

Overall Pos	Overall Time	Bib	Name	Surname	Gender	Category	Event	Club	Gender Pos	Category Pos	Avg Speed	Net Time
1	00:14:53	194	Jacob	Tasker	Male	MS	Race 3	Ogmore Phoenix	1	1	2'58"/km	00:14:53
2	00:14:59	120	David	Long	Male	MS	Race 3	PontyPridd Roadents AC	2	2	2'59"/km	00:14:59
3	00:15:21	212	Adam	Whittaker	Male	MS	Race 3		3	3	3'04"/km	00:15:21
4	00:15:29	241	Ben	Hughes	Male	U20M	Race 3	Pontypridd Roadents AC	4	1	3'05"/km	00:15:29
5	00:15:30	191	Daniel	Smith	Male	MS	Race 3	Pontypridd Roadents AC	5	4	3'06"/km	00:15:29
6	00:15:33	70	Sam	Griffiths	Male	MS	Race 3	Caldicot Running Club	6	5	3'06"/km	00:15:33
7	00:15:52	280	Owain	Morris	Male	MS	Race 3	Les Croupiers Running Club	7	6	3'10"/km	00:15:51
8	00:15:54	262	Lloyd	Cottrell	Male	MS	Race 3	Lliswerry Runners	8	7	3'10"/km	00:15:54
9	00:15:55	95	David	Jones	Male	M35	Race 3	Pontypridd Roadents AC	9	1	3'11"/km	00:15:55
10	00:15:56	38	Justin	Crocker	Male	M35	Race 3	Parc Bryn Bach Running Club	10	2	3'11"/km	00:15:55
11	00:15:57	108	Ben	Kennedy	Male	MS	Race 3	Les Croupiers	11	8	3'11"/km	00:15:55
12	00:15:58	81	Ryan	Holt	Male	MS	Race 3	Les Croupiers RC	12	9	3'11"/km	00:15:57
13	00:16:01	228	Daniel	Bodman	Male	MS	Race 3	Parc Bryn Bach Running Club	13	10	3'12"/km	00:16:01
14	00:16:04	45	Lee	Drew	Male	MS	Race 3	Lliswerry Runners	14	11	3'12"/km	00:16:03
15	00:16:05	217	Geraint	Williams	Male	M35	Race 3	Swansea Harriers	15	3	3'13"/km	00:16:04
16	00:16:06	6	Jonathon	Astley	Male	M35	Race 3	Parc Bryn Bach RC	16	4	3'13"/km	00:16:05
17	00:16:08	250	Symon	Murphy	Male	M35	Race 3	Pontypridd Roadents AC	17	5	3'13"/km	00:16:06
18	00:16:09	196	Eliot	Taylor	Male	MS	Race 3	Western Tempo	18	12	3'13"/km	00:16:07
19	00:16:12	44	Angelo	Doria	Male	U20M	Race 3	Ogmore phoenix runners	19	2	3'14"/km	00:16:10
20	00:16:13	135	Martin	Norton	Male		Race 3	Lliswerry Runners	20		3'14"/km	00:16:12
21	00:16:14	243	Evan	Coney	Male	MS	Race 3	Cardiff Athletics	21	13	3'14"/km	00:16:13
22	00:16:17	64	Andy	Gardiner	Male	M35	Race 3	San Domenico	22	6	3'15"/km	00:16:15
23	00:16:19	22	Ben	Butler-madden	Male	M35	Race 3	Pontypridd Roadents AC	23	7	3'15"/km	00:16:18
24	00:16:23	148	James	Peters	Male	M35	Race 3	Pontypridd roadents ac	24	8	3'16"/km	00:16:23
25	00:16:24	71	Leroy	Griffiths	Male	U20M	Race 3	Rhondda Ac	25	3	3'16"/km	00:16:22
26	00:16:24	255	Lee	Aherne	Male	M55+	Race 3	Parc Bryn Bach Running Club	26	1	3'17"/km	00:16:23
27	00:16:26	2	Badr	Alainzay	Male	MS	Race 3	Blackburn Harriers & AC	27	14	3'17"/km	00:16:24
28	00:16:27	202	Kyle	Turner	Male	MS	Race 3	RAF Athetics	28	15	3'17"/km	00:16:23
29	00:16:29	278	Alan	Baker	Male	M35	Race 3	North Somerset	29	9	3'17"/km	00:16:27
30	00:16:30	49	Carl	Eldred	Male	MS	Race 3	Les Croupiers Running Club	30	16	3'18"/km	00:16:28
31	00:16:31	97	Sam	Jones	Male	M35	Race 3	Parc Bryn Bach Running Club	31	10	3'18"/km	00:16:29
32	00:16:35	276	Thomas	Henry	Male	M35	Race 3	Lliswerry Runners	32	11	3'19"/km	00:16:34
33	00:16:38	199	Tom	Tiley	Male	MS	Race 3	Istwyn	33	17	3'19"/km	00:16:36
34	00:16:39	247	James	Bennett	Male	MS	Race 3	Cardiff Uni AC	34	18	3'19"/km	00:16:37
35	00:16:43	53	Huw	Evans	Male	M45	Race 3	Parc Bryn Bach Running Club	35	1	3'20"/km	00:16:42
36	00:16:45	134	Doug	Nicholls	Male	M35	Race 3	Pontypridd	36	12	3'21"/km	00:16:43
37	00:16:45	11	Jon	Belcher	Male	M45	Race 3	Lliswerry Runners	37	2	3'21"/km	00:16:42
38	00:16:50	160	Ryan	Pugsley	Male	MS	Race 3	Les Croupiers Running Club	38	19	3'22"/km	00:16:48
39	00:16:51	244	Oliver	Price	Male	U20M	Race 3	Cardiff Athletics	39	4	3'22"/km	00:16:49
40	00:16:53	189	Anthony	Smets	Male	MS	Race 3	Les croupiers	40	20	3'22"/km	00:16:53
41	00:16:53	42	Thomas	Davies	Male	MS	Race 3	Porthcawl runners	41	21	3'22"/km	00:16:49
42	00:16:53	268	Luke	Duggan	Male	M35	Race 3	Porthcawl Runners	42	13	3'22"/km	00:16:49
43	00:16:54	77	Mark	Hobbs	Male	M35	Race 3	Micky Morris Racing Team	43	14	3'22"/km	00:16:52
44	00:16:56	13	Jonathan	Bonville-ginn	Male	MS	Race 3	CDF Runners	44	22	3'23"/km	00:16:53
45	00:16:56	236	Alex	Price	Male	MS	Race 3	Les Croupiers Running Club	45	23	3'23"/km	00:16:56
46	00:16:58	157	Evan	Price	Male	U20M	Race 3	Cardiff Archers	46	5	3'23"/km	00:16:56
47	00:17:00	102	Paul	Josua	Male	M35	Race 3	San Domenico RC	47	15	3'24"/km	00:16:56
48	00:17:01	32	Lauren	Cooper	Female	FS	Race 3	Western Tempo	1	1	3'24"/km	00:16:58
49	00:17:02	269	Tom	Flitcroft	Male	MS	Race 3	Les Croupiers Running Club	48	24	3'24"/km	00:17:00
50	00:17:05	34	James	Craddock	Male	MS	Race 3	Les Croupiers	49	25	3'25"/km	00:17:03
51	00:17:06	96	Neil	Jones	Male	M45	Race 3	Pontyclun roadrunners	50	3	3'25"/km	00:17:04
52	00:17:10	284	Jeff	Wherlock	Male	M55+	Race 3	Lliswerry Runners	51	2	3'26"/km	00:17:08
53	00:17:12	203	Matthew	Turner	Male	M45	Race 3		52	4	3'26"/km	00:17:09
54	00:17:13	26	Kenneth	Caulkett	Male	M35	Race 3	Albany road run club	53	16	3'26"/km	00:17:08
55	00:17:14	254	Paul	Carter	Male	M35	Race 3		54	17	3'26"/km	00:17:08
56	00:17:14	204	Gemma	Tutton	Female	FS	Race 3	Swansea Harriers	2	2	3'26"/km	00:17:10
57	00:17:16	83	Huw	Hudson	Male	MS	Race 3	Penarth and Dinas	55	26	3'27"/km	00:17:14
58	00:17:17	171	Adam	Roberts	Male	M35	Race 3	Parc Bryn Bach Running Club	56	18	3'27"/km	00:17:13
59	00:17:19	17	Jordan	Bray	Male	MS	Race 3	The Running Social	57	27	3'27"/km	00:17:16
60	00:17:21	271	Michael	Morgan	Male		Race 3	Pontypridd Roadents AC	58		3'28"/km	00:17:16
61	00:17:23	251	Nathan	Christoforato	Male	M35	Race 3	Les Croupiers Running Club	59	19	3'28"/km	00:17:20
62	00:17:25	129	Aaron	Nathan	Male	U20M	Race 3	Cardiff archers	60	6	3'29"/km	00:17:23
63	00:17:26	159	Robert	Pritchard	Male	M35	Race 3	Lliswerry Runners	61	20	3'29"/km	00:17:24
64	00:17:27	90	Cathan	Ivory	Male	MS	Race 3	Les Croupiers Running Club	62	28	3'29"/km	00:17:19
65	00:17:30	238	Marcus	Bayona-martinez	Male	MS	Race 3	Builth and District	63	29	3'30"/km	00:17:28
66	00:17:30	249	Osain	Emmerson	Male	U20M	Race 3	Archers	64	7	3'30"/km	00:17:27
67	00:17:32	173	David	Robinson	Male	MS	Race 3		65	30	3'30"/km	00:17:25
68	00:17:33	230	Tomos	Roberts	Male	MS	Race 3	Cardiff AAC	66	31	3'30"/km	00:17:33
69	00:17:34	172	Kate	Roberts	Female	F35	Race 3	Swansea harriers	3	1	3'30"/km	00:17:31
70	00:17:38	174	Martyn	Rowling	Male	M35	Race 3		67	21	3'31"/km	00:17:27
71	00:17:40	165	Sam	Reid	Male	MS	Race 3		68	32	3'32"/km	00:17:31
72	00:17:40	55	Emily	Fell	Female	FS	Race 3	CDF Runners	4	3	3'32"/km	00:17:36
73	00:17:42	224	Ryan	Worlock-morgan	Male	MS	Race 3	Parc Bryn Bach Running Club	69	33	3'32"/km	00:17:39
74	00:17:42	195	Steven	Taylor	Male	M35	Race 3	Swansea harriers	70	22	3'32"/km	00:17:37

75	00:17:44	237	Peter	Ryder	Male	M35	Race 3		71	23	3'32"/km	00:17:41
76	00:17:44	282	Lucy	Marland	Female	F35	Race 3	Les Croupiers Running Club	5	2	3'32"/km	00:17:41
77	00:17:46	257	Craig	Cheedy	Male	M35	Race 3	Griffithstown	72	24	3'33"/km	00:17:43
78	00:17:47	5	Jonathan	Anstee	Male	MS	Race 3	CDF Runners	73	34	3'33"/km	00:17:40
79	00:17:47	119	Owen	Lloyd	Male	MS	Race 3	San Domenico Running Club	74	35	3'33"/km	00:17:45
80	00:17:49	59	John	Fitzpatrick	Male	M35	Race 3	Penarth and Dinas Runners	75	25	3'33"/km	00:17:46
81	00:17:50	161	Jack	Pugsley	Male	M35	Race 3	Porthcawl Runners	76	26	3'34"/km	00:17:45
82	00:17:51	239	Haaziq	Reza	Male	MS	Race 3	Cardiff Runners	77	36	3'34"/km	00:17:45
83	00:17:52	164	Matt	Regan	Male	M35	Race 3	Pontypridd Roadents AC	78	27	3'34"/km	00:17:49
84	00:17:53	193	Davy	Tack	Male	M45	Race 3	AVI	79	5	3'34"/km	00:17:48
85	00:17:54	146	Steve	Payne	Male	M45	Race 3	Pontypridd roadents Ac	80	6	3'35"/km	00:17:51
86	00:17:58	253	Ioan	Beynon	Male	U20M	Race 3	Cardiff Athletics	81	8	3'35"/km	00:17:53
87	00:18:00	111	Nynke	Kuiper	Female	FS	Race 3	CDF Runners	6	4	3'36"/km	00:17:53
88	00:18:00	131	Carl	Nealon	Male	MS	Race 3	Les Croupiers Running Club	82	37	3'36"/km	00:17:56
89	00:18:06	145	Matthew	Payn	Male	MS	Race 3	CDF Runners	83	38	3'37"/km	00:18:00
90	00:18:07	259	David	Barker	Male	U20M	Race 3	Cardiff Athletics	84	9	3'37"/km	00:18:01
91	00:18:07	201	Harri	Tudor-asveld	Male	U20M	Race 3	Cardiff AAC	85	10	3'37"/km	00:18:02
92	00:18:09	136	Rian	O Dwyer	Male	M45	Race 3		86	7	3'37"/km	00:18:04
93	00:18:13	221	Jack	Woodhouse	Male	U20M	Race 3	Neath Harriers	87	11	3'38"/km	00:18:11
94	00:18:14	4	Stuart	Allen	Male	M45	Race 3	Penarth and Dinas Runners	88	8	3'38"/km	00:18:10
95	00:18:15	170	David	Richardson	Male	M35	Race 3	Pont-y-pwl	89	28	3'39"/km	00:18:12
96	00:18:16	266	Michael	Riley	Male	M45	Race 3	Les Croupiers Running Club	90	9	3'39"/km	00:18:11
97	00:18:18	156	Matthew	Powell	Male	MS	Race 3	Pontypridd Roadents	91	39	3'39"/km	00:18:16
98	00:18:19	214	Henry	Williams	Male	MS	Race 3	Lliswerry Runners	92	40	3'39"/km	00:18:15
99	00:18:19	113	Rhys	Lane	Male	MS	Race 3	Lliswerry Runners	93	41	3'39"/km	00:18:14
100	00:18:24	46	Thomas	Edwards	Male	MS	Race 3	Parc Bryn Bach Running Club	94	42	3'40"/km	00:18:21
101	00:18:27	147	Andy	Pearce	Male	M55+	Race 3	Penarth and Dinas Runners	95	3	3'41"/km	00:18:24
102	00:18:27	56	Rosie	Fenton	Female	FS	Race 3	CDF Runners	7	5	3'41"/km	00:18:23
103	00:18:32	60	Ross	Flanigan	Male	M55+	Race 3	Penarth & Dinas Runners	96	4	3'42"/km	00:18:29
104	00:18:35	216	Jacob	Williams	Male	MS	Race 3	Penarth and Dinas Runners	97	43	3'43"/km	00:18:30
105	00:18:38	211	Ritchie	Wells	Male	MS	Race 3	Lliswerry Runners	98	44	3'43"/km	00:18:23
106	00:18:40	218	Neil	Williams	Male	M35	Race 3	San Domenico RC	99	29	3'44"/km	00:18:35
107	00:18:40	264	Archie	Davies	Male	M35	Race 3	TRC Pontypool	100	30	3'44"/km	00:18:37
108	00:18:41	142	Tomos	Parry	Male	MS	Race 3		101	45	3'44"/km	00:18:30
109	00:18:41	115	Haley	Lawton	Female	F35	Race 3	Gorseinon Road Runners	8	3	3'44"/km	00:18:36
110	00:18:42	213	Rahel	Wijeyekoon	Male	MS	Race 3	CDF Runners	102	46	3'44"/km	00:18:36
111	00:18:42	209	Alex	Walden	Male	MS	Race 3	Caerleon Running Club	103	47	3'44"/km	00:18:34
112	00:18:43	89	Wayne	Humphreys	Male	M45	Race 3	Les Croupiers Running Club	104	10	3'44"/km	00:18:37
113	00:18:44	185	Humphrey	Sheil	Male	M45	Race 3	CDF Runners	105	11	3'44"/km	00:18:39
114	00:18:48	192	Ewan	Stenhouse	Male	MS	Race 3	CDF Runners	106	48	3'45"/km	00:18:40
115	00:18:50	15	Gabriella	Booth	Female	F35	Race 3	Porthcawl Runners	9	4	3'46"/km	00:18:44
116	00:18:51	139	Katie	O'hare	Female	FS	Race 3	Pontypridd Roadents AC	10	6	3'46"/km	00:18:48
117	00:18:51	181	Joseph	Schembri	Male	M45	Race 3	Jstkd	107	12	3'46"/km	00:18:40
118	00:18:53	33	Tomas	Cox	Male	MS	Race 3	CDF Runners	108	49	3'46"/km	00:18:47
119	00:19:01	103	Toby	Kearns	Male	MS	Race 3	Ogmore Pheonix	109	50	3'48"/km	00:18:57
120	00:19:03	166	Jon	Rendell	Male	MS	Race 3	Running punks	110	51	3'48"/km	00:18:57
121	00:19:03	229	Emma	Palfrey	Female	F35	Race 3	Sarn Helen	11	5	3'48"/km	00:18:59
122	00:19:04	80	Leo	Holmes	Male	MS	Race 3	Les Croupiers	111	52	3'48"/km	00:18:57
123	00:19:04	123	Patrick	Mckechnie	Male	MS	Race 3		112	53	3'48"/km	00:18:55
124	00:19:05	177	Sean	Sanders	Male	M55+	Race 3	Merthyr Running Club	113	5	3'49"/km	00:18:58
125	00:19:09	47	Hywel	Edwards	Male	M45	Race 3	San domenico	114	13	3'49"/km	00:19:03
126	00:19:09	267	Alexander	James	Male	MS	Race 3	Cardiff Runners	115	54	3'49"/km	00:19:04
127	00:19:15	270	Mike	Harrison	Male	M35	Race 3	Penarth and Dinas Runners	116	31	3'51"/km	00:19:10
128	00:19:17	265	Tim	Hughes	Male	MS	Race 3	Bridgend Athletics	117	55	3'51"/km	00:19:14
129	00:19:18	283	Rich	Baker	Male	M45	Race 3		118	14	3'51"/km	00:19:10
130	00:19:20	256	Clare	Patterson	Female	F45	Race 3	Parc Bryn Bach Running Club	12	1	3'52"/km	00:19:15
131	00:19:20	124	Emyr	Morgan	Male	M45	Race 3	Les Croupiers RC	119	15	3'52"/km	00:19:15
132	00:19:24	110	Florence	King	Female	FS	Race 3	CDF Runners	13	7	3'52"/km	00:19:17
133	00:19:25	75	Alex	Hayman	Male	MS	Race 3	CDF Runners	120	56	3'53"/km	00:19:17
134	00:19:26	154	Laurence	Pole	Male	M45	Race 3	Pontypridd Roadents AC	121	16	3'53"/km	00:19:22
135	00:19:28	99	Laura	Jones	Female	F35	Race 3	Les Croupiers Running Club	14	6	3'53"/km	00:19:22
136	00:19:31	285	Ben	Beckingsale	Male		Race 3	Les Croupiers Running Club	122		3'54"/km	00:19:22
137	00:19:32	248	Bethan	Meyrick	Female	U20F	Race 3	Les Croupiers Running Club	15	1	3'54"/km	00:19:26
138	00:19:33	39	Rhydian	Darcy	Male	M35	Race 3	CDF Runners	123	32	3'54"/km	00:19:24
139	00:19:33	231	Leigh	James	Female	F35	Race 3	Les Croupiers	16	7	3'54"/km	00:19:29
140	00:19:34	104	Rhys	Kelland	Male	M35	Race 3	Rhondda Athletics club	124	33	3'54"/km	00:19:31
141	00:19:35	116	Cheryl	Lee	Female	F35	Race 3	Pontyclun Road Runners	17	8	3'55"/km	00:19:32
142	00:19:36	3	Marcio	Alexandre	Male	MS	Race 3	Parc bryn bach running club	125	57	3'55"/km	00:19:28
143	00:19:37	162	Ben	Raymond	Male	U20M	Race 3	Barry & Vale Harriers	126	12	3'55"/km	00:19:27
144	00:19:38	92	Lewis	Jeffreys	Male	U20M	Race 3		127	13	3'55"/km	00:19:31
145	00:19:38	281	Gareth	Lynch	Male	M45	Race 3	Les Croupiers Running Club	128	17	3'55"/km	00:19:29
146	00:19:40	127	Ffion	Morgan	Female	F35	Race 3	CDF	18	9	3'56"/km	00:19:33
147	00:19:43	190	Kristy	Smith	Female		Race 3	Swansea harriers	19		3'56"/km	00:19:34
148	00:19:43	180	Pablo	Sanz Garcia	Male	M35	Race 3	Penarth and Dinas Runners	129	34	3'56"/km	00:19:42
149	00:19:44	220	Luke	Woodhouse	Male	U20M	Race 3	Neath Harriers	130	14	3'56"/km	00:19:41

150	00:19:44	91	Steve	James	Male	M35	Race 3		131	35	3'56"/km	00:19:37
151	00:19:47	21	Gareth	Burkitt	Male	MS	Race 3	Caerleon RC	132	58	3'57"/km	00:19:37
152	00:19:47	73	Matthew	Gwenter	Male	M35	Race 3	Penarth and Dinas Runners	133	36	3'57"/km	00:19:42
153	00:19:47	27	Julie	Chamberlain	Female	F35	Race 3	Cardiff AAC	20	10	3'57"/km	00:19:42
154	00:19:59	121	Ian	Marshall	Male	M45	Race 3	Penarth and Dinas Runners	134	18	3'59"/km	00:19:47
155	00:20:00	20	Natalie	Burchell	Female	F35	Race 3	Griffithstown Harriers	21	11	4'00"/km	00:19:53
156	00:20:04	175	James	Samuel	Male	M35	Race 3		135	37	4'00"/km	00:19:52
157	00:20:06	50	Ryan	Elliott	Male	MS	Race 3		136	59	4'01"/km	00:19:59
158	00:20:07	7	Alyssa	Baker	Female	U20F	Race 3	pontypool Runners	22	2	4'01"/km	00:20:01
159	00:20:10	158	James	Priddy	Male	MS	Race 3	Parc Bryn Bach RC	137	60	4'02"/km	00:20:02
160	00:20:11	258	Catherine	Barker	Female	F45	Race 3	Penarth and Dinas Runners	23	2	4'02"/km	00:20:03
161	00:20:16	10	Katie	Beecher	Female	F45	Race 3	Les Croupiers Running Club	24	3	4'03"/km	00:20:07
162	00:20:25	69	Lauren	Green	Female	F35	Race 3		25	12	4'05"/km	00:20:19
163	00:20:29	226	Ross	Wright	Male	MS	Race 3		138	61	4'05"/km	00:20:21
164	00:20:35	263	Niamh	James	Female	FS	Race 3	Cardiff Uni AC	26	8	4'07"/km	00:20:32
165	00:20:36	242	Jeremy	Thomas	Male	M55+	Race 3	Les Croupiers Running Club	139	6	4'07"/km	00:20:30
166	00:20:37	155	Jonathan	Pollinger	Male	M55+	Race 3		140	7	4'07"/km	00:20:25
167	00:20:37	208	Jessica	Wadey	Female	FS	Race 3	Les Croupiers Running Club	27	9	4'07"/km	00:20:28
168	00:20:38	233	Phil	Bristow	Male	M55+	Race 3	San Domenico RC	141	8	4'07"/km	00:20:32
169	00:20:40	261	Rachel	Hadley	Female	FS	Race 3	Les Croupiers Running Club	28	10	4'08"/km	00:20:32
170	00:20:41	132	Riley	Nealon	Male	U20M	Race 3	Cardiff AAC	142	15	4'08"/km	00:20:33
171	00:20:47	227	Owain	Cooper	Male	MS	Race 3		143	62	4'09"/km	00:20:40
172	00:20:48	152	Chloe	Piggott	Female	U20F	Race 3	Aberdare Valley AAC	29	3	4'09"/km	00:20:40
173	00:20:48	65	James	George	Male	M45	Race 3	Penarth and Dinas Runners	144	19	4'09"/km	00:20:37
174	00:20:50	62	Tim	Fry	Male	M45	Race 3	Llswerry Runners	145	20	4'10"/km	00:20:38
175	00:20:50	72	Grace	Griffiths	Female	U20F	Race 3		30	4	4'10"/km	00:20:46
176	00:20:51	100	Beth	Jones	Female	FS	Race 3	Parc bryn Bach rc	31	11	4'10"/km	00:20:44
177	00:20:53	126	Nicholas	Morgan	Male	M35	Race 3	Penarth And Dinas Runners	146	38	4'10"/km	00:20:49
178	00:20:57	105	Isabelle	Kelland	Female	U20F	Race 3	Rhondda Athletics club	32	5	4'11"/km	00:20:54
179	00:21:02	51	Lucy	Entwistle	Female	F35	Race 3	Penarth and Dinas Runners	33	13	4'12"/km	00:20:52
180	00:21:04	232	Laura	Wright	Female	FS	Race 3	Cardiff AAC	34	12	4'12"/km	00:20:57
181	00:21:04	23	Colin	Caesar	Male	M45	Race 3	Penarth and Dinas Runners	147	21	4'12"/km	00:20:52
182	00:21:06	87	Joel	Hughes	Male	MS	Race 3		148	63	4'13"/km	00:21:03
183	00:21:07	138	Sophie	Oddy	Female	FS	Race 3	Bridgend AC	35	13	4'13"/km	00:21:02
184	00:21:07	61	Sam	Frowen	Male	MS	Race 3		149	64	4'13"/km	00:20:57
185	00:21:10	169	Bethan	Richardson	Female	F35	Race 3	Pont-Y-Pwl & District Runners	36	14	4'14"/km	00:21:03
186	00:21:12	79	Daniel	Hollins	Male	U20M	Race 3	Cardiff AAC	150	16	4'14"/km	00:21:01
187	00:21:12	85	Willow	Hughes	Female	U20F	Race 3	Ogmore phoenix runners	37	6	4'14"/km	00:21:05
188	00:21:12	179	Nicholas	Santos	Male	M35	Race 3	The Bullet Brigade	151	39	4'14"/km	00:21:09
189	00:21:13	82	Paige	Horsnell	Female	FS	Race 3	Ponty Roadants	38	14	4'14"/km	00:21:09
190	00:21:14	178	Alesha	Santos	Female	U20F	Race 3	Rhondda AAC	39	7	4'14"/km	00:21:10
191	00:21:22	153	Katie	Plimmer	Female	FS	Race 3	Ogmore Phoenix	40	15	4'16"/km	00:21:15
192	00:21:23	272	Gareth	Jenkins	Male	M35	Race 3	Ogmore Phoenix Runners	152	40	4'16"/km	00:21:16
193	00:21:37	275	Emma	Maloney	Female	FS	Race 3	Llswerry Runners	41	16	4'19"/km	00:21:28
194	00:21:42	274	Emily	Brown	Female	F35	Race 3	RAF	42	15	4'20"/km	00:21:38
195	00:21:47	143	Chloe	Parsons	Female	FS	Race 3	Bitton Road Runners	43	17	4'21"/km	00:21:41
196	00:21:48	98	Sian	Jones	Female	FS	Race 3	Parc Bryn Bach RC	44	18	4'21"/km	00:21:37
197	00:21:54	106	Jack	Kelland	Male	U20M	Race 3	Rhondda Athletics club	153	17	4'22"/km	00:21:51
198	00:21:57	252	Carole	Goddard	Female	F45	Race 3	Les Croupiers Running Club	45	4	4'23"/km	00:21:48
199	00:21:59	68	Scott	Greaves	Male	MS	Race 3		154	65	4'23"/km	00:21:51
200	00:22:06	187	John	Shewring	Male	M55+	Race 3	Penarth and Dinas Runners	155	9	4'25"/km	00:21:55
201	00:22:14	8	Tom	Baker	Male	M35	Race 3	San Domenico RC	156	41	4'26"/km	00:22:05
202	00:22:17	223	Stephen	Woodward	Male	M55+	Race 3		157	10	4'27"/km	00:22:06
203	00:22:17	215	David.e	Williams	Male	M55+	Race 3	Les Croupiers Running Club	158	11	4'27"/km	00:22:06
204	00:22:18	86	Clare	Hughes	Female	F45	Race 3	Bridgend AC	46	5	4'27"/km	00:22:08
205	00:22:24	186	Jane	Sheldon	Female	F45	Race 3	Penarth and Dinas Runners	47	6	4'28"/km	00:22:15
206	00:22:46	277	Mark	Herbert	Male	M35	Race 3	Les Croupiers Running Club	159	42	4'33"/km	00:22:35
207	00:22:48	12	Eleanor	Bessant	Female	FS	Race 3		48	19	4'33"/km	00:22:39
208	00:22:52	235	Jacqueline	Brace	Female	F55	Race 3	Bridgend Athletics	49	1	4'34"/km	00:22:45
209	00:22:53	234	Ronald	Morris	Male	M55+	Race 3	San Domenico RC	160	12	4'34"/km	00:22:43
210	00:23:07	43	Dakota	Davies	Female	U20F	Race 3	Rhondda athletics	50	8	4'37"/km	00:23:03
211	00:23:07	260	Steven	Barker	Male	M45	Race 3	Penarth and Dinas Runners	161	22	4'37"/km	00:22:56
212	00:23:08	66	David	George	Male	M55+	Race 3	Les Croupiers Running Club	162	13	4'37"/km	00:22:57
213	00:23:09	18	Matthew	Brown	Male	MS	Race 3	CDF Runners	163	66	4'37"/km	00:22:54
214	00:23:14	114	Mandy	Lau	Female	FS	Race 3	Heath Massive Run Club	51	20	4'38"/km	00:23:02
215	00:23:17	24	Gideon	Calder	Male	M45	Race 3	Penarth and Dinas Runners	164	23	4'39"/km	00:23:07
216	00:23:20	188	Craig	Skidmore	Male	M35	Race 3	San Domenico RC	165	43	4'40"/km	00:23:10
217	00:23:48	84	Niall	Hughes	Male	M45	Race 3	San Domenico	166	24	4'45"/km	00:23:39
218	00:24:03	30	Tzevai	Chong	Male	M35	Race 3	CDF Runners	167	44	4'48"/km	00:23:54
219	00:24:05	19	James	Buckingham	Male	M55+	Race 3	penarth and Dinas Runners	168	14	4'49"/km	00:23:57
220	00:24:09	141	Gethin	Parker	Male	U20M	Race 3	Rhondda Athletic Club	169	18	4'49"/km	00:24:04
221	00:24:14	37	Libby	Crees	Female	F55	Race 3	Les Croupiers RC	52	2	4'50"/km	00:24:04
222	00:24:18	151	Nathan	Piddock	Male	MS	Race 3	Penarth and Dinas Runners	170	67	4'51"/km	00:24:06
223	00:24:25	16	Malcolm	Bradley	Male	M55+	Race 3	Penarth & Dinas Runners	171	15	4'53"/km	00:24:14
224	00:24:29	182	Jemma	Sedgmond	Female	F35	Race 3	Les Croupiers	53	16	4'53"/km	00:24:16

225	00:24:40	245	Bronwen	Calnan	Female		Race 3		54		4'56"/km	00:24:30
226	00:24:42	48	Muhammad	Edytia	Male	M35	Race 3		172	45	4'56"/km	00:24:28
227	00:24:45	31	Lisa	Cleary	Female	F55	Race 3	Penarth and Dinas Runners	55	3	4'57"/km	00:24:33
228	00:24:55	133	Kat	Nguyen	Female	FS	Race 3	CDF Runners	56	21	4'59"/km	00:24:47
229	00:24:57	200	Anh Quan	Tran	Male	MS	Race 3	CDF Runners	173	68	4'59"/km	00:24:48
230	00:25:07	122	Alan	Mason	Male	M55+	Race 3	Les Croupiers	174	16	5'01"/km	00:24:56
231	00:25:11	101	Joel	Jones	Male	MS	Race 3	No club	175	69	5'02"/km	00:25:02
232	00:25:12	41	Fiona	Davies	Female	F55	Race 3	Pontypridd Roadents	57	4	5'02"/km	00:24:59
233	00:25:33	273	David	Sheard	Male	M55+	Race 3	Ogmore Phoenix Runners	176	17	5'06"/km	00:25:25
234	00:25:34	246	Chris	Allock	Male	M55+	Race 3	Penarth and Dinas Runners	177	18	5'06"/km	00:25:21
235	00:25:43	29	Meurig	Chapple	Male	M55+	Race 3	Penarth and Dinas Runners	178	19	5'08"/km	00:25:29
236	00:25:49	279	Angharad	Price-morris	Female	FS	Race 3	Les Croupiers Running Club	58	22	5'09"/km	00:25:39
237	00:25:50	28	John	Chandler	Male	M55+	Race 3	San Domenico	179	20	5'10"/km	00:25:37
238	00:26:21	130	Martina	Nathan	Female	F45	Race 3		59	7	5'16"/km	00:26:12
239	00:26:22	144	Sarah	Patnett	Female	F45	Race 3	Penarth and Dinas Running Club	60	8	5'16"/km	00:26:10
240	00:26:33	88	Will	Humphrey	Male	MS	Race 3	CDF	180	70	5'18"/km	00:26:19
241	00:26:38	52	Ellie	Evans	Female	FS	Race 3	Cdf runners	61	23	5'19"/km	00:26:29
242	00:27:02	149	Kathryn	Petersen	Female	F45	Race 3	Penarth and Dinas Runners	62	9	5'24"/km	00:26:48
243	00:27:31	163	Debbie	Rees	Female	F55	Race 3	Penarth and Dinas	63	5	5'30"/km	00:27:19
244	00:27:52	207	Gianfranco	Viazzani	Male	MS	Race 3		181	71	5'34"/km	00:27:42
245	00:28:10	25	Arabella	Calder	Female	F45	Race 3	Penarth and Dinas	64	10	5'38"/km	00:27:57
246	00:28:13	198	Michelle	Thomas	Female	F45	Race 3	Pegasus RC	65	11	5'38"/km	00:28:01
247	00:28:18	240	Charlotte	Seer	Female	FS	Race 3	Lliswerry Runners	66	24	5'39"/km	00:28:07
248	00:28:24	150	Sany	Phommachanh	Male	M45	Race 3	CDF Runners	182	25	5'40"/km	00:28:11
249	00:28:43	78	Andrew	Hollins	Male	M45	Race 3	Pegasus Running Club	183	26	5'44"/km	00:28:29