

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	0:32:54	LOWTHER, Charlie	Eden Runners	Senior Men	07:35.8	291	1
2	0:33:02	JOHNSON, Richie	Mynydd Du Runners	Mens Master V40-49	07:37.6	299	2
3	0:34:09	JONES, Joshua	Griffithstown Harriers	Senior Men	07:53.1	102	3
4	0:34:28	GRANTHAM, Matt	Lliswerry Runners	Senior Men	07:57.5	114	4
5	0:35:42	HODGSON, Andrew	Bridgend A.C.	Mens Master V40-49	08:14.6	198	5
6	0:36:50	BROWN, Helen	Mynydd Du Runners	Ladies Master V35-44	08:30.3	275	6
7	0:37:46	LEWIS, Chris	Unaffiliated	Senior Men	08:43.2	277	7
8	0:38:04	BRACE, Gavin	Lliswerry Runners	Senior Men	08:47.4	286	8
9	0:38:49	WOODS, Adrian	Mynydd Du Runners	Mens Master V50-59	08:57.8	359	9
10	0:39:00	ENGLISH, Mark	Lliswerry Runners	Mens Master V40-49	09:00.3	278	10
11	0:39:15	DALLIMORE, Clare	Mynyddwyr De Cymru	Senior Ladies	09:03.8	126	11
12	0:40:21	DAVIES, Miles	Unaffiliated	Senior Men	09:19.0	279	12
13	0:40:32	JONES, Bleddyn	Lliswerry Runners	Senior Men	09:21.5	293	13
14	0:40:53	BROWN, Alex	Unaffiliated	Senior Men	09:26.4	357	14
15	0:41:30	HERRINGTON, Steve	Hereford Couriers	Mens Master V60+	09:34.9	118	15
16	0:41:30	HUGHES, Gareth	Unaffiliated	Senior Men	09:34.9	300	16
17	0:41:34	ADAMS, Gary	Fairwater Runners	Mens Master V40-49	09:35.9	353	17
18	0:41:35	EDWARDS, Barri	Caerphilly Runners	Mens Master V40-49	09:36.1	16	18
19	0:41:43	TROVESI, Luca	Mynyddwyr De Cymru	Senior Men	09:37.9	139	19
20	0:41:47	LAMORTE, Mark	Caerphilly Runners	Senior Men	09:38.9	354	20
21	0:41:51	GRANT, Neil	Chepstow Harriers	Mens Master V60+	09:39.8	162	21
22	0:41:57	ROBERTS, Harri	Unaffiliated	Senior Men	09:41.2	62	22
23	0:42:17	CRONIN, Richard	Mynyddwyr De Cymru	Senior Men	09:45.8	160	23
24	0:42:28	CRAIG, Caroline	Unaffiliated	Senior Ladies	09:48.3	187	24
25	0:42:52	MACLEAN, Karel	Unaffiliated	Senior Men	09:53.9	50	25
26	0:43:31	PHILLIPS, Danielle	Parc Bryn Bach R.C.	Senior Ladies	10:02.9	193	26
27	0:44:14	CREBER, Andy	Chepstow Harriers	Mens Master V50-59	10:12.8	360	27
28	0:44:17	OSMOND, Clive	Les Croupiers R.C.	Mens Master V50-59	10:13.5	76	28
29	0:44:34	HOSKINS, Philip	Unaffiliated	Mens Master V50-59	10:17.4	195	29
30	0:44:40	HANCOCK, Jonathan	Usk Runners	Mens Master V50-59	10:18.8	128	30
31	0:45:08	WATSON, Bob	Unaffiliated	Mens Master V40-49	10:25.3	292	31
32	0:45:21	LAMB, Simon	Cardiff University	Mens Master V40-49	10:28.3	138	32
33	0:45:22	TURNBULL, Vanessa	Caerphilly Runners	Ladies Master V45-54	10:28.5	117	33
34	0:45:29	COLVIN, Graham	Pontardawe	Mens Master V50-59	10:30.1	276	34
35	0:45:54	JENKINS, Martin	Fairwater Runners	Mens Master V50-59	10:35.9	295	35
36	0:45:58	ROBINSON, Daniel	Unaffiliated	Senior Men	10:36.8	298	36
37	0:46:07	CHAPMAN, Paul	Les Croupiers R.C.	Mens Master V40-49	10:38.9	355	37
38	0:46:20	REES, Emma	Caerphilly Runners	Senior Ladies	10:41.9	196	38
39	0:46:24	LLOYD, Gwyn	Pontypridd Roadents	Mens Master V60+	10:42.8	296	39
40	0:46:51	RYDER, Chas	Clwb Rhedwyr Brycheiniog	Mens Master V60+	10:49.1	199	40
41	0:46:51	RYDER, Hollie	Clwb Rhedwyr Brycheiniog	Senior Ladies	10:49.1	274	41
42	0:47:11	SCHOLEY, Julie	Les Croupiers R.C.	Ladies Master V55+	10:53.7	352	42
43	0:48:02	DRUCKER, Glyn	Caerphilly Runners	Mens Master V40-49	11:05.4	7	43
44	0:48:07	POCKNELL, Justin	Caerleon R.C.	Mens Master V40-49	11:06.6	123	44
45	0:48:26	DARBY, William	Mynydd Du Runners	Mens Master V60+	11:11.0	285	45
46	0:49:12	THOMPSON, Matthew	Les Croupiers R.C.	Senior Men	11:21.6	294	46
47	0:49:54	WOODS, Sharon	Mynydd Du Runners	Ladies Master V55+	11:31.3	358	47
48	0:50:05	ALSAEED, Meshari	Mynyddwyr De Cymru	Senior Men	11:33.8	154	48
49	0:50:06	JOHNS, Jonathan	Caerphilly Runners	Mens Master V40-49	11:34.1	197	49
50	0:50:16	PARR, Jeremy	South Wales Orienteering	Mens Master V40-49	11:36.4	287	50
51	0:52:20	MACLEAN, Andrew	Unaffiliated	Senior Men	12:05.0	58	51
52	0:52:35	ATTWOOD, Howard	Lliswerry Runners	Mens Master V60+	12:08.5	81	52

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<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>
53	0:53:24	WILLIAMS, Les	Rhedwyr Eryri	Mens Master V60+	12:19.8	281	53
54	0:54:13	LEWIS, Julie	Islwyn Running Club	Ladies Master V45-54	12:31.1	290	54
55	0:54:19	NASH, Jason	Unaffiliated	Mens Master V40-49	12:32.5	188	55
56	0:54:27	DONOVAN, Ceri	Lliswerry Runners	Ladies Master V45-54	12:34.3	289	56
57	0:54:37	BYGRAVES, Samala	Unaffiliated	Ladies Master V55+	12:36.7	280	57
58	0:54:43	JONES, Huw	Unaffiliated	Senior Men	12:38.0	283	58
59	0:55:11	KENT, Howard	Les Croupiers R.C.	Mens Master V60+	12:44.5	282	59
60	0:56:07	SCHADE, Gina	Mynyddwyr De Cymru	Senior Ladies	12:57.4	167	60
61	0:56:18	JONES, Vicki	Islwyn Running Club	Ladies Master V35-44	13:00.0	113	61
62	0:56:57	GENTLE, Chris	Lliswerry Runners	Mens Master V40-49	13:09.0	288	62
63	0:57:43	HALE, Nick	Hales Harriers	Mens Master V60+	13:19.6	297	63
64	0:59:00	SKEELS, Anna	Unaffiliated	Ladies Master V45-54	13:37.4	22	64
65	0:59:52	FORSEY, Yvonne	Lliswerry Runners	Ladies Master V55+	13:49.4	86	65
66	1:00:01	STANDERWICK, Sam	Parc Bryn Bach R.C.	Ladies Master V35-44	13:51.5	284	66
67	1:02:12	PUGH, Les	Mynyddwyr De Cymru	Mens Master V60+	14:21.7	129	67
68	1:02:40	RHODES, Maxine	Pontypool Runners	Ladies Master V45-54	14:28.2	133	68
69	1:03:22	LOVEGROVE-OWEN, Bea	Pontypridd Roadents	Ladies Master V35-44	14:37.9	4	69
70	1:08:26	WARD, Danielle	Islwyn Running Club	Senior Ladies	15:48.1	87	70

There were 70 finishers in the All Competitors category.