

Position	Name	Time	Gender	Age Group	AG Pos.	Club / Team	Race Number	Status
Llantwit Major 10K								
1.	Paul Green	0:34:48	m	Mens Masters 45+	1.	Sale Harriers Manchester	1378	
2.	Daniel Bodman	0:35:23	m	Senior Men	1.	Aberdare VAAC	1281	
3.	Darren Bishop	0:37:53	m	Senior Men	2.	Pontypridd Roadents	1280	
4.	James Arrowsmith	0:38:36	m	Senior Men	3.	Trent Park Running Club	1267	
5.	Gareth Coady	0:39:05	m	Senior Men	4.	Wick Carriers	1309	
6.	Gary Brown	0:39:19	m	Senior Men	5.	Penarth And Dinas Runners	1290	
7.	Gary Tuttle	0:39:40	m	Senior Men	6.	Reading Roadrunners	1742	
8.	Dale Williams	0:40:30	m	Senior Men	7.	Brecon AC	1766	
9.	Nicholas Lewis	0:40:33	m	Senior Men	8.	White Rock Runners	1458	
10.	Justin Phillips	0:40:38	m	Senior Men	9.	Pontypridd Roadents	1792	
11.	Ceri Tapper	0:40:43	m	Mens Masters 45+	2.	Pontypridd Roadents	1726	
12.	Rowan Hobbs	0:40:54	m	Senior Men	10.	Brackla Harriers	1416	
13.	Christopher Jeynes	0:41:04	m	Senior Men	11.	Brackla Harriers	1435	
14.	David Moore	0:41:11	m	Senior Men	12.	Brackla Harriers	1482	
15.	Simon Osborne	0:41:14	m	Mens Masters 45+	3.	Bridgend AC	1497	
16.	Philip Williams	0:41:17	m	Senior Men	13.	Pontypridd Roadents	1770	
17.	Laurence Thomson	0:41:46	m	Senior Men	14.		1737	
18.	Alec Care	0:41:50	m	Senior Men	15.	San Domenico RC	1302	
19.	Nathan Christoforato	0:42:21	m	Senior Men	16.	Barry & Vale Harriers	1305	
20.	Stephen Davies	0:42:42	m	Senior Men	17.		1333	
21.	Leigh Ridgeway	0:43:15	m	Senior Men	18.		1700	
22.	John Lloyd	0:43:21	m	Mens Masters 45+	4.	Brackla Harriers	1462	
23.	Claire Bunce	0:43:26	w	Senior Ladies	1.	Swansea Harriers	1293	
24.	Ian Ogilvie	0:43:27	m	Mens Masters 45+	5.	Brackla Harriers	1496	
25.	Gethin Roberts	0:43:29	m	Senior Men	19.	Ystrad Runners	1701	
26.	Thomas Pope	0:43:41	m	Senior Men	20.		1520	
27.	Fiona Bussell	0:43:50	w	Senior Ladies	2.	San Domenico RC	1298	
28.	Daniel Green	0:43:50	m	Senior Men	21.	Leighton Fun Runners	1377	
29.	Steven Bennett	0:43:57	m	Senior Men	22.		1274	
30.	James Richardson	0:44:44	m	Senior Men	23.	Wick Carriers	1530	
31.	Matt Hopkins	0:44:46	m	Senior Men	24.	Les Croupiers RC	1418	
32.	Sharon Leech	0:45:03	w	Ladies Masters 45+	1.	Carmarthen Harriers	1455	
33.	Daniel Richards	0:45:30	m	Senior Men	25.		1529	

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34.	Kevin Chalke	0:45:37	m	Mens Masters 45+	6.	Penarth And Dinas Runners	1303	
35.	Mickey Havard	0:46:01	m	Mens Masters 45+	7.	San Domenico RC	1402	
36.	Gareth Taylor	0:46:12	m	Senior Men	26.	Brackla Harriers	1729	
37.	Lloyd Bevan	0:46:21	m	Mens Masters 45+	8.	Serpentine RC	1275	
38.	Simon Grundy	0:46:28	m	Senior Men	27.	Run Academy Worthing	1389	
39.	Andrew Boxhall	0:46:34	m	Mens Masters 45+	9.	Major Milers	1284	
40.	Ian Bell	0:46:39	m	Mens Masters 45+	10.	San Domenico RC	1271	
41.	Paul Smith	0:46:56	m	Senior Men	28.		1712	
42.	Frank Atherton	0:46:59	m	Mens Masters 45+	11.	Penarth And Dinas Runners	1268	
43.	Benjamin Francis	0:47:03	m	Senior Men	29.	Pencoed Panthers	1364	
44.	Alan Wadey	0:47:07	m	Mens Masters 45+	12.	Cardiff AAC	1747	
45.	Zoe Dobbs	0:47:08	w	Senior Ladies	3.	Penarth And Dinas Runners	1339	
46.	Jessica Wadey	0:47:19	w	Senior Ladies	4.	Cardiff AAC	1746	
47.	Christopher Nellins	0:47:29	m	Mens Masters 45+	13.	Penarth And Dinas Runners	1488	
48.	Ryan Hadlow	0:47:34	m	Senior Men	30.		1391	
49.	Joanne Hudson	0:47:39	w	Ladies Masters 45+	2.		1424	
50.	Seren Rayment	0:47:39	w	Senior Ladies	5.	Cardiff Archers	1525	
51.	Bethan Griffiths	0:47:46	w	Senior Ladies	6.	White Rock Runners	1385	
52.	Gareth Thompson	0:47:48	m	Senior Men	31.	Pencoed	1736	
53.	Stuart Wallace	0:47:51	m	Senior Men	32.		1752	
54.	john Wardle	0:47:56	m	Senior Men	33.	Barry & Vale Harriers	1754	
55.	Niall Boxhall	0:47:59	m	Senior Men	34.		1285	
56.	James Grant	0:48:07	m	Senior Men	35.		1376	
57.	Stuart Corke	0:48:14	m	Mens Masters 45+	14.	Wadhurst Runners	1319	
58.	Paul Francis	0:48:25	m	Senior Men	36.		1365	
59.	Cath Tailby	0:48:39	w	Ladies Masters 45+	3.	Penarth And Dinas Runners	1725	
60.	Russell Evans	0:48:46	m	Mens Masters 45+	15.		1355	
61.	David Bennett	0:49:03	m	Mens Masters 45+	16.	Porthcawl Runners	1272	
62.	Aled Hopton	0:49:09	m	Senior Men	37.		1420	
63.	Martyn Perry	0:49:09	m	Senior Men	38.		1514	
64.	Malcolm Bradley	0:49:14	m	Mens Masters 45+	17.	Penarth And Dinas Runners	1286	
65.	Robert Haley	0:49:24	m	Senior Men	39.	RTC	1394	
66.	Dave Thomas	0:49:24	m	Senior Men	40.		1735	
67.	Paul Currie	0:49:37	m	Senior Men	41.		1323	
68.	Chris Panes	0:49:48	m	Mens Masters 45+	18.	Robert Town Road Runners	1502	

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69.	Matthew Bunce	0:50:01	m	Senior Men	42.	Brackla Harriers	1292	
70.	John Davies	0:50:06	m	Mens Masters 45+	19.	San Domenico RC	1334	
71.	Carl Walsh	0:50:18	m	Mens Masters 45+	20.	Rhondda Valley Runners	1753	
72.	Thomas Parker	0:50:24	m		1.		1788	
73.	Mark Francis	0:50:33	m	Mens Masters 45+	21.	Brackla Harriers	1363	
74.	Saul Harris	0:50:42	m	Senior Men	43.	Ogmore Phoenix Runners	1398	
75.	Darren John	0:50:48	m	Senior Men	44.		1436	
76.	Ross Cluett	0:50:50	m	Senior Men	45.		1308	
77.	Adam Bragg	0:51:04	m	Senior Men	46.		1287	
78.	Michael Elliston	0:51:10	m	Mens Masters 45+	22.	Les Croupiers RC	1348	
79.	Mark Powell	0:51:21	m	Mens Masters 45+	23.	Major Milers	1522	
80.	Ben Williams	0:51:26	m	Senior Men	47.		1774	
81.	Ben Evans	0:51:28	m	Senior Men	48.		1354	
82.	Jason Williams	0:51:36	m	Senior Men	49.		1776	
83.	Eamonn McGreevy	0:51:47	m	Mens Masters 45+	24.		1798	
84.	Charlotte Johns	0:51:52	w	Ladies Masters 45+	4.	Brackla Harriers	1437	
85.	John Magee	0:51:57	m	Senior Men	50.	MDC	1469	
86.	Arwyn Thomas	0:52:07	m	Senior Men	51.	Amman Valley Harriers	1731	
87.	Martin Williams	0:52:32	m	Senior Men	52.		1777	
88.	Caroline Mcbeth	0:52:40	w	Ladies Masters 45+	5.	Swindon Striders	1476	
89.	Gareth Thomas	0:52:42	m	Senior Men	53.	Major Milers	1733	
90.	Timothy Bennett	0:52:57	m	Senior Men	54.		1793	
91.	Joanne Shah	0:53:05	w	Ladies Masters 45+	6.	Women Running Penarth	1710	
92.	Marc Daley	0:53:21	m	Senior Men	55.		1326	
93.	Martin Hignell	0:53:21	m	Mens Masters 45+	25.	Major Milers	1411	
94.	Paul Hussey	0:53:34	m	Senior Men	56.		1428	
95.	Tom Lee-Wah	0:53:36	m	Senior Men	57.		1454	
96.	Steven Phillips	0:53:41	m	Senior Men	58.	Islwyn Running Club	1517	
97.	Ian Hales	0:53:41	m	Senior Men	59.		1393	
98.	Ian Hill	0:53:42	m	Mens Masters 45+	26.		1414	
99.	Clive Tombs	0:53:44	m	Mens Masters 45+	27.		1738	
100.	Ray Majer	0:53:56	m	Mens Masters 45+	28.	Sospan Road Runners	1471	
101.	Timothy Cummings	0:54:01	m	Mens Masters 45+	29.		1322	
102.	Corinne Locke	0:54:17	w	Senior Ladies	7.		1464	
103.	Ryan Davies	0:54:20	m	Senior Men	60.	Wick Carriers	1329	

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104.	Shaun O'Mahoney	0:54:31	m	Senior Men	61.		1493	
105.	Mark Edwards	0:54:35	m	Senior Men	62.	Edwards Performance Centre	1345	
106.	Grace Newbould	0:54:37	w	Senior Ladies	8.	Women Running Penarth	1491	
107.	Andrew Wain	0:54:39	m	Senior Men	63.	Major Milers	1748	
108.	Nick Harris	0:54:41	m	Senior Men	64.	Ogmore Phoenix Runners	1399	
109.	Joe Flynn	0:54:46	m	Mens Masters 45+	30.		1360	
110.	Andrew Cleverley	0:54:54	m	Mens Masters 45+	31.	Pegasus Running Club, Cardiff	1307	
111.	Mary Beech	0:55:02	w	Ladies Masters 45+	7.	Brackla Harriers	1270	
112.	Wendy Harris	0:55:11	w	Senior Ladies	9.	Swansea Harriers	1400	
113.	Hywel Dafydd	0:55:12	m	Senior Men	65.	Porthcawl Runners	1325	
114.	Paul Morgan	0:55:33	m	Mens Masters 45+	32.	Brackla Harriers	1791	
115.	Alun Cairns	0:55:46	m		2.		1535	
116.	Paul Evans	0:56:04	m	Senior Men	66.	Major Milers	1350	
117.	Simon Jones	0:56:09	m	Mens Masters 45+	33.	Major Milers	1797	
118.	Toby Gregory	0:56:11	m	Senior Men	67.		1381	
119.	Alison Allen	0:56:19	w	Senior Ladies	10.	Cornelly Striders	1265	
120.	Jane Ogilvie	0:56:20	w	Ladies Masters 45+	8.	Brackla Harriers	1495	
121.	Michael Slee	0:56:27	m	Mens Masters 45+	34.		1711	
122.	Leigh Ally	0:56:44	m	Senior Men	68.	Aldridge Running Club	1266	
123.	David Williams	0:56:46	m	Senior Men	69.		1775	
124.	Andrew Boucheron	0:56:48	m	Senior Men	70.		1283	
125.	Emma Salmoni	0:56:56	w	Senior Ladies	11.		1705	
126.	Mark Gabb	0:56:59	m	Senior Men	71.	Cwm Ogwr Running Club	1370	
127.	Shaun Cotter	0:57:38	m	Mens Masters 45+	35.		1320	
128.	Huw Llewellyn	0:57:44	m	Senior Men	72.		1461	
129.	Andrew Llewellyn	0:57:47	m	Mens Masters 45+	36.		1460	
130.	Thomas Lyne	0:57:47	m	Senior Men	73.		1467	
131.	James Howells	0:58:22	m	Senior Men	74.		1423	
132.	Martyn Parsons	0:58:32	m	Mens Masters 45+	37.	Seriously Mad Runners	1509	
133.	John Moyle	0:58:40	m	Mens Masters 45+	38.		1486	
134.	Phil Vines	0:59:17	m	Senior Men	75.		1745	
135.	Lyn Evans	0:59:25	m	Mens Masters 45+	39.	Penarth And Dinas Runners	1351	
136.	Kelsie Williams	0:59:40	w	Senior Ladies	12.		1790	
137.	Nathan King	0:59:46	m	Senior Men	76.	Seriously Mad Runners	1447	
138.	Tania Miranda	1:00:00	w	Ladies Masters 45+	9.	Penarth And Dinas Runners	1480	

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139.	Heledd Lyne	1:00:05	w	Senior Ladies	13.		1466	
140.	Joanna Rendall	1:00:05	w	Senior Ladies	14.		1528	
141.	Andrew Paul	1:00:06	m	Mens Masters 45+	40.	Seriously Mad Runners	1510	
142.	Richard Street	1:00:17	m	Mens Masters 45+	41.	Pegasus RC	1719	
143.	Julie Toy	1:00:18	w	Ladies Masters 45+	10.	Islwyn Running Club	1740	
144.	Jennet Holmes	1:00:29	w	Senior Ladies	15.	Pontypridd Roadents	1417	
145.	Andy Fisher	1:00:49	m	Mens Masters 45+	42.	Brackla Harriers	1358	
146.	Gregg Howe	1:00:55	m	Senior Men	77.		1421	
147.	Adam Curtis	1:00:59	m	Senior Men	78.		1324	
148.	Michael Hughes	1:01:06	m	Senior Men	79.		1426	
149.	Alison Savell	1:01:07	w	Ladies Masters 45+	11.		1706	
150.	Llewellyn Griffiths	1:01:13	m	Senior Men	80.		1387	
151.	Nigel Rowland	1:01:16	m	Mens Masters 45+	43.		1534	
152.	Katie Morris	1:01:23	w	Senior Ladies	16.		1484	
153.	Beverley Jones	1:01:26	w	Ladies Masters 45+	12.	Swindon Striders	1440	
154.	Robert Townsend	1:01:27	m	Mens Masters 45+	44.	Swindon Striders	1739	
155.	Tessa Matthews	1:01:28	w	Ladies Masters 45+	13.	Seriously Mad Runners	1474	
156.	Julie Couzens	1:01:38	w	Ladies Masters 45+	14.	Brackla Harriers	1321	
157.	Gail Havard	1:01:59	w	Ladies Masters 45+	15.	Pontyclun Road Runners	1401	
158.	Ewan Wishart	1:02:04	m	Senior Men	81.		1780	
159.	Chris Powell	1:02:11	m	Senior Men	82.		1800	
160.	Ruth Robertson	1:02:18	w	Ladies Masters 45+	16.	San Domenico RC	1703	
161.	Lynne Evans	1:02:23	w	Ladies Masters 45+	17.	Women Running Penarth	1352	
162.	Bradley Parkinson	1:02:29	m	Mens Masters 45+	45.		1505	
163.	Fiona Colwill	1:02:31	w	Ladies Masters 45+	18.		1313	
164.	William Schmit	1:02:34	m	Senior Men	83.		1707	
165.	Delyth Jones	1:03:11	w	Senior Ladies	17.		1441	
166.	Richard James	1:03:15	m	Senior Men	84.		1431	
167.	Alex Ford	1:03:21	m	Mens Masters 45+	46.	Brackla Harriers	1361	
168.	Gareth Burford	1:03:50	m	Senior Men	85.		1295	
169.	Peter Harry	1:04:18	m	Senior Men	86.		1397	
170.	Dennis Collins	1:04:20	m	Mens Masters 45+	47.	Rhondda Valley Runners	1312	
171.	Peter Munson	1:04:29	m	Senior Men	87.		1487	
172.	David Docherty	1:04:35	m	Senior Men	88.		1340	
173.	Christopher Ahern	1:04:45	m	Senior Men	89.	Cdf Runners	1262	

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174.	Tony Pullen	1:04:46	m	Mens Masters 45+	48.		1523	
175.	Clair Thomas	1:04:56	w	Senior Ladies	18.	Major Milers	1732	
176.	Morgan Williams	1:05:00	m		3.	RTC	1553	
177.	Angharad Synan	1:05:08	w	Senior Ladies	19.		1724	
178.	Beverly Davies	1:05:15	w	Senior Ladies	20.	Major Milers	1331	
179.	Helen Birchenough	1:05:20	w	Senior Ladies	21.	Major Milers	1279	
180.	Nadine Hill	1:05:29	w	Senior Ladies	22.		1412	
181.	Victoria Vellacott	1:05:42	w	Senior Ladies	23.	Major Milers	1743	
182.	Anna Griffin	1:05:43	w	Senior Ladies	24.		1382	
183.	John Deakin	1:05:47	m	Mens Masters 45+	49.	Barry & Vale Harriers	1335	
184.	Carys Parr	1:05:53	w	Senior Ladies	25.	Caerphilly Runners	1506	
185.	Julie Spurway	1:06:06	w	Ladies Masters 45+	19.	Major Milers	1714	
186.	Kathleen Evans	1:06:12	w	Ladies Masters 45+	20.	Brackla Harriers	1349	
187.	Emily Denham	1:06:18	w	Senior Ladies	26.		1337	
188.	Bretti Paxton	1:06:36	w	Senior Ladies	27.	Pontypridd Roadents	1511	
189.	Adam Burroughes	1:06:38	m	Senior Men	90.		1296	
190.	Andrew Wilkins	1:06:44	m	Mens Masters 45+	50.	Brackla Harriers	1764	
191.	Ali Wood	1:06:55	w	Ladies Masters 45+	21.		1783	
192.	Peter Fry	1:07:03	m	Mens Masters 45+	51.		1367	
193.	Karl Hevizi	1:07:11	m	Mens Masters 45+	52.		1409	
194.	Susan Ralph	1:07:12	w	Ladies Masters 45+	22.	Brackla Harriers	1524	
195.	Kay Nellins	1:07:19	w	Ladies Masters 45+	23.	Women Running Penarth	1489	
196.	Patrycja Strzemiecka	1:07:20	w	Senior Ladies	28.		1721	
197.	Samantha Thomas	1:07:20	w	Senior Ladies	29.	Seriously Mad Runners	1734	
198.	Simon Williams	1:07:27	m	Mens Masters 45+	53.	Seriously Mad Runners	1772	
199.	Brett Bonell	1:07:27	m	Senior Men	91.	Cwm Ogwr Running Club	1282	
200.	Angharad Hinam	1:07:49	w	Senior Ladies	30.	Barry & Vale Harriers	1415	
201.	Richard Hardy	1:08:02	m	Mens Masters 45+	54.	Barry & Vale Harriers	1396	
202.	Etta Dobbins	1:08:02	w	Senior Ladies	31.	Major Milers	1338	
203.	Nichola Norman	1:08:04	w	Senior Ladies	32.		1492	
204.	Emily Cooper	1:08:06	w	Senior Ladies	33.		1317	
205.	James Graham	1:08:15	m	Senior Men	92.		1375	
206.	Judith Maragna	1:08:29	w	Ladies Masters 45+	24.	Penarth And Dinas Runners	1473	
207.	Lisa Lewis	1:08:33	w	Ladies Masters 45+	25.		1459	
208.	Amanda Moore	1:08:34	w	Senior Ladies	34.	Brackla Harriers	1481	

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209.	Amy Blake	1:08:45	w		1.	Barry & Vale Harriers	1547	
210.	Caroline Robson-Glen	1:08:45	w	Senior Ladies	35.		1704	
211.	Julian Walker	1:08:45	m	Mens Masters 45+	55.		1750	
212.	Richard George	1:08:45	m	Senior Men	93.		1794	
213.	Kathy Bennett	1:08:47	w	Ladies Masters 45+	26.		1273	
214.	Cheryl Roberts	1:08:48	w	Ladies Masters 45+	27.		1533	
215.	Karen Binfield	1:08:49	w	Ladies Masters 45+	28.	Women Running Penarth	1276	
216.	Dylan Jones	1:08:49	m	Senior Men	94.	First for Fitness	1795	
217.	Claire Symons	1:08:59	w	Senior Ladies	36.		1723	
218.	Marilyn Allin	1:09:09	w		2.		1536	
219.	Sarah Brooks	1:09:13	w	Senior Ladies	37.	Major Milers	1289	
220.	Michael Killey	1:09:14	m	Senior Men	95.		1446	
221.	Dawn Hopkins	1:09:25	w	Senior Ladies	38.	Ogmore Phoenix Runners	1419	
222.	Kevin Fitzgerald	1:09:25	m	Mens Masters 45+	56.		1359	
223.	Stephen New	1:09:28	m	Mens Masters 45+	57.	Caerphilly Runners	1490	
224.	Richard Jackson	1:09:31	m	Mens Masters 45+	58.	Seriously Mad Runners	1429	
225.	Deborah O'Sullivan	1:09:33	w	Senior Ladies	39.	Les Croupiers RC	1498	
226.	Emma Williams	1:09:35	w	Senior Ladies	40.	Ogmore Phoenix Runners	1765	
227.	Steven Tarling	1:09:41	m	Senior Men	96.	Chorlton	1728	
228.	Rhianydd Hampton	1:09:49	w	Senior Ladies	41.		1395	
229.	Justin Doran	1:09:50	m	Senior Men	97.		1341	
230.	Antony Dowler	1:09:52	m	Senior Men	98.	Run Diva Run	1342	
231.	Paul Trotman	1:09:54	m	Mens Masters 45+	59.	N/A	1741	
232.	Owen Hill	1:09:57	m	Senior Men	99.		1796	
233.	Gillian Whittaker	1:09:57	w	Senior Ladies	42.		1761	
234.	Tracey Brown	1:10:06	w	Senior Ladies	43.		1291	
235.	Janet Moyle	1:10:12	w	Ladies Masters 45+	29.		1485	
236.	Claire Pepper	1:10:21	w	Senior Ladies	44.	Barry & Vale Harriers	1513	
237.	Simon Hill	1:10:56	m	Mens Masters 45+	60.		1413	
238.	David Powell	1:11:30	m		4.		1789	
239.	Sam Harry	1:11:35	m		5.		1787	
240.	Michelle George	1:11:36	w	Ladies Masters 45+	30.	Caerphilly Runners	1371	
241.	Robin Street	1:11:41	m	Senior Men	100.	Seriously Mad Runners	1720	
242.	Alexandra Calado	1:11:41	w	Ladies Masters 45+	31.		1300	
243.	Helyn Latimer	1:12:00	w	Ladies Masters 45+	32.		1453	

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244.	Rhian Lees	1:12:07	w	Senior Ladies	45.		1456	
245.	Sofia Teixeira	1:12:23	w	Senior Ladies	46.	N/A	1730	
246.	Julia Davies	1:12:23	w	Senior Ladies	47.		1332	
247.	Julie Hughes	1:12:59	w	Ladies Masters 45+	33.	Major Milers	1425	
248.	Sarah McGinn	1:13:00	w	Ladies Masters 45+	34.	Major Milers	1477	
249.	Ann Majer	1:13:05	w	Ladies Masters 45+	35.	Sospan Road Runners	1470	
250.	Glyn Drucker	1:13:06	m	Mens Masters 45+	61.	Caerphilly Runners	1343	
251.	Claire Griffiths	1:13:06	w	Senior Ladies	48.	Caerphilly Runners	1383	
252.	Rhian Wood	1:13:42	w	Ladies Masters 45+	36.	Major Milers	1781	
253.	Susan Wilkins	1:13:43	w	Ladies Masters 45+	37.	Brackla Harriers	1763	
254.	Steve Whyte	1:13:47	m	Mens Masters 45+	62.		1762	
255.	Angharad Parry-Jones	1:13:58	w	Senior Ladies	49.	Les Croupiers RC	1508	
256.	Megan Owens	1:14:04	w	Senior Ladies	50.		1500	
257.	Paul Jones	1:14:26	m	Senior Men	101.		1443	
258.	Mandy Husk	1:14:26	w	Ladies Masters 45+	38.		1427	
259.	Vicki Lewis	1:14:36	w	Senior Ladies	51.	Major Milers	1457	
260.	Samantha Secker-Gabb	1:14:36	w	Senior Ladies	52.		1709	
261.	Emma Parkes	1:15:23	w	Senior Ladies	53.	British Airways AC	1503	
262.	Lindsay Parkes	1:15:23	w	Senior Ladies	54.	N/A	1504	
263.	Janice Francis	1:15:24	w	Ladies Masters 45+	39.	Brackla Harriers	1362	
264.	Ruth Chapman	1:15:41	w	Ladies Masters 45+	40.		1304	
265.	Susie Gurner	1:15:41	w	Senior Ladies	55.	Caerphilly Runners	1390	
266.	Karen Spence	1:15:56	w	Ladies Masters 45+	41.	Barry & Vale Harriers	1799	
267.	Ceri Coles	1:16:11	w	Senior Ladies	56.	Run Diva Run	1311	
268.	Simon Poole	1:16:14	m	Senior Men	102.	Pencoed Panthers	1519	
269.	Helen Kavanagh	1:16:19	w	Ladies Masters 45+	42.	Brackla Harriers	1444	
270.	Donna Egbeare	1:16:37	w	Senior Ladies	57.	Women Running Penarth	1346	
271.	George Sweatman	1:16:49	m	Mens Masters 45+	63.	N/A	1722	
272.	Steve Warner	1:16:58	m	Mens Masters 45+	64.		1755	
273.	Ashley Comley	1:17:13	m	Senior Men	103.		1315	
274.	Julia Jarvis	1:18:30	w	Ladies Masters 45+	43.		1432	
275.	Laura Coombes	1:19:22	w	Senior Ladies	58.	Les Croupiers RC	1316	
276.	Jane Hawkesford	1:19:25	w	Senior Ladies	59.	Islwyn Running Club	1404	
277.	David Burroughes	1:19:37	m	Mens Masters 45+	65.		1297	
278.	Joanne Peters	1:19:47	w	Senior Ladies	60.		1515	

Position	Name	Time	Gender	Age Group	AG Pos.	Club / Team	Race Number	Status
279.	Angela Parry	1:19:55	w	Ladies Masters 45+	44.	Pen-Y-Bont Ar Ogwr	1507	
280.	Julia Herbert	1:19:56	w	Senior Ladies	61.	Pontypridd Roadents	1407	
281.	Debbie Panes	1:19:56	w	Ladies Masters 45+	45.	Robert Town Road Runners	1501	
282.	Graham Bingham	1:20:01	m	Mens Masters 45+	66.	Pontypridd Roadents	1277	
283.	Kate Llewellyn	1:20:25	w		3.		1559	
284.	Claire Tapper	1:20:25	w	Ladies Masters 45+	46.	UKA	1727	
285.	Cheryl Vines	1:20:27	w	Senior Ladies	62.		1744	
286.	Nicola Cadwallader	1:21:32	w	Senior Ladies	63.	Caerphilly Runners	1299	
287.	Ruth Hazell	1:21:32	w	Senior Ladies	64.	Caerphilly Runners	1405	
288.	Suzanne Yandle	1:21:32	w	Senior Ladies	65.	Caerphilly Runners	1785	
289.	Mike Waterhouse	1:22:11	m	Senior Men	104.	Llantwit Major Coastguard	1756	
290.	Jack Spargo	1:22:11	m	Senior Men	105.	Llantwit Major Coastguard	1713	
291.	Nick Williams	1:22:11	m	Mens Masters 45+	67.	Llantwit Major Coastguard	1778	
292.	Chris Waite	1:22:11	m	Senior Men	106.	Llantwit Major Coastguard	1749	
293.	Paul Griffiths	1:22:11	m	Mens Masters 45+	68.		1388	
294.	Jamie Jenkins	1:22:11	m	Senior Men	107.	Llantwit Major Coastguard	1434	
295.	Lorna Colwill	1:22:18	w	Senior Ladies	66.		1314	
296.	Deborah Evans	1:22:21	w	Senior Ladies	67.		1353	
297.	Bethan Burbidge	1:22:21	w	Senior Ladies	68.		1294	
298.	Graham Yeo	1:22:57	m	Mens Masters 45+	69.	Seriously Mad Runners	1786	
299.	Christopher Stanton	1:23:34	m	Mens Masters 45+	70.	NA	1715	
300.	Alun Wylde	1:24:16	m	Mens Masters 45+	71.	Cwm Ogwr Running Club	1784	
301.	Kimberly Logsdon	1:24:21	w	Senior Ladies	69.		1465	
302.	Jay Coakley	1:24:22	w	Senior Ladies	70.		1310	
303.	Clare Williams	1:24:26	w	Ladies Masters 45+	47.		1773	
304.	Claire Lacey-Coles	1:24:36	w	Senior Ladies	71.	Caerphilly Runners	1449	
305.	Cameron Lacey-Coles	1:24:37	m	Senior Men	108.	Caerphilly Runners	1450	
306.	Sian-Eleri Fudge	1:25:32	w	Senior Ladies	72.		1368	
307.	Emma Ali	1:25:32	w	Senior Ladies	73.		1263	
308.	Maria Lalic	1:26:00	w	Ladies Masters 45+	48.	Ogmore Phoenix Runners	1452	
309.	Michael Hewson	1:26:05	m	Mens Masters 45+	72.		1410	
310.	Kerrie Webb	1:26:28	w	Senior Ladies	74.		1757	
311.	Brent Webb	1:26:29	m	Senior Men	109.		1758	
312.	Melissa Richards	1:27:41	w		4.	Major Milers	1278	
313.	Jeanette Fellows	1:27:41	w	Senior Ladies	75.	Major Milers	1356	

Position	Name	Time	Gender	Age Group	AG Pos.	Club / Team	Race Number	Status
314.	Lisa James	1:27:41	w	Senior Ladies	76.	Major Milers	1430	
315.	Lucy Kerry	1:29:01	w	Senior Ladies	77.	Bridgend AC	1445	
316.	Jennifer Denham	1:30:01	w	Ladies Masters 45+	49.		1336	
317.	Christine Mak	1:30:49	w	Ladies Masters 45+	50.	Trwn	1472	
318.	John Griffiths	1:41:22	m	Senior Men	110.		1386	
319.	Vickie Cameron-Davies	1:44:20	w	Senior Ladies	78.	Ogmore Phoenix Runners	1301	
320.	Rhiannon Whiteley	1:44:20	w	Senior Ladies	79.	Cwm Ogwr Running Club	1760	
	Nigel Adams		m	Mens Masters 45+		Penarth And Dinas Runners	1261	DNS
	Charles Allen		m	Mens Masters 45+			1264	DNS
	Sian Baldwin		w	Senior Ladies		Caerphilly Runners	1269	DNS
	Colleen Bright		w	Senior Ladies			1288	DNS
	Pippa Clark		w	Senior Ladies		Cwm Ogwr Running Club	1306	DNS
	Daniel Cope		m	Senior Men		Welsh Guards Running Team	1318	DNS
	Ian David		m	Mens Masters 45+			1327	DNS
	Richard David		m	Senior Men			1328	DNS
	Melissa Davies		w	Senior Ladies		Major Milers	1330	DNS
	Marc Durkin		m	Senior Men		Penarth And Dinas Runners	1344	DNS
	Robert Ellis		m	Mens Masters 45+		Caerphilly Runners	1347	DNS
	Stephen Fisher		m	Mens Masters 45+			1357	DNS
	Nigel Freer		m	Mens Masters 45+		Major Milers	1366	DNS
	Daniel Fudge		m	Senior Men			1369	DNS
	Aled George		m	Senior Men			1372	DNS
	Sophie Gott		w	Senior Ladies		Hendre Lake Running Club	1373	DNS
	Deborah Goule		w	Ladies Masters 45+		Porthcawl Runners	1374	DNS
	Mike Green		m	Senior Men		Llantwit Major Coastguard	1379	DNS
	Emma Greenway		w	Senior Ladies			1380	DNS
	Helen Griffiths		w	Senior Ladies		Penarth And Dinas Runners	1384	DNS
	Anita Hadlow		w	Ladies Masters 45+		Major Milers	1392	DNS
	April Havard		w	Senior Ladies			1403	DNS
	Carl Heard		m	Mens Masters 45+			1406	DNS
	Gary Herring		m	Senior Men			1408	DNS
	Sam Howell-Jones		m	Senior Men		Pontypridd Roadents	1422	DNS
	Robert Jenkins		m	Mens Masters 45+		Porthcawl Runners	1433	DNS
	Eleanor Johnson		w	Senior Ladies			1438	DNS
	Ann Johnston		w	Senior Ladies		Penarth And Dinas Runners	1439	DNS

Position	Name	Time	Gender	Age Group	AG Pos.	Club / Team	Race Number	Status
	Mark Jones		m	Mens Masters 45+			1442	DNS
	Hannah Knight		w	Senior Ladies			1448	DNS
	Anne Lalic		w	Ladies Masters 45+		Ogmore Phoenix Runners	1451	DNS
	Sarah Lloyd		w	Senior Ladies			1463	DNS
	Paul Macarthur		m	Mens Masters 45+			1468	DNS
	Sian Matthews		w	Senior Ladies			1475	DNS
	John Mcsherry		m	Mens Masters 45+			1478	DNS
	Catherine Mead		w	Senior Ladies		Bea Fit	1479	DNS
	Lynne Morgan		w	Ladies Masters 45+			1483	DNS
	Melanie O'Neill		w	Ladies Masters 45+			1494	DNS
	Hywel Owen		m	Mens Masters 45+			1499	DNS
	Tom Pendlebury		m	Senior Men		Brackla Harriers	1512	DNS
	Gail Petrides		w	Senior Ladies			1516	DNS
	Laurence Pole		m	Senior Men		Pontypridd Roadents	1518	DNS
	Sarah Pope		w	Ladies Masters 45+		Women Running Penarth	1521	DNS
	Rachel Rayment		w	Ladies Masters 45+			1526	DNS
	Beth Rees		w	Senior Ladies		Caerphilly Runners	1527	DNS
	Deri Roberts		w	Senior Ladies			1702	DNS
	Nicola Scott		w	Senior Ladies			1708	DNS
	Rich Starkey		m	Mens Masters 45+			1716	DNS
	Kathryn Stoate		w	Senior Ladies		Caerphilly Runners	1717	DNS
	Simon Stokes		m	Senior Men		White Rock Runners	1718	DNS
	Andrew Wall		m	Mens Masters 45+		Hendre Lake Running Club	1751	DNS
	James White		m	Senior Men		San Domenico RC	1759	DNS
	Gareth Williams		m	Senior Men		Edwards Performance Centre	1767	DNS
	Helen Williams		w	Senior Ladies		Parc Bryn Bach	1768	DNS
	Yvonne Williams		w	Ladies Masters 45+		Penarth And Dinas Runners	1769	DNS
	Christopher Williams		m	Mens Masters 45+		Port Talbot Harriers	1771	DNS
	Andy Wilton		m	Senior Men		San Domenico RC	1779	DNS
	Rhian Wood		w	Ladies Masters 45+		Major Milers	1782	DNS

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