Hearne	01:05:38	01:04:37	M50	223		m	1388	5.77	10:24	Finished
1895	2140	Rhys Westlake	01:05:39	01:02:38	M5EN	676		m	1389	5.95	10:05	Finished
1918	2141	Allison Jones	01:05:40	01:03:08	F35	234		f	752	5.91	10:10	Finished
633	2142	Daniel George	01:05:40	01:01:45	M5EN	677		m	1390	6.04	09:56	Finished
1057	2143	Andrew Jobling	01:05:40	01:04:52	M5EN	678	ADMIRAL	m	1391	5.75	10:26	Finished
1808	2144	Kirsty Brown	01:05:41	01:02:40	F5EN	241		f	753	5.95	10:05	Finished
3180	2145	Jack White	01:05:43	01:03:11	M5EN	679		m	1392	5.9	10:10	Finished
1923	2146	Linda Owens	01:05:43	01:04:27	F55	56	3MS GORSEINON ROAD RUNNERS	f	754	5.78	10:22	Finished
3020	2147	Chantelle Hawkins	01:05:46	01:04:00	F5EN	242		f	755	5.83	10:18	Finished
2423	2148	Louise Hall	01:05:48	01:03:56	F35	235		f	756	5.83	10:17	Finished
563	2149	Emma Dalling	01:05:49	01:01:58	F35	236		f	757	6.02	09:58	Finished
1566	2150	Michael Warwick	01:05:52	01:03:36	M60	82		m	1393	5.86	10:14	Finished
1613	2151	Luke James	01:05:54	01:04:01	M5EN	680		m	1394	5.82	10:18	Finished
3305	2152	Angharad Parry-Jones	01:05:54	01:02:37	F35	237	LES CROUPIERS	f	758	5.95	10:05	Finished
3455	2153	Hannah Bibby	01:05:56	01:04:37	F5EN	243		f	759	5.77	10:24	Finished
537	2154	Andrew Fleming	01:05:57	01:01:59	M40	359		m	1395	6.01	09:59	Finished
1225	2155	Rebecca Ryan	01:05:58	01:01:44	F5EN	244		f	760	6.04	09:56	Finished
1400	2156	Rhys Williams	01:05:58	01:03:12	M5EN	681		m	1396	5.9	10:10	Finished
4458	2157	Runner 4458	01:05:59	01:04:00	M5EN	682		m	1397	5.83	10:18	Finished
3325	2158	Emily Hilliar	01:05:59	01:04:11	FJ	41		f	761	5.81	10:20	Finished
1133	2159	Matthew Watkeys	01:06:04	01:04:16	M5EN	683	ADMIRAL	m	1398	5.8	10:21	Finished
4017	2160	Nerys Jones	01:06:05	01:03:48	F35	238		f	762	5.84	10:16	Finished
3851	2161	Isabel Evans	01:06:05	01:04:50	F45	184		f	763	5.75	10:26	Finished
541	2162	Louise Williams	01:06:06	01:04:28	F45	185		f	764	5.78	10:22	Finished
3216	2163	Elizabeth Chambers	01:06:07	01:03:45	F5EN	245		f	765	5.85	10:16	Finished
4446	2164	Anthony Pitman	01:06:10	01:02:23	M40	360		m	1399	5.98	10:02	Finished
1668	2165	Jason Charley	01:06:10	01:02:23	M40	361	LEIGHTON FUN RUNNERS	m	1400	5.98	10:02	Finished
3144	2166	Amanda Gilbert	01:06:10	01:04:22	MJ	52		m	1401	5.79	10:22	Finished
4126	2167	Gareth Hammond	01:06:12	01:03:33	M5EN	684		m	1402	5.87	10:14	Finished
2571	2168	Sara Gambrill	01:06:13	01:05:51	F5EN	246		f	766	5.66	10:36	Finished
4055	2169	Sian Pursey	01:06:15	01:03:00	F35	239		f	767	5.92	10:08	Finished
4341	2170	Craig Brunger	01:06:15	01:05:17	M5EN	685		m	1403	5.71	10:30	Finished
400	2171	Jayne Evans	01:06:16	01:03:16	F55	57		f	768	5.89	10:11	Finished
3202	2172	Alexandra Douglas	01:06:16	01:04:53	F35	240		f	769	5.75	10:27	Finished
3200	2173	Nicola Barclay	01:06:16	01:04:53	F45	186		f	770	5.75	10:27	Finished
3201	2174	Joanna Clarke	01:06:16	01:04:54	F35	241		f	771	5.74	10:27	Finished
1317	2175	Dr Krishna Mohan Gangineni	01:06:16	01:02:03	M40	362		m	1404	6.01	09:59	Finished
3415	2176	Seren Jones	01:06:18	01:04:28	FJ	42	NEWPORT HARRIERS	f	772	5.78	10:22	Finished
2510	2177	Angharad Kissick	01:06:19									

3592	2185	Lucy Thomas	01:06:24	01:04:05 F35	244	f	779	5.82	10:19	Finished
3616	2186	Layton John Jones	01:06:25	01:03:44 M50	224	m	1407	5.85	10:15	Finished
4427	2187	Josie Greenslade	01:06:27	01:03:28 F5EN	250	f	780	5.87	10:13	Finished
639	2188	Lucy Driscoll	01:06:29	01:04:26 F35	245	f	781	5.79	10:22	Finished
862	2189	Jac Hansel	01:06:30	01:04:40 M60	83	m	1408	5.77	10:24	Finished
1927	2190	Rupert Williams	01:06:30	01:04:13 M40	364	m	1409	5.81	10:20	Finished
3355	2191	Ian Telfer	01:06:31	01:03:18 M60	84	m	1410	5.89	10:11	Finished
3976	2192	Kirsty Leckonby	01:06:31	01:03:07 F5EN	251	f	782	5.91	10:09	Finished
460	2193	Leighton John	01:06:32	01:03:10 M5EN	687	m	1411	5.9	10:10	Finished
1379	2194	Sian Henley	01:06:32	01:03:27 F5EN	252	f	783	5.88	10:13	Finished
926	2195	Ffion Kehrein	01:06:32	01:02:19 F5EN	253	f	784	5.98	10:02	Finished
2575	2196	Victoria Griffiths	01:06:33	01:03:36 F5EN	254	f	785	5.86	10:14	Finished
2574	2197	Liam Roberts	01:06:33	01:03:36 M5EN	688	m	1412	5.86	10:14	Finished
906	2198	Helen Pridham	01:06:34	01:03:51 F35	246	f	786	5.84	10:17	Finished
2214	2199	Joanne Morley	01:06:34	01:03:52 F35	247	f	787	5.84	10:17	Finished
1478	2200	Emily Tumeth	01:06:34	01:03:52 F35	248	f	788	5.84	10:17	Finished
1647	2201	Joanne Juliff	01:06:34	01:02:55 F45	187	f	789	5.93	10:08	Finished
90	2202	Li Jones	01:06:35	01:04:07 F35	249	f	790	5.81	10:19	Finished
3881	2203	Sarah Holmes	01:06:36	01:05:12 F35	250	f	791	5.72	10:30	Finished
1176	2204	Amy Denman	01:06:36	01:03:35 F35	251	f	792	5.86	10:14	Finished
2721	2205	Nicola Pitman	01:06:37	01:05:27 F45	188	f	793	5.7	10:32	Finished
1029	2206	Stan Davies	01:06:37	01:04:00 F35	252	f	794	5.83	10:18	Finished
2482	2207	Rhian Thomas	01:06:38	01:02:15 F5EN	255	f	795	5.99	10:01	Finished
607	2208	Sarah Griffin	01:06:38	01:03:49 F45	189	f	796	5.84	10:16	Finished
2576	2209	Lily Bolton	01:06:38	01:03:41 F5EN	256	f	797	5.85	10:15	Finished
292	2210	Rebecca Baker	01:06:39	01:03:30 F35	253	f	798	5.87	10:13	Finished
3015	2211	Catrin Jones	01:06:39	01:04:41 F45	190	f	799	5.76	10:25	Finished
205	2212	Brian Ferriday	01:06:40	01:03:35 M40	365	m	1413	5.86	10:14	Finished
4358	2213	Amy Edwards	01:06:40	01:03:57 F35	254	f	800	5.83	10:18	Finished
1940	2214	Anna-Marie Rossi	01:06:40	01:02:11 F35	255	f	801	6	10:00	Finished
1935	2215	Maggie Depledge	01:06:41	01:03:06 F55	59	f	802	5.91	10:09	Finished
1445	2216	Sharron Taylor	01:06:41	01:03:56 F35	256	f	803	5.83	10:17	Finished
1420	2217	Wayne Tucker	01:06:41	01:02:51 M5EN	689	m	1414	5.93	10:07	Finished
3398	2218	Ryan Stuckey	01:06:43	01:03:39 M40	366	m	1415	5.86	10:15	Finished
3378	2219	Nicola Julian	01:06:44	01:05:30 F45	191	f	804	5.69	10:32	Finished
4323	2220	Jessica Davies	01:06:47	01:04:04 F5EN	257	f	805	5.82	10:19	Finished
4203	2221	Tessa Rees	01:06:47	01:04:02 F5EN	258	f	806	5.82	10:18	Finished
1048	2222	Lisa Hanney	01:06:47	01:05:03 F5EN	259	f	807	5.73	10:28	Finished
4157	2223	Darren Thomas	01:06:49	01:04:03 M40	367	m	1416	5.82	10:18	Finished
177	2224	Suzanne Bellaw	01:06:49	01:04:07 F45	192	f	808	5.81	10:19	Finished
4397	2225	Lee Garrett	01:06:49	01:03:14 M5EN	690	m	1417	5.9	10:11	Finished
129	2226	Jafar Ghalamkary	01:06:50	01:06:11 M50	225	m	1418	5.63	10:39	Finished
3391	2227	Elaine Fairclough	01:06:50	01:04:02 F55	60	f	809	5.82	10:18	Finished
2179	2228	Lisa Mathieson	01:06:50	01:03:15 F5EN	260	f	810	5.89	10:11	Finished
789	2229	Stacey Mitchell	01:06:50	01:03:45 F5EN	261	f	811	5.85	10:16	Finished
3788	2230	Sheralyn Turner	01:06:51	01:05:30 F45	193	f	812	5.69	10:32	Finished
1838	2231	Louise O'Neill	01:06:51	01:03:50 F35	257	f	813	5.84	10:16	Finished
2211	2232	Amy Callander	01:06:51	01:04:17 F35	258	f	814	5.8	10:21	Finished
626	2233	Alexa Parry	01:06:51	01:04:57 F35	259	f	815	5.74	10:27	Finished
792	2234	Mathew Jones	01:06:52	01:02:53 M40	368	m	1419	5.93	10:07	Finished
1150	2235	Grace Pugh	01:06:54	01:05:39 F5EN	262	f	816	5.68	10:34	Finished
354	2236	Vicki Jones	01:06:54	01:03:21 F45	194	f	817	5.89	10:12	Finished
4014	2237	Claire Griffiths	01:06:54	01:03:08 FJ	43	f	818	5.91	10:10	Finished
1664	2238	Hetty Connor	01:06:54	01:03:09 FJ	44	f	819	5.9	10:10	Finished
4388	2239	Tracy Haddock	01:06:54	01:03:22 F35	260	f	820	5.88	10:12	Finished
3919	2240	Andrew Spiller	01:06:55	01:03:45 M40	369	m	1420	5.85	10:16	Finished
3735	2241	Jacqueline Adams	01:06:55	01:03:22 F5EN	263	f	821	5.88	10:12	Finished
4306	2242	Lateish Gibbs	01:06:58	01:05:51 F35	261	f	822	5.66	10:36	Finished
2724	2243	Lee Brooks	01:07:00	01:05:35 M5EN	691	m	1421	5.68	10:33	Finished
1836	2244	Kerry Harris	01:07:01	01:03:59 F35	262	f	823	5.83	10:18	Finished
2736	2245	Emily Brown	01:07:02	01:03:24 F5EN	264	f	824	5.88	10:12	Finished
2504	2246	Liz Thomas	01:07:02	01:03:18 F35	263	f	825	5.89	10:11	Finished
3489	2247	Paula Evans	01:07:02	01:03:09 F45	195	f	826	5.9	10:10	Finished
1603	2248	Elena Page	01:07:03	01:04:20 F5EN	265	f	827	5.8	10:21	Finished
3696	2249	David Evans	01:07:06	01:03:42 M5EN	692	m	1422	5.85	10:15	Finished
3697	2250	Jonathan Bassett	01:07:06	01:03:41 M5EN	693	m	1423	5.85	10:15	Finished
3784	2251	Sion Jones	01:07:06	01:03:42 MJ	53	m	1424	5.85	10:15	Finished
3226	2252	Stephen Povey	01:07:06	01:03:49 M40	370	m	1425	5.84	10:16	Finished
3225	2253	Heather Whitaker	01:07:06	01:03:49 F35	264	f	828	5.84	10:16	Finished
822	2254	James Mcgettrick	01:07:07	01:02:31 M5EN	694	m	1426	5.96	10:04	Finished
1169	2255	Rachel Crosby	01:07:08	01:02:59 F5EN	266	f	829	5.92	10:08	Finished
146	2256	Alun Stephens	01:07:08	01:02:49 M40	371	m	1427	5.94	10:07	Finished
696	2257	Nicola Wilson	01:07:09	01:04:32 F35	265	f	830	5.78	10:23	Finished
2976	2258	Clare Borthwick	01:07:11	01:05:28 F35	266	f	831	5.69	10:32	Finished
3865	2259	Tim Phillips	01:07:12	01:04:09 M50	226	m	1428	5.81	10:19	Finished
3864	2260	Lynda Phillips	01:07:13	01:04:09 F45	196	f	832	5.81	10:19	Finished
3907	2261	Ian Clarke	01:07:13	01:05:12 F55	61	f	833	5.72	10:30	Finished
4035	2262	Carolyn Foley	01:07:14	01:04:58 F55	62	f	834	5.74	10:27	Finished
3196	2263	Melanie Koszalski	01:07:15	01:06:04 F35	267	f	835	5.64	10:38	Finished
2191	2264	Graham Yeo	01:07:16	01:03:35 M60	85	m	1429	5.86	10:14	Finished
1626	2265	Jayne Lewis	01:07:18	01:06:48 F45	197	f	836	5.58	10:45	Finished
2678	2266	Michael Lane	01:07:18	01:03:12 M60	86	m	1430	5.9	10:10	Finished
2700	2267	Naomi Prady	01:07:19	01:04:05 F35	268	f	837	5.82	10:19	Finished
3315	2268	Katherine Kennedy	01:07:19	01:03:38 F35	269	f	838	5.86	10:14	Finished
2792	2269	Debbie Hannah	01:07:20	01:05:24 F35	270	f	839	5.7	10:32	Finished
959	2270	Rachel George	01:07:21	01:05:54 F35	271	f	840	5.66	10:36	Finished
4171	2271	Jaime Good	01:07:21	01:04:35 F5EN	267	f	841	5.77	10:24	Finished
978	2272	Tracy Jermin	01:07:21	01:04:06 F45	198	f	842	5.82	10:19	Finished
4295	2273	Kirsty Thomas	01:07:21	01:05:00 F5EN	268	f	843	5.74	10:28	Finished
4294	2274	Andrew Thomas	01:07:22	01:05:00 M50	227	m	1431	5.74	10:28	Finished
3451	2275	Jacqueline Evans	01:07:23	01:05:16 F45	199	f	844	5.71	10:30	Finished
745	2276	Michael Hargreaves	01:07:23	01:02:45 M5EN	695	m	1432	5.94	10:06	Finished
1777	2277	Sharon Jones	01:07:24	01:06:21 F45	200	f	845	5.62	10:41	Finished
646	2278	Angharad Nichols	01:07:24	01:04:15 F35	272	f	846	5.8	10:20	Finished
1959	2279	Rebecca Parker	01:07:24	01:03:50 F5EN	269	f	847	5.84	10:16	Finished
2378	2280	Kylie Walker	01:07:26	01:03:39 F35	273	f	848	5.86	10:15	Finished
1037	2281	Mark Gale	01:07:26	01:02:38 M5EN	696	m	1433	5.95	10:05	Finished
1452	2282	Jayne Smith	01:07:26	01:04:11 F5EN	270	f	849	5.81	10:20	Finished
1389	2283	Clare Morgan	01:07:27	01:06:37 F45	201	f	850	5.6	10:43	Finished
1451	2284	Ceri Gammond	01:07:27	01:04:11 F45	202	f	851	5.81	10:20	Finished
1038	2285	Peter Hunt	01:07:27	01:02:58 M5EN	697	m	1434	5.92	10:08	Finished
1405	2286	Anne O'Meara	01:07:27	01:07:06 F45	203	f	852	5.56	10:48	Finished
1158	2287	Alexander Brown	01:07:28	01:05:42 M5EN	698	m	1435	5.67	10:34	Finished
1235	2288	Matthew Taylor	01:07:28	01:05:09 M5EN	699	m	1436	5.72	10:29	Finished
1258	2289	Alison Warner	01:07:29	01:03:12 F45	204	f	853	5.9	10:10	Finished
3634	2290	Wayne Dando	01:07:30	01:03:36 M40	372	m	1437	5.86	10:14	Finished
738	2291	Jennifer Hunter	01:07:31	01:03:15 F45	205	f	854	5.89	10:11	Finished
3064	2292	Anna Martin	01:07:31	01:04:41 FJ	45	f	855	5.76	10:25	Finished
1628	2293	Mathew Hayward	01:07:32	01:05:28 M5EN	700	m	1438	5.69	10:32	Finished
3549	2294	Emma Ballardie	01:07:32	01:04:34 F35	274	f	856	5.77	10:23	Finished
2431	2295	Angharad Aubrey	01:07:33	01:05:49 F5EN	271	f	857	5.66	10:36	Finished
1490	2296	Dean Jeffery	01:07:36	01:02:56 M5EN	701	m	1439	5.92	10:08	Finished
1042	2297	Katharina Gil-Mast	01:07:36	01:04:20 F5EN	272	f	858	5.8	10:21	Finished
2074	2298	Andrew Cloke	01:07:37	01:04:14 M5EN	702	m	1440	5.8	10:20	Finished
2075	2299	Gemma Cloke	01:07:37	01:04:13 F35	275	f	859	5.81	10:20	Finished

2525	2300	Matthew Davies	01:07:37	01:04:01	MSEN	703		m	1441	5.82	10:18	Finished
2524	2301	Hannah Davies	01:07:37	01:04:01	F35	276		f	860	5.82	10:18	Finished
534	2302	Kath Powell	01:07:38	01:05:04	F35	277		f	861	5.73	10:28	Finished
1257	2303	Rebecca Gamlin	01:07:38	01:03:35	F35	278		f	862	5.86	10:14	Finished
3872	2304	Lowri Bryer	01:07:38	01:06:25	F35	279		f	863	5.61	10:41	Finished
2164	2305	Robert Walters	01:07:39	01:03:44	MSEN	704		m	1442	5.85	10:15	Finished
2449	2306	Isaac Walters	01:07:40	01:04:24	MJ	54		m	1443	5.79	10:22	Finished
1024	2307	Natalie Hellier	01:07:40	01:05:00	FSEN	273	ADMIRAL	f	864	5.74	10:28	Finished
1946	2308	Elizabeth Harwood	01:07:40	01:05:32	F35	280	ABERDARE VALLEY AAC	f	865	5.69	10:33	Finished
1845	2309	Hazel Morgan	01:07:41	01:04:31	F45	206		f	866	5.78	10:23	Finished
3839	2310	Richard Barnett	01:07:42	01:04:01	M50	228		m	1444	5.82	10:18	Finished
914	2311	Shawn Cullen	01:07:42	01:03:29	M40	373	OGMORE PHOENIX RUNNERS	m	1445	5.87	10:13	Finished
2371	2312	Idris Hanmer	01:07:44	01:03:06	MSEN	705		m	1446	5.91	10:09	Finished
3885	2313	Alison Jones	01:07:45	01:06:32	F45	207		f	867	5.6	10:42	Finished
1468	2314	James Bridgman	01:07:45	01:03:17	MSEN	706		m	1447	5.89	10:11	Finished
2658	2315	Rachel Parfitt	01:07:46	01:04:53	F35	281		f	868	5.75	10:27	Finished
823	2316	Katie Martin	01:07:46	01:04:43	FSEN	274		f	869	5.76	10:25	Finished
3914	2317	Dawne Meynell-Western	01:07:47	01:07:17	F35	282	RHONDDA VALLEY RUNNERS	f	870	5.54	10:50	Finished
746	2318	Carys Lowe	01:07:49	01:06:00	FSEN	275		f	871	5.65	10:37	Finished
2804	2319	Helen Parrott	01:07:49	01:04:09	FSEN	276		f	872	5.81	10:19	Finished
2231	2320	Alison Maguire	01:07:49	01:05:27	F45	208		f	873	5.7	10:32	Finished
246	2321	Lynda Thomas	01:07:49	01:05:44	F35	283		f	874	5.67	10:35	Finished
1514	2322	Claire Edward	01:07:50	01:04:41	FSEN	277		f	875	5.76	10:25	Finished
1095	2323	Simon Petherbridge	01:07:50	01:05:44	MSEN	707	ADMIRAL	m	1448	5.67	10:35	Finished
2257	2324	David Williams	01:07:52	01:04:44	MSEN	708		m	1449	5.76	10:25	Finished
3347	2325	Saran Lewis	01:07:54	01:06:01	F35	284	3MS GORSEINON ROAD RUNNERS	f	876	5.65	10:37	Finished
4322	2326	Lee Sullivan	01:07:56	01:04:53	M40	374		m	1450	5.75	10:27	Finished
1299	2327	Neil Beynon	01:07:58	01:04:40	MSEN	709		m	1451	5.77	10:24	Finished
1955	2328	Scott Murphy	01:07:59	01:05:04	MJ	55		m	1452	5.73	10:28	Finished
502	2329	Catherine Johnson	01:07:59	01:05:58	F45	209	PARC BRYN BACH RUNNING CLUB	f	877	5.65	10:37	Finished
641	2330	Dylan Huw Richards	01:08:00	01:04:21	MSEN	710		m	1453	5.79	10:21	Finished
3353	2331	Mike Cox	01:08:00	01:04:45	M50	229		m	1454	5.76	10:25	Finished
191	2332	Jane Galloway	01:08:00	01:05:02	F35	285		f	878	5.73	10:28	Finished
3535	2333	Kath Rees	01:08:01	01:04:22	F45	210		f	879	5.79	10:22	Finished
190	2334	Ian Bellamy	01:08:01	01:05:03	MSEN	711		m	1455	5.73	10:28	Finished
772	2335	Helen Kuti	01:08:01	01:04:21	F45	211		f	880	5.79	10:21	Finished
1272	2336	Lisa Pritchard	01:08:02	01:05:23	F35	286		f	881	5.7	10:31	Finished
4156	2337	Vince Davies	01:08:02	01:05:11	M40	375	REFAIL RUNNERS	m	1456	5.72	10:29	Finished
2240	2338	Catherine Perkinson	01:08:03	01:05:58	F45	212		f	882	5.65	10:37	Finished
3721	2339	Hannah Gibbins	01:08:04	01:06:31	FSEN	278	CORNELLY STRIDERS AC	f	883	5.6	10:42	Finished
514	2340	Gareth Gates	01:08:05	01:05:16	MSEN	712		m	1457	5.71	10:30	Finished
1361	2341	Caitlin Davies	01:08:07	01:04:07	FJ	46		f	884	5.81	10:19	Finished
1447	2342	Anna Godden	01:08:08	01:05:08	F35	287		f	885	5.72	10:29	Finished
2710	2343	Bethan Jones	01:08:10	01:05:35	FSEN	279		f	886	5.68	10:33	Finished
543	2344	Lynn Toy	01:08:10	01:06:28	F45	213		f	887	5.61	10:42	Finished
540	2345	Carolyn Jay	01:08:10	01:06:28	F45	214		f	888	5.61	10:42	Finished
2968	2346	Qumrun Nahar	01:08:13	01:07:21	F35	288	PEMBROKESHIRE HARRIERS	f	889	5.54	10:50	Finished
2475	2347	Lucy Barlow	01:08:14	01:03:33	F35	289		f	890	5.87	10:14	Finished
2886	2348	Rebecca Wisby	01:08:14	01:05:34	FSEN	280		f	891	5.69	10:33	Finished
2476	2349	Natalie Blytt Jordens	01:08:14	01:03:33	F45	215		f	892	5.67	10:14	Finished
430	2350	Eric Morgan	01:08:14	01:04:57	M50	230		m	1458	5.74	10:27	Finished
2957	2351	Susan Griffiths	01:08:16	01:06:29	F55	63		f	893	5.61	10:42	Finished
801	2352	Ciara Small	01:08:17	01:06:33	FSEN	281		f	894	5.6	10:43	Finished
2477	2353	Patrick Lilly	01:08:17	01:06:37	M50	231		m	1459	5.6	10:43	Finished
3777	2354	Stan Treharne	01:08:18	01:05:49	F35	290		f	895	5.66	10:36	Finished
2078	2355	Jason Willetts	01:08:18	01:07:00	M40	376		m	1460	5.56	10:47	Finished
4443	2356	Christopher Masters	01:08:18	01:06:34	MSEN	713		m	1461	5.6	10:43	Finished
3254	2357	Sarah Edwards	01:08:19	01:07:32	F45	216		f	896	5.52	10:52	Finished
3773	2358	Lee Astley	01:08:21	01:03:52	M40	377		m	1462	5.84	10:17	Finished
1394	2359	Francesca Garner	01:08:21	01:07:31	FSEN	282		f	897	5.52	10:52	Finished
3386	2360	Joanne Fairgray	01:08:21	01:04:56	F45	217		f	898	5.74	10:27	Finished
3366	2361	Sophie Poultney	01:08:21	01:05:37	FJ	47		f	899	5.68	10:34	Finished
2635	2362	Emily Anthony	01:08:24	01:07:13	FSEN	283		f	900	5.55	10:49	Finished
433	2363	Chris Dennis	01:08:24	01:07:06	M50	232		m	1463	5.56	10:48	Finished
3884	2364	Susan Hart-Lewis	01:08:24	01:05:30	F35	291		f	901	5.69	10:32	Finished
3975	2365	Jason Wheeler	01:08:25	01:07:16	MSEN	714		m	1464	5.54	10:50	Finished
1062	2366	Kate Williams	01:08:25	01:07:16	F35	292	ADMIRAL	f	902	5.54	10:50	Finished
1347	2367	Alan Kinevane	01:08:27	01:06:29	MSEN	715		m	1465	5.61	10:42	Finished
175	2368	Melanie Evans	01:08:27	01:06:37	F45	218		f	903	5.6	10:43	Finished
2640	2369	Joy Salini	01:08:28	01:05:00	F45	219		f	904	5.74	10:28	Finished
176	2370	Susan Corcoran	01:08:28	01:06:38	F55	64		f	905	5.6	10:43	Finished
3759	2371	James Bruce	01:08:28	01:06:41	MSEN	716		m	1466	5.59	10:44	Finished
1425	2372	Katie Clarkson	01:08:30	01:04:02	FSEN	284		f	906	5.82	10:18	Finished
3195	2373	Janet Smith	01:08:30	01:06:12	F45	220		f	907	5.63	10:39	Finished
4023	2374	Rachel Banks	01:08:31	01:08:17	FSEN	285		f	908	5.46	10:59	Finished
3871	2375	Carl Vonk	01:08:31	01:05:29	M50	233	3MS GORSEINON ROAD RUNNERS	m	1467	5.69	10:32	Finished
2909	2376	Martin Nicholls	01:08:31	01:05:31	M50	234	3MS GORSEINON ROAD RUNNERS	m	1468	5.69	10:33	Finished
3485	2377	Ed Power	01:08:32	01:05:38	MSEN	717		m	1469	5.68	10:34	Finished
3245	2378	Katrina Hadji-Aghalar	01:08:32	01:05:44	FSEN	286		f	909	5.67	10:35	Finished
1976	2379	Alfryn Easter	01:08:32	01:05:06	M60	87	3MS GORSEINON ROAD RUNNERS	m	1470	5.73	10:29	Finished
3300	2380	Rhian Diamond Evans	01:08:32	01:05:45	F35	293		f	910	5.67	10:35	Finished
581	2381	Michelle Keen	01:08:33	01:04:14	F35	294	RUN4ALL RUNNING CLUB	f	911	5.8	10:20	Finished
4268	2382	Kathryn Donovan	01:08:33	01:05:53	F45	221	ROAD RUNNERS CLUB	f	912	5.66	10:36	Finished
2243	2383	Ben Dawkins	01:08:35	01:06:37	MSEN	718		m	1471	5.6	10:43	Finished
678	2384	Bethan John	01:08:35	01:05:13	FJ	48		f	913	5.72	10:30	Finished
1214	2385	Michael James	01:08:36	01:04:38	MSEN	719	ADMIRAL	m	1472	5.77	10:24	Finished
843	2386	Helen Thomas	01:08:37	01:07:29	F35	295		f	914	5.52	10:52	Finished
3633	2387	Jeff Brooks	01:08:37	01:07:40	M50	235		m	1473	5.51	10:53	Finished
2296	2388	Daniel Edwards	01:08:38	01:04:09	M40	378		m	1474	5.81	10:19	Finished
3623	2389	Elin Jones	01:08:38	01:05:29	FSEN	287		f	915	5.69	10:32	Finished
3349	2390	Lorna Powell	01:08:39	01:06:47	F45	222	LLANELLI AC	f	916	5.58	10:45	Finished
4092	2391	Victoria Barnes	01:08:39	01:04:10	F35	296		f	917	5.81	10:20	Finished
3348	2392	Emily Powell	01:08:39	01:06:48	FJ	49		f	918	5.58	10:45	Finished
1556	2393	Rhian Lewis	01:08:40	01:07:38	F45	223		f	919	5.51	10:53	Finished
1676	2394	Gareth Alexandre	01:08:40	01:04:11	MSEN	720		m	1475	5.81	10:20	Finished
3090	2395	Rachel Smith	01:08:40	01:06:20	FSEN	288		f	920	5.62	10:41	Finished
3427	2396	Simone Gregory	01:08:40	01:07:39	F45	224		f	921	5.51	10:53	Finished
4286	2397	Allison Williams	01:08:40	01:04:10	F35	297		f	922	5.81	10:20	Finished
4220	2398	Rob Thomas	01:08:43	01:04:53	MSEN	721		m	1476	5.75	10:27	Finished
2929	2399	Nicola Tucker	01:08:43	01:05:47	FSEN	289		f	923	5.67	10:35	Finished
2816	2400	Toria Owen-Brown	01:08:43	01:04:42	FSEN	290		f	924	5.76	10:25	Finished
580	2401	Hilary Brooker-Carey	01:08:45	01:04:27	F55	65		f	925	5.78	10:22	Finished
4181	2402	Janet Webb	01:08:45	01:06:02	F55	66	LLANELLI AC	f	926	5.65	10:38	Finished
3007	2403	Adam Lake	01:08:46	01:06:46	MSEN	722		m	1477	5.58	10:45	Finished
2712	2404	Colin Isaac	01:08:46	01:05:40	M60	88		m	1478	5.68	10:34	Finished
2999	2405	Emily Wiggins	01:08:46	01:04:50	F35	298		f	927	5.75	10:26	Finished
2172	2406	Helen Lewis	01:08:47	01:05:56	FSEN	291		f	928	5.65	10:37	Finished
2849	2407	Nicola Cook	01:08:48	01:06:47</								

4299	2415	Steve Grother	01:08:54	01:05:17	M50	237	CAERPHILLY RUNNERS	m	1482	5.71	10:30	Finished
724	2416	Paula Price	01:08:56	01:06:35	F55	67	BRECON AC	f	934	5.6	10:43	Finished
3639	2417	Mark Williams	01:08:56	01:05:40	M5EN	723		m	1483	5.68	10:34	Finished
1801	2418	Katrina Blackburn	01:08:58	01:05:17	F5EN	293		f	935	5.71	10:30	Finished
1595	2419	Rosemarie Jones	01:08:59	01:05:26	F45	228		f	936	5.7	10:32	Finished
240	2420	Hayley Pugh	01:08:59	01:05:27	F45	229	PONTYPRIDD ROADENTS AC	f	937	5.7	10:32	Finished
1112	2421	Larissa Rodrigues	01:09:00	01:05:19	F5EN	294	ADMIRAL	f	938	5.71	10:31	Finished
4187	2422	Susannah Perrington	01:09:02	01:06:40	M40	381		m	1484	5.59	10:44	Finished
2019	2423	Natalie Hayes	01:09:03	01:06:15	F45	230		f	939	5.63	10:40	Finished
291	2424	Paul Slater	01:09:03	01:05:01	M40	382		m	1485	5.73	10:28	Finished
2020	2425	Denise Aplin	01:09:04	01:06:16	F45	231		f	940	5.63	10:40	Finished
2022	2426	Geoff Twigg	01:09:05	01:06:16	M60	89		m	1486	5.63	10:40	Finished
645	2427	Amy James	01:09:05	01:07:58	F5EN	295		f	941	5.49	10:56	Finished
295	2428	Chris Amphlett	01:09:06	01:05:40	M40	383		m	1487	5.68	10:34	Finished
637	2429	Francesca Ray	01:09:06	01:07:04	F5EN	296		f	942	5.56	10:48	Finished
776	2430	Lauren Shurety	01:09:07	01:05:33	F5EN	297		f	943	5.69	10:33	Finished
3511	2431	Simon Robbins	01:09:07	01:06:06	M40	384		m	1488	5.64	10:38	Finished
686	2432	Rena Johnson	01:09:08	01:04:59	F55	68		f	944	5.74	10:27	Finished
2988	2433	Amiee Legg	01:09:08	01:06:14	F5EN	298	RUN4ALL RUNNING CLUB	f	945	5.63	10:40	Finished
1090	2434	Nicola Hambridge	01:09:08	01:04:48	F5EN	299	ADMIRAL	f	946	5.75	10:26	Finished
677	2435	Dale Williams	01:09:10	01:09:10	M5EN	724		m	1489	5.39	11:08	Finished
4362	2436	Emma Evans	01:09:10	01:05:29	F35	300		f	947	5.69	10:32	Finished
1621	2437	Nicola Rogers	01:09:11	01:06:05	F35	301		f	948	5.64	10:38	Finished
3037	2438	Angelina Lewis	01:09:11	01:06:54	F55	69	PORT TALBOT HARRIERS	f	949	5.57	10:46	Finished
403	2439	Richard Greenslade	01:09:11	01:05:09	M40	385		m	1490	5.72	10:29	Finished
2433	2440	Gary Phillips	01:09:12	01:05:09	M50	238		m	1491	5.72	10:29	Finished
1262	2441	Robert Lloyd Evans	01:09:14	01:06:29	M40	386	FAIRLANDS VALLEY SPARTANS	m	1492	5.61	10:42	Finished
2557	2442	David Jones	01:09:14	01:06:10	M5EN	725		m	1493	5.63	10:39	Finished
2944	2443	Amelia Lewis	01:09:15	01:07:24	F5EN	300	LLANELLI AC	f	950	5.53	10:51	Finished
2173	2444	Heulwen Davies	01:09:16	01:06:26	F45	232		f	951	5.61	10:41	Finished
1629	2445	Samantha Green	01:09:16	01:07:25	F5EN	301		f	952	5.53	10:51	Finished
2923	2446	Sharlene Rippin	01:09:18	01:05:46	F45	233	PAUL POPHAM RUNNING CLUB	f	953	5.67	10:35	Finished
4045	2447	Holly Machin	01:09:18	01:06:28	F35	302		f	954	5.61	10:42	Finished
2436	2448	Sian Bonnell	01:09:19	01:07:47	F35	303		f	955	5.5	10:55	Finished
1954	2449	Jane Murphy	01:09:20	01:06:26	F35	304		f	956	5.61	10:41	Finished
3950	2450	Leah Joseph	01:09:21	01:06:41	F35	305		f	957	5.59	10:44	Finished
3949	2451	Steven Joseph	01:09:21	01:06:41	M5EN	726		m	1494	5.59	10:44	Finished
4072	2452	Lisa Slee	01:09:22	01:05:18	F35	306		f	958	5.71	10:31	Finished
863	2453	Melanie Quacquarelli	01:09:22	01:07:32	F45	234		f	959	5.52	10:52	Finished
3959	2454	Rhiannon Elias	01:09:23	01:05:47	F55	70		f	960	5.67	10:35	Finished
1980	2455	Gina Martin	01:09:25	01:07:28	F35	307		f	961	5.53	10:51	Finished
2108	2456	Huw Mogford	01:09:27	01:06:12	M50	239		m	1495	5.63	10:39	Finished
883	2457	Alyson Bray	01:09:29	01:06:49	F45	235	RUN4ALL RUNNING CLUB	f	962	5.58	10:45	Finished
3008	2458	Elaine Gibbs	01:09:29	01:06:49	F55	71	RUN4ALL RUNNING CLUB	f	963	5.58	10:45	Finished
2564	2459	Lowri Phillips	01:09:30	01:07:26	F45	236		f	964	5.53	10:51	Finished
4118	2460	Bethan James	01:09:30	01:07:29	F35	308	TROTS	f	965	5.52	10:52	Finished
2136	2461	Peter Jones	01:09:30	01:07:38	M60	90		m	1496	5.51	10:53	Finished
1673	2462	Richard Cross	01:09:32	01:07:51	M50	240		m	1497	5.49	10:55	Finished
2908	2463	Runner 2908	01:09:33	01:07:42	M5EN	727		m	1498	5.51	10:54	Finished
155	2464	Stephen Gale	01:09:33	01:05:53	M40	387		m	1499	5.66	10:36	Finished
4223	2465	Samantha John	01:09:33	01:08:05	F5EN	302		f	966	5.48	10:57	Finished
650	2466	Joy Grey	01:09:33	01:07:17	F55	72		f	967	5.54	10:50	Finished
2633	2467	Daniel Cloke	01:09:35	01:06:11	M5EN	728		m	1500	5.63	10:39	Finished
1234	2468	Chloe Taylor	01:09:36	01:07:17	F5EN	303	ADMIRAL	f	968	5.54	10:50	Finished
1911	2469	Kathryn Davies	01:09:36	01:08:22	F35	309		f	969	5.45	11:00	Finished
1916	2470	Emma Crowl	01:09:36	01:08:23	M40	388		m	1501	5.45	11:00	Finished
1899	2471	Katie Edwards	01:09:37	01:08:16	F5EN	304		f	970	5.46	10:59	Finished
621	2472	Suzanne D'Auria	01:09:37	01:06:57	F45	237		f	971	5.57	10:46	Finished
1419	2473	Louise Tucker	01:09:37	01:05:48	F35	310		f	972	5.67	10:35	Finished
2438	2474	Oliver May	01:09:38	01:06:45	M5EN	729		m	1502	5.59	10:45	Finished
4227	2475	Katie Jones	01:09:38	01:08:16	F35	311		f	973	5.46	10:59	Finished
786	2476	Judith Morgan	01:09:38	01:06:22	F35	312		f	974	5.62	10:41	Finished
1654	2477	Matthew Bailey	01:09:39	01:06:50	M5EN	730		m	1503	5.58	10:45	Finished
2612	2478	Nadine Jones	01:09:39	01:05:09	F5EN	305		f	975	5.72	10:29	Finished
825	2479	Elizabeth Griffiths	01:09:40	01:07:22	F35	313		f	976	5.53	10:50	Finished
2974	2480	Sally Turner	01:09:41	01:07:59	F45	238	FOREST OF DEAN AC	f	977	5.48	10:56	Finished
1818	2481	Clare Davies	01:09:42	01:06:01	F45	239		f	978	5.65	10:37	Finished
280	2482	Helen Morgan	01:09:42	01:06:33	F35	314		f	979	5.6	10:43	Finished
4303	2483	Noelle Brys	01:09:42	01:05:20	F5EN	306		f	980	5.71	10:31	Finished
1351	2484	Anne Stumpf	01:09:42	01:05:57	F5EN	307		f	981	5.65	10:37	Finished
1653	2485	Gavin Bailey	01:09:44	01:06:56	M5EN	731		m	1504	5.57	10:46	Finished
2086	2486	Miranda Williams	01:09:44	01:08:15	F45	240	PONTARDAWE RUNNING CLUB	f	982	5.46	10:59	Finished
4387	2487	Rebecca Rowe	01:09:45	01:06:53	F5EN	308		f	983	5.57	10:46	Finished
2519	2488	Rosie Carr	01:09:45	01:07:03	FJ	50		f	984	5.56	10:47	Finished
2518	2489	Carl Bowden	01:09:45	01:07:03	M40	389		m	1505	5.56	10:47	Finished
3632	2490	Stuart Cripps	01:09:47	01:05:05	M40	390		m	1506	5.73	10:28	Finished
2866	2491	Jesus Bengoechea	01:09:50	01:05:04	M40	391		m	1507	5.73	10:28	Finished
100	2492	Steve Francis	01:09:50	01:06:59	M5EN	732	HEART RADIO	m	1508	5.57	10:47	Finished
1336	2493	Charlotte Bowen	01:09:53	01:07:36	F35	315		f	985	5.52	10:53	Finished
2039	2494	Kate Darby	01:09:54	01:07:45	F35	316		f	986	5.5	10:54	Finished
2669	2495	Joanna Heard	01:09:56	01:08:52	F35	317		f	987	5.41	11:05	Finished
697	2496	Teresa Whatty	01:09:57	01:06:06	F35	318		f	988	5.64	10:38	Finished
2554	2497	Mererid Govier	01:09:57	01:07:55	F35	319		f	989	5.49	10:56	Finished
1816	2498	Kelly Shannon	01:09:57	01:06:43	F5EN	309		f	990	5.59	10:44	Finished
1559	2499	Helen Walters	01:09:58	01:06:21	F35	320		f	991	5.62	10:41	Finished
1730	2500	Melissa Humphreys	01:09:58	01:06:16	F35	321	PORT TALBOT HARRIERS	f	992	5.63	10:40	Finished
1729	2501	Andrew Humphreys	01:09:58	01:06:16	M5EN	733	PORT TALBOT HARRIERS	m	1509	5.63	10:40	Finished
1522	2502	Claire Bolch	01:09:58	01:06:22	F5EN	310		f	993	5.62	10:41	Finished
1331	2503	John Spanswick	01:09:59	01:06:52	M50	241		m	1510	5.58	10:46	Finished
1883	2504	Rich Williams	01:09:59	01:05:41	M40	392		m	1511	5.68	10:34	Finished
2165	2505	Neil Pearson	01:10:00	01:06:13	M5EN	734		m	1512	5.63	10:39	Finished
4248	2506	Louise Thomas	01:10:02	01:06:17	F35	322		f	994	5.62	10:40	Finished
3844	2507	Karra Yanez	01:10:03	01:09:14	F35	323	DRAGONS RUNNING CLUB	f	995	5.39	11:09	Finished
3109	2508	Rebecca Biesok	01:10:08	01:07:12	F5EN	311	RUN4ALL RUNNING CLUB	f	996	5.55	10:49	Finished
813	2509	Michelle Stanley	01:10:10	01:07:26	F5EN	312		f	997	5.53	10:51	Finished
812	2510	Jasmine Ravenscroft	01:10:10	01:07:27	F35	324	RUN4ALL RUNNING CLUB	f	998	5.53	10:51	Finished
3669	2511	Sara Thompson	01:10:12	01:07:36	F35	325	CORNELLY STRIDERS AC	f	999	5.52	10:53	Finished
1135	2512	Daniel Whelan	01:10:12	01:06:43	M5EN	735	ADMIRAL	m	1513	5.59	10:44	Finished
3986	2513	Sarah Milner	01:10:13	01:07:24	F5EN	313		f	1000	5.53	10:51	Finished
1382	2514	Alys Roberts	01:10:13	01:06:33	F5EN	314		f	1001	5.6	10:43	Finished
2989	2515	John Vine	01:10:15	01:07:22	M60	91		m	1514	5.53	10:50	Finished
429	2516	Elizabeth Davies	01:10:15	01:05:51	F35	326		f	1002	5.66	10:36	Finished
490	2517	Rosie Jones	01:10:17	01:09:12	FJ	51		f	1003	5.39	11:08	Finished
1697	2518	Marcus Axworthy	01:10:17	01:05:56	M5EN	736		m	1515	5.65	10:37	Finished
489	2519	Daniel Graham	01:10:17	01:09:12	M5EN	737		m	1516	5.39	11:08	Finished
2954	2520	Kim Evans	01:10:19	01:07:33	F55	73		f	1004	5.52	10:52	Finished
1310	2521	Stephanie Allen	01:10:21	01:09:30	F5EN	315		f	1005	5.36	11:11	Finished
49												

2877	2530	Jennifer Thomas	01:10:24	01:06:47	F35	327	f	1013	5.58	10:45	Finished	
2657	2531	Emma Albrighton	01:10:26	01:08:27	F5EN	318	f	1014	5.45	11:01	Finished	
2230	2532	Eleanor Arthur	01:10:26	01:07:25	F5EN	319	f	1015	5.53	10:51	Finished	
4445	2533	Elliot Evans	01:10:27	01:07:54	F5EN	320	f	1016	5.49	10:56	Finished	
3412	2534	Ceri Williams	01:10:29	01:07:52	F35	328	f	1017	5.49	10:55	Finished	
1065	2535	Craig Jones	01:10:29	01:09:19	M5EN	739	ADMIRAL	m	1518	5.38	11:09	Finished
1768	2536	Catrin Griffiths	01:10:30	01:07:44	F5EN	321	f	1018	5.5	10:54	Finished	
3410	2537	Louise Hampton	01:10:30	01:07:53	F35	329	CORNELLY STRIDERS AC	f	1019	5.49	10:55	Finished
1128	2538	Josephine Wattleworth	01:10:30	01:08:11	F5EN	322	ADMIRAL	f	1020	5.47	10:58	Finished
2701	2539	Iola Williams	01:10:33	01:06:25	F5EN	323	f	1021	5.61	10:41	Finished	
2967	2540	Russell Banner	01:10:33	01:07:00	M40	393	m	1519	5.56	10:47	Finished	
2184	2541	Louise Esney	01:10:33	01:06:46	F35	330	f	1022	5.58	10:45	Finished	
359	2542	Jane Richards	01:10:35	01:08:13	F45	244	f	1023	5.47	10:59	Finished	
1165	2543	Claire Charlton	01:10:36	01:07:28	F35	331	ADMIRAL	f	1024	5.53	10:51	Finished
3103	2544	Rhian Williams	01:10:36	01:06:37	M5EN	740	m	1520	5.6	10:43	Finished	
1019	2545	John Charlton	01:10:36	01:07:28	M40	394	ADMIRAL	m	1521	5.53	10:51	Finished
1825	2546	Peter Davies	01:10:37	01:06:16	M5EN	741	m	1522	5.63	10:40	Finished	
2219	2547	Natalie Williams	01:10:37	01:07:56	F45	245	UKRUNCHAT RUNNING CLUB	f	1025	5.49	10:56	Finished
2928	2548	Simon Clarke	01:10:39	01:08:59	M40	395	m	1523	5.4	11:06	Finished	
3521	2549	Anwen Pearce	01:10:40	01:07:19	F35	332	f	1026	5.54	10:50	Finished	
3660	2550	Awen Jones	01:10:41	01:08:44	F35	333	f	1027	5.42	11:04	Finished	
1324	2551	Rachel Rees	01:10:42	01:07:18	F5EN	324	f	1028	5.54	10:50	Finished	
3317	2552	Jon Griffiths	01:10:42	01:07:17	M5EN	742	m	1524	5.54	10:50	Finished	
2046	2553	Natalie Vanderlinden	01:10:43	01:07:48	F45	246	f	1029	5.5	10:55	Finished	
3416	2554	Elizabeth Humphries	01:10:44	01:07:12	F45	247	f	1030	5.55	10:49	Finished	
2956	2555	Andrew Rhodes	01:10:44	01:06:22	M40	396	m	1525	5.62	10:41	Finished	
2617	2556	Neil Seymour	01:10:45	01:06:31	M50	242	m	1526	5.6	10:42	Finished	
1239	2557	Louise Thomas	01:10:46	01:07:31	F5EN	325	ADMIRAL	f	1031	5.52	10:52	Finished
1055	2558	Stephanie Humphreys	01:10:46	01:06:21	F35	334	ADMIRAL	f	1032	5.62	10:41	Finished
1696	2559	Rachel Felton	01:10:47	01:07:51	F5EN	326	RUN4ALL RUNNING CLUB	f	1033	5.49	10:55	Finished
3192	2560	Dafydd Williams	01:10:48	01:08:01	M5EN	743	m	1527	5.48	10:57	Finished	
3336	2561	Kirsty Thomas	01:10:48	01:07:47	F5EN	327	f	1034	5.5	10:55	Finished	
3891	2562	Cathryn Ferris	01:10:50	01:07:46	F45	248	f	1035	5.5	10:54	Finished	
871	2563	Matthew Daubney	01:10:51	01:06:31	M5EN	744	m	1528	5.6	10:42	Finished	
3470	2564	Damian Daley	01:10:52	01:08:36	M5EN	745	m	1529	5.43	11:02	Finished	
891	2565	Pauline Knight	01:10:53	01:06:13	F35	335	f	1036	5.63	10:39	Finished	
441	2566	Dean Saunders	01:10:55	01:07:48	M5EN	746	m	1530	5.5	10:55	Finished	
1966	2567	Christopher Bodley	01:10:56	01:07:41	M5EN	747	m	1531	5.51	10:54	Finished	
520	2568	Peter Ryan	01:10:56	01:08:09	M60	92	ILFORD	m	1532	5.47	10:58	Finished
4264	2569	Kelly Bamford	01:10:56	01:07:40	F35	336	f	1037	5.51	10:53	Finished	
3299	2570	Sarah Howells	01:10:57	01:07:55	F45	249	f	1038	5.49	10:56	Finished	
526	2571	Andrea Thomas	01:10:59	01:07:37	F45	250	f	1039	5.51	10:53	Finished	
4321	2572	Claire Sullivan	01:11:00	01:09:46	F45	251	f	1040	5.34	11:14	Finished	
3770	2573	Linsey Ost	01:11:01	01:06:50	F45	252	f	1041	5.58	10:45	Finished	
379	2574	Kate Roberts	01:11:04	01:06:45	F5EN	328	f	1042	5.59	10:45	Finished	
2936	2575	Indeg Griffiths	01:11:04	01:09:02	F35	337	f	1043	5.4	11:07	Finished	
1360	2576	Clare Keeble	01:11:05	01:06:46	F35	338	f	1044	5.58	10:45	Finished	
2905	2577	Sarah Holmes	01:11:05	01:09:40	F35	339	f	1045	5.35	11:13	Finished	
3469	2578	Lesley Pierpoint	01:11:06	01:11:06	F35	340	f	1046	5.24	11:27	Finished	
137	2579	Paul Brain	01:11:07	01:07:08	M60	93	m	1533	5.55	10:48	Finished	
2723	2580	Ciara Dwan	01:11:07	01:10:41	F5EN	329	f	1047	5.27	11:23	Finished	
3552	2581	Rebecca Russell	01:11:08	01:08:16	F5EN	330	f	1048	5.46	10:59	Finished	
1643	2582	Amanda Mota	01:11:08	01:09:03	F55	75	f	1049	5.4	11:07	Finished	
4280	2583	Darren Jones	01:11:10	01:09:13	M40	397	m	1534	5.39	11:08	Finished	
2993	2584	Karen Wood	01:11:12	01:07:37	F45	253	PEMBROKESHIRE HARRIERS	f	1050	5.51	10:53	Finished
1060	2585	Natalie John	01:11:12	01:08:20	F35	341	ADMIRAL	f	1051	5.46	11:00	Finished
300	2586	Martin Evans	01:11:13	01:06:53	M40	398	m	1535	5.57	10:46	Finished	
301	2587	Rhian Evans	01:11:14	01:06:55	F35	342	f	1052	5.57	10:46	Finished	
1297	2588	Lucy Payne	01:11:16	01:08:18	F5EN	331	f	1053	5.46	11:00	Finished	
2492	2589	Tom Morris	01:11:16	01:07:16	M60	94	PAUL POPHAM RUNNING CLUB	m	1536	5.54	10:50	Finished
1296	2590	Kelly Sawyer	01:11:16	01:08:18	F5EN	332	f	1054	5.46	11:00	Finished	
850	2591	Kirsty Kettley	01:11:16	01:08:09	F5EN	333	f	1055	5.47	10:58	Finished	
729	2592	Eliza Davies	01:11:16	01:06:53	F35	343	f	1056	5.57	10:46	Finished	
4426	2593	Rob Kelly	01:11:17	01:09:00	M40	399	m	1537	5.4	11:06	Finished	
405	2594	Rhian Tandy	01:11:17	01:07:18	F5EN	334	f	1057	5.54	10:50	Finished	
263	2595	Susannah Marsden	01:11:18	01:07:14	F35	344	f	1058	5.55	10:49	Finished	
2847	2596	Debra Lewis	01:11:19	01:07:05	F55	76	f	1059	5.56	10:48	Finished	
1534	2597	Rachel Johnson	01:11:19	01:07:10	F5EN	335	f	1060	5.55	10:49	Finished	
2737	2598	Julia Harries	01:11:19	01:08:18	F45	254	f	1061	5.46	11:00	Finished	
3184	2599	Hayley Williams	01:11:19	01:08:21	F45	255	f	1062	5.45	11:00	Finished	
3576	2600	Rosie Jones	01:11:21	01:06:35	F5EN	336	f	1063	5.6	10:43	Finished	
2370	2601	Sue Phillips	01:11:21	01:06:47	F55	77	f	1064	5.58	10:45	Finished	
2675	2602	Carolyn Wallace	01:11:22	01:08:39	F55	78	f	1065	5.43	11:03	Finished	
3217	2603	Helen Jacob	01:11:23	01:09:00	F45	256	f	1066	5.4	11:06	Finished	
964	2604	Sian Elson	01:11:24	01:08:16	F45	257	f	1067	5.46	10:59	Finished	
3712	2605	Tracey Jones	01:11:24	01:10:20	F45	258	f	1068	5.3	11:19	Finished	
1123	2606	Andrew Strakis	01:11:24	01:07:17	M5EN	748	ADMIRAL	m	1538	5.54	10:50	Finished
851	2607	Louise Morgan	01:11:24	01:08:17	F5EN	337	f	1069	5.46	10:59	Finished	
809	2608	Lucy Sullivan	01:11:24	01:08:44	FJ	53	f	1070	5.42	11:04	Finished	
2896	2609	Tracey Hughes Jenkins	01:11:24	01:10:19	F45	259	f	1071	5.3	11:19	Finished	
1548	2610	Alyson Smith	01:11:24	01:08:26	F45	260	YSTRAD MYNACH RUNNING CLUB	f	1072	5.45	11:01	Finished
1229	2611	Kelly Saunders	01:11:25	01:07:16	F5EN	338	ADMIRAL	f	1073	5.54	10:50	Finished
810	2612	Neil Sullivan	01:11:25	01:08:45	M40	400	m	1539	5.42	11:04	Finished	
3528	2613	William Morgan	01:11:25	01:09:27	M50	243	m	1540	5.37	11:11	Finished	
4089	2614	Glesni Evans	01:11:25	01:09:12	F35	345	f	1074	5.39	11:08	Finished	
1821	2615	Kayleigh Williams	01:11:26	01:08:43	F5EN	339	f	1075	5.43	11:04	Finished	
2350	2616	Vicki Owen	01:11:27	01:06:43	F35	346	f	1076	5.59	10:44	Finished	
735	2617	Leanne Jones	01:11:29	01:07:23	F35	347	f	1077	5.53	10:51	Finished	
3060	2618	Emily Owens	01:11:30	01:08:41	F5EN	340	f	1078	5.43	11:03	Finished	
140	2619	Catherine Pleass	01:11:31	01:07:52	F5EN	341	f	1079	5.49	10:55	Finished	
4083	2620	Mair Squire	01:11:32	01:09:26	F35	348	f	1080	5.37	11:10	Finished	
2960	2621	Elizabeth Henson	01:11:32	01:08:03	F45	261	PONTYPRIDD ROADENTS AC	f	1081	5.48	10:57	Finished
2116	2622	Paul Buckle	01:11:33	01:07:46	M40	401	m	1541	5.5	10:54	Finished	
644	2623	Sara Mair Evans	01:11:35	01:07:57	F5EN	342	f	1082	5.49	10:56	Finished	
3709	2624	Julie Angove	01:11:36	01:07:10	F45	262	f	1083	5.55	10:49	Finished	
3996	2625	Michael Davies	01:11:37	01:08:19	M40	402	PORT TALBOT HARRIERS	m	1542	5.46	11:00	Finished
2196	2626	Joanne Jones	01:11:38	01:07:00	F45	263	f	1084	5.56	10:47	Finished	
1362	2627	Melanie Eglitis	01:11:39	01:07:39	F35	349	f	1085	5.51	10:53	Finished	
380	2628	Lee Roberts	01:11:39	01:07:20	M5EN	749	m	1543	5.54	10:50	Finished	
2495	2629	Lauren Joseph	01:11:39	01:08:58	F5EN	343	f	1086	5.41	11:06	Finished	
2808	2630	Hollie Williams	01:11:40	01:10:40	F5EN	344	f	1087	5.28	11:22	Finished	
4067	2631	Sarah Garland	01:11:41	01:08:38	F45	264	f	1088	5.43	11:03	Finished	
2594	2632	Wendy Cotter	01:11:41	01:08:38	F45	265	f	1089	5.43	11:03	Finished	
2871	2633	Nicola Ward	01:11:42	01:08:07	F35	350	PORTHCAWL RUNNERS	f	1090	5.47	10:58	Finished
3906	2634	Libby Cleavelly	01:11:43	01:08:06	F35	351	f	1091	5.47	10:58	Finished	
2006	2635	Gareth Keatley	01:11:48	01:08:59	M5EN	750	m	1544	5.4	11:06	Finished	
1635	2636	Jacquelyn Marsh	01:11:51	01:09:02	F35	352	f	1092	5.4	11:07	Finished	
114	2637	Clare Fencott	01:11:52	01:11:04	F35	353	f	1093	5.25	11:26	Finished	
848	2638	Emma Williams	01:11:53	01:08:26	F45	266	f	1094	5.45	11:01	Finished	
3543	2639	Siriol Jones	01:11:54	01:08:19	F45	267	f	1095	5.46	11:00	Finished	

1562	2645	Rhian Pascoe	01:11:59	01:08:48	F45	268	f	1100	5.42	11:04	Finished
1407	2646	Stephen Robinson	01:11:59	01:08:31	M5EN	751	m	1546	5.44	11:02	Finished
3397	2647	Ben Heath	01:12:00	01:10:13	M5EN	752	m	1547	5.31	11:18	Finished
2505	2648	Jennifer Caffel	01:12:00	01:08:12	F5EN	347	f	1101	5.47	10:59	Finished
907	2649	Pippa Hart	01:12:01	01:08:22	F35	356	f	1102	5.45	11:00	Finished
2450	2650	Nia Walters	01:12:01	01:08:45	F45	269	f	1103	5.42	11:04	Finished
523	2651	Holly Vickers	01:12:02	01:08:23	F5EN	348	f	1104	5.45	11:00	Finished
971	2652	Nia Evans	01:12:04	01:10:58	F45	270	f	1105	5.25	11:25	Finished
755	2653	Bethan Sturrock	01:12:04	01:10:58	F5EN	349	f	1106	5.25	11:25	Finished
2340	2654	Megan Edwards	01:12:05	01:08:40	F5EN	350	f	1107	5.43	11:03	Finished
1575	2655	Alison Kinsey	01:12:05	01:09:11	F55	79	f	1108	5.39	11:08	Finished
1417	2656	Gareth Baxter	01:12:06	01:09:18	M5EN	753	m	1548	5.38	11:09	Finished
994	2657	Rachel Tucker	01:12:06	01:07:34	F5EN	351	f	1109	5.52	10:52	Finished
3287	2658	Andrea James	01:12:06	01:09:28	F45	271	f	1110	5.37	11:11	Finished
2786	2659	Joanna Davis	01:12:07	01:09:14	F5EN	352	f	1111	5.39	11:09	Finished
2117	2660	Tracy Buckle	01:12:07	01:08:20	F45	272	f	1112	5.46	11:00	Finished
1049	2661	Tim Harding	01:12:07	01:10:15	M40	403	m	1549	5.31	11:18	Finished
2358	2662	Wayne Curtis	01:12:09	01:09:29	M50	244	m	1550	5.37	11:11	Finished
257	2663	Helen Craine	01:12:09	01:07:29	F45	273	f	1113	5.52	10:52	Finished
2887	2664	Gwen Ortega	01:12:11	01:08:36	M40	404	m	1551	5.43	11:02	Finished
4284	2665	Christopher Davies	01:12:12	01:08:20	M5EN	754	m	1552	5.46	11:00	Finished
2879	2666	Gareth Roper	01:12:12	01:08:38	M60	96	m	1553	5.43	11:03	Finished
4283	2667	Simon Freimanis	01:12:13	01:08:20	M5EN	755	m	1554	5.46	11:00	Finished
349	2668	Lianne Hendra	01:12:14	01:08:33	F5EN	353	f	1114	5.44	11:02	Finished
775	2669	Sally Bloomfield	01:12:18	01:08:31	F45	274	f	1115	5.44	11:02	Finished
4454	2670	Fion Lewis	01:12:18	01:08:04	F5EN	354	f	1116	5.48	10:57	Finished
3772	2671	Deborah Lewis	01:12:18	01:07:55	F35	357	f	1117	5.49	10:56	Finished
2290	2672	Sallie West	01:12:19	01:08:06	F55	80	f	1118	5.47	10:58	Finished
4150	2673	Kyle Maunder	01:12:21	01:10:07	M5EN	756	m	1555	5.32	11:17	Finished
4151	2674	Mitchell Aspland	01:12:21	01:10:07	M5EN	757	m	1556	5.32	11:17	Finished
3001	2675	Ian Jones	01:12:21	01:08:19	M50	245	m	1557	5.46	11:00	Finished
1549	2676	Jill Morgan	01:12:21	01:08:11	F55	81	f	1119	5.47	10:58	Finished
4327	2677	David Gwilym	01:12:21	01:08:26	M50	246	m	1558	5.45	11:01	Finished
840	2678	Gaynor Davies	01:12:22	01:11:05	F55	82	f	1120	5.24	11:26	Finished
3457	2679	Karen Dawson	01:12:22	01:09:07	F55	83	f	1121	5.39	11:07	Finished
2122	2680	Menna Williams	01:12:24	01:09:38	F5EN	355	f	1122	5.35	11:12	Finished
4194	2681	Tina Coleman	01:12:25	01:08:51	F35	358	f	1123	5.41	11:05	Finished
1415	2682	Rhianon Plant	01:12:25	01:09:39	F5EN	356	f	1124	5.35	11:13	Finished
894	2683	Oluwenga Fakande	01:12:26	01:08:33	M50	247	m	1559	5.44	11:02	Finished
610	2684	Tracey Burley	01:12:28	01:09:37	F45	275	f	1125	5.36	11:12	Finished
3477	2685	Kellie Williams	01:12:29	01:11:17	F5EN	357	f	1126	5.23	11:28	Finished
642	2686	Jason Jones	01:12:31	01:08:52	M5EN	758	m	1560	5.41	11:05	Finished
507	2687	Mark Rowland	01:12:31	01:09:18	M50	248	m	1561	5.38	11:09	Finished
1448	2688	Carys Morgans	01:12:36	01:09:39	F35	359	f	1127	5.35	11:13	Finished
3409	2689	Lynette Carruthers	01:12:36	01:11:37	F45	276	f	1128	5.21	11:32	Finished
1384	2690	Sarah Davis	01:12:36	01:08:25	F5EN	358	f	1129	5.45	11:01	Finished
3408	2691	Martyn Carruthers	01:12:36	01:11:37	M40	405	m	1562	5.21	11:32	Finished
3516	2692	Barbie Ahearn	01:12:37	01:08:21	F45	277	f	1130	5.45	11:00	Finished
3930	2693	Myles Davies	01:12:38	01:07:54	M5EN	759	m	1563	5.49	10:56	Finished
2732	2694	Sarah Owens	01:12:40	01:08:36	F5EN	359	f	1131	5.43	11:02	Finished
1997	2695	Nicky Markey	01:12:40	01:10:22	F45	278	f	1132	5.3	11:19	Finished
2253	2696	Vivienne Henderson	01:12:40	01:08:10	F35	360	f	1133	5.47	10:58	Finished
2620	2697	Paul Lindley	01:12:41	01:09:04	M50	249	m	1564	5.4	11:07	Finished
1778	2698	Melanie Murphy	01:12:41	01:10:23	F35	361	f	1134	5.3	11:20	Finished
4101	2699	Stephen Bassett	01:12:41	01:08:01	M50	250	m	1565	5.48	10:57	Finished
2651	2700	Jamie Lannen	01:12:45	01:12:09	M5EN	760	m	1566	5.17	11:37	Finished
2898	2701	Iestyn Evans	01:12:46	01:09:50	MJ	56	m	1567	5.34	11:14	Finished
353	2702	Alice Kirk	01:12:48	01:09:51	F5EN	360	f	1135	5.34	11:14	Finished
1275	2703	Sean Dickinson	01:12:48	01:08:38	M5EN	761	m	1568	5.43	11:03	Finished
1842	2704	Anna Fracchiolla	01:12:49	01:10:28	F5EN	361	f	1136	5.29	11:20	Finished
4251	2705	Nicola Bailey	01:12:51	01:10:34	F35	362	f	1137	5.28	11:21	Finished
1039	2706	Gareth Cousins	01:12:51	01:11:36	M5EN	762	m	1569	5.21	11:31	Finished
3291	2707	Ceri Hitchings	01:12:52	01:09:31	F35	363	f	1138	5.36	11:11	Finished
1844	2708	Angela Morgan	01:12:55	01:09:45	F55	84	f	1139	5.35	11:14	Finished
305	2709	Lesley Sanders	01:12:56	01:09:09	F55	85	f	1140	5.39	11:08	Finished
2655	2710	Andrea Parker	01:12:56	01:11:29	F55	86	f	1141	5.22	11:30	Finished
2144	2711	Cheryl Rabaletti	01:12:57	01:10:57	F55	87	f	1142	5.25	11:25	Finished
4398	2712	Tassy Purnell	01:12:57	01:09:06	F5EN	362	f	1143	5.4	11:07	Finished
4399	2713	Chris Purnell	01:12:57	01:09:06	M40	406	m	1570	5.4	11:07	Finished
3093	2714	Claire White	01:12:58	01:10:20	F35	364	f	1144	5.3	11:19	Finished
4176	2715	Ian Crocombe	01:12:58	01:11:41	M5EN	763	m	1571	5.2	11:32	Finished
3094	2716	Lynette Roberts	01:12:58	01:10:20	F35	365	f	1145	5.3	11:19	Finished
3070	2717	Kevin Brown	01:12:59	01:09:25	M5EN	764	m	1572	5.37	11:10	Finished
2917	2718	Ines Molina Ramirez	01:12:59	01:11:08	FJ	54	f	1146	5.24	11:27	Finished
569	2719	Catrin Jones	01:13:00	01:10:53	F35	366	f	1147	5.26	11:24	Finished
3627	2720	Catherine Nunn	01:13:01	01:11:10	FJ	55	f	1148	5.24	11:27	Finished
574	2721	Cheryl Jones	01:13:01	01:10:54	F45	279	f	1149	5.26	11:25	Finished
2087	2722	Nicole Daniels	01:13:05	01:09:44	F5EN	363	f	1150	5.35	11:13	Finished
2268	2723	Helen Oulton	01:13:05	01:09:25	F55	88	f	1151	5.37	11:10	Finished
3198	2724	Brian Griffiths	01:13:07	01:10:15	M60	97	m	1573	5.31	11:18	Finished
1650	2725	Mall Edwards	01:13:09	01:09:18	FJ	56	f	1152	5.38	11:09	Finished
2674	2726	Bev Haigh	01:13:10	01:10:50	F45	280	f	1153	5.26	11:24	Finished
571	2727	Georgy Gould	01:13:11	01:09:12	MJ	57	m	1574	5.39	11:08	Finished
4267	2728	Peter Rogers	01:13:13	01:10:09	M50	251	m	1575	5.31	11:17	Finished
3278	2729	Sarah Walters	01:13:15	01:09:19	M5EN	765	m	1576	5.38	11:09	Finished
828	2730	Kirsty Williams	01:13:15	01:08:49	F5EN	364	f	1154	5.42	11:04	Finished
1440	2731	Vicki Turner	01:13:16	01:11:25	F5EN	365	f	1155	5.22	11:30	Finished
2049	2732	Jeremy Haynes	01:13:17	01:10:29	M50	252	m	1577	5.29	11:21	Finished
3582	2733	Rebecca Jenkins	01:13:20	01:10:15	F5EN	366	f	1156	5.31	11:18	Finished
2696	2734	Bobby Cole	01:13:21	01:12:32	M5EN	766	m	1578	5.14	11:40	Finished
1558	2735	Rebecca Williams	01:13:21	01:11:50	F5EN	367	f	1157	5.19	11:34	Finished
2481	2736	Caroline Bidder	01:13:21	01:12:33	F35	367	f	1158	5.14	11:41	Finished
1492	2737	Nia Evans	01:13:21	01:11:50	F35	368	f	1159	5.19	11:34	Finished
582	2738	Tanya Higgins	01:13:21	01:09:03	F35	369	f	1160	5.4	11:07	Finished
938	2739	Emma Morgan	01:13:21	01:09:54	F45	281	f	1161	5.33	11:15	Finished
304	2740	Lucy Herdman	01:13:22	01:08:43	F5EN	368	f	1162	5.43	11:04	Finished
2706	2741	Kathryn Tomos	01:13:22	01:11:43	F5EN	369	f	1163	5.2	11:33	Finished
306	2742	Kate Hair	01:13:23	01:08:43	F5EN	370	f	1164	5.43	11:04	Finished
3124	2743	Phil Filides-Bowen	01:13:23	01:12:43	M40	407	m	1579	5.13	11:42	Finished
1596	2744	Cerys Rand	01:13:23	01:10:27	F5EN	371	f	1165	5.29	11:20	Finished
1293	2745	Faye Andrews	01:13:24	01:12:16	F5EN	372	f	1166	5.16	11:38	Finished
3125	2746	Tara Filides-Jackson	01:13:24	01:12:43	F45	282	f	1167	5.13	11:42	Finished
4115	2747	Samantha Evans	01:13:25	01:09:47	F35	370	f	1168	5.34	11:14	Finished
3472	2748	Angela Page	01:13:27	01:09:16	F35	371	f	1169	5.38	11:09	Finished
1598	2749	Sarah Griffiths	01:13:27	01:09:16	F35	372	f	1170	5.38	11:09	Finished
966	2750	Sian Humphries	01:13:27	01:10:00	F45	283	f	1171	5.33	11:16	Finished
2503	2751	Mark Keane	01:13:27	01:10:03	M50	253	m	1580	5.32	11:16	Finished
1714	2752	Joanne Elward	01:13:39	01:11:50	F55	89	f	1172	5.19	11:34	Finished
1757	2753	Gillian Landeg	01:13:39	01:11:51	F45	284	f	1173	5.19	11:34	Finished
2742	2754	Lynne Garwood	01:13:39	01:11:51	F45	285	f	1174	5.19	11:34	Finished
3611	2755	Maldwyn Griffiths	01:13:40	01:09:34	M60	98	m	1581	5.36	11:12	Finished
1334	2756	Bethan Evans	01:13:40	01:12:00	F5EN	373	f	1			

2079	2760	Rebecca Davies	01:13:43	01:12:40	FJ	57	f	1177	5.13	11:42	Finished
2490	2761	Elizabeth Aldworth	01:13:43	01:12:06	FSEN	375	f	1178	5.17	11:36	Finished
2115	2762	Rhiannon Jones	01:13:44	01:09:59	F35	373	f	1179	5.33	11:16	Finished
4356	2763	Kelly Davies	01:13:44	01:10:13	FSEN	376	f	1180	5.31	11:18	Finished
4219	2764	Mike Timbrell	01:13:44	01:09:49	M40	408	m	1584	5.34	11:14	Finished
3179	2765	Elizabeth Marshall	01:13:45	01:09:49	F45	286	f	1181	5.34	11:14	Finished
3679	2766	Alex Deeks	01:13:45	01:10:49	FSEN	377	f	1182	5.26	11:24	Finished
1686	2767	Joanne Weston	01:13:45	01:09:03	F35	374	f	1183	5.4	11:07	Finished
1444	2768	Helen Coldbeck	01:13:46	01:11:01	F35	375	f	1184	5.25	11:26	Finished
2580	2769	Sally Fuller	01:13:49	01:09:38	F45	287	f	1185	5.35	11:12	Finished
3962	2770	John May	01:13:50	01:11:32	M50	254	m	1585	5.21	11:31	Finished
3420	2771	Tara Shepherd	01:13:51	01:11:12	FSEN	378	f	1186	5.24	11:28	Finished
1802	2772	Mike Durran	01:13:51	01:09:39	M40	409	m	1586	5.35	11:13	Finished
307	2773	Lee Hair	01:13:53	01:09:14	MSEN	769	m	1587	5.39	11:09	Finished
492	2774	Chris Logan	01:13:57	01:11:37	M40	410	m	1588	5.21	11:32	Finished
2472	2775	Susan Sharples	01:14:02	01:10:43	F55	90	f	1187	5.27	11:23	Finished
3969	2776	Elinor Lewis	01:14:03	01:10:24	F35	376	f	1188	5.3	11:20	Finished
2744	2777	Barbara Kingman	01:14:03	01:11:01	F55	91	f	1189	5.25	11:26	Finished
2779	2778	Angharad Davies	01:14:04	01:11:01	F45	288	f	1190	5.25	11:26	Finished
3997	2779	Ann Thomas	01:14:04	01:10:19	F55	92	f	1191	5.3	11:19	Finished
1870	2780	Alexandra Forrest	01:14:06	01:09:59	FSEN	379	f	1192	5.33	11:16	Finished
3294	2781	Oliver Tennant	01:14:06	01:12:04	MSEN	770	m	1589	5.17	11:36	Finished
3293	2782	Laura Tennant	01:14:07	01:12:05	F55	93	f	1193	5.17	11:36	Finished
3859	2783	Jennie Jones	01:14:07	01:10:55	FSEN	380	f	1194	5.26	11:25	Finished
3736	2784	Lucy Matthews	01:14:07	01:10:22	F35	377	f	1195	5.3	11:19	Finished
3502	2785	Rachel Mander	01:14:09	01:11:08	FSEN	381	f	1196	5.24	11:27	Finished
3503	2786	Christopher Mander	01:14:09	01:11:09	MSEN	771	m	1590	5.24	11:27	Finished
2915	2787	Gail Newell	01:14:09	01:11:01	F45	289	f	1197	5.25	11:26	Finished
1855	2788	Geoff Mutton	01:14:09	01:10:26	M60	99	m	1591	5.29	11:20	Finished
1017	2789	James Casey	01:14:10	01:10:41	MSEN	772	m	1592	5.27	11:23	Finished
3921	2790	Julie Graham	01:14:10	01:10:45	F45	290	f	1198	5.27	11:23	Finished
4456	2791	Danielle Brazier	01:14:12	01:11:01	FSEN	382	f	1199	5.25	11:26	Finished
1908	2792	Jo-Ann Gwynne	01:14:13	01:12:49	F45	291	f	1200	5.12	11:43	Finished
2888	2793	Amy Pendry	01:14:13	01:11:00	FSEN	383	f	1201	5.25	11:26	Finished
105	2794	Gareth Setter	01:14:13	01:10:50	M40	411	m	1593	5.26	11:24	Finished
4049	2795	Ryan Tomkinson	01:14:14	01:12:47	M40	412	m	1594	5.12	11:43	Finished
2367	2796	Candice St John	01:14:14	01:09:31	F35	378	f	1202	5.36	11:11	Finished
2316	2797	Michael Cottle	01:14:15	01:11:15	M50	255	m	1595	5.23	11:28	Finished
1110	2798	Anthony Robinson	01:14:17	01:10:48	MSEN	773	m	1596	5.27	11:24	Finished
1540	2799	Karen Meyrick	01:14:17	01:13:47	F55	94	f	1203	5.05	11:52	Finished
1787	2800	Sara Jolly	01:14:17	01:11:19	F45	292	f	1204	5.23	11:29	Finished
161	2801	Claire Lavender	01:14:18	01:10:55	F35	379	f	1205	5.26	11:25	Finished
1002	2802	Michael Allitt	01:14:18	01:11:23	MSEN	774	m	1597	5.22	11:29	Finished
3832	2803	Ethan Jarman	01:14:21	01:12:08	MJ	58	m	1598	5.17	11:37	Finished
3831	2804	Sam Longhurst	01:14:21	01:12:07	M40	413	m	1599	5.17	11:36	Finished
3825	2805	Marfin Ryan	01:14:21	01:12:10	MSEN	775	m	1600	5.17	11:37	Finished
2252	2806	John Davies	01:14:21	01:09:49	M60	100	m	1601	5.34	11:14	Finished
3835	2807	Jonas Davidson	01:14:22	01:12:09	MSEN	776	m	1602	5.17	11:37	Finished
3837	2808	Jason Turner	01:14:22	01:12:09	M40	414	m	1603	5.17	11:37	Finished
4231	2809	David Webb	01:14:22	01:12:10	MSEN	777	m	1604	5.17	11:37	Finished
3838	2810	Tom Edolls	01:14:22	01:12:09	MSEN	778	m	1605	5.17	11:37	Finished
3255	2811	Charlie Seaman	01:14:23	01:12:09	MSEN	779	m	1606	5.17	11:37	Finished
4432	2812	Darren Smith	01:14:23	01:12:09	MSEN	780	m	1607	5.17	11:37	Finished
3824	2813	James Brettle	01:14:24	01:12:12	MSEN	781	m	1608	5.16	11:37	Finished
472	2814	Nia John	01:14:29	01:11:07	F45	293	f	1206	5.24	11:27	Finished
2942	2815	Elin Andrews	01:14:29	01:10:28	FSEN	384	f	1207	5.29	11:20	Finished
2943	2816	Jenny Reilly	01:14:29	01:10:28	F35	380	f	1208	5.29	11:20	Finished
1518	2817	Simon Brooks	01:14:30	01:11:25	M50	256	m	1609	5.22	11:30	Finished
333	2818	Rebecca Lewis	01:14:32	01:10:59	FSEN	385	f	1209	5.25	11:25	Finished
3344	2819	Vinod Prabhu	01:14:32	01:12:50	M40	415	m	1610	5.12	11:43	Finished
1728	2820	Adrian Bailey	01:14:34	01:11:07	M50	257	m	1611	5.24	11:27	Finished
2488	2821	Lauren Howlett	01:14:34	01:10:13	FSEN	386	f	1210	5.31	11:18	Finished
2453	2822	Kate Greenfield	01:14:35	01:10:11	F35	381	f	1211	5.31	11:18	Finished
2780	2823	Nerys Meardon	01:14:36	01:10:00	FSEN	387	f	1212	5.33	11:16	Finished
2283	2824	Ruth Marston	01:14:39	01:11:05	FSEN	388	f	1213	5.24	11:26	Finished
2040	2825	Sioned Rees	01:14:40	01:13:29	FSEN	389	f	1214	5.07	11:50	Finished
481	2826	Elizabeth Barrett	01:14:41	01:10:05	F45	294	f	1215	5.32	11:17	Finished
1975	2827	Paul Stephens	01:14:42	01:11:00	M40	416	m	1612	5.25	11:26	Finished
1364	2828	Dawn Morgan	01:14:42	01:12:56	F45	295	f	1216	5.11	11:44	Finished
3801	2829	Morgan Doel	01:14:44	01:09:44	MJ	59	m	1613	5.35	11:13	Finished
1565	2830	Wendy Taylor	01:14:45	01:10:54	F35	382	f	1217	5.26	11:25	Finished
1125	2831	Carys Tanner	01:14:46	01:12:47	FSEN	390	f	1218	5.12	11:43	Finished
381	2832	Chloe Jones	01:14:47	01:13:00	FSEN	391	f	1219	5.11	11:45	Finished
2810	2833	Heather Morgan	01:14:47	01:11:42	F35	383	f	1220	5.2	11:32	Finished
1707	2834	Laurence Creteau	01:14:47	01:11:41	F35	384	f	1221	5.2	11:32	Finished
1706	2835	Gavin Charles	01:14:47	01:11:41	M40	417	m	1614	5.2	11:32	Finished
2782	2836	Sian Meardon	01:14:48	01:10:13	FSEN	392	f	1222	5.31	11:18	Finished
1573	2837	Joanne Dorgan	01:14:48	01:12:00	F45	296	f	1223	5.18	11:35	Finished
2105	2838	Jo Furber	01:14:49	01:11:11	F35	385	f	1224	5.24	11:27	Finished
1290	2839	Ryan Dillon	01:14:50	01:12:08	MSEN	782	m	1615	5.17	11:37	Finished
1289	2840	Cherie Coughlan	01:14:51	01:12:10	F35	386	f	1225	5.17	11:37	Finished
2538	2841	Christian Morris	01:14:52	01:10:29	MSEN	783	m	1616	5.29	11:21	Finished
2539	2842	Ruth Morris	01:14:53	01:10:29	FSEN	393	f	1226	5.29	11:21	Finished
1677	2843	Beth Preece	01:14:56	01:10:42	F35	387	f	1227	5.27	11:23	Finished
4135	2844	Danielle Davies	01:14:59	01:13:19	FSEN	394	f	1228	5.09	11:48	Finished
599	2845	Emily Clegg	01:15:00	01:11:26	FSEN	395	f	1229	5.22	11:30	Finished
2005	2846	Amy Bosomworth	01:15:00	01:11:24	FSEN	396	f	1230	5.22	11:29	Finished
2501	2847	Lynda Griffiths	01:15:00	01:10:57	F45	297	f	1231	5.25	11:25	Finished
2982	2848	Sarah Jenkins	01:15:01	01:12:14	F35	388	f	1232	5.16	11:37	Finished
771	2849	Samantha Jones	01:15:01	01:10:52	F45	298	f	1233	5.26	11:24	Finished
594	2850	Sarah Williams	01:15:02	01:10:47	F35	389	f	1234	5.27	11:23	Finished
3231	2851	Hayley Colley	01:15:03	01:10:51	F35	390	f	1235	5.26	11:24	Finished
1638	2852	Suzi Siddall	01:15:04	01:11:41	F35	391	f	1236	5.2	11:32	Finished
3054	2853	Jo Hodges	01:15:05	01:10:21	F35	392	f	1237	5.3	11:19	Finished
722	2854	Moiria Jones	01:15:07	01:11:46	F35	393	f	1238	5.19	11:33	Finished
3418	2855	Jennifer Kahan	01:15:08	01:11:35	FSEN	397	f	1239	5.21	11:31	Finished
3249	2856	Kelly Denty	01:15:10	01:11:37	F35	394	f	1240	5.21	11:32	Finished
2869	2857	Hayley Dennis	01:15:12	01:11:31	F45	299	f	1241	5.21	11:31	Finished
181	2858	Paul Hopkins	01:15:15	01:11:03	M50	258	m	1617	5.25	11:26	Finished
180	2859	Claire Roberts	01:15:16	01:11:05	F45	300	f	1242	5.24	11:26	Finished
605	2860	Rhian Millidge	01:15:17	01:11:09	F55	95	f	1243	5.24	11:27	Finished
3274	2861	Allyson Allman	01:15:18	01:11:50	F55	96	f	1244	5.19	11:34	Finished
1792	2862	Frank Neil Griffiths	01:15:19	01:11:04	M60	101	m	1618	5.25	11:26	Finished
327	2863	Emma Davies	01:15:20	01:11:29	F35	395	f	1245	5.22	11:30	Finished
693	2864	Sara Evans	01:15:23	01:12:46	F35	396	f	1246	5.12	11:43	Finished
1273	2865	Jane Pritchard	01:15:24	01:11:25	F55	97	f	1247	5.22	11:30	Finished
185	2866	Karen Grunhut	01:15:29	01:12:07	F45	301	f	1248	5.17	11:36	Finished
4290	2867	Karen Adams	01:15:29	01:11:03	F45	302	f	1249	5.25	11:26	Finished
4114	2868	Caitlin Ford	01:15:31	01:11:59	FJ	58	f	1250	5.18	11:35	Finished
3583	2869	Lisa Bury-Jenkins	01:15:32	01:12:27	F35	397	f	1251	5.15	11:40	Finished
3643	2870	Rhian Stone	01:15:33	01:10:58	F35	398	f	1252	5.25	11:25	Finished
2003	2871	Lorae Jones	01:15:33	01:11:37	F55	98	f	1253	5.21	11:32	Finished

454	2875	Shaun Farthing	01:15:34	01:12:24	M5EN	784	m	1619	5.15	11:39	Finished
437	2876	Aaron Coles	01:15:35	01:12:23	M40	418	m	1620	5.15	11:39	Finished
3600	2877	Lorna Colwill	01:15:36	01:14:32	F5EN	400	f	1257	5	12:00	Finished
3520	2878	Julie Ransom	01:15:39	01:12:21	F35	400	f	1258	5.15	11:39	Finished
3384	2879	Sean Crockett	01:15:40	01:15:40	M50	259	m	1621	4.93	12:11	Finished
3641	2880	Lisa Taylor	01:15:41	01:12:55	F5EN	401	f	1259	5.11	11:44	Finished
4139	2881	Paul Davies	01:15:43	01:11:17	M50	260	m	1622	5.23	11:28	Finished
3967	2882	Kevin Green	01:15:44	01:11:44	M40	419	m	1623	5.2	11:33	Finished
1162	2883	Amy Carter	01:15:44	01:14:08	F5EN	402	f	1260	5.03	11:56	Finished
3966	2884	Stephen Thomas	01:15:44	01:11:44	M5EN	785	m	1624	5.2	11:33	Finished
3265	2885	Bernie Tovey	01:15:46	01:11:37	F55	99	f	1261	5.21	11:32	Finished
3700	2886	Rachel Probert	01:15:46	01:12:16	F35	401	f	1262	5.16	11:38	Finished
1740	2887	Emilia Urbanek	01:15:47	01:11:35	F35	402	f	1263	5.21	11:31	Finished
3701	2888	Helen Brown	01:15:48	01:12:17	F35	403	f	1264	5.16	11:38	Finished
3708	2889	Jane James	01:15:51	01:13:44	F45	303	f	1265	5.06	11:52	Finished
2429	2890	Laura Jones	01:15:55	01:11:36	F5EN	403	f	1266	5.21	11:31	Finished
499	2891	Richard Jones	01:15:56	01:12:42	M40	420	m	1625	5.13	11:42	Finished
860	2892	Lee Flye	01:15:56	01:14:50	M5EN	786	m	1626	4.98	12:03	Finished
1943	2893	Christina Brannigan	01:15:56	01:12:03	F45	304	f	1267	5.17	11:36	Finished
3438	2894	Ashley Cude	01:16:01	01:11:34	M5EN	787	m	1627	5.21	11:31	Finished
1979	2895	Nicola Young	01:16:03	01:12:50	F45	305	f	1268	5.12	11:43	Finished
2182	2896	Ceri Powell	01:16:07	01:11:42	F55	100	f	1269	5.2	11:32	Finished
3915	2897	Claire Powell	01:16:07	01:11:41	F5EN	404	f	1270	5.2	11:32	Finished
1950	2898	Jo Jones	01:16:07	01:14:52	F5EN	405	f	1271	4.98	12:03	Finished
1512	2899	Ashley Bryant	01:16:07	01:12:09	F5EN	406	f	1272	5.17	11:37	Finished
4078	2900	Clare Bentley	01:16:08	01:11:44	F45	306	f	1273	5.2	11:33	Finished
3560	2901	Mark Sturgess	01:16:08	01:14:23	M50	261	m	1628	5.01	11:58	Finished
1387	2902	Rebecca Williams	01:16:09	01:14:26	F5EN	407	f	1274	5.01	11:59	Finished
2521	2903	Louise Parry	01:16:10	01:11:45	F5EN	408	f	1275	5.2	11:33	Finished
2092	2904	Jake Robinson	01:16:10	01:12:37	MJ	60	m	1629	5.13	11:41	Finished
1087	2905	Brian Mullen	01:16:12	01:11:27	M40	421	m	1630	5.22	11:30	Finished
2784	2906	Sioned Thomas	01:16:13	01:12:54	F5EN	409	f	1276	5.11	11:44	Finished
3954	2907	Laurence Rowden	01:16:16	01:13:31	M40	422	m	1631	5.07	11:50	Finished
2200	2908	Deborah Newton-Williams	01:16:18	01:13:33	F5EN	410	f	1277	5.07	11:50	Finished
2711	2909	Carol Harrison	01:16:18	01:13:36	F55	101	f	1278	5.07	11:51	Finished
4404	2910	Maisha Imran	01:16:19	01:13:06	F5EN	411	f	1279	5.1	11:46	Finished
3898	2911	Katherine Edwards	01:16:20	01:12:44	F5EN	412	f	1280	5.13	11:42	Finished
1227	2912	Melissa Rees	01:16:23	01:12:34	F5EN	413	f	1281	5.14	11:41	Finished
435	2913	Alison Brown	01:16:24	01:14:24	F55	102	f	1282	5.01	11:58	Finished
1330	2914	Sara Phelps	01:16:24	01:11:59	F5EN	414	f	1283	5.18	11:35	Finished
1435	2915	Lucy Bird	01:16:27	01:11:59	F5EN	415	f	1284	5.18	11:35	Finished
457	2916	Steven Grimshaw	01:16:27	01:13:16	M40	423	m	1632	5.09	11:47	Finished
1925	2917	Nathan Andrew Morrison	01:16:27	01:13:05	M5EN	788	m	1633	5.1	11:46	Finished
1605	2918	Isabelle Lodge	01:16:28	01:11:57	FJ	59	f	1285	5.18	11:35	Finished
1604	2919	Emma Ali	01:16:28	01:11:57	F35	404	f	1286	5.18	11:35	Finished
1957	2920	Anna Skye	01:16:28	01:12:49	F35	405	f	1287	5.12	11:43	Finished
1354	2921	Shane Cook	01:16:29	01:11:43	M40	424	m	1634	5.2	11:33	Finished
3981	2922	Ben Govier	01:16:31	01:12:59	M5EN	789	m	1635	5.11	11:45	Finished
1138	2923	Christina Williams	01:16:33	01:12:51	M40	425	m	1636	5.12	11:43	Finished
2914	2924	Malcolm Bullough	01:16:35	01:11:56	M60	102	m	1637	5.18	11:35	Finished
836	2925	James Thomas	01:16:36	01:12:12	M40	426	m	1638	5.16	11:37	Finished
1194	2926	Jessica Hook	01:16:36	01:13:59	F5EN	416	f	1288	5.04	11:54	Finished
1507	2927	Gina Goddard	01:16:37	01:14:00	F55	103	f	1289	5.04	11:55	Finished
3235	2928	Beverley Spear	01:16:37	01:14:32	F35	406	f	1290	5	12:00	Finished
4178	2929	Michael Thomas	01:16:37	01:12:17	M5EN	790	m	1639	5.16	11:38	Finished
1641	2930	Tara Chapman	01:16:39	01:12:49	F45	307	f	1291	5.12	11:43	Finished
688	2931	Nigel Williams	01:16:41	01:14:58	M50	262	m	1640	4.97	12:04	Finished
196	2932	Tracey Reed	01:16:42	01:14:06	F45	308	f	1292	5.03	11:56	Finished
422	2933	Rhian Stokes-Thomas	01:16:43	01:15:02	F45	309	f	1293	4.97	12:05	Finished
4308	2934	Gary Pryse	01:16:44	01:15:16	M5EN	791	m	1641	4.95	12:07	Finished
1612	2935	Mark Howells	01:16:44	01:12:35	M40	427	m	1642	5.14	11:41	Finished
1610	2936	Bridie Howells	01:16:45	01:12:35	F5EN	417	f	1294	5.14	11:41	Finished
707	2937	Lorraine Davies	01:16:47	01:13:16	F45	310	f	1295	5.09	11:47	Finished
3587	2938	Alun Michael	01:16:47	01:12:59	M60	103	m	1643	5.11	11:45	Finished
1366	2939	Eve Jeffery	01:16:49	01:15:20	F45	311	f	1296	4.95	12:07	Finished
4431	2940	Talis Edwards	01:16:51	01:12:40	FJ	60	f	1297	5.13	11:42	Finished
4429	2941	Lloyd Seager	01:16:51	01:12:41	M5EN	792	m	1644	5.13	11:42	Finished
1873	2942	Lucy Williams	01:16:54	01:14:35	F35	407	f	1298	5	12:00	Finished
2129	2943	Sarah Knox	01:16:54	01:13:04	F35	408	f	1299	5.1	11:46	Finished
1829	2944	Anna Hicks	01:16:56	01:13:36	F5EN	418	f	1300	5.07	11:51	Finished
752	2945	Lisa Findlay	01:16:56	01:12:54	F35	409	f	1301	5.11	11:44	Finished
625	2946	Dolores Furlong	01:16:56	01:13:13	F45	312	f	1302	5.09	11:47	Finished
2754	2947	Claire Wilkins	01:16:57	01:12:35	F5EN	419	f	1303	5.14	11:41	Finished
1172	2948	Andrew Davies	01:16:57	01:14:09	M5EN	793	m	1645	5.03	11:56	Finished
3153	2949	Jessica Pickett	01:17:02	01:15:18	FJ	61	f	1304	4.95	12:07	Finished
1953	2950	Lisa Cloke	01:17:02	01:13:39	F35	410	f	1305	5.06	11:51	Finished
213	2951	Susan Talbot	01:17:02	01:13:20	F55	104	f	1306	5.08	11:48	Finished
211	2952	Jonathon Talbot	01:17:03	01:13:20	M5EN	794	m	1646	5.08	11:48	Finished
3207	2953	Jayne Powney	01:17:03	01:13:45	F45	313	f	1307	5.06	11:52	Finished
1784	2954	Ben Ruddle	01:17:03	01:13:46	M50	263	m	1647	5.05	11:52	Finished
214	2955	Wayne Talbot	01:17:04	01:13:21	M50	264	m	1648	5.08	11:48	Finished
365	2956	Alexander Brown	01:17:05	01:12:33	M5EN	795	m	1649	5.14	11:41	Finished
3738	2957	Angharad Davies	01:17:08	01:13:35	M5EN	796	m	1650	5.07	11:51	Finished
2448	2958	Tim Stephens	01:17:09	01:13:08	M5EN	797	m	1651	5.1	11:46	Finished
1238	2959	Jennifer Thomas	01:17:09	01:13:09	F5EN	420	f	1308	5.1	11:46	Finished
766	2960	Hannah Morgan	01:17:10	01:13:33	F5EN	421	f	1309	5.07	11:50	Finished
2427	2961	Rhian Sutton	01:17:12	01:14:27	F45	314	f	1310	5.01	11:59	Finished
2426	2962	Nicola Didio	01:17:13	01:14:29	F45	315	f	1311	5.01	11:59	Finished
3899	2963	Michelle Evans	01:17:14	01:13:38	F5EN	422	f	1312	5.06	11:51	Finished
2541	2964	Rebecca Williams	01:17:17	01:12:44	F35	411	f	1313	5.13	11:42	Finished
1746	2965	Jenine Greenway	01:17:20	01:13:40	F45	316	f	1314	5.06	11:51	Finished
768	2966	Karen Morgan	01:17:25	01:13:48	F55	105	f	1315	5.05	11:53	Finished
897	2967	Caroline Bennett-Thomas	01:17:25	01:15:41	F45	317	f	1316	4.93	12:11	Finished
4379	2968	Sonia Beck	01:17:25	01:13:23	F45	318	f	1317	5.08	11:49	Finished
2435	2969	Steven West	01:17:25	01:12:21	M5EN	798	m	1652	5.15	11:39	Finished
3462	2970	Jayne Parry	01:17:26	01:14:24	F35	412	f	1318	5.01	11:58	Finished
4091	2971	Claire Kelly	01:17:28	01:15:11	F5EN	423	f	1319	4.96	12:06	Finished
4090	2972	Martin Kelly	01:17:30	01:15:13	M5EN	799	m	1653	4.96	12:06	Finished
990	2973	Alison Williams	01:17:30	01:14:09	F35	413	f	1320	5.03	11:56	Finished
29	2974	John Lovell	01:17:30	01:14:42	M60	104	m	1654	4.99	12:01	Finished
2267	2975	Stephen Williams	01:17:31	01:13:08	M40	428	m	1655	5.1	11:46	Finished
3504	2976	Pat Stanley	01:17:33	01:13:46	F55	106	f	1321	5.05	11:52	Finished
3351	2977	Kelly Colley	01:17:35	01:13:17	F35	414	f	1322	5.09	11:48	Finished
2233	2978	Christina Phillips	01:17:41	01:13:53	F35	415	f	1323	5.05	11:53	Finished
2202	2979	Rachel Deere	01:17:41	01:14:09	F5EN	424	f	1324	5.03	11:56	Finished
2441	2980	Heather Aston	01:17:47	01:16:52	F55	107	f	1325	4.85	12:22	Finished
814	2981	Angela Gisby	01:17:51	01:15:34	F55	108	f	1326	4.93	12:10	Finished
941	2982	Jill Luckwell	01:17:54	01:13:37	F55	109	f	1327	5.06	11:51	Finished
559	2983	Marie Jones	01:17:54	01:13:32	F35	416	f	1328	5.07	11:50	Finished
558	2984	Jan Bell	01:17:54	01:13:32	F35	417	f	1329	5.07	11:50	Finished
3147	2985	Hope Henry	01:17:56	01:16:08	FJ	62	f	1330	4.9	12:15	Finished
461	2986	Jo Pyvott	01:17:58	01:13:42	F45	319	f	1331	5.06		

4172	2990	Helen Evans	01:18:04	01:15:05	FSEN	426	PAUL POPHAM RUNNING CLUB	f	1335	4.97	12:05	Finished
3025	2991	Non Elias	01:18:04	01:14:29	F35	420		f	1336	5.01	11:59	Finished
2725	2992	Yvonne Uka	01:18:06	01:14:26	F45	320		f	1337	5.01	11:59	Finished
652	2993	Karen Diamond	01:18:06	01:16:03	F35	421		f	1338	4.9	12:14	Finished
4029	2994	Melissa Jenkins	01:18:06	01:14:12	F45	321		f	1339	5.02	11:56	Finished
262	2995	Tracey Matthews	01:18:07	01:14:42	FSEN	427		f	1340	4.99	12:01	Finished
2455	2996	Kayleigh Gee	01:18:08	01:15:16	FSEN	428		f	1341	4.95	12:07	Finished
3951	2997	Sarah Hanford	01:18:10	01:15:51	FSEN	429	PAUL POPHAM RUNNING CLUB	f	1342	4.92	12:12	Finished
416	2998	Greg Turley	01:18:10	01:13:44	M40	429		m	1656	5.06	11:52	Finished
4391	2999	Julie Stephens	01:18:11	01:13:44	F35	422		f	1343	5.06	11:52	Finished
4037	3000	Mark Morgan	01:18:16	01:15:21	MSEN	800		m	1657	4.95	12:08	Finished
4234	3001	Rachel Anderson	01:18:19	01:17:38	FSEN	430		f	1344	4.8	12:30	Finished
1788	3002	Gerald Cooper	01:18:19	01:14:36	M60	105		m	1658	5	12:00	Finished
1516	3003	Sally Maclean	01:18:20	01:14:07	F35	423		f	1345	5.03	11:56	Finished
1716	3004	Nicola Herdman	01:18:21	01:14:16	F35	424		f	1346	5.02	11:57	Finished
2566	3005	Ceri Francis	01:18:24	01:16:18	FSEN	431		f	1347	4.89	12:17	Finished
2248	3006	Rob Luckwell	01:18:28	01:14:18	M40	430		m	1659	5.02	11:57	Finished
2619	3007	Vanessa King	01:18:31	01:16:13	F55	110		f	1348	4.89	12:16	Finished
3284	3008	Deanne Rebane	01:18:31	01:15:03	F55	111		f	1349	4.97	12:05	Finished
815	3009	Carlos Baptista De Lima	01:18:33	01:14:45	MSEN	801		m	1660	4.99	12:02	Finished
816	3010	Lowri Jones	01:18:33	01:14:46	FSEN	432		f	1350	4.99	12:02	Finished
2160	3011	Chris Thomas	01:18:34	01:14:38	MSEN	802		m	1661	5	12:01	Finished
2359	3012	Julie Blackwell	01:18:35	01:15:17	F45	322		f	1351	4.95	12:07	Finished
3558	3013	Lara Acott	01:18:37	01:15:40	FSEN	433		f	1352	4.93	12:11	Finished
3585	3014	Lynsey Read	01:18:37	01:14:44	F35	425		f	1353	4.99	12:02	Finished
3861	3015	Val Lee	01:18:37	01:14:23	F35	426		f	1354	5.01	11:58	Finished
922	3016	Claire Cooper	01:18:39	01:14:20	F35	427		f	1355	5.02	11:58	Finished
923	3017	Jean Francois Cooper	01:18:39	01:14:20	MSEN	803		m	1662	5.02	11:58	Finished
320	3018	Edward Clarke	01:18:40	01:14:07	MSEN	804		m	1663	5.03	11:56	Finished
838	3019	Ceri Higham	01:18:44	01:16:29	F45	323		f	1356	4.87	12:19	Finished
2870	3020	Mandy Mathews	01:18:44	01:15:04	F55	112		f	1357	4.97	12:05	Finished
2663	3021	Lisa Dwerryhouse	01:18:45	01:14:57	F35	428		f	1358	4.97	12:04	Finished
1552	3022	Anna Chappell	01:18:45	01:14:30	FSEN	434		f	1359	5	11:59	Finished
154	3023	Hayley Gale	01:18:54	01:15:14	F45	324		f	1360	4.96	12:06	Finished
740	3024	Jo Rowlands	01:18:56	01:15:21	F55	113	PORTHCAWL RUNNERS	f	1361	4.95	12:08	Finished
1305	3025	Elaine Thompson	01:18:58	01:15:15	F35	429		f	1362	4.95	12:07	Finished
1268	3026	Laura Jenkins	01:18:59	01:15:10	F45	325	CORNELLY STRIDERS AC	f	1363	4.96	12:06	Finished
4232	3027	Christie Adams	01:19:01	01:16:50	FSEN	435		f	1364	4.85	12:22	Finished
3821	3028	Ceridwen Boon	01:19:02	01:14:16	F35	430		f	1365	5.02	11:57	Finished
1182	3029	Ceri Evans	01:19:03	01:14:54	FSEN	436	ADMIRAL	f	1366	4.98	12:03	Finished
4359	3030	Nicki Strouts	01:19:04	01:17:12	FSEN	437		f	1367	4.83	12:25	Finished
3083	3031	Peter Chaplin	01:19:04	01:14:23	MSEN	805		m	1664	5.01	11:58	Finished
3935	3032	Yvonne Davies	01:19:06	01:14:33	F35	431	TROTS	f	1368	5	12:00	Finished
1649	3033	Ella Edwards	01:19:06	01:15:15	F45	326		f	1369	4.95	12:07	Finished
758	3034	Sallyann Williams	01:19:08	01:17:08	F55	114		f	1370	4.83	12:25	Finished
2152	3035	Jan Lawrence	01:19:09	01:17:09	F55	115		f	1371	4.83	12:25	Finished
2147	3036	Martina Eddy	01:19:09	01:17:09	F55	116		f	1372	4.83	12:25	Finished
3622	3037	Claire Roberts	01:19:10	01:14:29	F35	432		f	1373	5.01	11:59	Finished
3621	3038	Emma Davies	01:19:11	01:14:32	F35	433		f	1374	5	12:00	Finished
2228	3039	Aled Westlake	01:19:14	01:16:12	MSEN	806		m	1665	4.89	12:16	Finished
261	3040	Carol Wilson	01:19:18	01:15:48	F45	327	261 FEARLESS CLUB UK	f	1375	4.92	12:12	Finished
480	3041	Paul Skinner	01:19:21	01:16:25	M40	431		m	1666	4.88	12:18	Finished
1807	3042	Vicky Kneath	01:19:22	01:14:48	F35	434		f	1376	4.98	12:02	Finished
3081	3043	Hannah Cooke	01:19:23	01:14:41	FSEN	438		f	1377	4.99	12:01	Finished
1806	3044	Mark Kneath	01:19:23	01:14:48	MSEN	807		m	1667	4.98	12:02	Finished
1888	3045	Christopher Mabe	01:19:23	01:15:26	MSEN	808		m	1668	4.94	12:08	Finished
2155	3046	Shuhani Shohid	01:19:24	01:16:11	FSEN	439		f	1378	4.89	12:16	Finished
1102	3047	Danielle Vella	01:19:29	01:14:39	FSEN	440	ADMIRAL	f	1379	4.99	12:01	Finished
1841	3048	Christina Sheehan	01:19:29	01:14:56	F35	435		f	1380	4.98	12:04	Finished
4320	3049	Sarah Jones	01:19:31	01:14:48	F45	328		f	1381	4.98	12:02	Finished
1772	3050	Edward Land	01:19:32	01:16:31	MSEN	809	ABERYSTWYTH AC	m	1669	4.87	12:19	Finished
1849	3051	Lina Verseckaitė	01:19:32	01:16:33	F35	436	ABERYSTWYTH AC	f	1382	4.87	12:19	Finished
2277	3052	Cameron Femandel	01:19:34	01:17:51	MJ	61		m	1670	4.79	12:32	Finished
1216	3053	Ashleigh Morris	01:19:34	01:17:57	FSEN	441	ADMIRAL	f	1383	4.78	12:33	Finished
2356	3054	Tracy Burder	01:19:38	01:14:59	F45	329		f	1384	4.97	12:04	Finished
1277	3055	Helen Edwards	01:19:40	01:15:42	F35	437		f	1385	4.93	12:11	Finished
1278	3056	Katherine Gilmour	01:19:40	01:15:43	F35	438		f	1386	4.92	12:11	Finished
2529	3057	Richard Colwill	01:19:43	01:16:57	M40	432		m	1671	4.84	12:23	Finished
329	3058	Nora Bion	01:19:46	01:16:04	F35	439		f	1387	4.9	12:15	Finished
2391	3059	David Hart	01:19:49	01:16:08	M40	433		m	1672	4.9	12:15	Finished
2527	3060	Anita Wallem	01:19:49	01:16:09	F35	440		f	1388	4.9	12:15	Finished
2407	3061	Sarah Davies	01:19:50	01:16:09	F35	441		f	1389	4.9	12:15	Finished
419	3062	Mohammed Zaki Ahmed	01:19:50	01:16:04	M40	434		m	1673	4.9	12:15	Finished
803	3063	Kate Henson	01:19:51	01:15:33	F45	330	PENCOED PANTHERS	f	1390	4.93	12:10	Finished
3261	3064	Janine Billen	01:19:52	01:16:31	FSEN	442		f	1391	4.87	12:19	Finished
3262	3065	Jessica Lennon	01:19:53	01:16:32	F35	442		f	1392	4.87	12:19	Finished
2411	3066	Katie Davies	01:19:54	01:16:14	FJ	63		f	1393	4.89	12:16	Finished
3392	3067	Katrina Wheadon	01:19:54	01:17:34	F35	443		f	1394	4.81	12:29	Finished
4021	3068	Ciaran Jackson	01:19:57	01:16:50	MSEN	810		m	1674	4.85	12:22	Finished
2408	3069	Suzie Burton	01:20:00	01:15:39	F35	444		f	1395	4.93	12:10	Finished
3471	3070	Danny Corder	01:20:04	01:15:23	M40	435		m	1675	4.95	12:08	Finished
2036	3071	Julie Taylor	01:20:06	01:15:34	F35	445		f	1396	4.93	12:10	Finished
2998	3072	Paige Farmer	01:20:12	01:15:46	FSEN	443		f	1397	4.92	12:12	Finished
465	3073	Sharon Hammond	01:20:12	01:17:33	FSEN	444		f	1398	4.81	12:29	Finished
1328	3074	Mathew Smith	01:20:13	01:19:35	MSEN	811		m	1676	4.68	12:48	Finished
640	3075	Alanna Woodford	01:20:13	01:16:34	FSEN	445		f	1399	4.87	12:19	Finished
2997	3076	Joshua Grey	01:20:13	01:15:46	MSEN	812		m	1677	4.92	12:12	Finished
904	3077	Sarah O'Rourke	01:20:15	01:16:09	F35	446		f	1400	4.9	12:15	Finished
903	3078	Jade Facey	01:20:15	01:16:09	FSEN	446		f	1401	4.9	12:15	Finished
2913	3079	Dennis Bird	01:20:16	01:17:56	M50	265	ROYAL WOOTON BASSETT HOUNDS RC	m	1678	4.78	12:33	Finished
1651	3080	Lawrence Lewis	01:20:18	01:16:02	MSEN	813		m	1679	4.9	12:14	Finished
2081	3081	Claire Richards	01:20:20	01:16:04	FSEN	447		f	1402	4.9	12:15	Finished
2528	3082	Jade Rees	01:20:30	01:17:45	FSEN	448		f	1403	4.8	12:31	Finished
3603	3083	Ceri Phelps	01:20:34	01:16:19	F35	447		f	1404	4.89	12:17	Finished
2840	3084	Weike Xia	01:20:34	01:16:00	FSEN	449		f	1405	4.91	12:14	Finished
3346	3085	Rhys Birks	01:20:36	01:16:21	M60	106		m	1680	4.88	12:17	Finished
1760	3086	Charlotte Evans	01:20:37	01:20:09	FSEN	450		f	1406	4.65	12:54	Finished
3258	3087	Carl Perera	01:20:39	01:16:35	M40	436	RUN4ALL RUNNING CLUB	m	1681	4.87	12:19	Finished
2463	3088	Jayne Hillier	01:20:40	01:16:36	F35	448		f	1407	4.87	12:20	Finished
1484	3089	Joshua Davies	01:20:51	01:16:06	MSEN	814		m	1682	4.9	12:15	Finished
1926	3090	Rachel Richards	01:20:52	01:18:37	F45	331		f	1408	4.74	12:39	Finished
3756	3091	Sarah Roberts	01:20:53	01:17:20	FSEN	451		f	1409	4.82	12:27	Finished
1912	3092	Marny Mainwaring	01:21:01	01:17:28	F45	332	PORTHCAWL RUNNERS	f	1410	4.81	12:28	Finished
2397	3093	Hywel James	01:21:01	01:16:46	M60	107		m	1683	4.86	12:21	Finished
2396	3094	Amy James	01:21:02	01:16:46	F35	449		f	1411	4.86	12:21	Finished
2266	3095	Elizabeth Owens	01:21:03	01:16:40	F35	450		f	1412	4.86	12:20	Finished
861	3096	Rebecca Gallant	01:21:04	01:16:52	FSEN	452		f	1413	4.85	12:22	Finished
1830	3097	Bethan John										

2806	3105	Beverley Moore	01:21:11	01:16:17	F45	335		f	1419	4.89	12:17	Finished
3818	3106	Sian Richards	01:21:11	01:16:43	F5EN	455		f	1420	4.86	12:21	Finished
1003	3107	Amanda James	01:21:12	01:16:58	F45	336	ADMIRAL	f	1421	4.84	12:23	Finished
1026	3108	Danielle Goodwin	01:21:12	01:16:57	F5EN	456	ADMIRAL	f	1422	4.84	12:23	Finished
315	3109	Lorraine Gates	01:21:17	01:18:18	F45	337		f	1423	4.76	12:36	Finished
1430	3110	Richard Phillips	01:21:17	01:19:44	M5EN	816		m	1687	4.68	12:50	Finished
3857	3111	Anna Parton	01:21:17	01:17:39	F55	117		f	1424	4.8	12:30	Finished
4365	3112	Judith Murdoch	01:21:21	01:17:31	F45	338		f	1425	4.81	12:29	Finished
2719	3113	Louise Amery	01:21:22	01:19:07	F45	339		f	1426	4.71	12:44	Finished
804	3114	Stephanie Davies	01:21:23	01:16:57	F35	452		f	1427	4.84	12:23	Finished
715	3115	Lizanne Bosman	01:21:23	01:16:27	F35	453		f	1428	4.88	12:18	Finished
1956	3116	Aimee Crumblie	01:21:25	01:17:12	F35	454		f	1429	4.83	12:25	Finished
1515	3117	Susan Preece	01:21:28	01:17:14	F55	118		f	1430	4.83	12:26	Finished
4364	3118	Rob Parsons	01:21:32	01:17:25	M5EN	817		m	1688	4.82	12:28	Finished
3197	3119	William Hooper	01:21:32	01:17:08	M60	108		m	1689	4.83	12:25	Finished
347	3120	Catherine Bain	01:21:39	01:17:21	F35	455	PENCOED PANTHERS	f	1431	4.82	12:27	Finished
2309	3121	Robert Moeller	01:21:40	01:17:45	M60	109		m	1690	4.8	12:31	Finished
1631	3122	Stacey Marlog	01:21:45	01:18:58	F5EN	457		f	1432	4.72	12:43	Finished
3137	3123	Jenna Martynski	01:21:46	01:16:53	F5EN	458		f	1433	4.85	12:22	Finished
847	3124	Rachel Bidder	01:21:47	01:18:01	F35	456		f	1434	4.78	12:33	Finished
2104	3125	Samantha Kinder	01:21:55	01:18:15	F45	340		f	1435	4.76	12:36	Finished
1469	3126	Sophie Morris	01:21:57	01:17:30	F5EN	459		f	1436	4.81	12:28	Finished
808	3127	Mario Moruzzi	01:22:00	01:18:37	M50	266	PAUL POPHAM RUNNING CLUB	m	1691	4.74	12:39	Finished
2789	3128	Sarah Stanley	01:22:00	01:17:56	F5EN	460		f	1437	4.78	12:33	Finished
2788	3129	Romeo Duric	01:22:01	01:17:55	M5EN	818		m	1692	4.78	12:32	Finished
2500	3130	Josephine Dingley	01:22:01	01:17:47	F5EN	461		f	1438	4.79	12:31	Finished
1543	3131	Lisa Coe	01:22:06	01:19:16	F45	341		f	1439	4.7	12:45	Finished
3754	3132	Phil Amos	01:22:06	01:19:16	M40	439		m	1693	4.7	12:45	Finished
1308	3133	Sarah Martin	01:22:07	01:17:41	F5EN	462		f	1440	4.8	12:30	Finished
3437	3134	Sarah Jaye Cude	01:22:07	01:17:41	F5EN	463		f	1441	4.8	12:30	Finished
2895	3135	Angela Marsh	01:22:07	01:18:33	F45	342	PORTHCAWL RUNNERS	f	1442	4.75	12:38	Finished
3311	3136	Robert Davies	01:22:08	01:17:44	M60	110	ROYAL WOOTON BASSETT HOUNDS RC	m	1694	4.8	12:31	Finished
4130	3137	Naomi Webborn	01:22:10	01:19:51	F35	457	PAUL POPHAM RUNNING CLUB	f	1443	4.67	12:51	Finished
680	3138	Frances Patel	01:22:11	01:18:17	F35	458		f	1444	4.76	12:36	Finished
4336	3139	Julie Anthony	01:22:13	01:18:20	F45	343		f	1445	4.76	12:36	Finished
3388	3140	Rosie Knewstubb	01:22:15	01:19:20	F45	344		f	1446	4.7	12:46	Finished
3810	3141	Eleri Williams	01:22:21	01:17:53	M5EN	819		m	1695	4.79	12:32	Finished
1265	3142	Nicola Harris	01:22:23	01:18:49	F5EN	464		f	1447	4.73	12:41	Finished
2220	3143	Alison Jones	01:22:25	01:18:25	F45	345		f	1448	4.75	12:37	Finished
3693	3144	Rhian Evans	01:22:25	01:18:07	F35	459		f	1449	4.77	12:34	Finished
717	3145	Cellan Davies	01:22:29	01:22:29	M5EN	820		m	1696	4.52	13:16	Finished
718	3146	Emily Carroll	01:22:29	01:18:52	FJ	64		f	1450	4.73	12:42	Finished
352	3147	Sian Brown	01:22:32	01:18:00	F55	119		f	1451	4.78	12:33	Finished
1130	3148	David Tong	01:22:36	01:18:12	M40	440	ADMIRAL	m	1697	4.77	12:35	Finished
3360	3149	Sian Thomas	01:22:39	01:20:36	F35	460		f	1452	4.63	12:58	Finished
1945	3150	Leanne Clements	01:22:41	01:18:54	F35	461		f	1453	4.73	12:42	Finished
3140	3151	Louise Ball	01:22:41	01:18:55	F35	462		f	1454	4.72	12:42	Finished
1736	3152	Sarah Bridgeman	01:22:42	01:19:09	F45	346		f	1455	4.71	12:44	Finished
1372	3153	Helen Morris-Sayce	01:22:50	01:18:22	F45	347		f	1456	4.76	12:37	Finished
954	3154	Joce Darch	01:22:52	01:20:07	F55	120		f	1457	4.65	12:54	Finished
1894	3155	Angharad Westlake	01:22:53	01:19:50	F5EN	465		f	1458	4.67	12:51	Finished
184	3156	Catherine Hill	01:22:55	01:19:10	F45	348		f	1459	4.71	12:44	Finished
2466	3157	Katie Price-Phillips	01:22:57	01:19:30	F35	463		f	1460	4.69	12:48	Finished
2467	3158	Samantha Mainwaring	01:22:57	01:19:30	F35	464		f	1461	4.69	12:48	Finished
3758	3159	Claire Tapper	01:22:58	01:21:33	F45	349		f	1462	4.57	13:07	Finished
2689	3160	Kerry Hughes	01:22:58	01:21:33	F35	465		f	1463	4.57	13:07	Finished
1012	3161	Richard Boobyer	01:23:01	01:19:31	M5EN	821	ADMIRAL	m	1698	4.69	12:48	Finished
1814	3162	Nicola Jones	01:23:04	01:18:22	F35	466		f	1464	4.76	12:37	Finished
1380	3163	David Evans	01:23:07	01:19:29	M40	441		m	1699	4.69	12:47	Finished
1381	3164	Lisa Heath	01:23:09	01:19:33	F45	350		f	1465	4.69	12:48	Finished
1446	3165	Charlotte Barry	01:23:14	01:19:53	F5EN	466		f	1466	4.67	12:51	Finished
2771	3166	Emma Lewis	01:23:17	01:21:07	F5EN	467		f	1467	4.6	13:03	Finished
1421	3167	Harriet Williams	01:23:17	01:21:07	F35	467		f	1468	4.6	13:03	Finished
127	3168	Andrea Lewis	01:23:17	01:18:52	F45	351		f	1469	4.73	12:42	Finished
3082	3169	Margaret Chaplin	01:23:19	01:18:38	F55	121		f	1470	4.74	12:39	Finished
2819	3170	Paul Kenealy	01:23:24	01:20:19	M50	267		m	1700	4.64	12:56	Finished
2286	3171	Ally Mcinroy	01:23:38	01:19:01	F55	122		f	1471	4.72	12:43	Finished
3917	3172	Colin Jones	01:23:44	01:19:33	M50	268		m	1701	4.69	12:48	Finished
3918	3173	Cathrine Thomas	01:23:45	01:19:33	F35	468		f	1472	4.69	12:48	Finished
570	3174	Anthony Gould	01:23:47	01:19:48	M50	269		m	1702	4.67	12:51	Finished
1073	3175	Katherine Leonard	01:23:48	01:21:49	F5EN	468	ADMIRAL	f	1473	4.56	13:10	Finished
2471	3176	Abigail Hewitt	01:23:56	01:20:37	F45	352	PAUL POPHAM RUNNING CLUB	f	1474	4.62	12:58	Finished
767	3177	John Morgan	01:23:59	01:20:21	M60	111		m	1703	4.64	12:56	Finished
1267	3178	David Hancock	01:24:01	01:20:27	M5EN	822		m	1704	4.63	12:57	Finished
3152	3179	Vanessa Thomas	01:24:01	01:20:55	F45	353		f	1475	4.61	13:01	Finished
3151	3180	Alex Young	01:24:01	01:20:55	FJ	65		f	1476	4.61	13:01	Finished
1817	3181	Karen Hughes	01:24:06	01:20:51	F35	469		f	1477	4.61	13:01	Finished
1378	3182	Jayne Hughes	01:24:12	01:21:06	F45	354		f	1478	4.6	13:03	Finished
4233	3183	Kirsty Elsey	01:24:13	01:22:03	F35	470		f	1479	4.54	13:12	Finished
4193	3184	Jonathan Watkins	01:24:19	01:20:48	M5EN	823		m	1705	4.61	13:00	Finished
4332	3185	Gaynor Kennedy	01:24:19	01:20:12	F55	123		f	1480	4.65	12:54	Finished
2579	3186	Catherine Walsh	01:24:22	01:20:10	F55	124		f	1481	4.65	12:54	Finished
2285	3187	Lee Davies	01:24:25	01:20:16	M5EN	824		m	1706	4.64	12:55	Finished
1437	3188	Sehrish Afzal	01:24:26	01:20:42	F5EN	469		f	1482	4.62	12:59	Finished
2284	3189	Elen Davies	01:24:26	01:20:17	F35	471		f	1483	4.64	12:55	Finished
1276	3190	Sharon Littlehales	01:24:31	01:21:01	F55	125		f	1484	4.6	13:02	Finished
3982	3191	Sarah Perry	01:24:32	01:20:59	F5EN	470		f	1485	4.6	13:02	Finished
3889	3192	Rebecca Perry	01:24:32	01:20:59	F35	472		f	1486	4.6	13:02	Finished
4218	3193	Caryl Thomas	01:24:32	01:20:43	F5EN	471		f	1487	4.62	12:59	Finished
2051	3194	Mark Pole	01:24:38	01:20:53	M40	442		m	1707	4.61	13:01	Finished
2015	3195	Louise Harris	01:24:39	01:20:53	F35	473		f	1488	4.61	13:01	Finished
2052	3196	Rhian Pole	01:24:39	01:20:53	F35	474		f	1489	4.61	13:01	Finished
1232	3197	Daryl Summerhaynes	01:24:41	01:21:25	M5EN	825	ADMIRAL	m	1708	4.58	13:06	Finished
4212	3198	Emyr Evans	01:24:45	01:21:23	M5EN	826	LLANELLI AC	m	1709	4.58	13:06	Finished
4004	3199	Rachel Foster	01:24:54	01:20:58	F35	475	RUN4ALL RUNNING CLUB	f	1490	4.6	13:02	Finished
2734	3200	Frances Gwillim	01:24:58	01:21:10	F5EN	472		f	1491	4.59	13:04	Finished
1971	3201	Michele Raitby	01:25:06	01:21:04	F55	126		f	1492	4.6	13:03	Finished
1126	3202	Sean Teden	01:25:06	01:20:56	M5EN	827	ADMIRAL	m	1710	4.61	13:01	Finished
1390	3203	Lamphan Jones	01:25:11	01:22:09	F45	355		f	1493	4.54	13:13	Finished
2326	3204	Rhian Dowling	01:25:14	01:20:44	F5EN	473		f	1494	4.62	13:00	Finished
832	3205	Mandy Dumagnee	01:25:14	01:21:40	F45	356	PORTHCAWL RUNNERS	f	1495	4.57	13:09	Finished
1434	3206	Rebecca Davies	01:25:15	01:20:49	F5EN	474		f	1496	4.61	13:00	Finished
4196	3207	Katy Simmons	01:25:16	01:20:55	F35	476		f	1497	4.61	13:01	Finished
1815	3208	Catherine Cursons	01:25:17	01:20:34	F35	477		f	1498	4.63	12:58	Finished
3395	3209	Ffion Smith	01:25:19	01:21:11	FJ	66	OGMORE PHOENIX RUNNERS	f	1499	4.59	13:04	Finished
1872	3210	Judith Gabb	01:25:21	01:21:43	F55	127		f	1500	4.56	13:09	Finished
1096	3211	Emma Bray	01:25:23	01:20:47	F5EN	475	ADMIRAL	f				

2606	3220	Gemma Thomas	01:25:40	01:21:54	F35	483	f	1509	4.55	13:11	Finished
343	3221	Kate Johnson	01:25:47	01:21:50	F35	484	f	1510	4.56	13:10	Finished
2499	3222	Julia Varney	01:25:48	01:22:27	F5EN	476	f	1511	4.52	13:16	Finished
2900	3223	Simon Evans	01:25:55	01:21:10	M50	271	m	1712	4.59	13:04	Finished
2760	3224	Gemma Evans	01:25:58	01:22:07	F35	485	f	1512	4.54	13:13	Finished
1868	3225	Pauline Collier	01:26:04	01:22:06	F45	359	f	1513	4.54	13:13	Finished
685	3226	Jenny Tomkins	01:26:04	01:22:12	F45	360	f	1514	4.54	13:14	Finished
1601	3227	Stephen Jenkins	01:26:04	01:21:37	M5EN	828	m	1713	4.57	13:08	Finished
1302	3228	Casey Jones	01:26:06	01:23:50	FJ	67	f	1515	4.45	13:30	Finished
1303	3229	Keri Louise Payne	01:26:06	01:23:51	F45	361	f	1516	4.45	13:30	Finished
1353	3230	Clare Cook	01:26:07	01:21:21	F35	486	f	1517	4.58	13:06	Finished
525	3231	Poppy Reynolds	01:26:08	01:21:33	F5EN	477	f	1518	4.57	13:07	Finished
2110	3232	Aimee Hammill	01:26:08	01:21:33	F5EN	478	f	1519	4.57	13:07	Finished
1247	3233	Sally Lingard	01:26:11	01:24:01	F35	487	f	1520	4.44	13:31	Finished
1248	3234	Sharon Hearne	01:26:11	01:24:02	F35	488	f	1521	4.44	13:31	Finished
2031	3235	Samantha Day	01:26:21	01:23:11	F5EN	479	f	1522	4.48	13:23	Finished
1961	3236	Nichola Thomas	01:26:21	01:23:12	F35	489	f	1523	4.48	13:23	Finished
2255	3237	Nick Hawkins	01:26:22	01:23:02	M5EN	829	m	1714	4.49	13:22	Finished
1374	3238	Sian Hope	01:26:28	01:21:51	F5EN	480	f	1524	4.55	13:10	Finished
1129	3239	Samantha Thompson	01:26:37	01:23:00	F5EN	481	f	1525	4.49	13:21	Finished
1074	3240	Emily Lewis	01:26:37	01:23:00	F5EN	482	f	1526	4.49	13:21	Finished
2207	3241	Helen Welch	01:26:40	01:22:23	F45	362	f	1527	4.53	13:15	Finished
2294	3242	Clair Stevenson	01:26:41	01:22:25	F35	490	f	1528	4.52	13:16	Finished
4440	3243	Carys Roderick	01:26:43	01:22:28	F5EN	483	f	1529	4.52	13:16	Finished
2735	3244	Katie Williams	01:26:52	01:23:04	F5EN	484	f	1530	4.49	13:22	Finished
3257	3245	Lesley Lewis	01:26:53	01:23:22	F45	363	f	1531	4.47	13:25	Finished
2702	3246	Joanne Hicks	01:26:53	01:22:45	F45	364	f	1532	4.51	13:19	Finished
538	3247	Lisa Fleming	01:27:11	01:23:13	F35	491	f	1533	4.48	13:24	Finished
1964	3248	Abi Jones	01:27:16	01:22:29	F5EN	485	f	1534	4.52	13:16	Finished
266	3249	Richard Thyer	01:27:19	01:22:43	M50	272	m	1715	4.51	13:19	Finished
411	3250	Sally Sims	01:27:22	01:23:22	F55	128	f	1535	4.47	13:25	Finished
410	3251	Pamela Jones	01:27:23	01:23:24	F45	365	f	1536	4.47	13:25	Finished
1541	3252	Karen Owen	01:27:28	01:22:42	F45	366	f	1537	4.51	13:19	Finished
1910	3253	Jan White	01:27:28	01:23:16	F55	129	f	1538	4.48	13:24	Finished
1824	3254	Ciara Mccready	01:27:28	01:22:56	F5EN	486	f	1539	4.5	13:21	Finished
1323	3255	Joanna Davies	01:27:40	01:23:37	F55	130	f	1540	4.46	13:27	Finished
1322	3256	Carys Rachel Jones	01:27:40	01:23:37	F5EN	487	f	1541	4.46	13:27	Finished
2987	3257	Tracy Holcroft	01:27:41	01:25:35	F35	492	f	1542	4.36	13:46	Finished
228	3258	Helen Lloyd Jones	01:27:42	01:25:12	F55	131	f	1543	4.38	13:43	Finished
245	3259	Melanie Jones	01:27:42	01:25:35	F45	367	f	1544	4.36	13:46	Finished
4408	3260	Lisa Evans	01:27:43	01:26:19	F45	368	f	1545	4.32	13:53	Finished
1879	3261	Victoria Jones	01:27:48	01:24:30	F5EN	488	f	1546	4.41	13:36	Finished
1880	3262	Angharad Griffin	01:27:48	01:24:30	F45	369	f	1547	4.41	13:36	Finished
1938	3263	Rachel Taylor	01:27:48	01:24:31	F35	493	f	1548	4.41	13:36	Finished
1242	3264	Susan Watt	01:27:50	01:24:01	F35	494	f	1549	4.44	13:31	Finished
1632	3265	Arlene Osman	01:27:52	01:25:04	F45	370	f	1550	4.38	13:41	Finished
2845	3266	Robert Evans	01:27:59	01:24:31	M5EN	830	m	1716	4.41	13:36	Finished
1200	3267	Samantha John	01:28:05	01:23:40	F5EN	489	f	1551	4.46	13:28	Finished
1199	3268	Jacob John	01:28:05	01:23:39	M5EN	831	m	1717	4.46	13:28	Finished
4237	3269	Alev Herring	01:28:13	01:23:10	F5EN	490	f	1552	4.48	13:23	Finished
4236	3270	Sally Herring	01:28:14	01:23:11	F45	371	f	1553	4.48	13:23	Finished
4213	3271	Heather Aitchison	01:28:20	01:23:34	F45	372	f	1554	4.46	13:27	Finished
4214	3272	James Brown	01:28:20	01:23:34	MJ	62	m	1718	4.46	13:27	Finished
2002	3273	Linos Gilmore Jones	01:28:21	01:23:49	F35	495	f	1555	4.45	13:29	Finished
1915	3274	Lynsey Parry	01:28:21	01:23:25	F5EN	491	f	1556	4.47	13:25	Finished
3309	3275	Lisa Folkes	01:28:21	01:23:49	F35	496	f	1557	4.45	13:29	Finished
834	3276	Pradeep Bose	01:28:21	01:25:22	M50	273	m	1719	4.37	13:44	Finished
3798	3277	Michelle Jones	01:28:23	01:24:54	F45	373	f	1558	4.39	13:40	Finished
3813	3278	Martin Oconnor	01:28:23	01:24:54	M50	274	m	1720	4.39	13:40	Finished
1914	3279	Kirsty-Leigh Van Staden	01:28:23	01:23:27	F5EN	492	f	1559	4.47	13:26	Finished
1917	3280	Andrew Groenewald	01:28:24	01:23:28	M40	443	m	1721	4.47	13:26	Finished
3874	3281	Edward Poynter	01:28:31	01:24:43	M5EN	832	m	1722	4.4	13:38	Finished
3010	3282	Sophia Edwards	01:28:31	01:24:43	F5EN	493	f	1560	4.4	13:38	Finished
1857	3283	Gary Jones	01:28:38	01:24:32	M50	275	m	1723	4.41	13:36	Finished
3205	3284	Amy Highfield	01:28:43	01:23:51	F5EN	494	f	1561	4.45	13:30	Finished
2950	3285	Karen Inker	01:28:43	01:23:56	F45	374	f	1562	4.44	13:30	Finished
1079	3286	Melanie Stewart	01:28:46	01:24:26	F45	375	f	1563	4.42	13:35	Finished
418	3287	Licha Mued	01:29:05	01:25:20	F45	376	f	1564	4.37	13:44	Finished
420	3288	Sameena Ahmed	01:29:05	01:25:20	F45	377	f	1565	4.37	13:44	Finished
2520	3289	Michael Debuse	01:29:09	01:25:08	M5EN	833	m	1724	4.38	13:42	Finished
2251	3290	Marion Lobo	01:29:10	01:25:09	F55	132	f	1566	4.38	13:42	Finished
821	3291	Gavin Jones	01:29:13	01:25:19	M5EN	834	m	1725	4.37	13:44	Finished
668	3292	Laura Price	01:29:14	01:25:20	F35	497	f	1567	4.37	13:44	Finished
250	3293	Odette Rees	01:29:26	01:27:07	F45	378	f	1568	4.28	14:01	Finished
1987	3294	Clare Martin	01:29:30	01:26:06	F5EN	495	f	1569	4.33	13:51	Finished
1920	3295	Gina Kinevane	01:29:30	01:26:05	F35	498	f	1570	4.33	13:51	Finished
3964	3296	Gareth Jones	01:29:30	01:24:55	M5EN	835	m	1726	4.39	13:40	Finished
2679	3297	Lucy Jones	01:29:31	01:24:55	F35	499	f	1571	4.39	13:40	Finished
1260	3298	Helen Mainwaring	01:29:32	01:26:22	F35	500	f	1572	4.32	13:54	Finished
1149	3299	Tony Wong	01:29:40	01:26:14	M40	444	m	1727	4.32	13:53	Finished
1148	3300	Helen Wong	01:29:41	01:26:15	F5EN	496	f	1573	4.32	13:53	Finished
4366	3301	Sarah Lewis	01:29:44	01:26:45	F5EN	497	f	1574	4.3	13:58	Finished
3210	3302	Sue Angell	01:29:52	01:25:54	F45	379	f	1575	4.34	13:49	Finished
1279	3303	Charlotte Wilks	01:30:14	01:27:31	F5EN	498	f	1576	4.26	14:05	Finished
3942	3304	Geraint Davies	01:30:16	01:26:14	M40	445	m	1728	4.32	13:53	Finished
331	3305	June Griffiths	01:30:16	01:27:24	F35	501	f	1577	4.27	14:04	Finished
3941	3306	Nia Morgan	01:30:17	01:26:16	F35	502	f	1578	4.32	13:53	Finished
3834	3307	Samual Dyke	01:30:19	01:25:42	M5EN	836	m	1729	4.35	13:48	Finished
3828	3308	Samual Robinson	01:30:20	01:25:42	M5EN	837	m	1730	4.35	13:48	Finished
3833	3309	Gareth Jenkins	01:30:20	01:25:40	M5EN	838	m	1731	4.35	13:47	Finished
3826	3310	Stephen Howells	01:30:20	01:25:43	M5EN	839	m	1732	4.35	13:48	Finished
3822	3311	Martin Davies	01:30:21	01:25:43	M5EN	840	m	1733	4.35	13:48	Finished
2332	3312	Helen Tipper	01:30:21	01:26:45	F35	503	f	1579	4.3	13:58	Finished
3829	3313	Christian Matthey	01:30:21	01:25:42	M5EN	841	m	1734	4.35	13:48	Finished
3827	3314	Samual Robinson	01:30:21	01:25:42	M5EN	842	m	1735	4.35	13:48	Finished
3836	3315	Kevin Richards	01:30:21	01:25:43	M50	276	m	1736	4.35	13:48	Finished
3823	3316	John Casey	01:30:22	01:25:42	M40	446	m	1737	4.35	13:48	Finished
3108	3317	Elizabeth Allen	01:31:11	01:26:42	F5EN	499	f	1580	4.3	13:57	Finished
1930	3318	Debbie Edwards	01:31:11	01:26:41	F45	380	f	1581	4.3	13:57	Finished
3658	3319	Runner 3658	01:31:11	01:26:42	M5EN	843	m	1738	4.3	13:57	Finished
2452	3320	John Greenfield	01:31:51	01:27:26	M60	112	m	1739	4.26	14:04	Finished
3165	3321	Alun Powell	01:32:09	01:27:31	M60	113	m	1740	4.26	14:05	Finished
1974	3322	Jo Stephens	01:32:24	01:28:41	F35	504	f	1582	4.2	14:16	Finished
1902	3323	Jennifer Owen	01:32:29	01:27:56	F5EN	500	f	1583	4.24	14:09	Finished
627	3324	April May Kitchener	01:32:44	01:28:10	F55	133	f	1584	4.23	14:11	Finished
713	3325	Caroline Phillips	01:32:50	01:29:48	F35	505	f	1585	4.15	14:27	Finished
229	3326	Amanda Aston	01:32:53	01:29:52	F35	506	f	1586	4.15	14:28	Finished
1224	3327	Rebecca Marytsch	01:33:02	01:28:42	F45	381	f	1587	4.2	14:16	Finished
1107	3328	Michael Carter	01:33:03	01:28:54	M40	447	m	1741	4.19	14:18	Finished
1520	3329	Valerie Miller	01:33:15	01:31:48	F55	134	f	1588	4.06	14:46	Finished
2542	3330	Sophie Williams	01:33:19	01:29:11	F5EN	501	f	1589	4.18	14:21	Finished
2546	3331	Sharon Davies	01:33:19	01:29:11	F45						

3062	3335	Emily Stagg	01:33:32	01:28:54	FSEN	504	f	1593	4.19	14:18	Finished
2001	3336	Linda Williams	01:33:32	01:28:55	F35	507	f	1594	4.19	14:19	Finished
238	3337	Paul Heskins	01:33:35	01:29:08	F35	508	f	1595	4.18	14:21	Finished
409	3338	Colin Duncan	01:34:20	01:30:20	M60	114	m	1743	4.13	14:32	Finished
557	3339	Donna Rees	01:34:42	01:31:14	F45	383	f	1596	4.09	14:41	Finished
4012	3340	Darren Forrester	01:34:43	01:30:09	M40	448	m	1744	4.14	14:30	Finished
3422	3341	Bernadette Jones	01:34:43	01:31:15	FSEN	505	f	1597	4.09	14:41	Finished
2660	3342	Kathleen Davies	01:34:58	01:31:07	F35	509	f	1598	4.09	14:40	Finished
2162	3343	Sabina Bush	01:35:00	01:31:10	F35	510	f	1599	4.09	14:40	Finished
2750	3344	Wendy Williams	01:35:01	01:30:33	F35	511	f	1600	4.12	14:34	Finished
2239	3345	Luke Lewis	01:35:06	01:33:16	MSEN	845	m	1745	4	15:01	Finished
3138	3346	Lauren Jones	01:35:08	01:30:16	FSEN	506	f	1601	4.13	14:32	Finished
3135	3347	Beck Samuel	01:35:08	01:30:16	FSEN	507	f	1602	4.13	14:32	Finished
2238	3348	Emma Leonard	01:35:16	01:33:26	F35	512	f	1603	3.99	15:02	Finished
2289	3349	Lloyd Bevan	01:35:20	01:30:23	MSEN	846	m	1746	4.12	14:33	Finished
139	3350	Steve Godrich	01:35:41	01:31:32	M40	449	m	1747	4.07	14:44	Finished
4345	3351	Julie Phillips	01:36:10	01:32:03	F35	513	f	1604	4.05	14:49	Finished
3974	3352	Charlotte Phillips	01:36:10	01:32:03	FSEN	508	f	1605	4.05	14:49	Finished
1455	3353	Syeda Sara Junaid	01:36:25	01:32:41	FSEN	509	f	1606	4.02	14:55	Finished
2614	3354	Ceri Phillips	01:36:25	01:31:51	F45	384	f	1607	4.06	14:47	Finished
2611	3355	Liz Fryer	01:36:25	01:31:51	F35	514	f	1608	4.06	14:47	Finished
4066	3356	Christine Williams	01:36:59	01:32:54	F55	135	f	1609	4.01	14:57	Finished
1735	3357	Jeanette Royston-Cornick	01:36:59	01:32:09	F55	136	f	1610	4.05	14:50	Finished
469	3358	Terry Hayes	01:36:59	01:32:14	M50	277	m	1748	4.04	14:51	Finished
467	3359	Janette Hayes	01:36:59	01:32:14	F45	385	f	1611	4.04	14:51	Finished
3870	3360	Wendy Newman	01:37:04	01:34:58	F35	515	f	1612	3.93	15:17	Finished
2506	3361	Lizzie France	01:37:33	01:33:10	FSEN	510	f	1613	4	15:00	Finished
3181	3362	Emma Clarke	01:37:33	01:33:11	FSEN	511	f	1614	4	15:00	Finished
313	3363	Marcella Evans	01:37:42	01:34:21	F35	516	f	1615	3.95	15:11	Finished
4447	3364	Tina Jenkins	01:38:03	01:33:51	FSEN	512	f	1616	3.97	15:06	Finished
3126	3365	Emma Williams	01:38:03	01:33:51	F35	517	f	1617	3.97	15:06	Finished
468	3366	Mark Everson	01:38:18	01:33:33	M50	278	m	1749	3.99	15:03	Finished
1472	3367	Alex Moody	01:38:28	01:33:44	MSEN	847	m	1750	3.98	15:05	Finished
1967	3368	Lynsey Bodley	01:38:31	01:35:16	FSEN	513	f	1618	3.91	15:20	Finished
784	3369	Abigail Hathway	01:38:32	01:33:58	FSEN	514	f	1619	3.97	15:07	Finished
902	3370	Lisa Mainwaring	01:39:10	01:34:53	F35	518	f	1620	3.93	15:16	Finished
1251	3371	Wendy Harris	01:39:10	01:34:53	F55	137	f	1621	3.93	15:16	Finished
884	3372	Elaine Reeves	01:39:11	01:34:54	F45	386	f	1622	3.93	15:16	Finished
138	3373	Leanne Bailey	01:39:38	01:37:20	FSEN	515	f	1623	3.83	15:40	Finished
3169	3374	Rhian Howlett	01:40:18	01:37:27	FSEN	516	f	1624	3.83	15:41	Finished
309	3375	Alex Jones	01:41:03	01:36:58	MSEN	848	m	1751	3.84	15:36	Finished
310	3376	Megan Nurton	01:41:04	01:37:00	FSEN	517	f	1625	3.84	15:37	Finished
4386	3377	Cheryl Ditton	01:41:50	01:38:50	F55	138	f	1626	3.77	15:54	Finished
1350	3378	Scott Pickin	01:42:50	01:38:52	MSEN	849	m	1752	3.77	15:55	Finished
3487	3379	Paula Stockley	01:43:07	01:39:34	F35	519	f	1627	3.74	16:01	Finished
698	3380	Donna Little	01:44:11	01:39:18	F35	520	f	1628	3.75	15:59	Finished
699	3381	Zoe Little	01:44:11	01:39:18	FSEN	518	f	1629	3.75	15:59	Finished
1535	3382	Leanne Osborne	01:44:16	01:40:04	FSEN	519	f	1630	3.73	16:06	Finished
1529	3383	Amy Phillips	01:44:18	01:40:05	FSEN	520	f	1631	3.73	16:06	Finished
728	3384	Kara Lewis	01:44:38	01:40:15	F35	521	f	1632	3.72	16:08	Finished
484	3385	Louise Mayne	01:44:57	01:43:06	F35	522	f	1633	3.62	16:36	Finished
2563	3386	Carly Chinhengo	01:46:46	01:44:40	F35	523	f	1634	3.56	16:51	Finished
1349	3387	Daniel Challis	01:47:37	01:43:40	MSEN	850	m	1753	3.6	16:41	Finished
2401	3388	Jennifer Burrows	01:48:34	01:43:59	F45	387	f	1635	3.59	16:44	Finished
2548	3389	Chloe Morgan	01:49:30	01:46:22	FSEN	521	f	1636	3.51	17:07	Finished
249	3390	Zoe Lloyd	01:49:50	01:45:38	FSEN	522	f	1637	3.53	17:00	Finished
4425	3391	Roger Thomas	01:52:17	01:47:33	M40	450	m	1754	3.47	17:19	Finished
2098	3392	Helen Mcgoldrick	01:52:19	01:47:35	F45	388	f	1638	3.47	17:19	Finished
2224	3393	Claire Thomas	01:59:06	01:54:17	F35	524	f	1639	3.26	18:24	Finished
2216	3394	Amanda Robinson	01:59:15	01:54:13	F45	389	f	1640	3.26	18:23	Finished
1504	3395	Geina Morgan	01:59:15	01:54:13	F35	525	f	1641	3.26	18:23	Finished
3920	3396	Sian Powpreek	01:59:16	01:54:14	F35	526	f	1642	3.26	18:23	Finished
1438	3397	Kayleigh Williams	01:59:29	01:55:00	FSEN	523	f	1643	3.24	18:30	Finished
1439	3398	Matilda Holmes	01:59:30	01:55:00	FJ	68	f	1644	3.24	18:30	Finished
2496	3399	Cheryl Elias	01:59:45	01:56:01	F35	527	f	1645	3.21	18:40	Finished