

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
1	0:30:31	OWEN, Ashley	Ebbw Vale R.C.	Mens Master V40-49	06:06.1	375	1
2	0:31:38	MORRIS, Lee	3M Road Runners	Senior Men	06:19.5	395	2
3	0:32:09	BULPIN, Susannah	San Domenico R.C.	Ladies Master V35-44	06:25.7	394	3
4	0:32:47	BEATTY, Claire	Les Croupiers R.C.	Ladies Master V35-44	06:33.3	360	4
5	0:32:48	JONES, Ian	Unaffiliated	Senior Men	06:33.5	380	5
6	0:32:55	LOWTHIAN, Dave	Severn A.C.	Mens Master V40-49	06:34.9	382	6
7	0:33:32	DIMMER, Simon	Forest of Dean A.C.	Mens Master V50-59	06:42.3	391	7
8	0:33:49	O'CONNELL, Kristie	Pontypridd Roadents	Senior Ladies	06:45.7	396	8
9	0:34:48	JONES, Sioned	San Domenico R.C.	Senior Ladies	06:57.5	359	9
10	0:35:00	WARD, Mark	Unaffiliated	Senior Men	06:59.9	362	10
11	0:36:36	MATTHEWS, Andy	Unaffiliated	Mens Master V40-49	07:19.0	370	11
12	0:36:37	ROTHWELL, Christopher	Unaffiliated	Mens Master V40-49	07:19.2	369	12
13	0:37:03	WARD, Craig	Unaffiliated	Senior Men	07:24.4	363	13
14	0:37:17	DIMMER, Janet	Forest of Dean A.C.	Ladies Master V45-54	07:27.2	393	14
15	0:37:49	RICHARDS, Maria	Pontypwl R.C.	Ladies Master V35-44	07:33.6	366	15
16	0:38:06	CREASEY, Jeremy	Spirit of Monmouth	Mens Master V40-49	07:37.0	390	16
17	0:38:23	CROSS, Wayne	Unaffiliated	Mens Master V40-49	07:40.4	379	17
18	0:38:30	FITZGERALD, Neil	Unaffiliated	Mens Master V40-49	07:41.8	368	18
19	0:39:22	POWELL, Michael	Unaffiliated	Senior Men	07:52.2	650	19
20	0:40:03	ASTON, Jeff	Les Croupiers R.C.	Mens Master V60-69	08:00.4	356	20
21	0:40:17	NEWELL, Sharon	Ebbw Vale R.C.	Ladies Master V35-44	08:03.2	381	21
22	0:40:39	JONES, Rob	Unaffiliated	Senior Men	08:07.6	383	22
23	0:41:46	PROUSE, Robert	Unaffiliated	Mens Master V40-49	08:21.0	397	23
24	0:42:47	WITHERS, Gareth	Cardiff Harlequins	Mens Master V50-59	08:33.2	386	24
25	0:42:51	REEVES, Jessica	Rhondda Valley Runners	Senior Ladies	08:34.0	384	25
26	0:43:30	FLAVEL, Guy	Unaffiliated	Mens Master V40-49	08:41.8	358	26
27	0:43:36	WILLIAMS, Christopher	Unaffiliated	Mens Master V50-59	08:43.0	354	27
28	0:44:09	MEANEY, Nicola	Merthyr Running Club	Ladies Master V35-44	08:49.6	372	28
29	0:44:12	HUDD, Simon	Unaffiliated	Mens Master V40-49	08:50.2	376	29
30	0:44:21	DURHAM, Lisa	Unaffiliated	Senior Ladies	08:52.0	374	30
31	0:44:22	HUGHES, David	Unaffiliated	Senior Men	08:52.2	373	31
32	0:45:17	DAVIES, Lisa	Merthyr Running Club	Ladies Master V35-44	09:03.2	371	32
33	0:46:16	DIMMER, Martia	Forest of Dean A.C.	Senior Ladies	09:15.0	392	33
34	0:46:21	REES, Kylie	Merthyr Running Club	Senior Ladies	09:16.0	377	34
35	0:47:38	BALL, Vivian	Ebbw Vale R.C.	Senior Men	09:31.4	401	35
36	0:49:14	ROWSON, Mal	Les Croupiers R.C.	Ladies Master V55-64	09:50.6	361	36
37	0:50:41	DARCY, Lara	Unaffiliated	Senior Ladies	10:08.0	615	37
38	0:50:41	HEALY, Gemma	Unaffiliated	Senior Ladies	10:08.0	399	38
39	0:52:30	RANDALL, Cari	Les Croupiers R.C.	Senior Ladies	10:29.8	614	39
40	0:54:29	JOHN, Nicola	Les Croupiers R.C.	Ladies Master V35-44	10:53.6	357	40
41	0:54:50	HODGES, Elizabeth	Unaffiliated	Ladies Master V45-54	10:57.8	355	41
42	0:55:13	VAUGHAN, Terry	Ebbw Vale R.C.	Mens Master V40-49	11:02.4	351	42
43	0:55:22	BRISTOW, Paula	Unaffiliated	Ladies Master V35-44	11:04.2	378	43
44	0:55:34	HEALY, Daniel	Unaffiliated	Mens Master V40-49	11:06.6	398	44
45	0:59:00	DAVEY, Rachael	Unaffiliated	Senior Ladies	11:47.8	387	45
46	1:07:28	BALL, Claire	Unaffiliated	Ladies Master V35-44	13:29.4	400	46

There were 46 finishers in the All Competitors category.