

Race#	Forename	Surname	Gender	GenPos	Cat	CatPos	Club	StartLap	Rank	Lap1	Rank	Lap2	Rank	Lap3	Rank	Lap4	Rank	Lap5	Rank	Lap6	Rank	Total	Pos
66	MATTHEW	JACKLIN	Male	1	MSEN	1	ABERDARE VALLEY AAC	00:01:33	3	00:04:14	1	00:04:21	1	00:04:29	2	00:04:32	2	00:04:37	2	00:04:16	1	00:28:00	1
59	JASON	BRAGG	Male	2	MSEN	2	ABERDARE VALLEY AAC	00:01:33	2	00:04:14	2	00:04:22	2	00:04:30	3	00:04:35	3	00:04:37	3	00:04:32	3	00:28:20	2
32	MATTHEW	HURFORD	Male	3	M40	1	LES CROUPIERS RC	00:01:33	4	00:04:23	4	00:04:30	4	00:04:29	1	00:04:31	1	00:04:34	1	00:04:31	2	00:28:28	3
54	PHIL	COOK	Male	4	M45	1	LES CROUPIERS RC	00:01:39	11	00:04:27	5	00:04:28	3	00:04:35	4	00:04:44	4	00:04:45	4	00:04:36	4	00:29:12	4
24	DARREN	EDWARDS	Male	5	MSEN	3	ABERDARE VALLEY AAC	00:01:34	5	00:04:33	6	00:04:46	6	00:04:47	5	00:04:52	5	00:04:54	6	00:04:44	6	00:30:08	5
67	ANDREW	BAKER	Male	6	M45	2	PONTYPRIDD ROADENTS	00:01:38	10	00:04:37	8	00:04:46	5	00:04:53	6	00:04:56	6	00:04:58	7	00:04:50	10	00:30:35	6
10	BRIAN	DIAS	Male	7	MSEN	4	LES CROUPIERS RC	00:01:34	6	00:04:38	10	00:04:51	7	00:04:55	7	00:05:04	7	00:05:08	11	00:04:45	7	00:30:52	7
46	RICHARD	LLOYD	Male	8	MSEN	5	ABERDARE VALLEY AAC	00:01:38	8	00:04:36	7	00:04:53	8	00:05:02	9	00:05:06	10	00:05:01	8	00:04:53	11	00:31:07	8
62	MATTHEW	EVANS	Male	9	MSEN	6	ABERDARE VALLEY AAC	00:01:35	7	00:04:37	9	00:04:57	11	00:05:02	8	00:05:07	11	00:05:09	12	00:05:00	12	00:31:24	9
56	CHRIS	BUTTON	Male	10	MSEN	7	MERTHYR RC	00:01:53	23	00:04:57	16	00:05:02	14	00:05:03	11	00:05:04	8	00:05:03	10	00:04:40	5	00:31:40	10
63	MARK	DUNSCOMBE	Male	11	M50	1	ABERDARE VALLEY AAC	00:01:54	25	00:04:59	18	00:04:55	10	00:05:05	13	00:05:04	9	00:05:03	9	00:04:47	9	00:31:45	11
57	KYLE	DAVIES	Male	12	MSEN	8	PONTYPRIDD ROADENTS	00:01:33	1	00:04:22	3	00:04:53	9	00:05:03	10	00:05:11	13	00:04:47	5	00:06:01	42	00:31:48	12
22	CLARA	EVANS	Female	1	FSEN	1	PONTYPRIDD ROADENTS	00:01:38	9	00:04:38	11	00:05:02	15	00:05:07	14	00:05:14	14	00:05:12	15	00:05:01	13	00:31:49	13
68	GERAINT	WILLIAMS	Male	13	M40	2	ABERDARE VALLEY AAC	00:01:53	22	00:04:56	15	00:05:00	13	00:05:05	12	00:05:08	12	00:05:11	14	00:05:05	16	00:32:16	14
14	NEIL	BROOKE-SMITH	Male	14	M40	3	PONTYPRIDD ROADENTS	00:01:48	13	00:04:51	12	00:05:06	16	00:05:21	22	00:05:20	17	00:05:23	18	00:04:45	8	00:32:31	15
55	GRANT	LEWIS	Male	15	MSEN	9	PORTHCRAWL RUNNERS	00:01:52	17	00:04:53	13	00:04:58	12	00:05:09	15	00:05:17	16	00:05:20	16	00:05:09	18	00:32:35	16
21	PAUL	GRAHAM	Male	16	MSEN	10	PONTYPRIDD ROADENTS	00:01:48	14	00:04:55	14	00:05:13	19	00:05:20	21	00:05:21	19	00:05:11	13	00:05:02	15	00:32:47	17
45	ANDREW	REDDY	Male	17	MSEN	11	ABERDARE VALLEY AAC	00:01:53	20	00:05:00	19	00:05:12	17	00:05:18	19	00:05:21	18	00:05:27	21	00:05:02	14	00:33:10	18
70	HOWARD	OWEN	Male	18	MSEN	12	LES CROUPIERS RC	00:01:48	15	00:05:09	21	00:05:13	18	00:05:19	20	00:05:22	20	00:05:24	19	00:05:09	17	00:33:21	19
19	JOHN	MULLANEY	Male	19	MSEN	13	ABERDARE VALLEY AAC	00:01:52	18	00:04:58	17	00:05:13	20	00:05:16	17	00:05:25	22	00:05:30	22	00:05:11	19	00:33:22	20
58	FFION	DAVIES	Female	2	FSEN	2	PONTYPRIDD ROADENTS	00:02:03	34	00:05:14	23	00:05:16	21	00:05:13	16	00:05:16	15	00:05:21	17	00:05:13	20	00:33:33	21
23	SUSAN	WATSON	Female	3	F45	1	LES CROUPIERS RC	00:01:49	16	00:05:14	24	00:05:20	22	00:05:18	18	00:05:24	21	00:05:27	20	00:05:22	21	00:33:52	22
52	RHYS	LEE	Male	20	M70	1	MERTHYR RC	00:01:54	26	00:05:03	20	00:05:20	23	00:05:28	23	00:05:39	25	00:05:47	28	00:05:26	23	00:34:34	23
33	DOMINIC	SHIELDS	Male	21	M45	3	SAN DOMENICO	00:01:47	12	00:05:12	22	00:05:22	24	00:05:38	26	00:05:36	23	00:05:44	27	00:05:23	22	00:34:40	24
73	JAMES	DELANEY	Male	22	M55	1	SAN DOMENICO	00:01:53	19	00:05:21	27	00:05:28	25	00:05:32	24	00:05:38	24	00:05:42	25	00:05:30	26	00:35:02	25
47	GINA	HARDMAN	Female	4	F40	1	BRIDGEND AC	00:02:00	29	00:05:20	25	00:05:31	26	00:05:34	25	00:05:48	29	00:05:37	23	00:05:31	28	00:35:19	26
69	BRENT	REED	Male	23	M45	4	ABERDARE VALLEY AAC	00:01:59	28	00:05:23	28	00:05:31	27	00:05:39	28	00:05:47	27	00:05:43	26	00:05:32	29	00:35:31	27
51	GRAHAM	MACK	Male	24	M55	2	MERTHYR RC	00:02:01	31	00:05:29	31	00:05:40	29	00:05:39	27	00:05:47	26	00:05:41	24	00:05:33	30	00:35:47	28
34	MARCIA	GOUVIEA	Female	5	FSEN	3	SAN DOMENICO	00:01:53	21	00:05:21	26	00:05:35	28	00:05:40	29	00:06:03	34	00:05:53	31	00:05:30	27	00:35:53	29
78	MALCOLM	BRADLEY	Male	25	M65	1	PENARTH AND DINAS RUNNERS	00:01:54	24	00:05:27	29	00:05:41	31	00:05:46	31	00:05:47	28	00:05:48	29	00:05:36	32	00:35:56	30
9	JAMIE	CLODE	Male	26	MSEN	14	BRIDGEND AC	00:02:02	32	00:05:28	30	00:05:40	30	00:05:45	30	00:05:58	31	00:05:55	32	00:05:29	25	00:36:14	31
86	ANDY	DAVIES	Male	27	M50	2	PONTYPRIDD ROADENTS	00:02:02	33	00:05:32	32	00:05:42	32	00:05:53	32	00:05:52	30	00:05:53	30	00:05:52	36	00:36:44	32
74	IAN	PAYNE	Male	28	M45	5		00:02:10	48	00:05:39	34	00:05:52	34	00:06:00	34	00:06:05	36	00:05:58	35	00:05:27	24	00:37:08	33
65	AINSLEY	BEVAN	Male	29	M40	4	MERTHYR RC	00:02:13	54	00:05:36	33	00:05:47	33	00:06:02	37	00:06:06	38	00:05:56	33	00:05:35	31	00:37:12	34
41	MATTHEW	PAYNE	Male	30	MSEN	15		00:02:10	47	00:05:39	35	00:05:53	35	00:05:59	33	00:06:05	35	00:05:58	34	00:05:41	33	00:37:22	35
64	ABIGAIL	SULLIVAN	Female	6	FSEN	4	MERTHYR RC	00:02:03	35	00:05:43	38	00:05:55	38	00:06:01	36	00:06:02	33	00:06:05	36	00:05:54	37	00:37:39	36
26	PAUL	CHAPMAN	Male	31	M45	6	LES CROUPIERS RC	00:02:11	50	00:05:52	44	00:05:57	40	00:06:02	39	00:06:01	32	00:06:06	37	00:05:48	35	00:37:56	37
87	VANESSA	TURNBALL	Female	7	F45	2		00:02:11	51	00:05:44	42	00:05:56	39	00:06:04	40	00:06:06	37	00:06:11	39	00:06:00	41	00:38:08	38
60	ALICE	BEVAN	Female	8	FSEN	5	MERTHYR RC	00:02:05	37	00:05:41	37	00:05:54	36	00:06:00	35	00:06:13	40	00:06:21	41	00:05:59	40	00:38:11	39
75	GWEN	RICHARDS	Female	9	FSEN	6	PONTYPRIDD ROADENTS	00:02:04	36	00:05:53	46	00:06:01	42	00:06:02	38	00:06:06	39	00:06:07	38	00:06:05	46	00:38:16	40
61	CLAIRE	WALTERS	Female	10	FSEN	7	MERTHYR RC	00:02:13	53	00:05:40	36	00:05:55	37	00:06:20	44	00:06:25	46	00:06:42	52	00:06:03	43	00:39:15	41
20	FIONA	DAVIES	Female	11	F55	1	PONTYPRIDD ROADENTS	00:02:07	39	00:05:43	39	00:06:02	43	00:06:16	42	00:06:25	47	00:06:28	44	00:06:21	53	00:39:18	42
42	KELLY	COLLINS	Female	12	FSEN	8	PARC BRYN BACH	00:02:08	45	00:05:44	43	00:06:01	41	00:06:19	43	00:06:50	57	00:06:29	46	00:05:59	39	00:39:27	43
80	GLENN	POWELL	Male	32	MSEN	16	PENARTH AND DINAS RUNNERS	00:01:58	27	00:05:52	45	00:06:24	54	00:06:30	52	00:06:26	49	00:06:29	45	00:05:55	38	00:39:30	44
36	RUTH	CORDY	Female	13	FSEN	9		00:02:07	41	00:05:57	47	00:06:08	45	00:06:25	46	00:06:21	41	00:06:35	48	00:06:04	44	00:39:35	45
35	CRAIG	HUGHES	Male	33	MSEN	17	SAN DOMENICO	00:02:07	40	00:05:57	48	00:06:08	44	00:06:26	47	00:06:22	42	00:06:35	47	00:06:04	45	00:39:35	46
12	LISA	COUSINS	Female	14	F40	2		00:02:08	42	00:05:58	49	00:06:19	52	00:06:26	49	00:06:23	43	00:06:19	40	00:06:09	49	00:39:40	47
48	ANGHARAD	PRICE	Female	15	FSEN	10	CARDIFF	00:02:06	38	00:05:43	40	00:06:21	53	00:06:37	54	00:06:32	50	00:06:35	49	00:06:09	48	00:40:01	48
27	JEFF	ASTON	Male	34	M65	2	LES CROUPIERS RC	00:02:23	58	00:06:16	54	00:06:15	49	00:06:15	41	00:06:24	45	00:06:27	43	00:06:17	52	00:40:14	49
40	HANNAH	WITHERS	Female	16	F40	3	SAN DOMENICO	00:02:08	44	00:06:05	51	00:06:10	46	00:06:27	51	00:06:37	52	00:06:44	55	00:06:08	47	00:40:16	50
76	SIMON	JONES	Male	35	M50	3	ABERDARE VALLEY AAC	00:02:11	49	00:06:04	50	00:06:15	50	00:06:25	45	00:06:26	48	00:06:36	50	00:06:27	55	00:40:19	51

43	KATHERINE	COLLINS	Female	17	FSEN	11	PARC BRYN BACH	00:02:08	43	00:05:44	41	00:06:14	48	00:06:56	58	00:06:41	55	00:06:54	58	00:06:13	50	00:40:47	52
11	JAMES	WILLIAMS	Male	36	MSEN	18		00:02:29	60	00:06:09	53	00:06:13	47	00:06:26	50	00:06:34	51	00:06:44	54	00:06:17	51	00:40:50	53
49	GARETH	BAKER	Male	37	MSEN	19	ABERDARE VALLEY AAC	00:02:33	66	00:06:43	60	00:06:43	59	00:06:31	53	00:06:23	44	00:06:25	42	00:05:43	34	00:40:59	54
79	YVONNE	WILLIAMS	Male	38	F60	1	PENARTH AND DINAS RUNNERS	00:02:15	56	00:06:16	56	00:06:19	51	00:06:26	48	00:06:38	53	00:06:42	53	00:06:29	56	00:41:03	55
29	KENNETH	OLIVER	Male	39	M50	4	ISLWYN RC	00:02:00	30	00:06:05	52	00:06:30	55	00:06:42	56	00:06:52	58	00:06:52	57	00:06:22	54	00:41:20	56
50	FIONA	DRYSDALE	Female	18	F40	4		00:02:21	57	00:06:20	57	00:06:34	56	00:06:42	57	00:06:47	56	00:06:47	56	00:06:35	57	00:42:03	57
15	SARA	BROOKE-SMITH	Female	19	F40	5	PONTYPRIDD ROADENTS	00:02:25	59	00:06:36	59	00:06:40	58	00:06:41	55	00:06:40	54	00:06:38	51	00:06:39	58	00:42:17	58
85	GABRIELLA	LANCASTER	Female	20	FSEN	12	ABERDARE VALLEY AAC	00:02:12	52	00:06:16	55	00:06:35	57	00:07:01	59	00:07:10	59	00:07:14	59	00:06:45	59	00:43:11	59
44	MICHELLE	JAYNE	Female	21	FSEN	13	PARC BRYN BACH	00:02:14	55	00:06:31	58	00:06:59	60	00:07:11	60	00:07:22	60	00:07:23	61	00:07:01	60	00:44:39	60
16	AMANDA	THOMPSON	Female	22	F50	1	LES CROUPIERS RC	00:02:30	63	00:07:09	64	00:07:10	61	00:07:22	61	00:07:26	61	00:07:19	60	00:07:09	61	00:46:03	61
71	JENNA	PONTING	Female	23	FSEN	14	DRAGONS	00:02:29	61	00:06:56	61	00:07:28	63	00:07:42	62	00:07:49	64	00:07:49	64	00:07:25	62	00:47:36	62
72	CARYS	MORGAN	Female	24	FSEN	15	DRAGONS	00:02:29	62	00:06:56	62	00:07:28	62	00:07:42	63	00:07:49	63	00:07:49	63	00:07:26	63	00:47:36	63
83	TRACEY	NEWMAN	Female	25	F40	6	MERTHYR RC	00:02:32	65	00:07:08	63	00:07:36	66	00:07:49	64	00:07:45	62	00:07:44	62	00:07:27	64	00:47:58	64
84	SHELLEY	PARRY	Female	26	FSEN	16	MERTHYR RC	00:02:34	67	00:07:14	67	00:07:38	67	00:08:05	66	00:08:14	67	00:07:55	65	00:07:39	66	00:49:17	65
82	TRACEY	RICHARDS	Female	27	F40	7	MERTHYR RC	00:02:31	64	00:07:10	65	00:07:34	65	00:08:16	67	00:08:07	65	00:08:12	67	00:07:40	67	00:49:28	66
18	TOM	TATCHELL	Male	40	MSEN	20		00:02:34	68	00:07:14	66	00:07:29	64	00:07:57	65	00:08:19	68	00:08:19	68	00:07:43	68	00:49:33	67
77	SIMON	DAVIES	Male	41	MSEN	21		00:02:09	46	00:07:15	68	00:08:14	68	00:08:22	68	00:08:14	66	00:08:01	66	00:07:39	65	00:49:51	68
81	TRACEY	LEWIS	Female	28	F40	8		00:02:34	69	00:08:13	69	00:09:15	70	00:09:23	70	00:09:27	70	00:08:38	69	00:08:43	69	00:56:11	69
53	HELEN	WILLIAMS	Female	29	F40	9	ABERDARE VALLEY AAC	00:03:14	70	00:08:51	70	00:08:47	69	00:09:15	69	00:09:04	69	00:09:23	70	00:09:08	70	00:57:40	70