

Final Results															
Race															
Name	Club	Age Cat	Gender	1 - 5K	2 - 10K	3 - XC	4 - HM	5 - 1M	Grand Total	Behind leader	Interval	Rank	Gender rank	Cat rank	Prize
Tom Flitcroft	Les Croupiers RC	MSEN	M	0:16:49	0:35:10	0:16:11	1:18:38	0:05:05	2:31:53			1	1	1	1st male
Jack Reddaway	Les Croupiers RC	MSEN	M	0:16:49	0:36:44	0:16:08	1:19:28	0:05:12	2:34:21	0:02:28	0:02:28	2	2	2	2nd male
John Morris	Les Croupiers RC	M40	M	0:18:02	0:36:07	0:16:39	1:19:49	0:05:24	2:36:01	0:04:08	0:01:40	3	3	1	3rd male
Alex Price	Les Croupiers RC	MSEN	M	0:18:44	0:38:09	0:16:57	1:25:30	0:05:16	2:44:36	0:12:43	0:08:35	4	4	3	
Wayne Humphreys	Les Croupiers RC	M40	M	0:20:35	0:40:30	0:18:18	1:28:27	0:05:40	2:53:30	0:21:37	0:08:54	5	5	2	1st M40
Gafin Griffiths	Les Croupiers RC	M40	M	0:20:25	0:41:32	0:17:44	1:31:26	0:05:37	2:56:44	0:24:51	0:03:14	6	6	3	
William Edwards	Porthcawl Runners	M50	M	0:19:53	0:40:58	0:19:00	1:31:32	0:06:13	2:57:36	0:25:43	0:00:52	7	7	1	1st M50
Ben Hooper	Les Croupiers RC	MSEN	M	0:21:07	0:40:12	0:18:59	1:34:24	0:05:27	3:00:09	0:28:16	0:02:33	8	8	4	
Claire Jacobs	Les Croupiers RC	F45	F	0:20:10	0:41:55	0:19:12	1:34:23	0:06:00	3:01:40	0:29:47	0:01:31	9	1	1	1st female
Matthew Jones	Unattached	MSEN	M	0:20:17	0:42:04	0:19:18	1:34:23	0:06:05	3:02:07	0:30:14	0:00:27	10	9	5	
Bethan Meyrick	Les Croupiers RC	FSEN	F	0:20:45	0:42:34	0:19:21	1:35:07	0:06:12	3:03:59	0:32:06	0:01:52	11	2	1	2nd female
Aine Kenny	Les Croupiers RC	F35	F	0:21:13	0:43:37	0:20:20	1:37:48	0:06:29	3:09:27	0:37:34	0:05:28	12	3	1	3rd female
Kevin Jones	Les Croupiers RC	M50	M	0:21:30	0:44:49	0:20:02	1:37:00	0:06:20	3:09:41	0:37:48	0:00:14	13	10	2	
David Coles	Les Croupiers RC	M60	M	0:20:51	0:43:13	0:20:29	1:38:50	0:06:32	3:09:55	0:38:02	0:00:14	14	11	1	1st M60
Susan Bowes	Les Croupiers RC	F45	F	0:21:32	0:44:49	0:20:42	1:37:06	0:06:30	3:10:39	0:38:46	0:00:44	15	4	2	1st F45
Rachel Bowen	Lliswerry Runners	F45	F	0:22:20	0:45:31	0:21:12	1:37:10	0:06:31	3:12:44	0:40:51	0:02:05	16	5	3	
Gina Hardman	Bridgend AC	F45	F	0:22:30	0:46:44	0:21:34	1:45:51	0:07:20	3:23:59	0:52:06	0:11:15	17	6	4	
Antony Phillips	Bridgend AC	M50	M	0:23:11	0:48:07	0:20:41	1:48:25	0:06:52	3:27:16	0:55:23	0:03:17	18	12	3	
Terry Caveney	Les Croupiers RC	M60	M	0:23:27	0:48:51	0:22:08	1:48:17	0:07:16	3:29:59	0:58:06	0:02:43	19	13	2	
Lloyd Williams	Lliswerry Runners	M50	M	0:23:14	0:48:56	0:22:25	1:51:38	0:06:53	3:33:06	1:01:13	0:03:07	20	14	4	
Phil Smith	Les Croupiers RC	M60	M	0:23:48	0:48:58	0:22:19	1:50:57	0:07:12	3:33:14	1:01:21	0:00:08	21	15	3	
Paula Allen	Les Croupiers RC	F45	F	0:26:07	0:49:25	0:23:17	1:51:17	0:07:00	3:37:06	1:05:13	0:03:52	22	7	5	
Mark Herbert	Les Croupiers RC	M40	M	0:24:24	0:50:07	0:25:36	1:50:11	0:07:26	3:37:44	1:05:51	0:00:38	23	16	4	
Sarah Beeching	Les Croupiers RC	F35	F	0:26:06	0:51:00	0:22:33	1:52:28	0:07:09	3:39:16	1:07:23	0:01:32	24	8	2	1st F35
Lolly Evans	Les Croupiers RC	F45	F	0:26:33	0:51:01	0:21:53	1:52:28	0:07:23	3:39:18	1:07:25	0:00:02	25	9	6	
Scott Kilbey	Rhiwbina runners	MSEN	M	0:26:11	0:51:45	0:22:13	2:01:20	0:07:22	3:48:51	1:16:58	0:09:33	26	17	6	
Sarah Burdett	Les Croupiers RC	F35	F	0:28:57	0:53:16	0:22:38	1:58:05	0:07:13	3:50:09	1:18:16	0:01:18	27	10	3	
Selina Griffiths	Les Croupiers RC	F35	F	0:27:04	0:53:13	0:22:41	2:00:48	0:07:32	3:51:18	1:19:25	0:01:09	28	11	4	

Nigel Saunders	Notfast RC	M50	M	0:26:47	0:53:45	0:25:06	2:01:37	0:07:43	3:54:58	1:23:05	0:03:40	29	18	5
Rachel Flint	Rhiwbina runners	FSEN	F	0:27:03	0:54:29	0:24:21	2:02:33	0:07:36	3:56:02	1:24:09	0:01:04	30	12	2
Abby Groves	Pegasus RC	FSEN	F	0:28:32	0:53:58	0:25:06	2:03:13	0:07:30	3:58:19	1:26:26	0:02:17	31	13	3
Stephen Quin	Les Croupiers RC	M50	M	0:27:25	0:53:11	0:22:40	2:08:19	0:07:16	3:58:51	1:26:58	0:00:32	32	19	6
Chris Davies	Lliswerry Runners	M60	M	0:27:26	0:53:33	0:24:15	2:05:24	0:08:27	3:59:05	1:27:12	0:00:14	33	20	4
Lindsey Allan	Unattached	F45	F	0:29:09	0:57:22	0:24:57	2:16:53	0:08:17	4:16:38	1:44:45	0:17:33	34	14	7
Jenny Martin	Les Croupiers RC	F35	F	0:30:28	0:58:50	0:24:42	2:17:11	0:07:50	4:19:01	1:47:08	0:02:23	35	15	5
Nigel Hammersley	Pegasus RC	M40	M	0:29:53	0:57:45	0:25:29	2:18:48	0:07:41	4:19:36	1:47:43	0:00:35	36	21	5
Terry Docherty	Unattached	M50	M	0:25:53	0:59:26	0:31:33	2:16:07	0:08:03	4:21:02	1:49:09	0:01:26	37	22	7
Kelly Crofts	Les Croupiers RC	F35	F	0:31:57	0:59:36	0:25:03	2:19:17	0:08:15	4:24:08	1:52:15	0:03:06	38	16	6
Philip Brett	Weston AC	M40	M	0:29:19	0:57:43	0:27:33	2:25:08	0:09:21	4:29:04	1:57:11	0:04:56	39	23	6
Firouz Mal	Les Croupiers RC	M60	M	0:43:25	1:21:54	0:34:25	2:48:46	0:10:44	5:39:14	3:07:21	1:10:10	40	24	5

Final Results									
Age cat									
Name	Club	F35	F45	F50	M40	M50	M60	MSEN	Grand Total
Tom Flitcroft	Les Croupiers RC							02:31:53	02:31:53
Jack Reddaway	Les Croupiers RC							02:34:21	02:34:21
John Morris	Les Croupiers RC				02:36:01				02:36:01
Alex Price	Les Croupiers RC							02:44:36	02:44:36
Wayne Humphreys	Les Croupiers RC				02:53:30				02:53:30
Gafin Griffiths	Les Croupiers RC				02:56:44				02:56:44
William Edwards	Porthcawl Runners					02:57:36			02:57:36
Ben Hooper	Les Croupiers RC							03:00:09	03:00:09
Claire Jacobs	Les Croupiers RC		03:01:40						03:01:40
Matthew Jones	Unattached							03:02:07	03:02:07
Bethan Meyrick	Les Croupiers RC			03:03:59					03:03:59
Aine Kenny	Les Croupiers RC	03:09:27							03:09:27
Kevin Jones	Les Croupiers RC					03:09:41			03:09:41
David Coles	Les Croupiers RC						03:09:55		03:09:55
Susan Bowes	Les Croupiers RC		03:10:39						03:10:39
Rachel Bowen	Lliswerry Runners		03:12:44						03:12:44
Gina Hardman	Bridgend AC		03:23:59						03:23:59
Antony Phillips	Bridgend AC					03:27:16			03:27:16
Terry Caveney	Les Croupiers RC						03:29:59		03:29:59
Lloyd Williams	Lliswerry Runners					03:33:06			03:33:06
Phil Smith	Les Croupiers RC						03:33:14		03:33:14
Paula Allen	Les Croupiers RC		03:37:06						03:37:06
Mark Herbert	Les Croupiers RC				03:37:44				03:37:44
Sarah Beeching	Les Croupiers RC	03:39:16							03:39:16
Lolly Evans	Les Croupiers RC		03:39:18						03:39:18
Scott Kilbey	Rhiwbina runners							03:48:51	03:48:51
Sarah Burdett	Les Croupiers RC	03:50:09							03:50:09
Selina Griffiths	Les Croupiers RC	03:51:18							03:51:18
Nigel Saunders	Notfast RC					03:54:58			03:54:58
Rachel Flint	Rhiwbina runners			03:56:02					03:56:02
Abby Groves	Pegasus RC			03:58:19					03:58:19
Stephen Quin	Les Croupiers RC					03:58:51			03:58:51
Chris Davies	Lliswerry Runners						03:59:05		03:59:05
Lindsey Allan	Unattached		04:16:38						04:16:38
Jenny Martin	Les Croupiers RC	04:19:01							04:19:01
Nigel Hammersley	Pegasus RC				04:19:36				04:19:36
Terry Docherty	Unattached					04:21:02			04:21:02
Kelly Crofts	Les Croupiers RC	04:24:08							04:24:08
Philip Brett	Weston AC				04:29:04				04:29:04
Firouz Mal	Les Croupiers RC						05:39:14		05:39:14

Name	Club	Age	Gender		Rank		Overall
			F	M	F	M	
Jack Reddaway	Les Croupiers RC	MSEN		0:16:49		1	1
Tom Flitcroft	Les Croupiers RC	MSEN		0:16:49		1	1
John Morris	Les Croupiers RC	M40		0:18:02		3	3
Alex Price	Les Croupiers RC	MSEN		0:18:44		4	4
William Edwards	Porthcawl Runners	M50		0:19:53		5	5
Claire Jacobs	Les Croupiers RC	F45	0:20:10			1	6
Matthew Jones	Unattached	MSEN		0:20:17		6	7
Gafin Griffiths	Les Croupiers RC	M40		0:20:25		7	8
Wayne Humphreys	Les Croupiers RC	M40		0:20:35		8	9
Bethan Meyrick	Les Croupiers RC	FSEN	0:20:45			2	10
David Coles	Les Croupiers RC	M60		0:20:51		9	11
Ben Hooper	Les Croupiers RC	MSEN		0:21:07		10	12
Aine Kenny	Les Croupiers RC	F35	0:21:13			3	13
Kevin Jones	Les Croupiers RC	M50		0:21:30		11	14
Susan Bowes	Les Croupiers RC	F45	0:21:32			4	15
Marcus Meyrick	Les Croupiers RC	M50		0:22:05		12	16
Rachel Bowen	Lliswerry Runners	F45	0:22:20			5	17
Gina Hardman	Bridgend AC	F45	0:22:30			6	18
Antony Phillips	Bridgend AC	M50		0:23:11		13	19
Lloyd Williams	Lliswerry Runners	M50		0:23:14		14	20
Terry Caveney	Les Croupiers RC	M60		0:23:27		15	21
Phil Smith	Les Croupiers RC	M60		0:23:48		16	22
Mark Herbert	Les Croupiers RC	M40		0:24:24		17	23
Terry Docherty	Unattached	M50		0:25:53		18	24
Sarah Beeching	Les Croupiers RC	F35	0:26:06			7	25
Paula Allen	Les Croupiers RC	F45	0:26:07			8	26
Scott Kilbey	Rhiwbina runners	MSEN		0:26:11		19	27
Lolly Evans	Les Croupiers RC	F45	0:26:33			9	28
Nigel Saunders	Notfast RC	M50		0:26:47		20	29
Rachel Flint	Rhiwbina runners	FSEN	0:27:03			10	30
Selina Griffiths	Les Croupiers RC	F35	0:27:04			11	31
Stephen Quin	Les Croupiers RC	M50		0:27:25		21	32
Chris Davies	Lliswerry Runners	M60		0:27:26		22	33
Abby Groves	Pegasus RC	FSEN	0:28:32			12	34
Sarah Burdett	Les Croupiers RC	F35	0:28:57			13	35
Lindsey Allan	Unattached	F45	0:29:09			14	36
Philip Brett	Weston AC	M40		0:29:19		23	37
Nigel Hammersley	Pegasus RC	M40		0:29:53		24	38
Jenny Martin	Les Croupiers RC	F35	0:30:28			15	39
Kelly Crofts	Les Croupiers RC	F35	0:31:57			16	40
Clare Johnson	Les Croupiers RC	F55	0:35:27			17	41
Kirsty MCGowan	Les Croupiers RC	F35	0:36:48			18	42
Firouz Mal	Les Croupiers RC	M60		0:43:25		25	43

Name	Club	Age	Gender		Rank		Overall
			F	M	F	M	
Tom Flitcroft	Les Croupiers RC	MSEN		00:35:10		1	1
John Morris	Les Croupiers RC	M40		00:36:07		2	2
Jack Reddaway	Les Croupiers RC	MSEN		00:36:44		3	3
Alex Price	Les Croupiers RC	MSEN		00:38:09		4	4
Ben Hooper	Les Croupiers RC	MSEN		00:40:12		5	5
Wayne Humphreys	Les Croupiers RC	M40		00:40:30		6	6
William Edwards	Porthcawl Runners	M50		00:40:58		7	7
Gafin Griffiths	Les Croupiers RC	M40		00:41:32		8	8
Claire Jacobs	Les Croupiers RC	F45	00:41:55			1	9
Matthew Jones	Unattached	MSEN		00:42:04		9	10
Bethan Meyrick	Les Croupiers RC	FSEN	00:42:34			2	11
David Coles	Les Croupiers RC	M60		00:43:13		10	12
Aine Kenny	Les Croupiers RC	F35	00:43:37			3	13
Kevin Jones	Les Croupiers RC	M50		00:44:49		11	14
Susan Bowes	Les Croupiers RC	F45	00:44:49			4	14
Rachel Bowen	Llisbury Runners	F45	00:45:31			5	16
Gina Hardman	Bridgend AC	F45	00:46:44			6	17
Antony Phillips	Bridgend AC	M50		00:48:07		12	18
Terry Caveney	Les Croupiers RC	M60		00:48:51		13	19
Lloyd Williams	Llisbury Runners	M50		00:48:56		14	20
Phil Smith	Les Croupiers RC	M60		00:48:58		15	21
Marcus Meyrick	Les Croupiers RC	M50		00:49:04		16	22
Paula Allen	Les Croupiers RC	F45	00:49:25			7	23
Mark Herbert	Les Croupiers RC	M40		00:50:07		17	24
Sarah Beeching	Les Croupiers RC	F35	00:51:00			8	25
Lolly Evans	Les Croupiers RC	F45	00:51:01			9	26
Scott Kilbey	Rhiwbina runners	MSEN		00:51:45		18	27
Stephen Quin	Les Croupiers RC	M50		00:53:11		19	28
Selina Griffiths	Les Croupiers RC	F35	00:53:13			10	29
Sarah Burdett	Les Croupiers RC	F35	00:53:16			11	30
Chris Davies	Llisbury Runners	M60		00:53:33		20	31
Nigel Saunders	Notfast RC	M50		00:53:45		21	32
Abby Groves	Pegasus RC	FSEN	00:53:58			12	33
Rachel Flint	Rhiwbina runners	FSEN	00:54:29			13	34
Lindsey Allan	Unattached	F45	00:57:22			14	35
Philip Brett	Weston AC	M40		00:57:43		22	36
Nigel Hammersley	Pegasus RC	M40		00:57:45		23	37
Jenny Martin	Les Croupiers RC	F35	00:58:50			15	38
Terry Docherty	Unattached	M50		00:59:26		24	39
Kelly Crofts	Les Croupiers RC	F35	00:59:36			16	40
Kirsty MCGowan	Les Croupiers RC	F35	01:19:31			17	41
Firouz Mal	Les Croupiers RC	M60		01:21:54		25	42

Name	Club	Age	Gender		Rank		Overall
			F	M	F	M	
Jack Reddaway	Les Croupiers RC	MSEN		00:16:08		1	1
Tom Flitcroft	Les Croupiers RC	MSEN		00:16:11		2	2
John Morris	Les Croupiers RC	M40		00:16:39		3	3
Alex Price	Les Croupiers RC	MSEN		00:16:57		4	4
Gafin Griffiths	Les Croupiers RC	M40		00:17:44		5	5
Wayne Humphreys	Les Croupiers RC	M40		00:18:18		6	6
Ben Hooper	Les Croupiers RC	MSEN		00:18:59		7	7
William Edwards	Porthcawl Runners	M50		00:19:00		8	8
Claire Jacobs	Les Croupiers RC	F45	00:19:12			1	9
Matthew Jones	Unattached	MSEN		00:19:18		9	10
Bethan Meyrick	Les Croupiers RC	FSEN	00:19:21			2	11
Kevin Jones	Les Croupiers RC	M50		00:20:02		10	12
Aine Kenny	Les Croupiers RC	F35	00:20:20			3	13
David Coles	Les Croupiers RC	M60		00:20:29		11	14
Antony Phillips	Bridgend AC	M50		00:20:41		12	15
Susan Bowes	Les Croupiers RC	F45	00:20:42			4	16
Rachel Bowen	Lliswerry Runners	F45	00:21:12			5	17
Gina Hardman	Bridgend AC	F45	00:21:34			6	18
Marcus Meyrick	Les Croupiers RC	M50		00:21:51		13	19
Lolly Evans	Les Croupiers RC	F45	00:21:53			7	20
Terry Caveney	Les Croupiers RC	M60		00:22:08		14	21
Scott Kilbey	Rhiwbina runners	MSEN		00:22:13		15	22
Phil Smith	Les Croupiers RC	M60		00:22:19		16	23
Lloyd Williams	Lliswerry Runners	M50		00:22:25		17	24
Sarah Beeching	Les Croupiers RC	F35	00:22:33			8	25
Sarah Burdett	Les Croupiers RC	F35	00:22:38			9	26
Stephen Quin	Les Croupiers RC	M50		00:22:40		18	27
Selina Griffiths	Les Croupiers RC	F35	00:22:41			10	28
Paula Allen	Les Croupiers RC	F45	00:23:17			11	29
Chris Davies	Lliswerry Runners	M60		00:24:15		19	30
Rachel Flint	Rhiwbina runners	FSEN	00:24:21			12	31
Jenny Martin	Les Croupiers RC	F35	00:24:42			13	32
Lindsey Allan	Unattached	F45	00:24:57			14	33
Kelly Crofts	Les Croupiers RC	F35	00:25:03			15	34
Abby Groves	Pegasus RC	FSEN	00:25:06			16	35
Nigel Saunders	Notfast RC	M50		00:25:06		20	35
Nigel Hammersley	Pegasus RC	M40		00:25:29		21	37
Mark Herbert	Les Croupiers RC	M40		00:25:36		22	38
Philip Brett	Weston AC	M40		00:27:33		23	39
Terry Docherty	Unattached	M50		00:31:33		24	40
Kirsty Mcgowan	Les Croupiers RC	F35	00:32:51			17	41
Firouz Mal	Les Croupiers RC	M60		00:34:25		25	42

Name	Club	Age	Gender		Rank		Overall
			F	M	F	M	
Daniel Bodman	Parc Bryn Bach	MSEN		01:12:24		1	1
Ben Kennedy	Les Croupiers RC	MSEN		01:18:23		2	2
Tom Flitcroft	Les Croupiers RC	MSEN		01:18:38		3	3
Jack Reddaway	Les Croupiers RC	MSEN		01:19:28		4	4
John Morris	Les Croupiers RC	M40		01:19:49		5	5
James Horner	Les Croupiers RC	M40		01:22:55		6	6
Paul Gosua	San Domenico	MSEN		01:24:13		7	7
Alex Price	Les Croupiers RC	MSEN		01:25:30		8	8
Wayne Humphreys	Les Croupiers RC	M40		01:28:27		9	9
Tom Harris	Les Croupiers RC	MSEN		01:29:07		10	10
Nick Dukes	Les Croupiers RC	M40		01:31:09		11	11
Gafin Griffiths	Les Croupiers RC	M40		01:31:26		12	12
William Edwards	Porthcawl Runners	M50		01:31:32		13	13
Claire Jacobs	Les Croupiers RC	F45	01:34:23			1	14
Matthew Jones	Unattached	MSEN		01:34:23		14	14
Ben Hooper	Les Croupiers RC	MSEN		01:34:24		15	16
Ed Morris	Les Croupiers RC	MSEN		01:34:39		16	17
Bethan Meyrick	Les Croupiers RC	FSEN	01:35:07			2	18
Kevin Jones	Les Croupiers RC	M50		01:37:00		17	19
Susan Bowes	Les Croupiers RC	F45	01:37:06			3	20
Rachel Bowen	Lliswerry Runners	F45	01:37:10			4	21
Aine Kenny	Les Croupiers RC	F35	01:37:48			5	22
David Coles	Les Croupiers RC	M60		01:38:50		18	23
Gina Hardman	Bridgend AC	F45	01:45:51			6	24
Gethin Parker	Les Croupiers RC	M40		01:47:51		19	25
Terry Caveney	Les Croupiers RC	M60		01:48:17		20	26
Antony Phillips	Bridgend AC	M50		01:48:25		21	27
Mark Herbert	Les Croupiers RC	M40		01:50:11		22	28
Phil Smith	Les Croupiers RC	M60		01:50:57		23	29
Paula Allen	Les Croupiers RC	F45	01:51:17			7	30
Lloyd Williams	Lliswerry Runners	M50		01:51:38		24	31
Lolly Evans	Les Croupiers RC	F45	01:52:28			8	32
Sarah Beeching	Les Croupiers RC	F35	01:52:28			8	32
Sarah Burdett	Les Croupiers RC	F35	01:58:05			10	34
Selina Griffiths	Les Croupiers RC	F35	02:00:48			11	35
Scott Kilbey	Rhiwbina runners	MSEN		02:01:20		25	36
Nigel Saunders	Notfast RC	M50		02:01:37		26	37
Rachel Flint	Rhiwbina runners	FSEN	02:02:33			12	38
Abby Groves	Pegasus RC	FSEN	02:03:13			13	39
Chris Davies	Lliswerry Runners	M60		02:05:24		27	40
Stephen Quin	Les Croupiers RC	M50		02:08:19		28	41
Terry Docherty	Unattached	M50		02:16:07		29	42
Lindsey Allan	Unattached	F45	02:16:53			14	43
Jenny Martin	Les Croupiers RC	F35	02:17:11			15	44
Nigel Hammersley	Pegasus RC	M40		02:18:48		30	45

Kelly Crofts	Les Croupiers RC	F35	02:19:17		16		46
Philip Brett	Weston AC	M40		02:25:08		31	47
Geoff Wright	Les Croupiers RC	M60		02:28:41		32	48
Firouz Mal	Les Croupiers RC	M60		02:48:46		33	49



Name	Club	Age	Gender		Rank		Overall
			F	M	F	M	
Tom Flitcroft	Les Croupiers RC	MSEN		00:05:05		1	1
Jack Reddaway	Les Croupiers RC	MSEN		00:05:12		2	2
Alex Price	Les Croupiers RC	MSEN		00:05:16		3	3
John Morris	Les Croupiers RC	M40		00:05:24		4	4
Ben Hooper	Les Croupiers RC	MSEN		00:05:27		5	5
Gafin Griffiths	Les Croupiers RC	M40		00:05:37		6	6
Wayne Humphreys	Les Croupiers RC	M40		00:05:40		7	7
Claire Jacobs	Les Croupiers RC	F45	00:06:00			1	8
Matthew Jones	Unattached	MSEN		00:06:05		8	9
Bethan Meyrick	Les Croupiers RC	FSEN	00:06:12			2	10
William Edwards	Porthcawl Runners	M50		00:06:13		9	11
Kevin Jones	Les Croupiers RC	M50		00:06:20		10	12
Aine Kenny	Les Croupiers RC	F35	00:06:29			3	13
Susan Bowes	Les Croupiers RC	F45	00:06:30			4	14
Rachel Bowen	Lliswerry Runners	F45	00:06:31			5	15
David Coles	Les Croupiers RC	M60		00:06:32		11	16
Antony Phillips	Bridgend AC	M50		00:06:52		12	17
Lloyd Williams	Lliswerry Runners	M50		00:06:53		13	18
Paula Allen	Les Croupiers RC	F45	00:07:00			6	19
Sarah Beeching	Les Croupiers RC	F35	00:07:09			7	20
Phil Smith	Les Croupiers RC	M60		00:07:12		14	21
Sarah Burdett	Les Croupiers RC	F35	00:07:13			8	22
Stephen Quin	Les Croupiers RC	M50		00:07:16		15	23
Terry Caveney	Les Croupiers RC	M60		00:07:16		15	23
Gina Hardman	Bridgend AC	F45	00:07:20			9	25
Scott Kilbey	Rhiwbina runners	MSEN		00:07:22		17	26
Lolly Evans	Les Croupiers RC	F45	00:07:23			10	27
Mark Herbert	Les Croupiers RC	M40		00:07:26		18	28
Abby Groves	Pegasus RC	FSEN	00:07:30			11	29
Selina Griffiths	Les Croupiers RC	F35	00:07:32			12	30
Rachel Flint	Rhiwbina runners	FSEN	00:07:36			13	31
Nigel Hammersley	Pegasus RC	M40		00:07:41		19	32
Nigel Saunders	Nofast RC	M50		00:07:43		20	33
Jenny Martin	Les Croupiers RC	F35	00:07:50			14	34
Terry Docherty	Unattached	M50		00:08:03		21	35
Kelly Crofts	Les Croupiers RC	F35	00:08:15			15	36
Lindsey Allan	Unattached	F45	00:08:17			16	37
Chris Davies	Lliswerry Runners	M60		00:08:27		22	38
Philip Brett	Weston AC	M40		00:09:21		23	39
Firouz Mal	Les Croupiers RC	M60		00:10:44		24	40