

Final standings													
Name	Club	Age Cat	Gender	Race					Grand Total	Behind leader	Rank	Gender rank	Prizes
				1 - 5K	2 - 10K	3 - XC	4 - HM	5 - 1M					
Neil Reynolds	San Domenico RC	MSEN	M	0:17:17	0:36:08	0:17:00	1:21:35	0:05:08	2:37:08		1	1	1st Male
Richard Baker	Les Croupiers RC	M40	M	0:18:42	0:36:34	0:17:05	1:21:45	0:05:24	2:39:30	0:02:22	2	2	2nd Male
Phil Hambleton	Les Croupiers RC	MSEN	M	0:18:16	0:36:50	0:17:05	1:25:47	0:05:21	2:43:19	0:06:11	3	3	3rd Male
Ben Kennedy	Les Croupiers RC	MSEN	M	0:18:12	0:36:57	0:16:59	1:26:51	0:05:17	2:44:16	0:07:08	4	4	
Mark Furnish	Unattached	MSEN	M	0:18:19	0:38:21	0:17:08	1:29:00	0:05:32	2:48:20	0:11:12	5	5	
Chris Medcalf	San Domenico RC	M40	M	0:19:13	0:39:54	0:19:01	1:30:44	0:05:58	2:54:50	0:17:42	6	6	1st M40
Gabrielius Stuokus	Swansea Harriers AC	MSEN	M	0:18:52	0:40:18	0:17:56	1:39:09	0:05:31	3:01:46	0:24:38	7	7	
Nathaniel Palmer	Les Croupiers RC	M40	M	0:20:32	0:42:59	0:19:31	1:36:00	0:05:51	3:04:53	0:27:45	8	8	
David Walker	Les Croupiers RC	M60	M	0:20:10	0:43:05	0:19:43	1:35:58	0:06:34	3:05:30	0:28:22	9	9	1st M60
Marcus Meyrick	Les Croupiers RC	M40	M	0:19:46	0:43:04	0:19:32	1:37:49	0:06:29	3:06:40	0:29:32	10	10	
David Coles	Les Croupiers RC	M50	M	0:20:12	0:42:34	0:19:58	1:38:03	0:06:31	3:07:18	0:30:10	11	11	1st M50
Sion Jones	Unattached	MSEN	M	0:20:30	0:43:57	0:20:06	1:41:36	0:06:12	3:12:21	0:35:13	12	12	
Edward Morris	Les Croupiers RC	MSEN	M	0:20:18	0:43:15	0:20:46	1:42:32	0:06:22	3:13:13	0:36:05	13	13	
Gina Hardman	Bridgend Athletic Club	F45	F	0:20:58	0:44:48	0:20:53	1:42:54	0:07:02	3:16:35	0:39:27	14	1	1st Female
Matthew Hooper	Unattached	MSEN	M	0:22:26	0:46:00	0:20:37	1:43:40	0:06:47	3:19:30	0:42:22	15	14	
Claire Jacobs	Les Croupiers RC	F45	F	0:22:02	0:46:30	0:21:21	1:42:44	0:06:55	3:19:32	0:42:24	16	2	2nd Female
Stephanie Connaire	Les Croupiers RC	FSEN	F	0:22:38	0:46:28	0:21:11	1:42:43	0:06:53	3:19:53	0:42:45	17	3	3rd Female
Susan Bowes	Les Croupiers RC	F35	F	0:22:47	0:47:34	0:22:34	1:46:10	0:06:49	3:25:54	0:48:46	18	4	1st F35
Rachel Bowen	Lliswerry Runners	F35	F	0:23:20	0:48:02	0:22:28	1:47:06	0:07:42	3:28:38	0:51:30	19	5	
David George	Les Croupiers RC	M50	M	0:22:48	0:47:32	0:21:27	1:51:44	0:06:27	3:29:58	0:52:50	20	15	
Hayley Jackson	Parc Bryn Bach Running Club	F45	F	0:23:49	0:48:51	0:22:55	1:49:24	0:07:20	3:32:19	0:55:11	21	6	1st F45
Gareth Jenkins	Ogmore Phoenix Runners	MSEN	M	0:22:11	0:47:12	0:22:52	1:56:03	0:07:16	3:35:34	0:58:26	22	16	
Clive Osmond	Les Croupiers RC	M50	M	0:23:48	0:49:37	0:22:44	1:54:10	0:07:20	3:37:39	1:00:31	23	17	
Sai Gopal	Les Croupiers RC	M50	M	0:23:57	0:50:13	0:22:56	1:58:07	0:07:24	3:42:37	1:05:29	24	18	
Terry Caveney	Les Croupiers RC	M50	M	0:25:26	0:51:00	0:23:52	1:55:14	0:07:18	3:42:50	1:05:42	25	19	
Julie Scholey	Les Croupiers RC	F55	F	0:25:13	0:51:11	0:23:25	1:55:26	0:08:12	3:43:27	1:06:19	26	7	1st F55
Paul Chapman	Les Croupiers RC	M50	M	0:23:30	0:49:40	0:21:53	2:02:21	0:07:06	3:44:30	1:07:22	27	20	
Julia Evans	Pegasus RC	F55	F	0:24:55	0:50:43	0:24:13	2:03:12	0:07:39	3:50:42	1:13:34	28	8	
Andrea Webster	Les Croupiers RC	F55	F	0:24:05	0:52:27	0:25:02	2:04:41	0:08:03	3:54:18	1:17:10	29	9	

Eve Gallop-Evans	Les Croupiers RC	F55	F	0:25:53	0:53:27	0:24:30	2:03:38	0:08:05	3:55:33	1:18:25	30	10
Jenny Martin	Les Croupiers RC	F35	F	0:25:43	0:52:51	0:24:26	2:05:58	0:07:09	3:56:07	1:18:59	31	11
Nigel Bleach	SMR	M50	M	0:25:21	0:52:38	0:26:09	2:04:43	0:07:35	3:56:26	1:19:18	32	21
Rachel Higginson	Les Croupiers RC	F35	F	0:26:20	0:55:45	0:26:30	2:07:24	0:08:32	4:04:31	1:27:23	33	12
Sally Groves	Pegasus RC	F55	F	0:25:27	0:52:45	0:24:39	2:15:31	0:07:51	4:06:13	1:29:05	34	13
Andrew Sedgmond	Les Croupiers RC	M60	M	0:27:37	0:57:22	0:26:04	2:06:42	0:08:44	4:06:29	1:29:21	35	22
Lyndsey Rushton	Les Croupiers RC	FSEN	F	0:29:53	0:58:51	0:26:20	2:04:38	0:07:53	4:07:35	1:30:27	36	14
Nick Harris	Ogmore Phoenix Runners	MSEN	M	0:29:32	0:53:51	0:25:34	2:13:12	0:07:34	4:09:43	1:32:35	37	23
Steve Hill	Penarth and Dinas Runners	M50	M	0:24:51	0:53:25	0:25:08	2:20:12	0:07:44	4:11:20	1:34:12	38	24
Jo Gamba	Ogmore Phoenix Runners	F35	F	0:27:20	0:55:33	0:28:38	2:13:12	0:08:31	4:13:14	1:36:06	39	15
Michelle Hoey	Penarth and Dinas Runners	F35	F	0:27:23	0:54:19	0:25:10	2:19:36	0:07:36	4:14:04	1:36:56	40	16
Kellinu Portelli	Les Croupiers RC	M50	M	0:27:10	0:58:23	0:25:39	2:15:32	0:08:01	4:14:45	1:37:37	41	25
Hannah Miles	Les Croupiers RC	FSEN	F	0:29:40	0:58:23	0:26:33	2:12:38	0:08:39	4:15:53	1:38:45	42	17
Richard Sewell	Les Croupiers RC	M60	M	0:24:40	0:50:04	0:23:17	2:32:50	0:09:14	4:20:05	1:42:57	43	26
Mark Herbert	Les Croupiers RC	MSEN	M	0:29:54	1:00:01	0:28:09	2:18:13	0:08:33	4:24:50	1:47:42	44	27
Paul Tucker	Les Croupiers RC	M40	M	0:27:48	0:55:46	0:24:29	2:29:37	0:07:33	4:25:13	1:48:05	45	28
Clare Johnson	Les Croupiers RC	F55	F	0:32:17	1:08:26	0:32:57	2:27:26	0:09:31	4:50:37	2:13:29	46	18
Angharad Parry-Jones	Les Croupiers RC	F35	F	0:34:33	1:07:28	0:30:48	2:35:20	0:10:19	4:58:28	2:21:20	47	19
Sandra Caveney	Les Croupiers RC	F55	F	0:30:35	1:04:43	0:30:19	2:44:36	0:09:53	5:00:06	2:22:58	48	20
Julie Haigh	Caerphilly Runners	F55	F	0:29:32	1:08:54	0:31:10	2:43:48	0:09:05	5:02:29	2:25:21	49	21
Roshan Khan	Les Croupiers RC	M60	M	0:29:54	1:03:09	0:27:55	2:54:21	0:10:07	5:05:26	2:28:18	50	29
Carl Rossiter	Les Croupiers RC	MSEN	M	0:31:20	1:05:33	0:32:37	2:47:56	0:09:45	5:07:11	2:30:03	51	30
Ian Barrett	Les Croupiers RC	MSEN	M	0:35:14	1:13:59	0:34:15	2:54:08	0:10:04	5:27:40	2:50:32	52	31
Jon Martin	Les Croupiers RC	M40	M	0:35:15	1:14:17	0:34:26	3:04:18	0:10:53	5:39:09	3:02:01	53	32

Final standings										
		Age category								
Name	Club	F35	F45	F55	FSEN	M40	M50	M60	MSEN	Grand Total
Neil Reynolds	San Domenico RC								2:37:08	2:37:08
Richard Baker	Les Croupiers RC					2:39:30				2:39:30
Phil Hambleton	Les Croupiers RC								2:43:19	2:43:19
Ben Kennedy	Les Croupiers RC								2:44:16	2:44:16
Mark Furnish	Unattached								2:48:20	2:48:20
Chris Medcalf	San Domenico RC					2:54:50				2:54:50
Gabrielius Stuokus	Swansea Harriers AC								3:01:46	3:01:46
Nathaniel Palmer	Les Croupiers RC					3:04:53				3:04:53
David Walker	Les Croupiers RC							3:05:30		3:05:30
Marcus Meyrick	Les Croupiers RC					3:06:40				3:06:40
David Coles	Les Croupiers RC						3:07:18			3:07:18
Sion Jones	Unattached								3:12:21	3:12:21
Edward Morris	Les Croupiers RC								3:13:13	3:13:13
Gina Hardman	Bridgend Athletic Club		3:16:35							3:16:35
Matthew Hooper	Unattached								3:19:30	3:19:30
Claire Jacobs	Les Croupiers RC		3:19:32							3:19:32
Stephanie Connaire	Les Croupiers RC				3:19:53					3:19:53
Susan Bowes	Les Croupiers RC	3:25:54								3:25:54
Rachel Bowen	Lliswerry Runners	3:28:38								3:28:38
David George	Les Croupiers RC						3:29:58			3:29:58
Hayley Jackson	Parc Bryn Bach Running Club		3:32:19							3:32:19
Gareth Jenkins	Ogmore Phoenix Runners								3:35:34	3:35:34
Clive Osmond	Les Croupiers RC						3:37:39			3:37:39
Sai Gopal	Les Croupiers RC						3:42:37			3:42:37
Terry Caveney	Les Croupiers RC						3:42:50			3:42:50
Julie Scholey	Les Croupiers RC			3:43:27						3:43:27
Paul Chapman	Les Croupiers RC						3:44:30			3:44:30
Julia Evans	Pegasus RC			3:50:42						3:50:42
Andrea Webster	Les Croupiers RC			3:54:18						3:54:18

Eve Gallop-Evans	Les Croupiers RC			3:55:33					3:55:33
Jenny Martin	Les Croupiers RC	3:56:07							3:56:07
Nigel Bleach	SMR					3:56:26			3:56:26
Rachel Higginson	Les Croupiers RC	4:04:31							4:04:31
Sally Groves	Pegasus RC			4:06:13					4:06:13
Andrew Sedgmond	Les Croupiers RC						4:06:29		4:06:29
Lyndsey Rushton	Les Croupiers RC			4:07:35					4:07:35
Nick Harris	Ogmore Phoenix Runners							4:09:43	4:09:43
Steve Hill	Penarth and Dinas Runners					4:11:20			4:11:20
Jo Gamba	Ogmore Phoenix Runners	4:13:14							4:13:14
Michelle Hoey	Penarth and Dinas Runners	4:14:04							4:14:04
Kellinu Portelli	Les Croupiers RC					4:14:45			4:14:45
Hannah Miles	Les Croupiers RC			4:15:53					4:15:53
Richard Sewell	Les Croupiers RC						4:20:05		4:20:05
Mark Herbert	Les Croupiers RC							4:24:50	4:24:50
Paul Tucker	Les Croupiers RC					4:25:13			4:25:13
Clare Johnson	Les Croupiers RC			4:50:37					4:50:37
Angharad Parry-Jones	Les Croupiers RC	4:58:28							4:58:28
Sandra Caveney	Les Croupiers RC			5:00:06					5:00:06
Julie Haigh	Caerphilly Runners			5:02:29					5:02:29
Roshan Khan	Les Croupiers RC						5:05:26		5:05:26
Carl Rossiter	Les Croupiers RC							5:07:11	5:07:11
Ian Barrett	Les Croupiers RC							5:27:40	5:27:40
Jon Martin	Les Croupiers RC					5:39:09			5:39:09

Name	Club	Age	Gender		Rank		Overall
			F	M	F	M	
Neil Reynolds	San Domenico RC	MSEN		0:17:17		1	1
Ben Kennedy	Les Croupiers RC	MSEN		0:18:12		2	2
Phil Hambleton	Les Croupiers RC	MSEN		0:18:16		3	3
Mark Furnish	Unattached	MSEN		0:18:19		4	4
Richard Baker	Les Croupiers RC	M40		0:18:42		5	5
Gabrielius Stuokus	Swansea Harriers AC	MSEN		0:18:52		6	6
Chris Medcalf	San Domenico RC	M40		0:19:13		7	7
Marcus Meyrick	Les Croupiers RC	M40		0:19:46		8	8
David Walker	Les Croupiers RC	M60		0:20:10		9	9
David Coles	Les Croupiers RC	M50		0:20:12		10	10
Edward Morris	Les Croupiers RC	MSEN		0:20:18		11	11
Sion Jones	Unattached	MSEN		0:20:30		12	12
Nathaniel Palmer	Les Croupiers RC	M40		0:20:32		13	13
Gareth Hardman	Pontyclun Road Runners	M50		0:20:58		14	14
Gina Hardman	Bridgend Athletic Club	F45	0:20:58			1	14
Claire Jacobs	Les Croupiers RC	F45	0:22:02			2	16
Gareth Jenkins	Ogmore Phoenix Runners	MSEN		0:22:11		15	17
Matthew Hooper	Unattached	MSEN		0:22:26		16	18
Stephanie Connaire	Les Croupiers RC	FSEN	0:22:38			3	19
Susan Bowes	Les Croupiers RC	F35	0:22:47			4	20
David George	Les Croupiers RC	M50		0:22:48		17	21
Rachel Bowen	Lliswerry Runners	F35	0:23:20			5	22
Paul Chapman	Les Croupiers RC	M50		0:23:30		18	23
Clive Osmond	Les Croupiers RC	M50		0:23:48		19	24
Hayley Jackson	Parc Bryn Bach Running Club	F45	0:23:49			6	25
Sai Gopal	Les Croupiers RC	M50		0:23:57		20	26
Andrea Webster	Les Croupiers RC	F55	0:24:05			7	27
Richard Sewell	Les Croupiers RC	M60		0:24:40		21	28
Steve Hill	Penarth and Dinas Runners	M50		0:24:51		22	29
Julia Evans	Pegasus RC	F55	0:24:55			8	30
Julie Scholey	Les Croupiers RC	F55	0:25:13			9	31
Nigel Bleach	SMR	M50		0:25:21		23	32
Terry Caveney	Les Croupiers RC	M50		0:25:26		24	33
Sally Groves	Pegasus RC	F55	0:25:27			10	34
Jenny Martin	Les Croupiers RC	F35	0:25:43			11	35
Eve Gallop-Evans	Les Croupiers RC	F55	0:25:53			12	36
Peter Heath	Les Croupiers RC	MSEN		0:26:03		25	37
Rachel Higginson	Les Croupiers RC	F35	0:26:20			13	38
Kellinu Portelli	Les Croupiers RC	M50		0:27:10		26	39
Jo Gamba	Ogmore Phoenix Runners	F35	0:27:20			14	40
Michelle Hoey	Penarth and Dinas Runners	F35	0:27:23			15	41
Andrew Sedgmond	Les Croupiers RC	M60		0:27:37		27	42

Paul Tucker	Les Croupiers RC	M40		0:27:48		28	43
Jenna Groves	Pegasus RC	FSEN	0:28:15			16	44
Julie Haigh	Caerphilly Runners	F55	0:29:32			17	45
Nick Harris	Ogmore Phoenix Runners	MSEN		0:29:32		29	45
Hannah Miles	Les Croupiers RC	FSEN	0:29:40			18	47
Lyndsey Rushton	Les Croupiers RC	FSEN	0:29:53			19	48
Mark Herbert	Les Croupiers RC	MSEN		0:29:54		30	49
Roshan Khan	Les Croupiers RC	M60		0:29:54		30	49
Sandra Caveney	Les Croupiers RC	F55	0:30:35			20	51
Carl Rossiter	Les Croupiers RC	MSEN		0:31:20		32	52
Clare Johnson	Les Croupiers RC	F55	0:32:17			21	53
Angharad Parry-Jones	Les Croupiers RC	F35	0:34:33			22	54
Ian Barrett	Les Croupiers RC	MSEN		0:35:14		33	55
Jon Martin	Les Croupiers RC	M40		0:35:15		34	56

Name	Club	Age	Gender		Rank		Overall
			F	M	F	M	
Neil Reynolds	San Domenico RC	MSEN		00:36:08		1	1
Richard Baker	Les Croupiers RC	M40		00:36:34		2	2
Phil Hambleton	Les Croupiers RC	MSEN		00:36:50		3	3
Ben Kennedy	Les Croupiers RC	MSEN		00:36:57		4	4
Mark Furnish	Unattached	MSEN		00:38:21		5	5
Matt Hopkins	Les Croupiers RC	MSEN		00:39:22		6	6
Chris Medcalf	San Domenico RC	M40		00:39:54		7	7
Gabrielius Stuokus	Swansea Harriers AC	MSEN		00:40:18		8	8
David Coles	Les Croupiers RC	M50		00:42:34		9	9
Nathaniel Palmer	Les Croupiers RC	M40		00:42:59		10	10
Marcus Meyrick	Les Croupiers RC	M40		00:43:04		11	11
David Walker	Les Croupiers RC	M60		00:43:05		12	12
Edward Morris	Les Croupiers RC	MSEN		00:43:15		13	13
Sion Jones	Unattached	MSEN		00:43:57		14	14
Gina Hardman	Bridgend Athletic Club	F45	00:44:48		1		15
Matthew Hooper	Unattached	MSEN		00:46:00		15	16
Stephanie Connaire	Les Croupiers RC	FSEN	00:46:28		2		17
Claire Jacobs	Les Croupiers RC	F45	00:46:30		3		18
Gareth Jenkins	Ogmore Phoenix Runners	MSEN		00:47:12		16	19
David George	Les Croupiers RC	M50		00:47:32		17	20
Susan Bowes	Les Croupiers RC	F35	00:47:34		4		21
Rachel Bowen	Lliswerry Runners	F35	00:48:02		5		22
Hayley Jackson	Parc Bryn Bach Running Club	F45	00:48:51		6		23
Clive Osmond	Les Croupiers RC	M50		00:49:37		18	24
Paul Chapman	Les Croupiers RC	M50		00:49:40		19	25
Richard Sewell	Les Croupiers RC	M60		00:50:04		20	26
Sai Gopal	Les Croupiers RC	M50		00:50:13		21	27
Julia Evans	Pegasus RC	F55	00:50:43		7		28
Terry Caveney	Les Croupiers RC	M50		00:51:00		22	29
Steve Lewis	Les Croupiers RC	M60		00:51:04		23	30
Julie Scholey	Les Croupiers RC	F55	00:51:11		8		31
Andrea Webster	Les Croupiers RC	F55	00:52:27		9		32
Nigel Bleach	SMR	M50		00:52:38		24	33
Sally Groves	Pegasus RC	F55	00:52:45		10		34
Jenny Martin	Les Croupiers RC	F35	00:52:51		11		35
Steve Hill	Penarth and Dinas Runners	M50		00:53:25		25	36
Eve Gallop-Evans	Les Croupiers RC	F55	00:53:27		12		37
Nick Harris	Ogmore Phoenix Runners	MSEN		00:53:51		26	38
Michelle Hoey	Penarth and Dinas Runners	F35	00:54:19		13		39
Jo Gamba	Ogmore Phoenix Runners	F35	00:55:33		14		40
Rachel Higginson	Les Croupiers RC	F35	00:55:45		15		41
Paul Tucker	Les Croupiers RC	M40		00:55:46		27	42

Julie Lewis	Les Croupiers RC	F55	00:56:35		16		43
Andrew Sedgmond	Les Croupiers RC	M60		00:57:22		28	44
Hannah Miles	Les Croupiers RC	F50	00:58:23		17		45
Kellinu Portelli	Les Croupiers RC	M50		00:58:23		29	45
Lyndsey Rushton	Les Croupiers RC	F50	00:58:51		18		47
Mark Herbert	Les Croupiers RC	M50		01:00:01		30	48
Peter Heath	Les Croupiers RC	M50		01:00:04		31	49
Jenna Groves	Pegasus RC	F50	01:00:36		19		50
Peter Jackson	Parc Bryn Bach Running Club	M50		01:01:43		32	51
Roshan Khan	Les Croupiers RC	M60		01:03:09		33	52
Sandra Caveney	Les Croupiers RC	F55	01:04:43		20		53
Carl Rossiter	Les Croupiers RC	M50		01:05:33		34	54
Angharad Parry-Jones	Les Croupiers RC	F35	01:07:28		21		55
Clare Johnson	Les Croupiers RC	F55	01:08:26		22		56
Julie Haigh	Caerphilly Runners	F55	01:08:54		23		57
Phil Groves	Pegasus RC	M50		1:12:24		35	58
Ian Barrett	Les Croupiers RC	M50		1:13:59		36	59
Jon Martin	Les Croupiers RC	M40		1:14:17		37	60

Name	Club	Age	Gender		Rank		Overall
			F	M	F	M	
Ben Kennedy	Les Croupiers RC	MSEN		00:16:59		1	1
Neil Reynolds	San Domenico RC	MSEN		00:17:00		2	2
Phil Hambleton	Les Croupiers RC	MSEN		00:17:05		3	3
Richard Baker	Les Croupiers RC	M40		00:17:05		3	3
Mark Furnish	Unattached	MSEN		00:17:08		5	5
Gabrielius Stuokus	Swansea Harriers AC	MSEN		00:17:56		6	6
Chris Medcalf	San Domenico RC	M40		00:19:01		7	7
Nathaniel Palmer	Les Croupiers RC	M40		00:19:31		8	8
Marcus Meyrick	Les Croupiers RC	M40		00:19:32		9	9
David Walker	Les Croupiers RC	M60		00:19:43		10	10
David Coles	Les Croupiers RC	M50		00:19:58		11	11
Sion Jones	Unattached	MSEN		00:20:06		12	12
Matthew Hooper	Unattached	MSEN		00:20:37		13	13
Edward Morris	Les Croupiers RC	MSEN		00:20:46		14	14
Gina Hardman	Bridgend Athletic Club	F45	00:20:53		1		15
Joseph Tucker	Unattached	U20		00:20:54		15	16
Stephanie Connaire	Les Croupiers RC	FSEN	00:21:11		2		17
Claire Jacobs	Les Croupiers RC	F45	00:21:21		3		18
David George	Les Croupiers RC	M50		00:21:27		16	19
Kay Chapman	Les Croupiers RC	F45	00:21:32		4		20
Paul Chapman	Les Croupiers RC	M50		00:21:53		17	21
Rachel Bowen	Lliswerry Runners	F35	00:22:28		5		22
Susan Bowes	Les Croupiers RC	F35	00:22:34		6		23
Clive Osmond	Les Croupiers RC	M50		00:22:44		18	24
Gareth Jenkins	Ogmore Phoenix Runners	MSEN		00:22:52		19	25
Hayley Jackson	Parc Bryn Bach Running Club	F45	00:22:55		7		26
Sai Gopal	Les Croupiers RC	M50		00:22:56		20	27
Richard Sewell	Les Croupiers RC	M60		00:23:17		21	28
Julie Scholey	Les Croupiers RC	F55	00:23:25		8		29
Terry Caveney	Les Croupiers RC	M50		00:23:52		22	30
Julia Evans	Pegasus RC	F55	00:24:13		9		31
Jenny Martin	Les Croupiers RC	F35	00:24:26		10		32
Paul Tucker	Les Croupiers RC	M40		00:24:29		23	33
Eve Gallop-Evans	Les Croupiers RC	F55	00:24:30		11		34
Sally Groves	Pegasus RC	F55	00:24:39		12		35
Andrea Webster	Les Croupiers RC	F55	00:25:02		13		36
Steve Hill	Penarth and Dinas Runners	M50		00:25:08		24	37
Michelle Hoey	Penarth and Dinas Runners	F35	00:25:10		14		38
Nick Harris	Ogmore Phoenix Runners	MSEN		00:25:34		25	39
Kellinu Portelli	Les Croupiers RC	M50		00:25:39		26	40
Andrew Sedgmond	Les Croupiers RC	M60		00:26:04		27	41
Nigel Bleach	SMR	M50		00:26:09		28	42

Peter Heath	Les Croupiers RC	MSEN		00:26:15		29	43
Lyndsey Rushton	Les Croupiers RC	FSEN	00:26:20		15		44
Rachel Higginson	Les Croupiers RC	F35	00:26:30		16		45
Hannah Miles	Les Croupiers RC	FSEN	00:26:33		17		46
Jenna Groves	Pegasus RC	FSEN	00:27:04		18		47
Roshan Khan	Les Croupiers RC	M60		00:27:55		30	48
Mark Herbert	Les Croupiers RC	MSEN		00:28:09		31	49
Jo Gamba	Ogmore Phoenix Runners	F35	00:28:38		19		50
Sandra Caveney	Les Croupiers RC	F55	00:30:19		20		51
Angharad Parry-Jones	Les Croupiers RC	F35	00:30:48		21		52
Julie Haigh	Caerphilly Runners	F55	00:31:10		22		53
Carl Rossiter	Les Croupiers RC	MSEN		00:32:37		32	54
Clare Johnson	Les Croupiers RC	F55	00:32:57		23		55
Ian Barrett	Les Croupiers RC	MSEN		00:34:15		33	56
Jon Martin	Les Croupiers RC	M40		00:34:26		34	57

Name	Club	Age	Gender		Rank		Overall
			F	M	F	M	
Neil Reynolds	San Domenico RC	MSEN		01:21:35		1	1
Richard Baker	Les Croupiers RC	M40		01:21:45		2	2
Owain Morris	Les Croupiers RC	MSEN		01:22:31		3	3
Matt Govier	Les Croupiers RC	M40		01:22:44		4	4
Alex Price	Les Croupiers RC	MSEN		01:23:42		5	5
Phil Hambleton	Les Croupiers RC	MSEN		01:25:47		6	6
Ben Kennedy	Les Croupiers RC	MSEN		01:26:51		7	7
Mark Furnish	Unattached	MSEN		01:29:00		8	8
Nick Dukes	Les Croupiers RC	M40		01:30:08		9	9
Rhys Pippard	San Domenico RC	MSEN		01:30:40		10	10
Chris Medcalf	San Domenico RC	M40		01:30:44		11	11
David James	Les Croupiers RC	M60		01:30:51		12	12
Maria Zubizarreta	Les Croupiers RC	F45	01:33:04		1		13
David Proud	Les Croupiers RC	M50		01:33:17		13	14
Steve Howard	Penarth and Dinas Runners	MSEN		01:34:08		14	15
David Walker	Les Croupiers RC	M60		01:35:58		15	16
Nathaniel Palmer	Les Croupiers RC	M40		01:36:00		16	17
Angela Champion	San Domenico RC	F35	01:37:43		2		18
Marcus Meyrick	Les Croupiers RC	M40		01:37:49		17	19
David Coles	Les Croupiers RC	M50		01:38:03		18	20
Gabrielius Stuokus	Swansea Harriers AC	MSEN		01:39:09		19	21
James Horner	Les Croupiers RC	M40		01:39:37		20	22
Sion Jones	Unattached	MSEN		01:41:36		21	23
Edward Morris	Les Croupiers RC	MSEN		01:42:32		22	24
Stephanie Connaire	Les Croupiers RC	FSEN	01:42:43		3		25
Claire Jacobs	Les Croupiers RC	F45	01:42:44		4		26
Gina Hardman	Bridgend Athletic Club	F45	01:42:54		5		27
Amy Williams	Les Croupiers RC	F35	01:43:15		6		28
Sean Price	Les Croupiers RC	M50		01:43:32		23	29
Matthew Hooper	Unattached	MSEN		01:43:40		24	30
Susan Bowes	Les Croupiers RC	F35	01:46:10		7		31
Rachel Bowen	Lliswerry Runners	F35	01:47:06		8		32
Angharad Price	Les Croupiers RC	FSEN	01:48:26		9		33
Hayley Jackson	Parc Bryn Bach Running Club	F45	01:49:24		10		34
David George	Les Croupiers RC	M50		01:51:44		25	35
Hector Cortes	Les Croupiers RC	MSEN		01:51:47		26	36
Claire Jarrom	Les Croupiers RC	F35	01:53:10		11		37
Clive Osmond	Les Croupiers RC	M50		01:54:10		27	38
Terry Caveney	Les Croupiers RC	M50		01:55:14		28	39
Julie Scholey	Les Croupiers RC	F55	01:55:26		12		40
Gareth Jenkins	Ogmore Phoenix Runners	MSEN		01:56:03		29	41
Sai Gopal	Les Croupiers RC	M50		01:58:07		30	42

Paul Chapman	Les Croupiers RC	M50		02:02:21		31	43
Julia Evans	Pegasus RC	F55	02:03:12			13	44
Eve Gallop-Evans	Les Croupiers RC	F55	02:03:38			14	45
Lyndsey Rushton	Les Croupiers RC	F55	02:04:38			15	46
Andrea Webster	Les Croupiers RC	F55	02:04:41			16	47
Nigel Bleach	SMR	M50		02:04:43		32	48
Jenny Martin	Les Croupiers RC	F35	02:05:58			17	49
Andrew Sedgmond	Les Croupiers RC	M60		02:06:42		33	50
Rachel Higginson	Les Croupiers RC	F35	02:07:24			18	51
Sarah Pryor	Pegasus RC	F35	02:08:39			19	52
Kelly Crofts	Les Croupiers RC	F35	02:08:59			20	53
Hannah Miles	Les Croupiers RC	F55	02:12:38			21	54
Helen Robertson	Les Croupiers RC	F45	02:12:38			21	54
Jo Gamba	Ogmore Phoenix Runners	F35	02:13:12			23	56
Nick Harris	Ogmore Phoenix Runners	M55		02:13:12		34	56
Sally Groves	Pegasus RC	F55	02:15:31			24	58
Kellinu Portelli	Les Croupiers RC	M50		02:15:32		35	59
Mark Herbert	Les Croupiers RC	M55		02:18:13		36	60
Claire Bell	Les Croupiers RC	F55	02:19:24			25	61
Michelle Hoey	Penarth and Dinas Runners	F35	02:19:36			26	62
Steve Hill	Penarth and Dinas Runners	M50		02:20:12		37	63
Clare Johnson	Les Croupiers RC	F55	02:27:26			27	64
Catrin Evans	Les Croupiers RC	F45	02:27:57			28	65
Paul Tucker	Les Croupiers RC	M40		02:29:37		38	66
Richard Sewell	Les Croupiers RC	M60		02:32:50		39	67
Angharad Parry-Jones	Les Croupiers RC	F35	02:35:20			29	68
Ralph Davey	Les Croupiers RC	M60		02:35:22		40	69
Julie Haigh	Caerphilly Runners	F55	02:43:48			30	70
Laura Coombes	Les Croupiers RC	F35	02:44:35			31	71
Sandra Caveney	Les Croupiers RC	F55	02:44:36			32	72
Carl Rossiter	Les Croupiers RC	M55		2:47:56		41	73
Ian Barrett	Les Croupiers RC	M55		2:54:08		42	74
Roshan Khan	Les Croupiers RC	M60		2:54:21		43	75
Jon Martin	Les Croupiers RC	M40		3:04:18		44	76

Name	Club	Age	Gender		Rank		Overall
			F	M	F	M	
David J Williams	Les Croupiers RC	MSEN		00:04:42		1	1
Neil Reynolds	San Domenico RC	MSEN		00:05:08		2	2
Ben Kennedy	Les Croupiers RC	MSEN		00:05:17		3	3
Phil Hambleton	Les Croupiers RC	MSEN		00:05:21		4	4
Richard Baker	Les Croupiers RC	M40		00:05:24		5	5
Gabrielius Stuokus	Swansea Harriers AC	MSEN		00:05:31		6	6
Mark Furnish	Unattached	MSEN		00:05:32		7	7
Nathaniel Palmer	Les Croupiers RC	M40		00:05:51		8	8
Chris Medcalf	San Domenico RC	M40		00:05:58		9	9
Sion Jones	Unattached	MSEN		00:06:12		10	10
Mike Murphy	Les Croupiers RC	M60		00:06:20		11	11
Edward Morris	Les Croupiers RC	MSEN		00:06:22		12	12
David George	Les Croupiers RC	M50		00:06:27		13	13
Marcus Meyrick	Les Croupiers RC	M40		00:06:29		14	14
David Coles	Les Croupiers RC	M50		00:06:31		15	15
David Walker	Les Croupiers RC	M60		00:06:34		16	16
Matthew Hooper	Unattached	MSEN		00:06:47		17	17
Susan Bowes	Les Croupiers RC	F35	00:06:49			1	18
Stephanie Connaire	Les Croupiers RC	FSEN	00:06:53			2	19
Claire Jacobs	Les Croupiers RC	F45	00:06:55			3	20
Gina Hardman	Bridgend Athletic Club	F45	00:07:02			4	21
Paul Chapman	Les Croupiers RC	M50		00:07:06		18	22
Jenny Martin	Les Croupiers RC	F35	00:07:09			5	23
Gareth Jenkins	Ogmore Phoenix Runners	MSEN		00:07:16		19	24
Terry Caveney	Les Croupiers RC	M50		00:07:18		20	25
Clive Osmond	Les Croupiers RC	M50		00:07:20		21	26
Hayley Jackson	Parc Bryn Bach Running Club	F45	00:07:20			6	26
Sai Gopal	Les Croupiers RC	M50		00:07:24		22	28
Paul Tucker	Les Croupiers RC	M40		00:07:33		23	29
Nick Harris	Ogmore Phoenix Runners	MSEN		00:07:34		24	30
Nigel Bleach	SMR	M50		00:07:35		25	31
Michelle Hoey	Penarth and Dinas Runners	F35	00:07:36			7	32
Julia Evans	Pegasus RC	F55	00:07:39			8	33
Rachel Bowen	Lliswerry Runners	F35	00:07:42			9	34
Anne Taylor-Jones	Les Croupiers RC	F35	00:07:44			10	35
Steve Hill	Penarth and Dinas Runners	M50		00:07:44		26	35
Jenna Groves	Pegasus RC	FSEN	00:07:46			11	37
Sally Groves	Pegasus RC	F55	00:07:51			12	38
Lyndsey Rushton	Les Croupiers RC	FSEN	00:07:53			13	39
Angharad M Price	Les Croupiers RC	F35	00:07:55			14	40
Kellinu Portelli	Les Croupiers RC	M50		00:08:01		27	41
Andrea Webster	Les Croupiers RC	F55	00:08:03			15	42

Eve Gallop-Evans	Les Croupiers RC	F55	00:08:05		16		43
Julie Scholey	Les Croupiers RC	F55	00:08:12		17		44
Jo Gamba	Ogmore Phoenix Runners	F35	00:08:31		18		45
Rachel Higginson	Les Croupiers RC	F35	00:08:32		19		46
Mark Herbert	Les Croupiers RC	MSEN		00:08:33		28	47
Hannah Miles	Les Croupiers RC	FSEN	00:08:39		20		48
Andrew Sedgmond	Les Croupiers RC	M60		00:08:44		29	49
Julie Haigh	Caerphilly Runners	F55	00:09:05		21		50
Richard Sewell	Les Croupiers RC	M60		00:09:14		30	51
Clare Johnson	Les Croupiers RC	F55	00:09:31		22		52
Carl Rossiter	Les Croupiers RC	MSEN		00:09:45		31	53
Sandra Caveney	Les Croupiers RC	F55	00:09:53		23		54
Ian Barrett	Les Croupiers RC	MSEN		00:10:04		32	55
Roshan Khan	Les Croupiers RC	M60		00:10:07		33	56
Angharad Parry-Jones	Les Croupiers RC	F35	00:10:19		24		57
Jon Martin	Les Croupiers RC	M40		00:10:53		34	58