

2014 Richard Burton 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1	611	00:31:35	Marc	Hobbs	M		Swansea Harriers	1	00:31:34
2	528	00:31:49	Angus	Maclean	M		Bristol & West AC	2	00:31:49
3	634	00:32:24	Phillip	Matthews	M		Swansea Harriers	3	00:32:24
4	277	00:32:28	Christian	Lovatt	M		Swansea Harriers	4	00:32:28
5	78	00:33:21	Austin	Davies	M	50	Brecon AC	5	00:33:20
6	612	00:33:43	Matthew	Harvey	M		Swansea Harriers	6	00:33:43
7	3	00:34:18	Lee	Aherne	M	45	Parc Bryn Bach RC	7	00:34:17
8	154	00:34:27	Ashleigh	Harper	M		Aberdare AAC	8	00:34:25
9	679	00:34:41	Ian	Harris	M		3M Gorseinon RR	9	00:34:41
10	189	00:34:44	Matthew	Hurford	M	40	Les Croupiers	10	00:34:43
11	216	00:34:52	Dean Beast	Johnson	M		Neath Harriers	11	00:34:49
12	11	00:34:57	Gareth	Ayres	M		Port Talbot Harriers	12	00:34:56
13	511	00:35:14	Daniel	Bodman	M		Aberdare AAC	13	00:35:13
14	371	00:35:18	Mike	Pfeiffer	M	45	Brecon AC	14	00:35:15
15	59	00:35:19	Peter	Coles	M	50	Pontypridd Roadents	15	00:35:18
16	688	00:35:19	James	Hockin	M			18	00:35:19
17	506	00:35:20	Andrew	Hodgson	M	40	Bridgend AC	17	00:35:19
18	338	00:35:21	Adam	Newton	M		Swansea Harriers	16	00:35:19
19	614	00:35:23	Chris	Parker	M	45	Port Talbot Harriers	19	00:35:22
20	562	00:35:31	Gareth	Harries	M			20	00:35:28
21	633	00:35:54	Matthew	Evans	M		Aberdare AAC	21	00:35:53
22	435	00:35:58	Paul	Speyer	M	40	Brackla Harriers	22	00:35:56
23	563	00:36:15	Alan	Davies	M	60	3M Gorseinon RR	23	00:36:13
24	397	00:36:25	Steve	Rhind	M	50	Hendre Lake RC	24	00:36:24
25	440	00:36:28	Matthew	Sweeney	M		Run4All	25	00:36:26
26	364	00:36:28	Jessica	Parry-Williams	F		Les Croupiers	27	00:36:27
27	283	00:36:29	James	Manson	M		Cardiff Tri	26	00:36:27
28	339	00:36:39	Doug	Nicholls	M		San Domenico RC	28	00:36:37
29	212	00:36:44	Simon	John	M		Neath Harriers	29	00:36:42
30	177	00:36:57	Mark	Horsman	M		Outdoor Fitness	30	00:36:55
31	578	00:37:02	Holly	Lawrence	F		Swansea Harriers	31	00:37:00
32	643	00:37:12	Rhodri	Harris	M		Porthcawl Runners	32	00:37:10
33	579	00:37:17	Raul	Reismann	M	40	Swansea Harriers	33	00:37:14
34	600	00:37:41	Martin	Williams	M	50	Les Croupiers	34	00:37:39
35	323	00:37:53	Paul	Morgan	M		Port Talbot Harriers	35	00:37:50
36	35	00:38:00	Andrew	Brain	M	40	Run4All	36	00:37:57
37	43	00:38:25	Ben	Butler-Madden	M		Penarth & Dinas Runners	37	00:38:22
38	678	00:38:25	Gareth	Poston	M			40	00:38:25
39	287	00:38:27	Lucy	Marland	F		Neath Harriers	39	00:38:25
40	616	00:38:29	Matthew	O'Leary	M		Neath Harriers	38	00:38:24
41	558	00:38:40	Charles	Walsh	M	40	Port Talbot Harriers	41	00:38:37
42	494	00:38:50	Mark	Williams	M	50		43	00:38:45
43	680	00:38:55	Rob	Tanner	M			45	00:38:55
44	615	00:38:57	Steven	Dinham	M		Port Talbot Harriers	44	00:38:54
45	378	00:39:02	Adrien	Pilat	M		Nike Run Club Cardiff	42	00:38:41
46	239	00:39:04	Sam Lewis	Jones	M		Parc Bryn Bach RC	46	00:38:59
47	242	00:39:06	Steve	Jones	M	45		47	00:39:01
48	548	00:39:09	Keith	James	M	40	Llswerry Runners	48	00:39:04
49	58	00:39:10	Martin	Cole	M	45		50	00:39:07
50	529	00:39:11	Darren	Griffiths	M			51	00:39:08
51	451	00:39:12	David	Thomas	M	50	Sarn Helen	49	00:39:06
52	19	00:39:14	Jon	Belcher	M		Llswerry Runners	53	00:39:11
53	347	00:39:14	Ian	Ogilvie	M	45	Brackla Harriers	52	00:39:10
54	196	00:39:15	Richard	Jackson-Hookins	M		Penarth & Dinas Runners	54	00:39:13
55	584	00:39:19	Paul	Davies	M	50	Run4All	55	00:39:16
56	333	00:39:21	Michael	Murphy	M	60	Les Croupiers	56	00:39:19
57	636	00:39:36	Jamey	Taylor	M		Port Talbot Harriers	58	00:39:31
58	138	00:39:38	Mark	Gosney	M		3M Gorseinon RR	60	00:39:36
59	540	00:39:39	Hugo	Thompson	M	50		57	00:39:31
60	102	00:39:40	Mark	Dunscombe	M	50	Aberdare AAC	59	00:39:32
61	98	00:39:40	Brian	Dias	M		Les Croupiers	61	00:39:38
62	406	00:39:54	Leigh	Ridgeway	M			62	00:39:50
63	551	00:40:03	James	Bruce	M	40	Les Croupiers	63	00:40:00
64	260	00:40:04	Sharon	Leech	F	40	Carmarthen Harriers	64	00:40:02
65	36	00:40:10	Andrew	Brasington	M	50	Brecon AC	65	00:40:02
66	146	00:40:16	Mike	Guy	M		Team Savick	66	00:40:12
67	580	00:40:22	Dan	Turner	M			67	00:40:17
68	509	00:40:23	Nigel	Barnes	M	45	Run4All	68	00:40:22
69	607	00:40:36	Jonathan	Jarvis	M		Run4All	69	00:40:31
70	301	00:40:40	Collin	Mcqueen	M	50	Brackla Harriers	70	00:40:36
71	490	00:40:45	Alex	Williams	M	45	Port Talbot Harriers	71	00:40:41
72	214	00:40:59	Dan	Johns	M		Brecon AC	72	00:40:48
73	344	00:41:04	Terry	O'Brien	M	55		73	00:40:58
74	661	00:41:12	Paul	Evans	M		Cardiff Tri	75	00:41:12
75	648	00:41:14	Paul	Davies	M		Merthyr RC	74	00:41:06
76	70	00:41:21	Phil	Cross	M			76	00:41:16
77	621	00:41:22	Neil	Stevens	M	45	Ebbw Vale RC	77	00:41:18
78	531	00:41:26	Ray	Greenhouse	M	45	Ebbw Vale RC	78	00:41:21
79	181	00:41:29	Louise	Howells	F	35	Llswerry Runners	80	00:41:26
80	180	00:41:29	Dean	Howells	M	40		79	00:41:26

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
81	305	00:41:33	Phil	Meyler	M	55	Pontypridd Roadents	82	00:41:30
82	251	00:41:36	Howard	Kent	M	60	Les Croupiers	85	00:41:34
83	555	00:41:37	Richard	Jones	M	55	Swansea Harriers	84	00:41:34
84	359	00:41:37	Andrew	Palmer	M	45	Penarth & Dinas Runners	81	00:41:29
85	665	00:41:46	Brian	Hall	M	45		87	00:41:46
86	388	00:41:48	James	Pugh	M			83	00:41:32
87	264	00:41:53	Chris	Lewis	M		Run4All	88	00:41:48
88	349	00:41:53	Tom	Ogilvie	M		Brackla Harriers	89	00:41:48
89	681	00:41:54	Geraint	Lewis	M		Porthcawl Runners	90	00:41:54
90	273	00:41:58	Hywel	Longman	M			86	00:41:46
91	231	00:42:05	Luke	Jones	M		Brackla Harriers	91	00:41:56
92	534	00:42:08	David	Rowland	M			93	00:42:04
93	588	00:42:11	Aron	Jones	M		3M Gorseinon RR	94	00:42:06
94	637	00:42:11	Daniel	Murtagh	M		Port Talbot Harriers	92	00:42:03
95	592	00:42:14	Jessica	hegarty	F		Cardiff AAC	95	00:42:09
96	418	00:42:16	Michael	Roderick	M		Swansea Harriers	96	00:42:13
97	383	00:42:21	Stephen	Power	M	40	Aberdare AAC	97	00:42:15
98	52	00:42:27	Tom	Chapman	M		Pencoed Tri	99	00:42:20
99	207	00:42:31	Huw	Jenkins	M	40		100	00:42:25
100	644	00:42:35	Neil	Harris	M	50	Porthcawl Runners	98	00:42:20
101	561	00:42:35	Darren	Chapple	M	40	Run4All	101	00:42:27
102	135	00:42:35	David	Goodall	M	60		102	00:42:28
103	294	00:42:39	Roland	Matthews	M	50	Brackla Harriers	105	00:42:35
104	649	00:42:39	Sian	Kirk	F		Swansea Harriers	107	00:42:36
105	336	00:42:41	Christopher	Nellins	M	60	Penarth & Dinas Runners	104	00:42:35
106	226	00:42:46	Helen	Jones	F	45	Port Talbot Harriers	108	00:42:39
107	169	00:42:48	John	Hill	M		South Wales Police	106	00:42:36
108	56	00:42:50	Jamie	Clode	M		Bridgend AC	112	00:42:46
109	289	00:42:52	Tom	Martin	M		Nike Run Club Cardiff	103	00:42:31
110	24	00:42:55	Ian	Bird	M		Port Talbot Harriers	113	00:42:47
111	331	00:42:58	Leon	Murnieks	M		ware-house funky pump fitness	109	00:42:39
112	213	00:43:01	Charlotte	Johns	F	45	Brackla Harriers	111	00:42:43
113	176	00:43:04	Aled	Hopton	M			110	00:42:41
114	676	00:43:13	Harry	Weaver	M	45	Cwmafan RFC	117	00:43:13
115	413	00:43:16	Lawrence	Roche	M			115	00:43:11
116	183	00:43:19	Clare	Hughes	F	35	Bridgend AC	118	00:43:15
117	38	00:43:21	Cath	Broom	F	45	Fort Collins RC Colorado USA	119	00:43:18
118	173	00:43:23	Martin	Hines	M	40	Cwmafan RFC	114	00:43:03
119	13	00:43:23	Richard	Baker	M			116	00:43:12
120	420	00:43:26	Rebecca	Rothwell	F		Lliswerry Runners	122	00:43:21
121	444	00:43:32	Nigel	Taylor	M		Cardiff Tri	123	00:43:23
122	368	00:43:36	Dicky	Pelter	M		ware-house funky pump fitness	120	00:43:18
123	510	00:43:40	Geraint	jenkins	M	40	Port Talbot Harriers	126	00:43:30
124	227	00:43:40	Huw	Jones	M	40	Celtic Tri	121	00:43:19
125	104	00:43:41	Huw	Edwards	M	40	Run4All	127	00:43:33
126	42	00:43:42	Gavin	Burrough	M			125	00:43:28
127	120	00:43:48	Marcus	Fitchett	M		Neath Harriers	129	00:43:37
128	41	00:43:49	Liam	Bryson	M	40		131	00:43:40
129	122	00:43:49	Andrew	Fletcher	M			124	00:43:25
130	306	00:43:50	Cassandra	Miles	F		Run4All	133	00:43:44
131	646	00:43:52	Christopher	Davies	M	50		130	00:43:40
132	312	00:43:52	Paul	Mitchell	M		Penarth & Dinas Runners	132	00:43:42
133	9	00:43:53	Stephen	Attwood	M			128	00:43:35
134	568	00:44:00	Stacey	Farnell	F	35		134	00:43:44
135	82	00:44:02	Helen-Marie	Davies	F	35	Swansea Harriers	137	00:43:58
136	353	00:44:03	Clive	Osmond	M	50	Les Croupiers	138	00:43:59
137	682	00:44:03	Neil	Davies	M	55	Cornelly Striders	141	00:44:03
138	651	00:44:05	Steve	Lewis	M	55	Neath Harriers	139	00:43:59
139	572	00:44:14	Richard	Davies	M			142	00:44:08
140	471	00:44:15	Jason	Turner	M	40	Swansea Harriers	135	00:43:52
141	429	00:44:15	James	Skipworth	M	40	Poole Runners	136	00:43:56
142	571	00:44:19	Martin	Davies	M			143	00:44:12
143	155	00:44:21	Jonathan	Harrhy	M		Nike Run Club Cardiff	140	00:44:01
144	16	00:44:23	Jamie	Barton	M			146	00:44:18
145	310	00:44:25	David	Miskell	M			144	00:44:17
146	497	00:44:33	Sian	Williams	F			147	00:44:18
147	170	00:44:45	Andrew	Hillier	M			150	00:44:36
148	570	00:44:48	Daniel	Lloyd	M		Nike Run Club Cardiff	148	00:44:25
149	626	00:44:51	Paul	Morris	M	55	Les Croupiers	152	00:44:46
150	85	00:44:53	Kevin	Davies	M	50		151	00:44:40
151	396	00:44:57	Darren	Rees-Morgan	M	40	Brackla Harriers	145	00:44:17
152	223	00:45:03	Chris	Jones	M	50		155	00:44:54
153	674	00:45:06	Andrea	Starritt	M	45	Brackla Harriers	159	00:45:06
154	431	00:45:07	Martin	Slucutt	M		Swansea Harriers	154	00:44:51
155	91	00:45:12	Neil	Davies	M	55		153	00:44:49
156	631	00:45:15	Carl	Edwards	M	45	Pontypridd Roadents	156	00:45:00
157	105	00:45:17	Stephen	Edwards	M	40		157	00:45:04
158	174	00:45:17	Anthony	Hobbs	M	45	Run4All	160	00:45:07
159	687	00:45:21	John	Lloyd	M	45		165	00:45:21
160	641	00:45:23	Peter	Deacon	M	55	Port Talbot Harriers	162	00:45:15

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161	143	00:45:24	Matthew	Griffiths	M			161	00:45:11
162	166	00:45:25	Chris	Hill	M			149	00:44:35
163	190	00:45:26	Andrea	Hurman	F	45	Penarth & Dinas Runners	163	00:45:17
164	161	00:45:34	Nicholas	Hegarty	M	45		167	00:45:30
165	295	00:45:38	Keith	Mcandrew	M	45	Team Mudjestic OCR	168	00:45:32
166	415	00:45:39	Gemma	Roche-Clarke	F		Bridgend AC	170	00:45:35
167	248	00:45:39	David	Kembery	M	40	Cwm Ogwr RC	158	00:45:05
168	627	00:45:42	Michael	Davies	M	60	Les Croupiers	171	00:45:36
169	428	00:45:43	Carl	Singleton	M		Celtic Tri	166	00:45:25
170	603	00:45:51	Christopher	Watkins	M	45	Run4All	172	00:45:46
171	629	00:45:55	Philip	Hoskins	M	50	Mumbles Milers	169	00:45:33
172	21	00:45:57	Kevin	Bennett	M	40		164	00:45:20
173	640	00:45:59	Pauline	Williams	F	50	Port Talbot Harriers	174	00:45:51
174	638	00:46:09	Mandy	Morris	F	40	Port Talbot Harriers	176	00:46:03
175	269	00:46:10	John	Light	M			175	00:45:53
176	443	00:46:20	Courtney	Taylor	M	60	San Domenico RC	177	00:46:07
177	140	00:46:21	Mick	Grant	M	55	Road Runners	179	00:46:11
178	664	00:46:24	Aaron	McCalmon	M			184	00:46:24
179	156	00:46:25	Nick	Harris	M		Cwm Ogwr RC	173	00:45:48
180	107	00:46:27	Andrew	Evans	M			182	00:46:20
181	291	00:46:28	Neil	Marvin	M	45	Port Talbot Harriers	183	00:46:21
182	340	00:46:28	Michael	Norman	M		Team AM	178	00:46:11
183	591	00:46:33	James	Webber	M			181	00:46:17
184	54	00:46:39	Clem	Clement	M	55	Penarth & Dinas Runners	193	00:46:39
185	438	00:46:44	Aaron	Stephens	M		Celtic Tri	190	00:46:35
186	500	00:46:45	David	Winchurch	M			186	00:46:29
187	391	00:46:45	Derek	Rainbird	M	60	Parc Bryn Bach RC	192	00:46:38
188	210	00:46:45	Craig	John	M			187	00:46:30
189	14	00:46:46	Ross	Bamsey	M		Port Talbot Harriers	194	00:46:39
190	200	00:46:49	Paul	James	M			185	00:46:26
191	205	00:46:49	Gareth	Jenkins	M		Cwm Ogwr RC	180	00:46:13
192	513	00:46:51	Andrew	Evans	M	50		188	00:46:33
193	424	00:46:52	Julie	Scholey	F	55	Les Croupiers	199	00:46:47
194	178	00:46:55	Melanie	Howard	F	40	Run4All	197	00:46:44
195	358	00:47:04	Ruth	Owens	F		Penarth & Dinas Runners	200	00:46:55
196	66	00:47:05	Andrew	Courts	M	50	Run4All	201	00:46:55
197	111	00:47:08	Owen	Evans	M		Ford Bridgend	202	00:46:55
198	357	00:47:11	Richard	Owen	M			191	00:46:36
199	27	00:47:12	Rachel	Bowen	F	35	Lliswerry Runners	203	00:46:56
200	187	00:47:15	Adrian	Hunt	M	50		198	00:46:44
201	335	00:47:18	Mike	Nash	M	50	3M Gorseinon RR	208	00:47:11
202	159	00:47:23	Jonathon	Hatfield	M	40		189	00:46:34
203	20	00:47:24	Danothy	Bennett	M			207	00:47:08
204	543	00:47:25	Ian	O'Kane	M	45	Cwmafan FC	195	00:46:40
205	465	00:47:34	Carl	Trueman	M	50		209	00:47:22
206	390	00:47:35	James	Pulman	M	45		196	00:46:43
207	141	00:47:37	Barry	Griffiths	M	50	Brecon AC	204	00:46:57
208	219	00:47:37	Becca	Jones	F	35	Brecon AC	205	00:46:58
209	507	00:47:40	Jonathan	Williams	M	40	Tata Steel Multi Sport	212	00:47:31
210	311	00:47:41	Louise	Miskell	F	40	3M Gorseinon RR	214	00:47:34
211	454	00:47:46	Gavin	Thomas	M			216	00:47:34
212	224	00:47:48	Daniel	Jones	M			210	00:47:29
213	65	00:47:50	Brian	Cotton	M		Cwm Ogwr RC	211	00:47:29
214	387	00:47:51	Sian	Price	F		Parc Bryn Bach RC	219	00:47:39
215	576	00:47:51	David	Johnson	M	40	WPT	206	00:47:07
216	247	00:47:51	Alex	Keay	M	40		213	00:47:31
217	639	00:47:52	Anna	Parsons	F	45	Port Talbot Harriers	222	00:47:45
218	541	00:47:53	Richard	Bleaney	M		Run4All	215	00:47:34
219	452	00:47:54	Dorian	Thomas	M	45		220	00:47:40
220	539	00:48:02	Matthew	Williams	M			218	00:47:38
221	99	00:48:02	Chris	Dodds	M	45		221	00:47:43
222	79	00:48:10	Carl	Davies	M			230	00:48:02
223	243	00:48:11	Steven	Jones	M	40	Port Talbot Harriers	228	00:48:00
224	635	00:48:13	Mario	Rabaiotti	M	50	Port Talbot Harriers	223	00:47:45
225	142	00:48:14	Lisa	Griffiths	F	35	Outdoor Fitness	229	00:48:01
226	642	00:48:15	Andrew	Caple	M	45	Nike Run Club Cardiff	225	00:47:51
227	69	00:48:17	Adrian	Cross	M	40	Cr@p Tri	227	00:47:57
228	249	00:48:27	Chris	Kent	M	40	Run4All	237	00:48:20
229	274	00:48:28	Stuart	Loosemore	M		Brackla Harriers	224	00:47:49
230	292	00:48:29	Jonathan	Matthews	M			217	00:47:37
231	90	00:48:30	Neil	Davies	M	45		232	00:48:10
232	167	00:48:30	David	Hill	M			226	00:47:55
233	632	00:48:35	Jan	Edwards	F	45	Pontypridd Roadents	235	00:48:19
234	80	00:48:38	Debbie	Davies	F	45		233	00:48:15
235	280	00:48:41	Gary	Mahoney	M			234	00:48:18
236	198	00:48:42	Jennet	James	F	45		239	00:48:31
237	282	00:48:48	Claire	Manson	F		Cardiff Tri	244	00:48:39
238	94	00:48:49	Sue	Davies	F	50	Brecon AC	231	00:48:08
239	322	00:48:51	Johanna	Morgan	F	35		246	00:48:44
240	267	00:48:51	Mark	Lewis	M			243	00:48:37

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241	153	00:48:53	Stewart	Harding	M			238	00:48:30
242	326	00:48:58	Jonathan	Morris	M			240	00:48:34
243	553	00:49:04	Kelly	Morgan	F			248	00:48:58
244	278	00:49:05	Richard	Lowcock James	M		Cwm Ogwr RC	241	00:48:35
245	255	00:49:11	Stephen	Kinnock	M	40		245	00:48:43
246	351	00:49:13	Richard	Oram	M			236	00:48:19
247	265	00:49:14	Dafydd	Lewis	M	40		247	00:48:46
248	521	00:49:16	Steven	Browning	M			249	00:48:59
249	411	00:49:22	Rhys	Roberts	M			250	00:48:59
250	628	00:49:23	Keith	Harris	M	50	Mumbles Milers	252	00:49:08
251	39	00:49:24	Kate	Brown	F			251	00:49:03
252	250	00:49:30	Ed	Kent	M		Team AM	254	00:49:14
253	68	00:49:30	Jon	Crecraft	M		Port Talbot Fit Body Bootcamp	242	00:48:36
254	602	00:49:31	Angie	Ridge	F	45	Run4All	259	00:49:25
255	609	00:49:33	Christopher	Madden	M	55	Mumbles Milers	255	00:49:16
256	574	00:49:34	Leanne	Moore	F		Run4All	263	00:49:29
257	266	00:49:35	Jamie	Lewis	M		Port Talbot Harriers	258	00:49:23
258	606	00:49:41	Mark	Jones	M	50	Run4All	264	00:49:30
259	343	00:49:42	Andrew	Oatley	M	45		260	00:49:27
260	321	00:49:45	David	Morgan	M			266	00:49:36
261	585	00:49:47	Cheryl	Griffiths	F	40		267	00:49:38
262	520	00:49:50	Colin	Griffiths	M	45	Porthcawl Runners	265	00:49:31
263	412	00:49:51	Steve	Roberts	M	45		262	00:49:29
264	630	00:49:54	Chris	Morton	M	45		256	00:49:18
265	144	00:49:58	Phyl	Griffiths	M	45		253	00:49:09
266	117	00:50:00	Aimee	Ferguson	F		Brecon AC	257	00:49:21
267	100	00:50:02	Lorna	Domachowski	F	40	Cwm Ogwr RC	261	00:49:27
268	552	00:50:06	Tony	Holling	M	55	Port Talbot Harriers	270	00:49:58
269	10	00:50:09	Jennifer	Aylward	F	45		269	00:49:58
270	468	00:50:13	Benoit	Turbervill	M			268	00:49:45
271	683	00:50:15	Chris	James	M	45		280	00:50:15
272	222	00:50:19	Ceri	Jones	M		Neath Harriers	273	00:50:05
273	669	00:50:23	Penny	Kennesy	F	45	Swansea Harriers	285	00:50:23
274	134	00:50:27	Stephen	Godwin	M			282	00:50:16
275	466	00:50:28	Dan	Tucker	M		Run4All	284	00:50:21
276	93	00:50:28	Ray	Davies	M	55		274	00:50:06
277	596	00:50:34	Calum	Collier	M			271	00:49:58
278	230	00:50:36	Lee-Michelle	Jones	F	40	Bynea CC	275	00:50:08
279	316	00:50:37	Margret	Monk	F	60	Parc Bryn Bach RC	287	00:50:28
280	427	00:50:42	Sam	Singh	M	40	ware-house funky pump fitness	283	00:50:20
281	330	00:50:43	Lee	Mortimer	M			288	00:50:29
282	229	00:50:43	Kraig	Jones	M			272	00:50:04
283	201	00:50:43	Raymond	James	M	50	Port Talbot Harriers	278	00:50:13
284	334	00:50:45	Lewis	Nash	M			289	00:50:29
285	461	00:50:46	Matthew	Thompson	M		Les Croupiers	276	00:50:10
286	348	00:50:49	Jane	Ogilvie	F	50	Brackla Harriers	290	00:50:31
287	342	00:50:56	Julie	North	F	50	Run4All	277	00:50:11
288	402	00:51:00	Owen	Richards	M			291	00:50:42
289	416	00:51:06	Alan	Rockliffe	M	55		279	00:50:14
290	519	00:51:08	Paul	Roberts	M	40	Port Talbot Harriers	295	00:50:55
291	425	00:51:09	David	Sinclair	M	40	Nike Run Club Cardiff	281	00:50:15
292	433	00:51:12	Gwen	Smith	F	45	3M Gorseinon RR	294	00:50:54
293	145	00:51:16	Darren	Griffiths-Warner	M	45		298	00:50:58
294	237	00:51:18	Rebecca	Jones	F			296	00:50:57
295	6	00:51:19	Daniel	Allsopp	M			286	00:50:27
296	399	00:51:20	Darren	Richards	M		Port Talbot Harriers	292	00:50:49
297	127	00:51:21	James	Francis	M	40		301	00:51:06
298	128	00:51:24	Matt	Francis	M	40	Swansea Harriers	297	00:50:58
299	132	00:51:30	Stephen	Gibbins	M	60	Porthcawl Runners	302	00:51:08
300	300	00:51:32	Mark	Mcneish	M	45		303	00:51:09
301	405	00:51:33	Steve	Riddler	M	50		306	00:51:16
302	492	00:51:33	Claire	Williams	F	50	Pontardawe Running Club	304	00:51:09
303	508	00:51:34	Gail	Williams	F	35		309	00:51:25
304	620	00:51:35	Barry	James	M	60	Porthcawl Runners	305	00:51:10
305	203	00:51:37	Mark	Jarvs	M			293	00:50:52
306	583	00:51:38	Emma	John	F	35		308	00:51:23
307	188	00:51:40	Lindsey	Hunt	F		Penarth & Dinas Runners	310	00:51:26
308	384	00:51:45	Chris	Pratt	M	40		300	00:51:06
309	527	00:51:52	Jonathan	Hitchcock	M			299	00:51:01
310	350	00:51:55	Kenneth	Oliver	M	50	Islwyn RC	313	00:51:41
311	15	00:51:56	Martyn	Barnes	M			314	00:51:46
312	686	00:51:56	Cheryl		F	35		318	00:51:56
313	30	00:52:01	Daniel	Bowles	M	40		311	00:51:37
314	191	00:52:11	Jon	Hussey	M			320	00:51:59
315	106	00:52:13	Alexander	Elliott	M	50		307	00:51:23
316	195	00:52:14	Hayley	Jackson	F	40	Parc Bryn Bach RC	323	00:52:03
317	400	00:52:15	Gavin	Richards	M		7th Cwmafan Scouts	312	00:51:37
318	361	00:52:16	Gareth	Park	M	45		326	00:52:08
319	673	00:52:21	David	Sheard	M	45		332	00:52:21
320	126	00:52:24	Cain	Francis	M			319	00:51:57

2014 Richard Burton 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
321	565	00:52:26	Anthony	Bwye	M	55	Old Parish Maesteg	334	00:52:25
322	495	00:52:26	Rob	Williams	M	55	Brecon AC	317	00:51:49
323	499	00:52:27	Yvonne	Williams	F	60	Penarth & Dinas Runners	329	00:52:17
324	472	00:52:28	Steve	Twigg	M	40		321	00:52:02
325	115	00:52:29	Cara-Leanne	Farley	F		Run4All	330	00:52:19
326	436	00:52:33	Sam	Standerwick	F	40	Parc Bryn Bach RC	333	00:52:22
327	17	00:52:34	Stephen	Beale	M	45		316	00:51:47
328	46	00:52:38	Dhana	Caple	F	40	Nike+	328	00:52:14
329	261	00:52:43	Ryan	Lever	M			325	00:52:05
330	194	00:52:44	Wayne	Isaac	M			315	00:51:47
331	202	00:52:47	Shion	Jarvis	M			322	00:52:03
332	587	00:52:48	Megan	Clark-Reid	F		Run4All	327	00:52:11
333	671	00:52:48	Ffion	Williams	F			344	00:52:48
334	12	00:52:53	Den	Baker	M			346	00:52:52
335	480	00:52:54	Dan	Walton	M			339	00:52:36
336	530	00:52:55	Leighton	Jenkins	M			324	00:52:05
337	469	00:53:01	Denzil-John	Turbervill	M			337	00:52:31
338	75	00:53:02	Ralph	Davey	M	70	Les Croupiers	336	00:52:29
339	28	00:53:02	Robert	Bowen	M	40		335	00:52:26
340	275	00:53:05	Eleri	Lougher	F			331	00:52:19
341	193	00:53:08	Katherine	Iles	F		Pencoed Tri / Bridgend AC	351	00:53:01
342	244	00:53:12	Terry	Jones	M	60	Celtic Tri	345	00:52:51
343	315	00:53:13	Bernie	Monk	M	65	Parc Bryn Bach RC	352	00:53:02
344	599	00:53:15	Delyth	Rees	F			348	00:52:56
345	2	00:53:18	Lee	Adams	M	45	Run4All	338	00:52:34
346	455	00:53:23	Gwenno	Thomas	F	40	Les Croupiers	342	00:52:46
347	220	00:53:24	Bernadette	Jones	F	40	Pontypridd Roadents	350	00:52:58
348	57	00:53:27	Captain	Beany	M	60	beanus road 'runner bean' club	340	00:52:40
349	491	00:53:30	Carolyn	Williams	F	50	Run4All	343	00:52:46
350	393	00:53:34	John	Rees	M	65		353	00:53:04
351	689	00:53:34	Sam	Glover	M			371	00:53:34
352	594	00:53:36	Samantha	Bowen	F		Run4All	347	00:52:52
353	659	00:53:36	Royston	Whitney	M			373	00:53:36
354	84	00:53:38	John	Davies	M	65	Port Talbot Harriers	362	00:53:25
355	410	00:53:38	Chris	Roberts	M	45		341	00:52:45
356	645	00:53:40	Sian	Wadham	M	35	Run4All	367	00:53:30
357	581	00:53:40	Cathryn	Jenkins	F	40	Run4All	366	00:53:29
358	376	00:53:40	Rachel	Phillips	F	45	Southville Running Club	364	00:53:27
359	408	00:53:47	Wayne	Robbins	M	45	Porthcawl 5k Club	349	00:52:56
360	332	00:53:50	Gillian	Murphy	F	60	Les Croupiers	374	00:53:41
361	319	00:53:51	Mike	Moran	M	60		365	00:53:29
362	532	00:53:54	Huw	Williams	M	45	Bridgend AC	369	00:53:33
363	403	00:53:56	Michael	Richardson	M			372	00:53:36
364	341	00:53:57	Martyn	Norris	M			378	00:53:45
365	304	00:53:58	Chris	Mellows	M	40		354	00:53:08
366	417	00:54:00	Kim	Rockliffe	F	50		355	00:53:09
367	112	00:54:00	Paul	Evans	M		Brecon AC	359	00:53:22
368	55	00:54:01	Janice	Clement	F	55	Penarth & Dinas Runners	376	00:53:44
369	97	00:54:04	Jayne	Dawson	F	40		356	00:53:10
370	535	00:54:05	Paul	French	M			357	00:53:17
371	618	00:54:08	Georgina	Fraser	F	45		375	00:53:41
372	81	00:54:10	Gareth	Davies	M	40		377	00:53:44
373	225	00:54:10	Gavin	Jones	M			368	00:53:31
374	31	00:54:10	Carl	Bradley	M	40	elite charity signings	360	00:53:23
375	136	00:54:10	Lee	Gorvett	M	40	ware-house funky pump fitness	385	00:54:10
376	133	00:54:11	Jonathan	Gibbs	M	40	Herbalife	358	00:53:19
377	325	00:54:14	Heidi	Morris	F	40		370	00:53:34
378	597	00:54:16	John	Evans	M	50		363	00:53:26
379	502	00:54:17	Martin	Wood	M			383	00:54:03
380	523	00:54:18	Gary	Jones	M	40		380	00:53:47
381	421	00:54:19	Paul	Rowley	M	55		361	00:53:25
382	564	00:54:20	Lorna	Johnson	F	40		384	00:54:05
383	577	00:54:36	Ashleigh	Johnson	M		WPT	381	00:53:52
384	61	00:54:37	Vicki	Coombs	F	45		379	00:53:46
385	525	00:54:38	Samantha	Perrott	F	40	Run4All	387	00:54:27
386	608	00:54:38	Kay	Barnes	F	45	Run4All	388	00:54:27
387	233	00:54:43	Martin	Jones	M	50		386	00:54:13
388	652	00:54:44	Tony	Burt	M	70	Brackla Harriers	382	00:54:01
389	658	00:54:47	Marie	Lloyd	F	35		397	00:54:47
390	479	00:54:48	Kayte	Walsh	F		Run4All	394	00:54:37
391	374	00:55:02	Christopher	Phillips	M			391	00:54:30
392	33	00:55:08	Denise	Bradley	F	50	Cwm Ogwr RC	393	00:54:34
393	537	00:55:10	Phil	Jones	M			392	00:54:31
394	130	00:55:12	Jason	Garrahan	M	40		389	00:54:27
395	453	00:55:12	Gareth	Thomas	M	45	Run4All	396	00:54:39
396	83	00:55:13	Joanne	Davies	F			398	00:54:50
397	392	00:55:14	Sara	Reed	F	35		400	00:54:59
398	533	00:55:15	Simon	Hudd	M			395	00:54:37
399	647	00:55:21	Dean	Cronin	M	40	Cwmavon RFC	390	00:54:28
400	460	00:55:30	Amanda	Thompson	F	50	Les Croupiers	401	00:55:16

2014 Richard Burton 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
401	654	00:55:32	Ryan	Thomas	M			399	00:54:53
402	672	00:55:36	Lee	Harding	M		Bitton RR	410	00:55:36
403	395	00:55:38	Liz	Rees	F	35		402	00:55:19
404	221	00:55:40	Catrin	Jones	F			403	00:55:19
405	313	00:55:52	Daniel	Mizen	M			407	00:55:32
406	522	00:55:52	Daryn	David	M			408	00:55:34
407	272	00:56:01	Marc	Lockwood	M			405	00:55:29
408	622	00:56:03	Emma-Jane	Jones	F			409	00:55:35
409	483	00:56:05	Derryl	Watkins	M			416	00:55:54
410	5	00:56:05	Lee	Allen	M			417	00:55:55
411	488	00:56:06	Gary	Weeks	M			406	00:55:29
412	86	00:56:06	Kristian	Davies	M			413	00:55:44
413	276	00:56:07	Helen	Lougher	F			404	00:55:22
414	619	00:56:22	Louise	Attwood	F			418	00:55:55
415	582	00:56:23	Kathryn	Kearney	F	50	Run4All	423	00:56:12
416	64	00:56:24	Stuart	Cornish	M	50		415	00:55:52
417	329	00:56:25	Tracey	Morris	F	40		412	00:55:44
418	157	00:56:30	Jane	Harwood	F		Port Talbot Harriers	425	00:56:16
419	346	00:56:32	Abbegail	O'Dell	F	35		411	00:55:41
420	217	00:56:35	Andrew	Jones	M			421	00:56:09
421	404	00:56:40	Sean	Richardson	M	40		414	00:55:45
422	617	00:56:40	Joanne	Edwards	F	40		422	00:56:11
423	259	00:56:41	Andrew	Lee	M		Tata Steel Multi Sport	427	00:56:26
424	45	00:56:45	Stephen	Calvert	M	45		420	00:56:03
425	379	00:56:45	Andrew	Pope	M	40		419	00:56:02
426	422	00:56:49	Aled	Samuel	M	55		428	00:56:28
427	496	00:56:59	Sian	Williams	F	55	Brecon AC	426	00:56:19
428	524	00:57:04	James	Taylor	M		Run4All	424	00:56:14
429	215	00:57:07	Clare	Johnson	F	65	Les Croupiers	435	00:56:57
430	318	00:57:10	Eleanor	Moore	F			434	00:56:50
431	254	00:57:13	Zoe	Kind	F	40		436	00:57:00
432	459	00:57:24	Maxine	Thomas	F	45		429	00:56:32
433	324	00:57:25	James	Morgans	M			437	00:57:07
434	684	00:57:25	Shirley	Davies	M	50		443	00:57:25
435	206	00:57:26	Helen	Jenkins	F	35	Up n running	432	00:56:47
436	139	00:57:26	Simon	Graham	M	40		430	00:56:36
437	317	00:57:27	David	Moore	M		Brackla Harriers	431	00:56:43
438	544	00:57:36	Gavin	Wellington	M		Cwmafan RFC	433	00:56:49
439	268	00:57:39	Sally	Lewis	F	35	Team Derby Runner	442	00:57:18
440	653	00:57:44	Julia	Morgan	F	50	Run4All	439	00:57:11
441	270	00:57:52	Michelle	Lloyd	F	45		440	00:57:16
442	613	00:57:57	Richard	Jones	M	40		438	00:57:09
443	473	00:58:00	Nadine	Vine-Roberts	F			447	00:57:38
444	40	00:58:02	Sian	Brown	F	55		450	00:57:43
445	514	00:58:04	Geraint	Stanley	M		Bridgend AC	445	00:57:28
446	655	00:58:05	Laura	Kingdom	F		Run4All	444	00:57:26
447	546	00:58:08	Rhys	Woolcock	M	40	Cwmafan RFC	441	00:57:16
448	547	00:58:08	Ian	Swanson	M	60	Port Talbot Harriers	452	00:57:52
449	288	00:58:09	Steve	Marsh	M	55	Lliswerry Runners	451	00:57:47
450	337	00:58:10	Tracey	Newman	F	40	Les Croupiers	454	00:57:57
451	149	00:58:12	Laurence	Hall	M			455	00:57:59
452	121	00:58:12	Ed	Fitzgerald	M	40		446	00:57:34
453	18	00:58:12	Mervyn	Beckwith	M	60	Brackla Harriers	453	00:57:53
454	432	00:58:14	Allan	Smith	M	80	3M Gorseinon RR	459	00:58:11
455	666	00:58:26	Sarah	Williams	F	35		465	00:58:26
456	380	00:58:29	Mandy	Powell	F	40	ware-house funky pump fitness	460	00:58:11
457	478	00:58:36	Paul	Wallen	M			448	00:57:40
458	22	00:58:36	Lee	Bennett	M			449	00:57:41
459	186	00:58:38	Margaret	Hughes	F	50		462	00:58:22
460	354	00:58:44	Kate	Owen	F	45		458	00:58:09
461	262	00:58:52	Beth	Lewis	F			456	00:58:06
462	72	00:58:56	Debbie	Cumming	F	50	Caerleon Running Club	466	00:58:30
463	299	00:58:56	Kelly	Mcneish	F	40		467	00:58:30
464	116	00:59:00	Paul	Farmer	M	40		457	00:58:06
465	430	00:59:01	Frances	Sloan	F	55		471	00:58:44
466	598	00:59:04	Kirsty	Rimmer	F			461	00:58:21
467	503	00:59:05	Cheryl	Worrall	F	40		463	00:58:23
468	493	00:59:05	David	Williams	M			468	00:58:38
469	650	00:59:12	Nigel Leighton	Jones	M	60	Llanelli Strollers	470	00:58:39
470	601	00:59:13	Raymond	Boyce	M	50	Cornelly Striders	464	00:58:25
471	482	00:59:13	Tracy	Waters	F			473	00:58:51
472	554	00:59:14	Harold	Morgan	M			472	00:58:48
473	363	00:59:19	Kate	Parry	F	35		469	00:58:38
474	595	00:59:22	Catherine	Llewellyn	F	50	Merthyr RC	480	00:59:06
475	557	00:59:25	Sarah	mason	F			476	00:58:56
476	129	00:59:27	Debbie	Garner	F	40		478	00:59:05
477	286	00:59:28	Eleanor	Margetts	F			477	00:59:01
478	163	00:59:42	Sara	Herbert	F	35		474	00:58:54
479	238	00:59:43	Robert	Jones	M	45		475	00:58:55
480	366	00:59:47	Donna	Pascoe	F	40		484	00:59:26

2014 Richard Burton 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
481	423	00:59:48	Julie	Samuel	F	50		483	00:59:21
482	675	00:59:49	Jay-Ryan	Weaver	M		Cwmafan RFC	488	00:59:49
483	208	00:59:51	Teleri	Jenkins	F	40		479	00:59:06
484	586	01:00:02	Ceri-Anne	Brown	F	35	Run4All	481	00:59:19
485	575	01:00:02	Wendy	Johnson	F	40	Run4All	482	00:59:19
486	67	01:00:02	Cath	Courts	F	40	Run4All	485	00:59:32
487	175	01:00:17	Chris	Hockley	M	45		487	00:59:45
488	450	01:00:20	Collin	Thomas	M			486	00:59:32
489	182	01:00:24	Rhiannon	Howells	F			491	01:00:17
490	131	01:00:27	Janine	George	F	40	Run4All	489	00:59:56
491	296	01:00:40	Sarah	Mccrone	F	40		490	01:00:11
492	685	01:00:42	Lesley	Nicolson	F	50		500	01:00:42
493	8	01:00:45	Kate	Attwood	F			494	01:00:19
494	550	01:01:03	Dianna	Tudor	F	40	Run4All	495	01:00:32
495	593	01:01:05	Joanne	Hegarty	F	45		498	01:00:36
496	668	01:01:09	Donna	Saunders	F			507	01:01:09
497	566	01:01:10	Tracey	Saint	F			503	01:01:00
498	667	01:01:10	Stephen	Saunders	M	55		509	01:01:10
499	151	01:01:11	Darren	Halpin	M	40		492	01:00:17
500	152	01:01:11	Sharon	Halpin	F	35		493	01:00:18
501	101	01:01:17	Mandy	Downton	F		Harriers	505	01:01:05
502	168	01:01:19	Emma	Hill	F			496	01:00:32
503	518	01:01:20	Jenna	Ham	F		Run4All	499	01:00:40
504	604	01:01:24	Alison		F		Run4All	501	01:00:53
505	92	01:01:26	Paul	Davies	M	40		497	01:00:33
506	394	01:01:28	Leuanne	Rees	F	40	Run4All	502	01:00:57
507	171	01:01:36	Teresa	Hillier	F	50	Run4All	504	01:01:03
508	567	01:01:49	Ruth	Hale	F			506	01:01:08
509	573	01:01:49	Claire	Edwards-Matthews	F	35	Run4All	508	01:01:10
510	464	01:01:56	Sian	Tossell	F	45	Brackla Harriers	510	01:01:27
511	47	01:01:56	Rachel	Carey	F			513	01:01:36
512	284	01:02:00	Judith	Maragna	F	55	Penarth & Dinas Runners	512	01:01:35
513	147	01:02:07	Beth	Haines	F			511	01:01:27
514	307	01:02:36	Victoria	Millard	F	35		514	01:01:50
515	235	01:02:38	Natalie	Jones	F			515	01:01:52
516	73	01:02:38	Natasha	Dagnall	F	35		516	01:01:58
517	670	01:02:54	Samantha	Williams	F			523	01:02:54
518	610	01:02:56	Bethan	Jenkins	F		Run4All	519	01:02:25
519	26	01:03:02	Keri	Bowden	M	40		518	01:02:21
520	476	01:03:03	Jon	Wallace	M			517	01:02:05
521	372	01:03:23	Ann	Phillips	F	40		521	01:02:53
522	373	01:03:23	Cara	Phillips	F			522	01:02:54
523	158	01:03:30	Chris	Hatfield	M	65		520	01:02:40
524	463	01:03:36	Gemma	Tomlinson	F		Port Talbot Harriers	524	01:03:03
525	345	01:03:41	Helen	O'Connell	F	35		526	01:03:11
526	657	01:03:44	Alethea	Fowler	F	35		531	01:03:44
527	370	01:03:58	Rachel	Perkins	F	35		525	01:03:06
528	456	01:03:58	Jane	Thomas	F	40		530	01:03:33
529	458	01:04:10	Lesley	Thomas	F	40		527	01:03:12
530	148	01:04:13	Dennis	Haines	M	60		529	01:03:31
531	605	01:04:20	Sarah		F			528	01:03:25
532	426	01:04:31	Graham	Singer	M	55		533	01:03:55
533	172	01:04:36	Amy	Hines	F	35		532	01:03:51
534	32	01:04:44	Neil	Samual	M	60		537	01:04:17
535	245	01:04:45	Sarah	Joseph	F	45		535	01:04:02
536	320	01:04:49	Alison	Morgan	F	40		536	01:04:06
537	62	01:04:56	Nicky	Cooper	F	40		534	01:03:59
538	257	01:05:09	Anne	Lalic	F	50		539	01:04:34
539	538	01:05:13	Rhian	O'Brien	F	35		541	01:04:48
540	512	01:05:21	Lisa	Scee	F	35		538	01:04:26
541	439	01:05:25	Karen	Sutton	F	45	Run4All	542	01:04:52
542	88	01:05:33	Lisa	Davies	F			540	01:04:41
543	624	01:05:53	Clare	Evans	F	40		544	01:05:01
544	623	01:05:53	John	Taylor	M		Cwmafan RFC	543	01:05:01
545	89	01:06:02	Mary	Davies	F	55		546	01:05:44
546	44	01:06:04	Helen	Cahill	F	55		545	01:05:42
547	124	01:06:33	Darren	Forrester	M	45	Run4All	547	01:05:51
548	462	01:06:34	Chris	Tidy	F	55	Run4All	548	01:05:53
549	285	01:06:48	Roni	Margerison	F	40	Lliswerry Runners	549	01:06:24
550	258	01:07:18	Maria	Lalic	F	55		550	01:06:43
551	303	01:07:21	Laura	Mcqueen	F			553	01:07:07
552	302	01:07:21	Kirsty	Mcqueen	F			554	01:07:08
553	656	01:07:25	Claire	Banham	F	35		555	01:07:25
554	281	01:07:31	Martin	Mahoney	M	40		551	01:06:56
555	96	01:07:31	Isabelle	Davies-Mellows	F	35		552	01:06:57
556	690	01:07:38	Runner		690	M		557	01:07:38
557	398	01:07:57	Amanda	Richards	F	45		556	01:07:28
558	401	01:08:19	Nigel	Richards	M	45		559	01:07:50
559	114	01:08:29	Joanne	Fairgray	F	45		558	01:07:47
560	63	01:08:52	Cheryl	Copestake	F	40		560	01:07:59

2014 Richard Burton 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
561	542	01:08:57	Claire	Chapman-O'Kane	F	40		561	01:08:10
562	662	01:08:58	Julia	Perry	F	35	Run4All	569	01:08:58
563	109	01:09:00	Julia	Evans	F	35	Run4All	565	01:08:27
564	589	01:09:02	Darren	Edwards	M		Cwmavon Hornets BC	566	01:08:38
565	590	01:09:02	Jade	Edwards	F		Cwmavon Hornets BC	567	01:08:38
566	489	01:09:02	Adele	Williams	F	35		564	01:08:14
567	162	01:09:03	Richard	Herbert	M	40		563	01:08:14
568	549	01:09:03	Tara	Roche	F	35		562	01:08:14
569	470	01:09:27	Helen	Turbervill	F	50		568	01:08:56
570	560	01:09:38	Laura	Chapple	F		Run4All	570	01:09:05
571	60	01:09:41	Aimee	Collier-Rees	F			571	01:09:08
572	389	01:10:51	Kath	Pugh	F			572	01:10:03
573	501	01:11:32	Deb	Wood	F	40	Llswerry Runners	573	01:11:06
574	536	01:11:56	Kate	Bresner	F	40		574	01:11:17
575	545	01:12:15	Claire	Wellington	F		Cwmafan RFC	575	01:11:27
576	241	01:12:42	Sian	Jones	F		Llswerry Runners	576	01:12:18
577	246	01:14:23	Charlotte	Kane	F			577	01:13:37
578	477	01:14:58	Suzanne	Wallace	F		wallace family	578	01:14:02
579	240	01:16:18	Sarah	Jones	F	35		579	01:15:21
580	442	01:16:19	Thomas	Tatchell	M			580	01:15:21
581	475	01:16:40	Geraint	Walker	M			581	01:16:12
582	314	01:17:47	Michael	Monaghan	M		firefighters charity	583	01:17:13
583	253	01:17:47	Adam	Khadiri	M		firefighters charity	582	01:17:13
584	297	01:18:06	Deborah	Mccusker	F	40		584	01:17:34
585	556	01:18:26	Alex	Butta	F		Run4All	586	01:17:55
586	434	01:18:33	Cayleigh	Ward	F		7th Cwmafan Cub Scouts	585	01:17:47
587	526	01:18:47	Helen	Jones	F	40	Run4All	587	01:18:16
588	25	01:21:38	Emma	Bloomfield	F	35		588	01:20:42
589	164	01:21:38	Sara	Hewitt	F	35		589	01:20:42
590	125	01:24:17	Evie	Forrester	F		Run4All	590	01:23:44
591	559	01:27:51	Jenny	McDonnell	F	35	Run4All	591	01:27:19
592	457	01:27:54	Jude	Thomas	F	35		592	01:27:27