

| After 1M |                   |                   |         |        |         |         |         |         |         |             |               |          |      |             |          |
|----------|-------------------|-------------------|---------|--------|---------|---------|---------|---------|---------|-------------|---------------|----------|------|-------------|----------|
| Race     |                   |                   |         |        |         |         |         |         |         |             |               |          |      |             |          |
| Number   | 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 |
| 6        | Oliver Williams   | Les Croupiers     | MSEN    | M      | 0:16:01 | 0:38:22 | 0:16:44 | 1:23:13 | 0:04:55 | 2:39:15     |               |          | 1    | 1           | 1        |
| 8        | Alex Price        | Les Croupiers     | MSEN    | M      | 0:19:04 | 0:38:23 | 0:16:53 | 1:25:57 | 0:05:22 | 2:45:39     | 0:06:24       | 0:06:24  | 2    | 2           | 2        |
| 14       | Paul Morton       | Les Croupiers     | M40     | M      | 0:18:42 | 0:38:31 | 0:17:55 | 1:25:57 | 0:05:52 | 2:46:57     | 0:07:42       | 0:01:18  | 3    | 3           | 1        |
| 33       | Andrew Blair      | Les Croupiers     | M50     | M      | 0:18:49 | 0:39:20 | 0:18:05 | 1:26:47 | 0:05:55 | 2:48:56     | 0:09:41       | 0:01:59  | 4    | 4           | 1        |
| 28       | Matthew Jones     | Les Croupiers     | MSEN    | M      | 0:20:13 | 0:39:40 | 0:17:50 | 1:28:24 | 0:05:49 | 2:51:56     | 0:12:41       | 0:03:00  | 5    | 5           | 3        |
| 4        | Gaspere Sieli     | Paceco            | M60     | M      | 0:20:48 | 0:42:26 | 0:18:54 | 1:31:46 | 0:06:14 | 3:00:08     | 0:20:53       | 0:08:12  | 6    | 6           | 1        |
| 27       | Stuart Crees      | Les Croupiers     | M40     | M      | 0:21:11 | 0:42:11 | 0:19:10 | 1:38:39 | 0:06:24 | 3:07:35     | 0:28:20       | 0:07:27  | 7    | 7           | 2        |
| 32       | Susan Bowes       | Les Croupiers     | W45     | F      | 0:20:59 | 0:44:08 | 0:20:10 | 1:36:45 | 0:06:27 | 3:08:29     | 0:29:14       | 0:00:54  | 8    | 1           | 1        |
| 11       | Robert Ahearne    | N/A               | M40     | M      | 0:21:23 | 0:43:36 | 0:19:26 | 1:38:18 | 0:06:32 | 3:09:15     | 0:30:00       | 0:00:46  | 9    | 8           | 3        |
| 3        | Rachel Bowen      | Lliswerry         | W45     | F      | 0:22:02 | 0:44:31 | 0:20:32 | 1:36:09 | 0:06:50 | 3:10:04     | 0:30:49       | 0:00:49  | 10   | 2           | 2        |
| 10       | Gareth Ahearne    | N/A               | M40     | M      | 0:20:56 | 0:44:55 | 0:19:23 | 1:41:20 | 0:06:28 | 3:13:02     | 0:33:47       | 0:02:58  | 11   | 9           | 4        |
| 37       | Liam Paul Kelly   | Penarth and Dinas | M40     | M      | 0:23:03 | 0:44:20 | 0:19:21 | 1:40:47 | 0:06:13 | 3:13:44     | 0:34:29       | 0:00:42  | 12   | 10          | 5        |
| 5        | Michael Perry     | N/A               | MSEN    | M      | 0:22:31 | 0:46:14 | 0:19:02 | 1:40:22 | 0:05:55 | 3:14:04     | 0:34:49       | 0:00:20  | 13   | 11          | 4        |
| 7        | Ollie Lang        | Stroud & District | MSEN    | M      | 0:22:31 | 0:46:14 | 0:19:02 | 1:42:04 | 0:06:06 | 3:15:57     | 0:36:42       | 0:01:53  | 14   | 12          | 5        |
| 15       | Elaine Wharmby    | Brackla Harriers  | W55     | F      | 0:22:20 | 0:45:00 | 0:21:11 | 1:42:29 | 0:06:49 | 3:17:49     | 0:38:34       | 0:01:52  | 15   | 3           | 1        |
| 19       | David Coles       | Les Croupiers     | M60     | M      | 0:21:49 | 0:45:41 | 0:21:41 | 1:43:58 | 0:06:52 | 3:20:01     | 0:40:46       | 0:02:12  | 16   | 13          | 2        |
| 35       | Pablo Sanz Garcia | Penarth and Dinas | M40     | M      | 0:23:07 | 0:47:39 | 0:21:22 | 1:43:06 | 0:06:45 | 3:21:59     | 0:42:44       | 0:01:58  | 17   | 14          | 6        |
| 38       | Marcus Meyrick    | Les Croupiers     | M50     | M      | 0:23:45 | 0:48:04 | 0:21:51 | 1:47:17 | 0:07:12 | 3:28:09     | 0:48:54       | 0:06:10  | 18   | 15          | 2        |
| 29       | Chris Ellis       | Maidenhead AC     | M60     | M      | 0:23:58 | 0:48:19 | 0:21:53 | 1:47:21 | 0:07:17 | 3:28:48     | 0:49:33       | 0:00:39  | 19   | 16          | 3        |
| 39       | Mark Herbert      | Les Croupiers     | M40     | M      | 0:24:02 | 0:48:15 | 0:22:45 | 1:47:23 | 0:07:22 | 3:29:47     | 0:50:32       | 0:00:59  | 20   | 17          | 7        |
| 17       | Donna Hamer       | Les Croupiers     | W45     | F      | 0:24:03 | 0:48:28 | 0:22:16 | 1:48:45 | 0:07:21 | 3:30:53     | 0:51:38       | 0:01:06  | 21   | 4           | 3        |
| 25       | Terry Caveney     | Les Croupiers     | M60     | M      | 0:23:46 | 0:48:33 | 0:21:51 | 1:50:12 | 0:07:29 | 3:31:51     | 0:52:36       | 0:00:58  | 22   | 18          | 4        |
| 12       | Neil Davies       | Pegasus           | M60     | M      | 0:23:18 | 0:48:13 | 0:21:37 | 1:53:24 | 0:06:50 | 3:33:22     | 0:54:07       | 0:01:31  | 23   | 19          | 5        |
| 13       | Geoff Twigg       | Clwb Run Wales    | M60     | M      | 0:24:13 | 0:50:54 | 0:23:10 | 1:57:40 | 0:07:30 | 3:43:27     | 1:04:12       | 0:10:05  | 24   | 20          | 6        |
| 18       | Clive Osmond      | Les Croupiers     | M60     | M      | 0:26:47 | 0:51:57 | 0:22:33 | 1:55:23 | 0:08:03 | 3:44:43     | 1:05:28       | 0:01:16  | 25   | 21          | 7        |
| 21       | Abby Groves       | Pegasus           | WSEN    | F      | 0:25:30 | 0:51:32 | 0:23:06 | 1:58:08 | 0:07:44 | 3:46:00     | 1:06:45       | 0:01:17  | 26   | 5           | 1        |
| 26       | Libby Crees       | Les Croupiers     | W55     | F      | 0:26:18 | 0:51:04 | 0:23:48 | 1:57:30 | 0:07:58 | 3:46:38     | 1:07:23       | 0:00:38  | 27   | 6           | 2        |
| 34       | Richie Sewell     | Penarth and Dinas | M60     | M      | 0:26:44 | 0:52:58 | 0:23:03 | 1:57:17 | 0:07:40 | 3:47:42     | 1:08:27       | 0:01:04  | 28   | 22          | 8        |

|     |                 |                     |      |   |         |         |         |         |         |         |         |         |    |    |    |
|-----|-----------------|---------------------|------|---|---------|---------|---------|---------|---------|---------|---------|---------|----|----|----|
| 9   | Tom Baker       | San Domenico        | M40  | M | 0:25:48 | 0:51:36 | 0:23:13 | 2:04:41 | 0:07:06 | 3:52:24 | 1:13:09 | 0:04:42 | 29 | 23 | 8  |
| 1   | Martin Green    | Pontypridd Roadents | M50  | M | 0:25:12 | 0:51:52 | 0:24:09 | 2:08:52 | 0:07:46 | 3:57:51 | 1:18:36 | 0:05:27 | 30 | 24 | 3  |
| 36  | Jacob Stone     | N/A                 | MSEN | M | 0:26:53 | 0:53:11 | 0:23:46 | 2:11:27 | 0:07:07 | 4:02:24 | 1:23:09 | 0:04:33 | 31 | 25 | 6  |
| 22  | Sally Groves    | Pegasus             | W55  | F | 0:25:35 | 0:54:01 | 0:24:41 | 2:14:22 | 0:08:23 | 4:07:02 | 1:27:47 | 0:04:38 | 32 | 7  | 3  |
| 30  | Kathryn Collins | Lliswerry           | WSEN | F | 0:30:21 | 1:01:27 | 0:26:07 | 2:08:31 | 0:08:11 | 4:14:37 | 1:35:22 | 0:07:35 | 33 | 8  | 2  |
| 16  | Julie Scholey   | Les Croupiers       | W55  | F | 0:30:06 | 1:01:14 | 0:25:51 | 2:17:01 | 0:08:34 | 4:22:46 | 1:43:31 | 0:08:09 | 34 | 9  | 4  |
| 31  | Nick Harris     | Ogmore Phoenix      | MSEN | M | 0:28:12 | 0:59:43 | 0:27:51 | 2:20:24 | 0:07:53 | 4:24:03 | 1:44:48 | 0:01:17 | 35 | 26 | 7  |
| 747 | Firouz Mal      | Les Croupiers       | M60  | M | 0:36:21 | 1:12:54 | 0:33:46 | 2:33:12 | 0:09:29 | 5:05:42 | 2:26:27 | 0:41:39 | 36 | 27 | 9  |
| 2   | Geoff Wright    | Les Croupiers       | M60  | M | 0:35:29 | 1:10:11 | 0:32:30 | 2:43:47 | 0:10:44 | 5:12:41 | 2:33:26 | 0:06:59 | 37 | 28 | 10 |
| 20  | Jeff Aston      | Les Croupiers       | M60  | M | 0:38:49 | 1:16:05 | 0:37:54 | 3:25:42 | 0:13:37 | 6:12:07 | 3:32:52 | 0:59:26 | 38 | 29 | 11 |

| GenderRank        |                     |      |         |         |   |    |         |
|-------------------|---------------------|------|---------|---------|---|----|---------|
| Name              | Club                | Age  | F       | M       | F | M  | Overall |
| Oliver Williams   | Les Croupiers       | MSEN |         | 0:16:01 |   | 1  | 1       |
| Paul Morton       | Les Croupiers       | M40  |         | 0:18:42 |   | 2  | 2       |
| Andrew Blair      | Les Croupiers       | M50  |         | 0:18:49 |   | 3  | 3       |
| Alex Price        | Les Croupiers       | MSEN |         | 0:19:04 |   | 4  | 4       |
| Matthew Jones     | Les Croupiers       | MSEN |         | 0:20:13 |   | 5  | 5       |
| Gaspard Sieli     | Paceco              | M60  |         | 0:20:48 |   | 6  | 6       |
| Gareth Ahearne    | N/A                 | M40  |         | 0:20:56 |   | 7  | 7       |
| Susan Bowes       | Les Croupiers       | W45  | 0:20:59 |         | 1 |    | 8       |
| Stuart Crees      | Les Croupiers       | M40  |         | 0:21:11 |   | 8  | 9       |
| Robert Ahearne    | N/A                 | M40  |         | 0:21:23 |   | 9  | 10      |
| David Coles       | Les Croupiers       | M60  |         | 0:21:49 |   | 10 | 11      |
| Rachel Bowen      | Lliswerry           | W45  | 0:22:02 |         | 2 |    | 12      |
| Elaine Wharmby    | Brackla Harriers    | W55  | 0:22:20 |         | 3 |    | 13      |
| Michael Perry     | N/A                 | MSEN |         | 0:22:31 |   | 11 | 14      |
| Ollie Lang        | Stroud & District   | MSEN |         | 0:22:31 |   | 11 | 14      |
| Lloyd Williams    | Lliswerry           | M50  |         | 0:22:59 |   | 13 | 16      |
| Liam Paul Kelly   | Penarth and Dinas   | M40  |         | 0:23:03 |   | 14 | 17      |
| Pablo Sanz Garcia | Penarth and Dinas   | M40  |         | 0:23:07 |   | 15 | 18      |
| Neil Davies       | Pegasus             | M60  |         | 0:23:18 |   | 16 | 19      |
| Marcus Meyrick    | Les Croupiers       | M50  |         | 0:23:45 |   | 17 | 20      |
| Terry Caveney     | Les Croupiers       | M60  |         | 0:23:46 |   | 18 | 21      |
| Chris Ellis       | Maidenhead AC       | M60  |         | 0:23:58 |   | 19 | 22      |
| Mark Herbert      | Les Croupiers       | M40  |         | 0:24:02 |   | 20 | 23      |
| Donna Hamer       | Les Croupiers       | W45  | 0:24:03 |         | 4 |    | 24      |
| Geoff Twigg       | Clwb Run Wales      | M60  |         | 0:24:13 |   | 21 | 25      |
| Martin Green      | Pontypridd Roadents | M50  |         | 0:25:12 |   | 22 | 26      |
| Abby Groves       | Pegasus             | WSEN | 0:25:30 |         | 5 |    | 27      |
| Sally Groves      | Pegasus             | W55  | 0:25:35 |         | 6 |    | 28      |
| Tom Baker         | San Domenico        | M40  |         | 0:25:48 |   | 23 | 29      |
| Libby Crees       | Les Croupiers       | W55  | 0:26:18 |         | 7 |    | 30      |
| Richie Sewell     | Penarth and Dinas   | M60  |         | 0:26:44 |   | 24 | 31      |
| Clive Osmond      | Les Croupiers       | M60  |         | 0:26:47 |   | 25 | 32      |
| Jacob Stone       | N/A                 | MSEN |         | 0:26:53 |   | 26 | 33      |
| Nick Harris       | Ogmore Phoenix      | MSEN |         | 0:28:12 |   | 27 | 34      |
| Jon Stones        | Lliswerry           | M40  |         | 0:30:06 |   | 28 | 35      |
| Julie Scholey     | Les Croupiers       | W55  | 0:30:06 |         | 8 |    | 35      |
| Kathryn Collins   | Lliswerry           | WSEN | 0:30:21 |         | 9 |    | 37      |
| Geoff Wright      | Les Croupiers       | M60  |         | 0:35:29 |   | 29 | 38      |
| Firouz Mal        | Les Croupiers       | M60  |         | 0:36:21 |   | 30 | 39      |
| Jeff Aston        | Les Croupiers       | M60  |         | 0:38:49 |   | 31 | 40      |

| GenderRank        |                     |      |          |          |   |    |         |
|-------------------|---------------------|------|----------|----------|---|----|---------|
| Name              | Club                | Age  | F        | M        | F | M  | Overall |
| Oliver Williams   | Les Croupiers       | MSEN |          | 00:38:22 |   | 1  | 1       |
| Alex Price        | Les Croupiers       | MSEN |          | 00:38:23 |   | 2  | 2       |
| Paul Morton       | Les Croupiers       | M40  |          | 00:38:31 |   | 3  | 3       |
| Andrew Blair      | Les Croupiers       | M50  |          | 00:39:20 |   | 4  | 4       |
| Matthew Jones     | Les Croupiers       | MSEN |          | 00:39:40 |   | 5  | 5       |
| Stuart Crees      | Les Croupiers       | M40  |          | 00:42:11 |   | 6  | 6       |
| Gaspard Sieli     | Paceco              | M60  |          | 00:42:26 |   | 7  | 7       |
| Robert Ahearne    | N/A                 | M40  |          | 00:43:36 |   | 8  | 8       |
| Susan Bowes       | Les Croupiers       | W45  | 00:44:08 |          | 1 |    | 9       |
| Liam Paul Kelly   | Penarth and Dinas   | M40  |          | 00:44:20 |   | 9  | 10      |
| Rachel Bowen      | Lliswerry           | W45  | 00:44:31 |          | 2 |    | 11      |
| Gareth Ahearne    | N/A                 | M40  |          | 00:44:55 |   | 10 | 12      |
| Elaine Wharmby    | Brackla Harriers    | W55  | 00:45:00 |          | 3 |    | 13      |
| David Coles       | Les Croupiers       | M60  |          | 00:45:41 |   | 11 | 14      |
| Michael Perry     | N/A                 | MSEN |          | 00:46:14 |   | 12 | 15      |
| Ollie Lang        | Stroud & District   | MSEN |          | 00:46:14 |   | 12 | 15      |
| Pablo Sanz Garcia | Penarth and Dinas   | M40  |          | 00:47:39 |   | 14 | 17      |
| Marcus Meyrick    | Les Croupiers       | M50  |          | 00:48:04 |   | 15 | 18      |
| Neil Davies       | Pegasus             | M60  |          | 00:48:13 |   | 16 | 19      |
| Mark Herbert      | Les Croupiers       | M40  |          | 00:48:15 |   | 17 | 20      |
| Chris Ellis       | Maidenhead AC       | M60  |          | 00:48:19 |   | 18 | 21      |
| Donna Hamer       | Les Croupiers       | W45  | 00:48:28 |          | 4 |    | 22      |
| Terry Caveney     | Les Croupiers       | M60  |          | 00:48:33 |   | 19 | 23      |
| Lloyd Williams    | Lliswerry           | M50  |          | 00:50:12 |   | 20 | 24      |
| Geoff Twigg       | Clwb Run Wales      | M60  |          | 00:50:54 |   | 21 | 25      |
| Libby Crees       | Les Croupiers       | W55  | 00:51:04 |          | 5 |    | 26      |
| Abby Groves       | Pegasus             | WSEN | 00:51:32 |          | 6 |    | 27      |
| Tom Baker         | San Domenico        | M40  |          | 00:51:36 |   | 22 | 28      |
| Martin Green      | Pontypridd Roadents | M50  |          | 00:51:52 |   | 23 | 29      |
| Clive Osmond      | Les Croupiers       | M60  |          | 00:51:57 |   | 24 | 30      |
| Richie Sewell     | Penarth and Dinas   | M60  |          | 00:52:58 |   | 25 | 31      |
| Jacob Stone       | N/A                 | MSEN |          | 00:53:11 |   | 26 | 32      |
| Sally Groves      | Pegasus             | W55  | 00:54:01 |          | 7 |    | 33      |
| Nick Harris       | Ogmore Phoenix      | MSEN |          | 00:59:43 |   | 27 | 34      |
| Julie Scholey     | Les Croupiers       | W55  | 01:01:14 |          | 8 |    | 35      |
| Jon Stones        | Lliswerry           | M40  |          | 01:01:20 |   | 28 | 36      |
| Kathryn Collins   | Lliswerry           | WSEN | 01:01:27 |          | 9 |    | 37      |
| Geoff Wright      | Les Croupiers       | M60  |          | 01:10:11 |   | 29 | 38      |
| Firouz Mal        | Les Croupiers       | M60  |          | 01:12:54 |   | 30 | 39      |
| Jeff Aston        | Les Croupiers       | M60  |          | 01:16:05 |   | 31 | 40      |

| Name              | Club                | Age  | Gender   |          | Rank |    | Overall |
|-------------------|---------------------|------|----------|----------|------|----|---------|
|                   |                     |      | F        | M        | F    | M  |         |
| Oliver Williams   | Les Croupiers       | MSEN |          | 00:16:44 |      | 1  | 1       |
| Alex Price        | Les Croupiers       | MSEN |          | 00:16:53 |      | 2  | 2       |
| Matthew Jones     | Les Croupiers       | MSEN |          | 00:17:50 |      | 3  | 3       |
| Paul Morton       | Les Croupiers       | M40  |          | 00:17:55 |      | 4  | 4       |
| Andrew Blair      | Les Croupiers       | M50  |          | 00:18:05 |      | 5  | 5       |
| Gaspere Sieli     | Paceco              | M60  |          | 00:18:54 |      | 6  | 6       |
| Michael Perry     | N/A                 | MSEN |          | 00:19:02 |      | 7  | 7       |
| Ollie Lang        | Stroud & District   | MSEN |          | 00:19:02 |      | 7  | 7       |
| Stuart Crees      | Les Croupiers       | M40  |          | 00:19:10 |      | 9  | 9       |
| Liam Paul Kelly   | Penarth and Dinas   | M40  |          | 00:19:21 |      | 10 | 10      |
| Gareth Ahearne    | N/A                 | M40  |          | 00:19:23 |      | 11 | 11      |
| Robert Ahearne    | N/A                 | M40  |          | 00:19:26 |      | 12 | 12      |
| Susan Bowes       | Les Croupiers       | W45  | 00:20:10 |          | 1    |    | 13      |
| Rachel Bowen      | Lliswerry           | W45  | 00:20:32 |          | 2    |    | 14      |
| Elaine Wharmby    | Brackla Harriers    | W55  | 00:21:11 |          | 3    |    | 15      |
| Pablo Sanz Garcia | Penarth and Dinas   | M40  |          | 00:21:22 |      | 13 | 16      |
| Neil Davies       | Pegasus             | M60  |          | 00:21:37 |      | 14 | 17      |
| David Coles       | Les Croupiers       | M60  |          | 00:21:41 |      | 15 | 18      |
| Marcus Meyrick    | Les Croupiers       | M50  |          | 00:21:51 |      | 16 | 19      |
| Terry Caveney     | Les Croupiers       | M60  |          | 00:21:51 |      | 16 | 19      |
| Chris Ellis       | Maidenhead AC       | M60  |          | 00:21:53 |      | 18 | 21      |
| Donna Hamer       | Les Croupiers       | W45  | 00:22:16 |          | 4    |    | 22      |
| Clive Osmond      | Les Croupiers       | M60  |          | 00:22:33 |      | 19 | 23      |
| Mark Herbert      | Les Croupiers       | M40  |          | 00:22:45 |      | 20 | 24      |
| Richie Sewell     | Penarth and Dinas   | M60  |          | 00:23:03 |      | 21 | 25      |
| Lloyd Williams    | Lliswerry           | M50  |          | 00:23:05 |      | 22 | 26      |
| Abby Groves       | Pegasus             | WSEN | 00:23:06 |          | 5    |    | 27      |
| Geoff Twigg       | Clwb Run Wales      | M60  |          | 00:23:10 |      | 23 | 28      |
| Tom Baker         | San Domenico        | M40  |          | 00:23:13 |      | 24 | 29      |
| Jacob Stone       | N/A                 | MSEN |          | 00:23:46 |      | 25 | 30      |
| Libby Crees       | Les Croupiers       | W55  | 00:23:48 |          | 6    |    | 31      |
| Martin Green      | Pontypridd Roadents | M50  |          | 00:24:09 |      | 26 | 32      |
| Sally Groves      | Pegasus             | W55  | 00:24:41 |          | 7    |    | 33      |
| Julie Scholey     | Les Croupiers       | W55  | 00:25:51 |          | 8    |    | 34      |
| Kathryn Collins   | Lliswerry           | WSEN | 00:26:07 |          | 9    |    | 35      |
| Jon Stones        | Lliswerry           | M40  |          | 00:26:41 |      | 27 | 36      |
| Nick Harris       | Ogmore Phoenix      | MSEN |          | 00:27:51 |      | 28 | 37      |
| Geoff Wright      | Les Croupiers       | M60  |          | 00:32:30 |      | 29 | 38      |
| Firouz Mal        | Les Croupiers       | M60  |          | 00:33:46 |      | 30 | 39      |
| Jeff Aston        | Les Croupiers       | M60  |          | 00:37:54 |      | 31 | 40      |

| Name              | Club                | Age  | Gender   |          | Rank |    | Overall |
|-------------------|---------------------|------|----------|----------|------|----|---------|
|                   |                     |      | F        | M        | F    | M  |         |
| Oliver Williams   | Les Croupiers       | MSEN |          | 01:23:13 |      | 1  | 1       |
| James Horner      | Les Croupiers       | M40  |          | 01:23:43 |      | 2  | 2       |
| Alex Price        | Les Croupiers       | MSEN |          | 01:25:57 |      | 3  | 3       |
| Paul Morton       | Les Croupiers       | M40  |          | 01:25:57 |      | 3  | 3       |
| Andrew Blair      | Les Croupiers       | M50  |          | 01:26:47 |      | 5  | 5       |
| Matthew Jones     | Les Croupiers       | MSEN |          | 01:28:24 |      | 6  | 6       |
| William Edwards   | Porthcawl           | M50  |          | 01:30:47 |      | 7  | 7       |
| Gaspere Sieli     | Paceco              | M60  |          | 01:31:46 |      | 8  | 8       |
| Nick Dukes        | Les Croupiers       | M40  |          | 01:34:34 |      | 9  | 9       |
| Rachel Bowen      | Lliswerry           | W45  | 01:36:09 |          | 1    |    | 10      |
| Susan Bowes       | Les Croupiers       | W45  | 01:36:45 |          | 2    |    | 11      |
| Robert Ahearne    | N/A                 | M40  |          | 01:38:18 |      | 10 | 12      |
| Stuart Crees      | Les Croupiers       | M40  |          | 01:38:39 |      | 11 | 13      |
| Michael Perry     | N/A                 | MSEN |          | 01:40:22 |      | 12 | 14      |
| Liam Paul Kelly   | Penarth and Dinas   | M40  |          | 01:40:47 |      | 13 | 15      |
| Gareth Ahearne    | N/A                 | M40  |          | 01:41:20 |      | 14 | 16      |
| Ollie Lang        | Stroud & District   | MSEN |          | 01:42:04 |      | 15 | 17      |
| Elaine Wharmby    | Brackla Harriers    | W55  | 01:42:29 |          | 3    |    | 18      |
| Pablo Sanz Garcia | Penarth and Dinas   | M40  |          | 01:43:06 |      | 16 | 19      |
| Claire Jacobs     | Les Croupiers       | W45  | 01:43:25 |          | 4    |    | 20      |
| David Coles       | Les Croupiers       | M60  |          | 01:43:58 |      | 17 | 21      |
| Marcus Meyrick    | Les Croupiers       | M50  |          | 01:47:17 |      | 18 | 22      |
| Chris Ellis       | Maidenhead AC       | M60  |          | 01:47:21 |      | 19 | 23      |
| Mark Herbert      | Les Croupiers       | M40  |          | 01:47:23 |      | 20 | 24      |
| Donna Hamer       | Les Croupiers       | W45  | 01:48:45 |          | 5    |    | 25      |
| Terry Caveney     | Les Croupiers       | M60  |          | 01:50:12 |      | 21 | 26      |
| Neil Davies       | Pegasus             | M60  |          | 01:53:24 |      | 22 | 27      |
| Clive Osmond      | Les Croupiers       | M60  |          | 01:55:23 |      | 23 | 28      |
| Richie Sewell     | Penarth and Dinas   | M60  |          | 01:57:17 |      | 24 | 29      |
| Libby Crees       | Les Croupiers       | W55  | 01:57:30 |          | 6    |    | 30      |
| Mick Mcgeoch      | Les Croupiers       | M60  |          | 01:57:35 |      | 25 | 31      |
| Geoff Twigg       | Clwb Run Wales      | M60  |          | 01:57:40 |      | 26 | 32      |
| Abby Groves       | Pegasus             | WSEN | 01:58:08 |          | 7    |    | 33      |
| Tom Baker         | San Domenico        | M40  |          | 02:04:41 |      | 27 | 34      |
| Kathryn Collins   | Lliswerry           | WSEN | 02:08:31 |          | 8    |    | 35      |
| Martin Green      | Pontypridd Roadents | M50  |          | 02:08:52 |      | 28 | 36      |
| Jacob Stone       | N/A                 | MSEN |          | 02:11:27 |      | 29 | 37      |
| Sally Groves      | Pegasus             | W55  | 02:14:22 |          | 9    |    | 38      |
| Julie Scholey     | Les Croupiers       | W55  | 02:17:01 |          | 10   |    | 39      |
| Nick Harris       | Ogmore Phoenix      | MSEN |          | 02:20:24 |      | 30 | 40      |
| Phil Groves       | Pegasus             | M60  |          | 02:21:50 |      | 31 | 41      |
| Firouz Mal        | Les Croupiers       | M60  |          | 02:33:12 |      | 32 | 42      |
| Geoff Wright      | Les Croupiers       | M60  |          | 02:43:47 |      | 33 | 43      |
| Clare Johnson     | Les Croupiers       | W55  | 03:03:22 |          | 11   |    | 44      |
| Jeff Aston        | Les Croupiers       | M60  |          | 03:25:42 |      | 34 | 45      |

| Name              | Club                | Age  | Gender   |          | Rank |    | Overall |
|-------------------|---------------------|------|----------|----------|------|----|---------|
|                   |                     |      | F        | M        | F    | M  |         |
| Oliver Williams   | Les Croupiers       | MSEN |          | 00:04:55 |      | 1  | 1       |
| Alex Price        | Les Croupiers       | MSEN |          | 00:05:22 |      | 2  | 2       |
| Matthew Jones     | Les Croupiers       | MSEN |          | 00:05:49 |      | 3  | 3       |
| Paul Morton       | Les Croupiers       | M40  |          | 00:05:52 |      | 4  | 4       |
| Andrew Blair      | Les Croupiers       | M50  |          | 00:05:55 |      | 5  | 5       |
| Michael Perry     | N/A                 | MSEN |          | 00:05:55 |      | 5  | 5       |
| Ollie Lang        | Stroud & District   | MSEN |          | 00:06:06 |      | 7  | 7       |
| Liam Paul Kelly   | Penarth and Dinas   | M40  |          | 00:06:13 |      | 8  | 8       |
| Gaspere Sieli     | Paceco              | M60  |          | 00:06:14 |      | 9  | 9       |
| Stuart Crees      | Les Croupiers       | M40  |          | 00:06:24 |      | 10 | 10      |
| Susan Bowes       | Les Croupiers       | W45  | 00:06:27 |          | 1    |    | 11      |
| Gareth Ahearne    | N/A                 | M40  |          | 00:06:28 |      | 11 | 12      |
| Robert Ahearne    | N/A                 | M40  |          | 00:06:32 |      | 12 | 13      |
| Pablo Sanz Garcia | Penarth and Dinas   | M40  |          | 00:06:45 |      | 13 | 14      |
| Elaine Wharmby    | Brackla Harriers    | W55  | 00:06:49 |          | 2    |    | 15      |
| Neil Davies       | Pegasus             | M60  |          | 00:06:50 |      | 14 | 16      |
| Rachel Bowen      | Lliswerry           | W45  | 00:06:50 |          | 3    |    | 16      |
| David Coles       | Les Croupiers       | M60  |          | 00:06:52 |      | 15 | 18      |
| Tom Baker         | San Domenico        | M40  |          | 00:07:06 |      | 16 | 19      |
| Jacob Stone       | N/A                 | MSEN |          | 00:07:07 |      | 17 | 20      |
| Marcus Meyrick    | Les Croupiers       | M50  |          | 00:07:12 |      | 18 | 21      |
| Chris Ellis       | Maidenhead AC       | M60  |          | 00:07:17 |      | 19 | 22      |
| Donna Hamer       | Les Croupiers       | W45  | 00:07:21 |          | 4    |    | 23      |
| Mark Herbert      | Les Croupiers       | M40  |          | 00:07:22 |      | 20 | 24      |
| Terry Caveney     | Les Croupiers       | M60  |          | 00:07:29 |      | 21 | 25      |
| Geoff Twigg       | Clwb Run Wales      | M60  |          | 00:07:30 |      | 22 | 26      |
| Richie Sewell     | Penarth and Dinas   | M60  |          | 00:07:40 |      | 23 | 27      |
| Abby Groves       | Pegasus             | WSEN | 00:07:44 |          | 5    |    | 28      |
| Martin Green      | Pontypridd Roadents | M50  |          | 00:07:46 |      | 24 | 29      |
| Nick Harris       | Ogmore Phoenix      | MSEN |          | 00:07:53 |      | 25 | 30      |
| Libby Crees       | Les Croupiers       | W55  | 00:07:58 |          | 6    |    | 31      |
| Clive Osmond      | Les Croupiers       | M60  |          | 00:08:03 |      | 26 | 32      |
| Kathryn Collins   | Lliswerry           | WSEN | 00:08:11 |          | 7    |    | 33      |
| Sally Groves      | Pegasus             | W55  | 00:08:23 |          | 8    |    | 34      |
| Julie Scholey     | Les Croupiers       | W55  | 00:08:34 |          | 9    |    | 35      |
| Firouz Mal        | Les Croupiers       | M60  |          | 00:09:29 |      | 27 | 36      |
| Geoff Wright      | Les Croupiers       | M60  |          | 00:10:44 |      | 28 | 37      |
| Jeff Aston        | Les Croupiers       | M60  |          | 00:13:37 |      | 29 | 38      |