

Bib #	First Name	Surname	Gender	Club	Cat.	5K
749	Tom	Whitmarsh-Knight	M	Les Croupiers RC	SM	00:16:34
713	Ryan	Cullen	M	Pontypridd Roadents	SM	00:17:12
721	Darragh	Hanley-Crofts	M	White Rock Runners	SM	00:17:38
703	Andrew	Blair	M	Les Croupiers RC	M55	00:18:14
736	Paul	Morton	M	Les Croupiers RC	M40	00:18:25
707	Stephen	Campbell	M	Les Croupiers RC	SM	00:18:54
715	Mike	Davies	M	CDF Runners	M60	00:19:10
706	Neil	Calucag	M	CDF Runners	M40	00:19:15
737	Phil	Cook	M	u/a	M50	00:19:30
746	John	Ross	M	u/a	M55	00:19:57
734	Gareth	Morgan	M	Les Croupiers RC	M50	00:20:51
704	Rachel	Bowen	F	Lliswerry Runners	W45	00:22:28
709	Terry	Caveney	M	Les Croupiers RC	M60	00:22:52
710	Paul	Chapman	M	Les Croupiers RC	M50	00:22:52
711	Michelle	Church	F	u/a	W45	00:23:14
722	Gareth	Hardman	M	Bridgend AC	M55	00:23:17
725	Ben	Hooper	M	u/a	SM	00:23:25
741	Clive	Osmond	M	Les Croupiers RC	M60	00:23:35
738	Louise	Muteham	F	Lliswerry Runners	SW	00:24:15
744	Lisa	Pinney	F	u/a	W45	00:24:32
748	Ian	Thorne	M	Seriously Mad Runners	M55	00:24:34
717	Lolly	Evans	F	Les Croupiers RC	W50	00:24:46
745	Steven	Preddy	M	Les Croupiers RC	M50	00:25:14
726	Rachel	Hooper	F	Les Croupiers RC	W55	00:25:31
724	Mark	Herbert	M	Les Croupiers RC	M40	00:25:32
750	Sai	Gopal	M	Les Croupiers RC	M50	00:25:41
701	Matthew	Alder	M	u/a	SM	00:25:53
723	Gina	Hardman	F	Bridgend AC	W50	00:26:13
732	Alan	Mason	M	Les Croupiers RC	M60	00:26:16
719	Jenna	Groves	F	Pegasus RC	SW	00:26:23
718	Sally	Groves	F	Pegasus RC	W55	00:26:23
728	Claire	Jarrom	F	Les Croupiers RC	SW	00:26:31
705	Sarah	Burdett	F	Les Croupiers RC	SW	00:26:31
714	Debbie	Cumming	F	u/a	W55	00:26:57
730	Jenny	Martin	F	Les Croupiers RC	W40	00:27:43
740	Rebecca	Newton	F	Ogmore Pheonix	SW	00:28:32
747	Firouz	Mal	M	Les Croupiers RC	M65	00:30:19
716	Glenda	Edwards	F	Les Croupiers RC	W55	00:31:44
712	Kelly	Crofts	F	Les Croupiers RC	W40	00:32:09
708	Sandra	Caveney	F	Les Croupiers RC	W55	00:32:40
720	Nigel	Hammersley	M	Pegasus RC	SM	00:32:43
739	Tracey	Newman	F	Les Croupiers RC	W50	00:35:00
743	John	Payne	M	Les Croupiers RC	M55	00:35:31
702	Stuart	Ball	M	Les Croupiers RC	M40	00:35:31
729	Clare	Johnson	F	Les Croupiers RC	W75	00:35:41
742	Angharad	Parry-Jones	F	Les Croupiers RC	W45	00:36:07
733	Kirsty	McGowan	F	Les Croupiers RC	SW	00:36:25
731	Jon	Martin	M	Les Croupiers RC	M45	00:37:11

Bib #	First Name	Surname	Gender	Club	Cat.	10K
749	Tom	Whitmarsh-Knight	M	Les Croupiers RC	SM	00:33:56
713	Ryan	Cullen	M	Pontypridd Roadents	SM	00:36:30
736	Paul	Morton	M	Les Croupiers RC	M40	00:37:16
703	Andrew	Blair	M	Les Croupiers RC	M55	00:37:46
721	Darragh	Hanley-Crofts	M	White Rock Runners	SM	00:38:53
737	Phil	Cook	M	u/a	M50	00:38:59
707	Stephen	Campbell	M	Les Croupiers RC	SM	00:39:58
715	Mike	Davies	M	CDF Runners	M60	00:40:59
706	Neil	Calucag	M	CDF Runners	M40	00:41:11
746	John	Ross	M	u/a	M55	00:42:09
725	Ben	Hooper	M	u/a	SM	00:42:21
722	Gareth	Hardman	M	Bridgend AC	M55	00:44:57
734	Gareth	Morgan	M	Les Croupiers RC	M50	00:45:41
704	Rachel	Bowen	F	Lliswerry Runners	W45	00:47:05
723	Gina	Hardman	F	Bridgend AC	W50	00:47:40
741	Clive	Osmond	M	Les Croupiers RC	M60	00:48:05
709	Terry	Caveney	M	Les Croupiers RC	M60	00:48:24
717	Lolly	Evans	F	Les Croupiers RC	W50	00:48:45
738	Louise	Muteham	F	Lliswerry Runners	SW	00:49:16
710	Paul	Chapman	M	Les Croupiers RC	M50	00:49:59
701	Matthew	Alder	M	u/a	SM	00:50:10
724	Mark	Herbert	M	Les Croupiers RC	M40	00:50:13
711	Michelle	Church	F	u/a	W45	00:50:22
745	Steven	Preddy	M	Les Croupiers RC	M50	00:50:34
748	Ian	Thorne	M	Seriously Mad Runners	M55	00:50:41
719	Jenna	Groves	F	Pegasus RC	SW	00:50:48
744	Lisa	Pinney	F	u/a	W45	00:51:51
726	Rachel	Hooper	F	Les Croupiers RC	W55	00:52:02
718	Sally	Groves	F	Pegasus RC	W55	00:53:28
750	Sai	Gopal	M	Les Croupiers RC	M50	00:53:34
728	Claire	Jarrom	F	Les Croupiers RC	SW	00:54:29
730	Jenny	Martin	F	Les Croupiers RC	W40	00:56:03
747	Firouz	Mal	M	Les Croupiers RC	M65	01:00:42
712	Kelly	Crofts	F	Les Croupiers RC	W40	01:00:42
740	Rebecca	Newton	F	Ogmore Pheonix	SW	01:00:58
720	Nigel	Hammersley	M	Pegasus RC	SM	01:01:55
705	Sarah	Burdett	F	Les Croupiers RC	SW	01:02:08
716	Glenda	Edwards	F	Les Croupiers RC	W55	01:03:18
714	Debbie	Cumming	F	u/a	W55	01:06:16
708	Sandra	Caveney	F	Les Croupiers RC	W55	01:06:27
733	Kirsty	McGowan	F	Les Croupiers RC	SW	01:08:27
742	Angharad	Parry-Jones	F	Les Croupiers RC	W45	01:11:21
739	Tracey	Newman	F	Les Croupiers RC	W50	01:11:29
732	Alan	Mason	M	Les Croupiers RC	M60	01:11:36
702	Stuart	Ball	M	Les Croupiers RC	M40	01:11:36
743	John	Payne	M	Les Croupiers RC	M55	01:13:27
731	Jon	Martin	M	Les Croupiers RC	M45	01:13:28

Bib #	First Name	Surname	Gender	Club	Cat.	XC
749	Tom	Whitmarsh-Knight	M	Les Croupiers RC	SM	00:16:16
713	Ryan	Cullen	M	Pontypridd Roadents	SM	00:17:15
736	Paul	Morton	M	Les Croupiers RC	M40	00:18:00
737	Phil	Cook	M	u/a	M50	00:18:14
703	Andrew	Blair	M	Les Croupiers RC	M55	00:18:20
707	Stephen	Campbell	M	Les Croupiers RC	SM	00:18:24
721	Darragh	Hanley-Crofts	M	White Rock Runners	SM	00:18:28
706	Neil	Calucag	M	CDF Runners	M40	00:19:22
715	Mike	Davies	M	CDF Runners	M60	00:19:23
725	Ben	Hooper	M	u/a	SM	00:19:41
746	John	Ross	M	u/a	M55	00:19:52
722	Gareth	Hardman	M	Bridgend AC	M55	00:20:34
734	Gareth	Morgan	M	Les Croupiers RC	M50	00:20:56
741	Clive	Osmond	M	Les Croupiers RC	M60	00:21:52
723	Gina	Hardman	F	Bridgend AC	W50	00:22:10
704	Rachel	Bowen	F	Lliswerry Runners	W45	00:22:20
709	Terry	Caveney	M	Les Croupiers RC	M60	00:22:21
717	Lolly	Evans	F	Les Croupiers RC	W50	00:22:49
738	Louise	Muteham	F	Lliswerry Runners	SW	00:23:23
744	Lisa	Pinney	F	u/a	W45	00:23:46
719	Jenna	Groves	F	Pegasus RC	SW	00:23:59
711	Michelle	Church	F	u/a	W45	00:24:03
745	Steven	Preddy	M	Les Croupiers RC	M50	00:24:11
748	Ian	Thorne	M	Seriously Mad Runners	M55	00:24:28
726	Rachel	Hooper	F	Les Croupiers RC	W55	00:24:35
701	Matthew	Alder	M	u/a	SM	00:24:44
724	Mark	Herbert	M	Les Croupiers RC	M40	00:24:51
750	Sai	Gopal	M	Les Croupiers RC	M50	00:24:54
730	Jenny	Martin	F	Les Croupiers RC	W40	00:25:36
732	Alan	Mason	M	Les Croupiers RC	M60	00:26:06
718	Sally	Groves	F	Pegasus RC	W55	00:26:10
705	Sarah	Burdett	F	Les Croupiers RC	SW	00:26:17
712	Kelly	Crofts	F	Les Croupiers RC	W40	00:27:02
747	Firouz	Mal	M	Les Croupiers RC	M65	00:27:12
740	Rebecca	Newton	F	Ogmore Pheonix	SW	00:27:56
714	Debbie	Cumming	F	u/a	W55	00:27:59
733	Kirsty	McGowan	F	Les Croupiers RC	SW	00:28:51
716	Glenda	Edwards	F	Les Croupiers RC	W55	00:28:55
720	Nigel	Hammersley	M	Pegasus RC	SM	00:28:56
708	Sandra	Caveney	F	Les Croupiers RC	W55	00:31:45
742	Angharad	Parry-Jones	F	Les Croupiers RC	W45	00:32:57
731	Jon	Martin	M	Les Croupiers RC	M45	00:33:21
743	John	Payne	M	Les Croupiers RC	M55	00:33:23
728	Claire	Jarrom	F	Les Croupiers RC	SW	00:34:37
702	Stuart	Ball	M	Les Croupiers RC	M40	00:34:37
739	Tracey	Newman	F	Les Croupiers RC	W50	00:35:02

Bib #	First Name	Surname	Gender	Club	Cat.	HM
765	Dylan	Nazareth	M	Les Croupiers RC	SM	01:13:38
749	Tom	Whitmarsh-Knight	M	Les Croupiers RC	SM	01:13:58
770	Paul	Francis	M	Les Croupiers RC	M45	01:21:20
713	Ryan	Cullen	M	Pontypridd Roadents	SM	01:21:54
756	Simon	Lewis	M	Pontypridd Roadents	M45	01:21:54
755	Keith	James	M	Pontypridd Roadents	M45	01:22:05
736	Paul	Morton	M	Les Croupiers RC	M40	01:23:35
703	Andrew	Blair	M	Les Croupiers RC	M55	01:24:05
762	James	Horner	M	Les Croupiers RC	M40	01:26:44
737	Phil	Cook	M	u/a	M50	01:27:26
707	Stephen	Campbell	M	Les Croupiers RC	SM	01:28:55
761	Ed	Morris	M	Les Croupiers RC	SM	01:29:04
763	Mark	Furnish	M	San Domenico RC	SM	01:30:20
721	Darragh	Hanley-Crofts	M	White Rock Runners	SM	01:31:35
759	Anthony	Waddington	M	Lliswerry Runners	M45	01:31:37
769	Stuart	Crees	M	Les Croupiers RC	M40	01:31:47
706	Neil	Calucag	M	CDF Runners	M40	01:31:54
725	Ben	Hooper	M	u/a	SM	01:33:00
764	Kim	Wehden	M	Islwyn RC	M60	01:34:45
757	Simon	Gill	M	Lliswerry Runners	M40	01:34:58
746	John	Ross	M	u/a	M55	01:35:41
768	Steve	Hooper	M	Pontypridd Roadents	M55	01:36:37
775	Laura	Davis	F	Lliswerry Runners	SW	01:37:39
715	Mike	Davies	M	CDF Runners	M60	01:38:00
734	Gareth	Morgan	M	Les Croupiers RC	M50	01:38:40
760	Richard	Basham	M	Lliswerry Runners	M50	01:40:19
722	Gareth	Hardman	M	Bridgend AC	M55	01:40:29
773	Maria	Zubizarreta	F	Les Croupiers RC	W50	01:40:32
704	Rachel	Bowen	F	Lliswerry Runners	W45	01:41:02
767	Mick	McGeoch	M	Les Croupiers RC	M65	01:44:49
751	Bethan	Meyrick	F	Les Croupiers RC	U20W	01:45:05
741	Clive	Osmond	M	Les Croupiers RC	M60	01:45:22
709	Terry	Caveney	M	Les Croupiers RC	M60	01:46:07
752	Bryony	Eames	F	u/a	SW	01:49:02
723	Gina	Hardman	F	Bridgend AC	W50	01:50:49
724	Mark	Herbert	M	Les Croupiers RC	M40	01:50:53
717	Lolly	Evans	F	Les Croupiers RC	W50	01:52:51
719	Jenna	Groves	F	Pegasus RC	SW	01:54:11
774	Allen	Cameron	M	Lliswerry Runners	M45	01:54:26
738	Louise	Muteham	F	Lliswerry Runners	SW	01:54:57
748	Ian	Thorne	M	Seriously Mad Runners	M55	01:55:02
758	Emma	King	F	Lliswerry Runners	W40	01:55:03
744	Lisa	Pinney	F	u/a	W45	01:56:22
771	Matt	Pinney	M	u/a	SM	01:56:22
711	Michelle	Church	F	u/a	W45	01:56:44
732	Alan	Mason	M	Les Croupiers RC	M60	01:58:33
726	Rachel	Hooper	F	Les Croupiers RC	W55	02:00:16
753	Eve	Gallop Evans	F	Les Croupiers RC	W55	02:04:24

728	Claire	Jarrom	F	Les Croupiers RC	SW	02:06:27
766	Martin	Green	M	Pontypridd Roadents	M50	02:08:22
750	Sai	Gopal	M	Les Croupiers RC	M50	02:08:23
718	Sally	Groves	F	Pegasus RC	W55	02:08:36
747	Firouz	Mal	M	Les Croupiers RC	M65	02:13:10
740	Rebecca	Newton	F	Ogmore Pheonix	SW	02:14:10
720	Nigel	Hammersley	M	Pegasus RC	SM	02:15:56
705	Sarah	Burdett	F	Les Croupiers RC	SW	02:18:40
701	Matthew	Alder	M	u/a	SM	02:21:41
754	Becky	Swain	F	u/a	W35	02:23:38
716	Glenda	Edwards	F	Les Croupiers RC	W55	02:29:23
714	Debbie	Cumming	F	u/a	W55	02:35:00
742	Angharad	Parry-Jones	F	Les Croupiers RC	W45	02:38:23
772	Louise	Eames	F	Club Run Wales	W50	02:38:24
739	Tracey	Newman	F	Les Croupiers RC	W50	02:44:04
708	Sandra	Caveney	F	Les Croupiers RC	W55	02:47:15
731	Jon	Martin	M	Les Croupiers RC	M45	02:47:18
743	John	Payne	M	Les Croupiers RC	M55	02:50:29
733	Kirsty	McGowan	F	Les Croupiers RC	SW	02:51:19
730	Jenny	Martin	F	Les Croupiers RC	W40	02:52:35
712	Kelly	Crofts	F	Les Croupiers RC	W40	02:52:35
702	Stuart	Ball	M	Les Croupiers RC	M40	02:52:35

Bib #	First Name	Surname	Gender	Club	Cat.	1 mile
749	Tom	Whitmarsh-Knight	M	Les Croupiers RC	SM	00:04:37
713	Ryan	Cullen	M	Pontypridd Roadents	SM	00:05:09
736	Paul	Morton	M	Les Croupiers RC	M40	00:05:24
703	Andrew	Blair	M	Les Croupiers RC	M55	00:05:30
707	Stephen	Campbell	M	Les Croupiers RC	SM	00:05:33
721	Darragh	Hanley-Crofts	M	White Rock Runners	SM	00:05:42
725	Ben	Hooper	M	u/a	SM	00:05:44
737	Phil	Cook	M	u/a	M50	00:05:45
706	Neil	Calucag	M	CDF Runners	M40	00:05:56
746	John	Ross	M	u/a	M55	00:06:04
715	Mike	Davies	M	CDF Runners	M60	00:06:18
722	Gareth	Hardman	M	Bridgend AC	M55	00:06:19
734	Gareth	Morgan	M	Les Croupiers RC	M50	00:06:21
704	Rachel	Bowen	F	Lliswerry Runners	W45	00:06:32
738	Louise	Muteham	F	Lliswerry Runners	SW	00:06:49
741	Clive	Osmond	M	Les Croupiers RC	M60	00:07:02
709	Terry	Caveney	M	Les Croupiers RC	M60	00:07:05
744	Lisa	Pinney	F	u/a	W45	00:07:17
724	Mark	Herbert	M	Les Croupiers RC	M40	00:07:18
717	Lolly	Evans	F	Les Croupiers RC	W50	00:07:19
748	Ian	Thorne	M	Seriously Mad Runners	M55	00:07:21
723	Gina	Hardman	F	Bridgend AC	W50	00:07:22
718	Sally	Groves	F	Pegasus RC	W55	00:07:29
730	Jenny	Martin	F	Les Croupiers RC	W40	00:07:31
719	Jenna	Groves	F	Pegasus RC	SW	00:07:34
750	Sai	Gopal	M	Les Croupiers RC	M50	00:07:37
712	Kelly	Crofts	F	Les Croupiers RC	W40	00:07:46
720	Nigel	Hammersley	M	Pegasus RC	SM	00:07:47
728	Claire	Jarrom	F	Les Croupiers RC	SW	00:07:48
711	Michelle	Church	F	u/a	W45	00:07:53
743	John	Payne	M	Les Croupiers RC	M55	00:07:59
747	Firouz	Mal	M	Les Croupiers RC	M65	00:08:11
726	Rachel	Hooper	F	Les Croupiers RC	W55	00:08:12
740	Rebecca	Newton	F	Ogmore Pheonix	SW	00:08:27
732	Alan	Mason	M	Les Croupiers RC	M60	00:08:34
714	Debbie	Cumming	F	u/a	W55	00:08:45
742	Angharad	Parry-Jones	F	Les Croupiers RC	W45	00:09:16
733	Kirsty	McGowan	F	Les Croupiers RC	SW	00:09:17
705	Sarah	Burdett	F	Les Croupiers RC	SW	00:09:18
716	Glenda	Edwards	F	Les Croupiers RC	W55	00:09:52
708	Sandra	Caveney	F	Les Croupiers RC	W55	00:10:16
739	Tracey	Newman	F	Les Croupiers RC	W50	00:10:54
731	Jon	Martin	M	Les Croupiers RC	M45	00:11:36
702	Stuart	Ball	M	Les Croupiers RC	M40	00:11:36