

Pos	Race no.	Name	CLUB	Time	CAT
1	251	Carwyn Jones	Cardiff AAC	15:02	SM
2	247	Dan Nash	East Cornwall	15:05	SM
3	268	James Thie	Cardiff AAC	15:25	SM
4	233	Tes Goitom	Les Croupiers	15:31	SM
5	192	Adam Bull	Aberdare	15:33	SM
6	272	Huw Evans	LCRC	16:03	M40
7	308	Oliver Williams	Les Croupiers	16:09	SM
8	201	Jamie Wardrop	San Domenico	16:18	SM
9	210	Nick Tulp	Les Croupiers	16:19	SM
10	254	Paul Graham	Pontpridd Roadents	16:21	SM
11	290	Jack Dunn	U/A	16:24	SM
12	261	Martin Rees	Les Croupiers	16:27	M60
13	286	Darren Bishop	Pontpridd Roadents	16:28	SM
14	252	Alex Vidal Hiscock	U/A	16:30	SM
15	253	Rhys Annett	San Domenico	16:36	SM
16	313	Stuart Crees	Les Croupiers	16:43	SM
17	224	Billy Hatton	Pontpridd Roadents	16:46	SM
18	277	Simon Lewis	Parc Bryn Bach	16:49	SM
19	240	Tom Jeffery	Les Croupiers	16:55	SM
20	285	Ben Buttler Madden	Penarth & Dinas	16:56	SM
21	259	Freek Van Arkel	Gloucester	16:59	SM
22	258	Ifan Lloyd	Swansea	17:01	M55
23	238	Abigail Howarth	Leigh Harriers	17:02	SW
24	255	Clara Evans	Pontpridd Roadents	17:07	SW
25	310	Donovan Williams Hale	Bridgend	17:36	SM
26	278	Andrew Blair	Les Croupiers	17:42	M50
27	239	Alaw Beynon Thomas	Swansea	17:46	SW
28	185	Brian Dias	Les Croupiers	17:56	SM
29	246	Emily Lagomarsino	San Domenico	17:58	SW
30	280	Laurence Pole	Pontpridd Roadents	18:09	M40
31	288	Matt Hopkins	Les Croupiers	18:14	SM
32	217	Richard Wilder	San Domenico	18:28	M40
33	215	Richard Bullen	Les Croupiers	18:32	M55
34	250	Paul Talbot	Neath	18:36	M45
35	188	Simon Miles	Pontpridd Roadents	18:39	M40
36	300	Michael Rilfi	Les Croupiers	18:46	SM
37	275	Richard Self	Les Croupiers	18:54	M50
38	281	Angharad Mair	Les Croupiers	18:55	W55
39	225	Paul Oliver	Parc Bryn Bach	18:56	SM
40	205	Jinny Jones	U/A	19:01	SW
41	214	Elio Lepore	Les Croupiers	19:01	M60
42	257	Ding Ding	U/A	19:04	SM
43	256	Simon Thomas	San Domenico	19:04	M40
44	194	Lloyd Suppar	Rhymney Valley	19:07	SM
45	202	Steven Hooper	Pontpridd Roadents	19:14	M50
46	243	Laura Clements	U/A	19:15	SW
47	304	Stephen May	Pontpridd Roadents	19:24	M40
48	282	Nick Denny	Pontpridd Roadents	19:26	SM
49	266	Michael Cope	Parc Bryn Bach	19:31	M40
50	203	Marcus Meyrick	Les Croupiers	19:33	M45

Pos	Race no.	Name	CLUB	Time	CAT
51	245	Janet Holmes	Les Croupiers	19:35	W35
52	298	Adam Brown	U/A	19:40	SM
53	191	Robert Evans	Les Croupiers	19:49	M60
54	193	Bleddyn Jones	Liswerry	19:54	SM
55	287	Jamie Bishop	Pontpridd Roadents	19:58	SM
56	284	Terry O'Brien	U/A	20:00	M55
57	234	Darren Stevens	Merthyr	20:04	M40
58	291	Richard Dunn	U/A	20:15	M55
59	297	Evatt Cummings	Les Croupiers	20:38	M45
60	200	Ben Hughes	Cardiff AAC	20:42	SM
61	212	Michael Cranwell	Les Croupiers	20:44	M60
63	265	Carol Rees	Les Croupiers	20:48	W45
64	312	Libby Bohemen	Les Croupiers	20:49	W45
65	292	Mick Tabor	Les Croupiers	20:50	M60
66	271	Tim Fry	Cardiff AAC	21:08	SM
67	227	Angela Champion	Les Croupiers	21:12	W35
68	276	Adrian Taylor	Merthyr	21:16	M55
69	195	Philip Leggett	Pegasus RC	21:18	SM
70	262	Catrin Palfrey	Penarth & Dinas	21:23	SW
71	319	Christopher Mellins	Penarth & Dinas	21:39	M60
72	316	Maria Zubizarreta	Les Croupiers	21:44	W45
73	208	Dominic Shields	San Domenico	21:48	M50
74	206	Paddy Maloney	U/A	21:49	M50
75	216	Cath Tailby	Penarth & Dinas	21:50	W45
76	236	Ruth Cann	Penarth & Dinas	21:54	W35
77	248	Mark Evans	Brackla	22:02	M50
78	303	Liz May	Pontpridd Roadents	22:06	W35
79	295	Julie Scholey	Les Croupiers	22:07	W55
80	273	Louise Hunt	Penarth & Dinas	22:11	W35
81	309	James Delaney	San Domenico	22:12	M60
82	311	Tim O'Sullivan	Les Croupiers	22:14	M55
83	196	Stephen Wood	Pegasus RC	22:15	SM
84	242	Lisa Cleary	Penarth & Dinas	22:20	W50
86	315	Elaine Wharmby	Pegasus RC	22:37	W50
87	267	Gary John	Les Croupiers	22:43	M60
88	226	Ian Thorne	Pegasus RC	22:47	M45
89	314	Jenny Martin	Les Croupiers	22:52	W35
90	301	Stephen Quin	Les Croupiers	22:58	M45
91	218	Jack Hughes	Bridgend	23:01	SM
92	220	Gwen Richards	U/A	23:05	SW
93	207	Andy Davies	Pontpridd Roadents	23:16	M50
94	198	Helen Lane	U/A	23:26	W45
95	263	Lolly Burvill	Les Croupiers	23:27	W45
96	204	Graham Carrick	Pegasus RC	23:28	M50
97	289	Richard Sewell	Les Croupiers	23:30	M55
98	318	Tim Monckton	Penarth & Dinas	23:31	SM
99	274	Claire Phillips	U/A	23:35	SW
100	296	Philip Cowell	U/A	23:46	M50
101	264	Lindsay Hunt	Penarth & Dinas	23:54	SW
102	283	Graeme Donnan	Les Croupiers	24:00	M60

Pos	Race no.	Name	CLUB	Time	CAT
103	294	Alison Whittaker	Les Croupiers	24:02	W45
104	249	Ian Stratton	Brackla	24:13	M45
105	305	Bethan Ford	Pontpridd Roadents	24:14	SW
106	237	Eve Gallop-Evans	Les Croupiers	24:16	W50
107	211	Sarah Pryor	Pegasus RC	24:19	W40
108	189	Christie Coleman	Cwm Ogwr RC	24:23	M45
109	228	Nigel Derbyshire	U/A	24:47	M60
110	199	Lewis Jacob	Rhondda	24:57	SM
111	213	Rosie Bristow	Pegasus RC	25:04	W35
112	244	Anne Fullan	U/A	25:22	W45
113	231	Claire Jarrom	Les Croupiers	25:31	SW
114	306	Julia Evans	Pegasus RC	25:34	W55
115	221	Graham Bingham	Pontpridd Roadents	25:51	M50
116	293	Kerry Briggs	Les Croupiers	26:11	SW
117	229	Carson Pryce	Pegasus RC	26:24	SM
118	222	Jennifer Stone	Cardiff AAC	26:28	W45
119	232	Ian Warner	U/A	26:38	M55
120	317	Colin Crooks	Pegasus RC	26:49	M60
121	219	Julia Herbert	Pontpridd Roadents	27:22	W40
122	235	Catherine Llewellyn	Merthyr	27:53	W50
123	223	Kelly Crofts	Les Croupiers	27:55	W35
124	299	Jaya Jones	Cardiff AAC	28:31	SW
125	230	Kirsty McGowain	Les Croupiers	29:01	SW
126	241	Debbie Rees	Penarth & Dinas	29:06	W50
127	209	Sally Groves	Pegasus RC	29:14	W50
128	307	Olivia Werb	Pegasus RC	29:22	SW
129	270	Paul Bucklee	U/A	29:38	M45
130	269	Tracy Bucklee	Pegasus RC	29:40	W40
131	302	Alan Mann	Les Croupiers	30:15	M55
132	279	Tracey Newman	Les Croupiers	30:49	W45
133	190	Dean Coombes	Pegasus RC	32:09	SM
134	186	Beverly Ooss	SMR	33:16	W55
135	187	Natalie Taylor	SMR	33:16	W40
	197	John Plain	Les Croupiers		M60
	260	Dean Johnston	Neath		SM