

RNLI Reindeer Run

Sunday 10 December 2006

10K : All Runners

| Place | Race # | Time | Forename | Surname | Gender | Age | Team |
|-----------|------------|-----------------|---------------|----------------|----------|-----------|------------------------|
| 1 | 868 | 00:35:03 | Daniel | Gurmin | M | 30 | Swansea Harriers |
| 2 | 873 | 00:35:10 | Paul | Richards | M | 41 | NEATH HARRIERS |
| 3 | 714 | 00:36:10 | Paul | Talbot | M | 39 | NEATH HARRIERS |
| 4 | 46 | 00:36:36 | Stephen | Thomas | M | 38 | Islwyn Running Club |
| 5 | 256 | 00:37:38 | Oliver | WILLIAMS | M | 20 | |
| 6 | 849 | 00:37:46 | Alan | Davies | M | 54 | |
| 7 | 27 | 00:37:49 | Wyn | Barrett | M | 39 | |
| 8 | 673 | 00:37:52 | Gareth | Battle | M | 32 | |
| 9 | 942 | 00:38:18 | James | OCallaghan | M | 30 | |
| 10 | 543 | 00:39:50 | Alun | Rhys | M | 24 | |
| 11 | 861 | 00:39:53 | Nick | Jenkins | M | 48 | Mumbles Milers |
| 12 | 271 | 00:40:08 | Tim | Pengilly | M | 28 | Les Croupiers |
| 13 | 769 | 00:40:18 | Brian | Hawkins | M | 39 | CARDIFF TRIATHLON |
| 14 | 872 | 00:40:24 | Rob | Falconer | M | 48 | |
| 15 | 755 | 00:40:33 | David | Crowley | M | 24 | CJHH Solicitors |
| 16 | 239 | 00:40:36 | Alan | Williams | M | 43 | Fairwater Runners |
| 17 | 139 | 00:40:40 | Jason | Statham | M | 38 | |
| 18 | 847 | | Philip | Miller | M | 19 | |
| 19 | 842 | 00:40:47 | Andy | Davies | M | 43 | Pontypridd Roadents |
| 20 | 667 | | Jamie | Gibbons | M | 22 | |
| 21 | 925 | 00:40:52 | Jamie | Bedford | M | 25 | |
| 22 | 367 | | Dominic | Pascoe | M | 32 | |
| 23 | 785 | 00:41:04 | JAMES | COXON | M | 31 | |
| 24 | 798 | 00:41:05 | ANGELA | TYRRELL | F | 28 | SAN DOMENICO RR |
| 25 | 654 | 00:41:14 | Andy | Pearce | M | 39 | |
| 26 | 419 | 00:41:33 | Lee | Morris | M | 25 | |
| 27 | 36 | 00:41:37 | Gair | Mcadie | M | 30 | Team Deviant |
| 28 | 947 | 00:41:44 | David | Munro | M | 34 | |
| 29 | 816 | | Keith | Powell | M | 54 | Cornelly Striders |
| 30 | 763 | 00:42:00 | Mark | Rees | M | 34 | |
| 31 | 691 | 00:42:04 | Shane | Wilde | M | 43 | Islwyn Running Club |
| 32 | 908 | | Liam | Sullivan | M | 44 | |
| 33 | 898 | | Lynsey | Christopher | | 38 | |
| 34 | 284 | 00:42:10 | Caroline | Rimmer | F | 23 | |
| 35 | 826 | | DAVID | PROUD | M | 39 | Les Croupiers |
| 36 | 792 | 00:42:17 | IVAN | TEED | M | 29 | |
| 37 | 900 | | Chris | Lewis | M | 25 | |
| 38 | 19 | 00:42:37 | David | Price | M | 29 | |
| 39 | 448 | | MICHAEL | ANTHONY | M | 49 | Lliswerry Runners |
| 40 | 641 | | NEIL | WILLIAMS | M | 45 | |
| 41 | 1036 | | Joanne | Thomas | F | 30 | |
| 42 | 686 | | ALUN WYN | EVANS | M | 41 | |
| 43 | 949 | 00:42:58 | James | Leary | M | 41 | |
| 44 | 829 | 00:43:02 | Daren | Morgan | M | 39 | |
| 45 | 364 | 00:43:08 | Stephen | Clarke | M | 47 | Swansea Harriers |
| 46 | 555 | | Gethin | Donoghue | M | 16 | |
| 47 | 457 | | JAMIE | SEEKINGS | M | 28 | PENARTH & DINAS RC |
| 48 | 99 | | Stephen | Powell | M | 43 | Port Talbot Harriers |
| 49 | 632 | 00:43:12 | Helen | Lodder | F | 35 | |
| 50 | 885 | | David | Lerway | M | 29 | |
| 51 | 916 | 00:43:17 | Ian | Liddiatt | M | 30 | |
| 52 | 30 | | Darren | Cheesman | M | 30 | |
| 53 | 943 | 00:43:26 | Andrew | Line | M | 29 | |
| 54 | 415 | 00:43:35 | Colin | Smith | M | 39 | |
| 55 | 809 | | Phillip | Geddes | M | 47 | |

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| 56 | 932 | | Chris | Cowen | M | 25 | |
| 57 | 374 | | Robert | King | M | 43 | |
| 58 | 721 | 00:43:43 | Jason | Morris | M | 36 | |
| 59 | 580 | 00:43:51 | Mark | Terry | M | 49 | |
| 60 | 92 | | Mark | Amos | M | 38 | |
| 61 | 699 | 00:43:55 | Paul | Sullivan | M | 42 | Pontypridd Roadents |
| 62 | 813 | 00:44:08 | Gareth | Evans | M | 27 | Village Vipers |
| 63 | 371 | 00:44:08 | Peter | Goddard | M | 46 | Dudley Kingswinford |
| 64 | 525 | 00:44:08 | Ian | Joslin | M | 31 | |
| 65 | 855 | 00:44:09 | Martyn | Richards | M | 28 | |
| 66 | 268 | 00:44:14 | Joseph | Taylor | M | 25 | |
| 67 | 612 | | Oliver | Grummell | M | 27 | Village Vipers |
| 68 | 672 | 00:44:23 | Susan | Tagg | F | 39 | Club 69 |
| 69 | 85 | 00:44:29 | Toby | Warren | M | 39 | |
| 70 | 735 | | Michael Anthony | Thomas | M | 42 | |
| 71 | 197 | 00:44:34 | SIMON | THOMAS | M | 33 | |
| 72 | 145 | 00:44:38 | Peter | Short | M | 54 | |
| 73 | 886 | | Stephen | Lerway | M | 26 | |
| 74 | 235 | 00:44:46 | LAURENCE | GRAY | M | 28 | |
| 75 | 34 | 00:44:50 | Gareth | Roberts | M | 32 | |
| 76 | 960 | | Sean | Treloar | M | 39 | |
| 77 | 428 | 00:44:59 | STEPHEN | JONES | M | 39 | Islwyn Running Club |
| 78 | 47 | 00:44:59 | Stephen | Cray | M | 48 | PENARTH & DINAS RC |
| 79 | 295 | 00:45:00 | Alex | WILLIAMS | M | 39 | |
| 80 | 269 | 00:45:01 | Matthew | Taylor | M | 23 | |
| 81 | 396 | | Marcus | Coles | M | 33 | Les Croupiers |
| 82 | 788 | | GARETH | REES | M | 35 | |
| 83 | 839 | 00:45:09 | Giancarlo | Bianchi | M | 30 | |
| 84 | 929 | 00:45:19 | Steve | Martin | M | 54 | |
| 85 | 738 | 00:45:24 | Nick | Bingham | M | 49 | South Wales Police AC |
| 86 | 253 | 01:45:25 | Wayne | Hopkins | M | 44 | |
| 87 | 774 | 00:45:26 | MARK | PERRY | M | 36 | |
| 88 | 866 | | Geraint | Evans | M | 40 | |
| 89 | 744 | | Ian | Warburton | M | 42 | |
| 90 | 888 | 00:45:30 | Simon | Warren | M | 43 | |
| 91 | 764 | | Mark | Suret | M | 29 | |
| 92 | 483 | | Roy | Board | M | 39 | |
| 93 | 583 | 00:45:36 | Tim | Jones | M | 29 | MDC |
| 94 | 480 | | Steve | Davies | M | 40 | Port Talbot Harriers |
| 95 | 558 | | Adrian | Gardner | M | 34 | |
| 96 | 319 | | DAVID | CURZON | M | 49 | Village Vipers |
| 97 | 68 | | Stephen | Tranah | M | 36 | |
| 98 | 162 | 00:45:40 | Debbie | Cooke | F | 41 | Bridgend AC |
| 99 | 643 | 00:45:42 | MICHAEL | WOODS | M | 39 | |
| 100 | 734 | 00:45:44 | Angharad | Mason | F | 27 | |
| 101 | 429 | 00:45:52 | MANDY | JONES | F | 30 | Islwyn Running Club |
| 102 | 440 | 00:46:02 | DAVID | PROFFITT | M | 53 | NEWPORT HARRIERS |
| 103 | 903 | | Colin | Bradley | M | 50 | Welsh Master |
| 104 | 278 | | TOM | Pearson | M | 33 | |
| 105 | 700 | 00:46:08 | Dominic | Ryland | M | 38 | CARDIFF TRIATHLON |
| 106 | 129 | | Julian | Williams | M | 33 | |
| 107 | 693 | | Josh | Harry | M | 42 | |
| 108 | 865 | 00:46:11 | Jim | Hewitt | M | 45 | |
| 109 | 876 | | Michael | John | M | 23 | |
| 110 | 883 | 00:46:20 | Kevin | Smith | M | 50 | |
| 111 | 737 | | Leon | Murnieks | M | 31 | |
| 112 | 48 | | Martin | Barrett | M | 40 | |
| 113 | 905 | 00:46:28 | Simon | Hurford | M | 45 | |
| 114 | 941 | | Rob | Owens | M | 29 | |
| 115 | 378 | 00:46:34 | Andrew | Gott | M | 26 | |
| 116 | 930 | | Darren | Morris | M | 31 | |
| 117 | 562 | 00:46:42 | Stephen | Chambers | M | 45 | |
| 118 | 797 | | MARK | EAKINS | M | 35 | |
| 119 | 924 | 00:46:48 | Ray | James | M | 45 | |
| 120 | 917 | | Barry | Morgan | M | 29 | |

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| 121 | 768 | 00:46:57 | Adrian | Corbett | M | 47 | |
| 122 | 266 | | Andy | Barnes | M | 48 | |
| 123 | 878 | 00:47:04 | Nick | Darroch | M | 48 | BRACKLA HARRIERS |
| 124 | 354 | 00:47:07 | Sian | Phillips | F | 45 | |
| 125 | 895 | 00:47:11 | Andy | Little | M | 44 | |
| 126 | 511 | 00:47:19 | TIM | KAYE | M | 33 | |
| 127 | 853 | | Jeff | Davies | M | 30 | |
| 128 | 781 | 00:47:23 | TIM | DAVIES | M | 45 | |
| 129 | 582 | 00:47:28 | Robert | Rees | M | 35 | |
| 130 | 758 | | Thomas | Howe | M | 21 | CJHH Solicitors |
| 131 | 458 | 00:47:35 | SALLY | ORR | F | 23 | CARDIFF TRIATHLON |
| 132 | 844 | | Gavin | Roberts | M | 42 | Swansea Harriers |
| 133 | 854 | 00:47:40 | Robert | Evans | M | 25 | Cardiff Tri Club |
| 134 | 506 | 00:47:41 | GAWAIN | BARNARD | M | 30 | |
| 135 | 106 | 00:47:43 | Justin | Phillips | M | 33 | |
| 136 | 348 | 00:47:44 | Chris | Johns | M | 44 | |
| 137 | 524 | 00:47:46 | Will | Edwards | M | 34 | |
| 138 | 485 | | Martin | Groves | M | 34 | |
| 139 | 554 | | Paula | Donoghue | M | 47 | |
| 140 | 306 | 00:47:51 | NIGEL | LEGGE | M | 58 | Fairwater Runners |
| 141 | 679 | | CENNYDD | AMOS | M | 33 | |
| 142 | 661 | | Ceri | White | F | 39 | |
| 143 | 860 | 00:47:55 | Kevin | Walker-Curran | M | 40 | |
| 144 | 869 | | Paul | Arnold | M | 38 | Gorseinon Road Runners |
| 145 | 708 | 00:48:00 | Richard | Howe | M | 37 | |
| 146 | 95 | | Christopher | Parker | M | 41 | Swansea Harriers |
| 147 | 358 | | Edward | Fish | M | 49 | |
| 148 | 586 | | Peter | Bowen | M | 42 | |
| 149 | 64 | | Brendan | Healy | M | 34 | |
| 150 | 149 | | Mike | Spencer | M | 54 | |
| 151 | 431 | | STEVE | PRESS | M | 37 | TEAM WECORRI |
| 152 | 704 | 00:48:12 | David | Perrett | M | 47 | |
| 153 | 531 | | Gavin | Earnshaw | M | 35 | |
| 154 | 674 | | Jacky | Austin | F | 54 | Club 69 |
| 155 | 951 | 00:48:18 | Glyn | Williams | M | 60 | Gorseinon Road Runners |
| 156 | 955 | | Martin | Hilton | M | 41 | |
| 157 | 468 | 00:48:25 | ALED | ROBERTS | M | 34 | |
| 158 | 380 | 00:48:31 | Emma | Dupain | F | 20 | Exmouth Harriers |
| 159 | 926 | 00:48:35 | James | Kemp | M | 24 | |
| 160 | 353 | 00:48:36 | Andrew | Rothwell | M | 48 | |
| 161 | 823 | 00:48:39 | LIZ | ASHTON | F | 25 | |
| 162 | 569 | | Doug | Webb | M | 49 | Village Vipers |
| 163 | 933 | 00:48:44 | Paul | Davis | M | 42 | |
| 164 | 824 | 00:48:45 | RICHARD | SEWELL | M | 49 | |
| 165 | 578 | 00:48:46 | Peter | Welbirg | M | 54 | Griffithstown Harriers |
| 166 | 549 | 00:48:47 | Simon | Pinner | M | 49 | Wecori |
| 167 | 10 | | Howard | Attwood | M | 56 | Lliswerry Runners |
| 168 | 589 | | ... | Lloyd | M | 29 | |
| 169 | 663 | | Ray | Donovan | M | 57 | |
| 170 | 507 | 00:48:54 | SIAN | EVANS | F | 34 | |
| 171 | 498 | 00:48:59 | Michael | Williams | M | 34 | |
| 172 | 879 | | Geraint | Jones | M | 26 | |
| 173 | 915 | | Andrew | Burns | M | 27 | |
| 174 | 108 | | Carol | Moseley | F | 30 | Port Talbot Harriers |
| 175 | 881 | 00:49:05 | Jon | Henderson | M | 32 | |
| 176 | 447 | 00:49:06 | Gary James | Thomas | M | 39 | |
| 177 | 494 | 00:49:08 | Joe | Troughton | M | 15 | |
| 178 | 677 | 00:49:15 | Michael | Owen | M | 37 | |
| 179 | 731 | | Jason | Smith | M | 36 | |
| 180 | 862 | | John | Harries | M | 53 | |
| 181 | 901 | | Alex | Lewis | M | 27 | |
| 182 | 892 | | Meirion | Williams | M | 47 | |
| 183 | 73 | 00:49:24 | Andrew | Freedman | M | 50 | |
| 184 | 437 | | RACHEL | MORGAN | F | 32 | CARDIFF AAC |
| 185 | 39 | 00:49:30 | Hywel | Tomos | M | 39 | |

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| 186 | 907 | 00:49:31 | Paul | Mackenzie-Cummins | M | 34 | Les Croupiers |
| 187 | 887 | 00:49:33 | Rob | Leering | M | 50 | PENARTH & DINAS RC |
| 188 | 889 | 00:49:34 | Alan | Jenkins | M | 45 | |
| 189 | 74 | 00:49:36 | Gwion | Llwyd | M | 30 | |
| 190 | 218 | | PHILIPPA | WILLIAMS | F | 34 | |
| 191 | 250 | | Robert | Jones | M | 39 | |
| 192 | 24 | | David | Barrett | M | 45 | |
| 193 | 726 | | Geoff | Jones | M | 32 | |
| 194 | 922 | 00:49:41 | Andrew | Thomas | M | 39 | |
| 195 | 420 | | Rhodri | Morris | M | 35 | |
| 196 | 871 | 00:49:47 | Andrew | Sedgmond | M | 52 | Les Croupiers |
| 197 | 718 | | Martin | Walker | M | 46 | Islwyn Running Club |
| 198 | 446 | | STEVE | PEMBERTON | M | 25 | |
| 199 | 102 | 00:49:52 | David | Walker | M | 52 | |
| 200 | 825 | | RICHARD | DODD | M | 35 | |
| 201 | 811 | | Philip | Davidson | M | 43 | |
| 202 | 91 | | Chris | Moles | M | 36 | Village Vipers |
| 203 | 690 | | Stuart | Keeping | M | 44 | |
| 204 | 199 | | HELEN | JONES | F | 37 | |
| 205 | 356 | 00:49:56 | Mark | Beattie | M | 35 | |
| 206 | 202 | | JOHNNY | LAM | M | 34 | |
| 207 | 339 | 00:50:00 | Gavin | Phillips | M | 17 | |
| 208 | 12 | 00:50:05 | Michael | Williams | M | 50 | |
| 209 | 127 | | Terryl | Morgan | F | 46 | |
| 210 | 919 | 00:50:17 | Paul | Read | M | 29 | |
| 211 | 751 | 00:50:18 | Nick | Jones | M | 35 | |
| 212 | 918 | 00:50:19 | Katherine | Wilson | F | 39 | |
| 213 | 228 | 00:50:20 | KEITH | JENKINS | M | 30 | |
| 214 | 267 | 00:50:21 | Sarah | Swaysland | F | 35 | |
| 215 | 471 | | RICHARD | DAVIES | M | 43 | |
| 216 | 893 | | Arfon | Rees | M | 29 | |
| 217 | 560 | 00:50:30 | Chris | Lindley | M | 38 | |
| 218 | 166 | 00:50:32 | NEIL | COLEMAN | M | 41 | |
| 219 | 599 | 00:50:41 | Alun | Blackmore | M | 36 | |
| 220 | 234 | | TOM | DENMAN | M | 31 | |
| 221 | 131 | 00:50:51 | Robert | Woollacott | M | 33 | |
| 222 | 11 | 00:50:52 | Jane | Lavelle | F | 52 | Lliswerry Runners |
| 223 | 522 | 00:50:53 | Mike | Robertson | M | 42 | |
| 224 | 882 | 00:50:55 | Ifty | Khan | | 35 | |
| 225 | 377 | | David | Parfitt | M | 37 | |
| 226 | 953 | 00:51:01 | Steve | Howe | M | 39 | |
| 227 | 894 | 00:51:01 | Bob | Gardiner | M | 46 | |
| 228 | 201 | 00:51:02 | KATE | PHILLIPS | F | 40 | |
| 229 | 433 | 00:51:02 | MIKE | GRIFFITHS | M | 35 | TEAM DEVIANT |
| 230 | 594 | 00:51:04 | ANDREW | ORAM | M | 37 | |
| 231 | 510 | 00:51:05 | A | WILLIAMS | F | 34 | |
| 232 | 467 | | IAN | MERRICK | M | 29 | |
| 233 | 317 | | TIMOTHY | O'LEARY | M | 42 | |
| 234 | 294 | | JAMES | THOMAS | M | 43 | BRACKLA HARRIERS |
| 235 | 660 | | Hugh | Daniels | M | 35 | |
| 236 | 619 | | Ian David | Roberts | M | 48 | Taunton AC |
| 237 | 98 | 00:51:11 | Andy | Rees | M | 49 | |
| 238 | 938 | 00:51:11 | Katies | Bheard | F | 25 | |
| 239 | 137 | 00:51:12 | Vaughn | Davies | M | 43 | |
| 240 | 375 | 00:51:13 | James | Webb | M | 34 | |
| 241 | 756 | 00:51:15 | David | Hussell | M | 31 | CJHH Solicitors |
| 242 | 238 | | Lee | Hickman | M | 35 | |
| 243 | 565 | | Jennifer | Kerr | F | 25 | |
| 244 | 52 | 00:51:22 | Tony | Gibson | M | 34 | |
| 245 | 508 | | JOHN | MARTIN | M | 49 | |
| 246 | 82 | | Keith | Starr | M | 58 | |
| 247 | 221 | | RYAN | ORTON | M | 31 | |
| 248 | 859 | | Sian | Evans | F | 37 | |
| 249 | 899 | 00:51:28 | Eddie | Bessant | M | 42 | |
| 250 | 666 | | Nick | Holt | M | 35 | Chepstow Harriers |

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|-----|-----|----------|-----------|---------------|---|----|------------------------|
| 251 | 386 | | ROBERT | Lewis | M | 41 | |
| 252 | 870 | | Jane | Arnold | F | 35 | Gorseinon Road Runners |
| 253 | 445 | | AMANDA | JOHN | F | 43 | AMMAN VALLEY HARRIERS |
| 254 | 159 | 00:51:33 | Elaine | Ferguson | F | 25 | CARDIFF TRIATHLON |
| 255 | 101 | | Leighton | Roach | M | 40 | |
| 256 | 931 | | Chris | Prewett | | 32 | Village Vipers |
| 257 | 906 | 00:51:46 | Richard | Crook | M | 30 | |
| 258 | 379 | 00:51:51 | Emyr | Thomas | M | 38 | |
| 259 | 492 | | Mark | Weston | M | 27 | |
| 260 | 466 | | TIM | HUNT | M | 46 | |
| 261 | 551 | 00:51:57 | Piers | Morgan-Harvey | M | 26 | Mumbles Milers |
| 262 | 765 | | Geoffrey | Bayliss | M | 60 | Chepstow Harriers |
| 263 | 850 | | Andrew | Hellier | M | 42 | |
| 264 | 121 | | Theresa | Taylor | F | 43 | Womens Running Network |
| 265 | 111 | 00:52:02 | Ross | Lewis | M | 26 | |
| 266 | 682 | | PAUL | BIGMORE | M | 51 | BRACKLA HARRIERS |
| 267 | 307 | | SALLY | RICHARDS | F | 34 | |
| 268 | 786 | 00:52:08 | VICKY | SHELTON | F | 35 | |
| 269 | 132 | | Ty | Ward | M | 39 | |
| 270 | 469 | | BETHAN | WALL | F | 40 | |
| 271 | 470 | 00:52:13 | CHRISTINE | DAVIES | F | 41 | |
| 272 | 349 | | Chris | Mellon | M | 43 | |
| 273 | 285 | | Natalie | Parsons | F | 32 | |
| 274 | 263 | 00:52:19 | Tony | Clements | M | 56 | |
| 275 | 761 | | Deborah | Hope | F | 41 | |
| 276 | 462 | | KERRY | ROGERS | M | 41 | |
| 277 | 35 | 00:52:23 | Jenny | Clark | F | 30 | Team Deviant |
| 278 | 338 | 00:52:28 | Alec | Phillips | M | 42 | |
| 279 | 711 | 00:52:28 | Leanne | Howells | F | 30 | |
| 280 | 273 | 00:52:29 | Alice | Hurd | F | 29 | Les Croupiers |
| 281 | 272 | 00:52:29 | IAN | Hurd | M | 44 | |
| 282 | 928 | 00:52:30 | Richard | Cagog... | M | 39 | |
| 283 | 370 | 00:52:31 | Larry | Burford | M | 44 | PEGASUS RUNNING CLUB |
| 284 | 936 | | Clare | Lloyd | F | 30 | |
| 285 | 742 | | Raymond | Boyce | M | 45 | Cornelly Striders |
| 286 | 804 | 00:52:36 | Kevin | O'Leary | M | 47 | |
| 287 | 598 | | Lee | While | M | 29 | |
| 288 | 680 | | STEPHEN | JOHNSON | M | 48 | |
| 289 | 647 | | TIM | JONES | M | 36 | |
| 290 | 204 | 00:52:47 | MICHAEL | DAVIES | M | 47 | |
| 291 | 200 | | BRIAN | COTTON | M | 30 | |
| 292 | 720 | | Vanessa | Turnbull | F | 40 | Womens Running Network |
| 293 | 538 | 00:52:56 | Justin | Knox | M | 27 | |
| 294 | 245 | | Andrew | Ezard | M | 42 | |
| 295 | 745 | 00:53:12 | Beverley | Warburton | F | 44 | |
| 296 | 152 | | Beverley | Meek-Welsh | F | 47 | |
| 297 | 334 | | Benjamin | Bowen | M | 22 | |
| 298 | 13 | 00:53:25 | Liz | Steed | F | 46 | |
| 299 | 283 | 00:53:30 | Anthony | Simononi | M | 25 | |
| 300 | 87 | 00:53:32 | Neil | Lewis | M | 47 | Mumbles Milers |
| 301 | 478 | | RICHARD | SAUNDERS | M | 28 | |
| 302 | 335 | | Sunniva | Bowen | F | 25 | |
| 303 | 44 | 00:53:44 | Nigel | Morse | M | 38 | |
| 304 | 180 | 00:53:44 | EMMA | THOMAS | F | 26 | |
| 305 | 373 | 00:53:45 | Emma | Jones | F | 30 | Les Croupiers |
| 306 | 766 | 00:53:47 | Jane | Bayliss | F | 54 | Chepstow Harriers |
| 307 | 388 | | Colin | Gale | M | 47 | |
| 308 | 920 | | Richard | Pennell | M | 37 | |
| 309 | 593 | 00:53:53 | MELANIE | COLBURN | F | 41 | |
| 310 | 784 | | MARK | CLELAND | M | 36 | |
| 311 | 430 | | NINA | BROCKLEBANK | F | 35 | Womens Running Network |
| 312 | 213 | | KATE | CROALL | F | 36 | |
| 313 | 944 | | Paul | Rundle | M | 45 | |
| 314 | 242 | 00:53:58 | Elliot | Swallow | M | 15 | |
| 315 | 49 | | Stephen | Hunt | M | 59 | |

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| 316 | 330 | | Ronald | Williams | M | 46 | |
| 317 | 387 | | Gomer | Williams | M | 38 | Village Vipers |
| 318 | 326 | | Jason | Evans | M | 32 | |
| 319 | 820 | | Dan | Palmer | M | 29 | Cornelly Striders |
| 320 | 291 | | IAN | James | M | 27 | |
| 321 | 678 | 00:54:06 | Mark | Davies | M | 39 | |
| 322 | 29 | | Mark | Aston | M | 47 | |
| 323 | 495 | | David | Rowlands | M | 41 | |
| 324 | 648 | | GARETH | HART | M | 36 | |
| 325 | 604 | 00:54:23 | Fran | Machin | F | 31 | Les Croupiers |
| 326 | 384 | 00:54:31 | Simon | Davies | M | 37 | |
| 327 | 613 | | Jeffrey | Mogford | M | 47 | |
| 328 | 807 | | Barry | James | M | 56 | |
| 329 | 616 | | Andrea | Davies | F | 31 | |
| 330 | 244 | | Diane | Ezard | F | 30 | |
| 331 | 67 | 00:54:39 | Kristina | Williams | F | 33 | Team Deviant |
| 332 | 290 | | Andrew | Rycroft | M | 24 | |
| 333 | 767 | | Richard | Hogg | M | 35 | |
| 334 | 875 | | Ben | Joshua | M | 26 | |
| 335 | 874 | 00:54:55 | Keith | Joshua | M | 53 | |
| 336 | 703 | 00:55:01 | Jeremy | Hall | M | 37 | CARDIFF TRIATHLON |
| 337 | 194 | | SUSAN | HARRIS | F | 37 | TEAM DEVIANT |
| 338 | 897 | | John Paul | Griffiths | M | 34 | |
| 339 | 819 | | Robert | Scott | M | 27 | Cornelly Striders |
| 340 | 796 | | LOUISE | EAKINS | F | 36 | 3M GORSEINON ROAD RUNNERS |
| 341 | 69 | 00:55:05 | Lynn | Bulbeck | F | 39 | |
| 342 | 123 | 00:55:13 | Stephen | Palmer | M | 40 | |
| 343 | 958 | | Not Known | | | | |
| 344 | 155 | | Hazel | Gambling | F | 32 | |
| 345 | 791 | | SIAN | GRIFFITH | F | 32 | |
| 346 | 902 | | Matthew | Jones | M | 31 | |
| 347 | 77 | | Janice | Harvey | F | 50 | |
| 348 | 568 | | Andrew | Lane | M | 48 | |
| 349 | 890 | | Andrew | Pickett | M | 30 | |
| 350 | 705 | | Malcolm | Jones | M | 54 | BRACKLA HARRIERS |
| 351 | 628 | | Owain | Evans | M | 33 | |
| 352 | 858 | | Andrew | Woodhouse | M | 36 | |
| 353 | 573 | | Becky | Wickett | F | 30 | |
| 354 | 783 | | MICHAEL | BECK | M | 18 | |
| 355 | 782 | | ANDREW | REYNOLDS | M | 24 | NEATH HARRIERS |
| 356 | 473 | | JAMES | DAVIES | M | 38 | 3M GORSEINON ROAD RUNNERS |
| 357 | 722 | | Ian | Wicks | M | 42 | |
| 358 | 490 | 00:55:49 | Robert | Mainwaring | M | 34 | |
| 359 | 719 | 00:55:53 | Graham | Irving | M | 44 | |
| 360 | 350 | 00:55:53 | Nicola | Murphy | F | 38 | |
| 361 | 25 | 00:55:54 | Nigel | Gunn | M | 44 | |
| 362 | 757 | 00:55:54 | Richard | Howe | M | 51 | CJHH Solicitors |
| 363 | 179 | 00:55:55 | STELLA | RUDD | F | 30 | |
| 364 | 852 | 00:55:55 | Gareth | Jenkins | M | 41 | Chepstow Harriers |
| 365 | 128 | 00:55:56 | Lee | Kwok | M | 32 | Glamorgan Health and Racquet Club |
| 366 | 950 | | Rhys | Ryland | M | 47 | Beddow |
| 367 | 957 | 00:56:04 | Jenny | Mackay | F | 26 | |
| 368 | 548 | | Andrea | Hamer | F | 44 | |
| 369 | 126 | 00:56:10 | Darrell | Morgan | M | 40 | |
| 370 | 618 | 00:56:11 | John | Wilkins | M | 47 | |
| 371 | 255 | 00:56:14 | Joseph | Sanford-Pooley | M | 20 | |
| 372 | 304 | | MARTIN | FAWCETT | M | 35 | |
| 373 | 303 | | OWEN | DAVIES | M | 32 | |
| 374 | 220 | 00:56:24 | IAN | JONES | M | 34 | |
| 375 | 18 | 00:56:28 | Sarah | Morris | F | 39 | |
| 376 | 741 | | Bretty | Regulski | M | 47 | Chepstow Harriers |
| 377 | 550 | | Ruth | Smith | F | 48 | |
| 378 | 247 | | Patriad | Jones | F | 52 | |
| 379 | 416 | 00:56:33 | Tony | Hall | M | 58 | |
| 380 | 692 | | Phillip | Doel | M | 46 | |

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| 381 | 587 | 00:56:39 | Rory | Chapman | M | 26 | |
| 382 | 802 | | Jonathan | Evans | M | 37 | |
| 383 | 602 | | Daniel | Davies | M | 26 | |
| 384 | 376 | 00:56:44 | Joanne | Rogers | F | 29 | |
| 385 | 414 | | Mel | Owen | F | 29 | |
| 386 | 211 | | EMMA | RICHARDS | F | 26 | |
| 387 | 493 | | Marina | Crockford | F | 48 | |
| 388 | 311 | 00:56:54 | DAWN | FRENCH | F | 47 | 3M GORSEINON ROAD RUNNERS |
| 389 | 122 | | Michael | O'Shea | M | 63 | |
| 390 | 391 | | Jenny | Sleath | F | 37 | |
| 391 | 360 | 00:57:00 | Jay | Ramsurrun | M | 55 | |
| 392 | 523 | 00:57:07 | P | Blake | M | 30 | |
| 393 | 372 | | Catherine | Key | F | 26 | |
| 394 | 779 | | CHERRY | PHYERS | F | 20 | |
| 395 | 780 | | ROSIE | MORGAN | F | 19 | |
| 396 | 904 | | Andrew | Wonklyn | M | 43 | |
| 397 | 117 | 00:57:14 | Sue | Browne | F | 46 | Chepstow Harriers |
| 398 | 527 | | Grant | Duncan | M | 48 | |
| 399 | 240 | 00:57:19 | Wendy | Owen | F | 35 | |
| 400 | 280 | | Bethan Wyn | Hughes | F | 30 | |
| 401 | 383 | 00:57:28 | Mark | Rees | M | 45 | |
| 402 | 216 | | SARAH | STEVENS | F | 28 | |
| 403 | 909 | 00:57:42 | Kerry | Francis | F | 44 | Les Croupiers |
| 404 | 585 | | John | Higgon | M | 59 | |
| 405 | 392 | 00:57:51 | Darryl | Sleath | M | 37 | |
| 406 | 536 | | Stephen | Rohman | M | 44 | |
| 407 | 537 | | Stuart | Fraser | M | 36 | Village Vipers |
| 408 | 104 | 00:57:56 | Eleri | Price | F | 29 | |
| 409 | 509 | | SALLY | MARTIN | F | 19 | |
| 410 | 400 | | Wendy | Lawrence | F | 52 | Forest of Dean Athletics |
| 411 | 574 | 00:58:01 | Neil | Jepps | M | 44 | |
| 412 | 553 | 00:58:07 | Captain | Beany | M | 52 | |
| 413 | 427 | | FINOLA | WILSON | F | 39 | Womens Running Network |
| 414 | 913 | | Andrew | Jones | M | 40 | |
| 415 | 642 | | CERI | PARKER | M | 18 | |
| 416 | 76 | | Philip | Jones | M | 40 | |
| 417 | 472 | | DAVID | MCDONALD | M | 38 | |
| 418 | 609 | | Nigel | Jones | M | 52 | |
| 419 | 830 | 00:58:18 | Paul | Daly | M | 33 | |
| 420 | 846 | | John | Payne | M | 30 | |
| 421 | 219 | | AL | MARNER | M | 35 | |
| 422 | 399 | 00:58:28 | Keith | Harris | M | 44 | Mumbles Milers |
| 423 | 912 | 00:58:38 | James | Johnson | M | 30 | |
| 424 | 45 | 00:58:38 | Jonathan | Simpson | M | 15 | |
| 425 | 75 | 00:58:39 | Jane | Allely | F | 40 | |
| 426 | 733 | 00:58:39 | Rhian | Davies | F | 31 | |
| 427 | 732 | 00:58:39 | Jane | Griffiths | F | 30 | |
| 428 | 14 | 00:58:40 | Gareth | Morgan | M | 27 | |
| 429 | 413 | 00:58:40 | Carl | Hanney | M | 27 | |
| 430 | 541 | 00:58:40 | Owen | Bodger | M | 37 | |
| 431 | 542 | 00:58:41 | Jacky | Tyrie | F | 24 | |
| 432 | 653 | 00:58:41 | Cathryn | Russell | F | 50 | |
| 433 | 600 | 00:58:41 | Philip | Price | M | 48 | |
| 434 | 26 | 00:58:42 | Gaynor | Hayes | F | 43 | |
| 435 | 316 | | NICOLA | HALL | F | 52 | Forest of Dean Athletics |
| 436 | 113 | | Robert | Jones | M | 35 | |
| 437 | 526 | | Ruth | Joslin | F | 31 | |
| 438 | 203 | | ERIC | FREW | M | 43 | |
| 439 | 671 | | Geraint | Griffiths | M | 40 | |
| 440 | 86 | 00:58:49 | Annie | Conroy | F | 61 | Les Croupiers |
| 441 | 657 | 00:58:59 | Simon | Geen | M | 39 | |
| 442 | 232 | | NIGEL | JAMES | M | 48 | |
| 443 | 406 | | Bethan | Lewis | F | 36 | |
| 444 | 147 | | Katherine | Duerdoth | F | 28 | |
| 445 | 153 | 00:59:04 | Kathleen | Evans | F | 57 | |

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| 446 | 795 | 00:59:11 | KIM | MCTAVISH | F | 49 | CAERLEON RUNNING CLUB |
| 447 | 535 | | Sally | Varrall | F | 45 | |
| 448 | 552 | | Georgina | Govier | F | 43 | |
| 449 | 109 | | Nicola | Parkinson | F | 39 | Village Vipers |
| 450 | 460 | | ROGER | MORGAN | M | 41 | |
| 451 | 505 | | PETER | REGAN | M | 44 | |
| 452 | 181 | | CECILIA | THOMAS | F | 52 | |
| 453 | 182 | | CARWYN | WILLIAMS | M | 29 | |
| 454 | 97 | 00:59:17 | Pauline | Rees | F | 50 | |
| 455 | 443 | 00:59:18 | JESSICA | TRIM | F | 26 | Womens Running Network |
| 456 | 465 | 00:59:19 | HEATHER | SMITH | F | 33 | |
| 457 | 28 | 00:59:20 | David | Corcoran | M | 51 | |
| 458 | 289 | | Tamsin | Pearce | F | 24 | |
| 459 | 576 | 00:59:27 | Martyn | Jones | M | 48 | |
| 460 | 856 | | Aiden | Thomas | M | 37 | |
| 461 | 435 | | GILL | ELLIS | F | 47 | CHEPSTOW HARRIERS |
| 462 | 328 | | Annie | Allton | F | 40 | |
| 463 | 1124 | | Emma | O'Brien | F | 25 | |
| 464 | 501 | 00:59:34 | Paula | Murphy | F | 38 | Womens Running Network |
| 465 | 444 | 00:59:53 | ELAINE | SHORT | F | 49 | Womens Running Network |
| 466 | 177 | | STEVEN | WALSH | M | 30 | |
| 467 | 88 | | Colin | Gardner | M | 58 | |
| 468 | 455 | | SIMON | ELIAS | M | 48 | |
| 469 | 790 | | KATY | BROWN | F | 25 | |
| 470 | 934 | 00:59:59 | Karen | Davis | F | 30 | |
| 471 | 165 | | Shirley | Mathurin | F | 46 | |
| 472 | 516 | 01:00:11 | Richard | Howe | M | 38 | |
| 473 | 914 | 01:00:23 | Paul | Skinner | M | 30 | |
| 474 | 421 | 01:00:24 | Martin | Jones | M | 40 | |
| 475 | 43 | 01:00:27 | Aileen | Griffiths | F | 51 | Forest of Dean Athletics |
| 476 | 518 | | Helen | Lawley | F | 29 | |
| 477 | 637 | | Gwenllian | Llwyd | F | 31 | |
| 478 | 638 | | Jeffrey | Lewis | M | 43 | |
| 479 | 381 | | Dorothy | Newberry | F | 49 | Gillingham Trotters |
| 480 | 308 | | ROBERT | FRANCIS | M | 34 | |
| 481 | 927 | | Brian | Tucker | M | 30 | |
| 482 | 17 | 01:00:40 | Paul | Tucker | M | 29 | |
| 483 | 305 | | JOHN | COOMBE | M | 54 | |
| 484 | 863 | | Dave | Charrett | M | 53 | |
| 485 | 277 | 01:00:51 | Huw | Griffiths | M | 48 | |
| 486 | 412 | | Allison | Walker | F | 30 | |
| 487 | 698 | | Laura | Hau | F | 44 | |
| 488 | 712 | 01:00:58 | Hannah | Evans | F | 27 | |
| 489 | 713 | | Nicola | York | F | 25 | Celtic Tri |
| 490 | 55 | 01:01:09 | Shirley | Davies | F | 44 | |
| 491 | 571 | | Sian | Brown | F | 50 | |
| 492 | 1138 | | Tom | Chess | M | 11 | |
| 493 | 937 | | Jane | Dawson | F | 30 | |
| 494 | 935 | | Sarah | Packer | F | 38 | |
| 495 | 389 | | George | Venables | M | 54 | South Wales Police AC |
| 496 | 105 | 01:01:14 | Matthew | Pitts | M | 26 | |
| 497 | 454 | | HANNAH | STOCKHAM | F | 30 | |
| 498 | 236 | | Paul | Davies | M | 56 | |
| 499 | 315 | 01:01:19 | HEATHER | CHANDOS-ADAMS | F | 45 | |
| 500 | 743 | | John | Parke | M | 41 | |
| 501 | 921 | | Alun | Cleverley | M | 43 | |
| 502 | 130 | 01:01:26 | Graham | Singer | M | 50 | |
| 503 | 832 | | Amit | Benjamin | M | 33 | |
| 504 | 836 | | Peter | Lawler | M | 45 | |
| 505 | 588 | 01:01:36 | Chris | Dummer | M | 57 | |
| 506 | 477 | | LINZI | TIERNEY | F | 39 | |
| 507 | 658 | | Helen | Price | F | 30 | |
| 508 | 20 | | Ruth | Hanks | F | 22 | |
| 509 | 877 | | Emma | Littler | F | 30 | |
| 510 | 837 | | Barry | Glover | M | 56 | |

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| 511 | 840 | | Phil | Collier | M | 40 | |
| 512 | 945 | | Heidi | Jones | F | 33 | Chepstow Harriers |
| 513 | 270 | 01:01:43 | Gary | Taylor | M | 24 | Mumbles Milers |
| 514 | 355 | | Mandy | Bees | F | 45 | Womens Running Network |
| 515 | 365 | | Terisa | Maddison | F | 36 | |
| 516 | 394 | | Alan | Roberts | M | 51 | |
| 517 | 775 | | SUSAN | PENDLETON | F | 38 | Womens Running Network |
| 518 | 709 | | Helen | McDavid | F | 36 | Womens Running Network |
| 519 | 1154 | | SUZANNE | THICKENS | F | 31 | |
| 520 | 777 | | HUGH | PRICE | M | 56 | |
| 521 | 138 | | Richard | Simpson | M | 34 | |
| 522 | 891 | | Janet | Williams | F | 42 | |
| 523 | 112 | 01:02:02 | Jane | Evans | F | 52 | |
| 524 | 896 | | Sheila | Duggan | F | 26 | |
| 525 | 327 | | Ruth | Irvine | F | 36 | |
| 526 | 310 | 01:02:12 | HEATHER | PAYTON | F | 60 | TRENT PARK R.C. |
| 527 | 425 | | Elaine | Davies | F | 50 | Village Vipers |
| 528 | 163 | | Edwards | Wellington | M | 49 | |
| 529 | 309 | | MIKE | MATTHEWS | M | 64 | |
| 530 | 300 | 01:02:23 | JULIE | WILLIAMS | F | 49 | |
| 531 | 513 | | LINDA | TAYLOR | F | 37 | |
| 532 | 833 | 01:02:35 | Juliet | Milne | F | 37 | |
| 533 | 817 | 01:02:37 | Ian | Ogilvie | M | 40 | |
| 534 | 623 | 01:02:39 | Sian | Bills | F | 44 | |
| 535 | 753 | | Maureen | Foley | F | 42 | Womens Running Network |
| 536 | 818 | | Jan | Ogilvie | F | 42 | |
| 537 | 93 | | Tina | Jones | F | 47 | |
| 538 | 952 | | Matthew | Owen | M | 33 | |
| 539 | 56 | | Catherine | Richards | F | 47 | |
| 540 | 261 | | Kevin | Tyers | M | 30 | |
| 541 | 15 | 01:02:45 | Fiona | Neill | F | 38 | Mumbles Milers |
| 542 | 754 | | Simon | Foley | M | 39 | |
| 543 | 249 | | CHRISTOPHER | Plaice | M | 64 | |
| 544 | 610 | 01:02:50 | Paul | Darby | M | 37 | |
| 545 | 50 | 01:03:05 | Helen | Hunt | F | 56 | |
| 546 | 884 | 01:03:06 | Rachel | Evans | F | 38 | |
| 547 | 125 | 01:03:06 | Suzie | Shepherd | F | 37 | Chepstow Harriers |
| 548 | 436 | 01:03:06 | ROBERT | BROWN | M | 56 | CHEPSTOW HARRIERS |
| 549 | 157 | 01:03:07 | Maria | Buselli | F | 44 | |
| 550 | 956 | 01:03:07 | Not Known | | | | |
| 551 | 84 | 01:03:07 | Gary | Rees | M | 62 | |
| 552 | 606 | 01:03:08 | Jane | Chappelle | F | 43 | |
| 553 | 559 | 01:03:08 | Helen | Stokes | F | 21 | |
| 554 | 771 | 01:03:08 | KAREN | WILKINSON | F | 30 | |
| 555 | 954 | 01:03:09 | Birgh | Schawn | | 30 | |
| 556 | 237 | | Tamsin | Humphries | F | 36 | |
| 557 | 481 | 01:03:15 | Miriam | Gallagher | F | 41 | |
| 558 | 491 | 01:03:22 | Delyth | Mainwaring | F | 29 | |
| 559 | 727 | | Jane | Jones | F | 32 | |
| 560 | 336 | | Frances | Barnes | F | 39 | Womens Running Network |
| 561 | 615 | | Grim | Reaper | M | 60 | Coffin Dodgers |
| 562 | 252 | | Anne | Griffiths | F | 46 | |
| 563 | 800 | | Rhianydd | Livesy | F | 26 | |
| 564 | 212 | 01:03:31 | LISA | FABB | F | 36 | |
| 565 | 664 | | Ceri | Knight | F | 31 | |
| 566 | 622 | | Amanda | Haines | F | 41 | |
| 567 | 409 | | Helena | Dunne | F | 27 | |
| 568 | 408 | | Kailey | James | F | 29 | |
| 569 | 333 | 01:03:39 | Anne-Marie | Brackpool | F | 26 | |
| 570 | 258 | 01:03:48 | John | Lott | M | 30 | |
| 571 | 134 | | Jane | White | F | 41 | |
| 572 | 407 | | Jane | Ellis | F | 34 | |
| 573 | 398 | | Wayne | Warner | M | 39 | |
| 574 | 556 | | Huw | Jones | M | 41 | |
| 575 | 762 | | John | Lambert | M | 66 | |

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| 576 | 423 | 01:03:53 | Felicity | Jones | F | 30 | |
| 577 | 620 | | Janet | Owens | F | 40 | |
| 578 | 570 | | Heather | Pierce | F | 41 | Womens Running Network |
| 579 | 539 | | Tim | Conway | M | 48 | |
| 580 | 736 | 01:04:03 | Peter | Murawski | M | 53 | |
| 581 | 173 | | MICHAEL | TIPPINS | M | 57 | |
| 582 | 262 | 01:04:14 | Sharron | Daly | F | 34 | |
| 583 | 313 | | ANNE | WESSON | F | 35 | |
| 584 | 329 | 01:04:20 | Elizabeth | Parton | F | 30 | |
| 585 | 581 | | Sue | Shannon-Jones | F | 56 | Womens Running Network |
| 586 | 487 | 01:04:39 | Zosia | Lewandowski | F | 15 | |
| 587 | 38 | | Julie | Gething | F | 36 | Womens Running Network |
| 588 | 639 | | SIAN | JONES | F | 26 | |
| 589 | 438 | 01:04:45 | LINDA | BURNELL | F | 42 | Womens Running Network |
| 590 | 114 | | Dolores | Donnelly | F | 47 | Womens Running Network |
| 591 | 405 | 01:05:00 | Steve | Kent | M | 44 | |
| 592 | 939 | 01:05:02 | Lilly | Volkman | F | 30 | |
| 593 | 175 | 01:05:05 | C | HOUSTON | F | 28 | |
| 594 | 940 | 01:05:13 | Not Known | | | | |
| 595 | 196 | | N | JONES | F | 28 | |
| 596 | 174 | | TRICIA | MATTHEWS | F | 34 | |
| 597 | 40 | | Margaret | Barrett | F | 59 | |
| 598 | 596 | 01:05:34 | HELENA | SYKES | F | 24 | |
| 599 | 617 | 01:05:41 | Jackie | Blyth | F | 48 | |
| 600 | 463 | 01:05:43 | IAN | WILSON | M | 31 | |
| 601 | 810 | 01:05:46 | Dehra | Davidson | F | 38 | |
| 602 | 567 | | Maggie | Lane | F | 46 | |
| 603 | 584 | | Heather | James | F | 38 | |
| 604 | 747 | 01:05:58 | Geraint | Jenkins | M | 39 | AMMAN VALLEY HARRIERS |
| 605 | 605 | | Susan | Phillips | F | 62 | |
| 606 | 450 | | GERAINT | WRIGHT | M | 30 | |
| 607 | 119 | 01:06:05 | Philip | Mansfield | M | 45 | |
| 608 | 687 | | JOANNE | BARRETT | F | 26 | |
| 609 | 185 | 01:06:11 | LAURA | BURNS | F | 24 | |
| 610 | 293 | | SANDRA | ANDERSON | F | 30 | |
| 611 | 94 | 01:06:19 | Andrew | Griffiths | M | 34 | |
| 612 | 441 | | LYNNE | HODGETTS | F | 53 | Womens Running Network |
| 613 | 288 | | Andrew | Williams | M | 33 | |
| 614 | 169 | 01:06:26 | RHIAN | LILLEY | F | 36 | |
| 615 | 636 | 01:06:30 | Anthony | Sudworth | M | 47 | |
| 616 | 401 | 01:06:41 | Ruth | Gardner | F | 28 | |
| 617 | 422 | | Judy | Donovan | F | 37 | |
| 618 | 787 | | ANTHONY | DONOVAN | M | 36 | |
| 619 | 500 | | Ann | Bowen | F | 62 | |
| 620 | 545 | | Celia | Netana | F | 30 | |
| 621 | 215 | | LOUISE | WARREN | F | 28 | |
| 622 | 702 | | Beatrix | Bown | F | 52 | |
| 623 | 959 | 01:06:48 | Not Known | | | | |
| 624 | 16 | | Amena | Musleh | F | 52 | Womens Running Network |
| 625 | 403 | 01:06:53 | Marcus | Constantinou | M | 40 | |
| 626 | 417 | | Stephen | Bick | M | 36 | |
| 627 | 803 | | Simon | Thomas | M | 36 | |
| 628 | 749 | | Pippa | Poulton | F | 46 | |
| 629 | 331 | 01:06:58 | Kevin | Llewellyn | M | 52 | |
| 630 | 320 | | CHENETTE | THOMAS | F | 39 | |
| 631 | 286 | | Joanne | Cunningham | F | 42 | |
| 632 | 773 | 01:07:08 | SARAH | LADD | F | 38 | |
| 633 | 302 | 01:07:16 | KATE | ATTWOOD | F | 25 | |
| 634 | 136 | | Molly | Melhuish | F | 33 | |
| 635 | 246 | 01:07:24 | SARAH | Smiles | F | 26 | |
| 636 | 512 | | LAURA | COTTON | F | 28 | |
| 637 | 144 | 01:07:36 | Hadyn | Davies | M | 65 | |
| 638 | 37 | 01:07:41 | Karen | Jones | F | 30 | |
| 639 | 90 | | Helen | Wilson | F | 31 | |
| 640 | 225 | | KATHERINE | WILLIAMS | F | 33 | |

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| 641 | 227 | 01:07:46 | KARIN | MARSH | F | 34 | |
| 642 | 532 | | Carolyn | Willaims | F | 43 | |
| 643 | 684 | | ANGHARAD | LOCK | F | 25 | |
| 644 | 789 | 01:07:57 | BETHAN | LOCK | F | 29 | |
| 645 | 685 | 01:07:57 | MELISSA | DUCKHOUSE | F | 25 | |
| 646 | 706 | 01:07:58 | Jon | Baldwin | M | 37 | |
| 647 | 707 | 01:07:58 | Ann | Baldwin | F | 31 | |
| 648 | 66 | 01:07:58 | Marianne | Burrdge | F | 48 | Fairwater Runners |
| 649 | 456 | 01:07:59 | LIZ | WAITES | F | 49 | |
| 650 | 815 | | Jacqueline | McDonald | F | 33 | |
| 651 | 624 | | Samantha | Moon | F | 34 | |
| 652 | 814 | 01:08:09 | Joanne | Snaith | F | 35 | |
| 653 | 614 | | Kathleen | Mogford | F | 52 | |
| 654 | 880 | 01:08:23 | Gayle | Shenton | F | 35 | Neath Ladies Running Network |
| 655 | 696 | | Tracy | Thomas | F | 30 | Womens Running Network |
| 656 | 911 | | Lisa | Miles | F | 36 | Womens Running Network |
| 657 | 689 | | Liz | Mallen | M | 41 | |
| 658 | 323 | | ALYSON | MORRIS | F | 33 | |
| 659 | 730 | 01:08:30 | Sharon | Pope | F | 36 | |
| 660 | 322 | | JANNETTE | THORNE | F | 41 | |
| 661 | 729 | | Julia | Smith | F | 41 | |
| 662 | 110 | | Wendy | Shamsaee | F | 46 | |
| 663 | 740 | 01:08:40 | Manher | Solanki | M | 44 | |
| 664 | 486 | | Krysia | Groves | F | 46 | |
| 665 | 591 | 01:09:03 | J | HOBBS | M | 39 | |
| 666 | 695 | 01:09:08 | Gill | Stone | F | 48 | |
| 667 | 694 | | Linda | Evans | F | 55 | |
| 668 | 794 | | DIANE | MCTAVISH | F | 42 | |
| 669 | 80 | 01:09:14 | Mike | Rees | M | 40 | |
| 670 | 577 | | David | Davies | M | 46 | |
| 671 | 451 | 01:09:27 | SARAH | WATKINS | F | 32 | |
| 672 | 716 | | Helen | Davies | F | 27 | |
| 673 | 717 | | Jonathan | Davies | M | 31 | |
| 674 | 715 | | Andrew | Tummon | M | 38 | |
| 675 | 867 | | Kim | Evans | F | 49 | |
| 676 | 675 | 01:09:36 | Terry | Copp | F | 48 | Womens Running Network |
| 677 | 115 | | Anthony | Jones | M | 28 | |
| 678 | 21 | 01:09:45 | Jane | Hanks | F | 48 | |
| 679 | 368 | | Sheila | Curran | F | 50 | Womens Running Network |
| 680 | 393 | | Jill | Royce | F | 43 | Womens Running Network |
| 681 | 133 | 01:10:07 | Jacqueline | Gully | F | 38 | |
| 682 | 793 | | HELEN | MCTAVISH | F | 44 | |
| 683 | 649 | | MICHELLE | MORGAN | F | 37 | |
| 684 | 187 | | GILL | DAVIES | F | 39 | |
| 685 | 607 | 01:10:14 | Keri | Hutchinson | F | 36 | |
| 686 | 864 | 01:10:19 | Zoe | Davies | F | 28 | |
| 687 | 910 | 01:10:25 | Sarah | Evans | F | 33 | |
| 688 | 772 | | LORRAINE | HODSON | F | 41 | Womens Running Network |
| 689 | 633 | | Clifford | Evans | M | 42 | |
| 690 | 634 | 01:10:37 | Maria | Evans | F | 43 | |
| 691 | 655 | 01:11:04 | Dawn | Rees | F | 39 | |
| 692 | 557 | | Sarah | Pope | F | 43 | |
| 693 | 243 | | David | Swallow | M | 53 | |
| 694 | 142 | | Graeme | Thelwell | M | 51 | |
| 695 | 540 | | Mary | Williams | F | 43 | |
| 696 | 946 | 01:11:25 | Anna | Pedley | F | 34 | Chepstow Harriers |
| 697 | 260 | | Michelle | Hurley-Tyers | F | 27 | |
| 698 | 579 | 01:12:04 | Colin | Moody | M | 59 | |
| 699 | 644 | 01:12:12 | DAPHNE | AUSTERBERRY | F | 63 | |
| 700 | 459 | 01:12:17 | BRIGID | HAINES | F | 47 | Womens Running Network |
| 701 | 656 | | Carole | Hurford | F | 41 | |
| 702 | 725 | | Michelle | Fowler | F | 31 | |
| 703 | 746 | 01:12:38 | Mark | Walsh | M | 41 | |
| 704 | 248 | | Beverly | Crawford | F | 40 | Mumbles Milers |
| 705 | 479 | 01:12:47 | Wynne | Rees | M | 58 | |

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| 706 | 651 | | Melanie | Mallan | F | 44 | |
| 707 | 822 | | HELEN | BEDDOW | F | 38 | |
| 708 | 397 | | Carolyn | Heaven | F | 38 | Womens Running Network |
| 709 | 546 | | Julie | Thomas | F | 35 | Womens Running Network |
| 710 | 808 | 01:12:57 | Samantha | Evans | F | 34 | |
| 711 | 292 | | Abigail | Anderson | F | 19 | |
| 712 | 156 | 01:13:15 | Joy | Bannister | F | 31 | |
| 713 | 848 | 01:13:23 | Beverley | Joseph | F | 45 | |
| 714 | 135 | | Emma | Edmunds | F | 36 | |
| 715 | 834 | | Kay | Lewis | F | 44 | |
| 716 | 835 | 01:13:54 | Abigail | Hamblin | F | 33 | |
| 717 | 851 | 01:14:20 | Helen | Hellier | F | 40 | |
| 718 | 352 | 01:14:23 | Sian | Thomas | F | 26 | |
| 719 | 259 | 01:14:26 | Zaffy | Lott | F | 51 | |
| 720 | 748 | | Susannah | Jenkins | F | 39 | |
| 721 | 812 | 01:15:00 | Liz | Hamblin | F | 25 | |
| 722 | 287 | | Alison | Llewellyn | F | 31 | |
| 723 | 750 | 01:15:09 | Gail | Macnulty | F | 49 | |
| 724 | 831 | | Not Known | | | | |
| 725 | 629 | 01:15:40 | Emma | Jones | F | 26 | |
| 726 | 369 | 01:16:09 | Karen | Rutter | F | 28 | Islwyn Running Club |
| 727 | 251 | | Aimee | JONES | F | 29 | |
| 728 | 241 | | Andrew | Jones | M | 31 | |
| 729 | 923 | 01:17:48 | Amanda | Baldwin | F | 33 | Womens Running Network |
| 730 | 53 | | Wendy | Evans | F | 41 | |
| 731 | 827 | 01:18:09 | VIRGINIA | PRITCHARD | F | 43 | |
| 732 | 630 | 01:18:14 | Jonathan | Sellick | M | 26 | |
| 733 | 843 | | Michelle | Harries | F | 41 | |
| 734 | 845 | 01:19:11 | Keith | Fennell | M | 47 | |
| 735 | 96 | 01:19:48 | Suzanne | Thomas | F | 38 | |
| 736 | 172 | | CHERYL | TIPPINS | F | 24 | |
| 737 | 442 | | LISA | JONES | F | 26 | Womens Running Network |
| 738 | 345 | 01:20:36 | Brian | Jones | M | 56 | |
| 739 | 344 | 01:21:00 | Barbara | Street | F | 55 | |
| 740 | 346 | | Tony | Lewis | M | 43 | |
| 741 | 752 | | Ann | Lewis | F | 43 | |
| 742 | 385 | 01:25:50 | Donna | Rees | F | 36 | |
| 743 | 631 | | Michelle | Jones | F | 42 | |
| 744 | 710 | 01:29:08 | Julie | Howells | F | 52 | |
| 745 | 683 | | LESLEY | BIGMORE | F | 48 | |
| 746 | 566 | | Kathryn | Holley | F | 32 | Womens Running Network |
| 747 | 342 | 01:32:50 | Sian | Cole | F | 52 | |
| 748 | 626 | | Janet | Watkins | F | 36 | Womens Running Network |
| 749 | 627 | | Kathryn | Price | F | 44 | Womens Running Network |
| 750 | 257 | 01:36:18 | Dennis | Lynch | M | 67 | Cornelly Striders |
| 751 | 382 | | Steven | Booth | M | 35 | |