

Overall_pos	Overall Time	Bib	Name	Surname	Gender	Category	WWA Categories	Club	Gender Pos	Category Pos	Avg Speed	Net Time
1	00:35:26	57	Martyn	Ogrady	Male	M40	Male 35	Neath harriers	1	1	3'32"/km	00:35:26
2	00:35:50	31	Ollie	George	Male	Open Male	Senior M	Sarn Helen	2	1	3'35"/km	00:35:50
3	00:36:42	59	John	Perkins	Male	M40	Male 45	Amman Valley Harriers	3	2	3'40"/km	00:36:42
4	00:36:46	40	Daryl	John	Male	M50	Male 45	Pembrokeshire Harriers	4	1	3'40"/km	00:36:46
5	00:37:01	16	Gareth	Davey	Male	M40	Male 45	Neath Harriers	5	3	3'42"/km	00:37:01
6	00:38:13	38	Aled	Hughes	Male	M40	Male 45	Aberystwyth AC	6	4	3'49"/km	00:38:13
7	00:39:21	48	Sam	Milligan	Male	Open Male	Senior M	Clwb Run Wales	7	2	3'56"/km	00:39:21
8	00:39:22	91	Paul	Williams	Male	M50	Male 55	Aberystwyth AC	8	2	3'56"/km	00:39:22
9	00:39:25	17	Alan	Davies	Male	M70+	Male 65+	Swansea harriers	9	1	3'56"/km	00:39:25
10	00:39:36	1	Josh	Barnett	Male	Open Male	Senior M	Carmarthen Harriers	10	3	3'57"/km	00:39:36
11	00:39:57	64	Dan	Rees	Male	M40			11	5	3'59"/km	00:39:57
12	00:40:07	113	Andy	Holcroft	Male	M40	M45-54	Pembrokeshire harriers	12	6	4'00"/km	00:40:07
13	00:40:14	97	Martin	Jones	Male	M40	Sen M	Pembrokeshire harriers	13	7	4'01"/km	00:40:14
14	00:40:27	42	Haley	Lawton	Female	F35	Female 35	3M Gorseinon Road Runners	1	1	4'02"/km	00:40:27
15	00:40:47	117	David	Clarke	Male	M40	M45-54	Llanelli AC	14	8	4'04"/km	00:40:47
16	00:40:54	93	Richard	Phillips	Male	M40	M45	Trots	15	9	4'05"/km	00:40:54
17	00:41:13	104	Owen	Davies	Male	M40	M45-54	Swansea Harriers	16	10	4'07"/km	00:41:13
18	00:41:42	84	Royston	Whitehouse	Male	M60	Male 55	Neath Harriers	17	1	4'10"/km	00:41:42
19	00:41:51	73	Kristy	Smith	Female	Open Female		Swansea harriers	2	1	4'11"/km	00:41:51
20	00:41:53	3	Henry	Bourton	Male	Open Male		RHFC	18	4	4'11"/km	00:41:53
21	00:42:22	44	Paul	Llewellyn	Male	M60	Male 55	Swansea Harriers	19	2	4'14"/km	00:42:22
22	00:42:34	118	Sophie	Palmer	Female	F35			3	2	4'15"/km	00:42:34
23	00:43:05	39	Rhydian	Jenkins	Male	Open Male	Male 35	Clwb Rhedeg Aberteifi	20	5	4'18"/km	00:43:05
24	00:43:21	114	Luke	Evans	Male	Open Male	Senior Male	TROTs	21	6	4'20"/km	00:43:21
25	00:43:22	63	Ashley	Ramsden	Male	Open Male		Amman Valley Harriers	22	7	4'20"/km	00:43:22
26	00:43:35	81	Nick	Venables	Male	M40		AMMAN VALLEY HARRIERS	23	11	4'21"/km	00:43:35
27	00:43:49	43	Tifanie	Lewis	Female	Open Female		Amman Valley Harriers	4	2	4'22"/km	00:43:49
28	00:44:19	14	Alun	Cox	Male	M50	Male 55	Port Talbot harriers	24	3	4'25"/km	00:44:19
29	00:45:08	46	Paul	Lock	Male	M50	Male 45	Llanelli	25	4	4'30"/km	00:45:08
30	00:45:10	86	Dean	Williams	Male	M40	Male 35	Neath Harriers	26	12	4'31"/km	00:45:10
31	00:45:15	27	Ian	Evans	Male	Open Male	Male 35	Trots	27	8	4'31"/km	00:45:15
32	00:45:26	32	Lindy	Geyer	Female	F55	Female 55	Trot	5	1	4'32"/km	00:45:26
33	00:45:31	123	Keiran	Weston	Male	M40			28	13	4'33"/km	00:45:31
34	00:45:47	78	Daniel	Thomas	Male	Open Male	Senior M	Swansea Harriers	29	9	4'34"/km	00:45:47
35	00:46:28	23	Jason	Dickinson	Male	M50	Male 55	Vegan Runners UK	30	5	4'38"/km	00:46:28
36	00:46:43	41	Myshola	Kirkham	Female	F45		knowle and Dorridge running club	6	1	4'40"/km	00:46:43
37	00:47:21	88	Mark	Williams	Male	M40		Aberdare valley	31	14	4'44"/km	00:47:21
38	00:47:25	51	Carwyn	Morgan	Male	M40			32	15	4'44"/km	00:47:25
39	00:47:27	49	Maryanne	Moon	Female	F45	Female 45	Amman Valley Harriers	7	2	4'44"/km	00:47:27
40	00:48:05	107	Paul	Coleman	Male	M60	M55-64	Pembrokeshire Tri Club	33	3	4'48"/km	00:48:05
41	00:48:13	105	Rodney	Powell	Male	M50	M45-54	TROTs	34	6	4'49"/km	00:48:13
42	00:48:32	20	Rhys	Davies	Male	Open Male			35	10	4'51"/km	00:48:32
43	00:48:43	83	Jana	Weidemann	Female	Open Female	Senior F	Amman Valley Harriers	8	3	4'52"/km	00:48:43
44	00:48:54	26	Aled	Evans	Male	Open Male			36	11	4'53"/km	00:48:54
45	00:49:07	8	Harri	Bryant	Male	Open Male			37	12	4'54"/km	00:49:07
46	00:49:14	124	Jenny	Tanner	Female	F35	F35-44		9	3	4'55"/km	00:49:14
47	00:49:15	129	Dafydd	Evans	Male	Open Male			38	13	4'55"/km	00:49:15
48	00:49:30	4	Christy	Bowling	Female	Open Female			10	4	4'57"/km	00:49:30
49	00:49:39	119	Sam	Palmer	Male	M40			39	16	4'57"/km	00:49:39
50	00:49:43	99	Robert	Rees	Male	Open Male			40	14	4'58"/km	00:49:43
51	00:49:51	30	David	Flynn	Male	M60	Male 65+	Les Croupiers R C	41	4	4'59"/km	00:49:51
52	00:49:54	127	Anthony	Dew	Male	M40	M45-54	TROTs	42	17	4'59"/km	00:49:54
53	00:50:00	71	Tommy	Rutherford	Male	M50	Male 55	Brecon AC	43	7	5'00"/km	00:50:00
54	00:50:37	35	Iain	Hassett	Male	Open Male			44	15	5'03"/km	00:50:37
55	00:50:53	96	Ashley	Tomkinson	Male	Open Male			45	16	5'05"/km	00:50:53
56	00:51:00	102	Colin	Edwards	Male	M60	M55-64	Llanelli AC	46	5	5'06"/km	00:51:00
57	00:51:35	95	Wayne	Fowler	Male	M50		Ammanford Vally Harriers	47	8	5'09"/km	00:51:35
58	00:51:47	34	Hannah	Griffiths	Female	F45			11	3	5'10"/km	00:51:47
59	00:51:48	19	Claire	Davies	Female	Open Female		N/A	12	5	5'10"/km	00:51:48
60	00:52:52	115	Liz	Harries	Female	Open Female			13	6	5'17"/km	00:52:52
61	00:53:11	112	Corissa	Smith	Female	Open Female	Senior Female	TROTs	14	7	5'19"/km	00:53:11
62	00:53:40	128	Janine	Owen	Female	F45	F45-54	TROTs	15	4	5'22"/km	00:53:40
63	00:53:48	94	Raymond	Weeks	Male	M40	M45	Llanelli	48	18	5'22"/km	00:53:48
64	00:54:00	29	Ben	Flack	Male	M40			49	19	5'24"/km	00:54:00
65	00:54:52	116	Lleucu	Mains	Female	Open Female			16	8	5'29"/km	00:54:52
66	00:55:13	54	Tina	Morris	Female	F45	Female 45	Amman Valley Harriers	17	5	5'31"/km	00:55:13
67	00:55:17	98	Laura	Borrelli	Female	Open Female		Peak Performance Wales	18	9	5'31"/km	00:55:17
68	00:55:20	9	Ria	Burton	Female	F35	Female 35	Amman Valley Harries	19	4	5'32"/km	00:55:20
69	00:55:40	7	Michael	Brophy	Male	M40			50	20	5'34"/km	00:55:40
70	00:55:52	108	Stu	Williams	Male	M50		Amman Valley Harriers	51	9	5'35"/km	00:55:52
71	00:56:28	120	William	Davies	Male	Open Male			52	17	5'38"/km	00:56:28
72	00:56:34	67	Angie	Ridge	Female	F55	Female 55	Run4all Neath	20	2	5'39"/km	00:56:34
73	00:56:54	52	Ryan	Morgan	Male	M40			53	21	5'41"/km	00:56:54
74	00:57:03	65	Mathew	Rees	Male	M40			54	22	5'42"/km	00:57:03
75	00:57:09	121	Ryan Connor	Ennis	Male	Open Male			55	18	5'42"/km	00:57:09
76	00:57:10	75	Michelle	Spencer-howells	Female	F45	Female 45	Amman valley harriers	21	6	5'43"/km	00:57:10
77	00:57:13	122	Spencer	Williams	Male	Open Male			56	19	5'43"/km	00:57:13
78	00:57:19	6	Marc	Brophy	Male	Open Male		Tri Hard Harries	57	20	5'43"/km	00:57:19
79	00:57:23	61	Wayne	Preece	Male	M70+			58	2	5'44"/km	00:57:23
80	00:57:29	110	Nicola	Parry	Female	F45	F45-54	Amman Valley Harriers	22	7	5'44"/km	00:57:29
81	00:57:38	47	Chris	Michael	Female	F45			23	8	5'45"/km	00:57:38
82	00:57:54	100	Rhidian	Edwards	Male	M40			59	23	5'47"/km	00:57:54
83	00:58:01	109	Nicola	Williams	Female	F55	F55-64	Amman Valley Harriers	24	3	5'48"/km	00:58:01
84	00:58:18	55	Gavin	Oak	Male	M50	Male 55	Neath Harriers	60	10	5'49"/km	00:58:18
85	00:58:18	90	Michael	Williams	Male	Open Male			61	21	5'49"/km	00:58:18
86	00:58:32	72	Rachel	Schiavone	Female	Open Female			25	10	5'51"/km	00:58:32
87	00:58:32	68	Mike	Ridout	Male	M70+	Male 65+	Pembrokeshire Harriers	62	3	5'51"/km	00:58:32

88	00:58:39	89	Mererid	Williams	Female	Open Female			26	11	5'51"/km	00:58:39
89	00:59:01	106	Owen	Teece	Male	Open Male			63	22	5'54"/km	00:59:01
90	00:59:32	45	Sue	Lloyd	Female	F55	Female 55	Pembrokeshire Harriers	27	4	5'57"/km	00:59:32
91	00:59:38	130	Rhodri	Phillips	Male	Open Male			64	23	5'57"/km	00:59:38
92	01:00:14	103	Gloria	Edwards	Female	F55	F55-64	Llanelli AC	28	5	6'01"/km	01:00:14
93	01:00:56	76	Martin	Tavener	Male	M50		Brecon AC	65	11	6'05"/km	01:00:56
94	01:01:13	5	Luke	Broadley	Male	Open Male			66	24	6'07"/km	01:01:13
95	01:02:03	126	Eve	Kidhu	Female	Open Female			29	12	6'12"/km	01:02:03
96	01:02:39	101	Eric	Davey	Male	M70+	M65+	Llanelli Striders	67	4	6'15"/km	01:02:39
97	01:02:47	33	Sandra	Goodwin	Female	F45			30	9	6'16"/km	01:02:47
98	01:03:41	69	Gareth	Robinson	Male	M40			68	24	6'22"/km	01:03:41
99	01:04:20	56	Aaron	O'connell	Male	Open Male	Senior M	Pembrokeshire harriers	69	25	6'26"/km	01:04:20
100	01:04:33	37	Michelle	Hitches	Female	F35			31	5	6'27"/km	01:04:33
101	01:04:35	92	Lon	Morgan	Female	F65+	F65	Trots	32	1	6'27"/km	01:04:35
102	01:04:39	21	Stephen	Davies	Male	M50			70	12	6'27"/km	01:04:39
103	01:04:47	87	Julie	Williams	Female	F55	Female 55	Aberystwyth AC	33	6	6'28"/km	01:04:47
104	01:05:00	11	Mandy	Colbourne	Female	F65+			34	2	6'30"/km	01:05:00
105	01:06:54	125	Brian	Harding	Male	M70+		Brentwood Running Club	71	5	6'41"/km	01:06:54
106	01:07:23	28	Rachel	Evans	Female	F55	Female 55	Llanelli AC	35	7	6'44"/km	01:07:23
107	01:07:47	74	Beverley	Spear	Female	F45		Carmarthen triathlon club	36	10	6'46"/km	01:07:47
108	01:09:42	2	Alison	Belton	Female	F55			37	8	6'58"/km	01:09:42
109	01:09:44	111	Andrew	Rees	Male	M50	M55-64	TROTS	72	13	6'58"/km	01:09:44
110	01:10:04	13	Michael	Cordell	Male	M60			73	6	7'00"/km	01:10:04
111	01:10:49	70	Lee	Rogers	Male	Open Male		N/A	74	26	7'04"/km	01:10:49
112	01:15:37	18	Claire	Davies	Female	F45			38	11	7'33"/km	01:15:37
113	01:17:23	24	Jean	Driscoll	Female	F65+	Female 65+	Trots St Clears	39	3	7'44"/km	01:17:23
114	01:17:58	77	Barbara	Thomas	Female	F65+	Female 65+	Pembrokeshire harriers	40	4	7'47"/km	01:17:58
115	01:19:26	58	Anne	Palmer	Female	F65+			41	5	7'56"/km	01:19:26