

Overall Pos	Overall Time	Bib	Name	Surname	Gender	Category	Event	Club	Gender Pos	Category Pos	Avg Speed	Net Time
1	00:14:30	89	Josh	Griffiths	Male	MS	Race 2	swansea harriers	1	1	2'54"/km	00:14:30
2	00:14:39	29	Jonathan	Butler	Male	M35	Race 2	Swansea Harriers	2	1	2'55"/km	00:14:39
3	00:14:59	146	Ciaran	Lewis	Male	MS	Race 2	Les Croupiers Running Club	3	2	2'59"/km	00:14:59
4	00:15:10	224	Jacob	Tasker	Male	MS	Race 2		4	3	3'02"/km	00:15:10
5	00:15:12	240	Matthew	Verran	Male	MS	Race 2	Swansea Harriers	5	4	3'02"/km	00:15:12
6	00:15:13	288	Jacob	Reynolds	Male	U20M	Race 2	Cardiff AC	6	1	3'02"/km	00:15:13
7	00:15:18	290	Paul	Tobin	Male	MS	Race 2	Swansea Harriers	7	5	3'03"/km	00:15:18
8	00:15:25	245	Adam	Whittaker	Male	MS	Race 2	CDF Runners	8	6	3'05"/km	00:15:25
9	00:15:31	151	David	Long	Male	MS	Race 2	PontyPridd Roadents AC	9	7	3'06"/km	00:15:31
10	00:15:32	260	Paul	Graham	Male	MS	Race 2	Pontypridd Roadents AC	10	8	3'06"/km	00:15:32
11	00:15:37	289	Blair	Mcwhirter	Male	M35	Race 2	Swansea Harriers	11	2	3'07"/km	00:15:37
12	00:15:42	71	Henry	Evans	Male	U20M	Race 2	Newport Harriers AC	12	2	3'08"/km	00:15:42
13	00:15:43	221	Daniel	Smith	Male	MS	Race 2	Pontypridd Roadents AC	13	9	3'08"/km	00:15:42
14	00:15:47	91	Sam	Griffiths	Male	MS	Race 2	Caldicot Running Club	14	10	3'09"/km	00:15:47
15	00:15:48	216	Cory	Sherwin	Male	MS	Race 2	Forest of Dean AC	15	11	3'09"/km	00:15:46
16	00:16:00	28	Sam	Butler	Male	MS	Race 2	Western Tempo	16	12	3'12"/km	00:15:59
17	00:16:01	22	Sam	Boreham	Male	MS	Race 2	Pontypridd Roadents	17	13	3'12"/km	00:16:01
18	00:16:04	232	Liam	Trigg	Male	M35	Race 2	Forest of Dean AC	18	3	3'12"/km	00:16:02
19	00:16:05	51	Justin	Crocker	Male	M35	Race 2	Parc Bryn Bach Running Club	19	4	3'13"/km	00:16:03
20	00:16:07	81	Tom	Flitcroft	Male	MS	Race 2	Les Croupiers RC	20	14	3'13"/km	00:16:06
21	00:16:13	130	Sam	Jones	Male	M35	Race 2	Parc Bryn Bach Running Club	21	5	3'14"/km	00:16:12
22	00:16:16	258	Iwan	Jones	Male	MS	Race 2		22	15	3'15"/km	00:16:15
23	00:16:18	263	Evan	Coney	Male	MS	Race 2	Cardiff AC	23	16	3'15"/km	00:16:17
24	00:16:21	207	Jarrad	Rowlands	Male	MS	Race 2	Pontypridd Roadents	24	17	3'16"/km	00:16:20
25	00:16:24	133	Richard	Jones	Male	M45	Race 2	Lliswerry Runners	25	1	3'16"/km	00:16:23
26	00:16:25	111	Ryan	Holt	Male	MS	Race 2	Les Croupiers RC	26	18	3'17"/km	00:16:23
27	00:16:25	140	Ben	Kennedy	Male	MS	Race 2	Les Croupiers	27	19	3'17"/km	00:16:24
28	00:16:27	284	Symon	Murphy	Male	M35	Race 2	Pontypridd Roadents AC	28	6	3'17"/km	00:16:26
29	00:16:28	95	Andrew	Grigg	Male	M35	Race 2	Bristol & West AC	29	7	3'17"/km	00:16:27
30	00:16:29	8	Jonathon	Astley	Male	M35	Race 2	Parc Bryn Bach RC	30	8	3'17"/km	00:16:28
31	00:16:29	123	Harry	Jenkins	Male	MS	Race 2	Porthcawl runners	31	20	3'17"/km	00:16:25
32	00:16:30	118	Ben	Hughes	Male	U20M	Race 2	pontypridd roadents	32	3	3'18"/km	00:16:30
33	00:16:31	31	Ben	Butler-madden	Male	M35	Race 2	Pontypridd Roadents AC	33	9	3'18"/km	00:16:30
34	00:16:35	291	Darren	Bishop	Male	M35	Race 2	Pontypool Roadents	34	10	3'19"/km	00:16:34
35	00:16:40	233	Ollie	Trigg	Male	U20M	Race 2		35	4	3'20"/km	00:16:34
36	00:16:43	16	Jon	Belcher	Male	M45	Race 2	Lliswerry Runners	36	2	3'20"/km	00:16:41
37	00:16:44	286	Lee	Aherne	Male	M55+	Race 2	Parc Bryn Bach Running Club	37	1	3'20"/km	00:16:44
38	00:16:45	83	Andy	Gardiner	Male	M35	Race 2	San Domenico	38	11	3'21"/km	00:16:43
39	00:16:48	292	Leighton	Rawlinson	Male	M35	Race 2	Micky Morris Racing Team	39	12	3'21"/km	00:16:42
40	00:16:49	72	Huw	Evans	Male	M45	Race 2	Parc Bryn Bach Running Club	40	3	3'21"/km	00:16:49
41	00:16:49	93	Leroy	Griffiths	Male	U20M	Race 2	Rhondda Ac	41	5	3'21"/km	00:16:48
42	00:16:50	59	Edward	Davies	Male	MS	Race 2	Les Croupiers Running Club	42	21	3'22"/km	00:16:49
43	00:16:51	229	Tom	Tiley	Male	MS	Race 2	Islwyn Running Club	43	22	3'22"/km	00:16:47
44	00:16:51	142	Ryan	Knight	Male	MS	Race 2	Western Tempo	44	23	3'22"/km	00:16:47
45	00:16:53	198	Lewis	Richards	Male	M35	Race 2	Avaac	45	13	3'22"/km	00:16:51
46	00:17:02	294	Darragh	Hanley-crofts	Male	M35	Race 2	Les Croupiers Running Club	46	14	3'24"/km	00:17:01
47	00:17:05	262	Oliver	Price	Male	U20M	Race 2	Cardiff AC	47	6	3'25"/km	00:17:04
48	00:17:06	103	Thomas	Henry	Male	M35	Race 2	Lliswerry runners	48	15	3'25"/km	00:17:05
49	00:17:07	270	Matthew	Jacklin	Male	M45	Race 2	Aberdare	49	4	3'25"/km	00:17:04
50	00:17:10	120	Cathan	Ivory	Male	MS	Race 2		50	24	3'26"/km	00:17:05
51	00:17:11	87	Matthew	Green	Male	MS	Race 2	Les Croupiers	51	25	3'26"/km	00:17:09
52	00:17:12	249	Dane	Williams	Male	MS	Race 2	Parc bryn Bach	52	26	3'26"/km	00:17:10
53	00:17:13	235	Matthew	Turner	Male	M45	Race 2	San Domenico	53	5	3'26"/km	00:17:10
54	00:17:13	19	Jonathan	Bonville-ginn	Male	MS	Race 2	CDF Runners	54	27	3'26"/km	00:17:08
55	00:17:15	108	Mark	Hobbs	Male	M35	Race 2	Micky Morris Racing Team	55	16	3'27"/km	00:17:12
56	00:17:19	56	Thomas	Davies	Male	MS	Race 2	Porthcawl runners	56	28	3'27"/km	00:17:15
57	00:17:19	299	Tomos	Philips	Male	M35	Race 2	CDF Runners	57	17	3'27"/km	00:17:14
58	00:17:21	268	Daniel	May	Male	U20M	Race 2	Cardiff AC	58	7	3'28"/km	00:17:18
59	00:17:21	192	Niki	Puleio	Male	M45	Race 2	Ogmore Phoenix Runners	59	6	3'28"/km	00:17:19
60	00:17:23	204	Tomos	Roberts	Male	MS	Race 2	Cardiff AC	60	29	3'28"/km	00:17:22
61	00:17:26	134	Neil	Jones	Male	M45	Race 2	Pontyclun roadrunners	61	7	3'29"/km	00:17:25
62	00:17:30	116	Bevan	Howells	Male	MS	Race 2	Bridgend AC	62	30	3'30"/km	00:17:26
63	00:17:30	158	Duncan	Mclauchlan	Male	M35	Race 2	Les Croupiers Running Club	63	18	3'30"/km	00:17:26
64	00:17:30	280	Haaziq	Reza	Male	MS	Race 2	Cardiff AC	64	31	3'30"/km	00:17:26
65	00:17:31	35	Paul	Carter	Male	M35	Race 2		65	19	3'30"/km	00:17:25
66	00:17:33	244	Ricci	Watts	Male	M35	Race 2	Pontypool and District Runners	66	20	3'30"/km	00:17:28
67	00:17:33	202	Adam	Roberts	Male	M35	Race 2	Parc Bryn Bach Running Club	67	21	3'30"/km	00:17:30
68	00:17:33	26	James	Bull	Male	MS	Race 2	CDF Runners	68	32	3'30"/km	00:17:29
69	00:17:34	218	Anthony	Smets	Male	MS	Race 2	Cardiff Athletics	69	33	3'30"/km	00:17:29
70	00:17:35	271	David	Craig	Male	M45	Race 2	Les Croupiers Running Club	70	8	3'31"/km	00:17:30
71	00:17:36	74	Arwel	Evans	Male	M35	Race 2	Les Croupiers Running Club	71	22	3'31"/km	00:17:33
72	00:17:36	27	Ryan	Bunce	Male	MS	Race 2	Brackla Harriers	72	34	3'31"/km	00:17:32
73	00:17:36	190	Robert	Pritchard	Male	M35	Race 2	Lliswerry Runners	73	23	3'31"/km	00:17:33
74	00:17:37	160	Donna	Morris	Female	F35	Race 2	Builth and district	1	1	3'31"/km	00:17:34

75	00:17:38	236	Gemma	Tutton	Female	FS	Race 2	Swansea Harriers	2	1	3'31"/km	00:17:36
76	00:17:39	281	Terrence	Fairbank	Male	MS	Race 2		74	35	3'31"/km	00:17:35
77	00:17:45	259	Marcus	Bayona-martinez	Male	MS	Race 2	Builth and District	75	36	3'33"/km	00:17:44
78	00:17:47	90	Nick	Griffiths	Male	M45	Race 2	AMMAN VALLEY HARRIERS	76	9	3'33"/km	00:17:44
79	00:17:49	173	Tomos	Parry	Male	MS	Race 2		77	37	3'33"/km	00:17:42
80	00:17:50	272	Maddie	Elliott	Female	FS	Race 2	Blackburn Hamers	3	2	3'34"/km	00:17:46
81	00:17:51	253	Jack	Woodhouse	Male	U20M	Race 2	Neath Harriers	78	8	3'34"/km	00:17:49
82	00:17:53	203	Kate	Roberts	Female	F35	Race 2	Swansea harriers	4	2	3'34"/km	00:17:53
83	00:17:54	18	Charlie	Bleasdale	Male	MS	Race 2	Pontypridd Roadents AC	79	38	3'34"/km	00:17:50
84	00:17:57	166	Edward	Nichols	Male	MS	Race 2	Bristol & West AC	80	39	3'35"/km	00:17:50
85	00:17:59	135	Paul	Josua	Male	M35	Race 2	San Domenico RC	81	24	3'35"/km	00:17:52
86	00:17:59	6	Jacob	Allen	Male	U20M	Race 2		82	9	3'35"/km	00:17:51
87	00:18:00	105	Jack	Hilldrup	Male	MS	Race 2	San Domenico RC	83	40	3'36"/km	00:17:57
88	00:18:02	77	Emily	Fell	Female	FS	Race 2	CDF Runners	5	3	3'36"/km	00:17:56
89	00:18:05	225	Steven	Taylor	Male	M35	Race 2	Swansea harriers	84	25	3'37"/km	00:18:04
90	00:18:06	58	Owen	Davies	Male	M35	Race 2	Les Croupiers	85	26	3'37"/km	00:18:03
91	00:18:08	62	James	Dodd	Male	MS	Race 2		86	41	3'37"/km	00:18:04
92	00:18:09	283	Michael	Riley	Male	M45	Race 2	Les Croupiers Running Club	87	10	3'37"/km	00:18:07
93	00:18:11	41	Ewelina	Ciesielska	Female	F35	Race 2	Park bryn bach running club	6	3	3'38"/km	00:18:10
94	00:18:13	40	Craig	Cheedy	Male	M35	Race 2	Griffithstown Harriers	88	27	3'38"/km	00:18:09
95	00:18:16	162	Paul	Morton	Male	M35	Race 2	Les Croupiers Running Club	89	28	3'39"/km	00:18:11
96	00:18:18	25	Jordan	Bray	Male	MS	Race 2	The Running Social	90	42	3'39"/km	00:18:14
97	00:18:20	273	Darren	Stringer	Male	M35	Race 2	Bristol and West AC	91	29	3'40"/km	00:18:14
98	00:18:21	163	Carl	Nealon	Male	M35	Race 2	Les Croupiers Running Club	92	30	3'40"/km	00:18:15
99	00:18:21	176	Sean	Petty	Male	U20M	Race 2	Bridgend AC	93	10	3'40"/km	00:18:19
100	00:18:28	149	Owen	Lloyd	Male	MS	Race 2	Les Croupiers Running Club	94	43	3'41"/km	00:18:22
101	00:18:31	167	Rian	O Dwyer	Male	M45	Race 2		95	11	3'42"/km	00:18:26
102	00:18:32	276	Gethin	Edwards	Male	M45	Race 2	Pontypridd Roadents AC	96	12	3'42"/km	00:18:30
103	00:18:34	12	Stephen	Bartlett	Male	M55+	Race 2	None	97	2	3'42"/km	00:18:31
104	00:18:36	247	Henry	Williams	Male	MS	Race 2	Llswerry Runners	98	44	3'43"/km	00:18:33
105	00:18:45	63	Steven	Duggan	Male	M35	Race 2	Parc bryn Bach	99	31	3'45"/km	00:18:36
106	00:18:46	7	Rhys	Allerston	Male	MS	Race 2	CDF Runners	100	45	3'45"/km	00:18:37
107	00:18:46	69	Thomas	Edwards	Male	MS	Race 2	Parc Bryn Bach Running Club	101	46	3'45"/km	00:18:37
108	00:18:49	196	Matt	Regan	Male	M35	Race 2	Pontypridd Roadents AC	102	32	3'45"/km	00:18:46
109	00:18:53	21	Gabriella	Booth	Female	F35	Race 2	Porthcawl Runners	7	4	3'46"/km	00:18:45
110	00:18:57	239	Jamie	Verran	Male	MS	Race 2	Ogmore Phoenix Runners	103	47	3'47"/km	00:18:51
111	00:18:59	156	Richard	Matthews	Male	M45	Race 2	Aberdare vaac	104	13	3'47"/km	00:18:59
112	00:18:59	119	Wayne	Humphreys	Male	M45	Race 2	Les Croupiers Running Club	105	14	3'47"/km	00:18:51
113	00:19:00	80	Ross	Flanigan	Male	M55+	Race 2	Penarth & Dinas Runners	106	3	3'48"/km	00:19:00
114	00:19:02	305	Rich	Baker	Male	M45	Race 2		107	15	3'48"/km	00:18:59
115	00:19:05	122	Lewis	Jeffreys	Male	U20M	Race 2		108	11	3'49"/km	00:19:00
116	00:19:06	282	Jack	Ford	Male	U20M	Race 2		109	12	3'49"/km	00:19:03
117	00:19:08	53	Craig	Davies	Male	MS	Race 2		110	48	3'49"/km	00:19:01
118	00:19:10	181	Kevin	Plank	Male	M45	Race 2	San Domenico	111	16	3'50"/km	00:19:06
119	00:19:11	250	Jacob	Williams	Male	MS	Race 2	Penarth and Dinas Runners	112	49	3'50"/km	00:19:00
120	00:19:16	279	Clare	Patterson	Female	F45	Race 2	Parc Bryn Bach Running Club	8	1	3'51"/km	00:19:11
121	00:19:18	199	Gareth	Richards	Male	M45	Race 2	Ogmore phoenix runners	113	17	3'51"/km	00:19:12
122	00:19:18	78	Rosie	Fenton	Female	FS	Race 2	CDF Runners	9	4	3'51"/km	00:19:10
123	00:19:20	106	Dominic	Hindson	Male	MS	Race 2	CDF Runners	114	50	3'52"/km	00:19:10
124	00:19:20	157	James	Mcelvenney	Male	MS	Race 2		115	51	3'52"/km	00:19:10
125	00:19:22	68	Hywel	Edwards	Male	M45	Race 2	San domenico	116	18	3'52"/km	00:19:18
126	00:19:27	215	Humphrey	Sheil	Male	M45	Race 2	CDF Runners	117	19	3'53"/km	00:19:14
127	00:19:31	150	Math	Llwyd	Male	MS	Race 2	Les Croupiers Running Club	118	52	3'54"/km	00:19:24
128	00:19:31	293	Jason	Nash	Male	M45	Race 2	Parc Bryn Bach Running Club	119	20	3'54"/km	00:19:18
129	00:19:34	302	Tom	Cox	Male	MS	Race 2	Cardiff AC	120	53	3'55"/km	00:19:22
130	00:19:35	242	Lucy	Wallace	Female	F35	Race 2	Bitton	10	5	3'55"/km	00:19:29
131	00:19:37	96	Matthew	Gwenter	Male	M35	Race 2	Penarth and Dinas Runners	121	33	3'55"/km	00:19:31
132	00:19:39	217	Luc	Shide	Male	MS	Race 2	Istwyn running club	122	54	3'55"/km	00:19:34
133	00:19:39	152	Lauren	Mackie	Female	F35	Race 2	Aberdare Valley AAC	11	6	3'55"/km	00:19:35
134	00:19:42	61	Paul	Deaton	Male	M55+	Race 2	Penarth & Dinas Runners	123	4	3'56"/km	00:19:37
135	00:19:43	114	Lloyd	Horrobin	Male	MS	Race 2	Griffithstown Harriers	124	55	3'56"/km	00:19:35
136	00:19:45	274	James	Bruce	Male	M45	Race 2	Les Croupiers Running Club	125	21	3'57"/km	00:19:41
137	00:19:46	13	Joe	Bartlett	Male	MS	Race 2		126	56	3'57"/km	00:19:40
138	00:19:46	231	Anh Quan	Tran	Male	MS	Race 2	CDF Runners	127	57	3'57"/km	00:19:38
139	00:19:47	183	Laurence	Pole	Male	M45	Race 2	Pontypridd Roadents AC	128	22	3'57"/km	00:19:44
140	00:19:49	309	Ben	Beckingsale	Male	M35	Race 2	Les Croupiers Running Club	129	34	3'57"/km	00:19:49
141	00:19:57	256	Emma	Wyatt-haines	Female	F35	Race 2		12	7	3'59"/km	00:19:49
142	00:19:58	121	Huw	James	Male	M55+	Race 2	Caerphilly RC	130	5	3'59"/km	00:19:51
143	00:19:58	295	Alexander	James	Male	MS	Race 2	Cardiff AC	131	58	3'59"/km	00:19:51
144	00:19:59	311	Hayman	James	Male	M35	Race 2		132	35	3'59"/km	00:19:51
145	00:19:59	210	James	Samuel	Male	M35	Race 2		133	36	3'59"/km	00:19:47
146	00:20:00	243	George	Watkins	Male	MS	Race 2	CDF Runners	134	59	4'00"/km	00:19:53
147	00:20:00	220	Kristy	Smith	Female		Race 2	Swansea harriers	13		4'00"/km	00:19:52
148	00:20:02	15	Katie	Beecher	Female	F45	Race 2	Les Croupiers Running Club	14	2	4'00"/km	00:19:56
149	00:20:03	128	Brendan	Jones	Male	M45	Race 2	Les Croupiers Running Club	135	23	4'00"/km	00:19:57

150	00:20:04	257	Leigh	James	Female	F35	Race 2	Les Croupiers Running Club	15	8	4'00"/km	00:20:00
151	00:20:06	154	Ian	Marshall	Male	M45	Race 2	Penarth and Dinas Runners	136	24	4'01"/km	00:19:56
152	00:20:07	137	Rhys	Kelland	Male	M35	Race 2	Rhondda Athletics Club	137	37	4'01"/km	00:20:04
153	00:20:08	180	Scott	Place	Male	MS	Race 2	CDF Runners	138	60	4'01"/km	00:19:59
154	00:20:09	285	Catherine	Barker	Female	F45	Race 2	Penarth and Dinas Runners	16	3	4'01"/km	00:20:03
155	00:20:17	306	Mike	Harrison	Male	M35	Race 2	Penarth and Dinas Runners	139	38	4'03"/km	00:20:07
156	00:20:19	24	Andrew	Brasington	Male	M55+	Race 2	Ebbw Vale Running Club	140	6	4'03"/km	00:20:09
157	00:20:20	129	Sam	Jones	Male	M35	Race 2		141	39	4'04"/km	00:20:14
158	00:20:22	144	Cheryl	Lee	Female	F35	Race 2	Pontyclun Road Runners	17	9	4'04"/km	00:20:18
159	00:20:24	168	Aidan	O'callaghan	Male	M45	Race 2	Unattached	142	25	4'04"/km	00:20:16
160	00:20:24	99	Stewart	Harding	Male	M35	Race 2	CDF Runners	143	40	4'04"/km	00:20:19
161	00:20:25	109	Jack	Hocking	Male	MS	Race 2	CDF Runners	144	61	4'05"/km	00:20:20
162	00:20:26	42	Ian	Clark	Male	M55+	Race 2	Aberdare Valley AAC	145	7	4'05"/km	00:20:19
163	00:20:28	112	Steven	Hooper	Male	M55+	Race 2	Pontypridd roadents a c	146	8	4'05"/km	00:20:24
164	00:20:31	206	Oliver	Robson	Male	MS	Race 2		147	62	4'06"/km	00:20:17
165	00:20:33	308	Liam	Kelly	Male	M45	Race 2	Penarth and Dinas Runners	148	26	4'06"/km	00:20:23
166	00:20:33	102	Alex	Hayman	Male	MS	Race 2	CDF Runners	149	63	4'06"/km	00:20:23
167	00:20:33	101	Dale	Harris	Male	M35	Race 2	Parc bryn bach	150	41	4'06"/km	00:20:20
168	00:20:40	107	Robyn	Hinsley	Female	FS	Race 2	Bitton Road Runners	18	5	4'08"/km	00:20:32
169	00:20:44	174	Matthew	Pearce	Male	M35	Race 2		151	42	4'08"/km	00:20:33
170	00:20:45	179	Chloe	Piggott	Female	U20F	Race 2	Aberdare Valley AAC	19	1	4'09"/km	00:20:42
171	00:20:45	228	James	Thomas	Male	M35	Race 2	Parc bryn bach	152	43	4'09"/km	00:20:33
172	00:20:46	43	Aoihb	Clarke	Female	FS	Race 2	Club coaction	20	6	4'09"/km	00:20:37
173	00:20:46	36	Julie	Chamberlain	Female	F35	Race 2	Cardiff AAC	21	10	4'09"/km	00:20:39
174	00:20:48	100	Neil	Harper	Male	M35	Race 2	Hereford Couriers	153	44	4'09"/km	00:20:34
175	00:20:49	86	Lauren	Green	Female	F35	Race 2		22	11	4'09"/km	00:20:40
176	00:20:54	194	Joanne	Rees	Female	F45	Race 2	Builth and District	23	4	4'10"/km	00:20:48
177	00:20:56	265	Laura	Wright	Female	FS	Race 2	Cardiff AC	24	7	4'11"/km	00:20:53
178	00:20:58	76	Lisa	Faunch	Female	F35	Race 2	AFD	25	12	4'11"/km	00:20:49
179	00:20:59	269	Lily	Jacklin	Female	U20F	Race 2	Aberdare	26	2	4'11"/km	00:20:55
180	00:20:59	126	Beth	Jones	Female	FS	Race 2	Parc bryn Bach RC	27	8	4'11"/km	00:20:47
181	00:21:00	153	Robert	Mahoney	Male	M55+	Race 2	Penarth and Dinas Runners	154	9	4'12"/km	00:20:51
182	00:21:01	1	Allie	Adams	Female	U20F	Race 2	Rhondda AC	28	3	4'12"/km	00:20:58
183	00:21:02	125	Leon	Jim	Male	MS	Race 2	Pontypridd Roadents AC	155	64	4'12"/km	00:20:54
184	00:21:02	267	Paul	May	Male	M55+	Race 2	Cornelly Striders	156	10	4'12"/km	00:20:52
185	00:21:06	303	Jamie	Bishop	Male	M35	Race 2	Pontypridd Roadents AC	157	45	4'13"/km	00:21:03
186	00:21:06	30	Bethan	Butler-madden	Female	F35	Race 2	Pontypridd Roadents AC	29	13	4'13"/km	00:21:00
187	00:21:08	212	Joseph	Scutt	Male	M35	Race 2	San Domenico RC	158	46	4'13"/km	00:21:02
188	00:21:09	147	Jason	Lewis	Male	M35	Race 2	Parc brynbach	159	47	4'13"/km	00:20:56
189	00:21:09	222	Nick	Stocker	Male	M55+	Race 2	Bridgend AC	160	11	4'13"/km	00:21:04
190	00:21:10	46	Dexter	Clement	Male	U20M	Race 2	Rhondda AC	161	13	4'14"/km	00:21:08
191	00:21:11	104	John	Hickman	Male	M55+	Race 2	Caerphilly Runners	162	12	4'14"/km	00:20:58
192	00:21:11	278	Graham	Davies	Male	M35	Race 2	Pontypool and District Runners	163	48	4'14"/km	00:21:11
193	00:21:19	45	Ellie	Clemence	Female	FS	Race 2	CDF Runners	30	9	4'15"/km	00:21:10
194	00:21:25	33	Matt	Caffyn	Male	M35	Race 2	CDF Runners	164	49	4'17"/km	00:21:11
195	00:21:28	143	Mateusz	Kuczynski	Male	U20M	Race 2		165	14	4'17"/km	00:21:13
196	00:21:29	170	Marcio	Paixao	Male	MS	Race 2	Parc bryn bach running club	166	65	4'17"/km	00:21:17
197	00:21:32	3	Emily	Adams	Female	FS	Race 2	Pontypridd Roadents AC	31	10	4'18"/km	00:21:25
198	00:21:35	65	Bryony	Eames	Female	FS	Race 2	Les Croupiers Running Club	32	11	4'19"/km	00:21:28
199	00:21:39	32	Colin	Caesar	Male	M45	Race 2	Penarth and Dinas Runners	167	27	4'19"/km	00:21:29
200	00:21:42	266	Phil	Bristow	Male	M55+	Race 2	San Domenico	168	13	4'20"/km	00:21:36
201	00:21:43	300	Robert	Evans	Male	M55+	Race 2	Les Croupiers Running Club	169	14	4'20"/km	00:21:35
202	00:21:48	54	Sara	Davies	Female	FS	Race 2		33	12	4'21"/km	00:21:37
203	00:21:50	185	James	Powell	Male	MS	Race 2		170	66	4'22"/km	00:21:39
204	00:21:51	131	Sian	Jones	Female	FS	Race 2		34	13	4'22"/km	00:21:40
205	00:21:52	277	Shannon	Walker	Female	FS	Race 2	Les Croupiers Running Club	35	14	4'22"/km	00:21:45
206	00:21:53	52	Sarah	Cross	Female	F35	Race 2		36	14	4'22"/km	00:21:48
207	00:21:55	246	Emily	Wilcox	Female	U20F	Race 2	University of exeter	37	4	4'23"/km	00:21:46
208	00:21:55	182	Katie	Plimmer	Female	FS	Race 2	Ogmore Phoenix Runners	38	15	4'23"/km	00:21:45
209	00:21:58	84	James	George	Male	M45	Race 2	Penarth and Dinas Runners	171	28	4'23"/km	00:21:47
210	00:22:09	70	Gareth	Evans	Male	MS	Race 2	Pontypridd Roadents AC	172	67	4'25"/km	00:22:03
211	00:22:11	139	Jack	Kelland	Male	U20M	Race 2	Rhondda Athletics club	173	15	4'26"/km	00:22:08
212	00:22:11	205	Alana	Robertson	Female	FS	Race 2		39	16	4'26"/km	00:21:57
213	00:22:12	138	Isabelle	Kelland	Female	U20F	Race 2	Rhondda Athletics club	40	5	4'26"/km	00:22:10
214	00:22:13	88	Lucy	Green	Female	FS	Race 2	San Domenico	41	17	4'26"/km	00:22:04
215	00:22:16	127	Sam	Jones	Male	MS	Race 2	CDF Runners	174	68	4'27"/km	00:22:01
216	00:22:17	124	Gareth	Jenkins	Male	M35	Race 2	Ogmore Phoenix Runners	175	50	4'27"/km	00:22:07
217	00:22:20	186	Chris	Pratt	Male	M45	Race 2	Ogmore Phoenix Runners	176	29	4'28"/km	00:22:13
218	00:22:21	169	Sophie	Oddy	Female	FS	Race 2	Bridgend AC	42	18	4'28"/km	00:22:12
219	00:22:28	248	David.e	Williams	Male	M55+	Race 2	Les Croupiers Running Club	177	15	4'29"/km	00:22:23
220	00:22:31	237	Andrew	Underhill	Male	M35	Race 2	San Domenico	178	51	4'30"/km	00:22:19
221	00:22:32	94	Grace	Griffiths	Female	U20F	Race 2	Rhondda Ac	43	6	4'30"/km	00:22:30
222	00:22:36	113	James	Horner	Male	M45	Race 2	Les Croupiers Running Club	179	30	4'31"/km	00:22:36
223	00:22:41	85	Scott	Greaves	Male	MS	Race 2		180	69	4'32"/km	00:22:28
224	00:22:47	195	Carol	Rees	Female	F45	Race 2	Les Croupiers RC	44	5	4'33"/km	00:22:35

225	00:23:01	48	Tom	Coombs	Male	MS	Race 2	CDF Runners	181	70	4'36"/km	00:22:52
226	00:23:09	4	Alexander	Ahmed	Male	M35	Race 2		182	52	4'37"/km	00:22:58
227	00:23:12	23	Shelley	Brace	Female	FS	Race 2	Les Croupiers	45	19	4'38"/km	00:23:04
228	00:23:15	34	Ruth	Carlisle	Female	FS	Race 2	CDF	46	20	4'39"/km	00:23:01
229	00:23:17	307	Rebecca	Read	Female	F35	Race 2	San Domenico	47	15	4'39"/km	00:23:08
230	00:23:19	310	Frank	Atherton	Male	M55+	Race 2	Penarth and Dinas Runners	183	16	4'39"/km	00:23:10
231	00:23:20	296	Cheryl	Evans	Female	F35	Race 2	Les Croupiers Running Club	48	16	4'40"/km	00:23:09
232	00:23:28	298	George	Ponting	Male	MS	Race 2		184	71	4'41"/km	00:23:18
233	00:23:32	171	Gethin	Parker	Male	U20M	Race 2	Rhondda Athletic Club	185	16	4'42"/km	00:23:30
234	00:23:32	155	Alan	Mason	Male	M55+	Race 2	Les Croupiers	186	17	4'42"/km	00:23:21
235	00:23:39	304	George	Jones	Male	U20M	Race 2		187	17	4'43"/km	00:23:36
236	00:23:48	264	Andy	Davies	Male	M55+	Race 2	Pontypridd Roadents AC	188	18	4'45"/km	00:23:40
237	00:23:58	55	Dakota	Davies	Female	F35	Race 2	Rhondda athletics	49	17	4'47"/km	00:23:57
238	00:23:59	136	Andrew	Kaye	Male	M55+	Race 2	Vegan running club	189	19	4'47"/km	00:23:49
239	00:24:06	2	Marc	Adams	Male	M35	Race 2		190	53	4'49"/km	00:23:59
240	00:24:16	275	Mick	McGeoch	Male	M55+	Race 2	Les Croupiers Running Club	191	20	4'51"/km	00:24:05
241	00:24:24	287	Christopher	Markall	Male	M35	Race 2		192	54	4'52"/km	00:24:10
242	00:24:27	161	Emily	Morton	Female	F35	Race 2	Pontypridd Roadents AC	50	18	4'53"/km	00:24:20
243	00:24:28	223	Helen	Tamburello	Female	F35	Race 2	The Running Hub	51	19	4'53"/km	00:24:13
244	00:24:53	261	Ronald	Morris	Male	M55+	Race 2	San Domenico	193	21	4'58"/km	00:24:47
245	00:25:41	44	Lisa	Cleary	Female	F55	Race 2	penarth and Dinas Runners	52	1	5'08"/km	00:25:31
246	00:25:52	301	Louise	Fairbank	Female	FS	Race 2	Aberdare Valley	53	21	5'10"/km	00:25:40
247	00:26:01	92	Liam	Griffiths	Male	MS	Race 2		194	72	5'12"/km	00:25:48
248	00:26:17	82	Eve	Gallopevans	Female	F55	Race 2	Les Croupiers Running Club	54	2	5'15"/km	00:26:04
249	00:27:16	38	John	Chandler	Male	M55+	Race 2	San Domenico	195	22	5'27"/km	00:27:04
250	00:27:46	255	Hannah	Wyatt	Female	FS	Race 2	Caerphilly Runners	55	22	5'33"/km	00:27:39
251	00:27:47	193	Debbie	Rees	Female	F55	Race 2	Penarth and Dinas	56	3	5'33"/km	00:27:36
252	00:27:58	241	Gianfranco	Viazzani	Male	MS	Race 2		196	73	5'35"/km	00:27:45
253	00:28:10	297	Dennis	Collins	Male	M55+	Race 2	Rhondda Valley Runners	197	23	5'38"/km	00:27:58
254	00:28:17	172	Brian	Parker	Male	M45	Race 2	Abercynon Road Club	198	31	5'39"/km	00:28:05
255	00:28:40	178	Sany	Phommachanh	Male	M45	Race 2	CDF Runners	199	32	5'44"/km	00:28:25
256	00:28:51	175	Susan	Peirce	Female	F45	Race 2	San Domenico	57	6	5'46"/km	00:28:38
257	00:28:58	60	Michael H	Davies	Male	M55+	Race 2	Les Croupiers RC	200	24	5'47"/km	00:28:43
258	00:28:58	50	Gerry	Crispie	Male	M55+	Race 2	Les Croupiers Running Club	201	25	5'47"/km	00:28:43
259	00:33:51	165	Tracey	Newman	Female	F45	Race 2	Clwb Run Wales	58	7	6'46"/km	00:33:38
260	00:37:28	9	Jeffrey	Aston	Male	M55+	Race 2	Les Croupiers Running Club	202	26	7'29"/km	00:37:13