

Pos.	Name	Cat	Gender	Club	1 mile	2 mile	3 mile	4 mile	cum.	
1	Oliver M Williams	SEN	M	White Rock Runners	00:05:04	00:10:13	00:16:03	00:21:01	00:52:21	1st Male Open
2	Alex Jackson	U17	M	Cardiff AAC	00:04:46	00:10:23	00:15:55	00:22:05	00:53:09	2nd Male Open
3	Richard Baker	M45	M	Les Croupiers RC	00:05:24	00:10:14	00:16:14	00:22:11	00:54:03	3rd Male Open
4	Efan Owen	U17	M	Cardiff AAC	00:05:14	00:11:26	00:17:11	00:23:25	00:57:16	1st Male U17
5	Tom Webb	U17	M	Parc Bryn Bach	00:05:15	00:11:07	00:17:18	00:24:08	00:57:48	
6	Adrian Lewis	M45	M	Aberdare Valley AAC	00:05:13	00:11:24	00:17:34	00:23:52	00:58:03	1st M40
7	Paul Josua	SEN	M	San Domenico RRC	00:05:23	00:11:23	00:17:29	00:24:13	00:58:28	
8	Megan McBrien	SEN	F	Royal Sutton Coldfield AC	00:05:38	00:11:37	00:17:40	00:23:52	00:58:47	1st Female Open
9	Laurent Bono	SEN	M	Les Croupiers RC	00:05:37	00:11:48	00:18:25	00:25:37	01:01:27	
10	Lloyd Bridges	U17	M	Cardiff AAC	00:05:32	00:11:47	00:18:22	00:26:10	01:01:51	
11	Brian Dias	SEN	M	Cardiff AAC	00:05:46	00:12:49	00:18:58	00:26:27	01:04:00	
12	Shelley Brace	SEN	F	Les Croupiers RC	00:05:51	00:12:25	00:19:18	00:27:05	01:04:39	2nd Female Open
13	Sean Price	M55	M	Les Croupiers RC	00:05:57	00:12:40	00:20:07	00:26:19	01:05:03	1st M50
14	Nathaniel Palmer	M45	M	Les Croupiers RC	00:05:35	00:12:15	00:18:56	00:28:30	01:05:16	
15	Isaac Jones	U17	M	Cardiff AAC	00:06:05	00:12:31	00:19:52	00:27:35	01:06:03	
16	Mike Murphy	M65	M	Les Croupiers RC	00:06:11	00:12:57	00:19:44	00:27:38	01:06:30	1st M60
17	Steven Preddy	M45	M	Les Croupiers RC	00:06:13	00:13:01	00:19:56	00:27:43	01:06:53	
18	Sally Pugsley	SEN	F	Les Croupiers RC	00:06:12	00:13:08	00:20:16	00:27:48	01:07:24	3rd Female Open
19	Liz Neville	F35	F	Les Croupiers RC	00:06:22	00:13:10	00:20:22	00:27:48	01:07:42	1st F35
20	Hayley Jackson	F45	F	Parc Bryn Bach	00:06:18	00:13:17	00:20:26	00:28:04	01:08:05	1st F45
21	David George	M50	M	Les Croupiers RC	00:06:21	00:13:19	00:20:41	00:28:09	01:08:30	
22	Steve Chadwell	M45	M	Les Croupiers RC	00:06:33	00:13:34	00:21:08	00:28:58	01:10:13	
23	David E Williams	M55	M	Les Croupiers RC	00:06:34	00:13:48	00:21:02	00:29:40	01:11:04	
24	Mick McGeoch	M60	M	Les Croupiers RC	00:06:42	00:14:05	00:22:04	00:29:22	01:12:13	
25	Dominic Shields	M50	M	San Domenico RRC	00:06:36	00:14:14	00:21:43	00:30:06	01:12:39	
26	Kay Chapman	F50	F	Cardiff AAC	00:07:14	00:14:43	00:21:52	00:29:47	01:13:36	
27	Nicholas Harris	SEN	M	Ogmore Phoenix	00:07:31	00:14:36	00:22:30	00:29:43	01:14:20	
28	Julie Scholey	F55	F	Les Croupiers RC	00:07:11	00:14:27	00:21:56	00:30:49	01:14:23	1st F55
29	Gwynfor Palfrey	M55	M	Blaenau Gwent AC	00:06:44	00:14:20	00:21:49	00:31:35	01:14:28	
30	Jenny Martin	F40	F	Les Croupiers RC	00:06:54	00:14:20	00:22:08	00:31:20	01:14:42	
31	Nigel Bleach	M50	M	SMR	00:07:08	00:15:14	00:22:57	00:32:13	01:17:32	
32	Hannah Miles	SEN	F	Les Croupiers RC	00:08:00	00:17:08	00:25:08	00:35:08	01:25:24	
33	Claire Bell	F55	F	Les Croupiers RC	00:08:05	00:17:01	00:26:12	00:36:23	01:27:41	
34	Ian Barrett	SEN	M	Les Croupiers RC	00:07:59	00:17:35	00:27:32	00:38:25	01:31:31	
35	Chloe Holst	U17	F		00:08:23	00:18:06	00:28:11	00:40:11	01:34:51	
36	Sandra Caveney	F55	F	Les Croupiers RC	00:09:09	00:18:59	00:28:14	00:38:57	01:35:19	

37	Julie Haigh	F60	F	Caerphilly RC	00:08:38	00:18:08	00:28:49	00:40:29	01:36:04
38	Jon Martin	M40	M	Les Croupiers RC	00:08:23	00:19:00	00:29:36	00:42:01	01:39:00
39	Gillian Murphy	F65	F	Les Croupiers RC	00:08:14	00:26:58	00:31:11	00:36:45	01:43:08
40	Emma Holst	F45	F		00:10:17	00:22:27	00:34:01	00:48:00	01:54:45
41	Helen Lloyd-Jones	F70	F	Pegasus RC	00:12:41	00:25:55	00:39:29	00:55:25	02:13:30