

name	club	age group	1 mile	2 mile	3 mile	4 mile	Total	
Oliver Williams	Les Croupiers	SM	00:04:30	00:09:41	00:15:58	00:21:20	00:51:29	1st Male
Rich Baker	Les Croupiers	MV45	00:05:54	00:11:16	00:16:56	00:22:05	00:56:11	2nd Male
Iestyn Edwards	Cardiff AAC	U15B	00:05:01	00:10:53	00:17:42	00:23:42	00:57:18	3rd Male
Emyr Morgan	Les Croupiers	MV45	00:05:16	00:10:55	00:17:29	00:24:02	00:57:42	1st MV40
James Gold	Cardiff AAC	U17M	00:05:08	00:11:21	00:18:36	00:24:15	00:59:20	
Vince Nazareth	Les Croupiers	MV55	00:05:28	00:11:31	00:17:50	00:25:00	00:59:49	1st MV50
Brian Dias	Cardiff AAC	SM	00:05:21	00:11:32	00:18:21	00:25:18	01:00:32	
Matt Hopkins	Les Croupiers	SM	00:05:36	00:11:54	00:18:37	00:25:19	01:01:26	
Samuel Jackson	Parc Bryn Bach Runners	U20M	00:05:50	00:12:25	00:18:46	00:28:03	01:05:04	
Nigel Bleach	SMR	MV45	00:06:00	00:12:43	00:19:36	00:27:44	01:06:03	
Bethany Gold	Cardiff AAC	U15G	00:05:58	00:13:03	00:19:48	00:27:23	01:06:12	1st Female
Mike Murphy	Les Croupiers	MV60	00:06:17	00:12:53	00:20:27	00:26:36	01:06:13	1st MV60
Steve Preddy	Les Croupiers	MV45	00:06:02	00:13:06	00:19:56	00:29:16	01:08:20	
Stephen Wood	Pegasus RC	MV40	00:06:31	00:13:26	00:20:26	00:28:23	01:08:46	
Gary John	Les Croupiers	MV60	00:06:30	00:13:42	00:21:09	00:29:53	01:11:14	
Jenny Martin	Les Croupiers	FV35	00:06:32	00:13:43	00:21:47	00:29:34	01:11:36	2nd Female
Julie Scholey	Les Croupiers	FV55	00:07:07	00:13:48	00:21:30	00:29:29	01:11:54	3rd Female
Clive Osmond	Les Croupiers	MV55	00:06:19	00:13:38	00:20:57	00:31:07	01:12:01	
Bethan Ford	Pontypridd Roadents	SW	00:06:38	00:13:57	00:21:34	00:30:05	01:12:14	
Lolly Evans (nee Burvill)	Les Croupiers	FV45	00:06:51	00:14:14	00:22:12	00:31:20	01:14:37	1st FV45
Rosie Bristow	Pegasus RC	FV35	00:07:13	00:14:51	00:23:03	00:30:45	01:15:52	1st FV35
Paul Chapman	Les Croupiers	MV45	00:07:00	00:15:04	00:22:54	00:31:16	01:16:14	
Paul Edwards	Cardiff AAC	MV40	00:06:56	00:15:27	00:23:36	00:32:12	01:18:11	
Georgina Edwards	Cardiff AAC	U13G	00:06:59	00:15:27	00:23:35	00:32:11	01:18:12	
Eve Gallop-Evans	Les Croupiers	FV45	00:07:19	00:15:41	00:23:22	00:32:40	01:19:02	
Beth Jones	Parc Bryn Bach	U17W	00:07:32	00:15:38	00:23:53	00:32:28	01:19:31	
Richard Jackson	SMR	MV50	00:07:25	00:16:17	00:27:04	00:35:31	01:26:17	
Jon Martin	Les Croupiers	MV40	00:07:50	00:17:24	00:27:35	00:36:36	01:29:25	
Rhys Littlechild	u/a	U13B	00:08:04	00:16:38	00:27:24	00:38:15	01:30:21	
Colin Crooks	Pegasus RC	MV60	00:08:10	00:18:07	00:27:27	00:38:42	01:32:26	

Jack Bicker	u/a	U13B	00:10:02	00:19:03	00:25:48	00:38:24	01:33:17	
Donna Littlechild	Hendre Lake RC	FV35	00:08:52	00:19:22	00:30:12	00:39:04	01:37:30	
Amanda Thompson	Les Croupiers	FV55	00:08:58	00:18:23	00:29:49	00:42:45	01:39:55	1st FV55
Katie Quinn	u/a	SW	00:09:10	00:19:46	00:31:24	00:41:36	01:41:56	
Sandra Caveney	Les Croupiers	FV50	00:10:44	00:19:45	00:34:16	00:45:18	01:50:03	
Lucy Bicker	u/a	FV40	00:10:43	00:22:24	00:35:58	00:48:18	01:57:23	