

Position	Time	Bib No.	Name	Age Group	Gender	Club
1	04:45	907	Alex Price	SM	Male	Swansea Harriers
2	04:46	841	Alex Jackson	U20M	Male	Cardiff AAC
3	04:55	896	Juan Delgado	SM	Male	Pontypridd Roadents
4	04:59	783	Arwel Evans	SM	Male	Rhedwyr Hebog
5	05:04	918	Oliver Williams	SM	Male	White Rock Runners
6	05:09	828	Lyndon Tudor-Maisey	M40	Male	Les Croupiers RC
7	05:13	22	Adrian Lewis	M45	Male	Aberdare Valley AAC
8	05:14	902	Efan Owen	U20M	Male	Cardiff AAC
9	05:15	827	Tom Webb	U17M	Male	Parc Bryn bach RC
10	05:19	901	Elliott Hardee	SM	Male	N/A
11	05:23	20	Paul Josua	SM	Male	San Domenico
12	05:23	805	Michael Riley	M40	Male	Les Croupiers RC
13	05:24	899	Richard Baker	M45	Male	Les Croupiers RC
14	05:27	21	Johnny Lam	M45	Male	San Domenico
15	05:29	784	Dylan Evans	SM	Male	N/A
16	05:32	831	Lloyd Bridges	U17M	Male	Cardiff AAC
17	05:35	913	Nathaniel Palmer	M45	Male	Les Croupiers RC
18	05:37	838	Joseph Joyce	U17M	Male	Cardiff AAC
19	05:37	5	Laurent Bono	SM	Male	Les Croupiers RC
20	05:38	912	Megan McBrien	SW	Female	Royal Sutton Coldfield AC
21	05:39	909	Vince Nazareth	M55	Male	Les Croupiers RC
22	05:39	786	Michael Graz	M45	Male	N/A
23	05:40	897	Kevin Plank	M45	Male	San Domenico
24	05:42	916	Greg Roberts	M40	Male	Les Croupiers RC
25	05:46	791	Ben Jones	SM	Male	CDF Runners
26	05:46	829	Brian Dias	SM	Male	Cardiff AAC
27	05:47	35	Rhys Simmons	U17M	Male	Cardiff AAC
28	05:47	832	Bethany Gold	U17W	Female	Cardiff AAC
29	05:49	26	Gareth Morgan	M45	Male	Les Croupiers RC
30	05:50	795	Kevin Leonard	M45	Male	N/A
31	05:51	9	Chris Emes	M40	Male	N/A
32	05:51	830	Stephan Noyvirt	U20M	Male	Cardiff AAC
33	05:51	833	Shelley Brace	SW	Female	Les Croupiers RC
34	05:55	835	Elio Lepore	M65	Male	Les Croupiers RC
35	05:57	906	Sean Price	M55	Male	Les Croupiers RC
36	06:00	737	Craig Blake	SM	Male	Les Croupiers RC
37	06:05	847	Isaac Jones	U17M	Male	Cardiff AAC
38	06:05	868	Freya Roberts	U17W	Female	Cardiff Archers
39	06:07	17	Brendan Jones	M45	Male	Les Croupiers RC
40	06:11	36	Mike Murphy	M65	Male	Les Croupiers RC
41	06:12	30	Sally Pugsley	SW	Female	Les Croupiers RC
42	06:13	910	Dan Lloyd	M40	Male	CDF Runners
43	06:13	29	Steve Preddy	M45	Male	Les Croupiers RC
44	06:13	28	Danielle Phillips	SW	Female	Les Croupiers RC
45	06:13	891	Stephanie Davies	SW	Female	Pontypridd Roadents
46	06:17	864	Joe Turner	SM	Male	SMR
47	06:18	16	Hayley Jackson	F45	Female	Parc Bryn bach RC
48	06:20	844	Rhys Heal	SM	Male	CDF Runners
49	06:21	778	Paul Brown	M45	Male	N/A
50	06:21	11	David George	M50	Male	Les Croupiers RC
51	06:22	18	Gwyn Jones	M55	Male	Les Croupiers RC
52	06:22	898	Elizabeth Neville	F35	Female	Les Croupiers RC
53	06:23	779	Michael Cranwell	M65	Male	Les Croupiers RC
54	06:24	852	Richard Chappelle	SM	Male	CDF Runners
55	06:31	848	Isobelle Jones	U20W	Female	Cardiff AAC
56	06:33	904	Steve Chadwell	M45	Male	Les Croupiers RC
57	06:34	34	David E Williams	M55	Male	Les Croupiers RC
58	06:35	842	Hefin Gruffydd	M55	Male	Pontypridd Roadents
59	06:36	33	Dominic Shields	M50	Male	San Domenico
60	06:38	908	Keri Jones	F45	Female	Parc Bryn bach RC

61	06:40	903	Nicola Smith	F35	Female	Les Croupiers RC
62	06:42	843	Sarah Burdett	SW	Female	Les Croupiers RC
63	06:42	850	Mick McGeoch	M60	Male	Les Croupiers RC
64	06:43	837	Caitlin Chapman	U17W	Female	Cardiff AAC
65	06:44	27	Gwynfor Palfrey	M55	Male	Blaenau Gwent AC
66	06:45	823	Jemma Sedgmond	SW	Female	Les Croupiers RC
67	06:54	23	Jenny Martin	F35	Female	Les Croupiers RC
68	06:57	900	Rebecca Playle	F45	Female	Les Croupiers RC
69	07:01	840	Andy Davies	M55	Male	Pontypridd Roadents
70	07:07	8	Michael H Davies	M65	Male	Les Croupiers RC
71	07:08	4	Nigel Bleach	M50	Male	SMR
72	07:08	6	Rosie Bristow	F40	Female	Pegasus RC
73	07:09	914	Claire Jarrom	F35	Female	Les Croupiers RC
74	07:11	38	Julie Scholey	F55	Female	Les Croupiers RC
75	07:14	836	Kay Chapman	F50	Female	Cardiff AAC
76	07:14	893	David Bicker	M50	Male	N/A
77	07:15	790	Richard Jackson	M50	Male	Penarth & Dinas
78	07:17	915	Graeme Donnan	M65	Male	Les Croupiers RC
79	07:20	894	Jack Bicker	U17M	Male	N/A
80	07:21	905	Steve Lewis	M60	Male	Les Croupiers RC
81	07:23	845	Tim Barker	SM	Male	Les Croupiers RC
82	07:25	917	Stephen Wood	M40	Male	Pegasus RC
83	07:30	796	Rhys Littlechild	U17M	Male	N/A
84	07:31	13	Nick Harris	SM	Male	Ogmore Phoenix Runners
85	07:37	892	Curtis Edwards	U20M	Male	N/A
86	07:39	32	Helen Robertson	F45	Female	Les Croupiers RC
87	07:41	866	Peter Horman	SM	Male	N/A
88	07:45	825	Caroline Thomas	F35	Female	Blaenau Gwent AC
89	07:46	787	Gail Havard	F50	Female	San Domenico
90	07:50	839	Huw Phillips	M45	Male	CDF Runners
91	07:54	781	Liz Denton	F55	Female	Les Croupiers RC
92	07:59	1	Ian Barrett	SM	Male	Les Croupiers RC
93	08:00	25	Hannah Miles	SW	Female	Les Croupiers RC
94	08:05	2	Claire Bell	F55	Female	Les Croupiers RC
95	08:14	37	Gill Murphy	F65	Female	Les Croupiers RC
96	08:17	895	Francis Williams	F50	Female	San Domenico
97	08:23	24	Jon Martin	M40	Male	Les Croupiers RC
98	08:23	14	Chloe Holst	U17W	Female	N/A
99	08:32	794	Eben Leonard	F	Female	N/A
100	08:38	12	Julie Haigh	F60	Female	Caerphilly Runners
101	08:43	911	Alison Graham	F45	Female	Pegasus RC
102	08:47	793	Jessica Le Huray	F45	Female	N/A
103	08:52	807	Dirk Schmaljohann	M50	Male	Les Croupiers RC
104	08:59	834	Phil Groves	M55	Male	Pegasus RC
105	09:09	7	Sandra Caveney	F55	Female	Les Croupiers RC
106	09:16	789	Joe Hill	SM	Male	Ognore Phoenix Runners
107	09:59	785	Mary Jayne Granville	SW	Female	Pencoed Panthers
108	10:12	846	Mal Rowson	F65	Female	Les Croupiers RC
109	10:17	15	Emma Holst	F45	Female	N/A
110	12:41	849	Helen Lloyd-Jones	F70	Female	Pegasus RC