

RACE 1 - start 18:45

	Race No.	Time	Forename	Surname	Gender	Age Class	Club
1	478	07:14	Harrison	Morton	M	MU11	
2	472	07:58	Angharad	Davies	F	W40	Bombay Running Crew
3	471	07:58	Michael H	Davies	M	M70	Les Croupiers RC
4	474	08:03	Calista	Charalambous	F	WU12	Cardiff AAC
5	469	08:14	Gerry	Crispie	M	M60	Les Croupiers RC
6	480	08:20	Paul	Cole	M	M45	CDF Runners
7	477	08:44	Angharad	Parry-Jones	F	W45	Les Croupiers RC
8	470	08:54	Ian	Barrett	M	MSEN	Les Croupiers RC
9	479	09:17	Clair	Charalambous	F	W45	Les Croupiers RC
10	475	09:19	Jon	Martin	M	M45	Les Croupiers RC
11	476	09:30	Geoff	Wright	M	M70	Les Croupiers RC
12	481	09:46	Peter	Heath	M	MSEN	Les Croupiers RC
13	482	10:35	Clare	Johnson	F	W75	Les Croupiers RC

RACE 2 - start 19:00

	Race No.	Time	Forename	Surname	Gender	Age Class	Club
1	486	06:35	Royston	Vincent	M	MSEN	Pontypridd Roadents
2	484	06:50	Chris	Tough	M	M50	Aberdare Valley AAC
3	488	06:58	Alan	Mason	M	M60	Les Croupiers RC
4	490	07:10	Martin	Green	M	M50	Pontypridd Roadents
5	485	07:13	Tim	Davies	M	M40	Pontypridd Roadents
6	483	07:26	Jenny	Martin	F	W40	Les Croupiers RC
7	496	07:32	Philip	Brett	M	M40	Weston AC
8	489	07:36	Tim	O'Sullivan	M	M60	Les Croupiers RC
9	487	07:41	Julie	Scholey	F	W60	Les Croupiers RC
10	494	07:43	Janet	Smith	F	W50	Les Croupiers RC
11	493	07:48	Wendy	Reddaway	F	W60	Ware Joggers
12	492	07:54	Kirsty	McGowan	F	W35	Les Croupiers RC
13	497	08:10	Theodoros	Charalambous	M	MU9	
14	473	08:11	Florence	Worman	F	WU11	Cardiff AAC
15	491	08:14	Kelly	Crofts	F	W40	Les Croupiers RC

RACE 3 - start 19:10

	Race No.	Time	Forename	Surname	Gender	Age Class	Club
1	504	06:20	Anh Quan	Tran	M	MSEN	CDF Runners
2	502	06:22	Siobhan	Cotty	F	WSEN	CDF Runners
3	501	06:38	Riley	Nealon	M	MU10	Cardiff AAC
4	498	06:39	Tim	Petrides	M	M55	Les Croupiers RC
5	507	06:49	Andy	Davies	M	M60	Pontypridd Roadents
6	499	06:57	Mark	Herbert	M	M40	Les Croupiers RC
7	508	07:02	Carol	Rees	F	W50	Les Croupiers RC
8	503	07:17	Kat	Nguyen	F	WSEN	CDF Runners
9	506	07:23	Graham	Webster	M	M65	Les Croupiers RC
10	505	07:32	Andrea	Webster	F	W65	Les Croupiers RC

RACE 4 - start 19:20

	Race No.	Time	Forename	Surname	Gender	Age Class	Club
1	509	06:05	Isabelle	Jacklin	F	WU16	Aberdare Valley AAC
2	514	06:08	Jonathan	Monk	M	M40	Pontypridd Roadents
3	515	06:20	Nadine	Leder	F	WSEN	CDF Runners
4	510	06:24	Scott	Place	M	MSEN	CDF Runners
5	516	06:28	Gwyn	Jones	M	M55	Les Croupiers RC
6	513	06:33	Paul	Chapman	M	M50	Les Croupiers RC
7	512	06:36	Clive	Osmond	M	M60	Les Croupiers RC
8	519	06:39	Steven	Preddy	M	M50	Les Croupiers RC
9	518	06:47	William	Snowdon	M	M65	Les Croupiers RC

RACE 5 - start 19:30

	Race No.	Time	Forename	Surname	Gender	Age Class	Club
1	522	05:36	Matt	Regan	M	MSEN	Pontypridd Roadents
2	521	05:43	Adam	Kearns	M	MSEN	Ogmore Phoenix
3	526	05:48	Kris	Emes	M	M45	
4	525	05:54	Christopher	Davies	M	MSEN	CDF Runners
5	524	05:56	Stewart	Harding	M	MSEN	CDF Runners
6	520	05:57	Adam	Johnson	M	MSEN	CDF Runners
7	527	06:05	Paul	Davies	M	M45	Aberdare Valley AAC
8	532	06:07	Gareth	Evans	M	MSEN	Pontypridd Roadents
9	523	06:08	Neil	Ellis	M	M45	Pontypridd Roadents
10	529	06:16	Shannon	Walker	F	WSEN	Les Croupiers RC
11	533	06:18	Ian	Derrick	M	M50	Cardiff AAC
12	528	06:22	Dan	Lloyd	M	M45	CDF Runners
13	530	06:32	Rachel	Walsh	F	W40	Les Croupiers RC
14	531	dnf	Claire	Bruce	F	W45	Les Croupiers RC

RACE 6 - start 19:40

	Race No.	Time	Forename	Surname	Gender	Age Class	Club
1	544	05:20	Carl	Nealon	M	MSEN	
2	541	05:25	Rowan	Carson	M	MU10	Pontyclun AC
3	543	05:27	Ryan	Hartley	M	M45	Pontypridd Roadents
4	536	05:29	Paul	Morton	M	M40	Les Croupiers RC
5	538	05:31	Sam	Jones	M	MSEN	
6	540	05:38	Jack	Harries	M	MU13	Cardiff AAC
7	545	05:42	Maria	Zubizarreta	F	W50	Les Croupiers RC
8	548	05:44	Peter	Gillibrand	M	MSEN	Les Croupiers RC
9	535	05:46	Jonathan	Anstee	M	MU23	CDF Runners
10	542	05:47	Rachel	Lammin	F	WSEN	Les Croupiers RC
11	539	05:48	Rhiannon	Derrick	F	WU14	Cardiff AAC
12	537	05:50	Paul	Deaton	M	M55	Penarth and Dinas
13	546	05:53	Vincent	Nazareth	M	M60	Les Croupiers RC
14	547	06:18	Janneke	van Beijnum	F	W40	Les Croupiers RC

RACE 7 - start 19:50

	Race No.	Time	Forename	Surname	Gender	Age Class	Club
1	550	05:03	Matthew	Jacklin	M	M45	Aberdare Valley AAC
2	560	05:07	Nathan	Christoforato	M	MSEN	Les Croupiers RC
3	564	05:08	Evan	Davies	M	MU15	Aberdare Valley AAC
4	557	05:09	Tomos	Roberts	M	MSEN	Cardiff AC
5	561	05:10	Aled	Hughes	M	M45	Ogmore Phoenix
6	552	05:13	Rebeca	Harries	F	WU15	Cardiff AAC
7	555	05:14	Paul	Reddaway	M	M60	Ware Joggers
8	559	05:16	Dylan	Panting	M	MSEN	Ogmore Phoenix
9	558	05:18	Emyr	Morgan	M	M50	Les Croupiers RC
10	551	05:26	Mabli	Phillips	F	WU16	Cardiff AAC
11	553	05:26	Sean	Price	M	M60	Les Croupiers RC
12	556	05:30	Andrew	Jones	M	MSEN	
13	554	05:33	Katie	O'Hare	F	WSEN	Pontypridd Roadents

RACE 8 - start 19:58

	Race No.	Time	Forename	Surname	Gender	Age Class	Club
1	568	05:04	Trystan	Daniels	M	MSEN	Les Croupiers RC
2	565	05:06	Samuel	Boyce	M	MU16	Cardiff AAC
3	567	05:07	Steve	Payne	M	M45	Pontypridd Roadents
4	570	05:08	Josh	Parry	M	MSEN	Ogmore Phoenix
5	571	05:08	Jai	Tsim	M	MSEN	Pontypridd Roadents
6	569	05:19	Nicholas	Doyle	M	MSEN	Les Croupiers RC
7	573	05:20	Katy	Roy	F	W35	Bristol and West
8	572	05:36	Colin	Williams	M	M55	Les Croupiers RC

RACE 9 - start 20:05

	Race No.	Time	Forename	Surname	Gender	Age Class	Club
1	577	04:51	Thomas	Loynes	M	MU16	Neath Harriers
2	579	04:59	Jack	Reddaway	M	MSEN	Les Croupiers RC
3	583	05:00	Jamie	Vanstone	M	M40	Pontypridd Roadents
4	574	05:00	Jonathan	Bonville-Ginn	M	MSEN	CDF Runners
5	580	05:02	Ian	Southwell	M	M40	Les Croupiers RC
6	578	05:02	Cian	Tough	M	MU15	Aberdare Valley AAC
7	586	05:05	Paul	Josua	M	MSEN	San Domenico RRC
8	584	05:06	Olivia	Tsim	F	WSEN	Pontypridd Roadents
9	576	05:13	Paul	Francis	M	M45	Les Croupiers RC
10	582	05:14	Niki	Puleio	M	M45	Ogmore Phoenix
11	581	05:17	Mark	Teesdale	M	MSEN	Ogmore Phoenix

RACE 10 - start 20:12

	Race No.	Time	Forename	Surname	Gender	Age Class	Club
1	587	04:28	Craig	Williams	M	MSEN	Newport Harriers
2	589	04:35	Owain	Morris	M	MSEN	Les Croupiers RC
3	593	04:37	Phil	Hambleton	M	MSEN	Les Croupiers RC
4	592	04:41	Vaughan	Edwards	M	M45	Les Croupiers RC
5	590	04:43	Nicky	Bennett	M	MSEN	Ogmore Phoenix
6	594	04:44	Garyn	Tough	M	MU15	Aberdare Valley AAC
7	591	04:45	Samuel	Richards	M	MSEN	Pontypridd Roadents
8	595	04:47	Arwel	Evans	M	MSEN	Les Croupiers RC
9	600	04:52	Adam	Whittaker	M	MSEN	CDF Runners
10	596	04:53	Doug	Nicholls	M	M40	Pontypridd Roadents
11	599	04:55	Alfie	Osborne	M	MU16	Cardiff AAC
12	597	04:58	Lewis	Munro	M	MSEN	Islwyn RC
13	598	04:58	Harry	Osborne	M	MU16	Cardiff AAC