

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	634	34:05	Matthew Harvey	Neath Harriers	Male	1	MS	1	34:05	1
2	345	35:05	John Collier	Westbury Harriers	Male	2	MS	2	35:05	2
3	559	35:56	Eamonn Kirk	Swansea Harriers	Male	3	M40	1	35:55	3
4	338	36:02	Ifan Lloyd	Swansea Harriers	Male	4	M50	1	36:01	4
5	419	36:23	Richard Copp		Male	5	MS	3	36:23	5
6	637	36:40	Adam Roberts	TROTS	Male	6	MS	4	36:38	6
7	63	36:59	Owain Jones	Swansea Harriers	Male	7	MS	5	36:59	7
8	562	37:06	Geraint Lewis	Porthcawl Runners	Male	8	MS	6	37:05	8
9	602	37:37	Gareth Davey	Neath Harriers	Male	9	MS	7	37:36	9
10	116	37:40	J Dickinson (Carm)	TROTS	Male	10	M40	2	37:39	10
11	410	37:51	Nigel Barnes	Run 4 All	Male	11	M40	3	37:49	11
12	256	38:00	Mark Jones (Carm)		Male	12	M40	4	37:57	12
13	294	38:16	Lee Morris	3m road runners	Male	13	MS	8	38:14	13
14	653	38:23	Peter Osborne (Carm)	Llanelli Athletic	Male	14	M50	2	38:21	14
15	640	38:45	G Richardson (Carm)		Male	15	MS	9	38:30	15
16	118	38:51	steve walsh	Port Talbot Harriers	Male	16	M40	5	38:49	16
17	620	39:04	Emil Chwistek	Five Frogs	Male	17	MS	10	38:57	17
18	611	39:26	Glyn Sanson	San Domenico	Male	18	M50	3	39:24	18
19	630	39:39	Mike Gleeson	swansea harriers	Male	19	M40	6	39:37	19
20	616	39:41	Ian Evans		Male	20	MS	11	39:37	20
21	355	39:45	David Parfitt	Port Talbot Harriers	Male	21	M40	7	39:43	21
22	314	39:49	Wayne Bowen		Male	22	MS	12	39:43	22
23	301	39:58	Andrew Marc Brain		Male	23	MS	13	39:55	23
24	85	40:03	Robert Daines	Pembrokeshire Harriers	Male	24	MS	14	40:00	24
25	578	40:05	D Cheseldine (Carm)		Male	25	M40	8	40:01	25
26	321	40:10	Marcus Coles	Les Croupiers	Male	26	M40	9	40:05	26
27	635	40:14	Karl Eenmaa	port talbot harriers	Male	1	MS	1	40:12	27
28	626	40:19	Andrew Morrison		Male	27	MS	15	40:13	28
29	494	40:28	Robin Spacie		Male	28	MS	16	40:26	30
30	657	40:30	Thomas Link	Red army runners	Male	29	MS	17	40:20	29
31	350	40:32	Rob Falconer	Swansea Harriers	Male	30	M50	4	40:28	31
32	261	40:58	Lee matthew Stone		Male	31	MS	18	40:57	33
33	339	41:00	Terry O'Brien		Male	32	M50	5	40:48	32
34	565	41:03	John Davies	San Domenico	Male	33	M50	6	41:00	34
35	432	41:05	Phil Meylar	Pontypridd Roadents	Male	34	M50	7	41:02	35
36	563	41:11	David E Williams	Les Croupiers	Male	35	M50	8	41:08	36
37	650	41:16	Martin Cole		Male	36	M40	10	41:11	37
38	328	41:18	Gabriel Lees		Female	2	FS	1	41:15	38
39	605	41:19	Neil Davies	Cornelly striders	Male	37	M50	9	41:16	39
40	607	41:34	J O'Reilly (Carm)		Male	38	MS	19	41:29	40
41	364	41:42	Glyn Jones (Carm)		Male	39	M50	10	41:36	41
42	360	41:50	Graham Vyner	Run 4 All	Male	40	M40	11	41:48	42
43	654	41:55	Liz Tremlett (Carm)	TROTS	Female	3	FS	2	41:52	43
44	307	42:05	Philip Morgan (Carm)		Male	41	M50	11	41:54	44
45	387	42:18	Lloyd Morgan	San Domenico	Male	42	MS	20	42:15	45
46	606	42:23	Luke Burton	Five Frogs	Male	43	MS	21	42:16	46
47	354	42:31	Lee White		Male	44	MS	22	42:29	48
48	194	42:38	Shaun Davies		Male	45	MS	23	42:26	47
49	189	42:44	Julian Maine	Porthcawl Runners	Male	46	M50	12	42:41	49
50	155	42:48	Michelle Cole	3m road runners	Female	4	F35	2	42:48	52
51	236	42:49	Dylan Davies		Male	47	MS	24	42:41	50
52	351	42:53	Mark Gibson		Male	48	MS	25	42:43	51
53	262	42:56	John Marson (Carm)	Sospan Road Runners	Male	49	M40	12	42:53	54
54	412	43:02	Brian Hall		Male	50	M40	13	42:54	55
55	102	43:29	Martin Wootton	Swansea Harriers	Male	51	MS	26	43:24	57
56	570	43:32	Mark Bryant (Carm)		Male	52	M40	14	43:24	58
57	101	43:33	Stephanie Gibson		Female	5	FS	3	43:23	56
58	346	43:37	Owen Thomas (Carm)		Male	53	MS	27	43:32	60
59	580	43:37	Ifan Williams (Carm)		Male	54	MS	28	42:51	53
60	407	43:41	Stella Roushias	Swansea Harriers	Female	6	FS	4	43:36	61
61	318	43:46	A Clapperton (Carm)		Male	55	MS	29	43:43	62
62	136	43:50	Wayne Lewis	Team me	Male	56	MS	30	43:46	63
63	581	43:51	Martin Mellor	Rhondda Valley Runners	Male	7	MS	1	43:50	64
64	166	43:54	Dafydd Thomas (Carm)		Male	57	MS	31	43:29	59
65	138	43:57	J Kinnear (Carm)		Male	58	M40	15	43:52	65
66	176	43:58	Dean Birt	Pontypridd Roadents	Male	59	MS	32	43:52	66
67	493	43:59	Charlie Pope		Male	60	MS	33	43:57	67
68	16	44:05	Tim James (Carm)		Male	61	M40	16	44:02	68
69	429	44:09	John Gardener	Pembrokeshire Harriers	Male	62	M60	1	44:08	71
70	196	44:09	Chris Kirwan		Male	63	MS	34	44:03	69

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
71	415	44:15	Peter Moody (Carm)	Carmarthen Harriers	Male	64	M60	2	44:10	73
72	172	44:17	IOAN RICHARDS (Carm)		Male	65	MS	35	44:09	72
73	290	44:20	Liam Wharmby		Male	66	MS	36	44:12	74
74	604	44:20	Julian Lewis		Male	67	MS	37	44:13	75
75	483	44:20	Rhodri Gomer		Male	68	MS	38	44:17	79
76	571	44:25	C Cray (Carm)	Kidwelly flyers	Male	69	MS	39	44:16	78
77	231	44:29	Wayne Jones	Brecon AC	Male	70	M40	17	44:14	77
78	267	44:29	Ashley Gilham		Male	71	MS	40	44:19	80
79	391	44:33	Samuel Young		Male	72	MS	41	44:27	82
80	81	44:34	D Griffiths (Carm)		Male	73	MS	42	44:07	70
81	516	44:41	Douglas Etheridge		Male	74	MS	43	44:13	76
82	457	44:43	Angharad Mair (Carm)		Female	8	F45	2	44:39	84
83	135	44:45	Bill Leslie (Carm)		Male	75	M40	18	44:38	83
84	185	44:47	James Dixon		Male	76	MS	44	44:41	85
85	362	44:50	Peter Curran		Male	77	M50	13	44:44	86
86	186	44:53	G Williams (Carm)		Male	78	MS	45	44:46	87
87	390	44:57	M Halsall (Carm)	Llanelli AC	Male	79	M40	19	44:54	90
88	52	45:06	Marcus Fitchett	Neath Harriers	Male	80	MS	46	44:23	81
89	127	45:07	Gruffudd Glyn		Male	81	MS	47	44:53	89
90	651	45:13	Paul Jasper		Male	82	M40	20	45:08	91
91	537	45:14	Aaron McCalmon		Male	83	MS	48	44:51	88
92	352	45:33	Tim Sheppard	Brecon AC	Male	84	MS	49	45:18	92
93	163	45:36	Evans Julie	LC Cobras	Female	9	F35	3	45:29	93
94	552	45:42	Ian Ranft		Male	85	MS	50	45:30	94
95	143	45:42	Jason Doyle		Male	86	MS	51	45:37	96
96	645	45:45	Paul Davies (Carm)	#TeamDan	Male	87	MS	52	45:37	97
97	401	45:45	Gill Aldworth	Brecon AC	Female	10	F35	4	45:31	95
98	655	45:48	Llinos Jones (Carm)	Amman Valley Harriers	Female	11	FS	5	45:45	100
99	406	46:01	Nicola Thomas	Porthcawl Runners	Female	12	F45	3	45:58	102
100	51	46:03	Josh Kiskey		Male	88	MS	53	45:44	99
101	414	46:04	David Elvy		Male	89	M40	21	45:57	101
102	235	46:20	Mick Grant	Road Runners Club	Male	90	M50	14	46:12	104
103	409	46:21	Justin Showell	Haslemere Border AC	Male	91	M40	22	46:16	105
104	567	46:29	Ryan King (Carm)	Kidwelly flyers	Male	92	M40	23	46:17	107
105	430	46:30	Keith Verheyden	Fetch Everyone RC	Male	93	M50	15	45:43	98
106	272	46:31	ROBERT MORGAN	Team DCF	Male	94	M40	24	46:24	110
107	472	46:32	Dafydd Meredydd		Male	95	M40	25	46:29	112
108	596	46:39	Lee Hartson	John Hartson Cancer Foundation	Male	96	M40	26	46:16	106
109	644	46:41	Mark Edwards	Celtic Tri	Male	97	MS	54	46:33	115
110	603	46:42	Jim Holland		Male	98	M40	27	46:19	109
111	205	46:45	Barry Griffiths	Brecon AC	Male	99	M40	28	46:30	113
112	642	46:45	R Callaghan (Carm)		Male	100	MS	55	46:10	103
113	88	46:51	J Phillips (Carm)		Male	101	MS	56	46:34	116
114	107	46:54	A Russell (Carm)	TROTS	Male	102	M40	29	46:28	111
115	492	46:59	Tom Cope		Male	103	MS	57	46:56	123
116	74	47:00	Bethan Ouseley	Ingli Runners	Female	13	F35	5	46:40	117
117	499	47:01	Paul Jones		Male	104	M40	30	46:49	120
118	613	47:02	Paul Ford	Porthcawl Runners	Male	105	M40	31	46:47	119
119	569	47:04	Dean Edwards		Male	106	M40	32	46:18	108
120	451	47:07	James Noble		Male	107	MS	58	46:31	114
121	572	47:08	R Gravell (Carm)	Kidwelly flyers	Male	108	MS	59	46:56	124
122	284	47:09	Steven Jones (Carm)	Llanelli Tennis Club	Male	109	M40	33	46:51	122
123	656	47:16	Nick Ashley (Carm)		Male	110	M40	34	46:44	118
124	191	47:17	Grant Pearce	Run 4 All	Male	111	MS	60	47:14	126
125	357	47:23	Ffion Liles (Carm)	Robert Davies Health & Fitness	Female	14	FS	6	46:50	121
126	399	47:29	Lee Roberts (Carm)		Male	112	MS	61	46:57	125
127	416	47:37	Ray Majer (Carm)	Sospan Road Runners	Male	113	M60	3	47:33	129
128	610	47:45	Dave Williams	THE GYM SWANSEA	Male	114	MS	62	47:22	127
129	403	47:51	David Gates		Male	115	M50	16	47:24	128
130	393	47:54	Darren Chapple	Run 4 All	Male	116	MS	63	47:41	130
131	582	48:00	Brenda Avery	Chepstow Harriers	Female	15	F55	1	47:58	134
132	141	48:03	Tom Trippett (Carm)		Male	117	MS	64	47:41	131
133	438	48:06	Ben Cranwell		Male	118	MS	65	48:00	136
134	124	48:09	Richard Bleaney	Run 4 All	Male	119	MS	66	47:58	135
135	421	48:10	Sue Davies	Brecon AC	Female	16	F55	2	47:54	132
136	216	48:12	Alice Hurd		Female	17	F35	6	48:05	141
137	396	48:13	Debra Clarke	Run 4 All	Female	18	F45	4	48:02	137
138	551	48:15	Jason Care		Male	120	MS	67	47:54	133
139	358	48:17	J Bartley (Carm)	Wauniago RC	Male	121	MS	68	48:04	140
140	566	48:21	J Thomas (Carm)		Male	122	MS	69	48:12	143

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
141	288	48:22	Elaine Wharmby	Newport Harriers	Female	19	F45	5	48:17	145
142	317	48:22	Stephen Job (Carm)	Sospan Road Runners	Male	123	M40	35	48:13	144
143	648	48:35	M Readwin (Carm)	Sarn Helen	Male	124	MS	70	48:19	146
144	384	48:41	Sion Walker (Carm)		Male	125	MS	71	48:02	138
145	382	48:42	R Morris (Carm)		Male	126	MS	72	48:03	139
146	342	48:43	Matthew John		Male	127	M40	36	48:32	148
147	420	48:47	Cyril Walters	TROTS	Male	128	M60	4	48:21	147
148	109	48:48	Mike Turfery		Male	129	M40	37	48:34	150
149	178	48:48	Brian Cotton		Male	130	MS	73	48:40	153
150	381	48:49	Llyr Morris (Carm)		Male	131	MS	74	48:11	142
151	487	48:55	Aled Hall		Male	132	M40	38	48:51	159
152	621	48:56	Wendy Chwistek	Five Frogs	Female	20	F35	7	48:41	154
153	208	48:56	Lowri Jones (Carm)		Female	21	FS	7	48:35	151
154	646	49:00	Eleri Rivers	Sarn Helen	Female	22	F35	8	48:44	155
155	19	49:01	M Williams		Male	133	M40	39	48:39	152
156	649	49:02	E Davies-Hughes (Carm)		Female	23	FS	8	48:50	157
157	251	49:08	Iain Burns	ABMU	Male	134	MS	75	48:33	149
158	542	49:11	Lee Morris		Male	135	M40	40	48:49	156
159	467	49:17	Richard Simpson		Male	136	MS	76	48:50	158
160	558	49:17	Gavin Moore		Male	137	MS	77	48:59	162
161	4	49:20	Kevin Collins (Carm)		Male	138	M40	41	49:00	163
162	50	49:22	Phillip Gay (Carm)	Phillip Gay	Male	139	M50	17	48:51	160
163	90	49:26	Dylan Walters (Carm)		Male	140	M40	42	49:21	165
164	589	49:28	Lisa Williams	Gorseinon 3M's	Female	24	F35	9	49:24	166
165	460	49:33	Richard Collins		Male	141	MS	78	49:28	168
166	243	49:33	Michelle Ratti	Penclawdd panthers	Female	25	F35	10	49:27	167
167	638	49:41	Robert Wood (Carm)		Male	142	MS	79	48:57	161
168	198	49:43	Jon Leyland		Male	143	M40	43	49:29	170
169	197	49:42	Tom Denman		Male	144	MS	80	49:28	169
170	594	49:55	Lee John	John Hartson Cancer Foundation	Male	145	MS	81	49:33	171
171	356	49:59	Mike Evans		Male	146	MS	82	49:19	164
172	423	50:02	Liam John		Male	147	M50	18	49:58	174
173	520	50:06	Catherine Gascoigne		Female	26	FS	9	49:38	172
174	204	50:08	Wynne Davies		Male	148	MS	83	49:56	173
175	612	50:10	Romana Maine	Porthcawl Runners	Female	27	F45	6	49:59	175
176	641	50:21	Marc Lloyd	physiotherapy team	Male	149	MS	84	50:11	178
177	541	50:20	Ryan Evans		Male	150	MS	85	49:59	176
178	244	50:32	Paul Searle		Male	151	M50	19	50:20	183
179	310	50:38	Michael Terry (Carm)	TROTS	Male	152	M60	5	50:11	179
180	372	50:38	Dean David (Carm)		Male	153	MS	86	50:04	177
181	57	50:39	Clive Mccall (Carm)		Male	154	M50	20	50:11	180
182	105	50:44	Blaise Emery	Gibson Running School	Female	28	FS	10	50:33	187
183	66	50:48	Mark Davies		Male	155	M40	44	50:15	182
184	389	50:55	Lucy Morgan		Female	29	F35	11	50:47	192
185	106	50:55	David Dermody		Male	156	MS	87	50:20	184
186	156	50:56	Leanne Fethney	Run 4 All	Female	30	FS	11	50:39	188
187	120	50:56	Brian Varcas (Carm)		Male	157	M50	21	50:22	185
188	369	50:56	Keith Evans		Male	158	MS	88	50:11	181
189	348	50:57	Lee Davies		Male	159	MS	89	50:43	190
190	560	50:58	Gareth Giddings		Male	160	M40	45	50:56	195
191	315	50:59	B Lewis-Didd (Carm)		Male	161	MS	90	50:47	193
192	316	51:01	N Bowman (Carm)		Female	31	FS	12	50:31	186
193	55	51:11	Gavin Davies	Individual	Male	162	MS	91	50:42	189
194	548	51:18	Sam Jennints		Male	163	MS	92	50:53	194
195	174	51:19	Andrew Wicks		Male	164	MS	93	51:00	196
196	313	51:22	Rob Williams	Brecon AC	Male	165	M50	22	51:08	198
197	113	51:25	Lyn Evans	Penarth and Dinas Runners	Male	166	M50	23	51:03	197
198	48	51:29	Ceri Jones	Neath Harriers	Male	167	MS	94	50:45	191
199	546	51:31	Paul Evans		Male	168	MS	95	51:11	199
200	439	51:36	Dawn Davies		Female	32	F45	7	51:31	202
201	215	51:40	Jane Williams		Female	33	F45	8	51:34	205
202	636	51:42	Wayne Evans	Llanelli	Male	169	M40	46	51:24	200
203	309	51:50	Jonathan Hay		Male	170	MS	96	51:33	204
204	526	51:55	Paul Lynock		Male	171	M40	47	51:27	201
205	46	51:57	Christine Brash		Female	34	F45	9	51:32	203
206	203	52:02	Stephen Roberts	Team Roberts	Male	172	M40	48	51:50	208
208	306	52:05	Stephen Newbury	Trams	Male	173	M50	24	51:52	209
209	367	52:07	Laura Chapple	Run 4 All	Female	36	FS	13	51:54	210
210	168	52:09	Jon Clarke		Male	174	MS	97	51:58	211
211	253	52:11	Kevin Rees (Carm)		Male	175	MS	98	51:43	206

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
212	341	52:14	Philip Terry	TROTS	Male	176	MS	99	51:48	207
214	219	52:19	Andrew Cadmore	Brecon AC	Male	178	M40	49	52:04	212
215	211	52:23	Elizabeth Bevan	ABMU	Female	37	FS	14	52:16	218
216	623	52:29	Victoria Sutton		Female	38	F35	13	52:09	215
218	556	52:40	Sarah Rees (Carm)	Sospan Road Runners	Female	40	F35	15	52:22	220
220	175	52:41	Leighton J Rees		Male	180	MS	102	52:29	222
221	292	52:41	Alex Worth (Carm)		Male	181	MS	103	52:08	214
222	26	52:41	R Thomas (Carm)	boots	Male	182	M40	50	52:05	213
223	490	52:42	Craig Walters		Male	183	MS	104	52:15	216
224	564	52:42	Hurst Craig (Carm)		Male	184	MS	105	52:15	217
225	299	52:49	Samantha Hyett		Female	41	F35	16	52:17	219
226	633	52:50	Donna Steel	run4all	Female	42	FS	15	52:41	225
227	206	52:51	Mark Bevan (Carm)		Male	185	MS	106	52:22	221
228	246	52:57	Tom Hurley		Male	186	MS	107	52:40	224
229	190	52:58	Huw Simpkins		Male	187	MS	108	52:50	229
230	519	53:03	Tia Harding		Female	43	FS	16	52:35	223
231	371	53:06	Richard Street	Pegasus RC (Cardiff)	Male	188	M50	25	52:57	232
233	586	53:11	Ian Harries	Gorseinon 3M's	Male	190	MS	110	52:56	231
234	117	53:12	Mark Jenkins (Carm)	Llanelli Tennis Club	Male	191	M50	26	52:54	230
235	422	53:13	Annette Davies		Female	44	F45	10	53:04	233
236	365	53:13	Amanda Jones (Carm)		Female	45	F35	17	52:45	227
237	54	53:15	D Goulbourne (Carm)		Female	46	F35	18	53:11	235
238	273	53:15	Chris Marshall		Male	192	M40	51	52:43	226
240	658	53:20	Tim Pritchard		Male	193	M40	52	52:45	228
241	40	53:23	Helen Lutley	Emlyn Runners	Female	48	F55	3	53:19	236
243	82	53:32	R Griffiths (Carm)		Male	194	M40	53	53:07	234
245	484	53:36	Carys Wyn		Female	50	F35	20	53:32	241
246	598	53:54	Andrew Murphy		Male	196	M40	55	53:22	237
247	398	53:54	Sarah Roberts (Carm)		Female	51	FS	18	53:23	238
248	287	54:01	John Brooks		Male	197	M40	56	53:48	248
249	585	54:05	Stuart James (Carm)		Male	198	M40	57	53:50	250
250	3	54:05	B Matthews (Carm)		Male	199	M60	6	53:55	252
251	639	54:06	V Anthony (Carm)		Female	52	FS	19	53:49	249
252	462	54:07	Catrin Evans		Female	53	F45	11	53:41	243
253	15	54:08	Kevin Button		Male	200	MS	111	53:29	239
254	112	54:11	D Hudson (Carm)		Male	201	MS	112	53:47	247
255	323	54:15	Dean Williams (Carm)	The Monkey Boys	Male	202	MS	113	53:45	245
256	506	54:16	Lyn Morris		Female	54	F45	12	53:45	246
257	525	54:18	Kate Parker		Female	55	F35	21	53:51	251
258	282	54:19	Sara Thomas		Female	56	F35	22	53:59	254
259	533	54:20	Eddie Edwards		Male	203	MS	114	53:57	253
260	213	54:23	Ashley Smith	Jfunk Express	Female	57	FS	20	54:15	261
261	214	54:23	Jenny Courter	Jfunk Express	Female	58	FS	21	54:14	259
262	543	54:28	Craig Martin		Male	204	MS	115	54:05	255
263	426	54:31	Janice Clement	Penarth and Dinas Runners	Female	59	F55	4	54:14	260
264	229	54:32	Andrew Williamson		Male	205	MS	116	53:31	240
265	228	54:32	Philip Williamson		Male	206	MS	117	53:32	242
266	388	54:36	Dominic Boyle (Carm)		Male	207	MS	118	53:43	244
267	283	54:37	Dylan Jones (Carm)		Male	208	M40	58	54:06	256
268	207	54:44	Jason Morris (Carm)		Male	209	MS	119	54:15	262
269	601	54:48	Peter Rogers	gym swansea	Male	210	M50	27	54:25	263
270	554	54:52	Craig Ranft		Male	211	MS	120	54:41	267
271	56	54:52	Linda Keelan (Carm)	Fast bunnies	Female	60	F45	13	54:09	257
272	171	54:54	Noel Powell (Carm)	Fetch Everyone RC	Male	212	M40	59	54:32	266
273	134	54:56	Steve Evans		Male	213	M50	28	54:09	258
274	577	54:56	Ali Thomas		Female	61	FS	22	54:44	268
275	349	55:00	Andrew Job (Carm)		Male	214	M40	60	54:30	264
276	222	55:03	Louise Steer		Female	62	FS	23	54:50	270
277	659	55:05	Dean Edwards		Male	215	M40	61	54:48	269
278	631	55:16	Luc Morgan	Team Running With Nancy	Male	216	MS	121	54:30	265
279	76	55:19	Clare Ford	ABMU	Female	63	F45	14	55:03	274
280	217	55:30	Lisa Phillips	chairmans chair challenge abmu	Female	64	F45	15	55:24	279
281	521	55:30	Aswyn Kumar		Male	217	MS	122	55:02	273
282	96	55:34	Helen Janney (Carm)	Amman Valley Harriers	Female	65	F35	23	55:25	280
283	400	55:37	Ffion Barham	Barham	Female	66	FS	24	55:11	276
284	374	55:37	Nicholas Orum		Male	218	MS	123	55:12	277
285	179	55:37	Rebecca Brown		Female	67	FS	25	54:59	272
286	418	55:40	Sarah Vesey	Pembrokeshire Harriers	Female	68	F35	24	55:09	275
287	402	55:43	Alan Roberts	Port Talbot Harriers	Male	219	M50	29	54:58	271
288	325	55:50	Andrew Jones (Carm)	The Monkey Boys	Male	220	MS	124	55:21	278

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
289	255	55:51	Jeremy Haynes	LC Cobras	Male	221	M40	62	55:35	281
290	413	55:59	Sarah Williams		Female	69	F35	25	55:46	284
291	94	56:06	Stephen Mcwilliams		Male	222	M60	7	55:58	286
292	397	56:17	R Conners (Carm)		Male	223	M40	63	55:38	282
293	568	56:17	Paul Conners (Carm)		Male	224	M40	64	55:38	283
294	417	56:19	KEITH RICHARDSON	RRC	Male	225	M60	8	56:06	288
295	224	56:26	Camilla Buckle	Team DCF	Female	70	FS	26	56:20	296
296	584	56:28	Natalie Jones (Carm)		Female	71	FS	27	55:53	285
297	305	56:29	Kay Evenden		Female	72	F35	26	56:15	294
298	514	56:34	Jen Allen		Female	73	FS	28	56:13	292
299	617	56:35	Erin Thomas		Female	74	FS	29	56:10	290
300	379	56:37	A Jenkins (Carm)		Female	75	F35	27	56:21	297
301	65	56:38	Heidy Davies		Female	76	F45	16	56:05	287
302	276	56:45	Mark Gabb		Male	226	MS	125	56:31	300
303	583	56:46	Nigel Jones (Carm)		Male	227	M50	30	56:10	291
304	147	56:48	Bethan Cooper		Female	77	FS	30	56:33	302
305	148	56:48	Gareth Cooper		Male	228	MS	126	56:32	301
306	463	56:50	Sharon Griffiths		Female	78	F45	17	56:45	308
307	237	56:53	Marc John (Carm)	Sospan Road Runners	Male	229	MS	127	56:17	295
308	587	56:54	Karen Phillips	Porthcawl Runners	Female	79	F45	18	56:07	289
309	279	56:57	Karen Hewitt		Female	80	FS	31	56:37	304
310	270	56:56	Victoria Ford		Female	81	F35	28	56:56	312
311	383	56:58	Joseph Peel		Male	230	M40	65	56:43	305
312	561	56:59	James Howells		Male	231	MS	128	56:13	293
313	7	57:03	G Handscomb (Carm)		Female	82	F35	29	56:28	298
314	425	57:03	Christopher Hockley		Male	232	M40	66	56:36	303
315	394	57:05	Katie Davies	Trams	Female	83	FS	32	56:52	310
316	193	57:05	Miranda Buckle	Team DCF	Female	84	FS	33	57:00	314
317	550	57:04	Lee Williams		Male	233	MS	129	56:44	306
318	624	57:07	Liz Morgan	San Domenico	Female	85	F35	30	56:48	309
319	149	57:08	Kate Reilly		Female	86	F35	31	56:44	307
320	286	57:08	Neale Davies	Tramsters	Male	234	M50	31	56:55	311
321	247	57:14	Sara Morgan		Female	87	F35	32	56:28	299
322	234	57:15	Alex Clements		Male	235	MS	130	57:09	317
323	534	57:18	Carl Bradley		Male	236	MS	131	56:59	313
324	660	57:26	Paul Roberts		Male	237	M40	67	57:03	315
325	266	57:44	Lydia Smith	LC Cobras	Female	88	F45	19	57:27	319
326	125	57:49	Louise Palin (Carm)		Female	89	FS	34	57:05	316
327	491	57:50	Karen Devine		Female	90	F35	33	57:41	323
328	332	57:51	Rachel charles	Sospan Road Runners	Female	91	F35	34	57:34	322
329	264	58:00	Sarah Jones	ABMU	Female	92	FS	35	57:42	324
330	347	58:01	Daniel Hawke		Male	238	MS	132	57:48	326
331	478	58:00	Catrin Curry		Female	93	F35	35	57:30	320
332	450	58:06	Kathryn Ellias		Female	94	FS	36	57:31	321
333	576	58:07	Helen Davies		Female	95	FS	37	57:22	318
334	103	58:08	Garey Davies (Carm)	team Davies-lemon	Male	239	M40	68	57:56	330
335	104	58:09	Sarah Lemon (Carm)	team Davies-lemon	Female	96	F35	36	57:58	333
336	170	58:15	Nerys Jones (Carm)		Female	97	F35	37	57:56	331
337	340	58:20	Tara Worrall	Pembrokeshire Harriers	Female	98	FS	38	57:50	327
338	259	58:21	R Williams (Carm)		Female	99	F55	5	57:47	325
339	599	58:20	NICK VENABLES (Carm)	Sospan Road Runners	Male	240	MS	133	58:00	335
340	474	58:28	Rhodri Owen		Male	241	M40	69	57:56	332
341	529	58:32	James Thomas		Male	242	M40	70	58:07	337
342	271	58:32	Meirion Green		Male	243	MS	134	58:09	338
343	330	58:34	MARI HOBBS	Lilis y Cnwc	Female	100	F45	20	58:23	344
344	343	58:35	G Ellis-Williams (Carm)		Female	101	F45	21	57:53	329
345	344	58:34	I Ellis-Williams (Carm)		Male	244	M50	32	57:51	328
346	480	58:39	Jonathan Lewis		Male	245	MS	135	58:13	339
347	110	58:42	Alison Davies (Carm)	Fitslim	Female	102	F35	38	57:59	334
349	395	58:44	Anna Edmunds	Womens running club	Female	104	F45	22	58:18	341
350	405	58:45	Kate Hurst (Carm)		Female	105	FS	40	58:20	342
352	133	58:48	Simon Rees		Male	246	MS	136	58:01	336
353	184	58:55	Allan Crawford		Male	247	M40	71	58:22	343
354	549	58:59	Lisa Evans		Female	107	F35	40	58:35	346
355	614	58:59	Dominic Boothroyd	Swansea Harriers	Male	248	M40	72	58:43	347
356	245	59:02	Jenny Baker		Female	108	F35	41	58:52	351
358	590	59:05	Richard Donne	Gorseinon 3M's	Male	249	M50	33	58:45	349
359	308	59:06	Mark Hay		Male	250	MS	137	58:49	350
360	159	59:09	Jonathan Edwards		Male	251	MS	138	58:24	345
361	363	59:12	Karen O'Brien (Carm)	Sospan Road Runners	Female	110	F45	23	58:53	352

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
362	59	59:13	Andrew Richards		Male	252	M40	73	58:54	353
363	263	59:13	Melanie Allen		Female	111	F35	42	59:07	358
364	157	59:14	Matt Rogerson (Carm)	Sospan Road Runners	Male	253	M40	74	58:55	354
365	227	59:15	Andy Booth	Road Runners Club	Male	254	M50	34	58:16	340
366	5	59:17	Amy Martin (Carm)		Female	112	FS	42	58:43	348
367	319	59:24	K Clapperton (Carm)		Female	113	F35	43	59:20	362
368	435	59:26	Gusinthia Hackett		Female	114	FS	43	59:20	363
369	199	59:29	N Williams tesho (Carm)		Female	115	F35	44	59:18	361
370	647	59:35	C Harries (Carm)	Individual	Female	116	FS	44	58:58	355
371	385	59:35	Betsan Morris (Carm)		Female	117	FS	45	58:58	356
372	302	59:37	Gaye Fuge		Female	118	F45	24	59:34	366
373	22	59:38	Alan Jones		Male	255	MS	139	59:05	357
375	75	59:58	Kevin Sherry Garnett		Male	257	M40	75	59:10	359
376	424	1:00:00	Oriana Whelan (Carm)		Female	119	F45	25	59:26	365
377	139	59:59	Vicky Lott		Female	120	F35	45	59:13	360
378	625	1:00:01	Leslie Pugh		Male	258	M60	9	59:41	370
379	275	1:00:03	Rachel Gabb		Female	121	F35	46	59:49	372
380	161	1:00:10	Emma John	Warehouse gym	Female	122	F35	47	59:35	367
381	162	1:00:10	Rhia Berni	Warehouse gym	Female	123	FS	46	59:35	368
382	252	1:00:10	James Roach-John	Pembrokeshire Harriers	Male	259	MS	140	59:39	369
383	303	1:00:11	Chris Fuge		Male	260	M50	36	1:00:07	376
384	257	1:00:23	Kirstin Knight		Female	124	FS	47	59:22	364
386	353	1:00:26	Elaine Davies	Pembrokeshire Harriers	Female	126	F45	26	59:54	374
387	300	1:00:26	Darren Davies		Male	261	MS	141	1:00:19	379
388	557	1:00:29	Helen Williams	Aberdare Valley AAC	Female	127	F35	49	1:00:21	380
389	158	1:00:33	Amy Edwards		Female	128	FS	48	59:48	371
390	408	1:00:36	B Hopkins (Carm)	Sospan Road Runners	Female	129	F45	27	1:00:17	377
391	30	1:00:43	Ceri Stephens	Bridgend	Male	262	MS	142	59:52	373
392	392	1:00:44	Andrew Hallett		Male	263	M50	37	59:56	375
393	411	1:00:53	Kay Barnes	Run 4 All	Female	130	F35	50	1:00:43	384
394	140	1:00:54	G Maskell (Carm)	I am not affiliated with a clu	Male	264	MS	143	1:00:17	378
395	376	1:00:58	Jonathan Sellick		Male	265	MS	144	1:00:43	385
396	220	1:00:58	Susan Thomas (Carm)	Sue Thomas	Female	131	F35	51	1:00:44	386
397	70	1:01:01	R Parsons (Carm)		Male	266	M40	76	1:00:23	381
398	404	1:01:05	Cara Gates		Female	132	F35	52	1:00:38	383
399	434	1:01:08	Lauren Thomas		Female	133	FS	49	1:01:02	387
400	89	1:01:18	Abigail Clayton		Female	134	FS	50	1:01:02	388
401	375	1:01:25	Richard Teulon		Male	267	M40	77	1:00:37	382
402	221	1:01:30	Helen Gronow		Female	135	F45	28	1:01:03	389
403	209	1:01:34	Lesley Bevan	ABMU	Female	136	F45	29	1:01:27	392
404	210	1:01:34	Anna Bevan	ABMU	Female	137	FS	51	1:01:27	393
405	361	1:01:37	Arwel Davies (Carm)	Sospan Road Runners	Male	268	M40	78	1:01:18	390
406	238	1:01:45	Sian Williams		Female	138	FS	52	1:01:28	394
407	188	1:01:45	Adrienne Tunna	ABMU	Female	139	FS	53	1:01:28	395
408	260	1:01:46	Sheree Mann	fairwater runners	Female	140	F45	30	1:01:19	391
411	289	1:02:22	Garry Wharmby		Male	270	M50	38	1:02:14	400
413	652	1:02:33	Gareth Jones		Male	271	M50	39	1:01:54	396
414	69	1:02:34	Jayne Parsons (Carm)		Female	143	F35	54	1:01:55	397
415	593	1:02:35	Sarah Hartson	John Hartson Cancer Foundation	Female	144	F35	55	1:02:13	399
416	600	1:02:37	Niawyn Jones	celtic tri	Female	145	FS	55	1:02:04	398
418	225	1:02:54	Bennett Sharon	ABMU	Female	146	F35	56	1:02:37	401
419	336	1:03:17	Helen Griffiths		Female	147	F45	31	1:02:52	403
422	212	1:03:31	Mari Humphreys		Female	150	F35	57	1:03:13	404
423	165	1:03:36	Sarah Rees (Carm)	Llanelli Circuit Training Club	Female	151	F35	58	1:02:45	402
424	498	1:03:43	Anwen James		Female	152	FS	58	1:03:26	405
425	592	1:03:49	Victoria Hartson	John Hartson Cancer Foundation	Female	153	FS	59	1:03:26	406
426	29	1:04:02	Paula Burgess		Female	154	F35	59	1:03:35	408
427	202	1:04:04	Amy Linke		Female	155	FS	60	1:03:44	409
429	281	1:04:09	Rachel Moselhi		Female	157	F45	32	1:03:26	407
430	553	1:04:13	Beverly Ranft		Female	158	F45	33	1:04:01	412
432	579	1:04:19	Ian Phillips (Carm)	ABMU	Male	273	M50	40	1:03:46	410
433	265	1:04:25	Olwen Morgan (Carm)		Female	160	F35	61	1:04:03	414
434	180	1:04:33	Bernadette Payne		Female	161	FS	62	1:03:56	411
435	643	1:04:36	E Callaghan (Carm)		Female	162	FS	63	1:04:01	413
436	47	1:04:50	Abul Hussain		Male	274	MS	146	1:04:19	415
437	329	1:04:55	ANGELA MORGAN	Lilis y Cnwc	Female	163	F45	34	1:04:44	417
439	146	1:05:11	G Latham (Carm)		Female	165	FS	65	1:04:38	416
440	274	1:05:16	Meryl Sinclair	Brecon AC	Female	166	F35	62	1:04:57	421
441	377	1:05:17	Sue Jones	Brecon AC	Female	167	F35	63	1:04:58	422
442	509	1:05:20	Victoria Evans		Female	168	FS	66	1:05:00	423

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
443	64	1:05:23	Deb Garner	Pembrokeshire Harriers	Female	169	F45	35	1:04:53	418
444	475	1:05:28	Lucy Owen		Female	170	F35	64	1:04:56	419
445	192	1:05:30	Lorna Pearce	Run 4 All	Female	171	FS	67	1:05:17	427
446	609	1:05:35	Susan Bowen		Female	172	F35	65	1:05:04	424
447	12	1:05:47	Stuart Davies (Carm)		Male	275	MS	147	1:04:56	420
448	280	1:05:46	Sarah Joseph		Female	173	F45	36	1:05:09	425
449	92	1:05:51	Rhian Mansel (Carm)		Female	174	F35	66	1:05:16	426
450	608	1:06:04	Marie Parfitt	Lc2	Female	175	F35	67	1:05:46	428
451	615	1:06:12	Emma Boothroyd	Swansea Harriers	Female	176	F35	68	1:06:03	432
452	142	1:06:18	Andrea Craig		Female	177	FS	68	1:05:51	429
453	126	1:06:19	Louise Collins		Female	178	FS	69	1:06:04	433
454	1	1:06:33	Joanne Morgan (Carm)		Female	179	F45	37	1:05:53	430
455	78	1:06:41	Rhian Pole (Carm)	CRT	Female	180	F35	69	1:06:13	435
456	77	1:06:42	David Pole (Carm)	CRT	Male	276	M40	80	1:06:14	436
457	469	1:06:44	Nadine Kirton		Male	277	MS	148	1:06:15	437
458	164	1:06:44	Tina Morris		Female	181	FS	70	1:05:59	431
459	84	1:06:48	Rhodri Humphreys		Male	278	MS	149	1:06:10	434
460	97	1:07:04	Owain Roberts		Male	279	MS	150	1:06:29	438
461	291	1:07:11	P Morgan (Carm)		Female	182	F35	70	1:06:53	442
462	373	1:07:12	Sian Davies (Carm)	Sospan Road Runners	Female	183	F35	71	1:06:53	443
463	91	1:07:12	Aled Davies (Carm)		Male	280	MS	151	1:06:52	441
464	83	1:07:16	S Griffiths (Carm)		Female	184	FS	71	1:06:51	440
465	597	1:07:24	Daryel Owen (Carm)		Male	281	MS	152	1:06:34	439
466	28	1:07:25	Anthony Steel		Male	282	MS	153	1:06:57	444
467	495	1:07:41	Arlyn Mansit		Male	283	MS	154	1:07:33	450
468	145	1:07:42	Ffion Bowen (Carm)		Female	185	FS	72	1:07:08	446
469	503	1:07:45	Maureen Dychtan		Female	186	F35	72	1:07:36	453
470	67	1:07:51	P Arundel (Carm)	arundel	Male	284	M50	41	1:07:22	448
471	68	1:07:52	J Jones (Carm)	arundel	Female	187	F35	73	1:07:23	449
472	239	1:07:53	Elizabeth Lockwood		Female	188	FS	73	1:07:03	445
473	60	1:08:00	S Griffiths (Carm)		Male	285	MS	155	1:07:11	447
474	573	1:08:12	C Davies (Carm)	Sospan Road Runners	Female	189	F45	38	1:07:35	451
475	144	1:08:12	Cheryl Copestake		Female	190	F35	74	1:07:35	452
476	335	1:08:25	Wendy Jones	Womens running club	Female	191	F45	39	1:08:00	455
477	470	1:08:28	Patricia Evans		Female	192	F35	75	1:07:57	454
478	177	1:08:33	Rachael Birt		Female	193	F35	76	1:08:17	456
479	187	1:08:50	Rhian Wilyeo	ABMU	Female	194	FS	74	1:08:32	457
480	337	1:09:01	June Wheel	ABMU	Female	195	F35	77	1:08:36	458
481	232	1:09:23	Anne Higgs (Carm)		Female	196	F45	40	1:08:40	459
482	20	1:09:29	Janet Roebuck		Female	197	F45	41	1:09:07	461
483	21	1:09:30	Gary Roebuck		Male	286	M40	81	1:09:08	463
484	121	1:09:38	Anwen Rees		Female	198	F35	78	1:08:55	460
485	27	1:09:38	Lowri Parry (Carm)		Female	199	F35	79	1:09:07	462
486	489	1:09:41	Bethan James		Female	200	F35	80	1:09:32	468
487	508	1:09:43	Joe Dobbins		Male	287	M40	82	1:09:14	464
488	512	1:09:45	Paul Dunning		Male	288	M40	83	1:09:16	465
489	181	1:09:59	Natalie Crane		Female	201	F35	81	1:09:24	466
490	182	1:09:59	Jo Williams		Female	202	F35	82	1:09:25	467
491	471	1:10:33	Lowri Jones		Female	203	FS	75	1:10:03	469
492	98	1:10:40	Julia Evans	Run 4 All	Female	204	F35	83	1:10:24	473
493	619	1:10:46	Barry Collins		Male	289	M50	42	1:10:16	470
494	296	1:11:03	Eleanor Preece	Red Army Runners	Female	205	FS	76	1:10:21	471
495	297	1:11:04	Gerald Davies	Red Army Runners	Male	290	MS	156	1:10:23	472
496	160	1:11:15	Richard Williams		Male	291	M50	43	1:10:30	474
497	448	1:11:15	Pat Roberts		Female	206	F45	42	1:10:36	475
498	453	1:11:15	Sian Clement		Female	207	FS	77	1:10:36	476
499	295	1:11:38	Sarah Cook (Carm)		Female	208	FS	78	1:11:06	479
500	285	1:11:38	Paul Grove (Carm)		Male	292	MS	157	1:11:07	480
501	37	1:11:39	David Kennard	P.S.N.G.T.	Male	293	M40	84	1:10:55	477
502	629	1:11:39	Jason Morgan		Male	294	M40	85	1:10:55	478
503	505	1:11:50	Julie Evans		Female	209	F45	43	1:11:29	482
504	479	1:11:54	Alun Horan		Male	295	MS	158	1:11:22	481
505	544	1:12:07	Lee Jones		Male	296	MS	159	1:11:45	486
506	632	1:12:09	Hannah Simmons	Cwm Ogwr Runners	Female	210	FS	79	1:11:36	484
507	442	1:12:13	Hayley		Female	211	F35	84	1:12:04	488
508	532	1:12:14	Cathryn Crawford		Female	212	F35	85	1:11:41	485
509	555	1:12:15	John Gordon	Cardif AAC	Male	297	M60	10	1:11:55	487
510	154	1:12:16	Andrea May		Female	213	F35	86	1:11:33	483
511	233	1:13:08	Kevin Reed		Male	298	MS	160	1:12:24	489
512	278	1:13:34	Ryan Joseph	PSNGC	Male	299	MS	161	1:12:49	490

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
513	574	1:14:22	Leanne Hammond	Sospan Road Runners	Female	214	FS	80	1:13:45	491
514	459	1:14:27	Bethan Evans		Female	215	F35	87	1:13:56	492
515	380	1:15:36	Rhian Bourne (Carm)	AlphaPW	Female	216	FS	81	1:15:23	493
516	331	1:15:57	HAZEL MORGAN	Lilis y Cnwc	Female	217	F45	44	1:15:46	495
517	433	1:16:21	C Larkin (Carm)		Female	218	F35	88	1:15:38	494
518	591	1:17:21	J Bourne		Male	300	MS	162	1:16:38	496
519	595	1:17:21	Lisa Holloway		Female	219	FS	82	1:16:39	497
520	183	1:17:37	Vicky Harris		Female	220	F35	89	1:16:53	498
521	200	1:17:55	Paula Tanner		Female	221	FS	83	1:17:04	499
523	129	1:18:28	Alison Thomas		Female	223	F35	90	1:17:44	500
524	386	1:18:28	Nicola Bromham	Run 4 All	Female	224	FS	85	1:17:55	501
525	452	1:19:06	Ria Lewis		Female	225	FS	86	1:18:27	502
526	444	1:19:07	Melanie Thomas		Female	226	F35	91	1:18:28	503
527	100	1:19:59	Chris Morgans (Carm)	Llanelli AC	Male	301	MS	163	1:19:17	506
528	230	1:20:03	Maria Monaghan		Female	227	F55	6	1:19:03	505
529	226	1:20:03	Mark Williamson	Road Runners Club	Male	302	M50	44	1:19:02	504
530	258	1:20:16	Daniel Bowen (Carm)	Llanelli Circuit Training Club	Male	303	MS	164	1:19:24	507
531	13	1:22:28	E Davis-Goodman (Carm)		Female	228	FS	87	1:21:47	508
532	501	1:22:51	Sarah Kelly		Female	229	F35	92	1:22:41	509
534	153	1:24:34	Rachel Westermarck		Female	231	FS	89	1:24:17	510
535	115	1:29:41	Lisa Howells (Carm)	Human Being Active	Female	232	F35	93	1:29:07	511
536	618	1:29:41	Margaret Collins		Female	233	F55	7	1:29:12	512
541	455	1:35:17	Kaja Hopper		Male	304	M40	86	1:34:34	513
542	43	1:36:35	Emma Louise Felkin		Female	238	FS	91	1:36:14	514
543	87	1:37:36	Suzanne Aspland		Female	239	F45	46	1:36:45	516
544	298	1:37:36	Susan Morgan (Carm)		Female	240	F55	8	1:36:43	515
545	111	1:42:43	Sarah Davies (Carm)	Llanelli Circuit Training Club	Female	241	FS	92	1:41:51	517
546	446	1:43:22	Karen Morgan		Female	242	F35	96	1:42:40	518
548	575	1:47:31	Tracy Leleu	ABMU	Female	244	F45	47	1:46:36	519
549	370	1:47:31	Julie Morse	ABMU	Female	245	F45	48	1:46:37	520
550	86	1:48:02	Michael Aspland		Male	305	M40	87	1:47:10	521
551	428	1:48:04	Howard Griffiths		Male	306	M60	11	1:47:12	522
552	628	1:48:05	Rob Clarke	Rob Clarke Gyms	Male	307	M50	45	1:47:14	523