



## Festive 10K Results - 15 Dec 2024

### Cardiff Running Events

| Pos | Name                  | Club                | Gen  | Gun      | Chip     | Rank   |
|-----|-----------------------|---------------------|------|----------|----------|--------|
| 1   | Ben Hughes            | Pontypridd Roadents | M:1  | 00:33:52 | 00:33:51 | M:1    |
| 2   | Tom Flitcroft         | Les Croupiers       | M:2  | 00:33:55 | 00:33:54 | M:2    |
| 3   | James Hansell         | San Domenico        | M:3  | 00:33:56 | 00:33:55 | M:3    |
| 4   | Daniel Pettit         |                     | M:4  | 00:34:47 | 00:34:46 |        |
| 5   | James Salter          |                     | M:5  | 00:35:03 | 00:35:02 |        |
| 6   | Tomos Horn            | Cardiff AAC         | M:6  | 00:35:07 | 00:35:07 | MU20:1 |
| 7   | Mark Gillett          | Chepstow Harriers   | M:7  | 00:35:10 | 00:35:09 | M40:1  |
| 8   | Anthony Smets         | Les Croupiers       | M:8  | 00:35:11 | 00:35:10 |        |
| 9   | Patrick Mcdowell      | Les Croupiers       | M:9  | 00:35:17 | 00:35:16 |        |
| 10  | Samuel Griffin        | Les Croupiers       | M:10 | 00:35:21 | 00:35:20 |        |
| 11  | Ben Demellweek        | Pontypridd Roadents | M:11 | 00:35:25 | 00:35:24 |        |
| 12  | Jon Belcher           | Lliswerry Runners   | M:12 | 00:35:26 | 00:35:25 |        |
| 13  | Matt Yelland          | Clwb Run Wales      | M:13 | 00:35:49 | 00:35:47 |        |
| 14  | Andy Gardiner         | San Domenico        | M:14 | 00:35:55 | 00:35:54 |        |
| 15  | Craig Blake           | Les Croupiers       | M:15 | 00:35:59 | 00:35:58 |        |
| 16  | Darragh Hanley-Crofts | Les Croupiers       | M:16 | 00:36:01 | 00:35:59 |        |
| 17  | Jack Hilldrup         | San Domenico        | M:17 | 00:36:08 | 00:36:07 |        |
| 18  | Will Carter           | Chepstow Harriers   | M:18 | 00:36:18 | 00:36:16 |        |
| 19  | Evan Price            | Cardiff Archers     | M:19 | 00:36:25 | 00:36:23 |        |
| 20  | Paul Josua            | San Domenico        | M:20 | 00:36:29 | 00:36:27 |        |
| 21  | Hugh Ollard           | Les Croupiers       | M:21 | 00:36:48 | 00:36:45 |        |
| 22  | Thomas Wilde          | San Domenico        | M:22 | 00:36:54 | 00:36:51 |        |
| 23  | Millie Gold           | Swansea Harriers    | F:1  | 00:36:55 | 00:36:50 | F:1    |
| 24  | Emyr Wile             | Albany Road Run     | M:23 | 00:36:56 | 00:36:53 |        |
| 25  | Paul Francis          | Les Croupiers       | M:24 | 00:36:58 | 00:36:55 | M50:1  |
| 26  | Ben Littlejohns       |                     | M:25 | 00:37:00 | 00:36:58 |        |
| 27  | Humphrey Sheil        | CDF Runners         | M:26 | 00:37:05 | 00:37:01 |        |
| 28  | Leo Holmes            | Les Croupiers       | M:27 | 00:37:06 | 00:37:03 |        |
| 29  | Duncan Mclauchlan     | Les Croupiers       | M:28 | 00:37:07 | 00:37:02 |        |
| 30  | Paul Murrin           | Chepstow Harriers   | M:29 | 00:37:10 | 00:37:06 |        |
| 31  | Moli Lyons            | Pontypridd Roadents | F:2  | 00:37:26 | 00:37:22 | F:2    |
| 32  | Arwel Evans           | Les Croupiers       | M:30 | 00:37:28 | 00:37:26 |        |
| 33  | Jack Kellam           | Les Croupiers       | M:31 | 00:37:49 | 00:37:47 |        |
| 34  | Luke Starkie          | Les Croupiers       | M:32 | 00:37:56 | 00:37:50 |        |
| 35  | James Horner          | Les Croupiers       | M:33 | 00:38:04 | 00:38:00 |        |
| 36  | David Barker          | Cardiff AAC         | M:34 | 00:38:12 | 00:38:08 |        |
| 37  | Charlie Bendall       | Chepstow Harriers   | M:35 | 00:38:12 | 00:38:09 |        |

|    |                   |                          |      |          |          |        |
|----|-------------------|--------------------------|------|----------|----------|--------|
| 38 | Stephen Campbell  | Les Croupiers            | M:36 | 00:38:19 | 00:38:15 |        |
| 39 | Ceri Merwood      | CDF Runners              | F:3  | 00:38:26 | 00:38:19 | F:3    |
| 40 | Mark Furnish      | San Domenico             | M:37 | 00:38:39 | 00:38:30 |        |
| 41 | Aidan O'Donnell   | CDF Runners              | M:38 | 00:38:44 | 00:38:37 |        |
| 42 | Tim Batchelor     | Chepstow Harriers        | M:39 | 00:38:45 | 00:38:40 |        |
| 43 | Alfie Sargeant    | Barry And Vale           | M:40 | 00:38:56 | 00:38:53 |        |
| 44 | Andy Hughes       | Chepstow Harriers        | M:41 | 00:39:08 | 00:39:04 |        |
| 45 | Carl Nealon       | Les Croupiers            | M:42 | 00:39:11 | 00:39:06 |        |
| 46 | Ewan Stenhouse    | CDF Runners              | M:43 | 00:39:12 | 00:39:04 |        |
| 47 | Tom Rees          | CDF Runners              | M:44 | 00:39:15 | 00:39:07 |        |
| 48 | Sam Jones         |                          | M:45 | 00:39:21 | 00:39:12 |        |
| 49 | Rosie Fenton      | CDF Runners              | F:4  | 00:39:29 | 00:39:21 |        |
| 50 | Sioned John       | Swansea Harriers         | F:5  | 00:39:51 | 00:39:42 | FU20:1 |
| 51 | William Edwards   | Porthcawl Runners        | M:46 | 00:40:04 | 00:39:59 |        |
| 52 | Adam Thomas       | Albany Road Run          | M:47 | 00:40:06 | 00:40:00 |        |
| 53 | Laura Jones       | Les Croupiers            | F:6  | 00:40:09 | 00:40:01 | F35:1  |
| 54 | Lewis Jeffreys    |                          | M:48 | 00:40:10 | 00:40:02 |        |
| 55 | Rhydian Darcy     | CDF Runners              | M:49 | 00:40:17 | 00:40:09 |        |
| 56 | Anthony Bannon    | Penarth And Dinas        | M:50 | 00:40:17 | 00:40:12 |        |
| 57 | Laurence Pole     | Pontypridd Roadents      | M:51 | 00:40:44 | 00:40:40 |        |
| 58 | Hywel Edwards     | San Domenico             | M:52 | 00:40:46 | 00:40:37 |        |
| 59 | Niki Morgan       | Chepstow Harriers        | F:7  | 00:41:15 | 00:41:08 | F55:1  |
| 60 | Jeff Cox          | Les Croupiers            | M:53 | 00:41:18 | 00:41:15 | M60:1  |
| 61 | Julie Chamberlain | Cardiff AAC              | F:8  | 00:41:20 | 00:41:11 |        |
| 62 | Catherine Barker  | Penarth And Dinas        | F:9  | 00:41:21 | 00:41:12 | F45:1  |
| 63 | Gethin Powell     | Pontypridd Roadents      | M:54 | 00:41:40 | 00:41:34 |        |
| 64 | Matthew Cook      |                          | M:55 | 00:42:10 | 00:41:59 |        |
| 65 | Delyth Williams   | San Domenico             | F:10 | 00:42:24 | 00:42:20 |        |
| 66 | Lee Jones         | Micky Morris Racing Team | M:56 | 00:42:25 | 00:42:20 |        |
| 67 | Megan Poulson     | San Domenico             | F:11 | 00:42:43 | 00:42:32 |        |
| 68 | Tim Fry           | Lliswerry Runners        | M:57 | 00:42:47 | 00:42:35 |        |
| 69 | Phillip Lee       | Lliswerry Runners        | M:58 | 00:42:49 | 00:42:43 |        |
| 70 | Matthew Pearce    |                          | M:59 | 00:42:55 | 00:42:46 |        |
| 71 | Charlie Dunn      | Les Croupiers            | F:12 | 00:43:02 | 00:42:47 |        |
| 72 | Michael Bull      |                          | M:60 | 00:43:03 | 00:42:53 |        |
| 73 | Gareth Richards   | Ogmore Phoenix           | M:61 | 00:43:19 | 00:43:12 |        |
| 74 | Bradley Pryce     |                          | M:62 | 00:43:21 | 00:43:14 |        |
| 75 | Alice Rothwell    | Les Croupiers            | F:13 | 00:43:23 | 00:43:16 |        |
| 76 | Mike Davies       | Albany Road Run          | M:63 | 00:43:49 | 00:43:41 |        |
| 77 | Cherry Fowler     | Chepstow Harriers        | F:14 | 00:43:55 | 00:43:51 |        |
| 78 | Matthew Parry     |                          | M:64 | 00:43:58 | 00:43:46 | :      |
| 79 | Jamie Goddard     | Chepstow Harriers        | M:65 | 00:44:17 | 00:44:12 |        |
| 80 | Ian Weavers       |                          | M:66 | 00:44:25 | 00:44:18 |        |
| 81 | Antony Phillips   | Bridgend                 | M:67 | 00:44:33 | 00:44:22 |        |
| 82 | Malc Gonnella     | Builth Wells             | M:68 | 00:44:48 | 00:44:40 | M70:1  |
| 83 | Katie Payne       | Albany Road Run          | F:15 | 00:45:03 | 00:44:33 |        |
| 84 | Jhon Hewitt       | San Domenico             | M:69 | 00:45:05 | 00:44:52 |        |
| 85 | Luke Collins      | Albany Road Run          | M:70 | 00:45:09 | 00:44:55 |        |
| 86 | Robert Evans      | Les Croupiers            | M:71 | 00:45:12 | 00:45:02 |        |
| 87 | Henry Vass        |                          | M:72 | 00:45:14 | 00:44:39 |        |

|     |                     |                     |      |          |          |  |
|-----|---------------------|---------------------|------|----------|----------|--|
| 88  | Terry O'Brien       |                     | M:73 | 00:45:19 | 00:44:55 |  |
| 89  | Simon Cartlidge     | San Domenico        | M:74 | 00:45:28 | 00:45:17 |  |
| 90  | Nadine Grace Morgan | San Domenico        | F:16 | 00:45:33 | 00:45:21 |  |
| 91  | Olivia Overton      | Les Croupiers       | F:17 | 00:45:38 | 00:45:28 |  |
| 92  | Llyr Roberts        | Albany Road Run     | M:75 | 00:45:42 | 00:45:30 |  |
| 93  | Andrew Webber       |                     | M:76 | 00:45:52 | 00:45:36 |  |
| 94  | Stephen Owen        | Chepstow Harriers   | M:77 | 00:45:59 | 00:45:49 |  |
| 95  | Rachel Walsh        | Les Croupiers       | F:18 | 00:46:07 | 00:45:53 |  |
| 96  | Melanie Thomas      | Albany Road Run     | F:19 | 00:46:17 | 00:46:04 |  |
| 97  | Sara Davies         | Les Croupiers       | F:20 | 00:46:20 | 00:46:02 |  |
| 98  | Jane Roscoe         | Chepstow Harriers   | F:21 | 00:46:44 | 00:46:35 |  |
| 99  | Caroline Duder      | Chepstow Harriers   | F:22 | 00:47:20 | 00:47:13 |  |
| 100 | Wouter Poortinga    | Les Croupiers       | M:78 | 00:47:38 | 00:47:22 |  |
| 101 | Matt Mccarthy       | Albany Road Run     | M:79 | 00:47:44 | 00:47:29 |  |
| 102 | Joseph Scutt        | San Domenico        | M:80 | 00:47:55 | 00:47:42 |  |
| 103 | Sara Vilar Lluch    | San Domenico        | F:23 | 00:47:55 | 00:47:46 |  |
| 104 | Mark Barrett        | Albany Road Run     | M:81 | 00:48:01 | 00:47:45 |  |
| 105 | Sarah Beeching      | Les Croupiers       | F:24 | 00:48:08 | 00:47:53 |  |
| 106 | Mark Herbert        | Les Croupiers       | M:82 | 00:48:12 | 00:48:01 |  |
| 107 | David Sinclair      | Albany Road Run     | M:83 | 00:48:43 | 00:48:29 |  |
| 108 | Cheryl Evans        | Les Croupiers       | F:25 | 00:48:48 | 00:48:37 |  |
| 109 | Sian Phillips       |                     | F:26 | 00:48:51 | 00:48:34 |  |
| 110 | Niall Boardman      | Islwyn              | M:84 | 00:48:58 | 00:48:47 |  |
| 111 | Christopher Grant   | Caerphilly Runners  | M:85 | 00:49:07 | 00:48:54 |  |
| 112 | Simon Williamson    | Penarth And Dinas   | M:86 | 00:49:14 | 00:48:57 |  |
| 113 | Andy Davies         | Pontypridd Roadents | M:87 | 00:49:20 | 00:49:12 |  |
| 114 | Joff Phelps         | Chepstow Harriers   | M:88 | 00:49:27 | 00:49:16 |  |
| 115 | Nick Hayward        | San Domenico        | M:89 | 00:49:31 | 00:49:17 |  |
| 116 | Mike Evans          | Chepstow Harriers   | M:90 | 00:49:44 | 00:49:31 |  |
| 117 | Jason Vowles        | Albany Road Run     | M:91 | 00:49:46 | 00:49:31 |  |
| 118 | Mark Jones          | Chepstow Harriers   | M:92 | 00:50:02 | 00:49:44 |  |
| 119 | Olivia Roberts      | Albany Road Run     | F:27 | 00:50:04 | 00:49:49 |  |
| 120 | Rosie Hurley        | Albany Road Run     | F:28 | 00:50:56 | 00:50:37 |  |
| 121 | Mick Mcgeoch        | Les Croupiers       | M:93 | 00:51:00 | 00:50:43 |  |
| 122 | Christopher Davies  | CDF Runners         | M:94 | 00:51:01 | 00:50:43 |  |
| 123 | Neil Grant          | Chepstow Harriers   | M:95 | 00:51:12 | 00:50:56 |  |
| 124 | Paulina Karkocha    | San Domenico        | F:29 | 00:51:18 | 00:51:06 |  |
| 125 | Tom Coombs          | CDF Runners         | M:96 | 00:51:21 | 00:51:10 |  |
| 126 | Lucie Saleh         |                     | F:30 | 00:51:35 | 00:51:20 |  |
| 127 | Suzanna Nesom       | Albany Road Run     | F:31 | 00:51:37 | 00:51:17 |  |
| 128 | Charlotte Giles     | Chepstow Harriers   | F:32 | 00:51:37 | 00:51:24 |  |
| 129 | Rebekah Miles       | Les Croupiers       | F:33 | 00:51:43 | 00:51:28 |  |
| 130 | Ally Twigg          |                     | F:34 | 00:51:49 | 00:51:37 |  |
| 131 | Oliver Norcott      |                     | M:97 | 00:51:49 | 00:51:34 |  |
| 132 | Laura Clarke        | Vale Runners        | F:35 | 00:51:50 | 00:51:38 |  |
| 133 | Barry Evans         | Chepstow Harriers   | M:98 | 00:51:54 | 00:51:33 |  |
| 134 | Mark Harvey         | Chepstow Harriers   | M:99 | 00:52:02 | 00:51:49 |  |
| 135 | Sarah Mccarthy      |                     | F:36 | 00:52:05 | 00:51:46 |  |
| 136 | Michelle Church     |                     | F:37 | 00:52:16 | 00:51:59 |  |
| 137 | Bethan Price        | Les Croupiers       | F:38 | 00:52:16 | 00:51:47 |  |

|     |                       |                       |       |          |          |       |
|-----|-----------------------|-----------------------|-------|----------|----------|-------|
| 138 | Catherine Whittle     | San Domenico          | F:39  | 00:52:30 | 00:52:18 |       |
| 139 | Hanna Baggott         |                       | F:40  | 00:52:33 | 00:52:14 |       |
| 140 | Beca Scott            |                       | F:41  | 00:52:54 | 00:52:35 |       |
| 141 | Niall Hughes          | San Domenico          | M:100 | 00:53:31 | 00:53:17 |       |
| 142 | Christopher Cox       | Chepstow Harriers     | M:101 | 00:53:45 | 00:53:28 |       |
| 143 | Scott Jenkins         |                       | M:102 | 00:53:50 | 00:53:23 |       |
| 144 | Fay Bowen             | Albany Road Run       | F:42  | 00:54:01 | 00:53:45 |       |
| 145 | Bethan Phillips       |                       | F:43  | 00:54:17 | 00:53:58 |       |
| 146 | Dan Williams          |                       | M:103 | 00:54:24 | 00:54:05 |       |
| 147 | Sioned Thomas         | CDF Runners           | F:44  | 00:54:25 | 00:54:06 |       |
| 148 | Jenny Martin          | Les Croupiers         | F:45  | 00:54:26 | 00:54:00 |       |
| 149 | John Marson           | Llanelli              | M:104 | 00:54:34 | 00:54:05 |       |
| 150 | Denise Evans          | Chepstow Harriers     | F:46  | 00:54:36 | 00:54:16 |       |
| 151 | Tyler Lewis           |                       | M:105 | 00:54:55 | 00:54:21 |       |
| 152 | Kevin Phillips        |                       | M:106 | 00:55:30 | 00:55:09 |       |
| 153 | Sian Fielding         | Spirit Of Monmouth    | F:47  | 00:55:33 | 00:55:02 |       |
| 154 | Angharad Price-Morris | Les Croupiers         | F:48  | 00:55:39 | 00:55:13 |       |
| 155 | John Crossan          |                       | M:107 | 00:55:58 | 00:55:38 |       |
| 156 | Christopher Short     |                       | M:108 | 00:56:08 | 00:55:34 |       |
| 157 | Paul White            | Caldicot Running Club | M:109 | 00:56:08 | 00:55:40 |       |
| 158 | Andrew Herbert        | San Domenico          | M:110 | 00:56:17 | 00:56:02 |       |
| 159 | Rachel Hooper         | Les Croupiers         | F:49  | 00:56:25 | 00:55:58 |       |
| 160 | Amanda Ramshaw        | Chepstow Harriers     | F:50  | 00:56:29 | 00:56:12 |       |
| 161 | Debbie Rees           | Penarth And Dinas     | F:51  | 00:57:02 | 00:56:44 |       |
| 162 | Paul Griffiths        | Chepstow Harriers     | M:111 | 00:57:32 | 00:57:18 |       |
| 163 | Kay Palmer            | Women Running Penarth | F:52  | 01:00:46 | 01:00:11 |       |
| 164 | Samantha Thomas       | Caerphilly Runners    | F:53  | 01:01:38 | 01:01:13 |       |
| 165 | Eleanor Rogers        |                       | F:54  | 01:01:43 | 01:01:10 |       |
| 166 | Hester Enthoven       |                       | F:55  | 01:01:44 | 01:01:11 |       |
| 167 | Jen Danger Harding    | Chepstow Harriers     | F:56  | 01:01:48 | 01:01:29 |       |
| 168 | Brenda Avery          | Chepstow Harriers     | F:57  | 01:01:51 | 01:01:34 | F65:1 |
| 169 | Karen De La Cadena    | San Domenico          | F:58  | 01:01:51 | 01:01:25 |       |
| 170 | Eleri Smith           |                       | F:59  | 01:01:51 | 01:01:26 |       |
| 171 | Dave Andrews          | Chepstow Harriers     | M:112 | 01:01:53 | 01:01:36 |       |
| 172 | Jemma Nurse           | Les Croupiers         | F:60  | 01:01:56 | 01:01:29 |       |
| 173 | Karen Francis         |                       | F:61  | 01:01:57 | 01:01:26 |       |
| 174 | Hayley Hellerman      | Vale Runners          | F:62  | 01:01:59 | 01:01:39 |       |
| 175 | Debbie Cumming        | Albany Road Run       | F:63  | 01:02:13 | 01:01:48 |       |
| 176 | Steven Le Huray       |                       | M:113 | 01:02:18 | 01:01:32 |       |
| 177 | Shari Finch           | Chepstow Harriers     | F:64  | 01:02:24 | 01:02:01 |       |
| 178 | Andrew Underhill      | San Domenico          | M:114 | 01:02:29 | 01:02:07 |       |
| 179 | Steven Underhill      |                       | M:115 | 01:02:29 | 01:02:08 |       |
| 180 | Elaine Hope-Bell      | Chepstow Harriers     | F:65  | 01:02:32 | 01:02:15 |       |
| 181 | Ellie Evans           | CDF Runners           | F:66  | 01:02:37 | 01:02:10 |       |
| 182 | Lowri Duffield        | Chepstow Harriers     | F:67  | 01:03:00 | 01:02:42 |       |
| 183 | Josephine Walker      |                       | F:68  | 01:03:02 | 01:02:36 |       |
| 184 | Glenda Edwards        | Les Croupiers         | F:69  | 01:03:48 | 01:03:21 |       |
| 185 | Liam Milton           |                       | M:116 | 01:03:52 | 01:03:26 |       |
| 186 | Amy Jenkins           |                       | F:70  | 01:04:33 | 01:04:05 |       |
| 187 | Sophie Faria          |                       | F:71  | 01:04:35 | 01:04:14 |       |

|     |                      |                        |       |          |          |  |
|-----|----------------------|------------------------|-------|----------|----------|--|
| 188 | Karin Wahl-Jorgensen |                        | F:72  | 01:04:44 | 01:04:26 |  |
| 189 | Xenia Porteous       | Albany Road Run        | F:73  | 01:04:47 | 01:04:21 |  |
| 190 | Isobel Flannelly     |                        | F:74  | 01:04:51 | 01:04:21 |  |
| 191 | Rhodri Cavell        |                        | M:117 | 01:04:57 | 01:04:29 |  |
| 192 | Gary Hobbs           |                        | M:118 | 01:05:37 | 01:05:12 |  |
| 193 | Paul Davies          |                        | M:119 | 01:06:03 | 01:05:56 |  |
| 194 | Lesley Manning       |                        | F:75  | 01:06:06 | 01:05:32 |  |
| 195 | Ellie Robins         | Griffithstown Harriers | F:76  | 01:06:47 | 01:06:22 |  |
| 196 | Lydia Hobbs          |                        | F:77  | 01:07:24 | 01:07:00 |  |
| 197 | Sue Hobbs            |                        | F:78  | 01:07:27 | 01:07:02 |  |
| 198 | Sian Roberts         | Albany Road Run        | F:79  | 01:07:49 | 01:07:26 |  |
| 199 | Christine Evans      |                        | F:80  | 01:08:00 | 01:07:36 |  |
| 200 | Marged Williams      |                        | F:81  | 01:08:04 | 01:07:28 |  |
| 201 | Zoe Morgan           | Albany Road Run        | F:82  | 01:08:08 | 01:07:34 |  |
| 202 | Gemma Brimble        | Albany Road Run        | F:83  | 01:08:08 | 01:07:35 |  |
| 203 | Kay Rogers           | Brf Running            | F:84  | 01:08:14 | 01:07:47 |  |
| 204 | Angharad Jones       | CDF Runners            | F:85  | 01:08:59 | 01:08:32 |  |
| 205 | Holly McCormick      |                        | F:86  | 01:09:11 | 01:08:55 |  |
| 206 | Jo Jones             |                        | F:87  | 01:09:21 | 01:08:51 |  |
| 207 | Sarah Taylor         | Sirius Running         | F:88  | 01:09:22 | 01:08:51 |  |
| 208 | Louise Windsor       |                        | F:89  | 01:09:22 | 01:08:51 |  |
| 209 | Julie Gee            | Spirit Of Monmouth     | F:90  | 01:09:36 | 01:09:05 |  |
| 210 | Geoff Wright         | Les Croupiers          | M:120 | 01:10:29 | 01:10:00 |  |
| 211 | Cati Fychan          |                        | F:91  | 01:10:51 | 01:10:14 |  |
| 212 | Cai Thomas           |                        | M:121 | 01:10:51 | 01:10:14 |  |
| 213 | Claire George        | Les Croupiers          | F:92  | 01:11:31 | 01:11:03 |  |
| 214 | Christine Underhill  | Lonely Goat            | F:93  | 01:12:04 | 01:11:40 |  |
| 215 | Jessica Le Huray     |                        | F:94  | 01:13:06 | 01:12:38 |  |
| 216 | Tom Annetts          | Chepstow Harriers      | M:122 | 01:14:29 | 01:14:07 |  |
| 217 | Sonia Unsted         | Chepstow Harriers      | F:95  | 01:14:29 | 01:14:07 |  |
| 218 | Molly Gasson         |                        | F:96  | 01:14:57 | 01:14:46 |  |
| 219 | Jude Penny           |                        | F:97  | 01:16:34 | 01:16:12 |  |
| 220 | Margaret Griffiths   | Chepstow Harriers      | F:98  | 01:18:13 | 01:17:44 |  |
| 221 | Lorraine Kelly       |                        | F:99  | 01:18:39 | 01:18:06 |  |
| 222 | Sarah Thomas         | She Runs Cardiff       | F:100 | 01:18:40 | 01:18:07 |  |
| 223 | Rhiannon Neville     | She Runs Cardiff       | F:101 | 01:18:40 | 01:18:08 |  |
| 224 | Lorraine Berry       |                        | F:102 | 01:18:53 | 01:18:20 |  |
| 225 | Daniel Irvine        |                        | M:123 | 01:21:24 | 01:20:56 |  |
| 226 | Sharon Phillips      |                        | F:103 | 01:22:20 | 01:21:58 |  |
| 227 | Geoffrey Bayliss     | Chepstow Harriers      | M:124 | 01:22:47 | 01:22:16 |  |
| 228 | Beth May             | Albany Road Run        | F:104 | 01:24:00 | 01:23:26 |  |
| 229 | Nicoleta Pana        |                        | F:105 | 01:28:04 | 01:27:39 |  |